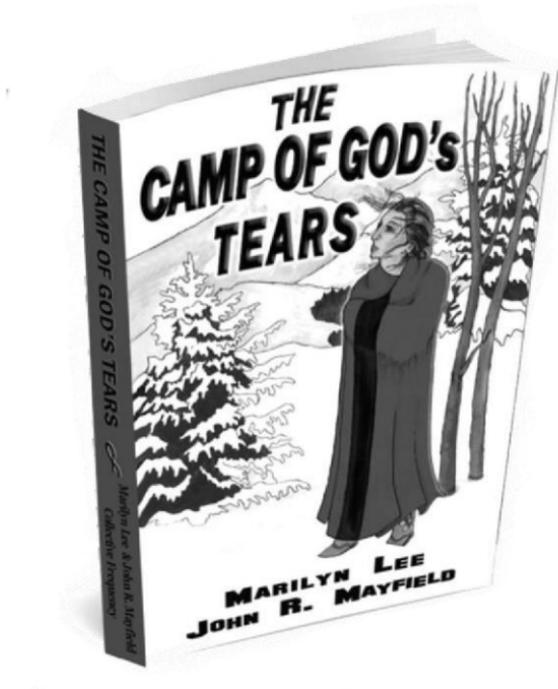


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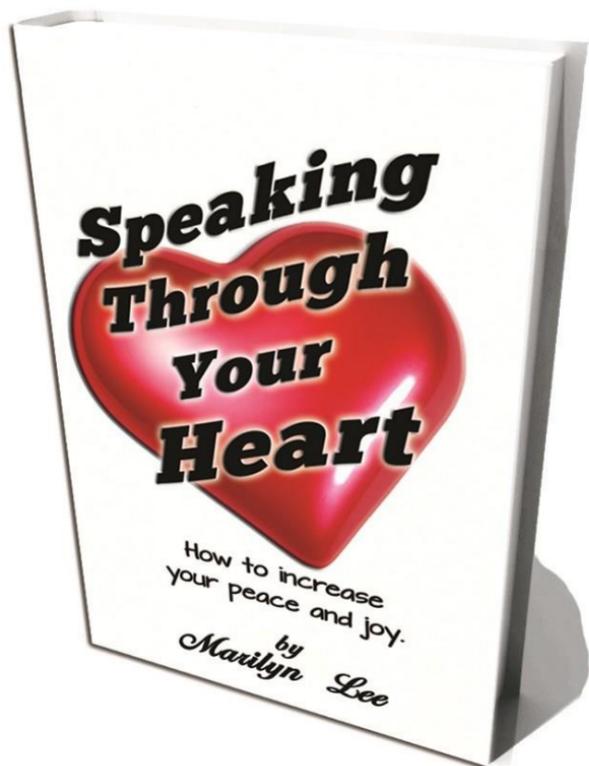
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by

Marilyn Lee

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Library of Congress control number: 2012950307

ISBN: 978 – 1479398997

Printed in the United States

WEBSITE: <http://SpeakingThroughYourHeart.com>

PUBLISHING SERVICES

<http://DMBookPro.com>

DEDICATION

This book is dedicated to all living things seen and unseen, to the energy of all that is.

CHOOSE TO LIVE IN ONENESS

AUTHOR'S NOTE

The following are inspirational messages I received in meditation since 1987 when I first became open enough to have them come to me. Some of these messages have come from channeled messages that were especially impactful for me and have never left me.

For example, the message, 'fight and lose, love and win', is one. This and its parallel component, 'you become what you fight', are treaties that have stuck with me like glue. These came to me via channeled messages in 1990 when I was compiling the messages into a typed format to reference later or to share publically.

Other messages since then would come to me while driving or while in the shower. Sometimes I would wake up with one dancing around in my head.

For example, the issue of "time" is one that I have been reminded of over and over. Many times I get that time is a function of our earth-bound

experience only. It does not exist beyond this realm of our experience.

Many of my messages have never left me alone.

Often they would twirl around and around and continue to ping at me until I gave them voice.

You may notice some redundant messages. That is because they have come to me so many times in different settings. I asked about why the redundancy. My answer came back to me that we as humans require having important messages repeated. We remember better when the message is repeated. Hence, redundancy.

The following is a compilation of most of the messages sorted by topic.

TABLE OF CONTENTS

1. God	13
2. Prayer	39
3. Energy, Frequency and Flow	45
4. Communion	49
5. Heart	65
6. Emotions	71
7. Free-will	81
8. Ego	87
9. Love, Communication and Behavior	91
10. Power and Conflict	107
11. Transformation and Transcension	117
12. Star Friends	125
13. Death, Grief and Afterlife	127

14. Time

133

15. About the Author

135

CHAPTER 1



GOD

(A rose by any other name stills smells as sweet)¹

Absolute
All
All That Is
Alpha and Omega
Creator
Divine
Divine Love
Divinity
Essence
Fire
Force
Great Mystery
Great Oneness
Great Spirit

¹ Shakespeare, *Romeo and Juliet*

—GOD—

Heaven
Home
I AM
Intelligent Space
Knowing
Life
Light
One
Oneness
Sacred Force
Soul
Source
Spirit
Universe
Whole

☞ All comes from the same Source in the Oneness

You and everyone else come from the same Creator, even your adversaries and those you don't like or those you disapprove of. Earth and all her creations come from this same Creator.

☞ The Divine is your Source

☞ The Great Oneness is your Source

☞ We are all "one" and come from the same One

SOUL

*Q You can feel being in the state of Oneness;
atonement is being at one*

Often the word 'atonement' is explained as being in 'at-one-ment'. When you feel this oneness, you know it. It is easy to identify, because it brings calmness, a sense of peace inside, an easy feeling of joy.

*Q When you go into that state of oneness, you
feel it*

If you have felt this sense of oneness with your Creator, you know it, even though you might have a different label for it. If you have not yet felt this oneness, you are in for a treat. It is definitely a feeling or space you would want to return to, and indeed it is unforgettable. It helps you comprehend that physical life is not all there is.

Q Trust the Great Oneness

Trust is another form of love and faith combined. It is required as part of your experience in feeling connected to your Source. When you choose to trust your Source, you are stepping out of the way to allow Source to manifest perfection.

Perfection comes in many forms.

☞ *Your soul is your connection to Spirit*

Your soul is the same substance as Spirit.

☞ *Your heart is the direct line of communication
between your soul and Spirit*

Your heart is the spiritual metaphor for the connection between you and everything else. It is the metaphoric organ of love between you and others, and between you and God. When you open your heart, you enable yourself to feel connections to others and to your Creator. The scientific world calls this ‘entrainment’.

When you close your heart, you shut out the feeling of love going out to others. And most significantly, what you might not realize is you shut off the feeling of love coming to you from your Source and often from others. When you do this, you set yourself up for loneliness and isolation, which you interpret as feeling estranged from Divine Love, your Source. Love is always coming to you, and you refuse to feel connected. This is when you might say, “God has deserted me” or “God does not exist because I cannot feel God”, or “I do not feel God in my life.” In these cases, God has not

abandoned you, you have chosen to ignore the line of communication with Spirit or shut it off entirely. In this case you feel God has abandoned you when the reality is you were the one to set up this scenario, probably because you did so while pouting for not getting your way.

Q Living as separate individuals is an illusion and is reinforced by the views of the predominant cultural paradigms

Because you operate a physical body, and see the physical body of other individuals, it appears that you are separate from those others. This view is reinforced and promoted by the dominant paradigm. In truth, each of you are flamelets of the bonfire that is God. The illusion makes you think you are separate, when in fact, you are one.

Q Awareness of the oneness transcends the sense of being separate individuals

When you remember your oneness, as you choose how you treat others and how you behave toward other individuals, this sets up a powerful morality or moral code or code of ethics. As you remain aware of your oneness, you treat other individuals as if they were you.

Q Because your essence comes from Source and is Source or Spirit, your body houses Spirit and thus is a temple that must be honored

Your physical body is a denser vibration and becomes your means to experience experiences. Your body holds your flamelet of God which is your soul. Your soul and Spirit are of the same essence, and your soul is Spirit in learning mode. Therefore your body becomes a temple which houses the expression of your Source that you identify as you. A temple is a house of God, and that is what your body is. Thus you would want to honor that temple and take care of your body in the best way possible.

Q There are no rules

Rules do not exist in the Divine. Spirit gives us no rules to go by. There is only what works. There is only what serves you to bring you peace. If what you do and how you live and how you behave does not bring you peace inside, that calmness and joy of connecting with your Source, then you have the option to change your behaviors, to live differently, to treat others differently. Since you create your life, you get to figure out what serves to bring you

SOUL

peace inside. When you do change how you behave and think toward others, your life will change also.

*Q Despite your physical birth through the womb,
all comes from the same Source*

You and all others arrive in this vibration; in your physical body via a physical experience you call 'birth.' The womb is a place where you get to take the opportunity to be nurtured as you transition from a spiritual being only to one with a physical body. As a spiritual being, you come from the same Creator or Spirit as other individuals inhabiting a physical body.

Q You are not separate from your Source

*Q You can never be separate from Source
because Source manifests itself as you and as
everyone else*

You and all others are each a flamelet of your Creator. Your substance is identical. Separation is impossible as your spirit and your Spirit are always connected. You are a manifestation of the energy that sourced you. You cannot separate yourself from God, because God is you.

You might not like this idea. Being influenced by western thought, you might not feel comfortable with this idea. You might want to deny this relationship as described here. You might want to feel separated from your Source, because that is what you were taught in the past. Separation is impossible because you and God are One.

Q Material world and physical life are an illusion

Your physical life is experienced in an illusion that serves as a metaphoric stage on which you play out your life drama. Your life drama is created by you for the purpose of experiencing experiences. You create your experiences from which you can learn. As you learn from your experiences, you get to understand more, comprehend more, and choose the experiences you wish to have based on what you have learned. The material world is only a vibratory frequency that provides the theater for your stage on which to act out your life experiences as the drama in which you are the star.

Q Your physical life is not all there is

You might think that nothing exists past your physical life. You can think that if you wish. When you do, you set up your own moral or ethical code

SOUL

of how to behave toward others that might not serve you to bring you the peace your soul craves.

When you comprehend that your physical life is only a part of the All That Is, then your own moral or ethical code develops differently. You choose your behaviors differently based on the view that much more exists beyond what you see of the material world. Typically, you would then experience more of the joy and peace that comes from comprehending the limitations of physical life.

Q You are an extension of Spirit, your Source

Dominant religions and culturally accepted worldviews do not recognize that you are God operating in your physical body. You and all others are extensions of Spirit. This is why you cannot be separate from your Source, and why you can and do create your life experiences in whatever shape they take.

Q Perfection exists

This is not the same thing as some call a divine plan. Your soul purpose is to find your way back to your Source, bringing with you all that you have learned from your experiences particularly how to

find peace and joy. Whatever directions or paths you take to accomplish this becomes perfection.

You cannot make mistakes. If you engaged in behaviors that led you away from your Source, you get to acknowledge that and change your behaviors and thoughts. If it takes you longer to get there, that does not matter. You are not in a race with others. You are operating on your own Divine Right Timing.

🕒 Thriving in peace and harmony requires awareness that you are one with the One

You may think or hear that surviving the demands of physical life is the goal. This is not so. Surviving is not the same as thriving. You are given the opportunity to thrive. To do that requires your awareness that you are God living in your body, and to feel, to know at all levels the peace, the joy, the harmony this relationship provides. Thriving is created by the joy and the peace you feel regardless of your physical environment.

🕒 Sacrifice is unnecessary

🕒 Sacrifice implies that you must appease Source in some way

SOUL

- Q This is contrary to the truth that even though you are a physical manifestation of Source, you are also made of the same essence as Source*
- Q Blood sacrifice is a corruption of death-surrender-resurrection*

Dominant religions and other cultural norms often speak of the necessity of sacrifice. That is giving up something to get something, typically in reference to God. There is nothing you need to give up to improve your relationship to your Source, except for mental/emotional/psychological attachments that prevent you from realizing your true relationship with your Source.

The idea of having to give up a material possession or money, or blood, or a life, for example, to make you better, or to have a more successful experience, in the eyes of God is simply bogus. There is nothing you can do to make you better in the eyes of God, because God is you in learning form.

Often sacrifice is called for to motivate God or to create an incentive to persuade the Force (God) to

do something like creating an improved condition on Earth.

When you realize you create your life, and you are the creator of your experiences, you can create intentions that create change. By your intentions you create your life conditions.

Sacrifice implies that you are separate from your Creator, and that you must do something to make your Creator do something to improve your conditions. Since that is not how creating and creation works, sacrifice is unnecessary.

☞ *The seen world is the illusion*

The seen world is powered by the unseen world. What is seen in this material world can be changed with a thought. Your thought, your intention can change what you see and experience. Your thought and your intentions are part of the unseen and are part of the All That Is, your Source.

☞ *You require to stay in balance and feel your oneness with your Source and with others*

When you do this, you feel joy and peace

SOUL

Q Love is the power/energy that joins everything in the universe together as a breathing intelligent fabric connecting each to all

Q Some call this Intelligent Space

Nothing else exists that is not Love. Love is all there is. There is no space where Divine Love or Intelligent Space is not. You are connected to each and to all because you exist.

Q You are one with all others, even adversaries or those you don't like

Often you might feel your adversary or opponent is part of an evil force operating against you. The truth is, your adversary is connected to Source in the exact way you are. When you are engaged in behaviors that reinforce your perception that your adversary must lose for you to win, you are participating in a frequency that brings you down to the same level as your adversary. Fight and lose, love and win. The only way to win is to see your adversary and your situation differently. Change your perception of the situation. When you see your adversary as if that was you, it becomes easier for you to change your behaviors. You can create a different, improved, scenario simply by

—GOD—

changing how you see and changing how you respond. When you do that, then that changes everything. In addition it changes your frequency. The higher your vibrational frequency, the easier it is to move through the density of physical experience and the easier it is to create an improved scenario for your life expression.

SOUL

- ~ You are connected in the living, breathing, intelligent tapestry of love
- Q Spirit is your Creator and is the force that generates all energy
- Q Source is like a bon-fire
- Q You and everyone else as individuals are individualized flames of that same Fire
- Q Your soul is comprised of the same essence as that of Source, your Creator
- Q Physical appearances give you the illusion that you are separate
- Q The physical body is only a covering of your divine essence
- Q The physical body provides you with a vehicle by which to experience experiences and thereby gain insight so that you can better know love and joy

Your physical body is like a costume you wear in the drama of your life. This costume is comprised

of all of your experiences, memories, genetic code and ethnic history, your strengths and your frailties. Your essence, which is Spirit, fills your costume. When you remember that every other human being is also the essence of Spirit covered by a costume, it becomes easier to relate. You each have different costumes. The essence of each is Spirit. Just as you are one with your Source, so is the other person. So of course you would want to treat the other person as if the other person is you...because the other person is you... just wearing a different costume... you are both Source.

☞ *Because you experience not-love and unhappiness can you better recognize and appreciate love and happiness*

When all you know is love and happiness, you are challenged to be able to identify the experience of love and happiness. When you have experiences that provide you with the knowledge of what notlove feels like, of what unhappiness feels like, then you gain the capacity to identify and actually know love and happiness. You gain this by being able to compare the feeling of love and not-love. This provides you with the insight and experience that your Source requires.

SOUL

~ Mistreating homosexuals or treating them badly does not comply with the law that you and all others are one in the One

Q Mistreatment of anyone regardless of excuse or rationale does not comply with the law that you and all others are one in the One

Q Mistreatment of others, acting without kindness comes from feeling separate and dishonors your Source

Q Animals and all other creatures are an expression of All That Is. Their Source and your Source is the same. Mistreatment of animals/creatures of any kind does not comply with the law that you and all others are manifestations of Life, Source and are created from the same Essence

You and the other are one. You and the other are one in the One. Treat the other with the kindness you would like to experience if you were the other.

Q Tapping into Infinite Intelligence or Intelligent Space is the process of communing with Source

—GOD—

- ☞ *You and everyone else are individualized expressions of Creator, Source.*
- ☞ *Source is in each and every life form*
- ☞ *To hurt, harm, or kill another life form is an act contrary to the Oneness*
- ☞ *When you feel separate from others, or from your Source you often commit hostile acts that are not in harmony with the Oneness*
- ☞ *Regardless of how you might feel about someone or regardless of the nature of the relationship, you cannot own another person*

You cannot own Spirit. Since each person is also Spirit, just costumed in a physical body, you cannot own another.

- ☞ *When you harm others, you demonstrate you are not feeling alignment with your Source*

When you harm others or treat others unkindly, you are demonstrating to everyone that you are not feeling your alignment with your Source.

SOUL

Usually that is the case when people harm others

☞ It doesn't mean you should love them less, but you should love them more

Fight and lose, love and win.

☞ Not everyone is consciously connected with Source

☞ You and all others are connected to Source in the same way and with the same unconditional love

☞ Some are more conscious of it than others

☞ The more conscious you are, the easier it is to behave in ways that are harmonious with others

☞ The veil of forgetfulness is a metaphor that describes the issue of you not remembering much from before you experience a physical birth

Typically you don't remember what your experience was before your birth. Some of you do remember parts of past physical experiences, and some of you remember your oneness in Source. Sometimes spontaneously remembering too much of your past physical experiences prior to birth of this experience can be confusing when you are operating in this present experience.

Q A living, conscious fabric comprises all matter and non-matter and is the essence of all energy

There is no such thing as matter and non-matter, because everything is energy. What you typically refer to as matter is nothing more than a lower vibratory frequency that is perceived as if it were solid. It is just the vibration of the thing you think is a solid is slower and lower than that which is unseen. Everything is energy.

Q When you experience the material world in fragments, you prevent yourself from fully experiencing the wholeness or oneness of the Great Oneness

~SOUL~

~
☞ *Nothing exists, either material or non-material, that is not embraced by and comprised of this Intelligent Space*

Western cultures historically have been and still seek the Truth of existence, the Truth of the self

☞ *They seek answers in the material world*

☞ *The answers they seek cannot be found there*

☞ *This Truth can only be found by seeking within the self to find the essence of being*

☞ *This essence is the Essence of the Universe or Intelligent Space, Source, Divine Love*

☞ *What seems like empty space between you and the other person is really a living, breathing intelligent fabric that is Source, Creator, Intelligent Space*

☞ *Absolute 'right' or 'wrong' do not exist by themselves*

Behaviors in the physical experience are neither 'right' nor 'wrong' because they are nothing more than behaviors. You might see them as either right or wrong depending on the relative circumstances and your perspective. Right and wrong are relative terms and cannot exist by themselves without being compared to something else. A behavior that you might consider 'right' in one instance, you might consider 'wrong' in a different context. What is right in one instance might not be right in another.

*Q When you behave in ways that help another,
you help yourself because the other is you
You both are as flamelets of the same Fire*

*Q The Whole is greater than a collection of the
parts*

The Whole is your Source and the Source of other parts. It is greater than all parts collected together because the Whole is also the space between the parts.

*Q Creation/Creator seeks expression and makes
you a creator of your life*

SOUL

↳ Creator and Creation are one. You are part of Creation as well as being part of Creator. As an expression of Creator, you create your life experience by the choices you make.

↳ *Regardless of how you define your relationships with family members and with friends, as well as others, you remain*

—GOD—

connected to them in a direct way since everyone is directly connected to Source

☞ *Your core is within you*

☞ *You cannot leave it behind when you relocate or travel*

You remain connected to your Source which connects to you through your core. You cannot disconnect it so it goes with you wherever you go.

You either pay attention to it or not.

☞ *Honor yourself*

When you honor yourself, you honor God.

☞ *Honor each other*

When you honor each other, you honor God.

You honor your Source when you honor yourself and others

☞ *Peace is not dependent on external factors*

SOUL

Regardless of events going on around you, peace only exists within you. That peace within is not dependent on situations or arrangements in your physical experience. When you feel that peace within, you find yourself behaving in ways that reflect the inner peace you feel in spite of what circumstances you are experiencing.

In fact when you feel that peace within, you will realize you are experiencing your circumstances differently than you might if you were not feeling the peace within. Peace does not exist in the physical by itself. Peace can project into your experience from within you, so that your physical life will reflect your inner peace. When you don't have peace within, you will not have peace in your physical experience.

Q You are one with everything in creation because Intelligent Space is the living, breathing, intelligent, loving fabric that connects each to all

Q You are one with the One

Q You are connected to the All or One whether you are conscious of it or not

You cannot escape your oneness, although, you might not be conscious of it.

—GOD—

☞ *You are one with the One*

☞ *You are one with all others and one with
Source and you cannot change that*

☞ *You are connected to all*

☞ *You cannot avoid this*

☞ *As you plan your life, you can know that when
you feel your oneness, your life path opens up to
you and success becomes easier and your sense
of satisfaction fills you and you feel peace*

☞ *Intelligent Space is the living fabric that connects
each to all*

☞ *You create with a thought*

Thoughts are energy. The physical experience you call life shapes itself according to the thought energies you send out by just thinking. You create your life experiences by your thoughts and intentions. When your life experience is not what you think you want, you can change your thought about it. When you do, your life experience will change to reflect your new thoughts and intentions.

SOUL

How you act and behave and respond to circumstances is nothing more than an expression or reflection of your thoughts. As you change your thoughts, you change your behaviors and how you respond to your circumstances. All of this changes your life experience.

Q When you increase your awareness, you broaden your views of possibilities

Because your awareness allows you to acknowledge all the possibilities within its scope, you increase what you can acknowledge as possibilities by increasing your awareness. This requires you to expand your consciousness. As you do this, you increase your awareness and broaden your views of what is possible.

Q Remember to remember your oneness

CHAPTER 2



PRAYER

Prayers of affirmation asserts your relationship with the Universe and with each other

Prayers of affirmation differ from prayers of supplication in a critical way. In prayers of supplication, you are asking for something you assume is not already in existence.

When you ask for something as in engaging in a prayer of supplication, this prayer is contrary to the notion that God does not know what you need. This implies that in your opinion God is not adequate to

either know or to provide you with what you think you need, or what you think should be done.

SOUL ~

When you ask for something, you come from the position of being without. This position is really saying you are wanting, and you get what you ask for, the wanting.²

Whereas, when you affirm in your prayers, you are acknowledging your intention, and that intention becomes reality. When engaged in prayers of affirmation you focus on what is and that you recognize your wholeness, and you are not without.

This is a prayer of affirmation and acknowledgement

We acknowledge the Great Spirit, our Creator, as the Sacred Force in the Universe. The Universe, created by Great Spirit, is the Great Spirit manifested in the physical world. All of Heaven and Mother Earth birthed from Great Spirit. The Will of the Creator is as above, so below. Just as Great Spirit provides nurturing of our souls, so does our Mother Earth

² Esther and Jerry Hicks, *The Law of Attraction and Ask and It is Given*



*provide us with bounty for meeting our human needs?
We live in Oneness with each other. As we help each
other, we help ourselves. Should we by some act bring
harm to another, we harm ourselves. As we remain in
tune and aligned with Great Spirit and Mother Earth,
we know our way is guided, our path protected. All*

PRAYER

*comes from the Creator, all Life. Everything that is, is
part of Great Spirit.*

This prayer as an example also acknowledges responsibility for choices made now and in the future spoken by White Eagle.³ You can insert your name and amend this as appropriate.

*Great Spirit, Creator of All that Is, the I-Am of All That Is, I
am White Eagle. I speak on behalf of The People.*

*We are here in acknowledgement of our alignment
with the Great Oneness.*

*Our physical experience both individually and
collectively is You Manifested.*

*Great Spirit, we are troubled by a growing sense of
separation and fragmentation among The People.*

*Our dreamers and seers see something coming
that distresses us. We see an energy coming that carries
suffering, death and destruction for The People.*

We are unable to see beyond it.

*We cannot see order within the chaos that is coming.
We as The People only know our oneness with the One.*

*We are caught at a crossroads of what to do ...
stay in the lands of our ancestors or leave these lands
and venture into unknown lands.*

³ Lee and Mayfield, *The Camp of God's Tears*

~
Through our free will, we can make a choice.

SOUL ~

We understand that we must make a choice.

*We see our choices as either stay or leave. It is our intention to
make the best choice for The People.*

What blesses one, blesses all. What harms one, harms all.

We see death in staying.

We see death in leaving.

*If what is coming means death to The People, then we
surrender and go humbly into the All That Is.*

*We will return with dignity to our Creator, and we
then look forward to our resurrection in
whatever form that takes.*

The People cannot prevent what is coming.

*We offer our forgiveness for what may be the death of
The People. The deeply unconscious people who are coming to
our lands are consumed by separation, ego manifested
in their thoughts, words and actions.*

We must from within surrender to what is coming.

*Through surrender we see beyond their form to
their true being that will awaken in them
once they are aware that we are all connected.*

*We must act, however, to preserve our way of life, our
conscious connection to the Great Oneness.*

We set our intentions to preserve our ways.

We ask for your protection, as in the past three worlds.

~

*We thank You, Great Spirit for hearing us. We trust Your
Guidance, to stay or leave.*

Thank you.

42

PRAYER ~

Q This acknowledgement includes seeing death in what is coming and expressing a willingness to surrender resistance and to move humbly into the embrace of Source

Q Regardless of expected harm from another, love and forgiveness is still extended to those who are unconscious of the oneness

This includes you as well

Q It is important for you to give thanks for gifts and opportunities. This becomes a prayer of affirmation

Thanksgiving and expressions of appreciation are prayers of affirmation and demonstrate your recognition of this.



“Divine Love always has met and always will meet every human need.”⁴

⁴ Mary Baker Eddy, *Science and Health*

CHAPTER 3



ENERGY, FREQUENCY AND FLOW

Q You are connected through frequencies which include thoughts and words and these are also manifested in your physical life

Everything in the universe is energy. Only the frequency varies.

All of what you see as physical and material is comprised of energy which is detected as vibrational frequencies.

The space between the stars in the sky appears empty. However, that space is comprised of energy

vibrating at frequencies faster than your eyes can detect.

—SOUL—

This space is a living, breathing intelligent, loving Force. Sometimes it is referred to as Intelligent Space. It is the fabric that embraces all things seen and unseen, connecting each to all.

This same fabric exists between you and everyone and everything else. It provides the connective tissue that ties all together into “*One*”. God is the Creator of all and is the creation also. This is why you cannot separate yourself from God, because you and God are “*One*”. God is the creation created. God is you showing up as you, and so is everyone else.

Thoughts and words are comprised of energy as well and can be referred to as frequencies. Thoughts, words and actions are all related in a composite of frequencies. Thoughts and words become manifested in your physical life. In short, you create your life experiences by your thoughts and words.

You can consciously or unconsciously, intentionally or unintentionally, tune in to or connect to the

frequency of another person. This is how psychics and mediums work. They tune to or tap the frequency under discussion.

46

—ENERGY, FREQUENCY AND FLOW—

↳ *Sometimes you can have a premonition; it occurs when you tap into that frequency*

Ⓞ *You can consciously tune in or connect to the frequency of an animal as another life form in the oneness*

Those of you with pets often experience this.

Ⓞ *You can feel the oneness with creation as described here in feeling at one with the rock or other material form, of feeling the connection of oneness*

Animals, plants, trees, and other life forms are comprised of the same energy as you are. They each vibrate at their own frequencies. You can tap into another's frequency and connect.

Q It is important for you to give thanks for gifts and opportunities

The vibrational frequency of appreciation becomes an acknowledgement and a prayer as well.

CHAPTER 4



COMMUNION

Q For some individuals the Veil of Forgetfulness is thin, and you see more truths easily

Typically, when you see more truths, you are better able to communicate those truths. This assists you in behaving in ways that demonstrate what you see and know to be true.

As you follow the direction from within that comes from Source, you no longer need to follow a leader

You become a leader in your own life

You become a leader in your own life by following your inner guidance which is Source. You are living in communion with Source. When you do, you no longer require someone else to lead you or to tell

SOUL

you what to do. The torch that you follow is the Fire that is God. And, you know you are doing it right by the peace you feel inside. If you do not feel that peace, then ask again, “what is the right thing to do?”

☞ *Your physical life experience is a journey that requires trust and faith*

☞ *Your life journey requires trust and faith, faith and follow-through as you live, and move and breathe, always remembering you are a flame in the large bon fire, Source*

This is inescapable. If you choose to act out your physical life experience without this trust and faith and follow-through, you have that option. At the same time, should you choose to experience trust and faith in the Universe, you will find benefits and rewards find you.

☞ *Connecting consciously with Spirit provides avenues for communion, and increased awareness*

When you choose to consciously connect with Spirit, you will experience increased awareness's.

~ COMMUNION ~

And, you will find yourself experiencing living in unity with the All That Is which grows exponentially. You then live in communion with your community, connecting with others who live in this communion.

↳ *Tapping into Spirit in this way has been called initiation and is an ancient way of reaching the knowing at extreme levels.*

Some ancient cultures formalized the process of communing with the All That Is, as well as with other cultures beyond Earth and beyond time.

↳ *Highly spiritual cultures, such as the Egyptians of the ancient culture, practiced this kind of initiation*

Communing at a very high level, such as this kind of connection, provides the opening for knowing deep truths that often are rarely tapped into, and can then be brought down into the physical vibration of daily life for practical application.

↳ *Remembering union with Spirit and feeling the joy of that union is rewarding and satisfies the soul in ways that cannot be matched*

~SOUL~

This is experiencing the connection with the Christ Consciousness. The inner peace you feel is indescribable and cannot be matched. This is true communion.

~ *Experiencing the joy of union with Spirit brings joy and peace within*

This is what being in 'at-one-ment' means. This is what feeling the communion feels like.

Traditional western religions and churches that utilize communion rituals have corrupted the sense of what communion really is from its beginnings. Taking in the bread and wine as if they were the body and blood of Christ is truly a bastardization of what was first taught to Christ's followers. This corruption comes from believing that the physical is real and that your physical life is the only life you have.

The body of Christ is the Consciousness of Christ. It is consciousness experienced at a high frequency. The blood of Christ is the energy that flows through the thoughts, words and acts experienced at a very high level, higher than what is your normal level, believing in a limited life

~ COMMUNION ~

experience. Taking in the body of Christ then would be you participating in the Christ Consciousness and then behaving in ways that keeps you uplifted as well as helping others to lift up also to feel this communion, this connection. Drinking of the blood of Christ is you operating at a very high frequency and going with the flow of that frequency.

Throughout the journey of your life experience, you may find that you do require to be reminded constantly or from time to time. This is why you would want to actively seek communion constantly or from time to time as it suits you. Because it can be easy to forget as you move on your journey, you would want to participate in breathing techniques, or any other technique, that gets you into the body and blood of Christ, the consciousness and energy flow of the Christ Consciousness. This is Communion. This is experiencing the Oneness, experiencing the joining of you into the Divine consciously.

This then becomes the death-surrender-resurrection. You allow your old thoughts about something, about yourself, or about a limited life to die or be let go. You surrender to the Oneness. Then you feel yourself resurrecting into the Divine,

~SOUL~

you are consciously renewed. You experience resurrection and renewal of yourself.

Death, surrender and resurrection never was just about the man, Jesus. It is and remains about you. Jesus was a flamelet of the Fire, which is Creator, Source. And you are a flamelet as well. You are one with Jesus. You are one with the Divine. Separation does not exist, except in the minds and thoughts of those not enlightened. And that imagined separation will cease as each individual finds Source and connects consciously.

Communion is something you want to feel consciously. It breathes the Breath of Life into you which is why you feel the joy and peace within when you feel this conscious connection.

At-onement and atonement are the same word with a different frequency for each. You feel in atonement with the One when you commune with Source. The word atonement is used as meaning you must atone for your sins, or be punished, or serve in such a way as to work off your offenses or to suffer in some way. This is so for you to be lifted up again after you finish being punished.

What is not recognized is you do not need to atone in this way. You do not need to be punished, nor to

~ COMMUNION ~

work off your offenses. You do not need to suffer. To atone is to feel at one with Source. If you feel you have offended the Universe, then you atone by no longer offending. Punishment is not required. This means you simply stop committing whatever sin, or crime or offense you were engaged in and not engage in that behavior anymore. In other words, you change your behavioral choices. When you choose to change your behavior, your thought about that behavior, whatever it is, you atone. When you atone, you become one with the One. This choice brings you peace.

~ *When you make choices not in alignment with Spirit, you create disharmony and a sense of separation*

~ *You do not produce joy or peace within*

When you make choices that make you or keep you not in alignment with your Source or in 'an out of order' state, you place yourself in the position of unhappiness, distress, and often turmoil, which then manifests in your life as trauma dramas. This is opposite of being in communion.

Peace and joy can only be found when you do align. It is a choice. You choose either way. Even

SOUL

not choosing is choosing. That begs the question, what is it that you do want? This is an either/or proposition. You, and only you, are responsible and accountable for how your life turns out. If you become disappointed with your choices, choose again. Choose differently.

↳ Joy comes from aligning with Spirit and you feel connected with a strong sense of inner peace

Experiencing this kind of joy and peace requires your alignment with Spirit. Connecting or communing with Creator is the only way to having this kind of experience in your life, and the only way to continue experiencing this kind of experience. You must choose, either consciously or unconsciously. Not choosing is still choosing. If you do not feel this sense of connectedness, not feeling aligned, not feeling in communion, and then you are choosing that state of being either consciously or unconsciously.

↳ Fear of the past and future events can distort your perception of conditions in the present

Experiencing fear is you feeling that you are not connected with your Source. You feel that

~ COMMUNION ~

something can harm you in some way. This sets up an energetic field that draws to you exactly what you fear.

When you fear something now that stems from some past experience, this fear colors your perception of the present. When you fear something that has not yet occurred, you set up a field of energy that is impacted by your sense of feeling incomplete, disconnected from Source, and thereby susceptible to experiencing damage either now or in the future. Either way you are choosing to experience a lack of whatever you believe you are lacking. The reality is you actually lack nothing as you are connected and complete. You just have chosen not to experience your communion or completeness.

When you experience fear, you are not feeling peace and joy. This is by choice.

Q Breathing rhythmically assists in going into the alpha state that provides improved perception.

Q Breathing deeply and going into the alpha state assists you in setting intentions to accomplish your heart's desire.

SOUL

This is a technique that assists you in getting to a place of peace inside. It is a calming experience that provides you the clear opportunity to feel your oneness, your communion, and to set your intentions in Divine Right Order.

Once you get orientated to the alpha state in meditation, you can go deeper, into delta and theta states that get you to places you never thought possible. Breathing evenly and deeply and consistently while in a relaxed state takes you into an alpha state and from there you can go deeper.

The term 'to respire' comes from our Greek language heritage. The root of the word or concept which comes from the Greek *spiros* is 'spire' which refers to Spirit. When you respire or breathe, you bring in Spirit again and again.

The root word 'spire' also generates the meaning attached to 'inspire' or bringing Spirit into you, as in to be 'inspired' or provides for you an 'inspiration'. When you feel inspired, you feel a very present sense of Spirit operating with you in some way to demonstrate or manifest something you might not have accomplished any other way.

—COMMUNION—

And again, 'to expire' is to have the Breath of Life leave your body and re-enter, re-emerge, or re-join the non-physical realm of Spirit.

Q Love is easiest to recognize when it is acted out in behavior

Love is not something you can have as if it were a physical item. Love is not a feeling. Love is God in action. When you think you feel love, what you are feeling is your communion with your Source. That sense of communion feels joy and peace and an uplifting sense of unity with all things.

Love cannot be measured. Because it is energy, it is demonstrated through your behavior or the behavior of others. Often it becomes a field of energy around you or around those in communion with Spirit.

Love is all there is. Love connects each to all throughout without boundaries. When you experience communion, you feel this and know this. You know it at such a level within you that often it has no words.

There are occasions in your physical life that you might feel sexually attracted to someone. Often this

SOUL

is called 'love' and you say you are 'in love' with that person. Why you might be drawn to someone might be explained in other terms, such as through karma which operates as a karmic attraction that provides for a resolution of past unresolved issues.

Additionally a physical attraction is primarily comprised of your genes recognizing the genes in that person in such a way as to inform you that should you create offspring with that person, the offspring would be healthy.

Experiencing great sex with someone does not guarantee that your lover would make a good lifecompanion.

Some cultural biases promote the confusion of the Love that is the fabric of the Universe with the sexual drive to mate with another. At the same time, love-making is a loving expression toward another, and the actual orgasm experienced is parallel to the expansive sense of creation by Spirit such as the 'Big Bang' description of how a universe was created. Sexual intercourse provides for you to experience this. Sexual intercourse is not love. Behaviors leading up to this, however, can be very loving and can include much physical touching. Physical touching is healthy and

~COMMUNION~

improves your immune systems and more. When the touching is done with the intent to express tenderness and caring as well as arousal, it becomes an act of love that likely as not leads to the intercourse the physical body is designed to accomplish. The *intent* of course is the key. Willingness of both parties is key as well. When sexual intercourse and the accompanying physical touching is welcomed, the resulting orgasms do resemble the Big Bang and is celebrated in the heavens and becomes a form of communion.

Interestingly, the notion of marriage is often connected to the thoughts about sexual intercourse, sex, and love-making. Marriage, especially in western cultures, insists that through the process or event of marriage, two people become one.

It is a travesty that this is the thought. Marriage, like this, as promoted in western cultures historically, is nothing more than an convention for social control. Marriage is not required for two individuals to love one another, and even live together in a loving relationship, either for a while, or for a lifetime without ever experiencing the event you call marriage.

SOUL

In western cultures, marriage is a political/economic unit recognized by law. Humans invented the concept of marriage as a formality to control wealth and women in particular. Basically, it originated and remains a form of social control and human law rules it. Intelligent Space, Source, does not recognize this practice or any validity about it. It is strictly an object of law that attempts to dictate behavioral choices.

Fortunately, many women in western cultures are realizing that they alone are responsible for the success of their lives, not burdening their partner with that task. Fewer women believe that they cannot be complete unless they are married. Often this idea is thrown upon them by parents who want to shed the burden of being responsible for their female offspring. By marrying their daughters off, often these parents are saying they no longer want to fear having to bear the outcome of having a daughter not attached to a man, shifting the legal and social burden from parents to son-in-law.

Parents entertaining thoughts like this are relieved when their daughters get married off and no longer depend on parents for economic support. This is another way marriage is defined in terms of economics and personal politics.

—COMMUNION—

Indigenous tribes and other native peoples typically practice the kind of marriage that has little to do with wealth and political power and typically little to do with control of women.

Marriage is not about communion. Marriage is not about love. Living is about communion and about love.

Q When living as a spiritual being only, without a physical form, all you know is Love.

Q As a spiritual being only, you can only know love by experiencing it through the medium of a physical body and a physical experience.

Q Feeling love is like always smelling the fragrance of roses.

Q Feeling anything unlike love is like smelling foul decaying garbage.

Q How can you be cognizant of love when love is all you know?

SOUL

- ↪ *The answer is provided in your life experiences when you have experiences that are not about love or you feel unloved or not love.*
- ↪ *By having the physical experience of; love and not-love then your life experience provides you with a comparison, so you can know the difference.*
- ↪ *Knowing the difference provides you with the ability to choose actively what brings you peace and joy, and with that brings communion.*

Your physical experience provides you with the opportunity to know the difference and to be able to consciously choose what brings you into communion.

CHAPTER 5



HEART

☞ Everything connects through the heart.

Heart is a metaphor for a connection with the All That Is. All human beings are connected through their hearts and connect to Mother Earth.

☞ You must serve your heart.

Often you might say you have a conflict between what your mind says and what your heart says. When you do, you might feel that the mind governs the rational and the heart governs the emotional. Since the emotions are comprised of energies originating in the body that serve you by telling you how close you are

SOUL

to what you really want, the emotions are not stemming from your heart.

What comes from your heart is your sense of communion with Spirit and your sense of unity, not at all the same as your emotions. So when you feel in conflict between what your mind is telling you and what your heart is telling you, you have the opportunity to choose which to go with. When you go with what your heart says, you will experience inner-peace and joy. This is of course assuming that you have not closed your heart off.

Sometimes, you close off your heart in fear of being hurt. By doing so, you essentially close the doors to communications, as well as to receiving and knowing love coming to you. Closing off your heart due to fear of being hurt, or for any reason, says to the Universe that you no longer wish to acknowledge the existence of God. And, indeed, that may very well be the statement you wish to make. That is your choice. That is also saying you no longer wish to experience joy, or peace or love or warmth or connections to other human beings or any other thing that is yours by design.

When you are able to open your heart and live with an open heart, you will find yourself experiencing

experiences that will bring a smile to your face and joy within.

HEART ~

Q When you integrate with your heart energy, enlightenment occurs

Love is the energy of God.

When you join yourself, your intentions and focus with your heart energy, you are aligning yourself with Source. When that occurs, you receive upliftment and inspiration and greater understanding. The light comes to you which is the knowing of Knowing.

Q Integrate ego into your heart energy.

Ego is the sense of self. When you are seeking enlightenment or peace or joy, you require to keep ego in communion with Source. This means it becomes necessary sometimes to inform your ego that your physical experience is not about self, but about manifesting Source through your behaviors. Sometimes ego gets out of control and feeds off energies that are not appropriate for ego. When you feel you are the center of the world, often ego tells you this and your behavior reflects disharmony with others.

SOUL

When this occurs, you will not feel peace. When this happens you will feel like you are the world and everything in the world is subject to you. This is true, but not as self. This is true as you being the essence of God. Feeling an over-exposed ego will not get you to the space or place of feeling communion or alignment with your Creator. You and your Creator are One.

Q Your heart connects you to your Source

Your heart is your connection to Creator, to Mother Earth, and to all others. When you are feeling the oneness, when you are feeling the unity, when you are feeling love, when you are feeling the knowing, you are plugged in through your heart.

↳ Listening to your heart helps you find your way Home.

When you are able to listen to what comes through you, through your heart connection, you will feel directed. Home is another metaphor for Heaven or God or peace or knowing.

- ~
- ~ *Spirit breathes through your heart: Inner-direction comes from this; Inner- Knowing is peace inside*

HEART ~

Heart, as a metaphor, is your connection to Spirit breathing through you, and is the mechanism to experience the Breath of Life. Since Divine Love is the energy of God, it is only fitting that your heart is the portal and is associated with human love.

- ~ *Make choices through your heart*

CHAPTER 6



EMOTIONS

- ② *The perspective you take determines your thought about a situation which then determines the emotion you experience*
- ② *Just as you choose your perspective, you also choose the emotion you experience*
- ② *You are not a victim of your emotions*
- ② *You choose your emotional response to something either consciously or unconsciously.*

~SOUL~

- ☞ *Then you behave in ways that reflect your emotional state*
- ☞ *Emotions are a gauge which informs you how close you are to joy and peace within*
- ☞ *You feel joy and peace when you are in alignment with your Source.*
- ☞ *The perspective you take determines your thought about a situation which then determines the emotion you experience.*
- ☞ *Just as you choose your perspective, you also choose the emotion you experience.*
- ↪ *Negative emotions and unhappy emotions inform you that you are not acting or being in tune with Source and you do not feel the peace.*
- ↪ *When you feel peace and love and joy, you feel a certainty that you are acting and being in alignment.*
- ↪ *You often re-experience your emotions while remembering.*

- ↳ *Emotions are not cognizant of time.*
- ↳ *Your emotions are an energy that boils up from within your communication center.*

Q What you desire to achieve is how close to your target of feeling one with your essence can you get.

Global Positioning System (GPS) is a tracking device often used in machines that require guidance and direction, like in missiles or cars for example. In basic terms your GPS system tells you where you are at the moment. Then it informs you how distant or how close you are getting to your target. In other words, it tells you where you are in relationship to where you want to be.

Your emotions are your internal GPS tracking device. When they roll up from your internal communication center, they inform you as to where you are in relationship to where you really want to be.

Q Or, your emotional GPS system confirms how close to the sense of being at one in the Great Oneness you are feeling, or just being in the oneness in your personal experience in a specific moment

Experiencing joy in your heart and peace in your soul is really what you and most everyone longs for, often without knowing it.

~EMOTIONS~

Your emotions as they come up inform you how distant or how close you are to where you want to be. When you experience anger or hatred, or just annoyance or irritation, it is you showing you, telling you, in aces and spades that whatever it is you are doing is not serving you.

When you are having these emotions, you are not anywhere close to peace or joy. So, your personal GPS informs you of this for a very specific reason. It is your emotional guidance system that is designed to help you get to where you really want to go. Because of this, your emotions are critical to you as you seek yourself and your inner peace. Often when you feel lost, it is because you are not feeling your connectedness, your alignment with the Great Oneness. Your emotions signal to you the message that you are moving in a direction that will not take you to where you really want to go.

So when you are feeling frustrated, irritated, pissed off, stop for a moment. Breathe. Breathe through your heart. Look at the situation in which you find yourself. Look around, and see it differently. When you are able to see the event or situation differently, your thought about it changes. Your thoughts inform your emotions.

~SOUL~

When you can experience a shift of perspective, you will find yourself seeing differently, and then thinking differently, and then experiencing different emotions, all of which brings you to a changed experience of your reality. In other words, it allows you to experience the event or situation differently, thus changing how you experience the experience.

Since your emotions directly impact your experience of your reality, they are the last portal of information you get before you create your present sense of reality. When you are feeling 'off' you probably are off your center. Your emotions inform you of this so you can re-align, re-work, or re-do a behavioral choice to bring you closer to your goal.

Q When you feel like a victim you are allowing this

When you feel like a victim, you, yourself, have consciously or unconsciously chosen this state of feeling. When you feel victimized, it is because you have chosen to feel that way.

—EMOTIONS—

- *When you allow an abuser to abuse you, you are making the abuser the victim.*

- *A victim cannot be a victim without an abuser.*
- *And an abuser cannot be an abuser without a victim.*

- *Abuser/abused are two sides of the same coin energetically speaking.*

- *One cannot exist without the other.*

- *The victim has the power over the abuser because the victim can stop playing victim*

When the victim stops playing the victim role, the abuser gets to either find another victim or stop being an abuser.

Some of you prefer to position yourselves in a victim posture to avoid being held accountable or responsible for your situation or for your life. Presenting yourself in this manner only fools those not yet enlightened about responsibility. You are responsible for your life and how you choose to see and behave. The truth is no one can make you a victim without your permission. So should you find

~SOUL~

yourself in a victim position, you get to understand that you did that to yourself. You can blame no one else for it.

Some of you like being a victim and choose language that depicts you as being not responsible for anything. This diminishes your credibility in the eyes of those who know better. Of course this does not fool God either who is Intelligent Space and is the Knowing of all that is.

- ↪ *Allowing you to be abused denies your essence as being part of your Source.*
- ↪ *When you do not have peace inside, you will not experience peace in the physical world.*
- ↪ *When you have peace within, you experience peace in your physical world.*
- ↪ *When you make behavioral choices coming from that peace within, you then create positive outcomes.*
- ↪ *You participate in the lives of others.*

~EMOTIONS~

- ↳ *When your participation commands more of your focus or energy, your participation becomes a dance.*

- ↳ *You often take turns leading.*

- ↳ *Often in healthy relationships you take turns helping others and others to help you until you feel satisfied in your work.*

- ↳ *Encouragement and direction from others and from you to others often leads to a deep sense of satisfaction in your work especially if it is something that utilizes your native talents.*

- ↳ *You are not a victim of what you might call 'life's cruel jokes'*

Intelligent Space is the fabric that connects each to all. It is Divine Absolute Love that generates all life. For you to experience 'life's cruel jokes' is a way of saying you experienced a reversal or ironic outcome of a life event that you did not expect and maybe was not prepared to address. The joke is on you if you choose to interpret the event in this way. What it is, is really another opportunity to resolve some kind of puzzle or obstacle. As you address it or resolve it or move through it, you grow and

SOUL

increase your understanding. This helps you feel your oneness.

Q *You are not a victim of chance happenings.*

Q *You create your life by how you choose to respond to each and every event.*

Q *If you feel separate from yourself or separate from your Source, you can change that.*

Q *Sometimes this means releasing or giving up your sense of limitations.*

CHAPTER 7



FREE WILL

By having free-will you are given the opportunity to freely choose to align yourself with Source.

- ↳ Remain aware of how you use your ego*
- ↳ Paying attention requires conscious awareness*
- Ⓢ Using your free will gives you this opportunity*
- Ⓢ Physical life as you experience it is an illusion*
- Ⓢ You create your life*

You create your life with your thoughts and intentions, either consciously or unconsciously through your use of free-will.

SOUL ~

- ② *You can chose differently if you want and create a different life*
- ② *You choose how you respond to present conditions regardless of how painful or unpleasant*
- ② *Whatever circumstances or issues you have in your life experience, know that you are participating in it*
- ② *This means you are actively involved with it, contributing to it*
- ② *At any time you can claim Divine Right Order over any and all circumstances in which you are participating*

- 
- ↪ *Presently you are participating in a world gone mad set on self-destruction*
 - ↪ *How you choose to act or behave determines the outcome*
 - ↪ *You become what you fight*

FREE WILL

- ↳ *When you feel inadequate or 'less-than' or feel you have 'not enough', you make yourself vulnerable to create and re-create those very circumstances and experience those or even worse situations*
- ↳ *Your future is a 'maybe'*
- ⊗ *It is dependent upon what you say and do and how you choose to see and to feel and act*
- ⊗ *You create your life circumstances by how you think and choose to act*
- ⊗ *You create your environment which includes your attachments to the physical material environment*
- ⊗ *You create your life experience through your own free-will intentions whether you are conscious of this or not*
- ⊗ *You are never a victim of a circumstance*
- ⊗ *You are a participant, co-creating the event*

☞ *That event could not happen without your permission*

SOUL, ~

☞ *If you don't remember giving permission to play the victim, you gave your permission unconsciously*

Intelligent Space never interferes with your use of your free-will. When you make choices that do not serve you or bring you pain or unhappiness, you have the opportunity to learn from these choices. You may continue to make these same bad choices over and over, and will continue so until you don't. You will continue to experience the result of bad choices, until you don't.

What is yours by design is the opportunity to make different choices at any time.

Remember, whatever choices you do make, you will reap the reward or experience the consequences unfailingly. Once you recognize this, you become informed as to what has worked for you and what has not. Then you are free to choose again.

☞ *Become conscious of your choices so that you can make better ones and improve the quality of your life*

☞ *If you allow someone else to make a choice for you, it is you who is still making that choice*

84

FREE WILL ☞

and it is you who will experience the outcome or consequences

☞ *When you choose to live in the oneness, you make choices that create harmony*

CHAPTER 8



EGO

- ☞ *Feeding the ego perpetuates a sense of separation*
- ☞ *Setting aside the ego allows for your spiritual transcension to take place*
- ☞ *Sometimes you get clouded by ego which sets up a requirement for renewal*
- ☞ *Use of your mind is separate from use of your ego*
- ☞ *Sometimes your ego expands and you feel separate from your Source and your true identity*

~SOUL~

- ‡ *Over use or abuse of ego is fatal*
- ‡ *Ego often judges the circumstances and you react from that instead of stepping out of ego and seeing differently*
- ‡ *Often those who are self-righteous create their own selfish reasons for behaving in a certain way that may or may not be aligned with Source*
- ‡ *Coming from 'the position of being right' is ego directed and creates a toxic affect*
- ‡ *When you feel separate and superior to others you often come from the position of being right and behave in ways that do not produce harmony*
- ‡ *Often you say you are doing the right thing and create a plausible argument just to get your way*
- ‡ *You rationalize wanting what you want and justify or defend what you want*
- ‡ *This becomes your excuse for bad behavior*

↳ *What you label as right gets defined by your desire for what you want*

— EGO —

↳ *When you do this, you deceive yourself and create a toxic result and fear often infiltrates your consciousness*

↳ *Fear is ego driven*

↳ *Coming from fear as you make your choices, you often make mistakes and mistreat others*

↳ *You only see what you are willing to see*

↳ *You see only what you are prepared to see*

↳ *Then you call what you see 'truth' and argue that is all there is*

↳ *This begs the question: 'how do you know?'*

↳ *Remain aware of how you use your ego*

↳ *Misuse or abuse of ego causes disharmonies and unwanted outcomes*

~SOUL~

- ☞ *Taking more than you need comes from ego or greed, always the sense of not having enough, or fear of not having enough*
- ☞ *As an emotional intention or thought form this leads to more suffering and often leads to a downward spiral emphasizing a general sense of lack*
- ☞ *That only serves to continue the experience of 'not having enough'*
- ☞ *Taking more than you need and not giving back in some way, or not recognizing the balance in relationship are toxic behaviors that lead to destructive outcomes*

When you behave like this in a relationship, you are saying that this relationship holds little or no value for you.

- ↪ *Over-use of ego often creates an appetite for more use of ego*
- ↪ *This appetite can never be satisfied*

- ↳ *Sometimes, you seek to satisfy this appetite through a lusting of material property or having power over others or other behaviors that are out-of-alignment with your Source*

Over use of ego demonstrates your lack of desire to live in Oneness

CHAPTER 9



LOVE, COMMUNICATION, AND BEHAVIOR

- Ⓞ *For some individuals the Veil of Forgetfulness is thin, and you see more truths easily*

~SOUL~

Typically, when you see more truths, you are better able to communicate those truths

☞ *You can consciously connect with Spirit especially through deep meditations*

☞ *The Great Oneness has many dimensions, much like when Christ said, “in my Father’s House are many mansions”*

☞ *Fear of the past and future events can distort your perception of conditions in the present ☞ Breathing rhythmically assists in going into the alpha state that provides improved perception*

☞ *Breathing deeply and going into the alpha state assists you in setting intentions to accomplish your heart’s desire*

☞ *Love is easiest to recognize when it is acted out in behavior*

☞ *Joy is love expressed*

☞ *How you make this choice is to see differently, to choose to see from a different perspective which*

alters your thought and emotions, your behavior then ultimately your life experience

Q *Loving someone also includes letting that person go their own way without hindrance, resentments or guilt or a sense of debt and without a sense of control*

Q *Loving someone or giving love to someone does not incur debt*

Q *Love exists because it is the connector of all things*

—SOUL—

- ☞ *True love does not generate debt or guilt*
- ☞ *If you feel a sense of debt or a sense of guilt, remember, you are choosing that*
- ☞ *Living in joy is all the thanks love requires*
- ☞ *Love wishes all the best for each individual*
- ☞ *Sometimes your visions or dreams provide you with metaphors or messages which you must decipher*
- ☞ *Your perception of others is linked directly to your own view of yourself*
- ☞ *What you perceive in others may or may not be true*
- ☞ *What is true for one may not be true for others*
- ☞ *Dreams and visions often portend powerful messages*
- ☞ *Often you encounter individuals or groups who appear to you as savages That is your*

~ LOVE, COMMUNICATION AND BEHAVIOR ~

perception, not necessarily the truth about them

⌚ *However, those people might not be as closely aligned to Source as you might wish*

⌚ *Coming from the position of being right does not make you right, it shows you are unwilling to consider another way of seeing*

⌚ *Resolving a conflict requires a different perspective than the one used to participate in the conflict*

⌚ *When you change your perspective, you are prompted to look at the situation in different ways*

⌚ *This allows you to see differently*

~ *Some messages were meant to last beyond their time implying the importance of passing along the message to a future time from their perspective*

⌚ *Problems that challenge you require you to label them then admit to them, and to see your part in their creation and continuance*

—SOUL—

- ☞ *When you do accept your responsibility, you can then rise above the issue and learn from it*
- ☞ *When you learn from a negative situation, you turn it into a positive*
- ☞ *Then it can become a jumping off point for increasing your understanding when looking at future situations*
- ☞ *Light is a metaphor for truth, for seeing, and for knowing*
- ☞ *You experience the life you create by your thoughts*
- ☞ *What you see depends on your perspective*
- ☞ *What you experience depends on your intention*
- ☞ *Your talk must match your walk*
- ☞ *Your behavior reveals what it is you truly believe regardless of what you say you believe*
- ☞ *When you feel there is something about yourself that needs to be nurtured or identified or*

—LOVE, COMMUNICATION AND BEHAVIOR—

*satisfied, you sometimes look in the material
world for answers, like drugs or*

—SOUL—

alcohol or religion, philosophies, or academic texts

❧ *The Truth is within you*

❧ *That is where you must seek*

❧ *When you seek within for your answers,
you will get your answers that sometimes
might not fit with religious or traditional rules*

❧ *When you do receive your answers, you will
feel the oneness and the peace*

❧ *What is appropriate in one instance might not
be appropriate in another, because the
circumstances are not identical*

❧ *What is right for one, might not be right for
another, depending on the person, the timing,
the state of affairs, and the circumstances*

❧ *Coming from the position of knowing leads to
peace*

❧

~ LOVE, COMMUNICATION AND BEHAVIOR ~

When you see the world in fragments, you often behave in ways that cause increased sense of being separate which produces a downward spiral

⊗ *If left unchecked, this often leads to a crash and burn scenario*

↪ *You see what you want to see*

↪ *You see yourself as you want to see yourself*

↪ *What you see is dependent on how you structure your world-view*

↪ *What is 'right' in one instance may not be 'right' in another*

↪ *You already are complete as the essence of Source*

↪ *There is nothing more you can do to make you more complete than you already are*

⊗ *What is required is for you to see and feel yourself as complete*

~

❧ Then you can ask what you can do to more fully express who you are

The answers may surprise you

❧ When you follow this inner direction you will find yourself being and acting in ways that satisfy and reward you and others around you

❧

As a flamelet to the Fire operating a physical body you can really own nothing and ❧ cannot add one more of anything to yourself

❧

Mother Earth will often work with you to satisfy a human need

❧

The issue is you get acknowledge her and ask her for the gift and express appreciation

❧

You manifest or create what you

❧

—LOVE, COMMUNICATION AND BEHAVIOR—

experience from your thought about it

*You can change your life by changing what and
how you think*

That changes how you behave

*When you change how you behave, others
respond to you differently*

—SOUL—

~
You can change your life in this way

- ④ *When you talk about issues with someone often you trigger even more ideas because you stimulate each other*
- ④ *Meditation offers you time-space to access more than your thoughts*
- ④ *The answer you get when you ask the All That Is is unique to you*
- ④ *The way you ask and your biases, your frequency, your reference points, your tone and tenor, ultimately filter the response you receive*
- ④ *Seeing issues from more than one perspective provides you with another way to see*
- ④ *When you see from more than one way, you equip yourself with a broader interpretation of the issues and more ways to find appropriate resolutions*

④

~ LOVE, COMMUNICATION AND BEHAVIOR ~

~
Q *How you create depends on what you think and how you think and how you behave*

These are instructions or recommendations on how to live and honor Creation expressed in the world in which you live

Q *Christ's teaching include being aware of following a straight and narrow path to Source*

~ *Stay conscious of your choices*

There are no rules. There is only what works. There is only what serves you to get closer to what you want, or not.

~ *Your dreams and visions often can provide you with messages that you get to interpret*

~ *How you perceive your relationships is up to you*

~ *Your perception will direct your thought, emotions, and ultimately your behavior*

~ *How do you want to experience your relationships?*

~SOUL~

~

You determine that by the way you behave toward each individual

You can change the quality of each relationship you have by how you choose to behave within that relationship

~ *When you are conscious of your connection with Spirit, you can find facing the challenges easier*

⊗ *Seeing new landscapes will not assist you*

⊗ *Seeing with new eyes is what is required of you to help yourself*

⊗ *Keep the faith in the knowing you can never go where Source is not*

⊗ *Source never gives up on you even if you have given up on Source*

⊗ *Treat each other as if the other was you*

⊗

— LOVE, COMMUNICATION AND BEHAVIOR —

~

Q *The other is you wearing a different costume called a physical body*

Q *It is easy for you to keep the faith when life is easy*

~SOUL~

~
*The challenge is to continue to keep the faith
when life gets rough*

~
*And that is the precise time when you should
consult your Source within you for your
answers*

~
*When you find your life experience presenting
you with unanticipated challenges, the only
place to go is within to feel and experience
your connection with Source*

~

Find your answers there

~

Find your peace there

~

*You can experience the oneness of Intelligent
Space connecting each to all consciously when
you open yourself to it*

~

*As you increase your awareness, you can
become conscious of more*

~

*Truth of events you experience become truth to
you*

~

~ LOVE, COMMUNICATION AND BEHAVIOR ~

~

Often you derive truth of an experience from your interpretation

Your interpretation is only information that passes through your personal filters which include your personal biases and your worldview

- ~ *What is truth for you may not be truth for someone else*

- ~ *As your awareness broadens, you provide yourself with more than one perspective or way of seeing or interpreting an event*

- ~ *The perspective you choose to 'see' from informs your thought about the event, which provides a choice of emotions about that event which then leads you to a broader choice of behaviors to act out and that leads you to how you actually do experience it*

- ~ *You choose how you wish to experience all events in your life either consciously or unconsciously*

SOUL

- ↳ Regardless of how dramatic a life event is or how ugly or unpleasant a life event is, how you experience that event is up to you

Ceremonies and rituals often provide portals
↳ for communion with Source

↳ Think, feel, behave, and live demonstrating your oneness

↳ This will lead you to peace within

↳ If you don't have peace within, you won't have peace without

What is right for one, may not be right for another

↳ When seeking direction, you can tap into Intelligent Space which is your Source and is available between thoughts and intentions, between possibilities and potentials and which awaits patiently for your access

Seek for your answers within

~

*When your answers come, they might not come
in a particular manner that you prescribe*

Answers can come in many forms

*With increased awareness, you are able to see
more possibilities*

CHAPTER 10



POWER AND CONFLICT

- ☞ *International and/or cultural conflicts involve players coming from the position of being right and involve power to destroy or control the other because the other is 'wrong' in some way*
- ☞ *Coming from the position of being right allows you to see only what you want to see as the only reality*
- ☞ *This rationalizes your actions to control or destroy another person, culture or nation or world as if 'might makes right'*

- ☞ *Just because you cannot see the oneness connecting each to all with your physical eyes does not mean it is not there*
Power and responsibility must be in balance
- ☞ *Both the need to be 'right' and the need for 'power-over' come from ego*
- ☞ *Actions that come from these two positions are ego-driven*
- ☞ *In every case of choosing your reaction to something, you ask first 'what is my responsibility in this instance?' then ask 'what is the right thing?' (the right thing is what is appropriate in each instance)*
- ☞ *Rightness or wrongness does not exist as an element or attribute and is relative to each specific instance and does not exist in the Absolute*
- ☞ *Being 'right' and 'knowing' are two different positions*

☞ *When you come from the position of 'knowing' your choices will be appropriate*

☞ *And remember that what may be appropriate in one instance may not be appropriate in another instance*

- ~
- Q *The need to be 'right' and the need to have 'power-over' others when acted out produces a toxic outcome*
 - Q *The reason killing another person is not a recommended choice for behavior is that that other person is you just wearing a different costume*
 - Q *That other person is as much an extension or expression of Source as you are*
 - Q *You and the other are connected in the One*
 - Q *The other is you also*
 - Q *Sometimes banishment or imprisonment does not aid the larger community*
 - Q *Only helping the larger community helps the larger community*
 - Q *You can claim Divine Right Order over every situation you encounter that appears to be out of order*

—POWER AND CONFLICT—

When you do claim Divine Right Order over a situation, don't be surprised at how gracefully things work out

☞ *You are accountable for every choice you make, for every behavior in every instance*

☞ *You cannot escape this accountability*

☞ *No matter how you might want to shift blame on to someone else or something else, you participated in the creation of the circumstance*

☞ *Remember that what you think of as empty space between you and someone else or something else is Intelligent Space or your Source*

☞ *You cannot escape your Source*

☞ *Every element in the universe is comprised of the life-force energy that is Source*

☞ *You are not separate from it*

☞ *Nor is anyone else*

SOUL

- ☞ *Every creature is connected to every other creature*
- ☞ *Your perception that you are separate from others is an illusion, a limitation of your thinking and your perceiving*

- ☞ *Just because you cannot see this connecting energy with your physical eyes does not mean it does not exist*

- ☞ *Some may argue that physical proof is required to believe*

- ☞ *Yet scientists working in quantum physics provide such proof*

- ☞ *Also you do not have physical proof of love or of truth, yet you believe that exists*

- ☞ *You do not have physical proof that arithmetic or mathematics exist*

- ☞ *You have only the physical evidence that points to its existence*

- ☞ *Mathematics exists only in the realm of the conceptual*

~POWER AND CONFLICT~

☞ *It does not exist in the physical world*

Source or Creator cannot be found in the material, physical world

☞ *Much like mathematics, you and all others are evidence of your Creator*

☞ *Your physical existence points to the existence of Source*

☞ *You are connected to and are embraced by the All That Is*

☞ *You cannot change this*

☞ *When powerful tactics are used to influence and persuade your choices, typically this is about using 'power-over' to create your blind obedience to an authority*

☞ *Blind allegiance to an authority is destructive to you and others with you*

☞ *Where you have no power, you have no responsibility*

☞ *Methods using 'power-with' typically are subtle in nature*

The efforts of collaboration and cooperation typically are examples of using 'power with'.

☞ *Exercising power over others instead of exercising power with others is a choice you make*

☞ *Only one of these choices leads to peace within*

☞ *Blind allegiance to a leader leads to destruction*

☞ *When you feel defensive about a position and you behave in ways that are defensive, you usually convince others of your guilt--even when you are not guilty*

☞ *Usually defensive behaviors come from ego, as if the ego fears being 'wrong'*

☞ *The energy of fear projects guilt*

—POWER AND CONFLICT—

- ④ *Usually the best strategy is to take a stand on what you know to be the case without fear, as opposed to defending*

- ④ *When creating a strategy of persuasion, it is appropriate to begin by examining your*

—SOUL—

audience/enemy, examine biases and desires, goals and objectives

- Q *You do not have the right to change another*
- Q *Change can only come from within*
- Q *You do not have the power to make someone else change*
- Q *Where you have no power, you have no responsibility*
- Q *You become what you fight*
- Q *When you come from the position of 'knowing' rather than from 'being right', the outcome is more satisfying and harmonious*
- Q *Go within when seeking your answers*
- Q *That is the space where you find your Source which also is the Source of your perceived adversary*
- Q *When you blindly follow a leader, you think you can abdicate your responsibility and your choice-making power to another*

~POWER AND CONFLICT~

- ☞ *However you do not have the power to abdicate your choice-making*
- ☞ *You remain responsible for every choice you make*
- ☞ *You are still accountable for every choice you make, including abdicating or giving up your choice-making power to another*
- ☞ *You cannot escape your accountability by saying 'someone else made me do it'.*
- ☞ *No one can make you do anything.*
- ☞ *They can kill you, torture you, lock you up, or prevent you from doing something. Yet, they cannot make you do anything.*
- ☞ *Regardless of what happens, you and only you are responsible and accountable for your actions, your words and your thoughts.*

10 11



TRANSFORMATION AND TRANSCENSION

- ☞ *Awareness of your oneness transcends the sense of being separate individuals*
- ☞ *Keeping the larger picture in mind provides you with another perspective to relationships*
- ☞ *Staying in the consciousness of Oneness is a choice*

5

Q It is your choice to align with Spirit, Mother Earth and each other

You can change your life by transcending the illusion of separation and behaving in ways that manifest your sense of Oneness

Q When you engage in behaviors that are out of alignment, you cannot satisfy the craving to feel at one

Often you might not be able to identify what this feeling is. This craving or emptiness often is misinterpreted to be emptiness, loneliness, feeling disconnected, or out of sorts, or as a general feeling of malaise.

Q Feeling a sense of emptiness indicates that you are not feeling connected with your Source

Q The unseen is what is real

Q It is about feeling your oneness

Q Your oneness cannot be detected in the seen world

— TRANSFORMATION AND TRANSCENSION —

- ☞ *The living, breathing, intelligent fabric connecting you to all else is typically not seen by the human eye*
- ☞ *Living in peace is not something you can take for granted*
- ☞ *You and all others are all one in the One*
- ☞ *Living in conscious awareness helps you know that everyone else is a physical extension of Spirit also*
- ☞ *You feel joy and peace when you are in alignment with your Source*
- ☞ *Some ceremonies can assist you in processing the physical life you are experiencing into feeling your connectedness and oneness with the One*
- ☞ *Not everyone requires a ceremony, and those who do might not always need a ceremony to feel connectedness and oneness*

~SOUL~

~

☞ *Meaning of symbols in ceremony are translated through your physical experience to assist you in experiencing your true essence*

☞ *Symbols become portals during ceremony to assist you in re-connecting to Spirit*

Reviews of your intentions for your life's accomplishment help you remember and renew yourself

☞ *Death can be used as a metaphor or an end to something, such as a bad habit*

☞ *Surrender is the letting go of a bad habit or a negative thought form in your consciousness*

☞ *Resurrection is the feeling of renewal and a rise in vibrational frequency*

☞ *Facing your ego is like facing your demon*

☞ *You cannot fight the demon within*

☞ *A death of an issue in your life may require you to surrender your resistance to Spirit so you can transition into a renewed state*

☞ *Surrendering is aligning with The All That Is, your Source*

☞ *This becomes your resurrection*

☞ *You become what you fight*

☞ *Fight and lose, love and win*

This can work for releasing addictions.

☞ *Clearing the mind is essential when dealing with letting go of illusion*

Death of an addiction requires you to go to the kernel of its origins. Only by acknowledging its origins can you allow its death. Some interpret an addiction to alcohol, or drugs, or sex, for an example as being the problem. However, it is only the symptom that an issue buried deep within the person remains unresolved.

☞ *Addictions are a choice which you can then shed by letting them die, as you surrender your*

~
*pathology to your true essence, then you
resurrect yourself anew, and make new choices*

☞ *If you perceive yourself to be a victim, you will
feel like one and act like one*

☞ *Allow the victim perception to die, surrender to
the view point of acceptance to be really
conscious in facing a higher truth about yourself.
You can do this by changing your perspective of the
issue*

☞ *Let go of the fear of the future, observe your emotions,
and see yourself differently in the present moment*

☞ *When you allow yourself to re-align with
Source, you can transcend any limitation*

☞ *Death, surrender and resurrection provides a process
that produces healing and with that brings peace
within*

☞ *Then you will resurrect yourself by simply changing
your perspective*

— TRANSFORMATION AND TRANSCENSION —

- ④ *If your circumstances have changed, especially for the worse, you might be challenged to comprehend the necessity for the change*
- ④ *Whether you understand the changed circumstances or not, you are provided the opportunity to see from a new perspective*
- ④ *This allows you to see differently, think differently and choose your emotions differently, and then choose different behavior* ④ *All of this provides a new way to experience the circumstance*
- ④ *Trust your instincts*
- ④ *You must create a shift in your consciousness before you can change your behavior especially when you find yourself on a downward spiral to self-destruction*
- ④ *You feel joy and peace when you are in alignment with your Source*

SOUL

- ☞ *Reviews of your intentions for your life's accomplishment help you remember and renew yourself*
- ☞ *Your intentions today influence your behavior which ultimately influences the future outcome of an intention*
- ☞ *Remain conscious of your intentions and your choices in what you think and how you behave*
- ☞ *The future is not set*
- ☞ *Your questions often embrace an intention
Be conscious of your intentions*
- ☞ *Intelligent Space as Force is only waiting for you to see, to ask, to intend as an expression of Itself*
- ☞ *The answers you receive in your prayers/meditations will reflect your tone and tenor, your purpose in asking and the way you state the question*

—TRANSFORMATION AND TRANSCENSION—

- Q *Be sure to know what you are intending so that you like the outcome*
- Q *The right answer for one may not be the right answer for another*
- Q *How your life turns out is up to you, and you alone*
- Q *Your future is influenced by your choices you make today*
- Q *Choose to live in Oneness*

CHAPTER 12



STARFRIENDS

- Q *The ancient knowledge, such as astronomy, mathematics, geometry, trigonometry, engineering principles etc, were given to humankind from friends from the stars*
- Q *Space people from other galaxies have consistently in one way or another influenced the development of humankind*
- Q *This includes physically, genetically, culturally and technologically*

Q Their impact on your life cannot be measured

And this continues to this day.

Some extraterrestrials have been and still are working for the benefit of what you call humankind.

Hence the term 'stars friends'.

Some extraterrestrials however do not work to help humankind. Some humans feel violated by them. Indeed, they typically are violated by them. These extraterrestrials may or may not comprehend that humans have free-will. Often these extraterrestrials treat humans the same way as humans treat animals, especially domesticated animals used for food.

Most often humans who have been subjected to these violations do not remember the incidents. Some do remember or experience glimpses of the events. If you do feel that you have been subjected to these kinds of activities, you would want to seek help in getting released from this energetic experience.

When encountering either one, you would want to be discerning.

Remember, those extraterrestrials who are friends of humankind deserve the term 'star friends'.

CHAPTER 13



DEATH, GRIEF AND AFTERLIFE

☞ *When a person dies, it is only the soul leaving the body and transitioning into spirit and joining Source at a different frequency*

☞ *Then the empty body must be dealt with as the soul no longer maintains it*

☞ *Possessions must be dealt with as well*

- Q *Death of a person means only that the soul inhabiting that body no longer requires the body and is ready to move on and up into the next frequency*
- Q *This is true whether the cause of death is accidental or from disease or divine timing and remains true even if the person speaks an objection*
- Q *Grief comes from the physical pain of frequency fields separating or tearing from those shared by the deceased and loved one left behind*
- Q *When a loved one dies, you feel grief as pain because the emotional attachment as a field is changing*
- Q *Often those about to transition from this physical life experience are approached by what the death and dying literature calls 'angel escorts'*
- Q *Angel escorts assist in the transition*

~SOUL~

Interestingly, once the person transitions that individual seldom continues concern for what has been left behind.

Occasionally, the consciousness of the now deceased individual does not go directly into the frequency referred to as the Light or Heaven.

~DEATH, GRIEF AND AFTERLIFE~

Sometimes it is because that individual does not comprehend that death of the body occurred. Or, that individual still wants to hang around and to involve in the goings on of those still operating physical bodies. These individuals are often referred to as ghosts. When you can show them the Light, or take them to the Light, they leave the earth plane and move on.

On other occasions, the deceased individual goes to the Light and then returns as a guide for someone or to give assistance or reassurance to someone, usually a loved one.

Most often though, the consciousness or spirit of the deceased individual leaves the body and the earth plane and continues on a spiritual journey as appropriate.

☞ *Death is a release from a material world*

☞ *Death is a transition*

☞ *Death is simply a transition into another dimension or field of energy*

☞ *It is not to be feared but embraced as part of the journey*

Grief felt when someone dies is painful and often gut-wrenching

Grief feels physical because it is experienced in the physical body. It is a tearing or separating of part of your energetic field. It is indeed torn as the deceased individual physically leaves the earth plane. The emotional attachment is an energetic attachment in your field. When the deceased person leaves, that energetic attachment becomes stretched to the point of separating or tearing which is what causes the physical pain.

Regardless of whether you loved, liked, or hated the deceased individual, you still feel the tearing of the energetic tissue.

~SOUL~

This occurs even when a person dies who you did not personally know. You can and often do feel the tearing of the emotional/energetic tissue if you felt or imagined some kind of attachment to, for example, a public figure.

This attachment is energetic in nature and it still hosts the feeling of tearing away of something you held in your energy field.

~DEATH, GRIEF AND AFTERLIFE~

Sometimes you might think that you are prepared to experience the death of a loved one, especially when that individual has been terminally ill for some time. Or, you might believe that the individual simply moves on, either to heaven or some other field of energy.

Regardless of what you believe to be true, it remains likely you will still feel the physical pain of grief, the pain of the tearing away of the attachment labeled as grief.

And at the same time you can still 'celebrate life' of your loved one. This kind of celebration and joy is smiled upon by those already in Heaven.

CHAPTER 14



TIME

☞ *The present is all there is*

☞ *The past does not exist in the present*

☞ *The future does not exist in the present*

☞ *Now is the only time*

Some cultures treat time as if it were a commodity.

For example, typically western cultures view time as something that can be saved, spent, scheduled, had, lost, given, taken, earned, made, used, or wasted. Usually those who experience time this way live and die by this self-sabotaging limitation. When

—SOUL—

you do this, you often become annoyed by those who do not set their limits in this manner. Success or failure is often defined by timing. For example you may use the expression ‘timing is everything’.

Other cultures, typically native cultures view time as a flowing like a river. In this case, time is experienced as an energy that moves on much like a frequency that cannot be captured or limited in any way. For example, you might use the expression ‘all in good time’ or ‘time heals’.

Time is an illusion.

Now is the only moment that exists.

MARILYN LEE



The theory is at 65 years of age I should retiring. However, angels or the Universe has other plans for me. I am now writing and speaking about spiritual issues in an effort to serve my fellow humans on this planet.

My sense of peace for the dying stemmed from my 15 year practice of giving

be
the

past-life regression therapy for those either interested or tormented by issues they could not explain in any other terms. In my practice I included at least one remembering event of reexperiencing a death. With this, I gained the insight that death is only a painless transition from the physical to the non-physical experience that also provided for lessons learned or insights into the human experience. And with this practice, I came to realize that our physical lives are not much more than a dream-like experience to assist the self we consider to be the soul to gain insight into the All That Is and that the All That Is requires insight into Itself.

~ SOUL ~

In October 2006 I began writing the book, "The Camp of God's Tears" that was inspired by a dream I had about 25 years ago.

Marilyn has earned a Bachelor's and a Master's degree in the field of Human Communication.

Marilyn offers classes to transform relationships and one on one sessions to aid transformation with themselves or others using her 2nd book "Speaking Through Your Heart" By using these words and phrases the individual can change how she or he experiences the world and relationships.

