

FOREWORD

May these pages lead you to non understanding, for God is infinite. How can we understand something which is infinite?

For the first thirty years of my life, I had no observable relationship with, and felt no connection to, God. My earliest memory on this journey is one of putting my oldest daughter, who was around two years old at that time, down for a nap, and I felt such immense Love for her. And I said thank you God, from my heart, with true gratitude, for the first time in my life. This was when I knew, for the first time, that Love was the most powerful force in the universe.

The revelations contained in this book were only a beginning for me; a further unfolding on my path of Love. It was not as if I received these revelations on a mountaintop and I shouted them to the masses. I knew that they were given to me to help me, and whether they had application elsewhere, I could not say at the time. As I began to live these revelations and they were integrated in my own experience, their logic is what first appealed to me, allowing "acceptance" by my mind. Somehow, through God's Grace, this acceptance created the space for my mind to take periodic vacations or short periods when I simply was; I was present in the holy moment. At first, this scared me, as I felt that if these periods continued to increase, I would lose my mind, lose my ability to function. But, again, through the Grace of God, I was able to realize that living in the present is our natural state, one which brings us the greatest joy and peace. I realized that my mind, my strong intellect, was still there for me to use when I chose to do so. As I let Life be where it is, for me and everyone else, I began to walk more frequently on the path of Love, where my heart, not my mind, gave me sight; a sight of unending beauty, gentleness, and Love. When you begin to experience Oneness with that Love, you look back with a sense of wonder, awe, and extreme gratitude, at how you arrived at this point in life. Unbeknownst to any of us at the time, God awakens our heart with a seed of Love. Eventually, the seed, having been nourished with Light and with the sustenance of whole vision, will unfold into its fullness, blossoming into a flower which offers magnificent beauty and peace for those who encounter it. Some people are awakened early in life, while others, needing to go through certain experiences which will prepare the heart for implanting, wait a little longer. I was one who waited a little longer.

There is no right or wrong way to read this book, although I suggest that you do not skip ahead the first time you read it. Some may read the book only once, while others may return to the pages, time and time again. If you are encountering a particularly difficult situation, you may want to use a bookmark or some other means of turning randomly to a page, allowing God to present to you the chapter and the particular statement that can be of help. If you use this method, you will know which statement is the one for you at that time, especially if it brings up a reaction in you.

The true nature of God and of ultimate reality is beyond description. However, communication, or statements such as these, can be stepping stones that place us on the path toward full remembrance of our true nature. Our beliefs are very entrenched,

especially the core belief, the belief in separation. When we examine our beliefs by looking in to how they came about, we become less rigid and we open ourselves up to experience God, for Creation is fluid. There is some redundancy in the statements, and where repetition is present, it enables the Light of Truth to shine on those false beliefs from several different angles and perspectives, eventually dissolving those beliefs in the Light. You may notice some apparent contradictions in the statements. Existence is a paradox. We cannot escape that, nor would we want to, because staying present in the paradox carries us toward remembrance. If you get stuck on two seemingly opposite statements, allow yourself the freedom of releasing judgment and put the issue to the back burner until you finish the book. You can always come back to it. After you have read each statement, give it time to sink in. You may want to sit with it for a while, or you may be ready for the next statement. Realize that the space between the words and between the statements and the stillness that is present in that space is as important as the words themselves, for this action/non action cycle is the crux of our existence. Finally, feel free to substitute God with whatever word you feel most comfortable with. I refer to God as both Him and Her, because the Divine truly encompasses both the male and female energies.

If you take anything in the book as absolute, and say to yourself that you must always see it that way, it leads to a belief, and the purpose here is to remove, not to add something else which is false. There can be no absolutes, because the manifestation of God in form is constantly changing, constantly being recreated. Our lives and this spiritual journey appear as a continuum, one in which we can never be at one set point. Allow the River of Life to move you up and down the continuum. The scenery changes each moment, but the River stays the same. This is the stillness, the Absolute that underlies all that is. As you move along the River, it helps tremendously when you can laugh at the scenery as well as at yourself.

You will sense a natural progression within the pages, mirroring my journey with these revelations as well as one that you may be on, and you may strongly identify with certain statements. This is simply an area of the continuum that you have already visited or are ready to visit, and the revelation becomes “true” for you within the context of where you are. Sometimes it will seem that you are moving up and down the continuum in a straight line, and other times it will appear more like a spiral or a circle.

Allow the words to deepen your recognition of your relationship with God, because these revelations do not belong solely to me. They were given to me as part of my journey of remembrance, my path of God pulling me closer to Him, but each of us is a manifestation of the One, and these revelations are our birthright. When you are hungry, God feeds that hunger. These revelations could have found their way to you through an infinite number of ways, including them being revealed in your own consciousness, and you are being fed every moment of every day, in many ways you may not yet recognize.

I spoke earlier about putting my daughter to sleep and knowing that Love was the most powerful force in the Universe. This was my first glimpse of the mountaintop, but usually that first view takes place at the base of the mountain. I had no way of knowing at that

time that I had a long climb ahead of me. If we know exactly what the journey entails, the joys **and** the sorrows, the suffering, and the fear, then we might not undertake the journey. For a long time I wanted to know what lay ahead for me, but I finally realized that it is much more fun to be surprised. When you constantly look to the future, you do it out of fear and a need to control, and you miss the beauty and peace of the present moment, even if in that present moment you experience suffering. My journey took many twists and turns, including many descents into emotional hell. I began intense emotional therapy regarding an issue with my mother at the same time that God had awakened me with the seed of Love. I thought that I was on two separate paths, an emotional path and a spiritual path, and that these paths would come together at some point in my life. I now realize that it was always one path. The emotions are the gateway to the spirit. God is Love, and Creation is an expression of that Love. When we love, we are like God. We are "GIA" - God in action. You experience the joy and peace of God to the extent that you have worked through those emotional blockages related to childhood issues. As you release false beliefs about yourself, you reveal the God within.

I have no advanced degrees in theology. My only qualifications were that I had a deep longing for Truth and for God, and I suspect that since you have picked up this book, that is the case for you. Life has been my greatest teacher, and I am especially grateful to my family, my wife and four children, who have acted as mirrors into my Self.

A number of prosperity books have been written in the last few years, and it is important to know that thought is creative and this is how the Universe works. These books are important steps on the path to God, but this is an evolutionary process. We are meant to go further, and we must go further. This world is a dream, and while it is fine to create what you want, this is *not* what you truly want. You can enjoy the material possessions and the dream job, but these will give you an illusory happiness, for true happiness comes from inside of you and is based on your Oneness with God. Only His Love will fulfill you, and every experience in this dream is meant to bring you to that recognition along with a remembrance of that Love.

Finally, it is my hope that these statements will provide a place of comfort for you on your spiritual journey, because the journey can be difficult at times. Since I have lived these revelations as part of my experience, I have interwoven my journey into the statements where applicable. Sometimes it is enough just knowing that someone else has walked the same path, has gone through similar trials, and has lost faith while in the valley. My gift to you is this book, and because every relationship is reciprocal, I thank you for the blessing of Love that you have bestowed upon me by picking up the book, for as you read the pages, we both increase our remembrance. In the end, this book and the purpose for its existence, the reason that I was given these revelations along with caretaker responsibility, and the reason that they have found their way to you, is about Love. As you sit in the stillness with the words, you will be able to hear God calling you, God embracing you, you whom are His Beloved. And you will return the call, for this is what your heart has always longed for.

CHAPTER 1

APPEARANCE AND BELIEF

Because of the issue with my mother and other childhood traumas, I saw the world through the eyes of a scared boy who had been hurt, although I certainly did not recognize this for a long time. The teen years are ones where it is important to build self confidence, but this did not happen for me since I was emotionally frozen in an earlier time. Just as we progress physically, we must progress emotionally. During those teen years and throughout my twenties, I played the "game." I exhibited a strong self confidence, a strong ego, but this was only an outer covering over the frightened little boy who was crying for love and comfort. Sadly, my experience is similar to a large number of people living today. The beliefs that I carried about myself were that I was not worthy, not lovable, not a good person. I also felt very guilty and shameful. Because I could not feel any relationship with God, I did not know that I could turn to Him for comfort and for a proper modeling of what unconditional Love meant. So I continued on through the pain of daily life, always looking at the world and what happened to me through the filter of what had taken place in my childhood. Bluntly, I saw the world as unforgiving, and I saw a strong split between good and evil, of which I was a part of the latter and for which I needed punishment. This never came in to my awareness, because it would have destroyed the whole foundation on which my false self was built, and I was not ready for that. But these underlying beliefs were still directing my thoughts, my actions, and how I saw the world. When the beliefs are hidden, they have a stronger influence than if they are at the surface. You are like a robot with a certain software program running which you are unaware of and can do nothing about. A virus. Finally, I was given the gift of my children, because they acted like mirrors in to my self. As I raged against them and my wife, I saw that I was really raging about how I felt about myself. As they progressed through certain stages in childhood, this helped me to remember my childhood. I began to see behind the lens of my beliefs and I began to bring those beliefs to the surface. As I gradually cleared those false beliefs, the true appearance of the world started to reveal itself.

What is the difference between the following statements?

The world is as I see it. I see the world as it is.

Perception is a fine line, a line that is walked in each moment as we are constantly bombarded with stimuli from the world. Are we seeing what is true and real, or are we simply perceiving through our senses what we think is going on? If you assume that the world is as you see it, then your filters---your experiences, your beliefs, your perceptions, your senses that are unique to your body---are distorting what you see. It is as if you are

looking at the world with rose colored glasses. For instance, if your experience has been one where you had a close relative who was murdered, then it is likely that you will favor capital punishment more than a person who has not had a similar experience. But what if the same murder of a close relative was the vehicle for you to open your heart in forgiveness of the murderer? What if, through forgiveness, you became friends with the murderer and you were grateful for the changes that had occurred in your heart and in your life? You probably would not be a proponent of capital punishment. So, what is the truth about this murder? Is it a horrific crime, an unfortunate act that leads to healing, or both? Or do none of them apply? It is evident that an act has occurred, but it is the filters of each person which take that simple act further. The filters, the beliefs, the experiences assign a meaning that is not there. If you step back from those filters, you see only an act or event. I see the world as it is. I see the act as it is, not the act as I see it.

The above example included capital punishment, certainly an emotional issue in this society. Did you have a reaction when you read the above? If not this issue, what issue triggers a reaction within you? Regardless of whether you openly express a reaction, and regardless of whether you can recognize reactions that occur within you, everyone walking this Earth is in a physical body which has primal urges and everyone has a mind which is conditioned by its past. Are you your beliefs, or are you something more? It has been demonstrated with the above example that there can be strongly divergent perceptions (beliefs) about the same event. Are we all looking at the same tree but from different perspectives? Maybe some of us are at root level, while others are mid trunk, and others are in the treetops (lucky them).

Think about beliefs that you strongly hold. Where did this belief system originate? It originated in the past, from experiences you have had, consciously or unconsciously. Your belief system also originates from expectations you have about the future. You believe that life will be a certain way in the future. You believe that you will have a family, a certain career, or that your body will look a certain way. Each of us has a belief system that is constructed from our own experiences and our own expectations about the future. If each of us has a different perspective, what is reality? Are we seeing the whole tree, or are we just seeing the roots? And do we join groups that affirm our belief system because that makes us feel better that our beliefs are "right?" Maybe those who agree with our beliefs are simply those people who are also seeing only the roots and not the whole tree. And when those who live in the treetops call out and say what they see, those down at the roots become fearful, because they say that this couldn't be possible. They don't see the same view, but all they need to do is back up to a different perspective so they can see the whole tree. The greater your fear, the more you are attached to your belief system. As fear increases, you become hardened in your beliefs, and you look for others who hold the same belief to validate what is only a perception, what is only one perspective. When you are part of a group, it seems as if your fear is alleviated and as if you have a sense of security, but this is impossible.

Our beliefs produce a perspective where we see good and bad, where we see differences. The whole world, every experience, every choice, even every thought revolves around the contrast created through good and bad. But isn't good and bad subject to each of our

own interpretations? Is alcoholism bad if it tears apart a family, or could it be good if, through recovery, it is the impetus for healing, just like the murder example? Could the alcoholism be partially bad and partially good? Do you see how confusing this can become? What if your boss at work yells at you for poor performance? If you feel good about yourself and you know that you are an excellent worker, then you will probably let the comment go without dwelling on it. But if you are unsure of yourself, then the comment will add to the uncertainty. The same comment takes on a different meaning according to your beliefs. In fact, it can take on an infinite number of meanings. Obviously, when we talk about beliefs, there are no absolutes. We are on shifting ground. We are on a foundation of sand.

To summarize, appearances contain contrast. Their foundation is "good" and "bad." But this leads to a belief about appearances which is not real. If appearances are not real, what is Real? What is changeless that underlies all appearances? Surely, something must be changeless, or the universe would be utter chaos. At this point you might say that this world does exhibit chaos, but it is the appearance of the world which exhibits chaos, as seen through the eyes of the beholder. The world seems to change every instant, yet it is the eyes of the beholder, individually and collectively as the human race, which change and which are the impetus for the apparent changes in the appearance of the world. To put it another way, as our beliefs change, the world seems to change.

When you cling to your beliefs out of fear, you cling to a rock in the River of Life, and the current repeatedly smashes you in to the rock. If you release your beliefs, or you at least witness them for what they are, then the current carries you along effortlessly. Life becomes much easier, much simpler. You know that you are moving toward this when you are able to laugh at your beliefs and at the intensity with which you held those beliefs.

Awareness of your beliefs is the key. Many of your beliefs, especially those about yourself, are hidden. If you do not see and clear negative or limiting beliefs about yourself, they will offset any positive beliefs that you hold. The degree to which and the duration that it takes to manifest a positive belief about yourself directly corresponds to the depth of your limiting beliefs and how consciously aware you are of those beliefs. Some of the deepest negative beliefs you have about yourself need to be brought into the light of your awareness numerous times before they are cleared. You encounter the same belief along a different part of the spiral, seeing its falsity from a different angle and with new vision.

The strongest negative belief held by individuals is self judgment. This is an individual's belief that he is not worthy, that he is not "good enough" as he is, and most people are not aware that they hold this belief. The world appears as it does from a collective self judgment. It is a projection or reflection of how each of us individually self judges. All judgment is self judgment, even if it appears to be directed to someone or something "outside" of you. The world is as you see it. You do not see the world and make judgment on it. You judge, and the world appears to take that shape and form to you.

Can this apply to our emotions as well? That is, are the feelings we have affected by our belief in them? Yes. The substance or energy behind all emotions is the same. When an energy rises within us, i.e. anger, we immediately identify it as anger. Our belief that it is anger makes it anger. The energy is neutral, but our belief gives support to the appearance of a certain outcome or result, which is then used as confirmation for the belief, creating a dog chasing his tail scenario. If you see it as only a neutral energy, you will short-circuit this cycle, allowing you to be the master of your emotions. Anger was a difficult emotion on my journey. I was a rager, acting just like a child throwing a temper tantrum. Following the rage came the guilt and self judgment that occurred when I had expressed the anger in a hurtful manner, especially at my wife and children. As long as I was self judging over the anger, I wasn't allowing it to be what it was. I was stuck in the cycle as self judgment created more anger. The anger only dissipated as I began to clear the belief behind it. What makes you angry, and what is the belief behind that anger?

So, what happens if we take away our beliefs and we see past appearances? Appearances consist of differences. If there are no differences, then there is only a single unified entity. God is One. This universal essence, this source of creative energy, cannot be divided. It can only appear to be divided, as evidenced by everything around you. But remember, appearances are not reality. Reality or Truth is not what you want it to be. It is not your beliefs, your perceptions, or judgments, because as shown, these are not universally held. Truth is indivisible and self evident. When you know that God is One and that there is only this single unified entity, that God is all that exists, then you settle into a great peace. Because behind all appearances, behind the appearance that is you, only God exists. You are a part of this Oneness. This is not a great leap of faith. This is what you already are, what you know yourself to be when you begin to look at your beliefs and behind appearances. So, if each of us is a manifestation of God, why do we appear to be separate? For God to know Himself. The One, who is infinite and all that exists, can only know Himself by appearing to be finite, separate parts. God, who is Love, knows Himself, Loves Himself, through the appearance, the contrast. His expressing through, and as, "each" of us and through all Creation is the appearance. Our journey is like a puzzle, where we are the pieces appearing to be put back into place to restore completeness. Our remembrance that we are the Oneness helps us to look behind appearances, to look beyond our beliefs and see the truth, to see the world as it truly is and not to see it through the appearance that was created from our beliefs.