

Spiritual

firesidechats

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SPIRITUAL FIRESIDE CHATS

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Introduction to Spiritual Fireside Chats

As I head towards my 64th year I find myself approaching my various business ventures, my home and social life with a philosophy based on spiritual awareness and personal empowerment for me and for those with whom I come into contact.

I have learnt that providing an example to oneself and to others is what counts as words are relatively meaningless. I am fortunate to have people in my orbit who teach me so much and others who give me the opportunity to live a spiritually enlightened life.

As I age, which I define as Always Growing Evolving, I seem to be spending more and more time discussing living a life with a spiritual flavour.

This book, Spiritual Fireside Chats, is the result of many of these discussions, especially with younger people, who seem to have come to the earth plane with a mission to correct many of the mistakes my generation and other generations have made in their search for the material nirvana. This younger generation seems far better balanced and sharing in nature compared to the materialistic generations of the recent past. This generation is likely to care for the earth's well-being as well as for the well-being of their fellow travellers.

I have used one of the young generation to help me polish this book. He is my son Michael (26) and is a professionally trained copywriter. Michael, his good friend David Lorge, a Cognitive Behavioural Coach and I have created CaptainCalm.org to assist young people with the ability to improve their thought processes and their lives through cognitive behavioural therapy and other similar techniques. The app is based on a comic book superhero illustrating these techniques in a fun and easy way to learn. This app has been endorsed by Girls and Boys Town in South Africa.

Another business venture is CareerManagementServices.co.za, which incorporates a school-based mentoring Programme as well as a tertiary-based mentoring Programme leading to a work-place mentoring Programme. This mentoring is peer group based and will enable a young person entering high school to have different mentors throughout their academic and work place careers. The ability for the young generation to share their knowledge and experience and assist their younger fellow travellers is part of this sharing generation's unwritten credo.

Lastly I want to thank Michelle Ferrer, "my right hand", in attempting to read my scrawl and for her help in developing this book with her insightful comments and improvements.

As with all my books on Personal Empowerment.co, this book is provided for free.

Neville Berkowitz

Johannesburg, South Africa

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CHAT NUMBER 1 – SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE

Q What do you mean by "We are Spiritual Beings having a Human Experience"?

A You are suffering from Spiritual Amnesia. We all are. It's what happens when you, as a Spirit, enters a baby's Soul.

This Soul is a part of Oneness, Source, God, Spirit, Light, All that Is, or whatever label resonates with you.

Q I don't understand how a Soul can be a part of God?

A Let me try and explain it this way by using your body as a metaphor. Your body is Oneness/Source/God/Spirit/Light/All That is. Your hand is your Higher Self which always remains in Spirit, as part of Oneness/Source/God/Spirit/Light/All That is. Your middle index finger of your hand is your Soul, the part of your Higher Self which comes to earth to enter into a baby as its Soul.

Q Yes, but what is Oneness/Source/God/Spirit/Light/All That is?

A God, as you choose to name this Source, is Unconditional Love. There are no human words to describe this feeling of God's unconditional love. That is why it is said that "Feelings are the language of the Soul".

Q So if God is Unconditional Love, what does that make me?

A You are both YOU, with a capital Y, signifying your Higher Self and you are you, with a small y, signifying you as a human with a Soul.

Q So am I more than just me?

A You are so much more than "just you". You are a Part of Oneness/Source/God/Spirit/Light/All that is.

Q How come I don't know this?

A Because of the spiritual amnesia I referred to at the beginning of our chat today.

Q What do you mean when you say spiritual amnesia?

A We will discuss Soul Contracts at another time but all those Souls who decide to come to Earth and enter into Babies, as their Souls, come with a specific purpose. Each Soul's journey is unique, but the common purpose of all Souls is the same:

To learn to AGE – which means **A**lways **G**rowing **E**volving.

Each Soul has its own specific growth path to experience the sensual experiences uniquely found on Earth. As a Body with a Soul, you can experience all five senses of seeing, hearing, tasting, smelling and touching. However, spiritual amnesia is part of the deal of coming to earth as a Soul to inhabit a baby's body.

You forget that you are a Soul and in your unconsciousness you think that you are a body with a mind and your driver is your Ego. Your positive Ego drives you with self-protection in your self-growth.

Your negative Ego is your selfish driver.

We call this negative EGO – Edging **God Out**.

This spiritual amnesia makes you forget that you are a part of God and then your negative Ego may place itself in the driver's seat of your life.

Your spiritual journey as a Soul in your body on Earth is from 'you' to 'You'. From negative Ego to remembering You are a Soul, a Part of God. From Edging God Out to GAIN, knowing that God and I Now, is who You really are.

From Ego to Gain.

From Fear to Love.

Q What about my question earlier: So if God is Unconditional Love, what does that make me?

A I didn't forget your question. I simply wanted to lay some groundwork down first to make the following explanation easier to understand:

Well the short answer is that you are also Unconditional Love, but to get you to understand and believe that will require another Fireside Chat. So I will see you next time to explain to you why you are Unconditional Love and how to become Unconditional Love.

Till next time – May you only know Peace and Love.

CHAT NUMBER 2 – YOU ARE UNCONDITIONAL LOVE

Today we are going to explain why you are Unconditional Love and how you can be Unconditional Love in all your thoughts, words and actions.

Let's go back to our last Fireside Chat where I explained the metaphor of your body, your hand and your finger. If you haven't read it, or have forgotten what was said, I think you should read it before today's Fireside Chat.

So, we are all up to speed now and we are all aware that you are a Soul, a Part of God, occupying a Body with a Mind.

Most people believe that they are a Body with a Mind. Full stop. You and I now know that we are a Soul, Body and Mind. The real objective is to get your Soul, Body and Mind on the same vibrational frequency that resonates with Unconditional Love.

The Why – Why you are Unconditional Love?

God/Source/Oneness/Spirit/All That Is is Unconditional Love.

Your Higher Self that permanently resides in Spirit is Unconditional Love.

Your Soul, inhabiting your Body and influenced by your Mind, is Unconditional Love.

The How of Becoming Unconditional Love

So if you can remove the negative Ego, which is Edging God Out, from your Mind and your Body, then we have a good chance to align the Unconditional Love of your Soul with your Body and its influence over your mind.

At present you may be like billions of other Humans on Earth, unconscious of the role of your Soul in your life on Earth.

From my observations, it appears that the rest of nature, including animals, birds, fish and insects, as well as plants, vegetation and so on, seem more attuned consciously to the life cycles of nature and the role of giving up of themselves to enable nature's growth to occur.

The desire to move from Ego to Soul and from Fear to Love is a necessary first step in the process.

All of us Humans have been given Free Will. This free will can and often does override your Soul Contract.

Using this free will unconsciously or consciously is usually the difference between unconscious reactions and conscious responses to people and circumstances. The Ego operates as unconscious Free Will and the Soul operates as conscious free will. This Free Will operates under the Universal Spirit Laws of Cause and Effect and Karma. What you sow is what you reap.

In order to operate from Soul and to become Unconditionally Loving you must first, and always, and in-all ways, be a Conscious Soul knowing that you have Free Will and that every thought, word and

action operates under the Universal Spirit Laws of Cause and Effect and Karma – reaping what you sow.

So, how would you like a short-cut to become Unconditionally Loving, always and in all-ways?

The long road would involve becoming conscious of and to interrogate every thought, word and action you have and do and make sure that no stone remains unturned to keep you on the straight and narrow road of being Unconditionally Loving.

A number of religions do this and my observation is that so much energy is spent with rituals, traditions and observances, that there is limited, if any, energy left to enjoy life and act in an Unconditionally Loving way to people, animals, birds and other parts of nature.

Ready for the short-cut?

Consciously carry out every thought, word or action with the maxim: What would Love/God do now?

No rituals, observances, traditions, superstitions or fear of retribution from a vengeful God. Simply, What would Love/God do now? And then act on that.

With repetition you will become a Conscious Being living in Unconditional Love.

CHAT NUMBER 3: SOUL CONTRACTS

Q You have mentioned Soul Contracts before. What do you mean?

A As a Soul, you are eternal, as you are a part of God, who is eternal. As a Soul you are part of a Group of Souls who are at your level of conscious awareness and application of this level of conscious awareness. Your group in spirit learns and becomes skilled as you grow and evolve towards the Highest Perfection, which is God/Soul/Oneness/Spirit/All That Is – the epitome of Unconditional Love.

Armed with the knowledge and skill learnt in Lessons on Earth, occupying countless Bodies through eternity, as well as knowledge and skills learnt while in Spirit, you become anxious to want to apply this knowledge and these skills on the playground which is Earth.

Members of your Soul Group are also keen to apply their continual learning and skills in an environment which allows this theory to become practical. Experience on Earth is one such environment.

So like the planning and production of a movie made in a film studio in Hollywood, the planning and production of a Soul Group's visit to earth is mapped out so that all the participating souls are enabled to experience AGE – Always Growing Evolving – for each of their Soul's journeys to grow and evolve.

As in any Hollywood production, some of the actors are the "good guys", some the "bad guys", some the "law enforcers" and then throw in an "innocent bystander" who gets killed as "collateral damage", a "prostitute who patches up the wounded" and so on. It's all a pre-arranged game to enable Souls to grow and evolve.

No-one is to be judged. Every Soul has their role to play so that God/Soul/Oneness/Spirit/All That Is can grow and evolve through the lessons learnt by numerous Souls, all of whom are Part of God.

Q So you mean I am helping God become God?

A Now you know why I said in the first Fireside Chat that you don't know how powerful you are.

You are part of God!

CHAT NUMBER 4 - SPIRITUALITY

Q The way you explain Spirituality sounds so simple. Can you give me a catch phrase to sum it up?

A Sure – how about GAIN and LOSS

Q That's simple enough to remember because that is what my life is all about: maximizing the gains and minimizing the losses. But how does that simplify Spirituality in one catch phrase?

A GAIN – **G**od and **I** **N**ow.

LOSS – Leaving **O**ur **S**elves **S**ad

When you experience GAIN you are consciously aware that you are Part of God.

When you experience LOSS you are unconsciously operating from EGO where you have Edged God Out of your life.

So Spirituality is consciously knowing always, and in all ways, that you are a Part of God and acting accordingly with your every thought, word and deed.

Q It is so simple. How come there are hundreds of religions with billions of followers?

A Ah, now you are getting ready to poke the sleeping bear! Are you sure you want to do that?

Q Yes!

A Well, I need to put on some body armour first!

Religion is man-made. Spirituality is God-made.

Now, run like the wind, because the fanatics of all religions are chasing us!!

Q How can you say that? Every religion believes that their Messiah was "touched" by God and that God gave them "His secret word".

A Every religion is based on a belief. A belief is only a thought. It is not proof. If it was provable, it would no longer be a belief – it would be a fact – a provable fact, preferably with irrefutable evidence of its validity.

So this thought was dressed up in many clothes, embellished with rituals, superstitions, rules and regulations which became traditions. These were cemented and believed to be God-given and suddenly this humble thought was swept along and a religion was created. Power and ego were the foundation stones, as the one person heading up the religion held the power of economic life and death and expected blind obedience from the followers of this religion.

When someone questioned this religion they became outcasts and some would even be lucky to escape with their lives. Usually they set up a reformed religion now encompassing

their heralded changes. In time people questioning this reformed religion were also treated as outcasts and those lucky enough to escape with their lives eventually set up religion 1.2 and the cycle turned continuously over time.

Q But some religions must be the true word of God?

A My God is a God of Love. Most religions have a fanatical right wing or left wing of extremists who have decided that non-believers of their faith must be killed. This has been going on for thousands of years in many parts of the world. Killing in the name of God has become a continual theme since the beginning of recorded history.

Why would God who is indestructible, eternal, infinite, omnipotent and All that Is, need any army to fight for Him?

Is tolerance not the basis of understanding of a loving God?

There is some good and some bad in every religion but claiming to speak for God is a bridge too far. God speaks through all of us all the time. Many times we simply do not choose to hear.

Q Do you hear God speak and then act accordingly?

A I am as guilty as the next person in selectively tuning out God when I choose to. I live in Johannesburg, South Africa and we have beggars at every major intersection with their cardboard signs and begging hands. On an average day I am confronted by over 50 beggars while driving my luxury car or walking down the street in an expensive outfit.

Invariably I turn a blind eye to their continual incessant pleas and each time I get an ache in my stomach as I either ignore them, wave them away or am forced to say no when they become insistent.

In all other areas of my life I am overly generous to people, causes and obligations. I am conscious that one of these beggars could be God in disguise and saying no causes physical discomfort in my stomach region. But it is like a bottomless pit of poverty. Any generosity is invariably taken for granted and causes the other beggars to descend on the giver.

I don't have an answer. I tried buying a bag of apples each day, but when I offered them an apple it was thrown back at me. I have given beggars clothes in the past and then each time I passed them I would get screamed at to give more clothes. In the violent streets of Johannesburg, opening your window could be inviting unwanted criminal acts.

So for now I will continue supporting the structures that help the underprivileged and hopefully the beggars on the street will heard, fed and clothed by these organizations.

I am conscious of hearing God's voice in each beggar's plea but am consciously aware of ignoring it.

However in all the other areas of my life I look for opportunity to hear God's voice and act accordingly. Each day I send out uplifting messages and jokes to my email database. I

provide my books and writings for free. I start businesses to employ people and provide goods and services at much lower costs with great quality. I give free advice, mentorship and coaching daily. Ultimately my wealth will primarily go to a bursary fund to assist children with promise from underprivileged backgrounds.

Each of us must decide what we can do to justify being a Part of God and how we can allow God to act through us in GAIN – God and I Now.

CHAT NUMBER 5 – RELIGION VS SPIRITUALITY

Q Can a religion then be Spiritual?

A Of course! As long as a religion lives up to the golden rule of "do unto others as you would do unto yourself" then it is being Spiritual in the conscious awareness of GAIN – God and I Now.

Q So why were you being disparaging of religion in a previous Fireside Chat?

A When a religion becomes a business and/or a base for someone to have power over others, then its role invariably changes from pure spirituality.

Q How else can organised religion become more spiritual?

A Let me use an American example, as they have the accurate statistics to prove my point. There was a census done on January 13th 2013 in the USA and there was found to be over 610 000 homeless people in the cities surveyed. There are over 350 000 places of worship of all religions in the USA, according to a 2010 study. If each church, temple, synagogue or mosque took in two homeless people and took responsibility for rehabilitating them into worthy citizens, providing a roof over their heads, clothes, food, educational skills, job opportunities etc. then they would be doing God's work.

Going to a place of worship and repeating endless prayers to God once a week is probably not as important as saving two homeless people and providing a better life for them.

Q But I know of plenty of places of worship that do good work for the underprivileged?

A I do too, and it's great to see. Those communities and their participating congregants seem to shine with the lights of a Higher Being.

However, the work of the haves to help the have nots is without end. The benefits to the giver are huge and results in feeling worthy. I have said before; "Feelings are the language of the Soul". The givers are actually doing something for themselves in assisting those less fortunate. This is an emotional reward of note!

Q How does this feeling work?

A At some point a feeling of gratitude for what the giver has been given/earned becomes evident to them. At that point they can look at the underprivileged person and say, "There but for the grace of God go I".

Having gratitude for what they have opens their hearts to become more generous by sharing their abundance with others.

Q In terms of Soul Contracts, is it necessary for the underprivileged to be there?

A Unfortunately the poverty cycle is perpetuated, inter alia, by large numbers of births to unmarried mothers, lack of education, training and skills, lack of fathers' involvement, lack of networks for advancement and lack of opportunities.

Yes, in terms of Soul Contracts, that is the choice of certain Souls to experience being severely handicapped in running the race of life. They also provide opportunities for the Haves to help the Have nots.

The Spiritual Guides always say that it takes courage to come to Earth because there are numerous lessons to be experienced and most mean experiencing hardships that take us way out of our comfort zone.

In the same way that the miracle of birth is usually preceded by pain in non-medicated mothers, so the opportunities for Soul growth is usually preceded by concomitant pain accompanying the Soul's growth.

I often quote the saying, "Pain is inevitable, suffering is optional".

Q So you would advocate more action and less repetitive prayers?

A Personally, I don't believe God needs prayers. It is man who needs to pray to increase his awareness of God's presence in his life as in GAIN – God and I Now. However, I believe that a God of love would prefer to experience more love undertaken by man to his fellow man, than more prayers offered to God by man.

Instead of going to a place of worship on a Friday, Saturday or Sunday, use those few hours to volunteer at a soup kitchen, take elderly people to hospital and give them support, work with kids in Girls' or Boys' Town, mentor a student and so on. The feeling of goodwill you will experience should see you counting the days until you can return to your chosen helping role.

By all means pray, but back up your prayers with worthwhile deeds.

CHAT NUMBER 6 – SPIRITUAL BEINGS

Q When we started our chat, you said we are Spiritual Beings having a Human Experience. What do you mean by Spiritual Being? How can a Spiritual Being exist?

A All Spiritual Beings are, in fact all anything is, which is Energy. This Energy moves by vibrations and light. Those vibrations require a common frequency to be in harmony. So a Spiritual Being is Energy, Light and Vibrations.

Q I'm sorry, I am finding it difficult to understand that. Can you give me an example?

A Sure. I want you to imagine an orchestra scheduled to play Beethoven's Fifth Symphony. Each orchestral member leaves their home with their chosen instrument and arrives an hour before the performance is scheduled to start. Their instruments are taken out of their protective cases. At that moment there is no musical sound except the sounds made in tuning and practising. One by one, each musician starts warming up with their instruments and there is an abundance of odd notes being played. Not a pleasant noise!

The conductor arrives, taps his baton on his music stand and the orchestra gets ready to play. The baton moves and all the previously disjointed musicians suddenly start playing together and beautiful music is made.

The energy expended by each musician creates vibrations via their instruments and with the same frequency of musical notes a beautiful harmony is created and heard by all in the concert hall.

Q Are you saying that each instrument is like a person? The vibrations are caused by the energy that the musician expends and that the same frequency creates the harmony?

A Exactly. It's all energy, vibrations, light and frequency.

CHAT NUMBER 7 – ENERGY, LIGHT AND VIBRATIONS

Q After our last chat I spoke to a few of my friends about us only being Energy, Light and Vibrations and they laughed at me and asked me what I was smoking. Can you give me another way to explain how all we are is energy, light and vibrations?

A Sure. Let's use TV and a rock concert of your favourite band as an example. Let's say they are on a world tour and tonight they are in Sydney, Australia, playing to a sell-out crowd of 50 000 people. Because of the time zone difference, you and your friends who are ardent and loyal fans will have to get up at 5am to watch them perform live. As you have the best screen and acoustics they will sleep over at your house to watch the performance.

At 5am you all wake up sleepy-eyed to be greeted by, "Hello Sydney – it's great to be here" shouted by the band. The crowd goes mad and the rock concert begins.

Hang on a minute! It's 5am at your house, night-time in Sydney and your favourite rock band is playing in your house! When did they arrive and where did you fit the 50 000 screaming fans? Why is there a full moon in Sydney while in your lounge the dawn's early light is coming through your curtains? What are you smoking now!

It's all energy, light, vibrations and frequencies beamed via cameras and satellites and received by your state of the art 60 inch TV screen including sound, all simultaneously.

The band and 50 000 screaming fans are not a solid mass in your lounge. It's all an illusion, as is all of life on the Earth's plane, but more of that later on.

Q Yes, but when the band comes to my home town and I watch it live at the concert, it's no longer an illusion. It's real - solid mass and all.

A Agreed. But the fact that the band is only energy, light and vibration is evident when people in Sydney watch the live concert and you do the same in your home town and people in London listen to the band on their iPods while jogging around Hyde Park. There is no solid mass evident, only energy, light, vibrations and frequencies.

Q I don't know if my friends will buy this explanation but I will try.

A What is important here is that **you** buy the explanation because it's the one trick that will be proved to you visibly within your life's experiences.

Humans use vibrations and light to experience life through the sensual experiences of sight, hearing, touch, taste and smell. This allows the vibrations to materialise and become "real".

Spiritual Beings in Spirit do not experience this "realness" and visiting the Earth's plane enables them to experience this sensuality via existing in Human form.

Q So why are these vibrations and light so important, anyway?

A Phew, that's a long answer and it's getting late. So let's discuss it next time.

CHAT NUMBER 8 – THOUGHTS CREATE OUR REALITY

Q So why are these vibrations so important anyway?

A Well, I'm sure that by now you have heard the saying; "Your thoughts create your reality"?

Q Yes, but I'm not sure I understand why?

A Every thought creates a vibration and providing the mind, body and soul are aligned with that thought vibrationally, then the aligned vibration, via the process of light transmission, creates a manifestation of that thought, initially in a vibrational space, then eventually in a physical space.

Q Do you mean that any thought I have, whether for my benefit or not, will eventuate?

A Providing the thought's vibration is aligned correctly, it will eventuate in the physical as a manifestation, after being held in vibrational space first.

Q Wow, this knowledge can be so powerful or so destructive to me and to others.

A Exactly! Can you see what would happen if the thoughts did not first go to a vibrational space where it is held and instead, manifested immediately? Imagine if every thought you had appeared as you thought it, in total transparency, for you and everyone to see.

This is what happens to vibrational thoughts in Spirit where there is total transparency always and in all ways.

Q How does intent behind the vibrational thought affect its physical manifestation?

A Intent is a very powerful and active propeller of vibrational thought for manifestation. Personally I have a theory about the evolution of the species and that is, that the intent for a tortoise to have a shell and for a giraffe to have a long neck to get to the treetops where the best vegetation exists comes from intent. However, I am far from a scientist and it's simply the observation I made while writing "The Book of Animal Spirits" on Guidespeak.com.

Q So if I decide to only think positive thoughts these would manifest physically once the vibrational alignments were there?

And the same goes for negative thoughts as well?

A Yes on both accounts. Do you know anyone who is positive and optimistic? How does life treat them? Do things just seem to fall into place for them? Does success breed success for them? Are they healthy, successful, peaceful and happy?

Now do you know anyone who is negative and pessimistic? How does life treat them? Do they regularly get the short end of the stick? Do they fail to achieve time and again? Are they often, sick, unsuccessful, never at peace with themselves and the world? Are they always unhappy?

Now where do you fit on this line – with happiness at one end and unhappiness at the other end?

Where are your thoughts on the line with positive at one end and negative at the other end?

How does life treat you?

Do you see any correlation between your thoughts and how life treats you?

Q So is that what you mean by, "Your thoughts create your reality?"

A Exactly!

CHAT NUMBER 9 – "WHAT IS"

Q I have heard that we must learn to accept "What Is". Do you agree with this statement?

A I used to agree with this statement, however, one of my Influencers over the past few years is "The Teachings of Abraham", Abraham Hicks Publications. Abraham is an amazing Guided Energy channelled through Ester Hicks. When I listen to these CD's or watch these DVD's two things happen to me. Firstly, I feel very strong energy surrounding my head and secondly, after about twenty minutes I fall into a deep sleep and invariably I am visited in my dream state by family and friends who are in Spirit.

Abraham has taught me amongst millions of others that "What Is" is not as utopian as I thought it was. In the past I strived for acceptance of "What Is", but Abraham has taught me to make peace with "What Is" and to strive to change "What Is" to "What I want my future to be".

This flows from our last chat about your thoughts creating your reality.

Q So shall I not accept "What Is"?

A No! Sorry, I did not make myself clear.

Learn to accept "What Is" and learn to make peace with "What Is".

If "What Is" means you won the lottery, accept it and make peace with it.

If "What Is" means your spouse wants a divorce, then accept it and make peace with it.

Acceptance allows the inevitable pieces of the puzzle of life to fall into place without resistance, which is usually futile and uses negative energy. These puzzle pieces were created by your previous thoughts reaching vibrational alignment and manifesting physically on the Earth's plane.

Q So If I don't want "What Is", how do I change it?

A Your thoughts create your reality. You can't change your past so the thoughts of your past are creating the manifestations of the present.

Your thoughts now will create your future manifestations.

Your future is literally and figuratively in your hands, or to be more accurate, in your thoughts. You can improve your "What Is" by improving your thought process now.

Q Doesn't Ghandi have a quote on the importance of positive thought?

A Yes, it goes:

"Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behaviour.
Keep your behaviour positive because your behaviour becomes your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny."

Q So in your previous chat you talked of religion and Spirituality and said that religion needed to stick to the golden rule of "Doing unto others as you would want them to do unto you", but you stressed that doing required action and not necessarily prayer.

A Yes I did and there are numerous people in all religions, like Ghandi who was a Hindu, who showed that actions speak louder than words, even words of prayer.

Q So is it only religious people who preach action in a positive way?

A Definitely not, but this is an excellent place to begin our next chat.

CHAT NUMBER 10 – DO UNTO OTHERS AS YOU WOULD LIKE THEM TO DO UNTO YOU

Q Is it only religious people who preach action in a positive way?

A Definitely not!

As a matter of fact, religious people who are truly religious in that they practise the golden rule of "Doing unto others as you would like them to do unto you" are so scarce on the ground that they are close to invisible. How many religious people do you know who follow the golden rule?

Q Not too many who come to mind.

A The people who started religions like Jesus, Buddha, Mohammed and Moses were unique. Once people started supporting them and propelling the religion, they elected a leader and they became followers. Shepherd and Sheep – all the way to the slaughterhouse!

Group structures exist to embody the religious leader's beliefs, and with their demise, the new leaders are not "inspired by God" and they start creating power structures, with rules, rituals, symbols and traditions so that people feel that they belong.

Now the leaders are required to lead. But how do they feed, clothe and house their families? They have to be paid. So the followers have to pay to keep their leaders. Certain religions today are amongst the wealthiest bodies on earth!

Power corrupts and absolute power corrupts absolutely. Religions are not immune to this practice.

Q But some religions have outreach programmes for their communities' welfare.

A And they are a joy to behold, especially those who get "down and dirty" and work this "love" on the ground where people who need it most are found.

Q Is being religious about practicing what you preach?

A It's certainly one of the ways of being religious, but being religious is a thought process first and foremost.

Being pious and religious and getting "down and dirty" in terms of turning words into action and leading a "good life" are wonderful attributes. However, turning your back on your fellow human being because he isn't the same colour or socio-economic standing as you are or not the same religion or sect as you are, are the very basis of being irreligious.

Q Wasn't there a poem about this?

A Yes, it was entitled, "First they Came" by Pastor Martin Niemoller about Nazi Germany:

"First they came for the Communists, and I did not speak out—

Because I was not a Communist.

Then they came for the Socialists, and I did not speak out—

Because I was not a Socialist.

Then they came for the Trade Unionists, and I did not speak out—

Because I was not a Trade Unionist.

Then they came for the Jews, and I did not speak out—

Because I was not a Jew.

Then they came for me—and there was no one left to speak for me."

Q So how do we get people to get involved and uplift those in need?

A The Biblical Question in connection with Cain and Abel was asked:

"Am I my brother's keeper?"

To which the answer is always and in all-ways:

"Yes!"

Q Wasn't there a learned Rabbi about 2000 years ago who spoke on this?

Yes, Rabbi Hillel, 110BC – 10CE, in Babylon. He is famous for saying:

"If I am not for myself, who is for me?

And being for my own self, what am "I"?

And if not now, when?"

He was also famous for the Golden Rule on Ethics of Reciprocity:

"That which is hateful to you, do not do to your fellow man. That is the whole Torah, the rest is the explanation, go and learn."

Q So how would you then define the road forward in practising what one preaches in real life situations?

A To know the answer to God's question to Cain in Genesis 4:9:

"Where is Abel your brother?" He said

"I do not know, am I my brother's keeper?" said Cain

To which the answer is always and in all ways – YES!

CHAT NUMBER 11 – ARE WE OUR BROTHERS' KEEPERS?

Q When I read the news it is evident that the world does not believe that they are their brothers' keepers. Quite the reverse. Sunnis and Shiites, both Moslem, are killing hundreds of thousands of their brothers in Syria and throughout the world. Brothers are killing brothers in over 100 wars raging all over the world at any time. I don't think their "brothers" know about being their brothers' keepers, more like their brothers' killers.

A "Thou shalt not kill" is one of the the Ten Commandments which form the basis of Judeo-Christian religions. There are exceptions to this commandment according to bible scholars where warfare, self-defence and capital punishment are concerned. I can't talk for God, but I didn't see the fine print in the Ten Commandments when I read the Torah portion of the Ten Commandments with my late twin brother for our Bar Mitzvah in 1966! We read "Thou shalt not kill". Full stop.

Q And yet murders happen at the annual rate of 6.2 per 100 000 of the population, according to the United Nations Office on Drugs and Crime. That is over 400 00 murders a year, excluding warfare.

A When people believe that Unseen Entities witness their every action and that Universal Spirit Laws apply, such as the Law of Cause and Effect and the Law of Karma, they will then fear the consequences of their actions more than they fear being caught and convicted by society. Every action creates a ripple and ripples form concentric circles until they are impeded or run out of energy.

Every action taken has consequences. Good actions result in good consequences and bad actions result in bad consequences. Some happen in this lifetime and some happen in other lifetimes. But have no doubt, every deed, good or bad, has its resulting consequences.

Q But I know people who commit crimes, theft, murder, adultery etc. and they seem to land on their feet with no ill effects.

A Never underestimate what you can't see. Unless you are a sociopath, incapable of feeling remorse and guilt, then each transgression leaves an indelible mark on your conscience and you feel that guilt for many, many years. That guilt results in negative and sometimes destructive vibrations which disturb your balance and harmony. This makes you feel ill at ease, and if severe enough causes disease, as the guilt and remorse eats away at you mentally and physically.

Q Can these past actions ever be erased from one's consciousness?

A Forgiveness is the key here which we will be looking at in some detail in further Fireside Chats.

Q What about the non-sociopaths who seem to keep going, apparently unaffected by their negative actions against others?

A If we leave judgement up to God as well as the resulting consequences, we can choose to ignore these actions which negatively affect our attitude of happiness and rather keep our focus and intent on that which makes us smile and be happy.

Given a choice of eating a delicious feel-good ice-cream topped with chocolate sprinkles and a maraschino cherry, or thinking about "who done me wrong" issues, which would you choose right now for your happiness?

The choice is always yours to think about and create the outcome you deserve.

CHAT NUMBER 12 - FORGIVENESS

Q Can we talk about forgiveness now?

A It's a bit early. First we need to talk about Oneness which will make forgiveness easier to understand.

Q Ok, what do you mean by Oneness?

A This is my personal understanding and because I try and live my life without negative, personal ego, which means Edging God Out, I am not concerned to try and defend this view point, but simply to share it with you.

If you go to the beginning of the bible, you will read in Genesis 1:1:

"In the beginning, God created the heavens and the earth.....and God said, 'Let there be light and there was light. God saw that the light was good.....'"

I believe that the light was billions of Light Beings of which you and I are included individually and co-joined into an Oneness with God. We are told that we are a part of God and if God is Love and God is Light then we are a part of Love and Light.

If we believe this then we are all part of God, part of Oneness and a part of All That Is.

Understanding Oneness changes the way we look at everything.

In Oneness you are not only your brother's keeper, you are your brother!

Q How can you be your brother?

A I am fortunate to have experienced that first hand. I am/was an identical twin. Identical twins or monozygotic twins, occur when a single egg is fertilized to form one zygote which then divides into two separate embryos. In essence one egg is split into two embryos. Identical twins occur in 1 out of every 285 births.

Identical twins usually have an unusually strong bond between them and in my case, if someone today should call out my name, Neville, or my late brother's name, Howard, I will respond either way in case of mistaken identity. My late twin brother passed on 25 years ago in 1990!

The reason I said "am/was" is that I know with every fibre of my being that Howard is in spirit directing my life on earth. He introduced me to Meditation and Spirituality in the late 1980's and I feel his presence with me even as I say this. I believe that we share a Soul and not only an egg.

So I can answer that I am my brother in so many ways. With that I can understand and comprehend how in Oneness, I am you as well.

So back to your attempt to ask me about forgiveness, I ask you, "If there is only Oneness, who is there to forgive and who is there to ask for forgiveness?"

The answer is that only EGO (Edging God Out) can require forgiveness because Soul/God/Oneness has no-one to ask for forgiveness!

I know that this is hard to accept at this stage of your budding awareness of Spirituality. We will deal with forgiveness in another chat at a level more in line with your current understanding of the need for forgiveness.

CHAT NUMBER 13 – COMING FROM EGO OR SOUL

Q So will you now talk about forgiveness?

A Ok but we have to start with the understanding of whether you are coming from EGO or from Soul in forgiveness.

Q Can you simplify that for me?

A In English, vowels are required to create virtually every word. There are five vowels:

A, E, I, O, U.

A – Ably

E – Electing

I – I

O – Or

U – Us

Q Sorry I'm lost.

A In every choice you make you are deciding whether to come from Ego or from Soul. From I, me, mine. Or us, together, Oneness.

Q So coming from Ego or Soul determines forgiveness?

A No, it determines the level, depth and effectiveness of forgiveness and the resulting impact on the people involved.

Let me explain by using a horizontal scale like a yardstick or metre rule from 0° - 100°. At the level of 0° there is forgiveness based on Ego. This forgiveness is more like a tongue-lashing: "I will forgive you but I will never forget. You step out of line one more time and I will come down on you like a ton of bricks."

This forgiveness comes from the mouth instead of the heart and the other party lives their life in fear and the relationship is all but dead and buried. EGO is running rampant here.

At the other end of the scale, at 100°, is the forgiveness we spoke about in our last chat. If we are Oneness, then who is there to ask forgiveness from and who is there to offer forgiveness? There is no single person involved because we are all our brothers' keepers. Here, Soul is all that there is.

Q Between 0° and 100° there must be 100 levels from Ego forgiveness to Soul forgiveness?

A There are 100 levels as A, E, I, O, U is traversed. Let me identify a few of these levels to show the progression from EGO to Soul forgiveness:

Level 10: "You done me wrong" - I trusted you, I looked after you, I thought you loved me, I can't believe you did this to me. Try as I might I can't seem to forgive you but I will give you one last chance. Even though I do forgive you, I will never forget what you did to me.

Level 30: "My friends tell me to dump you!"

I tell my friends that although you hurt me so badly, I still love you. They tell me that there are plenty of fish in the sea and also that a leopard never changes its spots. I would like to find a way to forgive you and move on with our relationship, but I just don't trust you enough in case you break my heart again. Give me something to work with here to show me that we should stay together.

Level 50: "I am trying to balance my feelings about us".

I know that you are not a bad person and that we all make mistakes that we regret. Sometimes I want to wrap my arms around you and tell you that everything is going to be ok, as it was before. Other times I remember how you hurt me and I wonder if I can ever trust you again. I want to forgive you and believe that this was all a bad dream. I wish I had amnesia!

Please show me how much I mean to you. Not for one night, but for an extended time so that my emotional wounds can heal and we can move on with our lives as though this never happened.

Enable me to forgive you by your thoughts, words and actions towards me and our relationship.

Level 70: "It takes two to tango!"

I have been thinking long and hard about what you did to me. I realise that there is cause and effect in life and that I am not blameless. I acknowledge my lack of attention to you in our relationship, my taking us as a couple for granted, the dumping of all my daily issues on you when I got home and not being available to you and your needs. These factors undoubtedly contributed to your feelings of unhappiness and being taken for granted and feeling unwanted. While there is no doubt that there were other routes you could have taken to rebalance our relationship, for example, professional counselling, I probably would have rejected them, insisting that nothing was wrong and that we did not need a stranger poking around in our business.

However, to break our sacred vows and do what you did still causes me pain. I am at a place of forgiveness, but sometimes I might need to sleep with one eye open, due to my nagging uncertainty. Hopefully soon we can renew our relationship with the passion, respect and love that we had in the early years. Maybe this was the wake-up call that we both needed as we were heading towards the marital cliff, mainly due to my taking my eyes off you and our relationship.

Level 99: " Playing out Soul Contracts"

Knowing now what we both have learned about Soul Contracts, we can be fully aware and understanding of the growth we have experienced for our Eternal Souls through this episode in our relationship on Earth.

We know that when we were in Spirit in our Soul Group, we arranged and agreed that we would meet up on the Earth's plane, get married and be happy. After a number of years, as my business life flourished and demanded more and more of my time, I became detached from you, making you feel unwanted and unneeded by me. You then sought physical love in the arms of another person only to be discovered by me returning home early from work. The aftermath of Ego that followed eventually resulted in an awakening of Soul Consciousness once I realised that it takes two to tango and my lack of attention was pushing our relationship to the edge of the matrimonial cliff.

Developing awareness and understanding at Soul level of the eternal Soul's growth lessons which we both had to go through to come out together as One and as Oneness, has opened our eyes. We now both realise and recognise that we are One. There is no me and you. There is no "I did this" and then "You did that". We did it all together as One so we could have the opportunity of meaningful Soul growth for the growth of our Eternal Souls' journey.

As Oneness, now there is no-one to forgive and no-one to ask or receive forgiveness from. There is only gratitude for the experience we planned for in Spirit and shared on the Earth's plane to enable the growth of our Eternal Souls to become more like our Source or God. People on earth call this utopian love and light.

CHAT NUMBER 14 - CHOICES

Q Now that I understand more about forgiveness, it seems as though I have a choice as to where on the level between 0° - 100° I want to come from.

A Anyone can start from 0°, but few, if any, can start at 100°. Everyone can start from Ego, and the vast majority do. They then move level by level from Ego to Soul in their choice of thoughts, words and actions. Let me tell you that few people do it in one lifetime!

Q It seems that it begins with the choice that one makes?

A Sometimes you make the choice and sometimes the choice is made for you. However, at a deep level of understanding, everything that happens to you is because of a choice you make or don't make timeously.

Q Can you simplify that for me?

A Let's say you have final exams coming up soon. The choice of going out partying with your friends or staying at home to prepare for the exams usually has the outcome of failing (doing poorly) or passing (doing well).

The choice of starting your academic year by learning and preparing for your exams from day one should ensure that you are fully prepared and the high marks you achieve are the result.

Conversely, being the most popular person on campus who socialises and parties continuously is a choice you make to fail or do badly and receive poor results.

Assume you are the social, popular student and you suddenly woke up to the fact that final exams are next week and you start burning the midnight oil, working 20 hours per day. You are exhausted, as you have pulled an "all-nighter" and driving to write your exams, you fall asleep at the wheel, crashing your car and injuring yourself.

Does one put that down to an accident or bad luck or did your choices create the ripple which played out as the accident?

Q So you are saying that there is no such thing as an accident and that the choices we make cause the good and bad things that happen in our lives?

A You asked me to simplify this for you, but there is a deeper explanation for these outcomes. I am not sure if you are ready for that yet.

Q Lay it on me. At worst I won't get it but maybe, who knows, I'll see the light.

A In one of our earlier chats, I talked about Soul Contracts. These are decisions made in Spirit by Spiritual Beings in a Soul Group who decided to continue with their Soul's growth by visiting Earth in human form and experiencing lessons to aid their growth as a Soul. Earth is a major playground where special experiences can be had to aid in the growth of a Soul experientially.

Q Yes, I remember. It was a perception changer for me, a real paradigm shift in my awareness and consciousness. To know that we are Spiritual Beings having a human experience sensually on Earth, turned my world upside down.

A Ok. So we are on the same page now. Choices made at this deeper level of Soul Contracts sometimes seem so illogical. Why would a happily married woman invite the swimming pool maintenance man into her bedroom one afternoon? Why would the straight-laced dependable bookkeeper steal money from his employer? Why would someone suddenly decide to take their own life? At the level of human understanding these are inexplicable, illogical choices.

However, at the level of understanding Soul Contracts, these choices needed to be made so that these people could experience the aftermath of their choices for them and their Soulmates.

Perhaps a person needed to experience the ego dance of being humiliated by their spouse's affair and to learn to come from Soul and not from Ego in resolving this matter.

Perhaps an employer had to experience the loss of stolen money and the betrayal of a previously honest and loyal employee to wake up to the way they were badly treating their staff. Learning to look at why something happened could cause the employer to have a change of heart and start respecting their employees more.

Q So what you are saying is that things can have deeper meanings and we should not rush to judge people so quickly?

A Exactly! Let me give you full marks for your understanding. I call it "the bigger picture". This is how I imagine that God sees the world: A giant jigsaw puzzle of pieces that have to fit together to complete "the bigger picture" - spouses cheating, bookkeepers stealing and people committing suicide to enable other Soulmates to experience their Spiritual Soul's growth on Earth's sensual playground.

Q This means that the cheating spouse, stealing employee and the person who took his own life should not be judged and treated harshly by society. In fact, they should be admired and praised for their carrying out of their Soul Contracts, because they are treated as pariahs by their families, friends and strangers?

A Yes! You got it spot on! That's why I say, let's leave judgement for God, and let's treat everyone with respect, no matter what they have done.

RESPECT: Recognising Each Soul Politely Ensuring Correct Tributes.

CHAT NUMBER 15 – COMING FROM SOUL WITH LOVE

Q Wow, that understanding of respecting everyone, no matter what they have done, is a real-game-changer?

A So coming back to making choices deliberately, it's quite simple. If you choose to act, react or respond by coming from your Soul with love, and by thinking, saying and acting on the maxim, "What would love do now?", then life will enable you to go with the flow and your happiness is assured.

Alternatively, if you choose to act, react or respond by coming from your ego, with fear and by thinking, saying and acting on the maxim, "What would fear-based Ego do now?" then life will be an uphill struggle and unhappiness is assured.

Q That makes sense. So how come so few people do it?

A As I said earlier, the Earth is a playground for all Souls to experience the playing out of Soul Contracts - the moving from Ego to Soul for the sake of their practical experience and knowledge gained to become their Soul's wisdom through eternity.

Q Does that mean that all the striving, achieving, success and failures we will experience on Earth count for nothing?

A If they are Ego-based then their only purpose is to be a lever to accelerate the growth of Souls. Much like the sand in an oyster shell creates an irritant which enables the pearl to be created.

Q You make it sound like the Earth is an illusionary playground where children learn how to use the swings, scrape their knees and have fun with their friends?

A That about sums it up! The only things we take with us when we pass on, is the growth of our Souls into eternity from our visit to the Earth. Nothing matters except the love we have given and received.

CHAT NUMBER 16 – WHAT YOU SOW YOU REAP

Q So it sounds like one's destiny is made from our choices?

A Exactly! Your future is determined by your present actions. What you sow, you reap. You can't plant beans and expect to harvest grapes.

Q But what about those people who seem to slide through life and everything falls into place for them, while other more talented, even harder working people fall into holes dug by others before them?

A Ah my friend, now you pose a quandary many intellectuals have battled with through the centuries. Why do some prosper and others fail, not through lack of effort or ability?

The solution will not be found intellectually because there are too many unknowns to take into consideration for each individual.

However, at a Spiritual Level of understanding, the answer is simple. Wait for it...drum roll, please ...the alignment of energy vibrations!

Q Sorry, I don't understand?

A Ok, say you have a radio and you want to listen to your favourite station, FM 1001. If you tune in to FM 1020, will you hear the songs you tuned in to hear? If you tried harder, read up on the internet, did 50 push-ups and then tuned in again to FM 1020, would you then hear your favourite songs on your favourite station FM 1001? The only way to hear what you want to hear is to tune in to the radio frequency which broadcasts from the station with a frequency transmitter reading FM 1001.

Q So assuming you do align your energy vibrations, what do you align them to?

A Let's start with the premise, that Source/God/Oneness/All That Is etc. is Unconditional Love. Furthermore, let's assume that we are all part of this Oneness. So therefore at our essence we are Unconditional Love.

The alignment of energy vibration of the Source is aligning up to Unconditional Love.

Q Realistically, how many people do you know who are pure Unconditional Love?

A No-one on the Earth's plane, because it is an Utopian Ideal while in physical form on Earth. However, striving to be as Unconditionally Loving as you can, puts you on that frequency.

Q Can you simplify that for me?

A Ok. I know a family with three children. The children are now over 50 years old, but they came from the same genetic tree, had the same abilities and received the same opportunities. The older and younger siblings have fairly sailed through life. They are successful, have loving families of their own and are financially well off. They are accomplished in various fields, professionally and leisurely. They have many friends and they slide through life and everything always falls into place for them.

However, the middle sister is the proverbial accident looking for a place to happen. She is unsuccessful, divorced with wayward children who in turn have become accidents waiting for a place to happen. She has no friends to speak of and suffers from a life-debilitating disease. She is suicidal and is generally a misery to be around. She is definitely falling into dug holes as she limps through life.

Q Ok, so why?

A The successful siblings smile at life and life smiles back at them. It's the Law of Attraction - like attracts like.

The unsuccessful middle sister fights with life and life fights back at her. It's the same Law of Attraction – like attracts like.

Q It can't be that simple?

A It all comes down to attitude. The choices you make attract your destiny.

Your choice – smile at life or fight with life.

CHAT NUMBER 17 – SOUL CONTRACTS

Q Ok, so it's all about the attitudinal choice we make whether we smile or cry in life. But what about the pre-ordained destiny in Soul Contracts you spoke about earlier? How does this determine your life on Earth?

A This is a very deep question which I will delay answering until we have spoken about free will.

Q What about free will?

A Free will – Ah! As Shakespeare said in Hamlet, "There's the rub".

Let me start with something that I have tried to live by. It's from Emerson:

"The Gods we worship write their names on our faces; be sure of that. And a man will worship something... That which dominates will determine his life and character. Therefore it behoves us to be careful what we worship, for what we worship, we are becoming."

A few centuries before Shakespeare there was a Jewish Philosopher known as Maimonides who lived in the 12th century A.D.

He spoke often of free will:

"Do not imagine that character is determined at birth. We have been given free will. Any person can become as righteous as Moses or as wicked as Jeroboam. We ourselves decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No-one forces us, no-one decides for us, no-one drags us along one path or the other, we ourselves by our own volition, choose our way."

Q So let's assume that free will overrides destiny. What happens when it does?

A The choice made by free will has its own Law of Action resulting therefrom. What you sow you reap. This adds to your Soul's journey through eternity.

Q You mean if I made a choice today to either uplift someone or to push them down, this will become part of my Soul's eternal legacy?

A Yes. It sets new "Karma" or Cause and Effect consequences into motion which need to be balanced or harmonised via your Soul's journey. In effect, doing positive uplifting work strengthens your Soul, while negative, destructive work adversely affects your Soul and needs to be corrected by you in this lifetime or other lifetimes.

Q So are you ready to answer my pre-ordained destiny question now?

A Well, if your Soul Contract requires you to be, say, an adulterer in this lifetime so that your spouse can learn about ego and humility, then you will be one in this lifetime. Your Soul's journey will be one of acknowledging and admitting that you made the wrong choices and asking of forgiveness from all those affected by your actions. Thereafter, if you so choose, you can actively use your experiences to influence other people against choosing adultery.

For example, you could write a book or create a blog post, anonymously or otherwise, stating your experiences and explaining the ramifications upon yourself, your spouse, your children and your own family and friends.

This retribution will ensure that your Soul's journey through eternity is not burdened by your adulterous choices but is strengthened by the lessons you have taught to others through your writing, speeches etc. The same could apply to murderers, rapists, thieves etc.

Q So what you are saying is that no matter what your pre-ordained destiny via Soul Contract is, you have free will to not fulfil that Contract. Secondly, if you fulfil that Contract, providing you come from Unconditional Love, you strengthen your Soul for the journey through eternity?

A That about sums it up nicely. Thank you.

It all comes down to choices, attitudinal and otherwise, which is another name for free will.

CHAT NUMBER 18 – DOES SPIRITUALITY HAVE TO BE SERIOUS?

Q Wow, we have become so serious. Is Spirituality so serious?

A On the contrary, spirituality is joyous. FUN means Find Upliftment Now.

As Spiritual Beings we come to the Earth to enjoy being in human form to enjoy sensual delights. We revel in the ability to feel, smell, touch, taste and hear. We love the excitement of dancing, walking, swimming and especially making love. The joy of striving to be unconditionally loving enables us to smile at life and to let life smile back at us.

We attempt to make each choice with the excitement of a young child having their face licked by their new puppy. We dance down the street with the young lady whose heart is leaping with her first infatuation. We strive to be in the jump of the game-winning play in basketball.

However there are times when we also have to be in the guise of the mourner as they shovel sand into the grave of a loved one who recently departed the Earth's plane.

In the duality of life on Earth, joy and sorrow are two sides of the same coin. The contrast is the seesaw of life. To be up you are required to be down first and vice versa.

Q So we must expect duality?

A Duality is inevitable, but how you respond to it is your free will and choice.

Q What do you mean by responding?

A Responding is a conscious decision whereas reacting is an uncontrolled knee jerk without deliberate thought.

Responding begins with acceptance of what is and making peace with what is now. At that point you can look at the contrast to an emotion, such as sorrow and make a conscious free-will choice to elevate your vibrational frequency to create joy. This joy will manifest when your energy and vibrational frequency is aligned to the joy created in Spirit by your thoughts. It is then placed in a locker of sorts and the key to opening the locker is the aligning of your energy and vibrational frequency thoughts.

In the midst of sorrow these thoughts may be considered inappropriate, but afterwards these thoughts are essential to extract you from your sorrow.

This is what is meant by saying that your thoughts create your reality. If your thoughts remain in sorrow for too long, you will become depressed. If your thoughts focus on the gain you enjoyed from that which is now lost, your thoughts of gratitude will jumpstart the thoughts of joy. The joy of gratitude which you hold in your thoughts for that person or thing that is now lost, is how you smile at life so that life can smile back at you.

CHAT NUMBER 19 – WINNING AND LOSING

Q I know you were a sportsman in your youth, and now you watch sport on TV. How come some sportsmen and women win regularly while others, with seemingly similar abilities don't win?

A When I played competitive golf, I thrived on pressure. I tended to focus strongly yet was more relaxed mentally. I remember one pressure putt which I had to sink in order to win the championship. My opponent was about ten feet from the hole. I remember getting a smile on my face which glowed from inside and I sank my putt of some 30 feet. My opponent's head sank to his chest and he went on to miss his putt.

Q When you watch sport on TV can you spot the winners before the game or match is over?

A Yes I can generally spot the winners, but I can spot the losers even quicker. The winners look like winners. Their heads are held high, they have an intense focus, especially in the hitting zone, but have a calm almost detached look about them. They look happy "inside". They may not be smiling but they radiate an inner confidence that they are going to win. It's not an arrogance because that's usually bad news, but it's a supreme confidence that not only can they win, they want to win too.

Q And what do you spot immediately about losers?

A Losers are not happy. Full stop. They get irritable with themselves and with the crowd. They bring negative thoughts into play when they get cross or irritable. Not only does this cause tension physically so that their rhythm is upset but they become mentally negative. Some negative losers keep calm but subconsciously they have a fear of winning. Somehow they don't feel that they deserve to win. It's about self-belief and in their case, lack of self-belief. Winning is a habit, and unfortunately, so is losing. Your mind's thoughts become conditioned to either winning or losing.

The trick is to learn how to win. Set yourself realistic targets which you can usually achieve. Keep increasing these targets by raising the bar little by little.

Let me use the analogy of a tennis match. If you are new to the circuit, you know you are going to be thrashed by the current champion who you may draw in the first round. Set yourself a goal to win two of your service games. In other words, being beaten by the champion 6 – 2, 6 – 2, 6 – 2 becomes a win for you. The next match you target three games per set and so on. You are learning to win even though you are losing. In time you will get stronger and better. Even champions reach their peak and in time start losing too.

Q I remember you telling me about Phil Mickelson winning the U.S. Masters at Augusta after having been the runner-up on numerous occasions.

A If memory serves me correctly, Phil had come second six times in the U.S. Masters. One year he started smiling at and high-fiving the crowd as he walked down the fairways. He went on to win the U.S. Masters that year and to become the golfing world's favourite son.

Q Do winners always win?

A Definitely not. The greatest golfer of them all, Jack Nicklaus, came second more times in the four major championships of golf, than he won his 18 major tournaments. For Jack, competing at that level and coming second, only spurred him on further to win again and again. He won his last major championship at the age of 46.

Roger Federer, now aged 33, is still competing at the highest level in tennis, and occasionally wins championships against players 10 years younger than he is.

Q So what lessons can you bring to bear from the professional sportsground to mere mortals like myself?

A Self-belief is the ideal. But it should be well-founded self-belief that you can be the best person for the job at hand. Think like a winner, talk like a winner and act like a winner and be gracious and humble when you do win.

The only person you should compete against is the person you were yesterday. A disciplined approach to self-improvement day by day will bring you naturally to the winner's rostrum in time.

CHAT NUMBER 20 – VIBRATIONAL ENERGY FREQUENCIES

Q I have a question about the alignment of vibrational energy frequencies.

A Yes, what is it?

Q You say that providing that you align your vibrational energy frequencies to Source then everything is effortless and everything falls into place without any struggle. But how do I do that? What is my starting point of this alignment?

A The starting point is knowing that you are a part of Source/Oneness/God/All That Is. Finding that part within you and using that vibrational energy frequency, you will automatically connect to the "Base Station" emitting that frequency. That "Base Station" is Source/Oneness/God/All That Is. That part is within you, it is who You really are, your Soul, if you like.

Q So how do I come from my Soul to connect the frequencies?

A As I have been telling you in all the books I write, and in conversations I have had with you, simply think, say and act upon, "What would Love do now?"

Q It can't be that simple?

A Why don't you try it for a minute, an hour, a day, a month, and then you tell me.

CHAT NUMBER 21 – WHAT IS GOD?

Q Some people see God as a God of Vengeance and some as a God of Love. Who is right?

A If you see God as a God of Vengeance then that is what you will experience. A life of Ego, might, power, retribution and vengeance. Your relationship with yourself and others will be based on your and your society's concept of right and wrong.

Q Isn't it better to have a society wherein there is a rule of law whereby transgressors of that law are tried in a Court of Law and if found guilty receive punishment as laid down in that law?

A Ok. So let's say someone commits adultery. Should they be stoned to death? And should transgressors be crucified or thieves have their hands cut off? What sort of society does this create? Gandhi said it best when he stated, "An eye for an eye and soon the whole world is blind".

As societies mature and grow their concept of the rule of law and punishment changes as well.

However vengeance is a double-edged sword and the saying, "Live by the sword and die by the sword" is a direct translation of the Law of Attraction. Like attracts like.

Q So are you saying, worship only a God of Love?

A I am not being prescriptive and telling you which God to worship. That is your journey of discovery. However a life lived thinking, saying and doing, "What would Love do now?" seems a more peaceful and enjoyable life compared to one in which you sleep with one eye open in case you are attacked through vengeance.

CHAT NUMBER 22 – SURRENDERING TO GOD'S WILL

Q I've heard that we must surrender to God's will, but that sounds to me like a cop-out. It's as if we can't solve our own problems and simply hand them over for God to do the "hard yards"?

A I don't see surrender exactly like that. I see it being that we must leave no stone unturned in our quest for a solution and once we reach that point, if we have not achieved our objective in solving our problems, then we can fall to our knees and surrender ourselves to God's will.

However, if we start this quest with the thoughts, words and actions of "What would Love do now?" then our energy's vibrational frequency will align with God's will and it is as if we surrendered from the beginning of our quest.

This surrender is then not out of desperation and frustration, but of alignment with God's will by thinking, saying and doing, "What would Love do now?"

Q How come you make it sound so easy, but other people describe surrender as something you have to battle for and then exhausted and with nowhere else to turn, you slump to your knees in surrender to God's will?

A Let me tell you of a story of a young boy who was annoying his father. The father was reading the newspaper and the restless young boy wanted to go outside and play with his dad. Out of frustration, the father tore off a page of the newspaper and cut it into strips. He said, "When you have put this page together again like a big jigsaw puzzle, we can go outside and play".

Five minutes later, the son excitedly exclaimed, "Finished! Can we now go outside and play?" The father saw that the news stories he had cut up were all perfectly aligned. Knowing that his son could not yet read, he was flummoxed. "How did you do that?" he asked. "Easy" said his son, "on the other side is a picture of a car and I put the pieces of the car together just like your car in the garage".

Life doesn't have to be hard to be rewarding. If you can align your vibrational energy from your Soul to God's will by thinking, saying and doing, "What would Love do now?" then this automatic surrendering will bring the rewards you seek.

CHAT NUMBER 23 – TREAT OTHERS WELL

Q You have referred to the Golden Rule, "Do unto others as you would have done unto you". Isn't this a bit too "goody two shoes"? How realistic is it to live your life on this basis?

A Well my friend, I am going to shake you up a bit with my answers. The first answer is based on a more accepted practice of being, as you call it, "a goody two shoes". Treat others well and hopefully you will be treated well by them. It's a good way to hedge your bets to try and ensure that you lead a good and rewarding life.

The second answer is not based on a moral approach to life but rather on a mechanical approach. This is exactly how life works: You do or give to others that which you want to receive yourself. It's the Law of Attraction, the Law of Action, the Law of Karma and the Law of Cause and Effect all rolled into one, or should I say, One!

Q You had better explain that because I don't get it. How can you give something you don't have?

A By now you accept that you are Part of God. Well, God is All That Is so you need to connect to your Soul - the Part of God that you are - to access All That Is. Now you have All That Is by coming from your Soul with the thoughts, words and actions of "What would God/Love do now?"

So you have everything to give away to those who need it, because at this moment, they don't know that they are a Part of God or how to access being Part of God.

Q Okay. So say I believe you and I do have everything to give away, or the ability to do unto others - if I have it already, why should I give it away?

A Right now you can intellectualise the fact that you have it but to really experience it being made manifest in your life you have to give it away first and only then will the manifestation in Spirit materialise at the right time on Earth for you. By giving it away you are Part of the Source that is All That Is.

Q How can I give something away that I don't have in my hand to give away?

A Let's start with non-material issues. When you give away a smile, are you likely to get one in return? How about a "Hello" and being acknowledged and greeted in return? What about love? Give your love away and watch love come bounding back to you. Are you ever happier than when you have made someone else happy? How does their gratitude make you feel when you share material property or buy someone a present which you know they have been wanting. Knowing that you are part of the Source that is All That Is creates a feeling of Being that which you give away. Doing the giving results in the manifestation, within God's timing, of you Having what you desire.

Q But it's usually Having something that enables you to Do something, like giving it away, in order that you can feel Being part of the happiness it gives the other person?

- A** To make manifest that which you want, you need to first give it away through the Being/Doing/Having process. So I repeat: Knowing that you are Part of the Source of All That Is, creates a feeling of Being that which you give away. Doing the giving results in the manifestation, within God's timing, of Having what you desire.
- Q** I don't see the distinction here?
- A** You are talking about already having something to give away and I am talking about your wanting to have something to give away. If you already have it, then it's easy – simply give it away, or some of it away, in the spirit of Doing Unto Others As You Would Have Done Unto You. The giving away creates a cycle of receiving back, as giving and receiving are two sides of the same coin. However, if you currently feel that you don't have it to give away, then the desire of wanting it within the Having/Doing/Being approach will forever keep you wanting it and not having it.
- Q** Now I'm really confused.
- A** Within the conventional Having/Doing/Being approach to life, your desire is to want something that you currently feel that you don't have. So it's the wanting message that gets sent out. So you Have a Want that creates a Doing, which is Wanting, and guess what materialises? You got it! Being Wanting! Wanting is being made manifest and waiting for it takes an indefinite period of time. Wanting Mr/Ms Right to call you, Wanting a better job, Wanting a college degree, Wanting to win the lottery. Wanting and waiting forever.
- Q** So how does your system of Being/Doing/Having change that?
- A** As I explained earlier, know that you, as a Soul, are Part of God and that God is All That Is, and that you already have all that you need. Being that Part of God by thinking, saying and doing, "What would God/Love do now?" creates the Doing part of giving away that which you want to receive, and ultimately, within God's timing, you will be Having that which you want by receiving it from another and/or the Universe/God/All That Is. So the wanting is made manifest by reversing the mechanical process of Having/Doing/Being to a Spiritual process of Being/Doing/Having.
- Q** Did you make this up yourself?
- A** No, I always wanted to know how to make my wants manifest themselves, so I read, studied and helped other people understand that they were Spiritual Beings in a human body. One day in about 1996 I was presented with a photocopied book that someone thought I would like. The book was out in the United States but had not reached South Africa yet. The name of the book was, "Conversations with God – Book One" by Neale Donald Walsch. It changed my life and the lives of millions of others as did the numerous other books from the same Source given to Neale. My wanting was made manifest by my attempt to Be/Do/Have this knowledge and experience it through helping others in their Spiritual awakening and awareness.
- Q** But you are doing that for me now, many years later?

A Yes and can you imagine what I am about to learn next so I can pass it along to you?

CHAT NUMBER 24 – CREATE OR REACT

Q Are you now waiting for the next "thing" to occur in your life so that you can learn the next thing to teach me?

A It's a matter of where you place the "C".

Q What?

A Life is a matter of where you place the "C". You can either "Create" or "reaCt".

Q Very cute! You had me there.

A Creation is where your thoughts begin, hence the saying, "Your thoughts create your reality".

Reaction is energy expended as a response to someone else's creation. So it's quite simple, do you want to be a Creator or a Reactor?

Q Sometimes things come "out of the blue" and you have to simply react. Take a car accident, for instance. You are sitting at the traffic light and a car comes up behind you and bumper bashes you, through no fault of your own?

A Accept what is, make peace with what has happened, and go about your actions of ensuring that you, your passengers and the other driver and passengers are all okay. If not, call for medical attention. Thereafter obtain and give the required information and look for independent witnesses and obtain their contact details. If your car and/or their car is not driveable arrange for a tow truck and alternative transport.

Q So you are reacting and not creating?

A It depends on how I go about the necessary steps that I outlined above. If I assume the role of an indignant victim and I shout, swear and become abusive to the other driver, then I am reacting. If I am polite, respectful, compassionate and understanding of the situation and calmly go through the necessary steps then I am creating an environment of being as "loving" as I can be in the circumstances.

Q Would you create differently if the driver was a sixteen year old who stole the car for a joyride than if it was a little old lady?

A Obviously I would be a lot more sympathetic and compassionate to the little old lady, but the sixteen year old requires even more understanding in my approach to the situation.

Q Why do you say that?

A In effect, I hold in my hands the ability to determine the future of this young person's life. If I react negatively I could leave emotional scars on a young person forever. If I insist on police action and this young person is arrested, I could be responsible for consigning him to a life of crime. Yes, he made the mistake of stealing a car for a joyride and causing an accident, but is time spent in prison with real criminals really justice to fit the crime? If I

create an opportunity for this young person's family to take responsibility to ensure that he does not do anything similar again in the future, then I am co-creating a much better life for him.

Q So it depends where you place the "C" in your life – Create or ReaCt?

A Something for you to remember – A B C – Always Be Creating.

CHAT NUMBER 25 - YOU ARE A PART OF GOD AND ONENESS

Q Doesn't it worry you that most people can't relate to the "Kool-Aid" you are peddling? All this God is Love, You are a Part of God and Oneness stuff is outside of their understanding, let alone their beliefs?

A How would you go about describing a sunset to a person who was born blind? As I say this it's at sunset on the 21st of June 2015, the sun is a red globe disappearing over the horizon, on what is in the Southern Hemisphere, the shortest day of the year - I know, (and I will come back to knowing), that the sub-zero night temperatures we are experiencing will, within a few months, become hot summer nights.

By experiencing the cold nights of winter and the hot nights of summer, we know these experiences to be real, in our experiencing of them.

Whether you are blind or have 20:20 vision, you can feel the different temperatures in winter and in summer.

There are limitations when trying to describe what colour is to a blind person who has never experienced anything resembling colour.

However this blind person has experienced temperatures and feelings associated with these temperatures - so a blind person has a feeling of what it is like to be hot or cold. These feelings create impressions in their mind and, perhaps, these varying feelings are associated with brain stimuli, much the same way as our brain is stimulated by seeing the subtle colour of a sunset.

Q You seem to have wriggled out of that one!

A What is important to note are the two words, *experience* and *feeling*, as they are both very important in developing a Spiritual Awareness. Let's begin with the more esoteric subject of feelings.

Feelings are the language of your Soul, as you will read throughout all of my writings. Feelings are emotive and they stem from your Soul, which as you know, is a part of God. If God is Love then your Soul is a Part of God. If God is Love then your Soul is Love and its feelings are love-based. For example, I want you to experience the feeling you have when you meet someone that you really fancy and you can see that they fancy you too. Now I want you to imagine walking into your kitchen in the middle of the night to get a glass of water and hearing the sound of glass breaking coming from the kitchen window. Hardly a love-based feeling.

I will give you another example of feelings being the language of your Soul. Let's assume you are in an ego battle with your partner, slinging insults and accusations at each other. There is no way to resolve this and as the movie title says, "There will be blood!"

However, what would happen in the midst of this ego battle if one of you stopped and said, "I can understand you feeling like that"?

What! Hold your horses! I think the world has tilted on its axis! You said what?

I said, "I can understand your feeling like that".

Suddenly bedlam is gone and sanity prevails.

All you did was to admit that you feel their feelings. That was enough to stop the ego battle in mid-strike.

You didn't say, "I agree with your viewpoint", you said, "I can understand your feeling like that" and it was enough to stop the potential relationship bloodbath.

What has happened is that your feelings, the language of your Soul, have acknowledged and respected the other person's feelings, the language of their Soul.

Your Soul has tuned into their Soul and the love that is there created a connection to get rid of Ego and to come from Soul to resolve the issue that previously created bedlam.

If you look deeper into this, you will find that your Soul and their Soul recognized that they are part of the One Soul we call Oneness/ God/Universe/All That Is etc. In recognizing and acknowledging Oneness, the inner peace that is this Unconditional Love, was tapped into and sanity prevailed instead of ego-based bedlam.

CHAT NUMBER 26 - EXPERIENCING

Q So much for Feelings. What about experiencing?

A There are three steps to heaven to quote a song popular in 1960 and re-released a few decades later.

The three steps I am referring to are not, like the song, about a girl falling in love with you. They are the three stages of belief: hope, faith and knowing.

Hope is a wish, a ray of optimism, that something may eventuate. However there is also acknowledgement that it may not occur. Buying a lottery ticket is hope.

Faith is a much stronger conviction than hope. Faith comes from a feeling you have that what you believe to be so will come to pass. Faith is propelled by a confident conviction that creates a feeling of trust that what you believe in will eventuate. It even goes beyond positive optimism. Somehow you know in your bones that you are right. However, the doubt of uncertainty still occasionally waves its flag and you acknowledge to yourself that it's still an unproven belief, no matter how convinced you feel that it is true. Fanatical faith, as we are witnessing in some religions, has somehow turned a blind eye to realism and simply prove the fallacy in their fanaticism of their faith in their outrageous deeds done in the name of their "God".

Knowing is the final step. Knowing is experiential because it occurs all the time for those whose eyes are open and whose minds are accepting in the awareness of this knowing.

What is this knowing? Well I am going to give it to you and then you are going to say, "Get outta here! It can't be just that!"

Are you ready to get the experience of knowing, not hope nor faith, but knowing?

Here it comes.....

"Everything happens for the best outcome – but in God's timing."

Q Get outta here! It can't be just that. What about all the millions of books, the countless religions, all the rituals and traditions, the "seeing the light", the walking on water, the burning bush, the Ten Commandments, the Buddha Tree? I could go on for hours.

A If your only prayer was, "God will give me what I need when I need it for the highest growth of my Soul" and you meant it with every fibre of your Being, then you would be on your way to co-creating your life with God.

CHAT NUMBER 27 – CREATE YOUR REALITY

Q Wow, I'm speechless!

A Lucky for you, I'm not!

With this experiential knowing you can now use your thoughts to create your reality.

Your thoughts have two important co-partners to assist in creating your reality. The ability to visualise what you want to achieve with Unconditional Love by visualising what you want via the how of "What would Love/God do Now?" Then to use the feelings, which are the language of your love-based Soul - to emotionally experience in awareness of being in God's space, the Now, how this thought and visualisation will feel coming from Love.

You then make peace with what is Now and you look for the opportunities being presented to ensure an eventual outcome of "Everything happens for the best" - what needs to be explained is that the timing of this eventual outcome is not usually in our hands, but in what I call God's timing.

Q How does this timing work?

A The answer to that is to do with a topic we have covered before and that is the aligning of energy vibrational frequencies from us to our Source. The thoughts and visualisations, when coupled with the feelings, all of which need to come from the Unconditional Love of "What would God/Love do now?" create a manifestation in Spirit. When these energy vibrational frequencies align and when you are, in God's view, ready for the manifestation to be created on the Earth's plane, then you will experience the outcome that "Everything happens for the best" in God's timing.

Q What happens if the alignments don't take place?

A Then you will understand the events and the necessary processes that flowed from them vibrationally once you are once again in Spirit. Here the "bigger picture" will be evident and the role of Soul Contracts will easily be understood.

Q That's a bit of a cop out!

A Most people tell you what happened in their lives but few ask why. Understanding the role of Soul Contracts will let you know that there are no villains or good guys and bad guys. We are all playing out our agreed Soul Contracts for the growth of our Souls through eternity.

The concept that "Everything happens for the best" in God's timing is understood with an awareness of consciousness that God is Oneness and All That Is. For God to experience being All That Is, the Part of God being us on the Earth's plane, needs to be played out in the Soul Contracts to create new karma which then creates new experiences and resolutions to keep expanding All That Is.

Q I need to get my head around that concept of "Everything happens for the best" in God's timing. Right now my head is spinning!

CHAT NUMBER 28 – EVERYTHING HAPPENS FOR THE BEST IN GOD'S TIMING

Q I'm still struggling with the notion that everything happens for the best – in God's Timing.

A Can you imagine a giant mural, say 100 feet tall and 100 feet wide. Now imagine that 100 square feet mural cut into 100 000 jagged pieces like a giant jigsaw puzzle.

Then imagine that a giant concrete mixer arrives and the 100 000 small pieces get thrown into the mixer and jumbled around. After a while the mixer throws out a pile of 100 000 mixed up pieces and the pieces are told to reassemble themselves as they were before they were cut up into pieces.

Well now the fun starts. 100 000 voices are heard, the pieces jumping, screaming, pushing, shoving, climbing and falling chaotically as the jigsaw tries to re-assemble itself with no memory, co-ordination, plan nor structure. There is no obvious leadership, simply every piece for itself. The combination, even if there was co-ordination, is 100 000 x 100 000 to the power of 100 000. Without strict co-ordination of each piece, this task will be endless. You might even say eternal.

However, what if One Entity had the picture of the mural as it was prior to being cut up into 100 000 pieces. All it would take is One Entity announcing that it had the answer. If every piece simply kept silent and listened, they would be instructed where to go and when to do so, in order for the mural to be re-assembled in the perfect format required to complete the "bigger picture".

Each piece, if they listened correctly, would be told that they were a valuable, perfect part of the whole mural and that until they moved into the exact position reserved for them, the Mural/ Jigsaw/Bigger Picture would be incomplete.

Q So obviously this could not happen unless there was silence first so that the pieces could be told where to go?

A Those who keep silent will still struggle to hear because others are screaming, shouting and performing, thinking that they are all important and need special attention. Those with inflated egos interfere with others hearing the instructions of the Leader, the One with the picture of the completed mural.

Q So more have to be silent, and those with over-inflated egos, kept quiet?

A Easier said than done, I'm afraid! However, those who keep silent waiting to hear the instructions, may very well hear some of the instructions, and begin to follow where they believe they have to go. Pushing and shoving through the madding crowd they head for their allocated spaces which they perceive the Leader to be guiding them to.

The Leader seeing these silent pieces move in the right direction, pays them special attention, sometimes managing to reach them and send them signs and signals to help them along the way. The closer they get to their allotted spaces, the more they seem to hear until eventually each silent piece finds their space and transforms from a piece into Peace. The

Peace means being consciously aware that you are Part of Oneness and that you are Complete.

Q Wow, so hearing the voice of the Leader is vital to finding your allotted space?

A The voice is of course a vibrational frequency that requires the correct attunement to resonate with it.

However knowing that you are You, a vital, unique Part of the Whole, is equally important for you to find your way back "Home" to fit into the Bigger Picture.

Q So you are saying that when you hear God's voice, you then become part of God's timing as he guides you into position?

A Precisely.

Q So 'everything happens for the best in God's timing', means that you have to be silent and patient to listen and follow the signs, signals and directions so that you can eventually move into your allotted space. During this process, everything happens for the best, in God's timing?

A Yes, so while you are being pushed, shoved, jostled, poked in the eye, abused and trampled into the dirt by the madding crowd or, equally, held aloft as a "God" on people's shoulders, provided that you are moving towards your allotted space, seemingly directed by a Lone Voice, everything is happening for the best, although your battered body would agree to differ!

Q Ok. I think I have got it now. Everything happens for the best – in God's timing, now makes sense to me.

A. Now you can understand the instruction in Psalm 46:10, "Be still and know that I am God; I will be exalted amongst the nations, I will be exalted in the earth".

CHAT NUMBER 29 – FINDING PEACE AND COMPLETENESS WITH ONENESS

Q The journey that you have just described, of the little piece finding Peace and Completeness with Oneness sounds like a miraculous journey.

A I have a present for you - A MIRACLE is May I Recognise A Conscious Light Evolving.

Q That's clever. So recognising the Conscious Light or God's Voice via vibrational frequency attunement is a miracle?

A Everything is a miracle because God is All That Is and if God is a miracle then so is everything or All That Is.

You have been told that miracles surround you and so they do. It depends what you are looking for as to what you find or see.

Remember the old saying, "Two men looked out of prison bars, one saw mud and one saw stars".

You find what you are looking for because your perspective will centre on what you choose to see, and experience.

Your perspective is a result of your information, knowledge, experience, intentions, bias, beliefs, faith and expectations of what you believe to be true for you.

These steps occur before you actually witness what you see. They create the perspective of what you actually perceive or see. So what you eventually see coincides with what you believe to be true.

If you look out from the prison bars and your perspective is one of "mud" then you will only see "mud" and the same goes for if your perspective is one of "stars".

The saying, "Seeing is Believing" is a reinforcement of your perspective creating your perception.

However, if you want to see and experience the miracles surrounding you right now, then you need to change that saying to, "Believing is Seeing".

By changing your perspective to one of believing, you are surrounded by miracles and you are able to start the journey of being able to see, experience and witness these miracles. Your changed perspective will alter your perception of miracles.

Q Can you simplify that for me because it sounds a bit "airy fairy"?

A Ok. Let's assume you go to a movie and it's in the conventional 2D format. You see the movie and enjoy it, believing that you saw what everyone else saw.

However, as you exit the movie house, you bump into a friend who saw the same movie but in 3D format. He says it was awesome and that the fight scenes were so realistic and the tanks seemed to roll over you as you were sitting and watching. Now you are upset because

those tanks that were on the screen in your 2D format movie seemed far away. Your friend simply had 3D glasses on and watched a digitally enhanced 3D format movie.

Some people see ants scrambling on the ground seemingly bumping into each other randomly and going nowhere. Others who take the time to watch the same ants see a completely different picture whereby these tiny insects with brains the size of pinheads create a protective colony in which they structure themselves into soldier ants, worker ants and those who feed the Queen of the colony.

We are surrounded by miracles in a delicate balance of nature.

We are surrounded by miracles in our everyday lives and the way to unlock them is to remember Who We Truly Are – a Part of God. God is Love and so are We at our essence.

When we remember, speak, think or act as a Part of God by being Godlike, we unlock the door of miracles in our lives and in the lives of those we love. The miracles we require to see and experience are already present as manifestations in Spirit. However it is now up to you to become vibrationally attuned to the frequency required to make those miracles become manifest on the Earth's plane.

The starting point, as always is, "What would God/Love do now?"

MIRACLE – May I Recognise a Conscious Light Evolving.

CHAT NUMBER 30 - MIRACLES

Q How will I know the truth of whether something is a miracle or simply a random set of circumstances coming together? A chemical explosion, could be called a miracle by some people and others could perceive it as merely a predictable chemical reaction creating an explosion?

A We seem to be heading down the well-worn path of God versus Science. I wanted to talk to you about truth but first let me share with you an email I recently received that purports to come from the pen of Albert Einstein. I will let you be the judge of that, but even if it was not from Einstein, its "truth" to me is very meaningful:

In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein.

"When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us. This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force. Love is Light that enlightens those who give and receive it. Love is gravity, because it makes some people feel attracted to others. Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals. For love we live and die. Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation. If instead of $E = mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!

Your father,

Albert Einstein"

CHAT NUMBER 31 - TRUTH

Q Gee, if Einstein did write that, it is the most powerful message to mankind.

A That rests the case for the defence!

So back to Truth, which also has an acronym:

TRUTH – To Rely Upon the Heavens.

One's own truth is subjective rather than objective. We, as mere humans, cannot know Objective Truth. We can only experience what is Truth for us, subjectively, as we experience it. Another person's Truth can never be our Truth until we experience it in Truth.

Unfortunately, subjective Truth is a moving target.

Q What do you mean by that? Surely truth is truth. That is what makes it a True Truth?

A Not too long ago, it was thought that the sun revolved around the earth and this was the subjective truth for thousands of years.

A Greek astronomer, Aristarchus of Samos (310BC – 230BC) was the first person to propose a Sun-centred astronomical hypothesis of the Universe. Eighteen centuries later, Nicolaus Copernicus (1473 – 1543) who was afraid of the Catholic Church's reaction of branding him a heretic, waited until he was on his deathbed to publish his fully predictive work on the earth being merely a planet orbiting the sun. Some 120 years later in 1632 Galileo Galilei (1564 – 1642) published his findings of the earth revolving around the sun. He was convicted of heresy and subjected to house arrest until his death. When Sir Francis Newton (1643 -1727) invented the reflecting telescope in 1688, it became eminently clear that the earth was not the centre of our solar system. It took the Cardinals of the Catholic Church a further 150 years to accede that the earth "may" not be the centre of the universe. It took more than 2000 years to prove, and for the proof to be accepted by the Church authorities that THE truth was not a truth and certainly not the truth.

Q So many religions today state their Truth of having to belong to their religion to enter heaven, that there is only their God, that they are the chosen people, and so on?

A It is their subjective Truth and if it took over 2000 years to dispute and gain the Catholic Church's acceptance of a scientifically proven fact, how many centuries will it take to disprove and gain acceptance from any religious body of their current subjective truths? It is not worth using our precious time on Earth to debunk these subjective truths. Rather let's use our available time and energy to be Godlike in our thoughts and actions and so achieve Spiritual Growth for our eternal Souls.

CHAT NUMBER 32 – BEING UNCONDITIONALLY LOVING

- Q** I'm finding it quite a stretch to get to being Unconditionally Loving so that I can be Godlike and therefore Spiritual. As you said, being Spiritual is to be like your perception of God.
- A** I'm not surprised, as very few people on Earth have ever achieved it and if they have, they have not managed to sustain it. Being Unconditionally Loving is an ideal to aim at and aspire to. In the striving to achieve it lies the reward of becoming more and more enlightened to live a more Spiritually-based life on Earth.
- Q** Are there more baby steps that I can take?
- A** Although I would not demean this next step by calling it a "baby" step, it is certainly a stepping stone towards being Unconditionally Loving.
- The step is Unconditional Acceptance.
- Q** What do you mean by Unconditional Acceptance?
- A** Acceptance means non-resistance. By accepting What Is, you do not resist What Is. You make peace with What Is. You may like or dislike What Is. Your attitude towards What Is - is not going to change it. It is What It Is. It's no longer in the present moment of now. It's in the past.
- Q** But if you don't like What Was, you can change it?
- A** Exactly, and that is how progress occurs. However, progress is not the issue here today. I am talking about steps to take to become Unconditionally Loving – not winning a Nobel Prize for your progressive achievement.
- Q** Ok. So back to acceptance of What Is/What Was then?
- A** Acceptance of What Is, is not resisting, but rather going with the flow. When you allow your energy vibrational frequency to flow, you give it the opportunity to rise and become lighter or more enlightened. When you offer resistance to What Is, you stop the flow of your energy vibrational frequency with the blockage of resistance and this may cause your energy vibrational frequency to fall and, by implication, become less light or less enlightened.
- Q** Can you give me an example of this in real life?
- A** Let's try this one for sighs – I mean size!
- Let's say that you share a bed with a partner and that partner snores. There can be few things more annoying than a snoring bed partner especially if you are woken up and can't get back to sleep and tomorrow is an important day and you need your beauty sleep. A few Chats ago I told you that it depends where you put the "C" in your life, whether Creating or reaCting and I also said that A B C stands for Always Be Creating.
- You are upset because you have been woken up again by your partner's snoring. The longer you seethe, the more upset you become. Your body now kicks into gear as if you are being

attacked and the automatic fight or flight response occurs. Adrenaline courses through your body and you become much more alert. Your previously resting brain turns on its fear-based imagination process and negative destructive thoughts flood your mind. Now your chances of returning to sleep have dropped to below zero.

Your resistance to What Is, i.e. your partner's snoring, has created "Defcon 5" in your mind. The President is being passed "The Football Briefcase" and the keys for commencing the nuclear attack protocol are inserted awaiting the final go-ahead from the Commander-in-Chief.

The world outside your bedroom is silent. Your partner is snoring and your mind and body are at "Defcon 5".

If you don't want to live like this, you have two choices. One choice is to move to another room in the home to try and get some sleep. However, this could create more tension in your life as your spouse and possibly your children are drawn into this resistance drama the next day and for days to come. Alternatively, you could try acceptance of What Is and be Creative.

Q How?

A Acceptance begins with gratitude. You can begin by being grateful that your partner is in bed alongside you, snoring. You can remember being without a partner in your bed and how lonely and alone you felt. You can be grateful for the love and support your partner gives you and for the family you have created together. You may begin to interpret a rhythm in the snoring pattern and attune your breaths. As your partner is already fast asleep with a deep breathing pattern, your attunement to that breathing pattern should induce sleep. By smiling at the way you are accepting What Is, you release your body and mind so that you could probably fall asleep again with a smile on your face for your wonderful partner and family.

So once again, it depends where you put the "C" in your life – Creating or reaCting. This step of acceptance and non-resistance to What Is/What Was will raise your energy vibrational frequency to a more enlightened, Godlike state, easing the path to becoming Unconditionally Loving.

CHAT NUMBER 33 – DETERMINE YOUR ATTITUDE

Q So it comes down to making a choice to determine your attitude?

A It always comes down to making a choice to determine your attitude. Even by choosing to not make a choice, you are in effect making a choice to not determine your attitude.

We are all powerful, way beyond our understanding. We all have the power to choose our attitude. Even those in prison can make a choice about their attitude to being incarcerated. They can choose to be the best person they can be and strive to be Godlike or they can choose to become like a cornered rat in a cage, snarling and attacking everything that comes into their space. Or they can choose an attitude between these two extreme points.

Q So I suppose it depends where you put the "C" in your life?

A Exactly. Now you are getting it. Create or reaCt.

Q You have said we are part of God and if God is the Creator, are we not also the Creators?

A That is exactly the point. We are all so powerful beyond our understanding because when we remember that we are Part of God and God is All That Is, then we are also eternal, omnipotent and capable of creating whatever we want in our lives. We are limitless like God is limitless. Can you handle all that power?

However, the acronym for POWER is Present Only When Ego (is) Removed.

Q Wow, that sounds like a life changing acronym. Can we discuss that next?

CHAT NUMBER 34 - POWER

Q So POWER means Present Only When Ego (is) Removed? However, power is often associated with bullies and the strongest person, army etc.?

A Power seduces man and man succumbs to the aphrodisiac of Power. Man believes that the Power visited on him is his own Power. But ego-based Power senses that it can seduce any man and live as a virus in that host until it's time for Power, the ego-based virus to find a new host to infect.

Man, infected with the virus of Power, goes down a predictable and well-worn path as the virus of ego-based Power takes hold of its host.

This virus of ego-based Power has infected man and countries and usually leaves them bereft of anything resembling Power. How many "gods" have proved to have "clay feet" in all spheres of life, past and present. How many statues have been toppled by the madding crowd? How many powerful men have been caught with their underpants around their ankles? How many megalomaniacal dictators have been killed by the crowds, an assassin or by their own hand?

"Power corrupts and absolute power corrupts absolutely" is a well-known saying. Mahatma Gandhi reminds us, "Remember that all throughout history the ways of truth and love have always won. There have been tyrants and murderers and for a time they seem invincible but in the end, they always fall.....think of it.....ALWAYS!"

Q But is all Power based on ego?

A The Power of Love, non-ego based Love, Unconditional Love, is devoid of ego. The Source of this Power of Love is the Source of All That Is. God is Love and Love is God. Deriving the Power of Love from Love's own Source is the ultimate Power high. When Power is a result of "What would God/Love do now?" then the implementation of that Power will be eternal.

All other Power is ego-based and is temporary even though in the case of certain religions which use and abuse their Power in God's name, they can go on for decades, centuries and millenniums.

History is littered with conquering countries colonising the world, as well as their armies raping, murdering and pillaging their way through foreign territories. It is currently happening throughout the Middle East, and Eastern Europe was a recent area where different religions and nationalist groups tore Bosnia and Serbia apart, deliberately raping woman of different religions so that they could bear children from these rapes.

As Gandhi points out, these tyrants and murderers will always fail and fall because the Law of Attraction sees like attract like. Murderers will be murdered. Those who live by the sword will die by the sword.

The virus that is ego-based Power, will be responsible for ensuring the fall of its host.

Q Wow, that really got you going there?

A Personally, I hate abuse in any form. I think it is cowardly and the sign of someone who feels inferior and uses their Power on defenceless people and animals. It is a destructive force tearing families apart, setting up neighbour against neighbour, and for what? So some insecure person can feel more powerful as they wield control over another person? Grow up and get a life!

Ok I feel better now.

Q So the bottom line is, the only POWER worth having is Present Only When Ego (is) Removed? When it is Power sponsored by Love or God, because God is Love?

A Yes, you have got it now!

CHAT NUMBER 35 – WHAT WOULD GOD/LOVE DO NOW?

Q I know that the solution for every issue and problem is "What will God/Love do Now" but what Love are we talking about here?

A The Love that gives. This is not the love you feel when you fall in love with someone, because that love is the love that wants. It is the wanting to receive the feeling that love brings; the euphoric feeling of walking down the street when your feet don't feel like they are touching the ground.

There is a song from the musical, "My Fair Lady" that goes something like this:

"I have often walked down the street before
but the pavements always
stayed beneath my feet before
all at once am I
several stories high
knowing I'm on the street where you live....."

This euphoric feeling enables your Soul to remember that it is Part of God who is Love. Your Soul feels the Love from the Source of Love.

What happens now is that the person with whom you are falling in love with hopefully also feels the love of their Soul connecting with the Source of Love and you both miraculously fall in love with the feeling of connecting to the Source of Love - because you both got to this euphoric, exalted place of Love together, you logically assume you are in love with each other. However, you are in love with Love from the Source of Love.

Q How can you be so sure that they are not in love with each other?

A Unfortunately, the much overused statement of "The honeymoon is over" says it all! The divorce statistics, spousal abuse, marital homicides etc. are alarmingly high. This goes to prove that two strangers meet, fall in love and don't live happily ever after.

Q Isn't that a bit cynical?

A Nothing would give me greater pleasure to point out happily married couples to you. I am fortunate to know a few and love to be in their company because they are inspirational. Unfortunately they are in the minority in the world I live in.

Q Ok. I understand that falling in love is a wanting, and that love, can I call it Pure Love to distinguish it from relationship love, is giving. So how does Pure Love manifest itself?

A By giving, and not expecting anything in return.

Q Like a young person stating that they love their country and wanting to join the armed forces to protect their country?

A Each year, many young men and women join their country's armed forces to protect their country. When asked why they are joining up, they declare that they love their country. Not only do they love their country so much that they want to serve it, but they are prepared to die for it too! In this instance they have felt a calling to love and die for a country which is not a tangible, measurable entity that they can wrap their arms around and hug and kiss. It's an ideal. It's an imaginary concept that they have become attached to. Do they love all the people in the country? Do they love all the animals, birds, fish, trees and flowers in the country? What about the buildings, structures, bridges and roads? They love the concept of being important enough in their own worlds to make a difference to the survival of their country.

Some would argue that this isn't love for a country, but a delusion of self-importance. So coming back to the point of giving and not requiring anything in return, these young people are prepared to give their lives with nothing in return but possible death. Is that love? I personally don't think so. I think it is indoctrinated peer pressure dressed up as love for their country.

In my view, those who refuse to fight for their country and kill other misguided young people are pacifists who have love in their hearts. Their love is for the continuation of life instead of the mistaken notion that killing the enemy is love for one's country.

Q Isn't that an unpatriotic attitude?

A In my lifetime I have lived through a civil war where young people went off to fight an unwinnable conflict. Many died, and many were maimed for life. What was more frightening was how many soldiers were killed off the battlefields in vehicle accidents, military mishaps and collateral damage. There were also those killed by "friendly fire", meaning accidentally killed by their own troops. The inevitable victor was the power that was demographically superior. Now parents are left with memories of these slain children who died as losers of the eventual victory by the numerically stronger enemy who won the war at a demographically held general election.

If those parents were given a choice now, as to whether they would prefer to be looking at pictures of their deceased sons in military uniforms or bouncing their grandchildren on their knees today, what do you think they would choose?

Q But if no-one volunteered to serve then mayhem would result as other more militant enemies would overrun the country if there was no military resistance?

A And that is why the Military Industrial complexes run many countries, such as the USA, China and Russia. War is big business and innocent, naïve young people are easily indoctrinated to believe that loving your country means dying for it. Meanwhile they are furthering the ambitions of those directly involved in managing these Military/Industrial Complexes.

Somehow it is easier to hate and kill than to love your fellow man. The world will only come to its senses and start healing itself with love when "they will beat their swords into

ploughshares and their spears into pruning hooks and nation will not take up sword against nation, nor will they train for war anymore" (Isiah 2:4).

Until then we must preach that God is Love and attempt to live our lives with as much Pure Love as possible.

Q Will you explain how?

A It's getting late now. I will explain next time we meet.

CHAT NUMBER 36 – LIVING OUR LIVES WITH PURE LOVE

Q Please explain how we can live our lives with as much Pure Love as possible?

A Let's start by acknowledging who we are. We are eternal Souls currently housed in a physical body on the Earth's plane. The larger part of our Soul, some call it our Higher Being, remains in Spirit. Our Soul and its larger Higher Being are a Part of God. God is Pure Love. Therefore our Higher Beings are Pure Love and our Souls are Pure Love.

Q So you are saying that at our essence, we are Pure Love already?

A Exactly! If you can always only come from your Soul with every thought, word and action, then you will always be thinking, saying and doing, "What would my Soul/God/Love do now?" and act accordingly.

Q So why don't we?

A Because we forget we are Oneness in Pure Love and we allow our Egos to do the thinking, saying, and doing, "What's best for me now?" and acting accordingly.

Q So should we discipline ourselves to always think, say and do, "What would Love do now?"

A No. Discipline implies that some sort of force needs to be applied.

Q So what do we do?

A How does one sperm find the egg to create a new life?
How does the exhausted new mother ensure that her baby is fed?
How do the family, gathering around the new baby, know to smile at him with love in their hearts?
How do parents provide for their child?
How do parents wave goodbye to their departing children as they leave the nest to begin their journey through life?
How do people hold hands in old age in the final days of their lives?

They trust their Souls to provide the answers coming from Love. It is pure instinct and their Souls are the launch pads to give love, sometimes under difficult circumstances.

You are Pure Love at your essence. Simply allow that Pure Love to shine through instinctively by seeing the Oneness in you and in other people. That Oneness is Pure Love. Simply let it be who you are – Pure Love through seeing Oneness in all you do in life.

This will bring Inner Peace and Unconditional Love.

Inner Peace is not the absence of trouble, but simply knowing that you are in the Presence of God through Oneness.

CHAT NUMBER 37– HAVING FAITH

Q How does it feel to have faith?

A All day and every day, your Soul is suffused with knowing Oneness with God. The divine qualities of love, compassion, empathy, awareness, forgiveness through understanding, being charitable to all you come into contact with - the state of being kind with no judgment attached and simple acceptance without resistance to what is. These synergistic qualities create a trust in God that is a living knowledge which you become. You and God are conscious action in Oneness.

Q Wow, that sounds like heaven.

A It is exactly what heaven, or the next phase of your eternal life, is. Can you imagine what life on the Earth's plane would be like if there was total transparency? Can you imagine if every thought and action was visible to everyone, if every being was consciously aware of everything all the time?

Q Gee, totally visibility and - no doubt - accountability for every thought, word and action?

A Exactly. Total transparency and accountability.

Q But that's impossible here on Earth?

A For Human Beings it is - but for the Spiritual Entities that watch over us, guiding us when we call upon them, it is what they see and what is recorded against your Eternal Soul to create Karma for your Soul's eternal journey.

Q Lots of people are in eternal trouble then!

A It is not a process of "tittle-tattling" to God. It's a process for each of us to become God-like through countless lifetimes on Earth. It's a progression of the creation of our Souls, lifetime after lifetime, as we experience life and learn what to do next and then apply it to reach the pinnacle. It's like creating something layer upon layer, lifetime after lifetime.

Q Is that what you mean by "your thoughts create your reality"?

A Exactly! We co-create our lives with God in the passenger seat guiding us, if we can attune our vibrational frequency to God's vibrational frequency.

Q So faith is essential to get to this place of continual growth?

A Faith is a cry from your heart to your Soul which connects to your Higher Soul, or the larger part of your Soul, which remains in the Oneness of God. Faith is "hope on steroids" and because you are Part of God, it's a function of 're-membering' the knowledge and experiences of being Part of the Oneness of God.

Q You have told me that "feelings are the language of the Soul". What does it feel like when you have made that connection of 're-membering' the knowledge and experience of being Part of the Oneness of God?

A You start by being centred in your Being. Your mind slows down in the midst of mindless chatter and you become quieter and more conscious of your Soul rather than your Ego's dance. You become consciously aware of being more rested and your anxiety, irritation and dissatisfaction levels lower - initially you start to feel euphoric moments of happiness and once they stabilise and sustain themselves, you achieve bliss and that brings you to an awareness of inner peace as you become conscious of the Divine Presence of Oneness.

The resistance in your life, which now feels like you were driving with the handbrake on, is released and things start to flow more easily without the friction of the past. At this point, you feel part of the Bigger Picture, more as a Soul than simply an ego looking for attention.

This release from resistance caused by your Ego-based previous life enables your life to now become easier and more free-flowing. You experience much less tension, stress and pressure as your struggles reduce.

When troublesome issues occur, they are handled with ease and what were hurdles in your path are now anthills as you step over them.

You feel connected to a higher consciousness and as your life becomes more simplified, you develop awareness of the joy of simply being, without your rampant ego getting in the way. Life becomes less difficult and your Soul-Based desires fall into place. Your life's meaning and purpose become clearer as they are no longer driven by your ego's need to be noticed.

All the ego stuff that used to distract you and that seemed urgent and important no longer register with you because in your simplified new path, you focus on that which gives your life a Soul-based meaning and purpose.

Emotionally you feel connected to the people in your life who give it meaning and purpose, including those you feel love for. Somehow the people previously involved in your ego's dance disappear and you are left with a handful of people who make you happy.

Your life has integrity at its core and you operate with a sense of rightness, justice and fairness to all in your life's path.

You develop a level of understanding of the Bigger Picture as your connectivity to a Higher Power increases. What you were not prepared to forgive in the past is seen in a different light now as you realise that everyone is doing the best that they can due to their level of Soul awareness in their lives. Forgiveness now becomes easier with this understanding.

You connect to the heart and soul of others instead of their egos, and you focus on their "good" characteristics and ignore their "bad" ones.

The Part of God in you connects to the Part of God in them and love results. You and God are action in Oneness, conscious action in Oneness.

You know bliss and you learn to follow that bliss whenever and wherever possible.

CHAT NUMBER 38 - HOW TO ACHIEVE ONENESS

Q Wow, beam up Scotty! What a way to live. Who wouldn't want to know that bliss, that way of living?

A Well, it's available to everyone - you can achieve it from the pit of a prison cell to the top of a mountain and anywhere in-between.

Simply open your mind to the possibility that what I have described to you is true and begin the journey from where you are now.

You don't need special clothes or traditions or to wait for a full moon - right here, right now, as you are, start to become centred in your being - thereafter begin a process of feeling Oneness with those who are closest to you - people, animals, birds, insects, plants, flowers, grass and so on.

See this Oneness radiating out in concentric circles like ripples on a pond, incorporating everything and everyone in a bond of unconditional acceptance, respect, trust and eventually love.

When you hit a blockage caused by someone or something which you dislike, stop and think, "what can this person or thing teach me about why I dislike them or it?" Everyone and everything is a lesson for you in some way. Until you can, with total integrity, identify why you dislike them or it - you can't reach a place of understanding and forgiveness to overcome this blockage of the flow of your outpouring of unconditional acceptance, respect, trust and eventually love.

Q Is there a way to find how to confront these blockages head on?

A Start with kindness - look upon them with an understanding that they are doing the best that they can coming from their level of conscious awareness - you can't expect a one-legged man to win the 100 meter Olympic race - people are often in invisible emotional wheelchairs and they are doing the best they can, even though it isn't good enough or acceptable enough for us.

Kindness leads to understanding which leads to acceptance - with non-resistance you may even get to like, respect and trust them, which eventually leads to love - so you learn to overcome the blockages which now evaporate like the morning mist, and those people or issues are enveloped in the increasing concentric circles of your ever-spreading unconditional acceptance, respect, trust and love when you see them as part of Oneness.

Q You make it sound so easy. Why don't people do this?

A Firstly, it is a lack of willingness caused by their ego's dance of wanting to feel superior or better than someone else - judging, criticizing and demeaning others somehow makes them feel more important and superior.

Secondly, this requires effort and people usually want instant gratification without realising the result of cause and effect. "First the labour and then the reward" is a Biblical injunction.

Today people want the reward handed to them on a silver platter without any labour or effort on their part.

Thirdly, it is complacency, by living out the role of a victim and feeling helpless to change their circumstances - for many, it's a question of waiting for a hand-out rather than seeking a hand-up to lift them out of their role as a victim of circumstances.

Fourthly, there will always be the sheep and the shepherd - those willing to be led to eventual slaughter and those leading them there. Few people are prepared to seek self-improvement and separate themselves from the herd - there is a comfort zone in blending in with the herd. Standing apart from the crowd is not always a popular move and it takes guts and determination to be different.

Q But it's possible to make the effort and to know such bliss by living as you describe?

A Not only is it possible, but eventually everyone will get there even if it takes thousands of lifetimes on the Earth's plane to do so - it's inevitable, as their Eternal Soul eventually becomes Part of the Oneness that its larger Higher Soul remains in perpetuity.

CHAT NUMBER 39 – LEARNING FROM EVERYONE AND EVERYTHING

Q You made mention of the fact that everyone you meet can teach you something?

A If you can pierce the veil that we place between ourselves and others, usually a self-protective veil, then there is a lot to learn from everyone and everything if your eyes and mind are open. It's a question of being vulnerable enough to ask questions of each other genuinely seeking to know the answers to improve oneself.

Q You say everyone is a Teacher but what can a beggar in the street teach you?

A Quite a lot actually - firstly, simply by acknowledging the beggar as a fellow human being, instead of an outstretched arm covered in rags with a needy, dirty hand at the end of it.

Secondly, seeing the gratitude they have for a few cents, let alone some more meaningful amount, makes us more conscious of all the things we have and which we take for granted.

Thirdly, by seeing that they have a choice to live in the now with some sliver of hope that they will get enough money to be able to buy something to eat in order to keep alive and survive another day.

Fourthly, if you take the trouble to speak to the beggar he will evolve into a person with a story of hardship and you can say, and mean, "There but for the Grace of God, go I".

Fifthly, understanding Oneness, perhaps like Mother Theresa on the streets of India, you can look for God in the face of a beggar.

I could go on, but by now you have the understanding of what you can learn from another as your Teacher.

Q What about people, like Mother Theresa and others who are committed to causes such as helping abused women, caring for orphans, tending the terminally ill and looking after animals who have suffered cruelty etc.? What are they being taught?

A Many people adopt causes that are close to their hearts. Often these same people are suffering from unresolved issues themselves and this drive to help others is a cry for help to repair and heal themselves.

Now these issues could come from this lifetime or from other lifetimes when they suffered some form of hurt, loss, abuse etc. Helping others is a form of healing but to be healed properly these people have to have self-integrity and explore events in this lifetime that may have led to the hurt, loss, abuse etc.

Q What if this hurt, loss, abuse etc. comes from previous lifetimes of which they have no memory?

A Of course this is trickier. However there are medically trained professionals, like the world-famous Dr Brian Weiss, author of numerous books on past life regressions who can take one back to past lives to investigate these causes. For those who believe, people with psychic abilities as Channels, Spiritually attuned people and the like are also an option to investigate.

I personally have received guidance numerous times from people such as these and the clarity of decision making once I learned about past events, has been remarkable for my growth as a human being and as a Spiritually Conscious person. However this route is not for everyone.

Q So have you learnt from these Teachers?

A Because I lead a Spiritually aware life, I see everyone as my teacher. I learn Unconditional Love from my pet dog and the ants that invaded my kettle showed me how determination and tenacity can lead you to the "water" that you seek. I learn from my sons as they stretch themselves at the beginning of their adult life-journey and so on. The lessons are there like the air that we breathe. We simply have to be open to them and improve ourselves in both the physical and spiritual planes of existence.

CHAT NUMBER 40 – TOGETHERNESS IN FAMILIES

Q There seems to be such disharmony in marriages and in families - everyone seems to be on their own mission, not caring about their spouses, children or siblings. It's like every person for themselves. How can we fix this?

A Obviously that pertains to some families and not all families - however I know what you mean - I have even seen families go out to a restaurant for a family meal and each one is on their own cell phone texting someone else, checking their Facebook Page, watching a YouTube clip and so on.

Q What can you suggest to bring family unity back?

A There is a saying, "A family that prays together, stays together". However, in today's world with the need for instant gratification, it would need God to have a Facebook Page offering instant answers to make that work!

In days gone by I have witnessed the occasional family blessing on a special night of the week, usually a night coinciding with family worship in their chosen religious abode.

Both parents place one hand on each child's head, in turn, and offer a blessing to this child. Providing this is done sincerely and not as a matter of perfunctory routine, then the bond between parent and child grows.

The starting point of such a blessing is what the Hindus call Namaste – The Divine in Me recognises the Divine in You - finding this Divine Spark which now needs the oxygen of breath to blow on it to make it glow. Finding this pure love within and connecting to it develops a relationship at its core - at the parts of Oneness within all Parties giving and receiving the blessing. All Parties can now remember who they really are.

Being blessed makes the one receiving the blessing conscious that they are worthy of being blessed no matter what they may or may not have done in their lives - the ones doing the blessing know and acknowledge that their lives are already blessed and that they are now sharing that blessing with their children.

This blessing celebrates being alive and is not a "band aid" to fix a current problem - this blessing acknowledges our appreciation of life and acceptance of life's gifts both wanted and unwanted, but necessary for our Soul's growth. Everything is a blessing if accepted as such.

Q When do these family blessings take place?

A To make it special and meaningful, the family must decide which night is family dinner night and the blessings should occur, with sincerity and meaning, prior to the start of dinner.

Once the children are old enough they should also participate in giving a blessing to each parent - parents bless children and age appropriate children bless parents, in turn.

Q What happens if there is a guest for dinner that night?

A The blessings should go on as planned. The parents or the age appropriate children can ask the guest if they would like to be blessed as well, and if so, they should honour the guest with such a blessing - I bet the guest will tell all his/her friends!

Q What effect will these blessings have?

A All the family members will feel responsible for themselves and be responsible for each other. They will feel the Oneness that exists in their family and this will bring unconditional acceptance, respect, trust and love to their family table and into their hearts and souls.

CHAT NUMBER 41 – THE MEANING OF SOMETHING IS UNIQUE TO EVERY PERSON

Q I read in one of your books, I think it was on GuideSpeak.com, the Book of Evolving Relationships – Would you like some Chocolate Cake? – that the meaning of something is unique to each person?

A Yes, it is a simple story of someone offering a piece of chocolate cake to different people and their various reactions to something as innocent as chocolate cake.

Q Can we discuss meaning now?

A I would prefer to deal with it in a more complete fashion but let's talk about some of the "touch points" now, and later on I will deal with purpose and meaning in one's life in more depth.

Q I have seen older people who get ill and some seem to love the attention they seek as they belabour their illness and moan and groan, while others, oftentimes really more ill than the complainers, who seem to find a meaning in their illness and are at peace with it?

A People who acknowledge that the mind affects the body can use that knowledge to create wisdom. Knowledge comes from the mind but wisdom comes from the heart and soul.

By seeing yourself as the Watcher and not simply the body that is ill, you can interrogate your mind to determine why your body is ill and not simply wallow in self-pity.

This is pretty superficial now because I would like to deal with meaning and purpose later in some depth, including how it affects our health.

So let's look at the more obvious causes of illness such as smoking which causes lung cancer, too much alcohol which causes cirrhosis of the liver, and stress which causes hypertension and increased blood pressure levels, strokes, cardiac failures, etc.

Not everybody who smokes, drinks or leads a stressful life ends up with these illnesses. Many do, some don't. How does this happen? I don't know - medical science doesn't know and here I can only assume that God knows, because that is the only answer you will get from an honest medical practitioner – God knows!

There are people who don't smoke, drink or lead stressful lives and still get these diseases. God knows!

Certainly, if you over-indulge in smoking and drinking or lead a stressful life, your possibility of getting the diseases associated with these causes increases substantially.

There is speculation that a disproportionate number of women with breast cancer and men with prostate cancer harbour their grievances - women in their heart region and men in their genital areas. Since hearing of this some fifteen years ago, I have become more aware in my small world's sample of people I know. Women who are unhappy with their partners and men who are repressing anger seem to have a higher incidence of breast cancer and prostate cancer respectively. It is also reported that people who suffer from Alzheimer's

Disease were controllers in their lives and assumed a lot of responsibility and tried to control their partners, children and others in a stressful manner.

To the best of my knowledge these theories are unproven scientifically but meaning is hidden in the dark of the subconscious mind and meaning can cause both illness and healing.

The will to heal oneself starts with being the Watcher of your diseased body. If you can interrogate yourself consciously and subconsciously with total integrity and you are prepared to dig in sometimes uncomfortable places to unearth the truth, you should find the underlying real causes of your ill health.

Once you have unearthed the cause you can make peace with it and then you will know what steps you have to take to heal it with love, compassion and forgiveness. If the person or issue is still on the Earth's plane then seeking a reconciliation with love, compassion and forgiveness should start the healing process of your physical body. If the issue or person has passed on from the Earth's plane, then speak to them or it out aloud in a place where you will not be disturbed. Get your words out there so that you can hear them coming from love, compassion and forgiveness and believe in your heart and soul that they or it can hear them wherever they are now.

Establishing the meaning or cause of your ill health and curing it with love, compassion and forgiveness invariably strengthens your will to survive the ill health and puts you on a path of healing your body by bringing a healthy closure to the underlying cause which has been poisoning your body.

Medical science uses knowledge to heal but Spiritual Healing uses the wisdom coming from the heart and soul to understand the underlying causes and heal them with love, compassion and forgiveness.

CHAT NUMBER 42 – DISEASE AND ILL-AT-EASE

Q If you become diseased is there a root cause that creates this ill-at-ease?

A My answer is very contentious and I am not sure I can defend it, but I will give it to you anyway. I think that lack of integrity creates the crack that starts the feeling of being ill at ease which may become the resulting disease.

Q Lack of integrity causes disease - that sounds like a stretch of the truth to me.

A Like I said, it's not really defensible but let me try and explain.

Self-integrity is black and white with no grey. You are either being totally honest with yourself or you are not - it is a feeling and feelings are the language of the Soul. You can't spin self-integrity and step into the grey zone. You can't use expediency as a reason to step out of self-integrity - your vital energy is rooted in your self-integrity - your vibrational energy frequency level is high and resonating towards being God-like when you have self-integrity. You can be unemployed, homeless and starving and still have self-integrity. Conversely you can be the wealthiest person in the world but be cheating on your partner and using your business expense account to book a hotel room to be with your lover, compromising your self-integrity.

Self-integrity is the same whether you are a rich man, poor man, beggar or thief. Self-integrity is following what Shakespeare said, "To thine own self be true".

When you decide to move away from self-integrity in the myriad ways available to you to do so, then you crack a chink in the armour of self-protection. You open up a place in your armour to allow cause and effect to infiltrate - you expose yourself to harm.

By lowering your vibrational energy frequency through compromising your self-integrity, you are deliberately choosing to be amongst people and things who also have this lower vibrational energy frequency as like attracts like.

Your energy life force now becomes divided. Anxiety and stress fracture you internally as your values diminish and you lose your inner balance - your emotional compass goes out of whack as your moral compass spins off its axis - right and wrong blur together and you feel ill at ease.

Your immune system, so accustomed to protecting you from the viewpoint of your stance of self-integrity also comes under attack as you compromise your self-integrity - this could cause your immune system to also become compromised as it loses its footing in the shifting sands of compromised self-integrity.

The self-doubt which occurs as you struggle to regain your footing in these shifting sands adds to the lowering of your energy vibrational frequency levels - first cracks then gaps appear and your lowering immune system is fully stretched in its defence of your emotionally weakened physical body.

Inevitably an unwanted invader slips through the gaps and sets up home in your physical body and the ill-at-ease process develops into a disease.

The message is clear – "To thine own self be true"!

CHAT NUMBER 43 – WITH PATIENCE YOU ACQUIRE WISDOM

- Q** That explanation of diminishing self-integrity, of compromising and opening oneself up to disease is not something I have read or heard before. Is this knowledge which you have acquired?
- A** Not knowledge acquired but more like wisdom learnt by observation and experience - every moment life is sharing its wisdom with us. Fortunately life teaches but unfortunately not everyone learns. Sometimes you have to hang in there courageously, waiting patiently in a non-judgemental way being prepared to not know and understand what is occurring in a place unseen by mortal eyes - you have to TRUST (To Rely Upon Spirit Totally) that in God's timing the answer will emerge. You have to be attuned to what may occur and sometimes you may even have to suffer, but eventually you will experience the wisdom that everything happens for the best in God's timing.
- Q** So with patience you acquire wisdom?
- A** No, with patience you may become wise. However, such wisdom requires a developing of your ability or capability for loving kindness, compassion and forgiveness instead of causing harm - it is the ability to be of service without any visible reward for that service. Knowing that Life is giving to Life through you as a conduit enables you to become humble and wise.
- Q** This sounds like a road for a select few?
- A** On the contrary, in time we will all go down this road to wisdom. Once we realise that our thoughts, words and actions are transparent to our Soul - our Higher Soul and to God, we will willingly drop the illusion of our ego-based self to grasp the opportunity to grow in wisdom and to be loving to ourselves and others - in essence, to see the Oneness of everything is the ultimate wisdom which we become.

CHAT NUMBER 44 – SPIRITUAL HEALING

Q Earlier you referred to Spiritual Healing - what do you mean by that?

A Phew, that could take a long time to discuss - there are so many areas of Spiritual Healing that it would probably be easier to identify that which is NOT Spiritual healing than what is! If you believe, as I do, that we are Spiritual Beings having a human experience, then everything we do to improve and develop ourselves would fall under the term Spiritual Healing.

Q How about Spiritual Healing to assist someone else in ill health?

A Let me answer that in a "headline" sort of way to give you the broad brushstrokes. As Spiritual Beings all we are is energy manifesting as vibrational frequencies and light which have slowed down sufficiently to enter a physical body. Our Soul, the Earth-placed Soul attached to our Higher Soul which is a Part of Oneness with God, remains light-based energy vibrational frequency. That frequency in a body that is ill reduces its potency and its signal becomes weaker - (I am using Earth-related terms here.)

When someone who has a high energy vibrational frequency enters the space of the ill person and silently sits, listens and occasionally talks, the ill person's awareness or consciousness increases as if pulled up by the higher energy vibrational frequency of the visitor - it's as if there is a hidden spring of healing water within the ill person which breaks through. It is their underlying inner goodness, inner beauty and inner self-integrity which gushes out and begins to elevate their energy vibrational frequency towards healing.

Medical science can probe, analyse and attempt to understand the illness of the body but they cannot understand the healing power of Spirit - erroneously, many doctors "claim" success when all they have done is witness the healing power of Spirit.

I was fortunate to have an uncle who was a very successful surgeon and general practitioner - in my presence he told his son, then a recently qualified doctor, that after practising medicine for over 55 years he realised that all he did was to stand by patients while some sort of healing took place outside of his control and ability - time and again over 55 years of being a doctor he witnessed this healing which I am calling Spiritual Healing in the context of this discussion.

My uncle Mike listened to his patients' hearts and their Souls and the healing took place.

CHAT NUMBER 45 - GRIEF

Q What about grief? We are told to "suck it up", "take it like a man", "crying is for little girls" and so on?

A Those people with hardened hearts are emotionally imbalanced and in the cycle of cause and effect in life may be visited by loss and grief to attempt to open their minds and hearts to the benefits inherent in loss and grief.

Q So it is important to grieve?

A Loss stands for Leaving Our Selves Sad. When we experience loss, especially unexpected loss, we are initially emotionally numbed by the shock of the news. Our brains cannot process the news and the resulting implications which initially affect us and thereafter affect those nearest and dearest to the person or people whose lives are threatened or those who have already lost their lives. This is the inbuilt mechanism of the mind and body to handle the shock – physical and emotional numbness - not dissimilar to the breaking of a bone and the body's reaction of lack of feeling and inflammation to protect the surrounding area.

Once the initial shock has been absorbed and the impact and implications of the loss set in then we should experience the emotional grief welling up inside us - there is no timetable for grieving and each person will react in their own way. However, excessive grieving which spans many months or even years is not recommended for numerous reasons which I will explain later on.

Grieving is the emotional expression of a loss that has already occurred. The loss continues as a memory and, in time, the grieving process could turn into the memory of the good times you and the other person shared together - this grieving process comes from the love and gain rather than the fear of loss and is an unravelling process. Each meaningful memory is mourned as a loss and makes you appreciate the gain of that memory and the better person which you became from it - you can rebuild your life with these memories of the person you are now grieving.

If you only experience the loss and pain and do not work through your grief then until you can acknowledge and integrate the gain, you remain lost in the past and you become disconnected from life and the present.

Grieving does not mean that you forget and move on with your life - grieving is a healing process that eventually enables you to take the gains from your relationship and rebuild yourself, strengthened by these gains, keeping this person's memory alive in a positive way.

This grieving process is known as the Seven Stages of Grief which are as follows:

1. Shock and denial
2. Pain and Guilt
3. Anger and bargaining
4. Depression, reflection and loneliness
5. The upward turn as you begin the adjustment process

6. Reconstruction and working through
7. Acceptance and hope

Hopefully, eventually wisdom will break through as you fully accept the reality of the situation and understand the gain and strength you have because of the relationship which is no longer evident in the physical plane we call Earth.

Grieving, which ultimately experiences gain, is the protective result of acknowledging the reality of what is now - grieving which remains at the level of loss and bereavement is ultimately a feeling of ill-at-ease which may result in disease - it is doubtful that the person who has passed on would want you to suffer disease because of their passing on.

CHAT NUMBER 46 – EXCESSIVE GRIEVING

Q You mentioned that excessive grieving over many months and even years is not recommended?

A There are two major reasons for this. One reason we have just covered about the possibility of the grieving person becoming ill-at-ease and, if prolonged, possibly diseased.

The other reason concerns my belief and that of others, of the Soul leaving the body and passing on to become re-united with its Higher Self in Oneness with God.

Q Why would this Soul care?

A In previous discussions I have mentioned Soul Mates who are part of Soul Groups and the Soul Contracts they agreed upon in Spirit and came to the Earth's plane of existence to play out.

These Souls are connected through Eternity. If one Soul is suffering excessive grief and bereavement it has the effect of holding back its passed on Soul Mate who is restricted from passing on into Spirit to continue its Soul's growth journey.

Q If the passed on Soul has eternity, then why can't it stay back for a few months or years to give comfort to the grieving Soul Mate who is still on the Earth's plane of existence?

A This passed on Soul Mate needs to be fully positioned in Spirit to do exactly that. Grieving in a positive way assists the Earthbound Soul Mate with the healing of wisdom by acknowledging the gains of the relationship and thereby strengthening the Earthbound Soul Mate.

Thereafter the passed on Soul Mate can more effectively assist the Soul growth of the Earthbound Soul Mate - in fact, the Soul Contract which was agreed to in Spirit before coming to Earth may have been for this specific purpose of accelerating the Soul's growth of the Soul Mate "left behind" on the Earth's plane.

Q Wow, that is mind blowing!

A The one thing I have learnt on my Spiritual Growth Path is that nothing is as it seems!

CHAT NUMBER 47 – DEALING WITH PEOPLE WHO WANT TO "FIX" YOU

Q I often encounter "Do-Gooders" who want to preach to me so that they can "fix" me but I don't feel broken - how can I avoid them?

A In life, most "Do-Gooders" want to fix something that they perceive to be broken in you. More often than not, they feel broken and in need of fixing themselves! This could be their cry for help in a convoluted way.

Q How can I get rid of them without appearing rude?

A There is a simple test you can try. Ask them, "Are you trying to fix me or to serve me?" If their answer is to fix you, then you can very easily say, "Thanks but no thanks, I don't need fixing by you or anyone else. I have passed that need over to God! Do you think you can do better than God can in fixing me?"

Q What about if they say they want to serve me?

A That could be great news for you - make a list of all those things you have been putting off doing: Repainting the roof, washing the dog, clearing out the basement, changing your car's oil and so on - if they work through the list then I would definitely allow them into your personal space! - my guess is that they won't even attempt the list!

Q What do you mean by service?

A Service is not something you do as a profession or job for which you get paid. Service is when you treat each other as equals and you bring to the table everything that you are; mind, body and Soul - service is generously offering everything you are, do and have to assist the other person without the meter running or a compensating list of demands.

Service is debt-free - I serve with my all, my everything, my wholeness, my completeness, my holiness. In bringing my wholeness to you in service I open up your wholeness and your holiness.

We become grateful that we can serve with our whole heart, Soul, mind and body - we are grateful for all the things we have to share and serve with.

In the Nazi Concentration Camps of the Second World War, inmates were lucky to receive one piece of stale bread a day - there were those who chose to share that solitary piece of bread with someone even more in need of sustenance than they were - they were servers, not fixers!

Q You make it sound as though servers are healers?

A That is exactly what a Server is - serving is not fixing something. When we serve, we realise that we are merely instruments or conduits through which Life/God/Love chooses to deliver to another in need - we serve as instruments of Life/God/Love. This makes us so grateful to be chosen to serve and to heal as an extension of the love and healing of Life/God/Love.

To serve is to love unconditionally.

CHAT NUMBER 48 – GENUINE FRIENDS

Q Today we all have many "friends" on Facebook and people who only call us when they need something from us. However, the genuine friends – the servers you just referred to – are thin on the ground. It seems unrealistic to want and expect more genuine friends to be in one's life?

A Quite honestly, we can consider ourselves very fortunate to have one genuine friend in our lives. If your relationship with a significant other is sound, that is likely to be your only genuine friendship. If you have one or two others in the form of siblings, parents, neighbours or work friends, then you are blessed.

The best way to develop a genuine friendship is to be a genuine friend. Those who reciprocate could become a genuine friend to you, but unfortunately most people tend to abuse friendship by making the friendship all about their needs and wants.

Q That sounds a little cynical?

A Life has a habit of throwing those people into your path. Talking about life, have you ever thought about befriending life?

Q What do you mean?

A Treating your life as a genuine friend of yours?

Q How do you mean?

A Do you give your best to your life? Do you seed it with goodness, kindness and love? Do you water these seeds and nurture them to enable them to grow strong and tall? Do you listen to your life and allow it to fully develop into completeness? Are you gentle, guiding and enabling of your life and treating it with kindness and doing it no harm? Are you respectful of your life, liking it and loving it unconditionally?

Q I'm not sure? I've never thought of my life as a friend before?

A Everything is evolving towards your life's fullness. Allowing your life to unfold and create its fullness requires you to often and regularly be silent and listen to your life's need to reach this state of completeness.

This art of listening to your life's desire to unfold itself towards its completeness is not a knowledge based function. It is wisdom based. Knowledge gives you the skills and ability to do something to achieve your goal. Wisdom gives you the silence and patience to listen and then to softly guide your life to unfold naturally to attain its completion.

Knowledge implies boundaries, control and direction towards stated goals. Wisdom allows unfolding, openness and connectivity to "things unseen" and to trust that the unfolding is happening exactly as it should, when it should and how it should, occur.

With wisdom there are no man-made goals to achieve. Wisdom enables connectivity to "areas" way beyond comprehension of thought.

As Rumi, the 13th Century Poet, said, "Beyond our ideas of right-doing and wrong-doing there is a field. I'll meet you there. When the Soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase of "each other" doesn't make sense any more."

With wisdom you can access this field of Oneness and allow your life to unfold to its completion. Befriend your life by learning to trust it to know that with silence, listening and wisdom, it is unfolding perfectly, exactly as it should, right now.

CHAT NUMBER 49 – BELIEVE IN YOURSELF

Q That really opened my eyes to friendship with my life.

A Believe in yourself.

Q What do you mean?

A Believing is seeing, as I explained to you before. I won't rehash those lessons again here, so you may need to go back again for a refresher course and then we can continue. I'll make some tea in the meantime.

Q Ok thanks, I re-visited "Believing is Seeing".

A It's amazing what self-doubt can do to stop the unfolding of your inherent potential to become complete. Self-doubt places a 10 foot high, fifty foot wide block of concrete on your pathway and stops the unfolding of your life's potential dead in its tracks.

The difference between "I can" and "I can't" is probably the widest chasm known to man. Believing that you can unlocks hidden, "unseen" forces that propel you forward towards your unfolding of completeness. Believing that you can, elevates your energy vibrational frequency to levels where there are no obstructions, obstacles or barriers to impede you.

Believing that you can't, locks your feet to the ground as if they were encased in concrete blocks. Having all the knowledge in the world will not move you one inch. If you believe that you can't then you are right. You can't and you won't!

So believing in yourself comes down to this – I can or I can't!

The ability to unfold yourself towards the completeness of who you really are, is dependent on whether you have the knowledge and ability you need together with the self-belief to do so, complemented by the wisdom of listening in silence and then believing in yourself that you can do so.

Believing is seeing!

CHAT NUMBER 50 – BEFRIEND YOURSELF

Q So by befriending yourself through the "I can" process, you enable yourself to then be available to befriend another from this platform of befriending?

A You have probably heard of Namaste – the Indian greeting said with hands in a "praying" position and then bowing from the waist down.

What it means is: I honour the place in you where God is. I honour the same place in me, knowing that there is only One of us.

Q Isn't that what awareness or consciousness really is?

A Precisely! Knowing we are all One and behaving accordingly is the beginning and end of religion, spirituality and Unconditional Love. There is nothing else you have to know, believe or practise. Only Oneness. That's it. School is out forever. Places of worship can close down. Fasting, meditation, praying, touching foreheads on a carpet, signalling the sign of the Cross or kissing a mezzuzah on the doorpost all become redundant, superfluous and unnecessary. I am you, you are me. Oh what a happy family!

Q But it can't be that simple?

A It is. Unless you want to make it more complicated, like every religion and spiritual practice has been doing for millennia.

If we truly believed and practised Oneness, then there would be no-One going to bed hungry, no-One feeling unloved, no-One in need of a roof over his head, no-One being harmed in any way, no-One experiencing greed, hatred, jealousy, mistrust and so on. Unconditional love would be the air that we all breathe. It's so simple: Oneness – Namaste!

CHAT NUMBER 51 – LOVE AND LOVERS

Q What then of love and lovers?

A People talk about meeting "The One". Is he "The One"? Is she "The One"? They are expecting "The One" to be the total answer to all their dreams, hopes, desires and wishes. They see "The One" as totally unique and just for them alone. He is my knight in shining armour rescuing me from the dragon. She is the answer to all my prayers.

However if they really knew "The One" of Oneness, they would have no need for searching for "The One" of their hopes and dreams.

Q But what about people who fall in love and live happily ever after.

A Lovers don't meet each other somewhere and fall in love. They are in each other through eternity.

Q What is in each other through eternity?

A The Part of God that is in each other. This Part of God is Unconditional Love. What each lover recognises is the Unconditional Love that is in each other. It is the connection of the two Parts of God in each other that is seen as love.

It is Unconditional Love connecting to itself.

It is Oneness between two people that causes this state of "falling in love". More like "rising in love"!

Now, can you imagine if 7 billion people felt Oneness and rose in love? As Louis Armstrong sang, "What a wonderful world"!

Q How possible is it for 7 billion people to rise in love?

A If you are in a state of awareness or consciousness, then you, with a conscious Part of God inside you, become love by simply being who you really are – Love. The trick is, all we are is Love when we know Oneness. We become and are Love. It is our state of being. Now we can be in love.

CHAT NUMBER 52 – SERVING OTHERS IN LOVE

Q So serving others in love is the key to a wonderful life?

A Yes, it is that simple. However, wonderful is incorrect. It's full of wonder!

Q I don't understand the difference?

A Doing something because it makes you feel wonderful has an ego-based objective. I will serve others in Love and I, and hopefully they, will feel wonderful through my loving actions of service.

While doing something because it fills you with wonder and awe is a natural by-product which may or may not occur as soon as you do your loving action. It is not an objective that you have any control over or attachment to.

Q Sorry, I don't understand?

A Do a loving service to another without any expectation of recognition, gratitude or feeling good or wonderful, is how Nature works in its life cycle and in the Food Chain. The flower gives to the bee naturally. Those who study Nature are full of wonder at how perfectly the life cycle of Nature works so effectively. How an insect with the brain the size of a pin-head knows and executes its role in the life of nature?

Q So how does that relate to you and me in serving others in love and to be full of wonder?

A If we do our loving service with any thought of requirement of achieving anything in exchange, then we have an ego requirement involved and an attachment to our loving actions. However, if we do our loving service with no thought or requirement of receiving anything in exchange, including a feeling of being full of wonder and awe, then we are coming from our Soul, the Part of God within us.

You could even infer from this that you are practicing Namaste – the Part of God Within Me Greets and Assists in Love, the Part of God Within You.

You are, in reality, also serving God in your loving action and not only the person receiving the benefit of your loving action.

Would you make it a requirement of your loving action for God to recognise, acknowledge, be grateful and reward you because you performed a loving action for someone else?

Q But isn't that requirement why people do unconditionally loving actions for others?

A Then it can't be an unconditional loving action as it has a requirement or attachment involved. For it to be an unconditional loving action, there must be no thought or requirement of anything in return.

There must only be the thankfulness and gratitude to God for enabling you to perform these loving actions of service.

Let's leave the rewards out of the performing of the loving actions and trust God to know what to do and when to do it in God's timing, if at all.

Let's perform the loving actions as though we were doing them for God, not for man. Let's be like Mother Theresa bandaging the lepers, whose faces were to her the face of Jesus.

Let Thy Will be done, not my Will.

Let me be an instrument through which God acts in unconditional loving service to others.

This place is so full of wonder and we walk sightless amongst the miracles.

Open your eyes to this place by serving others in Unconditional Love.

CHAT NUMBER 53

– SOUL EYES

- Q** Phew! That was some journey from ego eyes to Soul eyes by serving others with Unconditional Love.
- Do you know of people who do this and achieve these Soul eyes?
- A** Only the doing it part is required, not necessarily the achieving part. Achieving is only a finishing line imposed by man.
- Q** I don't understand?
- A** Doing it is coming from your Soul, achieving it is coming from your ego.
- Q** Why do you say achievement is but one finishing line imposed by man?
- A** Currently Ussain Bolt is the fastest man to finish a 100 meter race in 9.58 seconds. He is amazing to watch and the expectation each time he races is that he will beat this record. You will agree that if he beats this record it will be a magnificent achievement!
- Q** Yes, I agree.
- A** How much more of an achievement is it if a man who was born paralysed managed to get out of his wheelchair and was able to walk one metre unaided in sixty seconds?
- Q** An incredible, miraculous achievement if he is unaided in any way.
- A** So which finishing line is more impressive? Ussain Bolt's record-breaking 9.58 seconds for 100 metres or the paraplegic man getting out of his wheelchair and walking one metre in 60 seconds?
- Q** I would have to say, the wheelchair-bound man is more impressive as it is a miracle, whereas we expect Ussain Bolt and his like to break the Olympic record.
- A** So miracles trump achievements, being but one finishing line imposed by man?
- Q** For sure!
- A** What about a scenario where, by some miraculous achievement, a medical scientist discovers how to repair the parts of the body causing paralysis. Like many "permanent" ailments before where cures were discovered, let us say that paralysis is now conquered and with a surgical procedure all wheelchair-bound people could walk.
- Q** That would be amazing!
- A** No more amazing than curing diseases previously considered incurable in years, decades and centuries gone by.

What about a recently cured paralysed man who starts to develop his muscles and begins to train for the 100 metres in the Olympic Games? How miraculous would that be? And, if he broke the record of 9.58 seconds, how even more miraculous would that be?

Q Unbelievable!

A So assume that all of that happens, I then ask you the question again about whether breaking the record of 9.58 seconds is more impressive than a paralysed man taking a step of one metre in 60 seconds. What would your answer be?

Q Breaking the 9.58 second record because there should no longer be people who are paralysed and wheelchair-bound.

A Are you aware that the Israelis have developed a "Robotic Suit" that enables and aids people who are paralysed to "walk" via this "Robotic Suit".

This place is so full of wonders and we walk sightless among the miracles. Open your eyes to this place by serving others in Unconditional Love.

CHAT NUMBER 54 – UNCONDITIONAL LOVING SERVICE

Q So in a nutshell, how can I get to this place of Unconditional Loving service?

A Do you know the game of spinning a coin and calling "Heads" or "Tails"?

Q Yes. Heads is usually the face of some famous person and tails can be a flower or such-like.

A Do you agree that by flicking it in the air, the statistical probability will be 50:50 that it lands on either heads or tails?

Q Yes.

A Now imagine the coin of life being Judgement on one side and Appreciation/Gratitude on the other side.

In essence, ego equals Judgement and Soul equals Appreciation/Gratitude.

Q If you live a Spiritually unconscious life then ego equalling judgement is likely to be where your coin of life lands – Judgement side up.

Conversely, a Spiritually conscious life will see your coin of life landing most times on the side of Appreciation/Gratitude.

A Ok. But how does that get me to a place of Unconditionally Loving service?

Q You don't have to spin the coin of life haphazardly. You can consciously place it down every time with the side of Appreciation/Gratitude facing upwards. All you have to do is appreciate that you came to this Earth's plane of existence with a purpose of growing your Soul and negating your ego's demands.

Whenever and wherever your ego hijacks you into believing that its demands and its melodrama is who you really are then you have a wonderful opportunity to stop, think and re-member that you are not your ego, you are an Eternal Soul in a physical body and the ego is simply a temporary personality trying to show off its so-called importance. Empty barrels do make the most noise!

You can show appreciation and gratitude to your ego for reminding you that you are an Eternal Soul

When you act from a place of Unconditional Loving service then you can show appreciation and gratitude to God by serving man as if it is God you are serving.

Appreciation and gratitude always and in all ways, will bring you to this place of Unconditional Loving service.

CHAT NUMBER 55 – THE LOVE YOU SEEK IS WITHIN YOU

Q How and where do I find this love?

A Love is who you are because God is Love and you are a Part of God so you must be Love. That Part is within you so the Love you seek is within you. This state of being love comes from within you. You are Love.

Q How come I don't feel like I am this love?

A Because you allow your Ego to take control of your thoughts, words and actions. That is why Ego means Edging God (Love) Out!

Q You told me that I must be appreciative and have gratitude for all things but I still can't stop ego from hijacking my thoughts, words and actions.

A Why don't you add compassion to the mix?

Q What do you mean?

A Compassion is understanding the other's viewpoint by standing in their shoes and seeing the issue at stake through their eyes and even through their current emotional state. Your ego will tell you that you are right and that they are wrong.

Your Soul will tell you that right and wrong are flexible viewpoints for now and that seeking happiness is more important than winning an argument.

For every winner, there is a loser, and losers get egg on their faces and become irrationally upset because you caused them this embarrassment. They will lash out irrationally and cause more harm which will escalate into situations with much more serious consequences for both of you.

So be compassionate by honouring them via Namaste – the God Within Me Acknowledges the God Within You and I can see that We are One.

In seeing this Oneness, your compassionate understanding of their position can now be inclusive with your position on the issue and a solution can be found to suit both of you.

Compassion requires silent meditation to allow the feeling of Oneness to emerge and to listen to the solutions that Oneness evokes.

The willow bends in the storm while the stubborn oak tree is uprooted. Be flexible and pliable in the storms of relationships in life. The storm will soon be over and your compassionate stance of understanding will see you standing tall.

Avoid conflict with compassionate understanding coming from the Unconditional Love of serving man as you would serve God.

Knowing that you are Love at your essence, knowing that the other person is also Love at their essence and acting as Oneness will eventually break through the ego barriers of hate, envy, greed, power, force and other unattractive ego-based attitudes.

Remember always, that Unconditional Love is your state of being and that it comes from within you and the same is true of everyone else.

Q I get that but why won't the other person just listen and hear me out?

A Listening is what you do by being compassionate. Let the other person talk themselves to a standstill. Be patient and wait. Be patient and listen. Be patient and don't talk or interrupt. Be patient and offer no resistance, verbally or non-verbally. Be patient, listen and the answer from Oneness will emerge either out of their lips, out of their silence or eventually out of your lips.

The solution may emerge as a Truth but a Truth that is devoid of ego's need to be right or ego's need to gain an advantage.

Truth is devoid of benefit to one or both parties. Truth emerges and becomes evident for all to see. Truth, in the moment, simply is the Truth for now.

CHAT NUMBER 56 – TRUTH IS IN THE EYE OF THE BEHOLDER

Q Is Truth not absolute Truth?

A Truth, like beauty, is in the eye of the beholder.

Truth is only found when it is To Reach Unto The Heavens.

The only Truth is God, or the Light, or whatever Higher Power resonates with you.

Truth can never be found if there is a need for it to be the Truth.

If there is a longing, attachment, desire or need then Truth is clouded and cannot be the unadulterated Truth.

Truth is based on hope, faith, belief and proof, but this proof is often biased. We want for it to be the Truth. We need for it to be the Truth.

Our whole identity is based on it being the Truth.

If you dispel this Truth then I will disintegrate into nothing.

This must be the Truth. This has to be the Truth. This is the Truth.

I will tell anyone who disagrees that this is the Truth.

I will sacrifice millions of my followers who will die for this Truth.

God told me that this is the only Truth.

This is the Truth!

CHAT NUMBER 57 – WHOSE TRUTH IS THE TRUE TRUTH?

Q Wow, that had you going?

A How many tyrants have uttered similar words and consigned millions to die who did not accept their Truth and encouraged their own people to kill to reinforce their Truth. History and the present time have corpses piled high because some madman convinced people that they had the Truth.

Q What creates this blind spot that their truth is the Truth?

A Feelings of inadequacy and lack, create the need to possess what others have.

Q Surely it can't be that simple?

A Let us say you "know" the Truth and you are convinced that with this Truth you can be happy, joyful and complete in every sense. With this Truth there is nothing more to gain, your life is magnificent in every sense of the word.

Q And then?

A Why would you need a "then"? You are blissful beyond words to describe it. Live now blissfully. Why do you need anything else now or in the future?

If you truly had "the Truth" and you were blissful, why would you need to convince anyone that you have "the Truth"? Surely it would be self-evident to all who meet you that you are the most blissful person ever to have walked the Earth? People would be thronging around you to bask in your radiant happiness and sublime bliss. It would be "standing room only" as far as the eye could see as people came to witness the person who had found and become "the Truth".

You would not have to send out your believers to capture others who are non-believers. You would not have to lift a finger, let alone kill anyone to force them to become believers. People would be flocking from all around the world to witness the person with "the Truth". Even those who didn't believe would be struck with the Unconditional Love and bliss radiating from you and their disbelief would quickly evaporate when they saw you had, and are, "the Truth".

CHAT NUMBER 58 – ANGER IS A NEGATIVE, DESTRUCTIVE EMOTION

Q In all these chats I have seen you get worked up about certain topics, but do you ever get angry?

A Believe me, I am far from any semblance of being perfect! Sure I get angry, but as I have matured as a person and gained more insight from a Spiritual perspective I have seen anger as a negative, destructive emotion.

When I do get angry and seethe and scream and shout, my world seems to come tumbling down around me. Afterwards I take stock of the damages my anger has caused me and weigh it up against any benefit it has brought me and the result is a massive loss every time.

Well you don't have to be a genius to realise that becoming angry with anyone else causes your own house to fall down. You may win the temporary battle by exploding in anger but you will most certainly lose the war and personally pay the price far more in excess of "winning" the temporary battle.

Q But surely you have the right to be angry if people let you down and cause you misery and loss?

A Now, my friend, you open up a door to a room full of unexpected answers! Let's start with expectations.

Your expectations are yours, not other peoples. Their expectations may be to simply be able to get out of bed and get ready to face another day and hopefully make it back to bed that night unscathed.

Your expectation of them is possibly for them to be achievers, to deliver goods or services that you require by a certain deadline with a 100% level of competence. In your mind you are employing them and paying them to produce 10 widgets a day.

They come to you beaming with pride with one widget in their hand by close of the working day when you expected ten widgets.

Not only did you expect ten but you in turn promised someone else ten widgets by the end of the day. You explode with anger, screaming and shouting abuse at this bewildered person who came to you expecting praise and admiration for the one widget. Their fragile ego and self-belief shatters and they collapse into a heap of destructive emotions.

The real issue is not their inability to perform at your level of expectation, but your assessment and belief of their ability to perform at your level of expectation. You are really angry with yourself for misjudging this person's ability to perform. It is always easier to unconsciously blame someone else than to consciously interrogate the situation justly and accept the blame as your misjudgement.

Let's now look at judgement.

Reality is perception. How you perceive something to be is what is real to you. If you change your perception, the reality changes. This reality is not necessarily "what is", it's how you perceive "what is" to be or what it represents to you in your mind.

Let's say you planned a family picnic and everyone was excited the night before as they prepared for the big day of fun in the sun.

When you awoke it was pouring with rain and even more rain was forecast for the rest of the day. What a bummer!

No fun in the sun, no frisbee, no board games, no chicken pieces in greasy hands, no laughter – just another day inside watching television.

Suddenly you have a bright idea. Let's move the furniture in the lounge against the walls, clear space away and let's build a tent! You get the sheets from the linen cupboard, I will get the tall dining room chairs and we will drape the sheets over the chairs and create a tent. Now let's get towels from the linen cupboard and cover the carpet. We can play board games in our tent, tell stories of our happiest times, eat the chicken pieces and have lots of serviettes available for the greasy hands.

The reality is that you are having a picnic inside and not outside as planned. "What is" is the picnic, the difference is its location not where you expected it to be.

The end result is that you could have been angry at the weather or you could have become solution orientated and made a pleasant alternative despite the weather.

Judgement is based on perception which creates your reality.

Change your perception to change your reality and discard judgement by accepting "what is" and working with that.

What needs examining is the creation of your thoughts. Your thoughts create your reality and I will explain how, soon.

A lot of emotional imbalance is caused by how you think and therefore expect the world to be. This is followed by your inability to allow "what is" to be as it is. Your irritation, frustration and anger come from these expectations and judgements which create a reality based on that perception.

Learning to accept "what is" and using your energy constructively will lead to a happier, more contented life.

Fighting "what is" via expectations and judgements will invariably cause destructive energy which will imbalance your life, leading to unhappiness, malcontent and eventually dis-ease caused by being ill-at-ease.

The simple solution is to smile, shrug your shoulders and accept "what is" and then see where you can shower and share your loving energy.

Q That sounds too simplistic and unrealistic.

A It is what it is. I simply prepare it and dish it up to you. It's your choice and karma, as to what you will do with it.

CHAT NUMBER 59 – SHARING LOVE

Q I still can't see that showering and sharing loving energy will work.

A Okay. Let's see, what is your greatest fear?

Q I suppose, someone breaking into my home and threatening to kill my family with a gun in his hand.

A Later on I will show you how being fixated on this fear continually will cause it to become "what is" but for now let's deal with the gunman threatening your family.

Firstly, the gunman wants something from you and hopes to use your fear of him killing your family as sufficient leverage so that you give it to him. Invariably, he will want money, jewellery or another gun and obviously you will give him whatever material possessions you have to keep your family unharmed. Once he has those possessions, he will probably tie you up so that he can escape. He may hit you over the head to incapacitate you or even harm your family in some way either out of his frustration and anger at your material wealth or his need to keep you occupied while he makes his escape.

Hopefully no one will get harmed and he will disappear, leaving you and your family traumatised emotionally now and in the future when you think about or re-tell the horror story in your home. Eventually time will heal these emotionally traumatic wounds.

Q Okay. That all sounds logical and rational while we safely sit away from this reality ever materialising but the fear, adrenaline and possible loss of life should it occur will be devoid of logic and rational thought.

A Not if you come from a place of showering and sharing Unconditional Love.

Q With all that fear, adrenaline and potential loss surging through your body and mind, how can you possibly even think of showering and sharing Unconditional Love on someone threatening to kill your family.

A Well obviously you cannot suddenly switch it on like a light switch. However, if your daily life is one of showering and sharing Unconditional Love on those you come into contact with then it will be an automatic response if you and your family are under personal threat of attack.

Q I'm sure that your primordial survival instinct of flight or fight will kick in long before your "Do-Gooder" approach.

A You are correct. With daily application of showering and sharing Unconditional Love onto yourself and others, you actually rewire your brain to bypass the primordial flight or fight response to offer a response of Unconditional Love.

Q Okay. So how would you do it?

A Now don't laugh at me as I am using these extreme examples for illustrative purposes to make you conscious of your thought processes and to not react unconsciously without thought.

Q Okay. I promise not to laugh.

A If you looked at your gun-wielding attacker as you would look at God if He/She suddenly appeared in front of you holding a gun and threatening your family. If you gave God a smile of complete Unconditional Love because you are so happy to finally come face to face with Him/Her. If you treated the gunmen with Unconditional Love instead of paralysing fear, he would react out of shock and hopefully awe, as he felt a surge of Unconditional Love effuse his body and mind. Here is someone probably used to power and fear his whole life and for the first time he feels Unconditional Love. The shock could kill him! He is most likely to do one of two things; either get out of your home as fast as he can to avoid feeling powerless even while holding a gun or alternatively he could break down in front of you, drop the gun and even want to embrace you to hold onto this feeling of Unconditional Love for as long as possible.

Of course he could become unbalanced and start shooting, however I hope that the Unconditional Love would be sufficient for him to not become mentally unbalanced and begin shooting.

Q That is laughable, but I promised not to laugh.

A I brought it up to show you how potentially powerful Unconditional Love could be if it was your daily way of being.

Hopefully none of us will be tested like this but developing the ability of being Unconditionally Loving and seeing Oneness in everything and everyone will prove to be a huge antidote to fear.

How about using this approach for an unhappy spouse, a disgruntled boss, co-worker, a petulant teenager whom you have had to say no to, a neighbour complaining about your dog's barking or a cop pulling you over for speeding.

See Oneness in everything and everyone and treat everything the way you would treat God. I bet the results will astound you!

CHAT NUMBER 60 – FURTHER UNDERSTANDING OF THOUGHTS CREATE YOUR REALITY

Q You keep quoting that thoughts create reality. What do you mean by that and how does it happen?

A Let's start the story at the beginning. The "New Age" revolution of Awakening Consciousness emerged in the mid to late 1960's. Ram Dass wrote a book called "Be Here Now" and Jane Roberts channelled Seth, who calls himself an "Energy Personality Presence" no longer focused in physical form. Most modern Spiritual Commentators acknowledge the "Seth Writings" as their kick-start to understanding concepts of Spirituality.

Let me quote to you from page 41 of Seth Speaks – The Eternal Validity of the Soul – New World Library - Authoress Jane Roberts.

"Each thought and emotion spontaneously exists as a simple or complex electromagnetic unit. The intensity determines both the strength and the permanency of the physical image into which the thought or emotion will be materialised."

Q What does all that mean in relationship to your thoughts creating your reality?

A I have only quoted you an excerpt of this but my understanding can best be described using an analogy.

Let's assume that each thought is represented by one small iron filing like a metal paper clip, which is an electromagnetic unit. Having the thought is like placing a metal paper clip on a table. Each similar thought is another paper clip. Now as the thoughts become more intense so there are more paper clips. Now you really become passionate and animated and these thoughts become even more intense and more and more electromagnetic units or paper clips are on the table. The "eureka" moment happens when a magnet is placed on the table and all the electromagnetic units or paper clips shoot across the table to agglomerate around the magnet. The now magnetised paper clips act magnetically to join up with all the thoughts illustrated as electromagnetic units or paper clips.

Now you have a lump of matter joined together due to the volume of thoughts, the intensity of these thoughts and the electromagnetic collation of these thoughts or electromagnetic units.

Thought has created matter and matter materialises into current reality.

Q So you are saying that if I think positive or negative thoughts often enough and with sufficient intensity I will create matter made up of positive or negative formation of these thoughts and they will materialise into real matter or occurrences.

A Precisely – your thoughts create your reality.

Q This sounds like Science Fiction to me.

A Let me tell you an autobiographical story that has happened frequently in my life as I have written countless reports and books as well as having created over 20 businesses.

They all started with a thought.

On the 3rd January 2014 I started writing a follow up to my book "How to be a Great Negotiator". I used the analogy of the estate agency or real estate brokerage business to prove my point of the process of a negotiating concept as I have been involved in real estate since 1973. I read this to my son Jonathan who was then 20 years old. He said, "That's brilliant but it's not for a book, it's a genius idea for a business!"

I retorted, "I have enough businesses but let me think about it for a while".

The next day, 4th January 2014, I told both my sons that I had a way to make the concept into a business and that it was going to be a major disruptor to the conventional Real Estate brokerage business.

I then focused intently on developing my thoughts and researching the way to make this thought into a reality. Fifteen months later I launched HomeBid.co.za and I fully expect it to be the largest Real Estate Agency Business in South Africa by the end of 2018 - within five years of the creation of the thought to become a business selling 12 000 homes a year by charging 1,95% commission against conventional Real Estate brokerages who charge 5 – 7% commission.

A Let me end with a quote by W.H. Murray:

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning all acts of initiative (and creation), there is an elementary truth that ignorance, which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man would have dreamed would have come his way. Whatever you can do, or dream, you can do. Begin it. Boldness has genius, power and magic in it. Begin it now."

Q Ok. I see your point but real tangible proof of this electromagnetic theory would be nice.

A What! You want proof!

Sorry, all I have for you is belief and faith.

After all, these are Spiritual Fireside Chats, not Scientifically Proven Fireside Chats!

CHAT NUMBER 61 – BEING ON A SPIRITUAL PATH

Q Is this Spiritual path that you are on worth it? Is there a price you have to pay like losing friends who don't have the same beliefs as you?

A That is a very perceptive question.

Personally I have never been a "joiner". I have tended to be a "loner" pursuing my dreams and enjoying the challenges, the chase, even the perfection of achievement. I continually expand my horizons in numerous fields of business ventures and on my Spiritual journey. I am blessed by having my two sons as my best friends and a number of close friends as well. I also have friends all over the world most of whom I contact via email and Skype. As I expand my business interests and my Spiritual interests, special people seem to emerge whom I enjoy being with and they all have a high level of personal integrity and intelligence. Some of my other friends who don't subscribe to my Spiritual views or whose lives are no longer based on a high level of personal integrity fall by the wayside. They probably feel uncomfortable in my presence especially if their moral choices are suspect.

However there are times when I choose to be alone but I am never lonely. These times are when I feel the Unconditional Love of "unseen friends" around me. I am so happy somehow feeling this love and unspoken communication. I have found out that Listen and Silent have the same letters! When I compare these special moments to the obligations of having to go and visit boring, mundane people discussing their latest medical procedure, pension plan, retirement home or their grandchildren's latest antics, I more often than not "blow off" their friendships and choose to be alone.

Knowing how to say "No, I don't want to do that" is personally empowering.

Q So you don't care if you hurt their feelings and they are offended?

A I subscribe to the belief that everything you do you do for yourself. You may uplift someone but you feel good about yourself. I might be mentoring you and you may be thankful but it makes me feel good about myself too.

If people allow their feelings to be hurt and offended if I refuse their invitations then their very action of being a victim needs to be addressed by them. Everyone finds their own level of comfort and friendship. At my age, time is too precious to waste.

Q That sounds very uncompromising and even quite elitist.

A It is what it is. I often come across people who are proud of the fact that they don't believe in God, or a Spiritual way of life. I don't judge them or even try to convince them. I simply lead my life and if they show an interest in what I believe I will help them to the extent that they want to be helped. Some people simply need a nudge to get onto a Spiritual path and other people may need foundation stones so that they can rebuild their lives. I never offer my help in an unsolicited way – I always respond to their requests for my help, advice or guidance.

Q So what do you subscribe to?

A The quest to be Godlike in my every thought, word and action.

To know God is as close to me as the breath within my breath.

To know God by becoming an instrument through which He operates in all areas of my life.
By being in the world but conscious that I am an eternal Soul in a physical body on Earth for now. However I am also a Soul as Part of God simultaneously to being a physical body.
Knowing that the transparency of my life's thoughts, words and actions are seen and recorded by "unseen friends" and that my Soul's growth back to God is my constant journey.

Q How do you choose to live?

A I co-create my life with God by my thoughts, words and actions and by living in harmony with what is now in my life.

Q How?

A Only do things that lead me to be One with God.

Q I am not surprised that your less inclined people fell by the wayside!

CHAT NUMBER 62 – EXPERIENCING REALITY FROM DIFFERENT PERSPECTIVES

Q So it appears that people can view life from different perspectives and perceptions and then experience reality from these different positions.

A I think that there are three different main perspectives: Ego, Soul and Oneness.

Ego is from your personality perspective. It usually is concerned with I, me, my and mine.

Soul is from awareness of your Spiritual self. It is usually concerned with an eternal way of life and is usually more understanding, forgiving and compassionate.

Oneness is from awareness that we are all One, all part of each other, responsible for and responsible to one another. Here there is no need and no-one to forgive as we are all One, so the One forgiving and the One receiving forgiveness are the same entity. Faith that through Oneness we connect to the heart and Soul of each one of us. Faith that everything is perfectly what is now and that we will come to understand why it is perfectly what is in God's timing for us to know. Faith that happiness, bliss, pain and sorrow are not what we are but what is happening to us, which is separate to what we are now.

When you come from Oneness, from God is Love and I am Part of God, therefore I am Love too, then you live in a loving world and a loving universe. The love radiates from the smile on your face and the smile from your heart. All those whose lives you touch experience that love radiating out from you.

You experience a stillness within, a loving feeling of contentment within yourself. You are now content and full with no need for anything else to improve your well-being.

Satisfaction requires some effort to achieve.

Contentment is feeling whole, or Oneness, in this moment.

Love is a state of being in Oneness. Oneness is everywhere and love is everywhere we care to look. It's only how and for what we are looking that blocks us from seeing the love which is everywhere.

For those looking for Oneness, it is futile because Oneness can never be lost. Oneness is everywhere and everything.

We walk sightless among the miracles.

CHAT NUMBER 63 – SOULS HAVE MANY LIVES IN DIFFERENT TIME PLACES SIMULTANEOUSLY

Q I have read and re-read the transcripts of our earlier chats and believe that I am now ready to continue discussing.

A I welcome you back! I have a feeling that it's going to be an intense experience as we go behind the veil and discover what makes up the Oneness we spoke about in earlier chats.

Q I can't wait, let's get going!

A Okay let's start with this: You are a Soul. And as a Soul you are having many lives in many different time places simultaneously.

Q What!!

A That certainly got your attention!

Q You had better explain that please.

A First of all, time is a construct of man on the Earth's plane. In the Spiritual World there is only Now – an eternal moment in time. There is no past and no future, everything is only happening Now.

On earth we are conditioned to linear time; yesterday, today and tomorrow. In the Spiritual Realm everything is happening Now.

I want you to imagine a twelve inch nail driven right through a piece of wood. There are eleven inches protruding with the tip of the nail facing upwards. Now take seven pieces of paper and name each one for a day of the past week. Now I want you to spike these seven pieces of paper one by one onto the upright nail. The effect of this is that each day of the past week is piled one on top of the other. Unlike your diary or calendar which will have the days of the week going from left to right in a linear progression. Now I want you to imagine every week of your life written on a separate piece of paper and also placed onto the spike.

Q Okay. I am mentally doing this. I have over 2500 pieces of paper with writing on them placed chronologically onto a protruding eleven inch nail driven through a piece of wood. Now what?

A Now precisely! This is the total sum of you Now. Everything on all of these pieces of paper is happening Now, simultaneously in the Now!

You are only consciously aware of your "current " life happening Now in today's language. You are consciously unaware of the other parts of you being run by other "personalities" of yourself in other "spaces".

Q Man, you are freaking me out

A Stay patient and pay attention because I don't really know any of this experientially although I have read about it in numerous "Channelled" works. At this moment, I am taking dictation from something other than my thoughts, unaware of what is coming next, much like you.

So let's get back on track! (That's definitely not me!)

Q Now I'm really freaking out!

A Stay calm young one. We will be brief.

You have multiple versions of you in many different "spaces" right Now. They are all Parts of You, your Oneness. You are only conscious of you here on Earth. However, last night when you were asleep and dreaming, you dreamt of you and some other people, doing weird, unrealistic things, as if you were unrestricted by gravity.

Q Yes, I vaguely remember that weird dream.

A That was you in another "space"; another part of You. That is why when you woke up this morning, you could not believe it was a dream, it seemed so real.

Q Okay. So where are the other 2499 of me then?

A As you would say, "That's the million dollar question"!

When you came to Earth for your 1000th time, you agreed to the rules of amnesia as a condition of your re-emergence as a Soul in a baby's body. The reason is simple. In this lifetime you have chosen to pierce the veil and work on developing the skills to re-unite the various parts of you into Oneness with All That Is.

Q This feels like a weird dream!

A Oh it is. Life on Earth is an illusion. The real world is in Spirit. Earth is merely a playground for Souls to learn lessons in physical form, enjoying sensory experiences as physical beings and have some fun physically. We don't know why so many of you take yourselves so seriously. This is a holiday camp for Souls.

Q So why the story at the beginning about 2500 plus pieces of paper on an upturned nail?

A Do you remember going to the beach last year and swimming with the dolphins?

Q Of course I do. It was amazing.

A Do you remember going to school on your first day and feeling frightened and scared?

Q Yes, I do, embarrassingly.

A Where did you go to for those memories?

Q To the memory bank in my brain.

A Could you remember those two experiences at the same time?

Q No. One at a time.

A Did you go to the spike to retrieve them because that's how they sit in the memory bank in your brain? On a spike, not on a calendar going from left to right, but on a spike marked Now.

You remember them from the spike marked Now.

CHAT NUMBER 64 – THE INTEGRATION OF ALL YOUR SIMULTANEOUS "LIVES" INTO ONENESS

Q So who is speaking to me now?

A Does it matter? The Truth is the Truth whatever mouth or mind it comes out of.

(I think I'm handing this book over and I will simply take dictation - Neville)

That will work for Now. We will dictate.

Q Who is We?

A Spiritual Beings who have been guiding Neville all along for all of "his" books.

(I'm cool with that. It's worked well up until now, or should I say Now! - Neville)

Q So what's next fellas?

A Simply acknowledge that in this moment you are commencing the integration of all of your simultaneous "lives" into Oneness. You have waited eons for this moment. It is your "Big Bang" time!

Q Maybe I should comb my hair?

A We think you should rather hang onto your hat!

First you need to find stillness whenever you can to enable and allow the growth and momentum to take hold.

Second, you have to release your hands from the steering wheel of your life and, like a driverless car, you must allow the car's computer to direct you.

Third, you must provide no resistance and you must trust life to direct your course and like a flower unfolding in the sun you need to "let go and let God in" or "let Oneness in" if you prefer.

Fourth, be aware of things starting to fall into place. Carl Jung called it synchronicity. Trust God's/Oneness' timing. At a level of consciousness beyond your ability to comprehend, there are Planners at work bringing the jigsaw of your life together in a multi-dimensional way, affecting All of You, not only the you on the Earth's plane.

Fifthly, release the controlling handbrake of your life and watch in awe and amazement how the impossible becomes the possible of your life.

Q Star Wars eat your heart out!

A We are pleased that you are jovial because soon your previous life, prior to embarking on this Spiritual Journey, is about to start unravelling. All those shell coverings are going to open and shatter, leaving the real nut exposed. You may also go "nuts" as you are forced to let go of the very things that were "your life". You can resist and suffer the pangs of loss or

you can embrace the need to get rid of these shells and stand emotionally naked with your arms held upwards to welcome what comes next.

This letting go process is the key to enabling this caterpillar in the protective cocoon of your current life to emerge as a beautiful butterfly in flight.

CHAT NUMBER 65 – SYNCHRONISING YOUR VIBRATIONAL ENERGY

Q What happens when I become that butterfly?

A If you were alive in the late 1980's and someone had said to you that very soon something called the Internet would emerge and you would be in constant visual contact with anyone and everyone at virtually no cost. What would you have said?

Q I would have thought they were crazy.

A If I described to you what falling in love is like, that your heart and the heart of your beloved seem to be intertwined into one, that suddenly the world would come alive with music and colour and every love song you heard was written just for the two of you, what would you have said?

Q Before I fell in love, I would have asked where you got your dope from that was making you so high! Since falling in love, I concur that it is like that.

A So when you become the butterfly in this metamorphosis of your life, your heart becomes intertwined with the heart of everyone that you meet. Your vibrational energy is lifted to synchronise you with everyone and everything else; animal, vegetable and mineral, at the same heightened level of energy vibrational output.

In this space you recognise that you are One with all beings and who You really are is All Powerful, Omnipotent, Part of All that Is, Oneness.

Q So where do my multi-personalities and beings fit into this?

A As you ascend on your path to Oneness you go through multiple levels of being, collecting and integrating each of "you" into You as you rise to become conjoined with Oneness.

Q It sounds quite intimidating to go through this alone.

A You will never be alone. On each step "Entities" will be guiding you and propelling you along the way as if you were a baton in the Olympic relay race being passed from one Entity to the next, integrating your various selves into the increasingly larger One. The Entities will guide you providing that you release control and intent and allow Spirit to direct your course.

Q Like a kite in the wind?

A A kite in the wind detached from the controlling string. In fact the kite and the wind become One if the kite let's go of the notion that it is a kite with the density enabling it to fall back to earth.

Q Do I ever come back to being me on earth?

A You definitely do but like someone who has visited a new land and returns home to tell those who have never left home what the other country's customs and lifestyle are like, there will be many non-believers due to their limitations of imagination or understanding.

When you return your heart will be connected to Oneness and the old "you" would have gone "awol" – absent without official leave.

People will wonder what happened to that opinionated, judgemental, difficult person and wonder who this new person is, full of Unconditional Love.

Q What happens next?

A The process has already begun in Spirit. It will eventuate in physical manifestation depending on how you perform on your Spiritual journey of adventure to become You in all the component parts of you in multiple dimensions and your merging with Oneness.

CHAT NUMBER 66 – YOU ARE A MULTI-LEVEL BEING

Q While you were talking I got a strong impression of a classical guitar, the twelve string one, in my head.

A The answer is unison and harmony and I will try and explain it this way:

Your twelve string guitar is capable of being played by using only one string and ignoring the other eleven strings.

It won't be great music using only one string but the tune will be recognisable and the rhythm somewhat melodious.

Now assuming you could play the twelve string guitar well and when you did so the music was amazing. The same song previously played on one string would be virtually unrecognizable when the twelve strings are played in unison, bringing in a range of sounds from all twelve strings blending together in harmony.

Q How does that relate to what we are discussing?

A At present you think you are one being here on Earth. What about expanding your thinking to allow for the possibility that there are eleven other versions of "you" in parallel "spaces" all living out different lives.

Q Are you crazy!

A Humour me as I expand on this concept please.

What if you had to make allowances for being depressed, sad, melancholy, balanced, happy, enthusiastic, passionate and blissful enabling the other versions of "you" to connect with You to become Part of Oneness?

What if you returned in some form to these "spaces" to experience it all?

Once these twelve "lives" were in unison you could harmoniously play the tune on your twelve string guitar and sing the lyrics to the Platters' famous song "Only You":

"Only you can make this world seem right
Only you can make the darkness bright
Only you and you alone can thrill me like you do
And fill my heart with love for only you

Only you can make this change in me
For it's true, you are my destiny
When you hold my hand I understand the magic that you do
You're my dream come true, my one and only you"

The song was recorded in 1955, exactly 60 years ago this year, and if I told you that I wrote out this song today to explain the unison and harmony of your multi-dimensional lives coming together as One to become part of Oneness.

The message in the song is between two people but in the context of our discussion today it could be for your multi dimension lives coming together as One to become Part of Oneness.

Q I'm still not convinced that I am a multi-level being.

A Assume that you remain present in the now and you allow yourself to experience every emotion as it happens even if it seems out of proportion to what is actually occurring. You are then allowing these other "parts" of you to seek you out to integrate with you ultimately in Oneness. Embrace all that you are in these multi-dimensional "spaces" and allow the integration to enable you to become One in the experience of Oneness.

Alternatively don't accept this answer now and later on in your eternal journey the opportunity will arise again and perhaps then you will be more accommodating to follow these guidelines.

CHAT NUMBER 67 - BECOMING VIBRATIONALLY BALANCED

- Q** That was a bit sneaky, using the unknown eternity to prove your case.
- A** Firstly, it's not my case, it's the Universe's. And secondly, I operate without ego and the need to prove I am right or wrong. I simply give you guidelines to explore on your Spiritual adventure.
- Q** Ok. So for now, I will be aware of the possibility that I am, maybe, a multi-dimensional being with, potentially, other lives in other "life spaces".
- A** What more could I ask?!
- Q** So where to next?
- A** Can you accept the fact that you are directly responsible for your vibrational state of being now?
- Q** Yes I can. It's in my control to respond correctly to outside stimuli.
- A** So you have experienced that when you are vibrationally balanced and being love you feel wonderful? And, conversely, when you are thinking, saying or doing something and being hateful or negative you feel vibrationally unbalanced, guilty and uncomfortable?
- Q** I do feel attuned to those feelings.
- A** If you don't get to a place of becoming vibrationally balanced, the lack of balance can set up a downward spiral as negative thoughts flood through and "bring you down".
- Q** How do I revert to becoming vibrationally balanced?
- A** Take a few deep breaths. Step outside the emotional space you are in. Consciously withdraw your thoughts, stop your talking and cease the actions you were carrying out in that space. Ensure that there is no energy left in that undesirable space.

Become conscious of your own being, the Part of God inside of you. Find a place of stillness at the centre of your being. Continue to breathe deeply and consciously in this heart centre of your being. Ensure that there are no clinging attachments holding on from the undesirable space you were in. In this stillness of your heart centre, allow the light and love of God's Unconditional Love to envelop you and fill you up.

Surrender willingly to this inner peace and Unconditional Love surrounding you and within you. Know that this is who you really are and indelibly mark this space in your memory bank as the place to return to whenever you need to become vibrationally balanced.

Being conscious of it you can call up this space at will.

You can now change any circumstance you find yourself in to one of being vibrationally balanced at your will.

Your life becomes intention based and not at the mercy of circumstances.

This is what is meant by "your thoughts create your reality".

CHAT NUMBER 68 – HAVING POSITIVE THOUGHTS

Q So you have to be consciously aware at all times of your every thought, word and action?

A Precisely. If it's uplifting to yourself and others you think it and do it, but if it's going to be negative to your spiritual growth or damaging to any people or thing you let it go and do not participate. Preferably you don't think negative thoughts at all because they also affect other parts of your multi-dimensional Being.

Q What happens if something occurs and you are the victim of circumstances beyond your control.

A You are either a victor or a victim. It's a choice you make consciously and continually. Let's say you are in a car crash. To everyone witnessing the accident you are the hapless victim of this car accident. However you can become a victor by getting out of your car, if you are able to, and making sure that everyone involved in the accident is ok and calling for medical assistance if required. You calmly swap information with the other driver, call for whatever assistance is required for people, cars or traffic blockages. By taking charge and sorting out the accident you are being the best person you can be. Although your car is damaged, you are not a whiney victim – "poor me, what did I do to deserve this?"

You are a victor who has a damaged car that needs repairing.

The same can occur in a relationship break-up, loss of a job and even the loss of a loved one.

Be a victor in your uplifting and loving thoughts, words and actions.

Be appreciative and grateful for what you have, not negative and pessimistic by complaining about what you don't have.

If you don't have something you want, then in a victorious way of behaving, know that if it's necessary for you to have it, it will emerge in God's timing, not necessarily, your timing.

CHAT NUMBER 69 – COMING FROM LOVE

Q Earlier you said that you don't have the need to be right because you don't operate from ego?

A If you can operate from the vibrational balance of heart centeredness coming from love in all your thoughts, words and actions, then whether you win or lose is not important. What is important, is maintaining the vibrational balance of heart centeredness. Being a giant among pygmies does not make you any taller in the world of regular people. Losing in the finals of Wimbledon makes you not the loser, but the second winner. Does one point in potentially 65 tennis games really determine who won or who lost. Both players are winners to have been competing at this level of tennis.

When you maintain vibrational balance of heart centeredness you allow and enable yourself to flow in God's space. How important is winning or losing if you can be in God's space?

In this space you can function from how you are feeling. In this space you know and you no longer have to believe or have faith. Now you can move to where you want to go as in this space you are frictionless and propelled by Unconditional Love. You achieve Oneness with All That Is. Sure beats winning, losing or being right from an ego standpoint.

CHAT NUMBER 70 – SOLVING ISSUES FROM PAST LIVES

Q I often seem to repetitively deal with issues that keep coming up in my life under different guises but the issue, for example, the issue of being over-protective to those close to me seems to resurface time and again.

A There are "energies" attached to your past lives that emerge continually in this lifetime. It is the need to allow all the emotions of these issues to surface, be experienced and to be resolved. Jumping from problem to solution omits the steps of experiencing all the relevant emotions associated with these issues. Until you have experienced all the relevant emotions and played out the various processes attached to these issues, they remain unresolved and still attached to your "to do" list from your past and current life's journey.

Q But surely solving the issue is what is necessary to do?

A It's experiencing all the emotions and going through the processes attached to the issue which is necessary to do. The solution comes after that. First the drama and then the interrogation, followed by the solution.

At the time of the solution being called into play, the drama is over and the pain and suffering is now behind you. The solution has occurred because you are no longer attached to the outcome. It is now something in your past that is no longer important in your life. You have moved on and the issue no longer has any power over you.

In essence you have faced your fear of envisaged loss and found it was a mirage. It has no substance in your reality.

Q So when I am concerned that my children could come to some harm, must I stop worrying?

A Well, worrying without taking action is a totally useless emotion and detrimental to your mental, physical and Spiritual well-being.

Q How can I stop worrying about it then?

A There are three ways to do this:

- i) Live out the entire emotional experience in theory. Identify your greatest fear. Experience the loss attached to these fears. Experience the emotions as if they were real. Now experience the envisaged worst case scenario as if it happened in reality and see how you feel at the end of the nightmare.
- ii) Take all the necessary precautions you can as a parent, without suffocating your children and wrapping them up in a protective cocoon. Then trust God to watch over them when you can't.
- iii) Release your children in Unconditional Love knowing you have done the best you could for them. Acknowledge that they have their own journey that they have chosen in Spirit and trust that whatever happens to them is because they chose their own destiny and reality.

Q But how can a child choose to die?

A Every Soul is eons of years old. Every Soul on Earth begins their life as a baby. Perhaps a Soul needed to reconnect to life on Earth to finalise a previous life cut short for any one or many reasons. After reconnecting to life on Earth the Soul now needs to be elsewhere to continue its eternal journey and the only way to leave is to die.

The reality is that each Soul has its own journey of adventure and discovery and we should simply learn to trust and surrender to a Will that is all knowing and not within our limited experiences.

CHAT NUMBER 71 – ANGELS

Q Do you believe that we have people in our lives who are our Angels?

A Yes I do, but I believe that these Angels are more likely to be your greatest adversaries rather than the person who makes you so happy.

Q What?

A The Angels that kick you in the butt to get you going. The Angels that confront you to prove your case. The Angels that force you to fight when you thought you had nothing left to fight with. The Angels that break your heart and your trust. The Angels that shatter your ego and allow your Soul to emerge in its place. The Angels that play the role, agreed to in Spirit, to be thief, adulterer or murderer.

The Angel that agrees to be hated by your friends, family and community and maybe even the world.

The Angel who is "tarred and feathered", who is clothed in "sack cloths and ashes", who is gossiped about and written up in newspaper headlines or vilified by Social Media. The Angels who, in their unconditional love for you in Spirit, agree to be your scapegoats on Earth.

Q I never realised that an adversarial role player could be so wonderful.

A By recognising the Godliness of the Soul behind the adversary, by acknowledging the sacrifice they are making to be your scapegoat on Earth, by loving them for agreeing to play out this role is allowing Unconditional Love to be present and to grow between you and your adversarial Angel playing out this role on Earth.

Q So you are saying there is no need for forgiveness?

A As I have written before, the term "forgiveness" is for giving you the opportunity to see the issue at hand from a place of enlightenment.

Agreeing to forgive someone means that someone is wrong and you are right. This keeps the negative energy alive and still attached to you both for it to resurface again and again.

If you can see the adversarial Angel role being played out by your adversary, you then realise that you are not a victim here. Both you and your adversary are actually victors in reaching a place where neither of you are attached to any outcome and neither have any care or concern for what actually transpired.

You are both well above any attachment to the outcome as you have transcended it knowing that it was done to move you from Ego reaction to Soul understanding.

You are thankful to your adversarial friend in Spirit for enabling you to grow Spiritually through this issue and for agreeing to be the scapegoat in your earthly roles enabling your Soul's growth to occur.

CHAT NUMBER 72 – INTENSITY OF THOUGHT

Q You recently explained how thoughts created your reality and you said that the intensity of your thought creation determines how this thought becomes matter. What about the intention behind the thought?

A That's an excellent question. The intention coupled with the intensity determines the timing of the manifestation, using the linear progression on Earth which we know as cause and effect.

For example, if you hold an egg in your hand and you decide to drop it onto the floor, the action from the intention to the manifestation of a mess on the floor is nearly instantaneous.

If you decide to start smoking cigarettes when you are a teenager and you develop a "pack a day" habit, is it any wonder that in your later life you will develop lung cancer or emphysema.

In the case of the egg, your intention was clear but in the case of the cigarette smoking it was not your intention but it was a realistic expectation in your mind.

Q So are you saying that I would have created both outcomes?

A Intention comes before creation. The development "time frame" for manifestation of form is dependent on intensity of thought.

Q Why do you say "time frame" (air quotes)?

A As I have touched on before, everything only happens Now. Creation can only happen Now. If it has already been created, it is in the past and if it is yet to be created, it is in what we on Earth call the future. But the act of creation, like the act of procreation, happens Now. The result of procreation is finally witnessed in form nine months later when the baby is born.

Q What happens from the time of creation to the time of manifestation?

A Using the example of human procreation, the fertilised egg develops into a foetus and a baby becomes fully formed about 38 weeks later.

Q Is there always a time lag between creation and manifestation or cause and effect?

A On Earth, due to lower energy levels of vibrancy, the ability to manifest does go slower than in Spirit where much higher levels of energy vibrancy exist.

However, what you need to understand is that every thought on earth begins a creation process which manifests in Spirit first and then depending on the intention and intensity behind the thought, manifests "later" on Earth. However its creation may also go to other "spaces" unseen by you on Earth where its manifestation is instantaneous.

Q Let's not worry about the metaphysical for now and focus on materialisation on earth.

A That's a great choice of word – focus – because the intensity of focus is what determines the timing of manifestation. That is the process of laser technology, the concentration of light energy via a process of focusing the light.

Your thoughts are based on your intention. The intensity behind the intentional creative thought drives the process of manifestation.

Q Can you explain that by example?

A It's quite simple really. As a student you have an academic year. At the beginning of the year you receive your curriculum and timetable of lectures, assignments due and exam timetables. You receive your books and other study material and the year's adventures begin.

If you don't go to lectures, or read your material or do your assignments and fail to be eligible to sit for your exams at the year end, are you likely to fail or pass? Your intention to pass never got past first base as there was no focus of intensity to learn. Conversely, if you were studious and applied yourself throughout the year, you would be likely to pass. The focus of intensity creates the manifestation at the year's end of passing the year academically.

Q Your creative intentional thought aided by focused intensity creates your reality of passing the year?

A Exactly right!

CHAT NUMBER 73 – MANIFESTATION OF THOUGHTS

Q I have a tough question for you. If we had higher levels of energy vibrations and we created a thought, would that manifest on earth instantaneously?

A It would and for Beings who are acutely consciously aware of their Spirituality, it does. These people seem to be "rewarded" exceptionally and "punished" harshly, depending on their thought creations.

I might add that this does not only happen to acutely conscious people who are Spiritually aware but also to people who seek ego prominence for some reason and are in the public's eye.

The "rewards" and "punishments" seem disproportionate to the actions compared to those of other mere mortals.

Q Can you give me an example?

A I could write another book or two of examples. Ok let's use Tiger Woods as an example. He was at one stage the world's most recognised face as the world's greatest golfer. Tiger was unstoppable and seemed to be on track to beat the great Jack Nicklaus' record of 18 major tournament victories and Sam Snead's 82 PGA tournament wins, after being the number one golfer for a number of years. However in late November 2009 the news broke of Tiger's extra-marital affairs and his world came tumbling down. Over the next five or so years he dropped down the World Golf Rankings to number 241.

Other married people were also no doubt caught having extra marital affairs in November 2009 but their losses, no doubt painful to all concerned, did not seem as publicly severe as Tiger Wood's fall from grace.

Q Earlier you said that a thought would manifest on Earth instantaneously for Spiritually conscious people and other prominent people like Tiger Woods, but what about for "mere mortals" like me?

A Thankfully, instant manifestation does not occur on Earth as every thought would be transparently visible and the cause and effect instantaneous. However it would certainly be a way to rewire one's brain to ensure that abundance, peace, love and other desirable outcomes occurred and ensuring that no disharmony, conflict or loss transpired.

Q Gee, what a wonderful world it would be!

A Louis Armstrong sang those words in his famous song, "What a Wonderful World". Imagine being able to live your life consciously aware that your every intentional thought was instantaneously manifested on Earth?

How many people wouldn't change their current thought patterns?

This would be like, "Your thoughts create your reality instantly".

Now that's something to think about!

TIME FOR A BREATHER

Notes so far:

CHAT NUMBER 74 – CHANGING MINDSETS

Q But what can one person do to create this wonderful world if everyone else is carrying on as before, unconcerned about improving the world by not acknowledging Oneness and not acting accordingly?

A There is always that one person acting alone and swimming against the human tide of behaviour. History and even religious history is littered with these heroes. You can go back to Moses, Jesus, Buddha or in recent times to Gandhi, Mother Theresa and Nelson Mandela.

Today we have the power of the Internet and Social Media, not to mention global communication networks like CNN and BBC Radio.

The world has never been more ready to receive the one person who can change the mind set of conflict, war and sorrow to peace, happiness and bliss in the interconnectivity of everything on Earth via Oneness.

Look how the USA and the world were persuaded by the promises of Barack Obama, but unfortunately his promises were not backed up by necessary actions. However the USA and the world drank his "Kool-Aid" for a while, showing their thirst for a promised better future.

Perhaps Obama may turn out to be the early pacesetter in the race for a wonderful world. If the baton can be passed to another World Leader in the making who can change perceptions and deliver on promises towards a wonderful world, then there is hope.

Q What can I do and what can be expected of me? I will not be a world leader. I hardly influence myself, how can I make a difference?

A Each of us can, no, each of us must, live consciously so that our intentional thoughts set in motion a manifested outcome. Our individual thoughts combine synergistically to create the manifestations of our destiny.

Currently many parts of the World are being torn apart, especially in the Middle East as Arab brother fights Arab brother based on a belief system going back 1500 years as to what Mohammed and his cousin did to each other. But at stake is the greed to own the oil that powers the world. The military industrial companies supplying armaments to conflicts throughout the world have a belief system based on fear and greed.

Civil war is raging throughout many countries as people with different beliefs and different religions kill each other in the name of God or fear but mainly greed for the wealth controlled by the governing forces.

Imagine one Superhero arriving on the scene and simply changing perceptions of people from fear to love, from greed to sharing, from separateness to Oneness, from war to peace. If enough people saw this as a possibility then there would be a shift in universal consciousness and a wonderful world would result.

Q Is this at all possible or simply an unrealisable dream?

- A** Spiritual literature from channelled "Entities" all talk about this eventuality as inevitable - that Oneness with All That Is will occur on the Earth's plane. When will it happen? There is only Now in God's space!

CHAT NUMBER 75 - FEAR

Q What about fear, where does it come from and how do you overcome it?

A Let's start with the well-known acronym: FEAR – False Evidence Appearing Real.

Your thoughts create your reality so when you experience fear it is because the intentions behind your thoughts are of loss. You fear the loss of something. It may be the fear of losing your life, a part of your body, your health, your job, your money, your spouse, your family or your home. The list of possible losses is unlimited.

Due to something you can't currently quantify, but you know is bad news for you in its make-up, you set the intention in your thoughts that loss is inevitable.

This negative thought starts a process of creating a reality of loss of something you value. If this negative thought is left unhindered, and more so, if it is reinforced with other negative thoughts and the intensity grows, then the manifestation of this loss becomes real for you.

This loss did not exist before you had the intentional thought which created the reality.

Your intentions and your intensity enabled the creation of this reality of loss.

Even if the evidence was false and you gave it life via your fear-based thoughts, you created the outcome of False Evidence Becoming Real. You enabled the Appearing to manifest as a Becoming. Therefore you created the loss you feared would happen.

Q So where does the fear come from that caused the intentional thought to create its manifestation of loss?

A Can you imagine God/Oneness/All That Is being fearful?

Q No, of course not, why would It lose anything and therefore It has no need to fear loss of anything.

A Exactly! So when you separate from Oneness and become alone in your separateness the loss you feel is the loss of no longer feeling Part of Oneness.

Q So are you saying that anything I fear the loss of is stemming from the fear of loss I feel because I am no longer Part of Oneness?

A Spot on my young friend. You are always Part of Oneness but when you feel unattached to Oneness you feel the void of this illusory separateness. There is no void, as in reality you are always Part of Oneness but you falsely feel apart from Oneness.

For example, if you intentionally cheat on your spouse, you must feel separate from Oneness as you know Oneness would never commit adultery. You emotionally separate from Oneness and in the imaginary void you have created, you feel the fear of being caught, the possible repercussions of losing your marriage, your family, your home and your reputation.

Q So fear is imaginary?

- A** Every time! It is False Evidence Appearing Real building up to False Evidence Becoming Real. You create the fear, you manifest the fear and you experience the loss you feared all along.
- Q** How do you solve the fear?
- A** That's easy to do, don't create it in the first place.
- Q** But that's not realistic.
- A** Ok then don't ever feel separate from Oneness and be Godlike in your every thought, word and action.
- Q** But that's also not realistic to carry out all the time?
- A** Well then it's time to face the fear and see it for the falseness it is that you have created.
- Q** How do I do that?
- A** Firstly, I want you to fully grasp today's insight into the creation of fear and tomorrow I will deal with resolving fear.

CHAT NUMBER 76 – RESOLVING FEAR

Q I have been anxiously waiting for you to teach me how to resolve fear?

A Now that you know that your intentional thoughts create the fear in the first place, it will be easier to overcome the fear.

The fear is not real, it is imaginary, coming from your intentional thoughts of negativity. Therefore to face this fear head on is to put reality against imagination. Real against false.

Start by knowing and feeling that you are part of Oneness. Oneness has nothing to fear and nor do you, being a part of Oneness. Know now that you are not separate from Oneness, but that Oneness is who you are.

By having the strength to interrogate this fear, to question its foundation as coming from your intentional thought, to question what it is that you fear losing, to actually live out that loss, blow by blow, in your head, to get to the end of that imagined loss and realise that you can survive it even if it does materialise, the fear is then seen to be false, the perceived loss manageable and your confidence in your ability to manage your life grows. Knowing you are Part of Oneness is the key to not having to fear anything.

Q What about if you can't confront your fear in this way?

A Then you can use the surrender technique.

Here in your most fearful moment you look at the envisioned loss and hopelessness you feel in dealing with its consequences. You acknowledge the worst of the worst outcome. Now you make a paradigm shift. You acknowledge that this worst outcome is necessary to occur in order for your highest possible good to be attained. You see yourself as the caterpillar accepting its death in the cocoon in order for a butterfly to emerge later on. You are the bud wrapped warmly in leaves which must break through and become the flower that blooms.

You are the baby, warm in the womb that must emerge into the bright hospital light and air-conditioned cold air to blossom forth as the next Einstein or Gandhi.

You must go through the perceived loss to emerge eventually into the person who is to attain their highest possible self.

There will come a time when you will look back at this loss and see that it bought you the largest gain.

Then your fear will turn to acceptance and from acceptance love can emerge.

It is at the moment of acceptance that you will experience total detachment to the outcome that the fear will manifest.

You will embrace this previously feared moment in gratitude for what it will bring you through what you are soon to experience as your highest good.

Then you will know that fear of loss is not to be afraid of but to be embraced for the gain it has hidden in its outcome.

From this process of surrender you will ultimately experience that fear, which is Ego based and becomes love which is Soul based.

From fear to love, from Ego to Soul.

The path to Oneness is being experienced in this way.

CHAT NUMBER 77 – CONFIDENCE COMING FROM FEELING OF ONENESS

Q Gee that's an amazing way to look at handling fear. What happens thereafter?

A When you tied your shoelaces for the first time it was a great achievement as you perfected your co-ordination techniques and had something tangible to show for it.

There are people who have an inner confidence to tackle anything and the seemingly unlimited ability to perform what is required.

These people don't have fear as they have a knowingness that enables them to try and succeed. Fear can only occur when you do not feel capable of dealing with the outcome the fear will unleash.

If you see it as a challenge and you feel confident that you have or can develop the skills to overcome the challenge and succeed then fear does not enter your mind.

Tying your shoelaces the second time is easy but the first time you may have been fearful in case you failed. If you allowed the fear to take root then perhaps your mother would still be tying them for you on graduation day!

These are the steps to building your inner confidence and developing self-respect and self-love. This is not Ego-based, egotistical self-love but well-founded self-confidence leading to Soul-based self-love. This self-love develops inner harmony and inner peace leading to Unconditional Love of you and all others and leading to Oneness.

Q And where does this feeling of Oneness take you?

A To a place where maintaining this Unconditional Love as an inner harmonious balance is the greatest feeling you will ever experience.

Now, who is right and who is wrong is unimportant because bliss is found in this Oneness and you become detached from a viewpoint of indifference to these petty squabbles. Knowing, feeling and experiencing bliss in Oneness is all that matters.

CHAT NUMBER 78 – CHOICE WITH DELIBERATE INTENT

Q It sounds like choice is the critical factor in determining your path in life?

A Choice made with deliberate intent, in consciousness with awareness resulting in consequential flow, is the catalyst that sets in motion the domino effects of cause and effect manifestation. Your choice is your destiny.

Q But what if the choice made is arbitrary, a spur of the moment impulse?

A Whether a young lady sets out to fall pregnant and times it as accurately as possible via her cycle or whether she randomly selects a stranger in the toilet of a pub to have sex with, the pregnancy that may result is the permanent consequence of her choice.

Q So you are saying choice is choice, whether deliberate or random?

A There is no random choice. It may appear to be random but the chain of events that culminated in a random act of sex in the toilet of a pub, started a lot earlier than that fateful night.

Q What do you mean?

A The upbringing of a young lady who ends up either drunk or high on drugs, sprawled out on a toilet floor in a pub, available to have sex with a stranger, needs some investigation. Even without a detailed knowledge of her upbringing you can be sure that she has a low self-esteem and a low self-worth and self-image.

Now, she wasn't born that way. Things were done and said to her at an impressionable age, usually by someone with authority over her, resulting in emotional and psychological damage.

Q So every choice is with deliberate intent?

A Life is a banquet table strewn with wonderful things to eat as well as with poisonous, harmful things to eat. God gave us the potato as a great source of nourishment. We choose to cut it up and deep fry it in oil to make unhealthy fries or chips. It's a deliberate choice.

We choose what to eat, what to wear, where to work, where to live, who to marry, whether to have children, whether to be trustworthy or not, whether to be hard working or not, whether to drink alcohol, smoke cigarettes, take drugs, whether we exercise or become couch potatoes etc.

Q So our lives are the sum total of our choices?

A Precisely. Your choices determine your destiny.

CHAT NUMBER 79 – THE POWER TO MANIFEST

Q Once you make a choice, what powers it to manifest?

A Determined intent. Some may describe it as passion.

Q Isn't passion something to aspire to. Becoming passionate, enthusiastic and committed?

A Passion is neutral. You can become passionate about climbing Mount Everest or you can become passionate and allow every arbitrary stranger into your marital bed.

The passion to do either act is based on determined intentions to achieve your objectives.

Passion seeks expression to become creative.

Q So what should one seek in making a choice to bring about the desired manifestation?

A Once again, the truth is always simple and not complex. It's the choice you are making about increasing your joy of living?

Q Phew, I thought that we were about to have another "God" moment again!

A Depending on where you are on the Spiritual ladder will determine whether the phrase "increasing your joy of living" is God connected or not.

You can still increase "your joy of living" as an atheist or agnostic. This increased joy is simply measured by other yardsticks than the growth of consciousness towards Oneness.

Of course, your talking to me in the manner of our friendship usually ends up with me directing you towards Oneness. However, it's your choice. It's always your next move in the game of life!

CHAT NUMBER 80 – CHOOSING TO BECOME ONENESS

Q So if I choose to become Oneness I can become it?

A No.

Q But you just said, if I choose with deliberate intent and am passionate in my approach, I can create anything I want to manifest.

A You cannot create being part of Oneness because you have always been a part of Oneness!

Q What? I certainly don't experience being part of Oneness and don't feel the bliss that you describe.

A It's because of the choices that you make.

Q You mean I choose to be separate from Oneness deliberately?

A Every time!

Q Please explain.

A A fish in the ocean is part of the ocean. Being in the ocean allows it to live. When it is brought out of the ocean, via a fisherman's hook or net, it dies as it is separated from the ocean.

A fish could look for the ocean of which it is a part and probably never find it until it is out of the ocean and by then, it's death is imminent.

Q So am I the fish in the ocean, not realising that I am Part of Oneness.

A In part, if you will excuse the pun.

When you were in Spirit before your journey to the Earth's plane, you did not have to believe you were part of Oneness, you knew you were! As a Spiritual Being you separated from Oneness to have your Soul infused into a foetus and to be born as a physical human being.

Your life's journey is to experience and know that feeling again as being a part of Oneness through the sensual adventures on the Earth's plane of existence. To feel, via touch, smell, taste, hearing and speech and to reconnect with Oneness is the experiential journey.

You do it automatically as a Spirit. Your journey as a Soul infused into a physical body is to do it through physical senses to enrich the experience of Oneness through the physical manifestations of becoming Oneness.

Q So you are saying that God or Oneness needs me to become an "enriched" Oneness.

A Precisely!

Q So I am becoming God or Oneness?

- A** You have always been part of God or Oneness, always and in all ways. That is why you have been told in so many ways that the truth you seek, the Truth that is God or Oneness, is within you, the breath within your breath.

CHAT NUMBER 81 – ONENESS KNOWS WHAT YOU NEED

Q Ok, so if I am already part of Oneness and you said that creation or manifestation in Spirit is instantaneous, why do my choices now not manifest instantly?

A Because you feel separate from Oneness when you make those choices.

Q I don't get it?

A What I am trying to explain to you is that if you knew you were a part of Oneness, then you would not have to make any choice for whatever manifestation you desire.

If you were part of All That Is, then what would you need to have that you don't have already?

Q How about a million dollars and a Ferrari?

A You have it already.

Q Where?

A Within All That Is.

Q But it's not in my possession or in my garage.

A Well obviously you don't need it or else Oneness would have ensured that you had it. It's like a great lending library. Oneness is the librarian and allocates things to those who need it for now. Sometimes things get taken back to the library and allocated by the librarian to someone else.

Q So I don't have a say in the matter?

A You may, through your choices, but you have to learn to Trust – To Rely Upon Spirit Totally. Oneness knows what you need, when you need it. Trust Oneness Now.

Q How come, most of the time, I never get what I choose for myself?

A Be thankful and appreciative for what you have, both materially and non-materially and be thankful for what you don't have materially and non-materially.

The librarian gives out nice goodies and not such nice goodies. The nice goodies are usually what you have earned to manifest and the not such nice goodies are for your continued growth as a Soul in a physical body journeying to Oneness.

Remember at all times that you co-create your life with Oneness via your thoughts and the intensity of intentions behind those thoughts.

Sometimes these thoughts are expressed by your Higher Self which remains in Spirit, and you, as a Soul within a physical body, have to go through life sensually on Earth.

Q The things that I want never seem to materialise when I want them.

- A** In God, or Oneness' timing there is only the eternal moment of Now. If you are consciously part of Oneness then manifestation has already occurred Now. You can only access it Now when you are vibrationally in harmony with the eternal moment of Now. When you are not in harmony vibrationally with the eternal moment of Now, then the illusion of time; past, present and future becomes your "reality" and manifestation is delayed.

CHAT NUMBER 82 – THE GROWTH OF YOUR SOUL

Q That seems like a bit of a "cop out" to me.

A When you are vibrationally aligned in harmony with the eternal moment of Now, then you have no need to have anything manifest.

You are totally satiated in bliss, way beyond the need for any material or non-material manifestation.

Knowing this bliss in Oneness makes anything and everything superfluous.

Why would you need a million dollars and a Ferrari if you had this feeling of bliss?

Q But what if I wanted a million dollars and a Ferrari as well as knowing this bliss?

A The attachments you seek are based on not trusting that you will get what you need, instead of want, if and when you need it, for the growth of your Soul infused in a physical body. Your need for these attachments are based on fear of loss and shows that you are not trusting of Oneness to give you what you need if and when you need it.

Q Why should I forego what I want?

A Because when you embrace uncertainty and trust Oneness, you let go and let God in. By letting go of your defined limits of desire, you learn to trust Oneness to open up limitless other opportunities which may serve you far better than a million dollars and a Ferrari.

What about getting the cure for cancer instead?

Don't limit yourself with a narrow perspective and perception. Allow yourself the opportunity for Oneness to enable you to have limitless opportunities for the growth of your Soul.

CHAT NUMBER 83 – LET GO AND LET GOD IN

- Q** So you are saying that I must simply "Let go and let God in"?
- A** Precisely what I am saying, because as a physical human being on Earth you are not aware of the limitless things that exist that are beyond your senses' ability to perceive.
- Q** Do you mean like the high pitch of a dog whistle only audible to dogs and other animals?
- A** That's one of them, yes, but it's not even the tip of the iceberg. I have told you before that we walk sightless amongst the miracles. Our vibrations are so low that we can only perceive but a minute fraction of what is all around us, unseen and unheard.
- Q** That sounds spooky.
- A** It's understandable that you feel that way but what if you decided that what is all around us, unseen and unheard, was our silent force for good; for your good and for the good of mankind.
- Q** That would be cool.
- A** So believe that then, and call upon "them" to help you when you are on your journey to Oneness. Attune to their vibrational frequency with thoughts of being part of Oneness.
- Q** How can I test this theory?
- A** Go and pick a fight with someone and watch and feel how your energy level drops and friction in your life surfaces.
- Then go and liaise between two people who are fighting and get them to sort out their issues harmoniously and watch and feel how your energy level rises and friction in your life ceases. Everything flows easily.
- Expect that Oneness will give you what you need, if and when you need it. Trust Oneness now and live in the Now.

CHAT NUMBER 84 – DEALING WITH CONFLICT

Q How do you deal with conflict then?

A First of all, in life, timing is very important. You are an energy vibrational being and as such your energy vibrations have what is called oscillations which occur at an equilibrium point. In simplistic terms, sometimes you are up and sometimes you are down, vibrationally, physically, emotionally, spiritually and psychically. Don't ever engage in conflict when your vibrations are down. Learn to sidestep the conflict, allow it to pass unchallenged and do not rise to the bait in your energy depleted state. Resistance at this point of your vibrational downswing will be as non-effective as trying to catch a wave as it dumps onto the shore.

Q When should you deal with conflict?

A When your energy levels are rising and vibrationally you are becoming attuned to Oneness. When you are at your authentic best and your desire is to be the best person you can be. When your desire is not for ego based conflict to see who is right and who is wrong, but when your desire is to learn from other viewpoints. Once you integrate other viewpoints authentically with your viewpoint, you are then in a position to re-assess all these authentic facts and reach a conclusion. This conclusion must not include an ego bias from your viewpoint but, attempt to be the best person you can be by coming from Soul, Love and Oneness in determining the resolution of the conflict of two viewpoints.

Then, through transparent self-integrity, you state your considered authentic viewpoint and leave it there. No ego investment and involvement, simply your now re-evaluated viewpoint taking issues from both sides into consideration from an authentic position of transparent self-integrity.

Q So what about the outcome?

A The outcome is the outcome whatever it may be. Providing you have sufficient trust in Oneness that the outcome that results will be the highest possible outcome for Life and not for you or your adversary, then you will be unattached to the result or outcome. Trust that Spirit knows what the outcome should be for now.

Q But what happens if you were right at the time? Surely you are entitled to be right?

A Right or wrong is only a function of man's acceptance at that time. Was it right to have slavery? Was it right to crucify Christ or burn witches at the stake? I could go on ad infinitum, but you get the picture.

Be humble in your being right and be apologetic if you were wrong. Be aware of always coming from Soul and from Love in accepting being right in humility or by apologising if you were wrong.

Q Is this not simply conflict avoidance or even being cowardly by refusing to fight for what you believe in?

A It is a mature, soul-enriching way to find a resolution where there can possibly be two winners and no losers, if both parties have sufficient synergy to create a solution of $1 + 1 = 3$.

However, if you come from Soul and Love in finding a resolution you will likely find the other party wanting to share that vibrational feel-good quality and perhaps rise vibrationally to assist in creating a workable synergistic solution.

Be humble and be able to show your frailties and your strengths, be willing to share your difficult times and your times of triumphs. This will enable you to be triumphant together and overcome adversity in a graceful manner by being who you truly are, a Part of Oneness. Bring adversity to the table of Oneness and you will realise there is only One of you, not two.

CHAT NUMBER 85 – SPIRITUAL AWARENESS OF EMPATHY

Q This ability to see both points of view and look for a synergistic solution seems to come from an understanding at an elevated position.

A You are partly right. It is what one would call a helicopter view but, not to split hairs on this, it's not a mind induced thought creating understanding. It's more of a Spiritual awareness of empathy bringing this understanding of more than one viewpoint into play.

This awareness can't be learnt or taught. It comes from an awakening enlightenment when you instantly or gradually "see the light".

Imagine a young, hip, successful person, living the high life of partying in an egotistical way. Awareness, as we are discussing, is a million miles away.

Now see an equally young, hip, successful person meeting the person of their dreams, getting married and soon thereafter welcoming a baby into their lives. The selfish person has now become a parent and suddenly the world has changed for them. The alcohol and drugs they used to party with are now the poison they have to keep away from their baby when he or she grows up.

They have developed an awareness of viewing life through the eyes of their spouse and child as well as their own eyes.

It is an awareness based on empathy for the world that they now inhabit which is so different from the world that they used to inhabit.

Q Can you have this awareness while still being single, i.e. without a spouse and/or child in the picture?

A Of course you can. Enlightenment can come to anyone at any time. It may be instantaneous or in small incremental steps to this awareness which lifts you up and away from the friction level of life. You will move backwards and forwards in and out of enlightenment with people who seem enlightened. The contrast between enlightenment and non-enlightenment will be more and more distinct as your choices are made.

Q It's obvious that people who are ready will choose enlightenment.

A They will until they don't! In the world that we live in the "forbidden fruit" is all around and there are many more people not choosing enlightenment than choosing it. It's not a game of snakes and ladders. If you choose non-enlightenment you don't necessarily slip back all the way to the beginning of the game. You already have an awakened knowledge and it may be possible to stumble and fall and return to where you once were before you made an ego choice and fell out of enlightenment.

Q If you stick to the enlightenment path where does it leave you?

A Now this could be a bit mind blowing so hang onto your hat.

I have mentioned before, in our chats, that you are a multi-dimensional being. There are numerous "you's". Eventually all the many "you's" have to be integrated to become You. This is definitely going to happen outside of your ability to control it. The real question is how much resistance and friction you create in not allowing these lives to be experienced and amalgamated into the one You as a Part of Oneness to become All That Is. If you can start with awareness and allow yourself to simply Be, accepting, flowing and non-resisting, then the experiences of these lives across the spectrum of emotions will occur and eventually become integrated into You.

Q What happens if there is resistance?

A Ill health, pain and disease and maybe even death, as you stand like a tree on a field feeling the full force of the wind bringing change into your life. One thing is for certain – it won't be pretty!

Q What happens if you do the enlightenment bit but your neighbours, town folk and countrymen don't?

A That's an interesting question with a far reaching answer.

CHAT NUMBER 86 – ONENESS WILL BECOME A REALITY

Q So what happens if you do the Oneness flowing part but your neighbours, town folk and countrymen don't?

A Allow me to elaborate. The Divine Will has decreed that all will surrender and through this allowance we will all be conscious that we are all One and that this Oneness will become a reality.

So where people choose to be separate and to not surrender and allow Oneness to come into being, they resist the flow of the Divine Will.

To answer your question, imagine a lifeboat at sea, crammed with people who decided that the life of adultery, murder, mayhem, incest and rape, etc. was a choice they preferred to make.

Now the Divine Will chooses to flow and cause high waves of Oneness to be formed. What chance do the people on the lifeboat have of following their chosen paths?

If you were coerced to join that lifeboat against your will, unfortunately you would also be doomed to drown.

It would be preferable if you were able to move away from people with negative intent and relocate to people with positive intent, surrendering and allowing Oneness to flow.

Vibrationally you diminish yourself with negative people, and conversely, vibrationally you rise up when you associate yourself with people believing in Oneness.

Q So going with the crowd is not recommended?

A Going with the right crowd is recommended. What is right is for you to glean from your experiences and insights with the right people. The truth is what you experience it to be. Don't look to others for approval of what is right. You only need self-approval – don't depend on the approval of others. Trust your "gut", your own insight, to determine what is right for you. Choose that and the causal consequences will flow. Conversely, going against your insights and "gut" feel and choosing what is wrong also has causal consequences for you.

CHAT NUMBER 87 – THE OPPOSITE OF ONENESS IS SEPARATENESS

Q Right now on Earth there are hundreds of thousands of people being displaced in Libya and in Syria there are millions being displaced from their homes by civil wars. Where is Oneness here?

A The opposite of Oneness is separateness. The Muslims are fighting the Christians, the Sunni Muslims are fighting the Shiite Muslims, greed is fighting, xenophobia is fighting, ignorance is fighting, fear is fighting. Love is nowhere to be found. Ego abounds. Oneness waits in infinite patience to be chosen. Eventually people will come to their senses.

Those who remain standing will eventually embrace each other in Oneness.

Those who choose separateness will have to die first.

It's regrettable that the collateral damage of innocent civilians runs into the millions. Man has to be purged of their prejudice and many will be killed in the process.

Q What happens to the refugees clinging onto boats taking them to countries who don't want them and sending them back?

A Those countries refusing the weak, hungry and desperate refugees are making a choice to become separate and to reject Oneness. In their tents of prosperity, they shoot arrows of prejudice and non-acceptance at the defenceless clinging onto the boats.

In time those countries will themselves experience similar conditions and the scales of justice will balance themselves. These countries are concerned that their standard of living will fall if they have to house, feed, clothe, educate and medicate these refugees as well as find work for them in depressed economic times.

What they have forgotten is that most lands were invaded by outsiders who today are the ruling classes. This is the passage of history unfolding at present.

Q But what of this prejudice against Oneness?

A Imagine if the whole human world was blind. Imagine that no-one had sight and could tell if other people were white, black, Muslim, Christian, Jewish, Buddhist, Hindu, Chinese, North Korean, South Korean, Shiite, Sunni, Orthodox, Conservative, etc. etc.

Imagine that there were simply blind people shuffling across the Earth with their walking sticks, unaware of where one country's borderline stopped and a new country's began. Imagine blind people needing each other to survive another day against blood thirsty animal predators with sight.

Q Suddenly blind Muslims and blind Christians in Syria would stand back to back to defend themselves and each other against the blood thirsty pack of dogs hunting down humans for their food. Would there now be prejudice of white, black, religious and country differences?

A No, of course not. They would face a common enemy and human prejudice would cease.

Q Ok, then let's go sci-fi. Imagine if the Earth was as it is – mostly sighted people, many at war prejudicially with each other. As before, white, black, religious and country differences were forcing one to feel superior against the other.

Without much warning, the Earth was under attack by alien warships with superior armaments previously unseen by any human.

Are Syrian Muslims, Christians, Shiites and Sunni's, Whites and Blacks likely to put aside their common hatred for each other to face a common alien enemy?

A Of course, if Earth was about to be obliterated by alien warships.

Q So it is possible in these extreme examples for man to stop being prejudiced towards each other. When Oneness, as decreed by Divine Will, does come about, then man's consciousness will expand to see the role of wasteful ego in keeping man apart in separateness instead of in the peace and harmony of Oneness.

A So all prejudice takes to be obliterated is an increased awareness and consciousness that we are all One.

Q Precisely, one small step for individual man, one giant leap for mankind!

CHAT NUMBER 88 – PREJUDICE AND BIAS

Q I've been thinking again about prejudice and bias and would like to know how it originates.

A The foundation of prejudice and bias is based on the fear that someone who is different from you is likely to cause you loss in some way.

Because they are different from you, you do not know what they are capable of doing to you or the people and things you value. Because they are different to you they present a threat to your way of life as it currently exists. Because they are different to you, your instinct, based on fear of loss, tells you that they are untrustworthy.

This fear is a learnt response. Babies playing together do not distinguish colour, race, religion or tribal background. The parents inculcate that fear into them by whatever means. What would happen if a parent encouraged a baby to embrace and even love another baby who was a different colour, race, religion, creed or tribe?

Q So are you saying that bias and prejudice are based on fear yet they could be obliterated by love?

A Always and in all ways. Fear/Ego and Love/Soul are at the root of every choice you make. In the case of Fear/Ego you seek the singularity of the known and are threatened by anything outside of this.

In the case of Love/Soul you welcome the disparity of the unknown. You come to experience the growth that occurs when you enter the unknown and experience its unlimited potential.

Q Can you give me a simple example to illustrate this?

A Think of a single seed buried in the ground. In the earth, the seed sprouts stringy roots and starts to grow upwards towards something that it instinctively knows is where its future lies. Through the familiar soil, on its own, it is determined to grow upwards to an unknown future. Eventually it hits ground level and is greeted by a blinding white light. Immediately its temperature changes as the warm sun welcomes it above ground level. The growing seed looks around and sees other "things" growing out of the ground - seeds similar to itself as well as flowers, grass and trees, all enjoying the warm sun and growing towards the light.

Should this lonely seed fear the other "things" growing out of the ground, or should it love and look for companionship amongst these strange other "things" growing out of the ground?

If it chooses fear then it sleeps with one eye open and if it chooses love it embraces the unknown of the other "things" and seeks to grow and learn more from them.

Q So bias, prejudice and bigotry are fear-based and limit your growth whereas coming from Love/Soul is to embrace the uncertainty of the unknown whilst ensuring one's growth in the knowledge that new adventures are common place?

A Bias, bigotry and prejudice have the effect of resistance to the flow of life. This resistance causes disharmony of vibrational flow and leads to illness, disease and even death.

Acceptance, non-judgement and surrender to the Grace of each person and thing on the other hand enable the upliftment of vibrational frequency and flow, enhancing health and well-being.

Q So once again it boils down to making a choice?

A Exactly. It is about choosing fear, loss, disharmony, disease and death, or love, gain, harmony and well-being.

CHAT NUMBER 89 – CAN EVERYONE CHOOSE LOVE/SOUL OVER FEAR/LOSS?

- Q** This sounds great in theory but will it ever materialise where everyone chooses Love/Soul over fear/loss?
- A** It already has occurred and manifested itself in Spirit. It is waiting to be downloaded by each of you on Earth. The only thing stopping its manifestation in your life is you. Your non-adoption of Oneness is the final barrier between Utopia and your current life. You are standing in your own way. Sound familiar?
- Q** So my life can be frictionless with everything falling into place effortlessly. All I have to do is have awareness and be conscious of Oneness and act accordingly.
- A** That's it in a nutshell! It's called Living in the Now, knowing that God will give you what you need when you need it for the highest growth of your Soul in this present moment. Knowing that forever is composed of these moments of Now. It's learning to Trust – To Release Unto Spirit Totally and then To Rely Upon Spirit Totally. It's when you let go and let God into your life. It's when you Accept and Surrender to Divine Will. It's when you see White, Black, Muslim, Christian, Jew, Buddhist, North Korean, South Korean and all mankind as you.
- Q** So I just have to get out of my own way and take down that final barrier to enable Oneness to manifest in my life.
- A** That's it. No special ceremonies, wearing special clothes, making special signs, attending places of worship or awaiting signs from above. No messiahs arriving and so on. Simply seeing everyone and everything as Oneness, as you and treating them as kindly as you would want them to treat you. Respect and love them and watch all that you give be returned to you in kindness, respect and love. What a wonderful world!

CHAT NUMBER 90 – WHY HAVE SO FEW PEOPLE CHOSEN THE PATH TO ONENESS?

Q You make it sound so easy and so desirable. Why then have so few people chosen that path to Oneness?

A The journey to self-transformation is not for the faint of heart. There are many inner dragons and demons that need to be faced and slain in order to reach the prize of inner peace and harmony which leads to Oneness.

Q Where have the demons and dragons come from?

A You created them through your choices of bias, bigotry, prejudice and fear of loss which bred separation, hatred and a lot more negative attributes that now surround you as a defence mechanism.

Q How do I overcome them?

A Hand to hand combat. Each has to be faced and destroyed and it won't be easy or pretty. Each defence barrier has to be dismantled. The greater the fear invested in building them up, the harder the fight to demolish them.

Q What are they protecting?

A Your inner self which only knows inner peace and inner harmony is now the prisoner in the tower being defended by fear-induced barriers which you built up. Your path to self-transformation of inner knowing and inner peace and harmony which leads to Oneness is ahead of you now. Expect your nightmares to become real in order to reach the dream trapped in the castle. This dream is your inner reality; who you really are.

If you are courageous and defeat the demons and dragons created by your previous fears of loss, you will reach this place of inner bliss.

As you face and dismember each demon and dragon, you will become incrementally stronger in your love-based self. Your inner truth will guide you as your love-based self combats those dark fears which you accepted as truths before.

These are uncharted waters. However with love and trust in your inner truth of Oneness, eventually all these dark fears will be faced and demolished.

Ensure that every choice you make is based on "What would love do now?" and act accordingly.

Nirvana beckons you now.

CHAT NUMBER 91 – VIBRATIONAL ENERGY

Q In the past you implied that I can be all that I can be. Can you explain that further?

A At your essence all you are is vibrational energy. There are no limits to the heights and depths your vibrational energy can reach.

Obviously heights imply being Godlike at the highest energy form and depths imply the lowest energy form.

Q So how do I effect these movements of vibrational energy?

A In every instance, in the choices you make. As you elect to grow vibrationally upwards, so opportunities and threats present themselves. Sometimes opportunities are presented to allow and enable you to give action to the choice of "what would love do now?" Consistent repetition of this sort of positive reinforcement behaviour will see your responses become love-based in thought, word and action.

In time your energy vibrations will shine through your bodily form and other people will be attracted to you like moths to a flame.

They will want to surround you as the light of your love will be shining brightly.

Q What happens if I choose the opposite?

A Then those consequences will take you into a deep pit, full of dark vibrational energies. Conflict, negativity, hardships and friction will abound. Life will be physically power-based and highly competitive as you fight over scraps of food or access to suitable drinking water. Life will become an uphill struggle.

Q If I chose to rise but my companions preferred the seduction of falling, which initially seemed like more fun, what would happen to me?

A Two things: Firstly you can rise but you need to walk or run away from your current companions. You must ensure that wherever possible you only associate with equally loving people.

Secondly, if you fail to make these choices and changes then you could be sucked under in life and your every move will be similar to drowning in the muck that negativity feeds on.

Q So it comes down to choices again?

A Every time!

However, choosing to be love now and acting accordingly will have the effect of awakening your senses and you will, in time, see the miracles surrounding us. You will hear the music that opens and heals us and smell the fragrances and sense the colours. Your taste buds will come alive with the temptations of natural food and drink. Things will feel different as their origins and textures become alive to your touch.

In this space, you will know that you are without limits. Everything you can imagine and create is achievable through thoughts and intentions.

You will also sense the energy vibrational fields of nature. You will no longer walk sightless amongst miracles but will feel a connection to Oneness and the universe and you will be all-powerful and omnipotent in Oneness.

Q Wow, that sounds like Utopia?

A It is and it's achievable by choosing to think, say and act upon "What would love do now?"

CHAT NUMBER 92 – CLIMATE CHANGE

Q There is much talk of climate change. What are your views on this?

A The earth is a living, breathing planet. It receives cleansing rain and its seas sustain life as does its land mass.

The earth needs to be in balance and in harmony to perform at its best, as we all do. When the earth is polluted it strives to rid itself of these pollutants to restore its balance and harmony. During the last hundred or so years, man in his quest for improved productivity, has caused these pollutants to create an imbalance within the earth. The survival of the earth is being undermined and the earth will, in its own way, correct that imbalance.

Q How does the earth do that?

A Through what we would call natural disasters. Earthquakes, tsunamis, fires and rising sea levels as polar caps melt. If man won't stop the pollution, then the earth will and the consequences will be horrific from man's point of view. From the earth's viewpoint, it will simply be a rebalancing to restore its balance and harmony.

Q What can man do?

A Man can start with himself first. Man needs unpolluted air to breathe. If you can't stop the pollution then move to sparsely populated areas where the air is unpolluted. These areas should be frequently cleansed by rain. Only drink rain water or distilled water or natural spring water unpolluted by chemical processes to purify drinking water. Eat raw, unprocessed food as the major part of your diet. Animals and fish live in polluted environments and consuming them adds to the pollution already in your body and its energy vibrational levels.

Q How can you make a living in a sparsely populated rural area and ensure that your children benefit from a good education and meet their future spouses?

A It's not impossible and the Internet makes it very viable. The Internet enables you to provide goods and services, undertake long-distance learning and even meet a life's partner, all the while breathing unpolluted air, eating home-grown fruit and vegetables and drinking fresh water.

Q That sounds too "clean" to me. What about enjoying the sensual pleasures of sight, sound, taste, feel and touch and experiencing all that life has to offer?

A Once again, it's always your choice.

However, if you seek a more enlightened way of life rather than one with the heavy, polluted energy vibrations that cannot lift you up, then you will make the choice. By changing your lifestyle and releasing the toxins in your body and in its energy vibrational fields, you will assist both your health and your energy vibrational levels to improve meaningfully.

Q And if I stay the way I am, what then?

A Man is unfortunately heading towards its decline through its choices. The polluted earth and man's continual polluting of body and energy vibrational levels is a disaster waiting to happen.

Q This sounds like another sci-fi disaster movie script.

A Do you remember the saying, "While Rome burns, Nero fiddles"?

That is what is taking place. The earth moves slowing in its rebalancing act but it is moving now to restore its balance and harmony. There is a lifeboat for survivors but it is moored in the sparsely, unpolluted areas I referred to earlier. Lighten up, especially from an energy vibrational field basis, and you will connect to your higher self and ride the coming wave successfully.

CHAT NUMBER 93 – MESSAGES FROM ANGELS

Q Once before you said that our Angels are often those that confront us, usually critically, and cause us to deal with uncomfortable issues which turn out to be for our growth. Once the message is received and they continue to annoy us, can we get rid of them?

A Sometimes they have more than one "message" for you. Assuming that all the issues in their messages have been confronted and your growth has occurred and they are still hanging around annoying you, then it's okay to move out of their space. However, there are specific ways to do this.

Q Can you identify these specific ways?

A Firstly, you need to attain a level of detachment. To break the repetitive cycle you need to surrender and ensure no resistance to what is being presented to you. Accept it unconditionally but remain detached from any outcome.

Secondly, ensure that you let it go energetically. By this I mean that no response via thought, word or action is engaged as it goes past you and into the blue beyond.

Thirdly, that which you wanted to occur for your highest goal can now be found and connected to as your energy is now focused and not dissipated by fighting shadows of fear.

Fourthly, acknowledge that although they were required to highlight the issue now confronted, they are no longer required to be in your space any longer. Break the habit of having them in your space and wish them well as they, or you, go on your way.

Fifthly, if your relationships are not harmonious once you have worked on the issues then sever them with detachment in as polite and caring a manner as possible.

Sixthly, the opposite of love is not hatred but indifference. You may need to be indifferent to them to sever the ties that bind you.

Seventhly, acceptance of what is, enables releasing to occur.

Eighthly, if you can part ways without losing love and caring for the person in question, walking away in loving detachment is a way to liberate oneself in self-love.

Q What happens once this detachment is complete?

A You then need to spend time alone to rebalance and seek harmony within yourself. This is a lengthy process of self-discovery as you learn what parts of understanding to keep and which parts no longer serve you best.

You are likely to become less material in your needs and you will prize being free of constraints as you seek your life's purpose.

You will seek to be in flow and harmony with higher energy vibrations and you will be content to stay in the flow of the moment and to trust that whatever comes next is for your highest growth and you will grasp those opportunities willingly.

This surrendering to and into the moment in trust will result in the perfection of successive events. This trust is To Rely Upon Spirit Totally.

CHAT NUMBER 94 – HELPING THOSE IN TROUBLE

Q What about helping those in trouble?

A I may have told you the story of the man in the forest and the cocoon before, but it's worth repeating.

A man was walking in the forest and he saw a cocoon on the ground moving from side to side. Thinking he was doing a good service, he picked up the cocoon and carefully using his penknife he cut open the cocoon to free the butterfly.

The butterfly fell out of the cocoon onto the floor and flopped from side to side unable to fly. What the man did not know, was that the butterfly's wing muscles develop by pushing against the sides of the cocoon eventually causing it to open via strengthened wings.

The same lesson is in effect when wanting to stretch out and help someone in need. It's their journey of self-discovery and you have to step lovingly aside and watch them struggle to overcome their, not your, obstacles to make them grow.

Sometimes they make it and sometimes they don't. If you, and they, can accept that death is not the end, merely a portal to another form of existence, then you can stand by and watch them die trying if need be. Perhaps the need to die while trying is what was required to get them to the next station on their eternal journey.

It takes guts and courage to stand by and watch them struggle, but you are being their best friend by allowing them to struggle and find a way, or die trying.

Be unconditional in your love, acceptance and wisdom by honouring their journey and by letting go of the need to rescue them like the misguided man in the forest.

CHAT NUMBER 95 – MULTIPLE BEINGS IN DIFFERENT DIMENSIONS

Q You have mentioned at various times that we are multiple beings in different dimensions. How does that work and what is the purpose of us knowing about this?

A At the outset, let me confess that I have read about this from various Guided Entities like Seth, Oneness, Abraham and others. I can attempt to understand what they talk about and I can use my imagination to try and envisage it, but I have not consciously experienced it in this lifetime, so it's my best guess approach. In addition, this is not something that I have had the benefit of channelling to date.

Let's start with who we are. We are vibrations. These vibrations are energy based fluctuations. The plucking of a guitar string results in a sound vibration, you can't see the vibration but you can hear the sound the guitar makes.

Our energy vibration is currently housed in a physical body. Upon our death, the energy vibration becomes invisible to other people. Now let's talk about physical matter. All physical matter is comprised of atoms and molecules. A rock appears to be solid to the naked eye, but with the vast majority of an atom being empty space and the miniscule neutron within the atom being very dense and heavy, the rock, in fact, is mainly empty space. We perceive the solidity of a rock but to higher energy vibrational beings, the rock is empty space.

So far so good?

Q Yes, I'm following you, but it's a bit mind-blowing.

A Hang onto your seat, because the real mind-blowing stuff is coming up!

So we have a universe where everything is vibrational and no solid mass exists to higher vibrational beings.

Now we come to the construct of linear time being past, present and future.

In the world of higher vibrational beings there is only the ever-present moment of now. There is no past or future.

As I explained before, imagine a twelve inch nail driven through a piece of wood and pieces of paper plunged through the nail. On the vertical nail is yesterday, today and tomorrow. Not linear time but vertical time. 1952, my birth year, 2015, this year and 2027 when I will be turning 75, all happening now.

Mind-blowing, no?

Q I can't see how that is possible.

A Let's accept that it is possible to higher vibrational beings. All the Guided literature that I have read from Seth in the 1960's and 1970's to Abraham and Oneness in the early decade and a half of the 21st century talks of this "fact" from their perspective. The stories have also been described by loved ones passing over and those having near-death experiences and

they also refer to these "facts" as the "truth". In my view, truth needs to be experientially proven to be your truth.

So back to our story. Everything that has ever happened, is happening currently and whatever happens in the future is all happening now.

Q So where do the multiple beings of oneself fit in?

A So we have all your "past" lives, your current life and your "future" lives and the physical and non-physical entities you have been, are and will be are all operating now because at the level of higher vibrational beings that is the only time that there is.

With the composite real "You" being an amalgamation of all these various parts of you, the vibrational "mass" that is You at vibrational level is determined by all your lives.

Q Okay, so say I accept this story of these current parallel lives that I think would leave even Sci-Fi writers incredulous, how does knowing this affect me here on earth?

A The composite vibrational being that is You is an amalgamation of all of your lives. Vibrational beings that are heavy are not as enlightened as those who are light. Heavy means having and doing unworthy thoughts, words and actions and light means having worthy ones. A mass murderer is heavy and a person devoted to the upliftment of the poor is light – to use the two extremes.

So how you behave now in your thoughts, words and actions will determine how heavier or lighter your composite vibrational being will become.

The ascension or descension of your Soul, the composite vibrational being that is you, is influenced in every moment that is now.

You determine how life will be for you now by your thoughts, words and actions and the composite "weight" of your vibrational being, whether it is as a more enlightened being or a less enlightened being.

You create your own reality by your thoughts, words and actions.

That is why I always say: "Think, say and do, 'What would God/Love do now'" and do just that.

CHAT NUMBER 96 – THE NEXT STAGE OF OUR SPIRITUAL BEINGNESS

Q Okay that was a major jump in my Spiritual Awareness and I thank you, but I will need some time to process the thought of multi "me's" in a composite vibrational being all occurring now and operating in parallel universes. As the saying goes, "Too much information"!

A It's mind-blowing I know and I think it is only the tip of the iceberg of what awaits us when we pass over from our physical bodies on earth to the next stage of our spiritual beingness. What is for certain in my mind is that there is no "death with nothing afterwards". We simply change in matter very much like water which is boiled becomes steam and then electrical power is created via the steam turbines. If you told water that it would one day be boiled from its own source to generate electrical power to create light, water could reply, "How can I create light?"

Q I have read that water is never lost, it simply changes from liquid to steam to gas to vapour and then back to water via rain.

A Water is the only true wealth. Your body comprises some 70% of water and your brain composition is also some 70% water while your lungs are 90% water. Co-incidentally, or not, the planet's surface is also covered by some 70% of water.

Q A few chats ago you said that the earth was a living, breathing planet. With 70% of the earth covered by water then its health is determined, like ours, by clean, unpolluted water.

A You have hit the nail on the head. If we continue to pollute the sea without regard for the earth's well-being, then we will kill the earth and ourselves. Already, rising mercury levels in the sea are 3 to 4 times higher since the start of the Industrial Revolution. Mercury poisoning from burning fossil fuels and from mining activities cause these denser metals to go to lower sea depths, however the sea's ability to absorb this mercury is being reached. Humans are likely to emit as much mercury in the next 50 years as they have managed to do over the past 150 years.

Mercury found in shallower waters where marine life is most prevalent will, in your lifetime, or your children's life time, kill off marine life as we know it if no pollution controls are enforced. Already 5 to 10% of US women of childbearing age have blood mercury levels that increase the risk of neurodevelopmental problems and in the European Union some 2 million children are born each year with mercury exposure levels.

Marine and wildlife reproduction levels are also being affected by rising mercury levels.

Q What does that mean to you?

A I enjoy sushi but won't eat tuna because as one of the sea's top predator-eating fish their mercury levels have risen alarmingly. I will only eat salmon, preferably fresh water salmon.

Q We have veered off-course comparing water to our Soul's journey and ending up with increasing mercury levels in the fish that we eat.

A Well it's the same theme as our previous chat about heavier denser vibrational beings having lower levels of enlightenment resulting in a lower and slower spiritual evolution.

With denser mercury no longer being able to be absorbed by the ocean's lowest levels and mercury poisoning in shallow waters affecting the reproduction cycles of marine life, bird life and human beings increasingly over the next 50 to 100 years, the very existence of earth is at risk as is the evolution of mankind.

CHAT NUMBER 97 – DEFINING SUCCESS

Q Okay, do you mind if we get on to another subject?

A I am enjoying myself chatting with you on whatever subject you choose. What's next?

Q Success. How would you define success?

A Success is most often defined by objectives achieved: Wealth, degrees, property, cars, statues erected in honour of, Nobel Prizes awarded, races run, lowest or highest scores depending on games played, trophy wives etc.

This success is usually measured via competition or whatever society currently values most at the time.

For example, fox hunting in England for a few centuries was considered a gentleman's sport and success was achieved by catching and killing a petrified fox on the run from dogs and men on horseback. Society praised these hunters and the winner was deemed successful.

Today, this barbaric sport has been banned. However there are currently moves to relax the ban which is being fought in the House of Commons.

So in this instance, those lauded for centuries as successful hunters could soon be seen as blood-thirsty killers of defenceless animals - same action – different attitudes towards the accolades of success.

Q You obviously don't agree with these measures of success?

A There are so many other measures of success which are as valid but aren't as "glorious". For example, people who have managed to take the first step on the road to recovery after a horrific accident, or recovering after being addicted to some substance. Learning to be more human in dealing with any of God's creatures, including your noisy neighbour! Taking the time to be kind and compassionate to someone or something without acknowledgement, reward or recognition. There are many unsung heroes and heroines who, day in and day out, lead lives where they uplift others and cause God to smile.

Q I am getting the feeling that you are coming to an unconventional measurement of success.

A You are right. I read recently in Seth Speaks by Jane Roberts about an amazing definition of success: "Success is inner integrity".

It could only take an "energy personality essence" no longer focused in physical form, as Seth describes himself, to get to such an amazingly simple and concise definition of success.

Q What do you understand by "inner integrity"?

A I think the reference to "inner" means the part of God within us all. So by having integrity by honouring the part of God within you, you then live your life by the saying: "What would God/Love do now?" and staying true to that.

- Q** Then your definition of success would be thinking, saying and doing, "What would God/Love do now?" and staying true to that?
- A** To me, any other form of success is merely "bad" Ego-based and disappears like the morning mist. However, Soul-based Love in thought, word or action is worth more than any other external form of success measured by material things.

CHAT NUMBER 98 – EXAMPLES OF SUCCESS

Q Would you say the same for major inventions or medical or scientific discoveries? Are they meaningful examples of success by their inventors or discoverers?

A If I buried a treasure in the sand and you painstakingly and diligently searched the ground, as is done at an archaeological dig and you subsequently discovered the treasure, who would then be the hero - the one who buried it or the one who found it?

Q I suppose both, but it's likely that society will honour the one who found it.

A This may sound a bit like "sci-fi" but I will say it anyway.

There is no such thing as an invention – only a discovery. Everything that is "discovered" or "invented" was manifested and placed there by Spirit. I mean multitudes of Beings in Spirit who invent everything first and then place it where it will be discovered in the time frame intended.

The missing cure for cancer is already in place waiting to be discovered at the appropriate time in God's infinite timing.

Q That's a nice theory, but do you have anything to back it up?

A Faith! However I have read numerous books on what we shall call the next life, although I believe it to be a parallel life in the time zone of the infinite moment of now. They consistently talk about "halls of invention" where spirit-based scientists and others are inventing and discovering things which are then available to be "found" by selected earth-based people who are searching for these solutions.

Everything is out there as truth. It simply needs to be discovered by man. When man uses his "inner integrity" then the accolades of success of invention or discovery will be his.

CHAT NUMBER 99 – WHY WERE WE BORN?

Q Okay, so how does man, using his inner integrity, become successful in discovering or inventing something of value to mankind?

A Only by finding out why you were born.

Q What do you mean?

A We were told by others when we were born. What we have to discover is why we were born.

We were born with spiritual amnesia of our last and previous lives. However in our last period in Spirit we contracted to revisit the earth's plane for a purpose to ensure the growth of our Soul.

There are clues which we need to unravel to find out why we are here and what we are contracted to do for the growth of our Soul.

Q What is the starting point?

A As always, it will only start when we adopt a lifestyle that emulates, "What would God/Love do now?"

Thereafter, layers of debris and sand will be lifted away and the discovery of clues will begin. Once your "bad" Ego is no longer motivating you to succeed and you hand over your life to co-create with God by thinking, saying and doing, "What would God/Love do now?" then the clues become visible and your life's journey towards success, measured by inner integrity, can begin.

Then you will know why you were born.

CHAT NUMBER 100 – THE JOURNEY OF SELF-DISCOVERY

Q How do I go about this journey of self-discovery to determine why I was born and what my life's journey is all about?

A Firstly, this is a solo voyage of discovery. There is no need for validation from others. This is your truth. Everyone has their own truth, should they also go on their own solo voyage of discovery. This is not enlightenment by a consenting jury of your peers!

This is a solo journey into the darkness of the unknown and it is daunting as you plumb your inner depths to reveal the truth of higher awareness, consciousness and realisation. Expect that your perspective of life will be altered. What was so important to you from a base of "bad" Ego will be radically changed as you emerge from the dark tunnel of the unknown territory of your inner depths. If you are fortunate, you will achieve some enlightenment about your current journey and, hopefully, your "bad" Ego-based life will be transformed into a Soul-based life so your real journey in this lifetime can begin in earnest.

Q How will this affect one's friendships with those who do not choose such a solo voyage of discovery?

A There is no right or wrong way. Those who go on their solo journey will discover new meanings and interpretations of their own truth and those who remain behind will cling to their versions of their own truth as seen from their vantage point by staying where they are.

We all look through our own lenses to discover "our" truth. When you look through the lens of your own eye compared to the lens of your glasses or contact lenses or through the lens of a microscope or pair of binoculars you will see and experience different aspects of the same thing. Each one is your own truth and because others do not experience what you see, does not invalidate your truth or the version of their truth which they have experienced.

Q Can they all be "the truth"?

A There are parallel realities all existing simultaneously depending on which lens you look through. For this reason judgement is invariably misplaced, as the person who is judging only uses one lens to view their truth and does not avail himself of exploring all available lenses to view the other truths as well. All of these lens options are the nature of creation. Put another way, All is simply creating the composite parts of What Is.

You choose which segment to experience now and in every moment of now. Eventually you will see the Whole of It in its composite form of Oneness and you will need to choose which segments will fall away as you experience Oneness always and in all ways.

Q What happens in one's relationships once this point of experiencing Oneness occurs?

A Invariably you avoid conflict of any kind. You don't have the Ego need to be right. As the saying goes, "There is none as blind as those who will not see". You accept that others who have not seen what you have seen cannot be convinced of your truth.

Conversely, there will be those who have seen beyond what you have seen and you cannot negate their enlarged viewpoint simply because it is beyond your current experience.

Q It sounds to me like there are numerous levels of truth. Do they all operate simultaneously?

A Exactly right. To give you an analogy: You have a radio in your car with two major bandwidth frequencies – AM and FM. Each of these bandwidth frequencies has various radio stations at different points along the scale of radio frequencies. As you move from 880.0 all the way to 1075.0 on either AM or FM, you encounter numerous radio shows playing different types of music and various talk show hosts with different topics. They are all happening simultaneously.

However, you can only hear one station at a time. Your only truth of what is on the radio now is the station which you are tuned into. Every listener of each station has their own truth as to what is playing on the radio now.

Q Do you have to listen to each radio station simultaneously to know Oneness?

A To become complete there is an aspect of you that has already mastered all those variations and now experience them simultaneously. This is known as your Higher Self which guides you on your current journey to discover why you are on the earth's plane now. If you are attuned to your Higher Self then life will flow for you now as if you are "in the zone".

You experience and merge with your various vibrational selves across all frequencies in your dream state, in your awakened state and in your meditative state.

You have numerous unseen Guides and Angels working with your Higher Self to achieve this merging of all your vibrational selves across all frequencies to experience and feel glimpses of Oneness.

These glimpses are road signs to the highway, or perhaps, High Way, to Oneness.

CHAT NUMBER 101 – SEEING STRANGERS AS ONENESS

Q How is it possible to see total strangers as Oneness?

A If you had a best friend, there is nothing you would not do to ensure that their happiness increased rather than decreased.

If you had a good friend then you would also do what you could, within reason, to ensure that their happiness increased rather than decreased.

If you had a casual friend you would ensure that you did them no harm thereby warranting some level of happiness through your thoughts, words or actions.

If you knew someone as an acquaintance, someone you had met on one or more occasions, you would be aware of respect and civility towards them to ensure that there was no undue unhappiness caused to them by you in any way.

If a stranger came up to you to ask for some assistance and you did not fear that they meant you any harm then you would most likely provide assistance to them as long as it did not inconvenience you in any way.

So therefore the only difference between helping your best friend and helping a stranger is the depth of affection, kindness, respect and unconditional love which you feel for them.

Q That's understandable because you have no exposure, understanding of or even feeling of attraction towards this stranger. But why then would you consider treating them as you would your best friend?

A Because of the fear of the unknown, your immediate assumption about the stranger is that you need to be wary of them. We have been brought up with the adage, "Don't talk to strangers". We have been taught therefore that strangers pose a risk to us and they are to be feared.

Q Are you saying it's wrong to fear strangers?

A I try not to judge the known or the unknown but I want to show you another way to deal with strangers to develop the feeling of Oneness.

At some point, your best friend, your good friend, your casual friend and your acquaintance were strangers to you. You were born alone and everyone was a stranger to you, except your mother with whom you had a nine month bonding period prior to your birth.

You have chosen to accept, like and maybe even love your acquaintances, friends, good friends and best friends. Imagine how your life would be if you did not treat strangers with suspicion and you welcomed them into your life believing that, possibly, they could become your next best friend in time to come.

Obviously I am excluding strangers who, at the outset, are obviously intending to harm you in some way.

It is possible that at some time, some of your so-called friends could perhaps cause harm or unhappiness to you intentionally or unintentionally, but at some point you opened your arms to welcome them into your emotional camp, believing that they were potential friends in the making.

So coming back to unconditional acceptance of selected strangers, rather than having kneejerk suspicion and fear of strangers, can you imagine what would happen if you replaced your fear of the unknown with a willingness and acceptance of embracing the unknown which now becomes pregnant with unlimited opportunities for your growth as a Soul and as a person.

Seeing every selected stranger as the possibility of a best friend in the future, many of the self-imposed barriers to friendship would evaporate and you would become willing to be vulnerable enough to show them who and what you are, enabling them to reciprocate.

It often happens on a long bus ride, car ride or long-distance air flight. You and a stranger are seated together and you both open up about your lives, conscious that you are both two ships passing in the dark and unlikely to see each other again.

Q What about acquaintances, friends, good friends and best friends who you have not seen in years with whom you meet up again?

A Because you have had a vulnerable moment a long time ago, one usually has a quick catch-up and the bond is renewed as if time has collapsed into the present moment of now.

So I am trying to show you that achieving Oneness with others is simply a matter of replacing the fear of strangers with an attitude of unconditional acceptance to enable and allow the spark of acceptance to one day become the flame of Unconditional Love and seeing, expecting and feeling Oneness together with them.

CHAT NUMBER 102 – THE GOAL OF SPIRITUALITY

Q Can I ask about the goal of Spirituality?

A To me the goal is Oneness – to experience the Divinity in everyone and everything as well as in the Divine.

Q We have covered Oneness at length, but is there another goal?

A Freedom. However here I mean freedom from attachments.

Q Do you mean to detach yourself from everyone and everything and go and meditate all day and all night on a mountaintop somewhere?

A Not at all. However, I believe if you can attain freedom from attachments while living and being active in the world, you will experience the same peace of mind as if you were meditating all day and all night on a mountaintop. In the real world though you can live in a mansion, drive a luxury car, wear designer clothing, eat at the best restaurants and still have freedom from attachments.

Q How is that possible?

A It's quite simple, in theory, but requires Spiritual awareness, consciousness and development to achieve and sustain it in practice.

You will no longer be affected by the outcome of events, especially those of interpersonal relationships.

You will become liberated, which is the essence of freedom, from the past conditioning patterns of reacting; emotionally, psychologically and physically, to what happens to you.

For example, if your partner cheated on you, or you were robbed by someone or if you were bullied by someone, you have developed conditional responses which negatively affect you at every level of your existence; spiritually, emotionally, psychologically and physically within the cell structure of your body.

Q What about the good things that happen to you? Do you also seek freedom from these attachments?

A Sometimes these are harder to let go of as they feel so good!

However, when you do get to a place where winning a Nobel Prize or being the employee of the month or having a friend or stranger compliment you on how nice you look today, does not affect you at any level of your existence, then you have achieved freedom from attachments.

Q So what is the key to achieving freedom from attachments?

A Does a rose in the garden care whether you like it or hate it? A rose knows inherently that it is a rose and is liberated from your likes and dislikes. You are different to a rose in one important aspect. You know that you are part of God, and God is part of you. Knowing that

you are Divine at some level, places you where God is with regard to both praise and criticism – immune to the feedback of others who, as yet, do not know that they are part of Oneness. If you were a good swimmer and people who couldn't swim praised or criticised your swimming ability, should you care? Of course not. The same detachment should occur if people, Spiritually unconscious, praised or criticised you on your current Spiritual journey of discovery.

The only person who should set benchmarks for you and measure you against those benchmarks is you, in your own self-integrity.

This will develop a sense of well-being within you and once you achieve it and sustain it you can become detached from everyone's opinion about you and everything in physical form.

If you want to live a life surrounded by luxury, then you can do so, providing you will be equally happy within yourself, living in one sparse room.

If you receive criticism or praise, simply say, "thank you" and remain emotionally balanced as you were before the criticism or praise occurred.

Strive for simplicity, detach yourself from unwanted and no-longer required trappings as well as no-longer required negative or damaging people in your life.

Your inner well-being, measured by your feeling of inner peace, is your benchmark, and this is aided by the freedom of attachment to people and things.

CHAT NUMBER 103 – THE DESIRE TO ACHIEVE

Q What about the desire to achieve? How does freedom of attachment affect this?

A This depends on whether your desire to achieve is based on your Ego's needs or your Soul's needs.

If it is Ego-based then you will try and try and try and if you mastermind every small detail and it all clicks into place, you may achieve your desired objective. However, your struggles and the energy expended as you surmounted every anticipated difficulty that you encountered simply create these anticipated obstacles in your parallel lives. The path of your future will now also be strewn with those and other obstacles as you go forward.

It's all about your intent in the choices of your desires. If your intent is Ego-based in your desire to be recognised as the best, the fastest, the biggest or whatever, then that path will be strewn with obstacles to be overcome frequently on your journey. Your Ego-based thoughts put these obstacles there because if there were no obstacles to be overcome then anyone and everyone could also achieve what you desire. It needs to be difficult to achieve what you desire so that your Ego-based intent can be awarded first prize.

Q Okay, then what is a Soul-based intent?

A A Soul-based intent is usually for achieving something that will bring benefit to others. The fact that you become a billionaire or win a Nobel Prize is simply a by-product of the inevitability of your achieving recognition for uplifting others.

Q Is there more to it than Soul-based intent?

A There is another angle to this intent as well as it being based on Soul. The intentional attitude that you bring into your anticipation of your desire is all important. If you bring an attitude of joyous anticipation in your Soul-based intent to really create something that will improve and uplift others, then everything will easily fall into place and your sailing will be smooth.

If you bring an attitude of difficulties to be overcome into your anticipation of your journey, then your path to achieving your desire will be strewn with obstacles.

Your intention creates your reality!

Q Can it be as simple as you having joyous intent to create something to uplift others in some form that makes this a reality?

A The proof of the pudding is in the eating! Approach life's choices with a loving intent to uplift others' enjoyment or experiences of what you choose to do for them and, ultimately, for you to have a feeling of inner well-being and inner peace.

CHAT NUMBER 104 – FREEDOM FROM ATTACHMENTS

Q What about an acrimonious relationship? How do you obtain freedom from attachments when your emotions are raging due to some form of abuse?

A Phew! This one is very close to home for me and my answer is going to shock you. However, know that it is possible because I have done it and so can you, once you have seen the issue at hand through a different perspective.

Let's start with the expectation of an experience.

When you get married your expectation is one of everlasting love and happiness with your spouse. The reality is that one out of three marriages in many Western countries ends in divorce. In situations where couples co-habit without getting married over two out of three relationships break up within ten years. Of the couples remaining married or living together, I would venture to suggest that at least half are not happy together but can't or won't separate for a variety of reasons. So it boils down to over two thirds of couples not experiencing everlasting love and happiness.

What started out as a good experience witnessed by all the wedding guests turned into a bad experience witnessed by divorce lawyers!

The point I am making is that there are no good or bad experiences. There are simply experiences. The experience can be either a blessing or it can be a lesson. If you choose to ignore the lesson then prepare yourself for more experiences of a similar nature until you learn from the lesson that the experience brings.

Q What is this lesson?

A The end result of the lesson is freedom from emotional attachments but the lesson is broken down into many steps which you need to traverse before you get to the nirvana of the freedom from emotional attachments.

So let's assume that your partner is abusing you in some form or other?

Q Assume away!

A "Poor me, I have been abused. I've done nothing wrong. All I did was give him/her love and they cheated on me/physically abused me etc. "

This is a victim talking who chose this role in the Spiritual Contract entered into prior to coming back to the earth's plane and to eventually find their agreed to Soul Mate as a spouse.

This Soul mate relationship is centuries old and is formed to experience many emotional, physical and spiritual lessons where one is entrusted by the other to fulfil certain pre-determined roles. In previous incarnations, they could be siblings, father and son, mother and daughter, etc.

This time around the spouse is the abuser and the person telling their sorry story is the victim.

The reason that they are the victim is because they are required to learn the many stepped lessons of freedom from attachment.

Q What are the steps involved?

A Each story and each victim will have to find those out for themselves because this is an experiential lesson and I would be robbing them of this experience by recounting the steps I had to take.

Q What about some headlines then, if not the whole story?

A As an ego-based victim, you will have to experience the vulnerability and humility of public exposure and the rumour mill of public opinion. The emotional pit of near depression or actual depression looms large as you feel the loss of what you prized so highly. Hopefully your true friends are there to hold you and support you as you find your feet in this emotional pit. From this point onwards, your ability to claw up the sides of the pit back to the equilibrium of ground level will be dependent on whether you make up your mind to be a Victor and no longer a Victim, or whether you stay depressed, angry and resentful as a Victim.

Q What is the trigger point if you decide to be a Victor?

A As always, and in all ways, it's the decision to choose to be Love and to come from Soul and to not be Ego and come from Fear.

Q How does this apply in my case?

A If you can, get to a place of belief and understanding that this act you have been through is a Soul Contract designed to bring raw Ego and pride into play so that you can move from Ego and Fear to become Love and Soul.

Believe that your spouse and you are actually operating with great Unconditional Love from the Source of Unconditional Love and with Its blessing to go through the fire of torment and emerge as Love and Soul.

At this point you realise how brave your spouse has been to fulfil this role on your behalf. They are condemned by society for their abusive role and have to suffer all the consequences that flow from their loving role in assisting your move from Ego/Fear to Soul/Love.

They may be deprived of their home, their children, a better standard of living and perhaps any financial and emotional security.

They should be silently prayed for by you for their eventual well-being as they have been instrumental in your moving from pride and Ego to a life of Love and Soul.

The person you are today is not the Victim of yesterday.

Q So where does freedom from attachment fit into all of this?

A As much as you can see the Spiritual Contract unfolding, it is likely that your ex-spouse or partner is too entrenched in their role of abuser to "see the light". You must be polite and civil to them in this lifetime but you must ensure that they do not take your kindness for weakness. They also have their own journey and lessons to learn in this lifetime and you must release them in love to find their own way on their own journey.

Do not get caught up in the knee-jerk dramas of their life. Simply smile to yourself and say, "I dodged a bullet there!"

Walk away emotionally, physically and Spiritually on your more enlightened path and keep smiling.

You will reach a point after some time where these continual knee-jerk dramas can be seen as the "Soap Opera" of their lives. At that point you will reach a place of inner well-being and inner peace as you know freedom from attachment to them and their dramas.

This should get you to a place where the lion shall lie down with the lamb and they will know peace for evermore.

Within you is both the lion and the lamb and when you can live with freedom from attachment then you have developed trust in the Divine to give you what you need, when you need it, for the highest growth of your Soul.

Freedom from attachment is the result.

CHAT NUMBER 105 – EGO

Q How come people don't know about these things? When abused they become victims and usually remain so for a long time, and, in the process, poison themselves and their relationships with the venom that only victims can spew out.

A The mind stores conceptual understandings and information and retrieves it upon demand from the Ego. Incidentally, my continual reference to the Ego is not to the "good" Ego that is necessary to guide you and protect you, for example from an unprovoked attack. I am referring to the "bad" Ego, for example, the Ego that challenges someone to a fight it thinks it can win and therefore feel better about itself.

So back to the trained mind that stores and retrieves information that it sends to the Ego. This is information that conforms to where man is now. At certain times in the past, it was acceptable to crucify people for wrong-doing. Being burnt alive at the stake, slavery, women not being able to vote and many other practices were accepted as "knowledge" for that time in man's continual evolution.

Today we see Israel being vilified at the United Nations while it is the only true democracy in the Middle East. Simultaneously, Syria, Yemen, Lebanon and other Middle East countries are fighting civil wars with millions of Muslims and Christians being killed. Yet the United Nations has not passed one resolution against Syria's government. It's as if the world has amnesia and does not recognize the genocide taking place mainly by Sunni Muslims and Shiite Muslims against each other. Millions are being killed and left homeless and families are being torn apart because of a disagreement between the Prophet Mohammed and his cousin 1500 years ago.

This is the world we live in and which we use as a reference point as our basis of information and knowledge. This is what conformity brings!

Q So what's the answer, if not the information and knowledge banks of today which we retrieve from our minds?

A To access the Inner Truth that you came with as a Spiritual Being to enter a baby's physical body.

Your decision to venture down a road of Spiritual awareness, growth and discovery is the catalyst which will ensure that you have experiential knowledge of this Inner Truth. At this early stage of your knowingness you will need to have an element of trust. This trust will create the opportunities for you to discover the basic truth that "God is Love" and that you are a Part of God and, at your essence, you are Love too.

When you experience this Unconditional Love of self, then your trust will no longer be required because it will evolve into experiential knowing. Belief will be replaced by experiential knowledge.

Q How will this change my life?

- A** You will no longer be held back by "conventional wisdom" in a world run by consensus. You will blaze your own lonely path based on the inner truth of your experiential knowledge.
- Q** Can you draw me a picture of it as an analogy as I am having difficulty understanding this inner truth?
- A** Imagine a rectangular block of marble ten feet high, six feet long and six feet wide.
- What do you see?
- Q** A rectangular block of marble, ten feet high, six feet wide and six feet long.
- A** If you asked a million people what they saw, would it be fair to say that virtually all of them would answer as you have?
- Q** Yes, why wouldn't they?
- A** If you asked a current day sculptor, in the likes of Michelangelo of yesteryear, what would he answer?
- Q** Probably a statue of David, once he cleared away the marble that was blocking the form of David from being seen by all.
- A** Precisely!
- Now if this sculptor climbed on a soapbox and proclaimed that this block of marble was not a block at all but a statue of David, would he be run out of town or locked up in an insane asylum or perhaps even crucified or burnt at the stake as in times gone by?
- Q** Probably.
- A** So this sculptor had an inner truth through his experiential knowing of having carved statues out of marble before, but most of the people he was with did not have that experiential knowing, so he would be condemned as insane and ridiculed.
- Now do you understand why a journey of spiritual awareness and consciousness based on experiential knowing becoming inner truth is a lonely road of self-discovery?

CHAT NUMBER 106 – THE JOURNEY OF SPIRITUAL AWARENESS

Q That's some journey. How do I get started?

A At this moment of now, all possibilities exist simultaneously. Through the choices you make, you will determine the outcome flowing from that choice.

You can sit still and do nothing and nothing will result.

You can half-heartedly do something vaguely as you are supposed to, and a half-hearted result will await you.

You can fully commit yourself with enthusiasm, passion, intent and sufficient preparatory knowledge and your vision will result in reality in due course.

You can fully commit yourself as I have just explained and have a vision that what you create will be used to uplift other people and you can tackle it with joy in your heart because others will benefit. This joy, coupled with the enthusiasm, passion, intent and sufficient preparatory knowledge will see obstacles disappearing from view and a pathway will open up for you to achieve your goal.

Simply, get out of your own way, ensuring no negative self-doubting thoughts intercede and also ensuring that you remain optimistic and positive with an inner knowing that is based on inner trust.

By placing your thoughts in a vibrational space based on this inner knowing founded on inner trust, the vision is created already in vibrational form and manifests in physical form on the earth's plane when the timing is considered opportune by your Guides, Angels and your Higher Self.

Simply remain open to these vibrational energies and never force anything. Allow the much "wiser" vibrational Beings to guide you. Be patient and allow everything to unfold naturally. Don't force your will onto the situation. Trust the process to unfold and get out of your own way.

Q So you are saying that I mustn't put my nose to the grindstone, work 20 hours a day, plan, practise, train, sweat it out and expect obstacles to be faced at every turn and eventually I will win and reach my goal?

A If that is how you perceive your journey and expect all those things to happen, then that is what will manifest for you. Your thoughts create your reality.

Q But your way seems like a "Disney" version of reality and success – "and they all lived happily ever after"?

A Why would you want to push a boulder up a hill to achieve success when you can hire a front-end loader, scoop up the boulder and drive it up the hill? The end result is the same. The boulder ends up where it should be – at the top of the hill.

However it doesn't just happen like that. You will need to do all the things I outlined earlier to enable your version to manifest vibrationally, and then, at the correct time, to manifest physically on the earth's plane.

Q Doesn't your personal prayer on PersonalEmpowerment.co say something like that?

A Yes, on the Home Page it reads:

" 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."

CHAT NUMBER 107 – EMOTIONS

Q You once said to me that we have our emotions back to front. What did you mean by that?

A Well we laugh and celebrate at weddings and we cry at funerals.

Q What's wrong with that? We celebrate the happiness of a married couple and we mourn the loss of a person who is no longer with us.

A With some 33% of married people becoming divorced and the majority of married people unhappy in their marriage I have come to the conclusion that marriages are not for happiness but for growth. The growth is usually emotionally painful and friction is more prevalent than smooth sailing in a marriage.

The death or passing on of a person releases them from the pain and hardship they chose to grow through in this lifetime on the earth's plane and they return to the peace and unconditional love of the Spirit World, which is what reality is all about. The earth plane is not reality. It's a dream world of your creativity of your thoughts manifesting as a reality.

Q Ok I see your point of view on this but how about experiencing happiness and sadness at an emotional level?

A Happiness and sadness are two sides of the same coin. You can only experience happiness when you have the duality of sadness as a comparison. The same with most other emotions as we live in a dualistic world.

A Can we evolve past this duality?

Q Very few humans get to a place where they don't mind whatever happens to them- good or bad, happiness or sadness, wealthy or poverty. These people are usually called Saints or saintly in non-Christian religions. They walk the earth as Masters oblivious to the usually emotionally charged reactions we mere mortals experience as life happens to us and around us.

Q So it's possible to get past this emotional duality?

A Yes but it takes a long time to evolve into such a person and the spiritual journey usually stops short of achieving that goal. It's something to aim for as an aspiration and unlike most goals you are a winner simply by striving along this journey.

Q So do you cry at weddings and laugh at funerals?

A At funerals of old people who have lived a good life I can smile and somehow know that they are now at peace. It's a lot more difficult for me when people are struck down untimely and leave a grieving family behind. However, I also believe that as we choose our time of arriving on earth with our Soul Contract in place so we choose our time of leaving the earth.

Q How does that happen when a child dies or "passes on" if you prefer?

A The child is only a child in earth terms. As a Soul it is eons of years old. The child may have had to experience something and then no longer needed to stay on the earth plane or it may have come to provide the opportunity for its parents, as Soul Mates, to experience something via the child's short life. We cannot hope to understand the why's and wherefore's of the Spiritual World. We have to learn to trust that God's plan and timing is perfect for each soul in His/Her care.

Q What about crying at weddings?

A I enjoy the hope and optimism that two people plan to come together as one and to improve their current single existence as a married couple. Hope springs eternally here and some do achieve that objective and live happily ever after. While I don't openly cry at weddings I am sanguine enough to realize that these two relatively innocent beings are likely to go through some baptism of fire as they blend together. Some will be burnt by the fire and some will be blended and baked into One by the fire. Their own Soul Contract will determine their journey together and perhaps later apart from each other.

Q What about starting your own business and the emotional passage involved there?

A Starting your own business usually has a failure rate much higher than divorces. Here you usually start with high hopes and most businesses fail within 18 months. My first business venture failed at a time of genuine blood running in the streets of South Africa with the Soweto Riots of June 1976 erupting just after I started my business in real estate developments and investments at the tender age of 23. It was the most painful and empty feeling of failure I have ever felt. Today in 2015, some 38 years later of running my second business, I am so thankful for the failure of my first business.

I knew nothing about real estate although I had spent 3 years quickly climbing the corporate ladder at a real estate company. These three years taught me about marketing, problem solving and managing people but the fundamentals of real estate were not known to me.

I then spent the next 16 years studying and perfecting my knowledge and sharing it through *The Property Economist*, an investment journal I wrote and published regularly, coupled with my consulting practice, before I ventured back into real estate investments and developments at the age of 39 in 1991.

By 2016, at age 64, I should have sold out of my real estate investment portfolio and other business interests as I enter the retirement phase of my life by developing a personal empowerment retreat facility centre on Mauritius, a small island in the Indian Ocean.

The failure and emotional loss I experienced in 1976 and into early 1977 allowed me to appreciate the success and emotional happiness through most of the 38 years of running my second business.

If I had not failed in 1976/early 1977 and become successful instead I would have probably thought myself to be a genius and as you well know pride comes before a fall. I would not have known what I didn't know and the next downturn would have probably found me down and out not realizing how to read the cycles of the real estate market. My failure

made me go and learn how to understand and interpret what creates real estate and economic cycles and I specialized in that for the next 38 years helping countless people in my own country and globally through two global enterprises I founded.

So once again by using my personal journey I am attempting to illustrate to you that what appears to be bad actually turns out to be good if you take a longer term view. Conversely what appears to be good could very well turn out to be bad in the long run.

There will be times when you feel good and life turns out to become bad and there will be times when you feel bad and life turns around to create something good for you. Life is cyclical and staying in the middle road as many Eastern religions teach you is a safe place to be.

If you want safety then by all means stick to the middle path. However, my advice to you is to welcome and embrace all experiences- the good ones and the bad ones. Let your emotions go wild. Experience the thrill of achievement and the down that comes with failure. Have fun whenever and wherever you are. Don't sidestep an experience and say you will have it later. There may never be a time to do it again. Imagine how the people on the Titanic would now feel when they said no to those amazing desserts at the end of what turned out to be their last meal.

Simply know that you can handle whatever life throws at you. You are not going to melt! Every time you handle the worst time and come through the other side know that you have climbed one more rung up the ladder of life and the view gets better as you climb.

See life's experiences for what they are: temporary moments of pleasure or pain. The pleasure or the pain should not define you.

You are much more than that - you are an eternal Soul having the sensuous delights of experiencing life in the physical on the earth plane.

Go boldly where no one has gone before and live it up!

Chat Number 108 - ONENESS

Q May I return to the subject of Oneness?

A Always and in all ways!

Q I was discussing our chats with a friend who proudly describes himself as an atheist and an agnostic. He thinks that we are wasting our time in these chats. He doesn't want to and cannot grasp the concept of Oneness.

A Everyone is entitled to their own view of this world and the unseen world. Our function is not to convince with words but to rather lead a life acknowledging Oneness in our own thoughts, words and action. If people admire who we are and want to share our world then they are welcome to share in the abundance of this understanding.

Q How can I explain Oneness to a person like my friend?

A Let's use the analogy of a beautiful stained glass window in a cathedral. When the sun comes through the window all the various and varied colours and shapes comprising the stained glass window create a magnificent sight especially if you are inside the cathedral.

The stained glass window comprises a multitude of different colours and shades of those colours as well as irregular shapes of all descriptions.

The lead frames which hold each piece of glass in place are the same colour, a greyish dull silver. The frame is designed to be dull and not noticeable so as to not distract the eye from the plethora of colours in the stained glass window.

As a whole this window is a masterpiece to behold when the sunlight comes pouring through, making the colours dance in unison.

Now let's assume that the colours are capable of communicating with each other. In the world your friend lives in, the royal blue colour would pronounce itself as a King and state that every other blue colour was subservient to it. The navy blue would claim exalted status due to its function of patrolling the seas and protecting all the other blue colours from attack by the other colours of their world. The dark blue would state that it is the colour of ink which signs treaties and that it too is superior to the rest of those inferior colours which claim a blue heritage.

Following this trend the colour which is usually called plain blue would proclaim that the light blues must be their servants because they are inferior in colour and may not even be blue at all but probably mixed with some other inferior colour such as green.

Now the greens are offended because they have been called inferior by a blue colour and the greens declare war on all the blue colours not making any distinction between royal blue or even the light blues.

The other colours are getting stirred up and they too look to separate their colour tones and create a pecking order from top to bottom of superior and inferior tones. In turn the lighter

colours are considered mixed colours and other colours declare war on them and so on and so on.

Now it's the turn of the many and varied shapes within the stained glass window held by their leaden supports in which each piece of stained glass rests. The squares say they are the royal shape as they are perfect and that the rectangles are ill shapen and need to be taught a lesson to become square. The remaining odd shapes are seen as the illegitimate shapes and they are told that they are inferior and will serve the squares and rectangles.

This peaceful complete stained glass window which creates an ethereal vista of Oneness to our eyes is seen through your friend's eyes as a hotbed of separateness of status, revolt and war.

If the stained glass window was dismantled and the individual pieces lay on the ground unable to refract the light then they would appear dull and lifeless similar to bodies in a grave. They need to be combined together with their different colours and hues in an irregular pattern to create the effect of the ethereal Oneness of the stained glass window when the sunlight shines through it. These colours come alive in this setting but when separated and left on the ground they appear lifeless.

The choice of seeing Oneness, as illustrated by a stained glass window in a cathedral awaiting the afternoon sun to come alive, or, the choice of seeing individual pieces of glass in different shapes and sizes at war with each other in their separateness is an individual choice.

But then so is the choice to be happy or sad immaterial of what is happening to you and around you.

Q It is time we all looked at what we have as similarities together and be happy to be part of each other and part of the whole of Oneness in preference to the way most of the world looks at life by focusing on our differences and ascribing superior and inferior labels at will.

A Well said. Good luck in explaining this to your friend.

Chat Number 109 – HOW YOUR ATTITUDE AFFECTS YOUR LIFE

Q Why do we put off the things we don't like to do and when we do them we feel so lacking in energy that it becomes drudgery whereas going out on a date or for an ice cream is so much more exciting and full of energy?

A There is a wonderful book by Jack Kornfield entitled "After the ecstasy, the laundry". There is also a Zen saying, "Before enlightenment, chopping wood and carrying water, after enlightenment, chopping wood and carrying water". One interpretation is that both allude to the need to balance the highs with the lows and realize that we live in a world of duality and to have a high you also will have a low.

The mundane has to be done and the highs are the reward for having done the mundane.

Q But why the energy drain when thinking about and doing the mundane?

A That's a little thing called attitude! It's actually one of the biggest things in your life. The attitude you bring to a task will determine the energy level you feel about executing that task.

Having to clean your room is not as much fun as the things you were doing that ended up making your room a mess in the first place.

However it is necessary to make room for new things to continually enter your life and if your room is not clean or your desk is littered with papers there is an energy blockage preventing new and potentially exciting things to enter your space.

The attitude you bring to the drudgery of cleaning your room will determine the energy flow you feel. Instead of hating the cleanup imagine that you knew that once the room was cleaned up there would be something new and exciting coming into your space. How enthusiastic would you then be to clean up your room?

The mess around you that needs cleaning up literally and figuratively is preventing something potentially better coming into your life.

Q Where else is that lesson applicable to one's life?

A Emotionally and spiritually it happens where we feel vulnerable in our lives. The feeling of vulnerability is an ego based fear that we "know" we have a weakness somewhere and we feel vulnerable that if that weakness is exposed then we could suffer some form of embarrassment and loss. The ego protects that vulnerability with "scar tissue" and you defend that vulnerability to avoid detection and potential embarrassment and loss.

Q Can you give me an example?

A Let's assume that you never finished college and you dropped out for one of many reasons which are not important now. You always protect yourself by talking about how academic college is and look how well you have done without a college degree behind you. Alternatively, you find that you work much harder than your contemporaries with a college degree simply to prove that you are as good as they are, if not better. The balance in your life goes out of whack as you spend more time at work than you need to and in the process you ignore the needs of your family and friends as you are always working.

Q So what is the solution?

A Embrace your vulnerabilities. Acknowledge that you didn't finish college and how much you now regret it. Find the time to study part time and complete that degree. Close that chapter in your life by balancing the books.

If you cheated on your spouse, or stole money from your employer or bunked a lesson to go to the beach then own up and face the consequences and don't let that lapse in judgement ruin the rest of your life. If you keep protecting those vulnerabilities your life will go out of balance and harmony. Things will not flow easily for you and tasks will be harder to accomplish with much more effort and energy than you should expend.

Q So a dirty room or a dirty life will drain you of energy and if you embrace those vulnerabilities and face up to them you will remove an energy blockage currently causing you to feel like you are walking through treacle.

A Most fears and vulnerabilities fall into the cliché "**False Evidence Appearing Real**" as an acronym for FEAR. By embracing them and facing them they become part of a strengthened new you. The energy blockage is released and you will find the resurgence of energy propelling you to new heights.

Q What happens thereafter?

A A free flow of energy. Life will become easier and happier and things will fall into place exactly when you need them too.

Your attitude will determine your altitude to quote a well-used cliché.

Chat Number 110 – YOU AS ONENESS CONNECTED TO ALL THAT IS

Q Something that perturbs me is that both sides in a sports match or in a war pray to God to ensure their victory. How can God choose sides and make one successful and the other side lose?

A God doesn't hear or answer anyone's prayers.

Q WHAT!

A You heard me. God does not answer anyone's prayers. What happens when you sincerely pray is that you align yourself to Oneness to All That Is, implying that you are at your highest thought and highest action level possible, in essence you are Godlike, then you know yourself as Oneness and God as Oneness.

At that point of conscious alignment with you as Oneness connected to All That Is/Oneness, there is no limit to what can be created and experienced in physical form.

How did Jesus create loaves and fishes, how did Eastern mystics like Sai Baba make ash appear at will, how did manna keep the Israelites alive in the desert for 40 years?

Becoming Oneness and seeing All That Is as Oneness aligns your consciousness to that of the Creator of All and Everything. Not only on the Earth's Plane but in countless Universes as well.

Once you have reached that point, the desire to create something of form for your use on the Earth's Plane becomes meaningless. Materialism is no longer needed. A new house or a new car becomes so mundane when you can create harmony between all human beings.

Q Can anyone do this?

A Not only can they, but they will eventually. However most are in denial of such a gift and so they don't even try.

Remember you create your own reality.

If you want to achieve the utopian heights of Oneness it is available to everyone equally. It requires you to do so.

No magic buttons to press. No special ritual, tradition or clothing. No special House of Worship. No special religion or religious practice.

Simply see yourself, and act accordingly, as part of Oneness and treat everything and everyone as part of Oneness by your every thought, word and action.

Become the wholeness of your highest loving intent towards yourself, everyone and everything in your limitlessness as Oneness and know and experience your inner strength.

Q Wow! This is certainly a game-changer!

A This is the bottom line of being spiritual.

Q It seems that most people who achieved such a spiritual transformation hit rock bottom in their ego world before coming face to face with this choice of becoming Oneness.

A It is called the Dark Night of the Soul. It is when the darkest moment you have experienced from an ego-viewpoint becomes a turning point in your life and with hindsight you realise that this was your finest moment.

At this point many fall to their knees in surrender and hand their life over to God, or what they think is God. In reality, they hand themselves over to their Higher Self, which always remains a part of God, of Oneness, of All That Is. They connect to their Higher Self. Up until now they have been emotionally separate from Who They Truly are. The pain of such separation becomes so acute as they worship their ego's apparent needs that they reach a breaking point. At this point, one out of 15 people on earth choose to end their own lives, (according to the World Health Organisation). Suicide is also co-incidentally the fifteenth most prevalent cause of death.

Q Do those people hate their lives so much that they chose to end it?

A Most of those people are in a very depressed state when they make that choice and we can assume that they don't like who or what they have become or what they perceive the future holds for them.

However, true self-mastery is when you love yourself including the perceived weaknesses of who and what you are. There is no judgment in Oneness. As part of Oneness you are wholeness, immaterial of your own assessment of good or bad, strong or weak.

The understanding that you are not separate from Oneness is all that matters. You are Oneness, you are All That Is and the God you thought you were praying to is You as Oneness.

Chat Number 111 – BECOMING ONENESS/GOD/ALL THAT IS

Q The concept of self-denial is prevalent in the Christian religion where the Catholics practise Lent. In Judaism the Day of Atonement is about self- denial and Eastern religions are also big on the concept of self-denial. What is the big deal about self- denial?

A Like most things in religion, people think that taking a concept like self-denial at its literal value is about depriving yourself from doing something.

Self-denial is about denying that you are separate from Oneness/God/All That Is.

Giving up eating chocolates for Lent or denying yourself food and drink on the Day of Atonement or not eating for a month when the sun is up is about self-discipline and not self-denial.

Acknowledging that you are not separate from Oneness/God/All That Is is the first step towards becoming Oneness. It's the dropping of the ego in favour of your becoming your Self. Acknowledging that we are all a part of God and that that part is our Self, initially requires the ego self to be surrendered and the true Self to become who you are on the earth's plane.

Q How does the process start?

A By becoming humble. In humility you acknowledge that what the ego is proud of is meaningless. Whatever wealth, status or achievements you are proud of which takes you higher up the totem pole of life is meaningless in eternity where your true Self lives.

If you have spent your time on earth being understanding, compassionate and empathetic and in doing so making the lives of other people, animals and other living creatures better, then these loving deeds will accompany you through eternity. Your cars, homes and trophies will all rust and fall into decay in time.

"Pride comes before a fall" is a truism evidenced daily in the media headlines as those in so-called power succumb to believing their infallibility and find themselves in the glare of the media spotlight for adultery, bribery, corruption and the like.

Even mere mortals who somehow believe that they are always right and refuse to open their eyes to others' viewpoints come crashing down.

I recently had dinner with a global businessman who was determined to build the largest business of its kind in the world. He was so intent on being the biggest that he didn't see that the Indians could undercut his pricing model due to their low living costs and drive him into near insolvency.

The ego causes blindness and as Helen Keller said, 'The only thing worse than being blind is having sight but no vision'

Q Before we move off this topic I once heard you say that the Day of Atonement or Yom Kippur in the Jewish religion had another meaning.

A I prefer to think of it as At One Ment rather than Atonement. Being at One on this holiest of days in the Jewish faith.

Chat No 112 – THE INTENT TO BECOME ONENESS

Q What you describe seems so much at odds with the way the world currently works.

A And how is the world doing? Although there are fewer wars in the world than at many other times, there are still over 100 wars in progress right now. Millions are being displaced from their homes in the Middle East as Muslims fight Muslims, Christians and Jews. Indians and Muslims are staring over their nuclear warheads in India and Pakistan. Refugees are storming into Europe from the Middle East and North Africa. Warlords are killing each others' troops in Central Africa over the mineral wealth. Tribes are decimating tribes throughout the world. North Korea has nuclear capabilities to create further havoc and Iran is getting ready to become a nuclear power.

USA President John F. Kennedy who was assassinated over 50 years ago, said

"Mankind must put an end to war, or war will put an end to mankind. War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today."

Q So are you saying give peace a chance?

A Throughout the history of the world, peace has only been short interludes between wars.

Oneness can only happen when you see everyone and everything as yourself and you see yourself as Oneness.

Q But if you are the lone voice drowned out by others' screams due to their perceived differences what chance do you have to succeed?

A Aloneness is part of the journey towards Oneness. Intent to become Oneness is all important in your journey. The energy vibrations that you are as Oneness will repel the other energy sources intent on claiming their superior dissimilarities

The space of aloneness is preferable to you as a sanctity from the world around you. In choosing to be alone you allow your vibrational energy to develop unimpeded by interruptions from others who seek to define and relish their exalted superior separateness.

Q But aren't you also claiming your superior exalted separateness in choosing to be alone as Oneness.

A A valid observation. However, my choice to be alone in Oneness is to develop my vibrational energies unimpeded. It is not to show others that it's 'my way or the highway' as those ego based people claiming their exalted superior separateness and forcing others to fight them and to be subdued into the serfdom of following their chosen way.

My way is to offer up the opportunity to claim Oneness by any and all that may wish to follow and find their own way to achieve Oneness.

My way is likely to be different to anyone else's way of finding Oneness.

My way is to become the best version of your Highest Self and to become centred in Oneness.

At this point you no longer have to control the process because if the Process of Oneness finds you eligible then the flow of connectedness to the heightened awareness of being the best you can be will take you there.

You will know that you are creating this Beingness. You will become the Source of your creation and you will know and experience that you are Oneness.

Then you will simply Be.

All of your other Selves will be merged into this Beingness and you will be complete wholeness in Oneness.

However it all starts from aloneness.

Be still and know that I am God (Psalm 46:10)

Be here now in stillness and begin the process to know that You are Part of God in Oneness.

CHAT NUMBER 113 – CONFLICT RESOLUTION

Q So what are we focusing on now?

A Always on Being in the Now!

Q That's quite clever. Being and Now seem to be your favorite themes.

A Actually, Oneness, Love, Being and Now describe Spirituality in a nutshell.

Q Before we launch into the next discussion, can you help me with a relationship issue?

A If it's a relationship issue, then the answer is simple – are you coming from selfish ego or are you coming from unconditional love?

Q But I haven't told you the issue yet!

A It matters not! All you will remember is whether the person you are relating to made you feel loved or made you feel emotionally upset. People don't remember what you said, they remember how they felt after you said it. Feelings are the language of the soul and of the heart. The mind focuses on what is said but the heart and soul focus on how you feel. What motivates you into action is "why and how" you feel about it, not "what" needs to be done.

Q My relationship conflict is more complicated than that.

A Only if you want to avoid the question of, "Are you coming from selfish ego or unconditional love?" is it more complicated with the "what" was said and done to you. If you want to be the victim, then focus on the "what". If you want to be the victor then focus on the "why and how" you made them feel.

Q You are not allowing me to tell you what was said.

A I would prefer you telling me how you felt and how they felt, after what was said.

Q Obviously we both felt bad but it was important that I put my foot down.

A So you are telling me that it's more important for you to be right than for you to be happy. And it's more important for the other person to be wrong in your eyes, than for them to be happy?

Q Yes, I suppose so, because no one is going to ride over me and take me for granted!

A Can you see that you have answered the question posed at the beginning, "Are you coming from selfish ego or are you coming from unconditional love?"

Q Yes, but I am entitled to defend my viewpoint and not be a submissive puppy and roll over when instructed to.

A If you want an adversarial relationship, then keep doing what you are doing.

However, if you want a loving relationship, then your knee-jerk reactions will have to change to become thoughtful, inspired responses concerned and focused on “coming from unconditional love”.

If you want peace and, most importantly, inner peace, then come from unconditional love.

Q How do I do that?

A Simply step into the other person’s shoes and see their viewpoint on the issue at hand. See why and how they are feeling about the current issue and then determine what needs to be done to ensure that they, and you, are feeling good about it.

The resolution process for any problem is first “why”, then “how” and only then “what”.

CHAT NUMBER 114 – ONENESS

Q Ok you have made your point about conflict resolution so what is on our agenda for now?

A Today we continue the theme of Oneness and in the days to come we will explore the statement that "You are God".

Q But we are told that God is Omnipotent, All That Is, Eternal and Infinite?

A And so are you. If you believe that now, then we don't have to carry on, but I sense that you need some convincing, so we will begin.

As I have said before in these previous chats, my God is a God of complete non-judgmental, unconditional love. And as I have told you previously, you are God and God is you when you are non-judgmental and unconditionally loving to yourself and to others.

God is All That Is and God experiences All That Is through you. God is love and joy as well as sadness. God is the totality, the whole of everything and God loves everything, even those things you incorrectly label as "bad". God is the pulse beating in all of life and God does not see anything as right or wrong but only sees Himself in everything, if you will pardon the gender bias for simplicity's sake.

Q I have so many questions that I don't know where to start!

A I can appreciate that, but let me state now that God is ISNESS. This Isness will be defined and explained at length later but through this Isness, God allows and enables you to express yourself in any way you choose. God has given you free will to do whatever you choose to do. These choices enable God to experience it all and to become All That Is via Isness, without judgement and without retribution, as this would infer a judgement being made.

Q Sorry, I have to interrupt because you are saying that you can murder, rape and pillage people and that God won't judge you and will love you for doing those horrific things?

A Without judgement and through unconditional love God will always love you in all ways and always.

Q But what about the Ten Commandments and every religious path that praises good and abhors evil?

A What about them?

Q Surely God wrote the Ten Commandments and the religious words practiced by every religion?

A Sorry to pop the comfort zone of your religious bubble, but man wrote it all and man is God and God is man. However, if it contains the word "not" then it was man not being God and if it contains non-judgement and unconditional love, then it was man being God.

Only man judges himself and others through the free will given to him by God. Why would God judge man to whom He has given free will to do what he pleases? Everything that occurs is incorporated in the Isness that is God without judgement and in unconditional love.

Q What about crime and punishment?

A They are a construct of man who needs to control others to do what the majority of men usually deem to be right or wrong. As pointed out to you before in these chats, right and wrong changes with time and experience. For example, crucifying wrong-doers, burning them at the stake, beheadings, not allowing people of a certain colour to use a bathroom reserved for the colour group deemed superior, not allowing women to vote, not allowing women to appear in public without their head and body being suitably covered, putting children to work at an early age and not allowing them to go to school etc.

Would a loving God who is eternal and omnipotent and all-knowing make such laws?

Q Why does a loving God allow these patently wrong things to happen?

A They are only patently wrong to some people, and not to others. Nothing is seen as wrong by a loving God. God gives you the free will to have illusory judgements about what is right and what is wrong in your mind and He loves you regardless of what you do because through it all you eventually gain wisdom. This wisdom enhances Isness and expands All That Is and God benefits from such expansion, as you do.

Looked at in another way, All That Is benefits when you are creative and you enhance All That Is through your creativity.

CHAT NUMBER 115 – GOD IS THOUGHT

Q What then is God?

A Thought.

Q What!

A Every creation has to begin with one thought followed by other thoughts as the creation is further developed.

Thought comes from Ultimate Intelligence or what we call the Mind of God. God's primary thought is love.

This love cements All That Is in place. The expansion of God/All That Is through your thoughts, words and actions are added to the Sum of It All ultimately through love and is also cemented into place.

That is why I keep repeating throughout all my writing and talks that each thought, word and action must be presaged by the phrase "What would Love do now?"

Q Are we held together in love?

A Always and in all ways by the Thought of a Loving God. Matter flows from thought as I explained previously, using the example of paper clips and a magnet to create a clump of matter via thought. Loving Thought is the creator and the binding cement of all life as you know it, as well as all of life outside of your current knowledge base.

The essence of this Loving Thought is Joy. This Joy is the harmonious vibrational balancing note of All That Is, which is the vibrational energy we seek to resonate with harmoniously and continually in joy and in unconditional love for ourselves and everything and everyone else. This is Oneness.

Such love begins as a thought and creates matter. Nothing matters in life, except love.

This Isness is the thought of God. It is where you come from and where you are going to in every moment of now. This Isness is the Omnipotent Intelligence that encompasses the experiential feeling of God that is different for each person depending on their belief system and values.

Q Is God everything?

A If something is not God then who made it? God created everything and is All That Is.

CHAT NUMBER 116 – LIGHT BEINGS

Q You continually refer to me as Part of God. How did I become the Part of God?

A God said, "Let there be light" (Genesis 1:3) and light was formed. You were a part of this light as were billions of other Light Beings. You were there at the beginning and you will be there forever. You are eternal as God is eternal. You are forever as God is forever. You are God and God is you.

Q How can I possibly be God?

A You were formed as a Light Being, immortal and comprised only of Love.

You were all formed as Gods and you lived for eons. You created via your thoughts and all that has been ascribed to God was created in concert with all of the Light Beings, as part of God. God is All That Is and that includes you and all the other Light Beings.

You are a creator via your thoughts and even today, as a mere mortal, you create everything via your thoughts.

Q How did I go from a God to a man?

A Through your thoughts. As Omnipotent Intelligence, you decided to evolve as man/woman via the creation of matter. As this matter, known as a human being, you remain as an immortal Spiritual Being, but now in finite human form as an embodiment of the Love that you are at your essence.

You have lived countless lives as a human being. You have been everyone and every type of person. Rich man, poor man, beggarman and thief. You have been white, black and every colour in-between. You have been born into every religion. You have been a victor, victim, murderer, rescuer and all types of behavioural archetypes imaginable, as you reincarnated life after life. You have been the fastest and the slowest, the best looking and the most grotesque, the most popular and the most hated, the most loved and the most feared.

Q What did I get out of it?

A To feel every emotion possible. To have a sensual banquet that is only possible in human form. To know the exquisiteness of making love and procreating in the form of a child. To feel everything and to grow in wisdom through every experience. To discover who you really are. Experience after experience, you add to the store of knowledge and wisdom you carry with you via your Soul, life after life. You are not your body, You are the Part of God within Your body, a Light Being, as you were at the beginning.

CHAT NUMBER 117 – WHAT AM I HERE FOR?

Q What drives my decisions to create the various lives I continue to experience?

A Your thoughts. You are what you think about. Your thoughts create your reality. Your tomorrows are created by your thoughts today. What you are experiencing today was thought by you in your yesterdays. Each thought creates an emotive feeling which registers in your soul. That feeling now needs to find expression in the physical world to resonate with it. Circumstances in your life are created for meeting that required resonance.

Everything is intentional. There are no accidents or co-incidences in God's world. Every thought expands the mind of God.

Q What about my "impure" thoughts? I can't imagine God entertaining those!

A God does not judge. In God's world there is no right or wrong. There is only Isness. What Is, is all that God requires to enlarge All That Is.

One can either judge or love, but one cannot do both at the same time. God only loves. Why would He/She need to judge anyone because God only loves, thus He/She cannot and has no need, to judge anyone or anything. God's love is without judgement or condition. How powerful a love is God's love for you, being totally unconditional? God gives you free will. You are allowed to think whatever you want to, and it will eventuate. You are your thoughts. Your thoughts are your destiny.

Q That sounds like so much responsibility, to have every thought materialize in matter?

A Thankfully for you, the manifestation occurs first in Spirit and when the time is opportune, it then materializes on the earth's plane, when the lesson and the wisdom to be learnt and acquired by you via the lesson is then required in your life. In Spirit, the thought materializes instantly and is seen transparently by all Unseen Beings!

Q So my thoughts register in my Soul and are manifested into matter when the time is opportune to experience the emotive feeling I have thought about. Well from now on I will carefully examine every thought at its beginning to ensure that I only get what I want.

A Best of luck on that mission, but it's a good thing to aim for. When you were an immortal God prior to your decision to evolve into a man/woman to experience the sensual banquet that the earth plane has to offer, you were capable of creating anything that had life. A tree, a bird and a flower were all there for your making as a God. Now as a human being you also have the ability to create human life. You can also create happiness and sadness via your thoughts, words and actions. You can imagine anything and give expression to what you desire. You can creatively discover lifesaving medicines and procedures. You can create buildings to house your fantasies. You can land a man on the moon and land a machine on Mars. You can murder millions of people for barrels of oil or diamonds or land. You can create wars and you can ensure peace.

Your thoughts are so powerful that you can even destroy your very own world that sustains you via abuse of its resources for short term gains.

Your creative thoughts are imprisoned by fear and limitations because you have forgotten that you are God. You are capable of ultimate creation but your limitations in this body

imprison you to believe that you will die and be buried or cremated and be no more. You believe that you will become food for worms or your ashes will be cast adrift into water or upon the earth and be only a memory to those who choose to remember you.

You are immortal and eternal and you are all-powerful. Your thoughts are available to reinforce that message continually to you. There is nothing you can't achieve or become if you think it so.

You have responsibility which seems to frighten you. This ability to respond is your passport to do whatever you think you can achieve. Do not fear your creative thought. Embrace it because it only requires your acceptance of it and the knowledge that it's your birthright. All you have to do is think it and have the intent to make it a reality via your focused thoughts. This can be easily achieved through creative visualization. Believing is seeing!

All That Is does not differentiate between success and failure. All experiences are Isness, they are simply What Is. There is no judgement, simply acceptance of everything you think that manifests itself via your thoughts.

All your manifested thoughts are absorbed by the expansion of All That Is as God expands with your eventual manifested experiences.

Many people have a fear of failure and do not attempt to manifest their creative thoughts. Many people also have a fear of success so they do not attempt to manifest their creative thoughts as they feel threatened by living up to being termed successful.

Your thoughts are relatively meaningless without the intent and focus to make them made manifest. However, every thought is "heard" by All That Is.

Those thoughts that are for your Soul's journey are made manifest even if there is no focused intent on your part besides the wishful or frightened thought.

Every experience is for your growth and to learn wisdom for your Soul on its eternal journey.

There are no good or bad experiences, there are simply experiences. It's only our judgement at any time that makes them seem good or bad. For example, a good wedding experience may turn into an ugly divorce experience and losing one's job may be the start of an amazing career in a newly found job or successful self-employment.

Q What am I here for?

A You are here for finding joy within yourself, as joy is a result of self-love. Self-love is not narcissistic. It is finding unconditional love for the God within you which is who You really are.

You are here for acquiring wisdom for your Soul from lessons experienced via the manifestation of your thoughts.

You are here to become Godlike in your thoughts, words and actions.

You are here to realise that you are Oneness with God who is All That Is.

You are here now. Can you feel the presence of God within you?

CHAT NUMBER 118 – FEEL THE PRESENCE OF GOD WITHIN YOU

Q How do I feel the presence of God within me?

A Via your feelings of unconditional love, non-judgement and unquestionable acceptance of what is happening now. Knowing that whatever it is, it's for your ultimate joy and wisdom and for your soul's journey through eternity.

Q Is there not a simple sign I can see to let me know that what I am feeling is the presence of God within me?

A You are right when you say, "What I am feeling" because you won't see it, hear it, smell it, taste it or touch it, but you will feel it because feelings are the language of the soul.

For each person, that feeling is unique. When you feel unbridled joy within your being, you will know that feeling of being loved unconditionally from within you.

Some will say it's only your imagination. Of course it is. How else will your creative thought communicate with you. Everything starts with thought and thought is the kick-start to imagination.

Q What about free will to think and do as I please?

A What greater love can God give you than unconditional free will with the consciousness and understanding that cause and effect flow as a consequence of that free will?

What greater trust can be given to someone than to say, "You have freedom to choose whatever you desire but you also have the responsibility for its consequences"?

With total trust, flows forth unconditional love by God, non-judgement of you by God and unconditional acceptance of What Is from God.

Unconditional free will is intertwined with the responsibility of the consequences of your thoughts, words and actions.

But know this; there are no good or bad experiences. There are simply experiences for your growth and wisdom as an eternal soul.

Q Why would God give us this free will with the intertwined responsibility?

A Because God is All That Is. There is nothing that God is not. So no matter what consequences you create for yourself, there is no height and no depth that you will experience where God is also not found. At the pinnacle of your joy God is within you and in the depth of your despair God is within you.

Only you can imagine that you are separated from God, which is never true. It is this feeling of separateness which causes all the ills of the world. But God can easily handle the worst imaginable consequences that your thoughts, words and actions create. You may struggle at the time, but your struggles are only because you have mentally separated from the God within you. God remains forever steadfast within you.

Q What of those who believe that they are acting with God's blessing while they blow themselves up and murder innocent others?

A What God of Love would want people to act like that? However, that is their free will being acted out with the consequences of their thoughts, words and actions?

I will shock you by saying that God's love is unconditional, even for suicide bombers who are responsible for taking lives and separating people from their loved ones through what appears to be their premature death.

There will be many people who do not buy the "kool aid" I am peddling here, but bear with me while I show you another perspective to creating a new paradigm of understanding of so-called evil and so-called good.

There is no evil or good in the world. There simply is "what is" or Isness, which is what God Is.

If you believe, as I do, that we are all a part of God, then we can't be selective in our belief and truth. Either we are all a part of God as Light Beings, at the time that God created Light, or we are all not a part of God.

If everything is created by God to be All That Is, then God created Isness with unconditional love and non-judgement of any of it. All is Isness, not some good and some evil. Simply what is/Isness.

Why would a loving God choose evil and impose it on part of Itself? Is God a masochist in your eyes?

There is no evil and there is no good. There is simply What Is.

Only our judgement and subsequent prejudicial and biased attitude towards it makes it good or evil.

In fact, it is because we call it evil via our thoughts, that we experience it as evil. We empower it by our thoughts to mirror our beliefs and our truth.

It is because we are pulling on the "tug of war" rope that our resistance enables it to have life as "evil" or as "good". If we let go of the rope and the rope falls to the ground flaccid and powerless, even if it was picked up at the other end, it would remain powerless without resistance.

If we choose to use our free will to call it good or evil, then we are electing to undergo a confrontational process to learn one or more lessons to increase our knowledge and our wisdom for our own Soul's journey.

If we judge others, it restricts our ability to become the best person we can be in all circumstances of "what is".

What we judge about others, we end up judging about ourselves. This judgement creates the world we occupy. We live in a judgmental world via our thoughts, beliefs and truths. What we judge, we become and we attract it's manifestation into our reality.

So coming back to your example of a suicide bomber murdering innocent people – if you believe that there are those people in the world, they will appear in your world. Your thoughts have brought them into being in your world.

Those suicide bombers may have chosen that journey to learn the knowing of the wisdom of the outcome of their actions and the retribution which follows.

Q Let's say I buy your "kool aid", what about the innocent people who get blown up by the suicide bomber's bomb?

A What about them?

Q Why do they have to die?

A First of all, no-one ever dies. They simply change form and return to their loved ones in Spirit.

Q What about them being torn away from their loved ones on the earth plane prematurely?

A We all choose the time of our leaving the earth plane. What appears to be premature is because we judge it from the perspective of a human being, not from the perspective of a spiritual being.

Q So are you saying that 300 arbitrary strangers all decided to board an aircraft and knew that they were going to be blown to bits by a suicide bomber in mid-air on their trip?

A At a place you currently have no memory of, all these souls entered into soul contracts to help each other, to experience the knowing of them being victims. In the case of the suicide bomber, being the perpetrator, they all signed up to learn the experience and wisdom of the outcome for their soul's journey.

Sorry to shatter your illusions, but the real world is in Spirit, and earth is an illusory playground to experience emotional feelings to add to the store of God's experience of All That Is.

Q Ok for arguments sake, let's say I go along with this shift in paradigm thinking and drink your "kool aid", how do we stop suicide bombers?

A On the assumption that no-one is inherently evil or good as a part of God, then by offering love instead of fear and hatred, the misguided person no longer has to continue being evil because no-one is creating the thoughts that evil exists. Their role of an "evil" person is no longer required and they can return to being the part of a loving God they were before they volunteered to play the part of an "evil" person to assist their fellow souls to experience fear and loss as victims.

Q This is a lot for me to take in. Can we call it a night?

A Good night or should I rather say simply, "Night". It's neither good nor bad!

CHAT NUMBER 119 – WHAT IS TRUTH?

Q I have been thinking all night about our last chat. How can I know that this is truth?

A Truth is subjective not objective. As your experiential knowledge and wisdom grow, so your truth changes. Truth, like God, is evolutionary and your experience of both is one of becoming rather than being static.

Q For example, society's attitudes towards suicide bombers taking innocent lives and prematurely wrenching them from their loved ones.

A Yes, but this only occurs in societies where suicide bombers are seen as the enemy. The societies where suicide bombers are encouraged have their own perception of truth in this regard.

Q So are you saying that there is no such thing as truth?

A I would rather say that finding the truth is not intellectual, but rather emotional, because emotions are feeling-based and feelings are the language of your Soul. Your Soul is a part of God and trusting your emotive feelings should be more accurate than trusting your logical mind in so far as truth is concerned.

Q So how do I search for the truth?

A Instead of searching for the truth, rather experience the Isness of life in every moment. Preferably live in each moment of Now, consciously knowing that God is always and only found in this space of Now. With that awareness and with conscious contact with God and being Godlike in your thoughts, words and actions in that Isness, not only is truth found, but God-connectivity is found and you are now in the utopia Light of All That Is. The need for truth is superseded by the feeling of God-connectivity which you will then discover is the only truth worth finding.

Q That sounds amazing, but coming back to earth, how come each religion believes that their truth is the only truth and wars are waged continually, based on these "truthful" beliefs.

A As I have said before, a belief is an unproven idea. That is why it is not a provable fact, but rather an entrenched belief that some people are convinced is worth laying down their lives for.

Truth is inclusive, not exclusive. It should allow for everyone's concept of it and we should all be accepting of all types of truths and co-exist harmoniously.

Q Yeah right, in your dreams!

A Well, if God is All That Is, then every person's truth is God's truth, so by excluding any one truth, we are, in fact, saying that God is not All That Is. Then we have a whole new ball game evolving. So we can't have it both ways. Either God is All That Is and all truths are to be accepted as truths inclusively, or God isn't All That Is, and truth is exclusive...and mayhem reigns.

Q So how do I proceed from here?

A Listen to the Part of God within you. "Be still and know that I am God."

Let your feelings guide you as they are the language of your Soul, the Part of God inside you. Whenever possible, live in the present moment connected to God in the only space God is found – the Now. You will then know what to do next through your feelings. This way you will know the truth and you will be your own guidance provider, your own Part of God showing you the way forward in God's space of Now.

Those who look outwards to seek the truth will never find it until they look inwards for the Voice within them.

In this way, simply Being Oneness makes the need for the search for the elusive truth meaningless.

CHAT NUMBER 120 – THE LOVE OF SELF

Q That certainly sounds like a wonderful joyous place to be.

A In that statement you have used three words which summarise what these chats are all about: Joyous and To Be.

Joyous is the state of God always and in all ways. Joy and love are the same thing when applied to the love of self.

Being joyous is connecting to your inner being, where the Part of God inside of you is joyous always and in all ways.

Joy is freedom to be, do, say and act without any limitations whatsoever. In joy you are at inner peace with yourself and the world and you have unconditional love for everyone and everything. In joy you are creative without limitations. You will expand and extend your longevity as you energise yourself from the Source of all life.

While you are joyous, you are not separated from God and you breathe the air that God breathes and you know that God is Love as you are love.

...And you know self-love.

In this natural state of beingness, you become Oneness and in your joy you love everyone and everything.

This is what falling in love feels like and what every woman seeks to recapture after her first experience of love. She wants to recapture and experience the joy, inner peace and the unconditional love she felt from God's unconditional love when she first fell in love with her beloved in her first love relationship. Relationship after relationship, she seeks for that feeling again and again. However she is looking out there for someone to give her what she can only find within herself from her inner self – self-love and inner joy. Looking for Mr. Right out there is futile. Seek within for the inherent part of God that you are and you will discover self-love and inner joy.

Q What about men and their search for Ms. Right?

A Men are vaguely aware of something nice around them as they focus on achieving their objective of making love/having sex to achieve an orgasm and planting their seed to produce more people like them.

Q That sounds both sexist and unfair!

A I thought I would liven things up around here! The same journey for women applies to men - the inner search for self-love and inner joy in connecting to the Part of God within themselves.

Q The quest for joy seems a God-given opportunity for abundance in becoming who we truly are – a Part of a joyous God.

- A** Perfectly said. Being joyful multiplies upon itself and the feeling of love and joy magnifies within you and all those around you. You become a joy magnet as people, animals and even plants pick up your joyful vibrations and are attracted to you. You focus on doing and feeling what makes you happy and blissful. Your Soul, being a part of the Source of joy and love, holds onto these moments of inner peace, harmony and joy that you are feeling and positions you to move further with these experiential feelings. The longer you can remain in this state of joyful bliss, the closer you come to being who You truly are – a Light Being who is a God as Part of All That Is.
- Q** What about the second part you referred to...To Be?
- A** Let's discuss that next time.

CHAT NUMBER 121 – TO BE IS THE PURPOSE OF LIFE

Q To be or not to be – that is the question!

A Quoting Shakespeare will open up a door that may never be shut. I believe that Shakespeare was channeling from a Spirit Guide due to his messages and longevity via his treasured work.

To be is the purpose of life.

We are all looking for the meaning and purpose of our lives. We are all looking for a why and a what to do to make our lives meaningful. Some of us study, graduate and choose a way to make a living. We make that chosen career path our reason for living. Let me assure you that whatever you are career wise, is left behind as you transition to your next stage of evolvment in the Spiritual World. The only thing that matters is how you behaved, not why and what you did.

How you lived your life, how you treated yourself and others, how you connected to your inner self and how much love you gave and received. How you behaved determines which level you go to when you return to the world of Spirit. How you lived your life determines the choices you have to return back to the Earth Plane for your next reincarnation as you set your next learning processes.

Q Do you need to know how to live your life?

A Interesting that you use the words "know how" as it can also be used as a synonym for knowledge gained.

Most people have the know-how or intelligence to live a life in order to make a living, but regrettably, not everyone knows how to make a life for themselves.

The reason you choose to come back into a body on the earth plane is to live here sensually, to express yourself creatively and to learn and overcome issues you choose to master, and to gain wisdom for your soul's growth.

Living a life means to make each moment count. To fully experience every moment in any way or form you choose to do so. You are your own artist and you have freedom to create anything you want in every moment.

You are Part of the God of Creation, you are a Creator. Every moment is available for your creation. The only limitation on your ability to create is the limitation you place on your imagination.

Q I get that, but how is "to be" involved?

A To be is to live in every moment as a now moment. To be the best person you can be in every moment of now. To be Godlike in every moment. To be open to every moment as an opportunity for the experience and wisdom accumulated for the growth of your soul.

Q Is there a "catch-all" for this?

A Focused intent and attitude. A seed growing in the darkness of the soil has the intent and attitude to grow through the darkness of the soil to reach the promised sunlight that is encoded in its DNA.

You also have encoded in the DNA of your soul the reality that you are a Part of the God of Creativity. Your every moment gives you the opportunity to imagine and to create that which you want.

Treat every moment as a treasure to be discovered.

Live every moment sensually and creatively.

Simply Be and listen to your inner voice and the feelings inside of you.

Act on those urgings to be the best person you can be in every circumstance and in every present moment of now.

Be present in every moment and live on the leading edge of the wave of your life.

Simply be here now.

Simply Be.

CHAT NUMBER 122 – DIVINE WILL

Q What about Divine Will?

A If you can get to a place of vulnerability and surrender to God, as you perceive that Higher Being to be, then it must be a 24/7 commitment to effectively hand your life over to God.

In my view, what you are doing is aligning yourself in a Godlike way through your thoughts, words and actions to be "what would God/Love do now?"

Q Are you saying that it is a total commitment – that doing it when it suits you is not good enough?

A Precisely. It can't be done expediently when it suits you. There is an old joke about ham and eggs – the pig has to be fully committed while the chicken is only partially involved.

Many people call upon their Higher Power in times of urgent need when things are bad and then forget their need when times are good. With dubious sincerity and half-hearted commitment, the calling upon of Divine Will becomes a 911 call for help. This is very far from 24/7 vulnerability and surrender to Divine Will.

Q If, as you believe, we are a part of God, then is not our will the same as Divine Will?

A My understanding is that aligning your will with Divine Will, requires you to be Godlike in thought, word and deed. At that moment of now your will is aligned to Divine Will. However, most times, your will determines your past, present and future because you are not aligned to Divine Will in God's space – the Now.

Q What is utopia here?

A For your will to become God's Will on a 24/7 basis. However, as a human being, that is not an easy and practical thing to achieve and maintain 24/7. The striving towards it may be sufficient to get on the same vibrational wavelength as Divine Will and the feeling you receive should be enough motivation and incentive to keep going to maintain the connection.

Q So what is behind the seeking of Divine Will?

A Acceptance, vulnerability and surrender to the Will of a Higher Power to guide you.

The mere act of falling to your knees in submission is saying that I don't have the answer and I need help. It is the surrendering of your ego as your guiding light and accepting that you require the guidance of a Higher Power to show you the way. Your Soul is required to help you find your way out of the current darkness and into the light. Your Soul connects to its Source and together they find a way out of the darkness and into the light for you.

Q So effectively, your Soul and your Higher Power combine to create Oneness.

A Precisely. I could not have put that better myself.

Q Can I ask another question about living?

A Of course.

Q What is the best way to live?

A Simply. Living simply without too many "have to haves". Simplify your life to know peace and joy. There are too many people who think they have to work harder, be more competitive and strive to acquire. These people lose their life's balance and harmony. They end up making more money but lose the love of their family, their friends, their sense of humour and their health. They end up having everything but with no-one to share it with. It is a pyrrhic victory.

Q Is this a new phenomenon?

A It's as old as the hills. Let me cite you a personal experience I had over 30 years ago when I was a young 32 year old. I was asked to be the guest speaker at a function where major property players and their spouses/partners were present. I was asked to speak on a topic that would interest all present, not on my usual topic of property economic predictions.

I spoke from the heart without any notes, about the forthcoming upswing in the property cycle and the likely impact of the property players working late in the office to take advantage of the forthcoming upswing opportunities. I said that by working late from 5p.m. to 8 p.m. and returning home at around 8.30 p.m. to 9 p.m., they would miss the family dinner time. In those days families sat around the dining room table and actually talked about their day. There were no electronic devices to relate to, only people!

Most of the property players in the audience were in the age group of 35 to 50 and their children were of an age where parental advice and guidance was most needed as they were finding their way in high school and at tertiary institutions.

The mother had to be both adviser and disciplinarian in the absence of the father who was working after hours.

Adolescent drug addiction, unwanted pregnancies, bullying and other teenage related issues needed the firm hand and understanding of both parents working together to solve these issues.

Expecting the mother to hold the fort and for the marriage not to take strain was, mostly, a bridge too far.

The extra money earned, after taxes were paid, is usually insufficient to financially repay the familial damage, let alone the lost years of disappearing relationships with children and damage done to marital relationships.

Living a simple life with simple values like honesty, integrity, kindness, compassion, empathy, love, peace and joy, does not require extra money. It requires extra time.

Money is always easy to make but time is lost forever.

Time spent listening to your children, as opposed to talking to them and time spent playing with them and hugging them, requires no money, only your time, patience and guidance. That doesn't cost money but it is priceless.

After the speech there was a long line of wives and female partners asking me for a copy of my speech and I reluctantly told them it was from my heart. Most of the husbands and fathers glared at me with open hostility! However, in the weeks that followed, I received calls from many of the breadwinners, thanking me for highlighting this issue for them.

Simplify your life to simply fly!

Seek freedom from the bondages we, and society, place on us. Live your own truth and focus on balance, harmony, peace, joy and love, especially love of yourself, your loved ones and then all in your orbit of influence.

Be happy.

Simply Be.

CHAT NUMBER 123 – THE UNKNOWN

Q You recently referred to living on the leading edge of the wave in the Now. What happens if you fall over the edge into the unknown?

A The unknown is to be embraced and not feared. You are here to learn and to grow through experiencing life through emotional feelings, which adds to the wisdom of your Soul. These experiences are fed through to All That Is who expands even further with these accumulated experiences. You cannot fail. You can only have learning experiences. Some of the most important discoveries of human growth and development have occurred through not achieving one's objectives and finding something else along the path of discovery which turns out to be a revelation.

Embrace the unknown with eyes, mind and hands wide open to receive the new knowledge.

Q Can this be called enlightenment?

A To be enlightened is to have Light, awareness and knowledge, which is required to be applied to one's life via action. This evolves into emotional feelings which develops into wisdom for your Soul's growth, which is fed back to All That Is.

The Light comes from All That Is. A human being's experiential action is returned to its Source to enlarge All That Is. This transmission occurs via a Light spectrum connecting a human being's Soul to All That Is in Oneness. This is the Light and vibrational frequency I referred to earlier in our chats.

Q Wow! The pieces of the jigsaw are starting to come together in my head.

A Experiential knowledge creates freedom. Freedom brings choice and alternatives into play. The lack of increasing experiential knowledge imprisons one to remain stuck in the known with no opportunity for growth.

Armed with the knowledge that you have the ability to handle the unknown, removes any fear of the future. Knowledge is power, but the most important power is to remove debilitating fear from your mind.

Free from fear, you will not need to surround yourself with the ego protection of material things and you will be able to simplify your life, and, in that simplicity, find inner peace, joy and love.

Q Please explain the relationship between ego protection and material things.

A For most people, the need to have material possessions is to feed their ego's need to be important to themselves and to their neighbours and strangers. Driving an expensive, prestigious car, living in an expensive home, bedecking themselves with sparkling jewels, wearing expensive clothes and having "toys" such as yachts, planes and exotic vacations is an attempt to make them feel better about themselves and create envy amongst others.

Feeding your ego's needs from external sources is never-ending and is a bottomless pit. The joy you feel is temporary, the inner peace is fleeting and usually there is little love of self and others.

In my view, finding joy, inner peace and love via simplicity, knowledge and adventure by focusing on being Oneness, without the ego need for excessive material possessions, but through experiencing knowledge and emotional feeling leading to wisdom for your soul's growth, is the answer.

Q Does that mean that you are not allowed luxury material possessions in your simplicity?

A Not at all. Providing you do not involve an ego need of having to have something for your external pride's needs, or to show off to others, then you can have all the material possessions you desire.

The reality is though, when you let go of the ego's need for being one up on others, then having material possessions becomes less important. If you do choose a luxury car, home or jewelry because it makes you feel good, without the need to show off, then you will keep it until it no longer satisfies that non-ego need.

Living a simple life frees you from the obsession of having, hoarding, maintaining and securing your valuable items.

Elderly people will usually treasure their family photo's above most material possessions, mainly because it makes them feel good as they relive their memories.

A good acid test would be, if you could save one item to take with you in the case of your home succumbing to fire, what would you treasure most besides your family and pets?

Material possessions are replaceable but treasured memories are irreplaceable and thus priceless.

Q Can we revert to enlightenment? On the basis that our thoughts create our reality, where do the thoughts come from to create our imagination, which emerges as creativity to manifest our reality?

A What a well thought-out question!

All thought emanates from the mind of God and all the experiential manifestations of that thought, as thought, knowledge, experience and wisdom is returned to its Source, being God.

God, or All That Is, is expanded by your human experience. That is why there are no good or bad experiences, simply what is or Isness experiences. For God to be God of all experiences, there is no judgement about experiences, simply acceptance of what is. God experiences through human beings on the earth plane.

Q So the Oneness you speak of is often this flow of thought?

A It is one of the components of Oneness. Another component is Light. As explained before, we are all Light Beings created when God created Light, which each of us are, at our essence, as a Part of God.

However, everything emanates Light and has a light field surrounding it. You are probably aware that you have an aura surrounding you, and this colour spectrum can be photographed by a special kirlian camera usually found in many shops which sell "new age" spiritual material such as books, CD's, DVD's, crystals and the like.

What you may not be aware of is that everything on the earth plane emanates light - not only living entities, but actual things like household items, motor vehicles, etc.

It is this light which acts as the holder and transmitter of thoughts back into a flow of consciousness, which is otherwise known as the thoughts of God or All That Is.

Q Did everything just get weird or what! Now you are telling me that Light is the wavelength transmission that sends signals and thought to and from God and everything on the earth plane!

A While I have you on this wavelength, so to speak, let me add that everything on the earth plane is also aware or conscious of its composition, i.e. its colours, make-up, vibrational quality and everything it interacts with including their total make-up.

It's all connected and interconnected as Oneness and transmits its thoughts and consciousness back to the Source – the mind of God.

Everything is therefore known by God as all thoughts return to their Source. This continually expanding reservoir of all thought, knowledge, experience, emotional feelings and accumulated wisdom is available to be tapped into by any of us.

Q So is it possible to know all that God knows?

A Theoretically it is, but your thoughts and attitudes determine what thoughts are fed to you from the Reservoir of All Thought. Based on your initial thoughts, like attracts like and thoughts of joy or sorrow, love or fear, peace or conflict etc. are fed to you from the Reservoir of All Thought.

Q I am beginning to see how your thoughts create your reality.

A Precisely. If you want to watch, read or listen to the news which usually focuses on negative, sensational news items, then your world will be mirrored by such thoughts and manifestations.

If you choose to meditate, pray and live a life of uplifting yourself and others, then your world should mirror that world – providing your thoughts stay within these vibrations and wavelengths.

CHAT NUMBER 124 – FEELINGS ARE THE LANGUAGE OF THE SOUL

Q Why do you say that feelings are the language of your soul?

A The process of your thoughts tapping into the Reservoir of All That Is, is dependent on which thoughts you send and what similar thoughts you attract back to you.

Remember that everyone's thoughts go to this Reservoir and you attract those similar thoughts back to you.

If you think murderous thoughts, you will receive back murderous thoughts. Conversely, if you think unconditionally loving thoughts, you will receive back those unconditionally loving thoughts resonating in your being. These thoughts are non-judgmental and they will create a desire, which desire will be fulfilled through a manifestation of an attitude resulting in an object, an entity and ultimately, an experience. This experience will result in a feeling and wisdom will result from a memory based on that emotional feeling. This emotional feeling and the wisdom which becomes a memory in your soul is then sent back to the Reservoir of All That Is via Light.

The more complete, intense and focused the thought, the greater the Light transmission to and from the Reservoir of All That Is.

The fulfillment and timing of the manifestation is dependent on the completeness, intent and focus of your thought process.

Q So the process of creative visualisation will speed up and finalise the manifestation.

A That is certainly one of the ways. As an avid watcher of professional golf on television, and a low handicap golfer in my youth, I often spot a likely winner of a tournament. This is based on their ability to focus, visualise their current shot, remain calm and centered as well as on their positive mental attitude and body language, thereby maintaining their confidence in themselves to play the best they can.

Golf is one of only a few sports, like snooker and billiards, where the ball is stationary and only you, as the player, can determine the outcome of the ball. In golf, snooker and billiards you have instant manifestation of your thought process. Your ability to think of the current shot to play, visualise, focus intently and confidently execute, without mental or physical stress, will determine the outcome or manifestation of the shot within a few seconds. You can draw from your experience's memory the wisdom of how to play the shot, should you have experienced something like this before.

The resultant emotive feeling goes to your soul's memory and it is then transmitted to God to experience this emotive feeling via a human being's initial thought processes.

In this way, your emotive feelings become the knowledge and wisdom of God. The way these feelings are used to communicate to and from God or the Reservoir of All That Is is via a "language of feelings" and the transmitter of the feeling is Light.

In this way, your feelings become the language of your Soul as it communicates with the Whole of which it is a Part.

Q So can I become all that I can be via thought, visualisation, feeling, emotion, wisdom and eventually manifestation?

A You are already All That Is because you are a Part of God who is All That Is. The only issue is whether you truly believe it or not. Mouthing it is one thing, but truly believing it is another.

For those people who do believe it, there is no limit to what they can do and become, until they place a limitation on it and stop the creation of this unlimited beingness. They then become limited, aging and constrained.

Q That sounds like science fiction to me. How can you be so powerful that you are unlimited, ageless and unconstrained by any limitation known to man?

A What have you got to lose? Why don't you try it? Live your life with the fervent understanding, comprehension and total belief that you are a Part of God. In fact, act exactly as God who is Love would act. Simply be love in your every thought, word and action and see how the mirror of life reflects that joy and love back to you.

With this way of living, believe that you are unlimited and unconstrained in any way. Open yourself up to become All That Is. Live every experience with an unlimited open heart, open mind and open hands to grasp every opportunity that presents itself.

Know completely that everything is possible. Know experientially the feeling of limitedlessness. Know the emotion of being unconstrained in every way. Know via the wisdom in your Soul that you are a part of God.

This knowingness is a feeling. You simply know without the need for validation. It's an all-encompassing knowingness felt in your soul. You are connected to the flow of consciousness that is transmitted to and from God or All That Is.

You become Oneness with everyone and everything.

Know it within the Part of God within you.

"I know it and I trust it."

Simply know it with all of your being and be complete.

Simply Be.

CHAT NUMBER 125 – NON-JUDGEMENT

Q Ok I am getting it, I think?

A Don't think. Know it with every fibre of your being.

Thinking you know it creates uncertainty and what will manifest is uncertainty in your life.

In Spiritual literature it's said that trying is lying. Wanting something will keep you in a state of wanting it, not receiving it. Being uncertain by using words like "if I am lucky enough; maybe; perhaps; wouldn't it be nice if; etc." will never create manifestation. It will only create uncertainty.

Use affirmative words like "I know, I will, I can, I have done..., etc." These affirmative thoughts become affirmative words leading to affirmative action, experience, feeling, emotion, knowledge and wisdom in your Soul's memory forever.

Q What about gratitude?

A Equally as good as "I Know", is "Thank you God for....." Being grateful in advance of manifestation is placing trust in God, or the Part of God within you, that what you require will be created in Spirit, and, when the timing is right, if at all, will manifest itself in your reality.

Q Why do you say, "If at all"?

A Be thankful that not all your thoughts are manifested in reality and especially not instantaneously!

As a human being, you are far from infallible in your thoughts, words and actions. Not every one of your thoughts are based on "what would Love do now?" Your Ego (Edging God Out) often steps into your thoughts with judgements, criticism, unkindness and competitiveness. These thoughts are best left not manifested in your reality.

However, a sufficient and persistent number of these ego-based thoughts will force themselves into manifestation and the imbalance of harmony, disturbed inner peace and feeling ill-at-ease/diseased could result within you.

You will make an enemy of the person you have attacked via your ego-based thoughts and you may have to sleep with one eye open, as they may plan revenge against you, usually via a surprise reprisal.

By knowing, or via gratitude, you do not judge, criticize or retard a manifestation from emerging. By knowing or by saying thank you, you do not break the wholeness of it through division of duality, such as right or wrong, positive or negative, good or bad. The wholeness is undisturbed and it becomes Isness in its completeness of manifestation.

Q So non-judgement of a thought allows manifestation to occur?

A Even before being concerned about judgement restricting manifestation, it's important to realize that non-judgement allows all thoughts to be created without any form of restriction or limitation.

Q I don't follow you.

A How many times have you been in the shower or bath and had a brainwave of an idea?

Your state of nakedness and the water, which is referred to in Spiritual terms as emotions, as emotions are symbolized as water, enable you to be in a state of limitlessness or having no constraints.

Your thoughts are unlimited as your mind allows freedom to reign and you become a world champion or win the Nobel Prize or make a billion dollars or whatever your unlimited mind's thoughts can conjure up.

In the openness you allowed the unlimited thoughts free reign and the ideas popped into your mind from "who knows where?"

Well it was from knowingness of the Reservoir of All Thoughts Everywhere or RATE. Every thought from everyone everywhere is sitting in this RATE. You in your unlimited day dreaming in your bath or shower opened yourself up to this RATE and the idea simply "popped" into your head.

You have allowed all thoughts everywhere to enter your mind without any judgement or constraint.

Meditation can also produce this unlimited access to RATE.

You can access RATE at any time providing you don't judge any thoughts but simply let them be Isness. See everything as an expression of Oneness and do not judge anything or anyone as you would not judge God if you saw everything and anyone as a manifestation of God.

Simply be – Be still and know that I am God – Psalm 46:10 tells us to do so.

By simply being, you are a human being connecting to the Being of Oneness. You are Beingness, unlimited and not constrained and you are capable of being God in your creativity of your thoughts becoming your reality.

You can create worlds and universes in your Beingness and you have when you were Light Beings and before you inhabited human form and limited your creativity by allowing your ego to separate you from your Godliness.

You can create anything if you become and sustain Oneness as your being.

CHAT NUMBER 126 – WE ARE ALL POWERFUL

Q So are you saying we are all powerful?

A You are powerful beyond anything you can envisage, after all, As Psalm 82:6 says, "Ye are gods; you are children of the Most High".

Q How come we don't know this?

A I will let Marianne Williamson answer that with her best known quotation:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Q Why don't they teach that with ABC's to 4 and 5 year olds?

A Why indeed?

Why don't they teach young children that they are their brothers' keepers?

Why don't they teach them that co-operation is preferable to competition?

Why don't they teach them that team-building begins with mutual respect?

Why don't they reward those who help others instead of those who come first?

Why don't they teach over-achieving breadwinners that their partners and children would prefer to see them at home with them, rather than them working late to make more money for unnecessary items?

Why don't they teach people that stepping on others to get higher up the totem pole of life is self-defeating as it leads to enemies below and aloneness at the top?

Why don't they teach people that compromising is based on scarcity and that finding a balance to do what needs to be done is based on an attitude of abundance?

Why don't they teach people that ego-based attitudes are a mental disease leading to physical imbalance, resulting in becoming ill-at-ease and possibly disease of the body?

Why don't they teach people that over-eating, smoking, excessive alcohol and narcotics are robbing them of their God-given lives?

Why don't they teach people that admiration is far better than criticism?

Why don't they teach people that nothing really matters, except the love you give yourself and others and the love you receive from yourself and from others.

Q That is quite judgmental from one professing to be non-judgmental?

A I prefer to see it as an early warning system being put into place.

Q Can we return to being all powerful? How do we attain this status?

A Firstly, it does not require attainment and secondly, status is an ego-based exclusivity.

You are always and in all ways All Powerful, because as a Light Being, you are a Part of God who is All Powerful and All That Is. When you chose to move from Light to matter as a human being, you separated yourself from God and developed your ego to support and sustain you. Big learning experiences were and are to be had with your ego leading you through life.

In this lifetime on earth, you can now choose to move from ego to soul or from fear to love and know yourself as Oneness and the all-powerfulness that accompanies being Oneness.

If you prefer to choose to continue seeking status as an ego-based person that is your prerogative as someone with free will. You may know temporary power but it will bring negative counter balances in its wake. Such is the nature of the cycles on the earth plane.

To only know unconditional love for yourself and for others, and to receive only love from yourself and from others, is a feeling experienced as wisdom, becoming an indelible memory in your Soul. This is way beyond any mere power, ego-based man can experience.

Love conquers all.

Q So you are saying that the feeling of all-powerfulness comes from knowing, feeling and experiencing the wisdom of unconditional love and that this emotional feeling resides in your Soul's memory for all eternity?

A Precisely. Well put. What temporary emotional prize earned by man can compare to knowing this unconditional love in your Soul's memory for eternity?

CONCLUSION

A So my young friend, we come to the end of our Spiritual Fireside Chats for a while. I think you need to go and absorb all this information so you can turn it into experiential thoughts, actions, knowledge and eventually wisdom for your Soul's growth and to enrich and enlarge All That Is.

Q I thank you so much. Am I likely to learn more through other chats at another time?

A Always and in all ways.

May God hold you in the palm of His hand and grant you His most precious gifts – unconditional love, joy and inner peace.

Amen.