

# Revealing The Light

Transforming Your Life

Book - One



**John McIntosh**



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First published by Ezhno Productions in 2010

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*Experiencing All you Truly want occurs  
by discovering All You Truly Are*



## Forward

The reader may wish to follow the Table of Contents one article after the other or choose to scroll through the book and ‘fall upon’ the message that best suits the Moment.

If you do choose this ‘intuitive’ method I invite you to ‘breathe in’ I AM – I AM That I AM – I Know, a few times before you begin and, if you have a particular issue, which is of concern to you in the Moment, allow it to flow through your ‘feelings’ before moving the cursor to the page that feels right.

Know that you are creating a mirror to help you with what is occurring within in that Moment and allow yourself the Freedom to ‘not’ judge but only ‘witness’ or ‘watch’ what ‘you’ are telling ‘you’.

Your own I AM Presence is welcoming you Home to the Freedom that You Are, without restrictions or delays of any kind. Simply allow It to do so and very soon you will stand at the door you have been knocking on for eons ... only to find ... as the ancient adage says, *“You have been inside the door knocking all the time.”*

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## Transforming Your Life

Chances are, where you are at this moment in your experience is less than what you want. The reason is ... you don't yet 'Know' Who You Are.

As a result, you have 'settled' for the belief you have about yourself and the world that has manifested around that belief. This need NOT be!

At a much deeper level you 'do' want what you now have because it is not possible to experience anything unless you want it ... you create your entire world experience ... you are 'not' a victim.

Recognizing and believing this fundamental Truth is an enormous step toward Transforming Your Life and realizing the Limitless Power You Are.

You Truly can experience any version of reality you chose, any dream you can imagine, any identity you wish to temporarily wear ... and it has never been easier than it is Now.

The gap between 'thought to thing' is tiny compared to just a few years ago. Instant manifestation occurs in microscopic ways for everyone everyday as a casual thoughts appears in your experience moments after you think them.

You turn on the television and there is a commercial explaining something you thought of minutes before ... you walk through a crowd and hear someone literally speaking your thoughts ... you have a problem and the solution appears almost immediately out of nowhere. But why not for so called 'Big Things'?

The answer is as simple as your belief ... if you can 'believe' you are worthy of it ... and you can hold your 'attention' on it ... you will soon 'identify' with it and it will become part of your world experience. This also means you have the capacity to experience disillusionment much faster. Most of what you believe you want ... you want for the same reason you have not received it yet! What?

It orbits around your self-image withholding your dream through unworthiness and disappointing you when and if you allow it in for a moment into your world experience. The 'temporary' entices and holds you in its grasp until you let the desire go ... or, you finally possess it and, like the fickle lover it is, betrays you and leaves ... either by disappearing or failing to keep your interest once you have it.

Only that which 'cannot be threatened' ... that which 'has no beginning or ending' ... can fulfil Your True Heart's desire ... and yet once you understand this, you can experience and fully enjoy both this and the temporary because you have become the Co-Creator of

All That Is ... holding nothing, knowing You 'ARE' All That Is. This is Transforming Your Life ...

*Experiencing All you Truly want occurs  
by discovering All You Truly Are.*





## **One Heart - One World Communities**

The 'Life Essence' ... the frequency of 'Now', is rippling out from those who have opened to its Joy-filled influence. These ripples of Life, Light and Love are Now touching each other and reconnecting ancient soul families to one another whose individuated I AM Presence and the unique expression of each, is building a One Heart - One World Community.

This un-broken and seamless Community already exists in the unseen like a blanket of Love wrapped around the emerging Consciousness of Oneness Now Transforming the planet. Soon, it will begin to manifest as physical Communities forming a grid of Light like a web of Truth ... The Divine Mother's shroud of Peace.

Music, photography and film ... filled with the heart-Song of The Divine will fill each Community and those who inhabit these Communities will be fully Conscious of their own I AM Presence. Those who visit will come away forever changed ... unable to merge back into the illusion of separation they once called reality.

Waves of Light will flow from these Communities touching every Heart ... open and closed alike ... and where they are received and welcomed, the Ecstasy of Oneness will swell. Where they are resisted, Transformation of chaos into Harmony will feel much less welcome.

We invite All who now feel the deep longing of their spiritual roots to join in the unfolding of these Communities around the globe and add whatever Heart-Song talent they may have ... no matter how humble or great, to the Whole.



## Interpretation

The events in your life ... your experience ... are immediately interpreted, usually without your noticing. Since they occur in time and space, they are subject to the rules that apply there, which involve duality ... opposites.

Infinite comparisons are generated and like waves, your emotions and physiology rise and fall imperceptibly until you reach an event that opposes one or more of your core beliefs ... your identifications ... then spikes occur, which cause a reaction.

This could manifest as a physical surge that feels uncomfortable in some way, an emotional outburst in the form of angry words or an action such as pounding your fist on the table. The greater the degree of opposition, the more dramatic the reaction.

You may believe you 'control' your life but clearly that is 'never' the case ... no matter how many systems and devices you wrap around your world to give you the sense you 'are' in control.

By shifting into the seat of 'Watcher' ... where judgment ceases ... this endless merry-go-round of experience-reaction ends.

The evidence that this has occurred is immediate as a deep sense of Peace washes over your Consciousness. This is the reason non-judgment is 'always' for 'you' and not some gift you are bestowing on others ... that too has been an interpretation ... one of superiority.

As the 'Watcher' you still act in the play of life but the play no longer 'controls' you. You have released your 'need' to control and are no longer controlled. This can be easily seen as Self Love, which expands into Love of 'all' Life in your world.

This small shift from 'interpreter' to 'Watcher' instantly creates a whole new world. You are still 'in' that world and what used to control you still occurs, but you Now view it from the so called 'safety' of non-judgment. You have moved out of the world of 'cause and effect' and into the world of 'Resonance' where your 'individual' world unfolds in Harmony.

## Expectations

When your consciousness dwells in illusion you look out at your world, which is similar to, but different from everyone else's world ... and 'interpret' what you see based on duality or the concept of opposites.

Each interpretation creates an identity that becomes a bundle of identities making up 'who' you believe you are. This is the circular 'trap' that keeps you in the illusion.

For example, your bundle of identities may include a severe condemnation of the destruction of the natural resources provided by the planet - Mother Earth. This identity may include sub-identities such as anger, combativeness, resourcefulness and imagination and may dominate your day to day experience as an activist attempting to 'save' the planet.

Your identities may seem to interpret the activities they motivate as progress toward resolution, frustration due to the relative indifference of humanity as a whole ... or a combination of these.

Your 'moment by moment' experience is tied always to 'expectations', which could be said to bring you happiness on the one hand or misery on the other. Even a significant flow of so called success and resulting happiness is coloured by the opposite fear of loss of

what you have gained and the resulting constant sweet and sour experience.

Apply this template to all life experience and you have the simmering, mildly miserable existence of living your life in an illusion.

Removing 'expectations' immediately removes a Key factor - 'time' - and lifts you into the higher Dimension of 'Now'. Even though your consciousness still clings to various identities, your life experience is more peaceful wherever you have removed 'expectations' ... or, the focus on 'outcomes'. In this way your attention shifts to the 'joy' of the moment by moment activity you are passionate about.

This small change generates a radical shift in your experience of peace and joy and ripples 'backward' into your bundle of identities removing the endless 'need' for specific outcomes from each activity connected to them. Ultimately, this allows you to 'detach' from all identities.

When you are without identities of any kind you simply 'Are' Who You 'Are'. Through this realization the memory of Your I Am Presence appears spontaneously and effortlessly ... and with it the Freedom, Peace and Joy, which is Your Natural state of Consciousness.

## What Are You Expecting?

You are the 'creator' of the New ... nothing in the New Energy is coming of its own accord because in the Now - the frequency of the 'Life Essence' ... the 'cause and effect' creative frequency, does not interfere with your desires - your passion. 'Resonance Creation' vibrates much higher, faster and independent of the 'causes-thought-into' the world in time and space.

You need not wait for the New 'Rules' of the game ... the New IS Your I AM Presence manifesting as your current Moment by Moment Reality. How do you want it to play out? That IS the way It will BE.

It All must flow from Love ... That IS the only Rule.

Do you see the power you have in the Now ... you simply feel what you want to experience and It IS.

The old energy says, 'Things you see now ... are the way they are ... because 'that' is the way they are supposed to be based on what mankind has done to itself.' NO! Change what you wish to ... there is no one 'out there' making up their own rules ... You Are the 'They' 'out there' and in the Now, you are making up your reality as you go along.

Change what you desire to change ... just imagine it and it Will BE. It Will BE 'That' because You Are 'That' ...

remember - I AM 'That' I AM. Simply change your mind about the way things 'seems to be' ... not from your time and space ego-minded beliefs but from the Heart ... which IS Love - the only Rule.

Here is how it might feel ...

'I desire all my players ... people in your world - your I AM Presence's ... to be in Loving synchronization and I desire the environment ... also, your I AM Presence ... to be in perfect Harmony.'

You Are One with the I AM Presence ... You Are IT ... Your World IS You ... All of IT. Create IT the way you desire it to BE guided by Love. Don't think about it based on your time and space 'past' facts and beliefs ... simply allow Love to guide Your New Earth Creation.



## The Play of Life

When you go to a cinema or a play and watch the characters act out their roles ... you 'know' what you are experiencing is 'not' real, even if it is based on a true story.

Production companies are very creative at drawing you into a story and for a moment or two you may actually 'lose' yourself in it. But soon your personal identities pull you back as the watcher of the story.

To actually 'live' in the story and truly experience all the emotions, all the highs and lows and all the expansion possibilities of your capacity to 'feel', which the story offers ... you would have to 'forget' Who You Are.

This is precisely what you did when you first came here. You 'Fell from the Grace' You Are into forgetfulness so that the 'Grand Story' of Life could be felt as if it was real. Individualized into infinite aspects of Consciousness, you became a Divine actor who also wrote the screenplay as you played the part. You forgot you were also the other actors you inter-acted with ... judging them as worthy or not according to what you identified with as True.

You also forgot the props on the stage were made out of an aspect of Your Divine Self and that they too were You. In this way you believed your play was real.

Without this feeling of reality all your choices would have been coloured by that 'knowing' ... the 'knowing' that it was not real ... and you would not have 'Fallen' into the depths of the experience.

If you watch a child 'lost' in play, you will see this same experience ... in those Moments, the play IS real for them. For some people Now the play has ended and they have Awakened to All They Are. For many, many others the Truth of this is dawning quickly upon their dreaming Consciousness.

This is the reason so much emphasis is being placed on 'Forgiveness' ... for Your Self first ... and on 'Loving' ... Your Self first. It is a major phase in Remembering ... of Waking Your Self Up ... they are 'wake-up cues' you gave Your Self before your long and lucid dream. The reason is ... you were dreaming and could not possibly have done something that required forgiveness ... when you 'feel' forgiven ... guilt disappears and you 'feel' worthy to accept What You Are. And ... Loving Your Self reminds You That ... You 'Are' Love.

While this Grand adventure has been going on, an aspect of Your True Self has been 'Watching' and, to some extent, influencing the direction of your play ... nevertheless, you as the actor, always had the last say in how you played your part. Many people are Now beginning to 'Watch' their lives as they play in them ...

and this 'Watching' detaches them from their forgetfulness, waking them up even more quickly.

Still another Aspect of Your Self, which never stepped into the seemingly separated parts or sat in the theatre as a watcher, sits silently in the eye of the storm - Pure - Boundless - Love, while the play swirls around and within IT.

This IS You! Remember! Wake Up!



## Moments of NOW

Spontaneous Moments of Now are engulfing humanity. A few days ago a news anchor for a Norwegian radio station spent two 'on air' minutes telling her audience she was quitting and her reasons why. A month before that an airline attendant announced over the PA system to the passengers that he was quitting ... then slid down the emergency shoot on landing.

These Moments of Now living may have been dreamed about before but when the actual Moment came to BE in the Now, they were spontaneous.

This urge to 'BE REAL' ... to be totally honest with one's self, is rattling the prison bars of the illusion for anyone still caught in its web, which means most of humanity.

This is much more than simple frustration with one's life circumstances ... it is the primal energy of Truth seeking expression. For many, it is no longer optional ... integrity must be released to breathe Freely in the Moment ... the timeless Moment of Now ... the frequency of The New Earth.

Soon, everyone will begin expressing Truth in their own unique way. For those who continue to attempt to resist, their physical bodies will act it out for them while their life experiences will reflect a world gone wild.

This is not a punishment ... it is simply the 'last straw on the camel's back' ... the illusion has reached the outer limits of its ability to contain the dream of duality, of separation. The 'dream' balloon has reached its limit of expansion and is about to explode.

What follows will be wholesale abandonment of attachment to anything which binds the spirit ... and like the disgruntled characters in the movie 'Network' yelling at the top of their lungs, 'I'm mad as hell and I'm not going to take it anymore', the spirit of Truth is releasing the wound up spring of ancient tension and beginning to soar into the boundlessness of the Now to Freedom.

## Paying Attention

"Are you paying 'Attention' ... to Silence?

It speaks as loud as you are willing to listen. You have been told that "... in the hour of your need it will be given to you ... " Did you notice 'it' when it showed up? This is not a sometime Truth ... it is always and in All-Ways. You are cared for Perfectly in every Moment.

Your ego-mind will immediately argue the ridiculous nature of this Truth. It will recite many incidences when you asked for help and were not given it. Those were Moments when you were NOT paying Attention.

While it is a natural urge to 'ask' for help ... even this is not necessary. Life takes care of It Self in every Moment ... Perfectly. It is the ego-mind which interprets and judges, making choices based on separation and falling into the ditch over and over again as it follows this blind guidance.

To 'hear' the Voice of Silence you must be Still ... Present in the Moment, like the frozen stillness of the cat about to pounce on its prey. Its Attention is undistracted by the rustling of the leaves as it crouches statue-like ... watching.

The ego-mind loves distraction as this keeps it 'safe' from its fear of looking at the Truth and the death it knows awaits it if it does.

Your world is flooded with signs, symbols, pointers and voices flitting like butterflies before your Consciousness ... seeking entrance with the gifts they bring. All you need to Know ... All you need in the Moment ... is given.

The floating feather drifting down, lands in your 'still' hand ... not in the one which grasps. Be Still ... pay Attention and All you require for your Highest Purpose will be given you in each Moment.



## Life Essence

With the Now, there is Peace ... a sense of understanding Life and how it Really IS. There is no figuring out or philosophizing, no opinions or concepts, no effort or stress to know what to do, where to go or what to say. All is given you in each Moment and for each individuated "I AM Presence", the Divine orchestration is unique.

I call this experience "Life Essence". While it lives in the Moment, without past or future, it can also permeate an environment or a thing. It is a frequency one can sense and feel. There are sanctuaries, sacred sites and objects that Radiate this Life Essence and even those deeply steeped in the vibrations of the illusion are influenced when coming in close proximity to It.

This is not magic ... it is the Natural effect of the vibratory influence of unconditioned Love.

You could compare it to a fertile valley that has constantly been exposed to the perfect conditions necessary for nourishing plant life ... you Feel and Know, just by looking at it, that everything will grow and flourish in that environment.

In the Awakened state the Life Essence, which permeates All That Is, is recognized in All experience, although It may be covered by many layers of the fear



which hide Truth. This is the Light you will be able to see in All.

These 'pockets of Light' ... the Awakened Ones and the influence they leave in their wake ... is Now spreading very, very rapidly around the globe ... not only the Awakened, but all they 'touch' ... you may call it a Love Virus for which there is no cure.



## Let Go

The tinsel, the trinkets, the sweet distractions ... there can be no toys left in the playground which can distract you from your choice to WAKE-UP. No matter how enticing ... they are shadows and dissolve in the Light of Truth.

Have you had enough of dreams that disappoint ... no matter how beautiful and promising or how long they last? There is only one dream that will not let you down ... the dream of Awakening, for at 'its' end - you Wake-Up!

The shadows continue and the ugliness that once ignited judgment are seen through. You view them as props on a stage ... all strategically placed like sign-posts directing all to Truth.

You 'see' the blessing in them ... in everything. No-Thing can steal your Power again or pull your Attention away from All You Are.

This IS Letting Go ... floating Free in a sea of phantoms, you still play ... in fact, for the first time in your Life you really DO Play with the abandon of fearlessness ... you 'Know' the guns of fate are not loaded.

## What Do You Want?

What do you want? What do you REALLY want ...

Immediately, the ego-mind swings into action at this question and a mental list begins appearing. It begins with a number of 'wishes' of what it "does not" want. This "don't want" list comes easily because a great deal of attention has been given to it ... this attention keeps these "don't wants" firmly in your experience.

The list of "wants" comes less easily because they are tied to unworthiness, a lack of belief and a lack of identification with the life you think, at a deep level, you do not deserve.

Yet, even if each "don't want" and "want" were to appear in your experience this Moment ... still, you would not have "what" you Truly want. The thing, the experience, the circumstance is the "shell" behind which you hope to experience the Real want.

It is the "Life Essence" behind the curtain of temporary things you long for. Love IS that Life Essence - you want to be Loved. And still ... the "wanting" places it in the future - another illusion ... and the longing to receive Love places it outside your Self - another illusion.

The ego-mind, in its constant longing, never finds rest - the Peace that Radiates from Real Love. And yet, this

very frustration IS the fuel that fires the passions of Divine Discontent driving you ever inward to the Heart ... your "feeling" Nature, which cuts through the illusion of the temporary to the Life Essence within.

The Heart does not search for anything or long for any experience ... it feels what is, allows all to come up and embraces each feeling, releasing that which has hidden the Love it already IS.

When this occurs ... all else is added to it ... every experience the ego-mind once longed for appears effortlessly. And, as this happens, the Life Essence is recognized at the Center of the temporary things ... the mask of experience no longer hides the Truth.

## Freedom

I dance in the fires of illusion knowing they cannot touch the Me That Is of Truth - the I AM Presence. The body and mind masqueraded a convincing drama and for ages past and I believed them real, believed they were Me, identified with the stories they told me and lost my Self within the parts I played.

But NOW the Moment has arrived and Freedom envelops My Consciousness. I have Awakened to the Watcher within - Aware of the dance that continues - still experiencing the roller-coaster ride of highs and lows but NOW without the suffering that came with identifying with the rider.

I watch and I embrace the play and My Consciousness expands through the Love of each experience. I AM Free within the Peace of this Knowing and I long to share It with those who still linger in the dream.

## The Higher View

The little self has a `point of view`, an opinion, a perspective ... all borne of the belief in separation, in differences one from the other. While this seems totally normal to the little self it is an illusion based on the `location` of the `viewing point`.

When you are in your thoughts - your head, your `viewing point` exists in the world of duality ... of attachments and identities of people, places and things you like and others you don't like. Judgment is tied to `every thought` ... no matter how subtle.

But when you release attachments and identities you move from the head to the Heart where vision and your `viewing point` elevates and all is recognized as One and undivided floating in an undifferentiated sea of Love. Judgment dissolves and you embrace all as a `version` of Your True Self - Your I AM Presence.

## All IS Within

There is nothing 'outside' You. The wars and the weddings ... the poverty and the precious ... the beast and the beauty. These are expressions you have chosen to embody as God - as the I AM Presence.

Oneness has no opposite, no place the ugly and uncomfortable, the sorrowful and the repugnant are kept to be 'fixed'. There is no fixing the world of duality where supposed problems are simply rearranged in a tenuous balance only to collapse under the harsh hammer of judgment after a brief period of seeming quiet. Like the tectonic plates of Mother Earth, beneath the surface the illusion of separation is constantly shifting, moving ever onward toward a violent release of tension.

Each person is a world unto himself ... unto herself, similar in many ways to the worlds of others through agreements - yet unique. You 'heal' your world by remembering Oneness where all differences, all judgments, all separation dissolves ... one world at a time.

This state of Oneness ... of Being-ness ripples out to others' worlds raising Consciousness and helping to heal another and another world. Yet, there is nothing to 'heal' in Truth ... Oneness is not sick and has never been sick.





## The Watcher

The Watcher sees your need for acceptance, It sees you gaze in faces for the mirror of approval, It sees your fear ... "am I good enough, can I make it, do I belong ... 'where' do I belong?" And It sees your deeper fears, the fears you dare not look upon ... It sees but does not judge.

It knows the great risk you took to come here ... naked, exposed, forgetful of Who You Are. It sees the masks you wear ... of control, of arrogance, of isolation ... the masks that shield your fear of abandonment, the gnawing feelings that at any moment you may lose everything.

It watches with deep Love and Compassion at the role you took on in order to 'feel' ... to really 'feel' what it is like to experience 'everything' and not Know Who You Are.

The Watcher has no regard for 'how long' or 'where' or 'what' ... it only Knows You and Loves You ... that part of It Self that stepped out of Grace for a season and into a strange and terribly beautiful adventure full of unknowns.

It watches that brave fragance of It Self walk the thin line between life and death you still believe exists. And Now It calls out to the fool who once was King ... and

still is ... return, return, return ... your journey, your wonderful and splendid adventure is done ... come Home ... remember the Love You Are ... remember ... come Home.



## **Behind All ... is I AM**

Behind every face is I AM. Behind every flower, every rock, every tree, every insect, every bird, every animal is I AM. Behind every tragedy, every loss, every illness is I AM. Behind every kind word, every gentle touch, every compassionate act is I AM.

There is no place, no time where I AM is not. The play of life reflects through numberless manifestations and experiences revealing an aspect of I AM without leaving Its Oneness.

You have been taught to embrace the Light and it is well that you do so, but now know to embrace the darkness as well. If you do not it becomes your master, your jailor and to the extent that you resist it, its cruel hold on you grows.

The life giving rain falls in the day as well as the night ... do not hide from anything. Stand tall in the Radiance of your own Light which leaves no shadows and know that Love is in ALL, no matter which way it shows up.

Be the Witness You Are and embrace the experience you came to feel. Your Freedom lies here.

## **The Dawn of The Golden Age**

These next few days leading up to September 22nd, 2010, mark the closing of a powerful 90 day cycle of Life, which has brought in an unprecedented flood of Transforming Light.

On some level and in some way, every living thing on and in the planet ... which is everything in form and out of it ... has been influenced and changed.

For those who have allowed this blessing to flow relatively without resistance, their capacity to channel the Love of Source has dramatically increased. Most know that Love Transforms everything which is unlike It Self ... this means Your own I AM Presence has expanded in Your Awareness and increased in Its Radiance into Your world.

If you have not yet felt this expansion, you soon will in increased sensitivity to the 'Life Essence' and a more 'detached identification' with the multiplicity of forms and experiences It takes. Your ability to 'see' through illusion while living in it will also increase ...this means your ability to 'escape' the traps that once bound you to the temporary experiences of life will increase.

Your eating choices may also begin to change ... either to different foods than you may have considered before or to less food intake as your capacity to take in the 'Life

Essence' directly reduces your need to go through the traditional nourishment cycle beginning with the consumption of food. It also means that your ability to 'savour and enjoy' the food you do take in will increase.

This also means less stress on the body and more vital, energetic physical and emotional experiences. For some also, the first signs of what may be called 'anti-aging' will begin to appear together with a greater 'zest' for living.

These are only 'symptoms' of the far deeper Transformation of Consciousness occurring throughout all life on this planet with an influence that is sweeping out into the entire universe.

The Divine Feminine, Who has been steadily balancing the imbalanced Divine Masculine is birthing the Child of Love, who will soon experience complete Awareness of Its Oneness with Source and the full Awakening of all Life on the New Earth into the Golden Age.

## Behind The Masks

What lies behind the masks you hate ... the ones you adore? What is the silent message asking to be read? Hidden there is a blessing ... is your Freedom.

You accepted the world of masks for as long as it served a purpose. Your fear of removing each mask allowed you to remain locked in the illusion of being something you are not.

This meant your greatest fear was of discovering Your Own Greatness, for when you finally look upon It you will no longer be able to give life to the illusion.

But now the end of the illusion draws near and as each mask is removed, your fear rises ... yet your resolve to reach the center of Truth grows.

That Moment draws near for many ... as only a few masks remain. Already you sense the Truth of this ... behind the last mask is Your I AM Presence - the Truth that sets you Free.

## Changing The World

You Are your Own Saviour and there is no world to save but your own. The belief that there is something to 'save' proclaims that there is 'something' less than Perfect. Your I AM Presence IS Perfect ... the roles you play and the masks you wear 'appear' imperfect but your Awareness that these 'are' roles you play Changes your experience of your world.

Do you try to change a stage play that displeases you or do you withdraw your attention from it?

Withdrawn attention releases the power 'you' have given something. No-Thing has power unless you give it power through your attention, your belief and your passion. This is why what you resist 'expands' in your experience. Begin by accepting that You Are Your own I AM Presence.

Giving your attention to Your I AM Presence allows the Infinite Love, Life, Peace, Joy, Freedom and Abundance You Are to rise into your Awareness. In this way your Moment to Moment experience becomes Bliss-filled no matter the appearance of it.

## Consciousness Returns

By choice, I AM the dreamer lost in the beauty of this world. I savour each sensation and embrace the darkness 'and' the Light, knowing ALL is within My Self - IS ... My Self.

I breathe deeply of the Essence, which I AM, and Consciousness returns. Now, I AM the Watcher on the wall as the dream continues its frenzied dance. I smile in joyful repose, Awake within the dream.

I choose, and the play of Light and Sound appears as new experience ... then dissolves back into the endless ocean of possibilities I AM.

Again, I breathe in the Essence of Life I AM ... the Watcher becomes the watched and I, the play of Light and Sound.

I AM nothing ... I AM All That Is. I AM No-Thing ... I AM All That Is.



## Crying in The Wilderness

I AM watches as the world still groans on its weary merry-go-round of opposites and the shadows in between. IT smiles in Peaceful repose ... playfully wearing each costume, tranquilly observing the endless dramas and gratefully capturing each experience in the dream of separation.

IT has awakened from the nightmare but remains within it as a constant and faithful Beacon, smiling gently on its still sleeping aspects ... instantly aware and responsive to those whose Hearts are crying in the wilderness to return Home.



## Sacred Gift

Never before have so many children come to earth who are "already" Radiating the "Life Essence" ... the frequency of the Now. Left alone, their "I AM Presence" will blossom .... still closed ... but not sleeping ... in the bud as It IS when their first breath is taken.

While the nurturing care of a child has always been a "Sacred Gift" ... blessings each Moment of your Life on Earth, these New small Ones bring with them the "Divine Architecture" of the New Earth.

There are no instructions for the guardians of these tiny gods, no lists of things you must do. The basic care of their bodies is a well known science and needs no embellishment. It is the Freedom they come with which requires only an open hearted witnessing from you. It is "they" who will "show you" What Freedom IS.

The ego-mind constructs walls around the little flying angels, tying them down while instructing them in the ways of "fear". Beyond the simple care of the child, complete Freedom of expression and a keen attention will soon "bathe" you in the endless blessings that flow from the Divine One who shares their Life with you.

Allow the Freedom they Are to expand in their every expression ... withhold the many urgings of the ego-

mind to scold, to stifle, to correct and especially to say "no".

Hug often and from deep within your Heart and allow the ancient wounds you have feared to look at to come up and dissolve in the Radiance of their flowering Joy. Laugh with them much and often and with every breath ... tell them you Love them and allow the words of Love that flow from Your Own I AM Presence to magnify the Love they came with, the Love that animates All creation, the Love that humanity has hidden from It Self for so long ... but that Now floods the Earth.



## Transformation

When a soul asks in deep sincerity for Awakening, for Transformation ... the un-awakened self often believes that life will suddenly become peaceful only to find that much of it is more difficult.

The I AM Presence knows each attachment that still holds you bondage to the illusion of limitation, each shield you still cherish that hides the Light You Are from Shining. These chains must fall away and your desire to find your True Self accelerates what was the slow process of removing these chains that began eons ago when your Awareness of It was lost.

From the Moment you make this deep commitment your life can often feel like a storm. The melting of ancient beliefs, frozen in your cells and programmed in your mind precedes the gentle Awakening that follows.

## Dark Mirrors

'ALL' in your world is a mirror ... the beautiful sunrise, the innocence in the child's eyes, the kind words heard as well as the ugliness of poverty, the cold hearted indifference to suffering and the violent carnage of arrogant dominance - from no matter what source ... all are aspects of the blocks to the Love You Are.

These are blessings given to you - by your I AM Presence - to help you reveal what weighs down your Joy and spews judgment from your lips. All That Is - IS One ... there is no other ... You Are All That Is in all Its beautiful and disgusting disguises.

Pain, whether physical or emotional is inevitable as long as you wear a physical body, but suffering is not. When you experience the world through the eyes of Truth, it removes any possibility of suffering ... you simply embrace and Love ALL experience You, as God, are having in a temporary human existence.

## Love Link

Quietly forming around the planet at this Moment is a 'Love Link' ... a power-filled community of Awakened souls forming a web of Light. These ones have seen through the illusion, crossed that line and wait and watch as others approach the last veil, which separates Truth from dreams.

They are not hidden yet remain unseen by those still blinded by the glamour and fascination with temporary experiences. They are available always for those who have asked in deep sincerity, "there must be a better way". Their Lives are shining examples of humility and power ... Free of all identities while provided for in every way for 'what dreams may come' to be dissolved in their Light.

Very swiftly Now, they are finding each other as the Link of Love grows in intensity and wraps a weary world in its Transforming embrace. These points of Light ... this 'Love Link' IS the physical grounding of the 'Life Essence', allowing enormous energy, unavailable until Now, to permeate the planet and dissolve the darkness, which has held it captive for so long.

Those who continue to resist this benevolent influence will simply leave to find familiar frequencies in new experiences ... and that too is well. Communities are formed Now in the unseen, soon to coalesce into

physical environments where the 'Life Essence' will radiate and ripple out, blanketing the entire planet in Light and Love.

Have no doubt, the planet is Now forever changed as every Life form realizes on some level ... embrace this change and Know, it is Linked in Love.



## **Ancients Wounds - Current Healing**

Just as there are Sacred Sites and Power Points surrounding the planet ... there are also 'ancient wounds' ... wherever there have been major or protracted conflicts and crisis such as war, tyranny, atrocity, suppression and bondage ... the Collective Consciousness of Humanity and Mother Earth have taken on deep wounds.

The Mother has held these energies for us as we have held them in our cellular memory. But Now the 'tipping point' has been passed and the completion of ancient wounds are balanced. You may think of this as a kind of planetary karma-balance.

As the Transformation of Consciousness moves into full swing these wounds and the 'energy signatures' or scars they have left, must be released. Many who have crossed the veil of illusion into Truth are Now acting as global 'Empaths' allowing a 'bridge' to the Higher frequencies of Light and Love. This bridge allows these energy signatures to pass over and dissolve in the Light freeing great burdens from the Earth and releasing enormous pressure from the Collective Consciousness of Humanity.

This is experienced as the resolution of long held animosities between cultures, the dissolution of long standing bigotries and the release of societal superiority



beliefs among many other subtle but powerful restrictive energies, which have suppressed humanity's experience of Joy, Peace and Freedom.

You may not consciously recognize that this Transformation of wounded energy is occurring but if you are attentive you will notice the 'softening of hard lines' everywhere. This is part of the loving service many LightWorkers are Now performing in the Great Shift of Consciousness we are all being blessed by.



## Behind The Masks

What lies behind the masks you hate ... the ones you adore? What is the silent message asking to be read? Hidden there is a blessing ... is your Freedom.

You accepted the world of masks for as long as it served a purpose. Your fear of removing each mask allowed you to remain locked in the illusion of being something you are not.

This meant your greatest fear was of discovering Your Own Greatness, for when you finally look upon It you will no longer be able to give life to the illusion.

But now the end of the illusion draws near and as each mask is removed, your fear rises ... yet your resolve to reach the center of Truth grows.

That Moment draws near for many ... as only a few masks remain. Already you sense the Truth of this ... behind the last mask is Your I AM Presence - the Truth that sets you Free.

## I AM That I AM

I AM - I AM That I AM - I AM Me - I AM You ... there is no other.

I speak as if outside Me-You ... separate, yet I AM One. Everything You see, experience, feel and sense is I AM ... often unconscious of this Truth yet conscious if you chose.

In this Awareness is Freedom ... is Peace, for the play of My Life becomes Play ... becomes Joy-filled ... as judgment has dissolved in that choice.



## Doubt

Light, the Radiance of Truth, flows effortlessly through open channels, but where It encounters a block - a programmed belief in limitation and separation - disruption occurs. Those that chose to remain completely in duality or separation, rarely experience the dramatic contrasts Light and darkness have when they meet.

However, those that are allowing the Light of Truth to Now flow through their lives experience waves of ecstatic bliss contrasted by deep valleys of fear and doubt. The frequencies of Truth are so high that when an ancient belief in lack or of being less-than is encountered by Light -The Light You Are - the 'error' or block stands out in sharp relief like the long shadows of dusk.

This can frighten the timid traveler in the unfamiliar land of Truth and temporary shock can catapult them into a "brief pocket" of doubt. "Am I losing myself," they will wonder. And the answer is YES! Each block encountered and Shone away by the Light of Truth is the loss of the little self and a Re-Birth experience [one of many] to the I AM Presence You Are.

Stay the course for the Moment of Full Awakening to All That Is, is at hand.

## **Awakened?**

To BE Awakened or Enlightened is 'not' a mystery.

The Great Master has said,

"... to be 'in' the world, but not 'of' the world ..."

This means that Your Consciousness - Your Reality - is not 'identified with' the transient world of time and space ... in the belief in separation ... one from the other. It has 'remembered' It IS One and that It has always been One.

There are many LightWorkers who 'believe' this Truth, teach this Truth and feel they are working 'toward' this Truth through what they call 'The Path' or a 'spiritual process'. This seems natural while the Consciousness is still identifying in some way with the illusion of duality or separation ... nevertheless, it is 'Now' actually a way of avoiding the Truth.

Once an accepted concept by spiritual seekers and The Awakened alike, it is of the old energy ... the energy of 'cause and effect' tied to the seemingly endless wheel of karma.

The planet is Now in the New Energy, the energy of 'Harmonic Resonance Creation' where previous 'causes' do not effect or interfere with 'Now' creations because

time and space are of the past and future ... not of The Now. Awakening therefore is also of The Now ... not at the end of some long and arduous spiritual process.

The Awakened are not somehow 'better' or 'special', set above the rest ... they have simply devoted 'all' their passionate 'Attention' to one thing ... The Truth that they Are God ... not One 'with' God, which still implies separation, but God It Self Now... individuated into their own I AM Presence.

That undivided Attention pulls the power from all else, which quickly drains all residual energy from identification with illusions, [like an unplugged laptop], from all identification with time and space and directs power only to The Truth ... The I AM Presence. Soon a 'point of no return' is reached ... you could say, just past the half way mark ... and belief turns to Knowing. At that point you Are Awakened and all remaining identifications come up to be dissolved very quickly.

*This language seems to suggest 'time' ... yet, this too dissolves on the other side of Awakening.*

They are still 'in' the world, interacting with it but the world of illusion has lost its power over their Consciousness ... all the game playing, masks, judging and expectations dissolve in this Knowing. Now the Consciousness of Oneness allows only guidance from

and flowing with Your I AM Presence and as the same Great master also said,

"... in the hour of your need, it is given to you ..."

Whatever is required ... what to do, where to go, what to say and to whom and everything needed to accomplish this is given when you need it.

You are in a constant state of Joy, despite the swirling cacophony of chaos that continues to rage in the time and space world of separation in which you are dwelling. Now your function is clear ... reach out a welcoming hand to all those who also desire the Freedom you Now have.

As the frequency of Consciousness Transformation continues to escalate rapidly ... the Awakened continue to grow in number and more and more are available to reach to those ready for the deeper surrender required, to move permanently into The Now.

## **Dream You Self Awake**

The winds of change blow fiercely Now with a heavenly rage, swiftly turning the windmills of Transformation. Now you dream a dream of awakening to lead your weary, wandering spirit from the darkened corridors of separation, back into the Light of Oneness.

No longer do you seek outside yourself ... bargaining your obedience with the god of fear, hoping for the reward of Peace. There is no fear in Peace for what is Infinite has no opposite.

Now the rays of dawn reveal the God You Are and always have been. You Know it IS You who will 'save' your Self only to realize you were never lost .... but only thought you were as you loaned your Freedom to the ego-mind and played as its puppet for a season.

The curtain has parted which veiled the Truth of What You Are. For a Moment you will pause in stunned amazement at the Glory and the Grandeur of Your True Self ... only a Moment and then you will breathe deeply of the Peace you have longed for ... the Peace You Are ...the Light of Love You Radiate.



## Ego Traps

When we believe the 3D world we live in is reality, the ego-mind has front and center stage ... it is heralded as self esteem ... something to reach for. The conquering image of heroism is wrapped in ego shields disguised as desirable characteristics to develop. Entire lives have been spent pursuing and enhancing this false-god image.

However, once it is discovered as the architect of misery, it withdraws slightly, still ever-present as the Mr Hyde [hide] it is. The spiritual search begins here ... in past eras, simmering rebellion and growing frustration defined these baby steps to Freedom. Now, emotional turmoil, a wide range of discordant bodily symptoms and an inner rage that feels like an impending explosion signals the approach of Enlightenment.

Time and space now 'pop' in and out of Now Moments like an old radio that slips on and off a clear station channel. Feelings of euphoria associated with the Now frequency oscillate between the 'mild misery' of 3D existence and the agony of being trapped in a world that no longer feels real.

In these early stages of the Conscious pursuit of Truth, the ego-mind appears subtly. Endless debate over 'ways and means' to attain spiritual Freedom is one of its best disguised schemes for keeping you trapped in the

illusion since the Inner Guide ... your own I AM Presence, is not yet Trusted.

Judgment, the ego-mind's most effective trap, shifts from angry condemnation to the subtle arrogance of spiritual superiority. Even more subtle is the 'judgment of yourself' ... for judging others. Spiritual self condemnation has been a powerful instrument of bondage by the ego-mind for centuries. Suffering has long been sold as a 'natural' and necessary experience to 'purge' the blocks to Awakening.

Yet, the 'simple' Awareness that God IS really ONE and does not attack It Self ... ends all the unnecessary pain and delay. You are ONE - not separate somehow ... and have forgotten the harmlessness of undivided Love.

I AM 'IS' ONE ... ONE 'IS' I AM ... and You Are That Now.

## One 'IS' only One

What part of Oneness is 'more' than One?

The ego-mind, as it is pulled reluctantly toward your Awakening, changes its strategy for survival and becomes subtly devious. It uses words such as 'with' wherever possible in reference to God, in a form which appears totally benign and logical.

"With God, all things are possible."

"We are all One with God."

This creates and perpetuates separation.

If questioning these well known phrases in any way 'offends' or 'disturbs' you ... even in the slightest ... be certain that the ego-mind is behind it.

To exchange the word "with" for "as" is extremely uncomfortable for those who still believe the ego-minds litany of lies concerning your lack of worthiness. To accept the Giant leap in Awareness, which lays within this tiny change is to be a breath away from Awakening.

"As God, all things are possible."

"We are all One as God."

This IS Truth!

Another phrase most people immediately accept is ...

"It is better to give than to receive ..."

This too is tied to unworthiness in a subtle way.

As God ... as One, giving and receiving are One and the same thing. Who does God ... as One ... give to but It Self ... and the receiving is 'always' 'equal' to the giving because it is God that receives all It gives.

When you become Aware of the ego-mind's influence on your life it must withdraw into the hidden meanings which finite words attempt to place on Infinity, which cannot be described.

When you look into the mirror of your life, which is your entire world, do you see God everywhere? To do so is to BE Awakened.

Simply declare this Truth by saying "I AM" [the simplest words for truth] ... then, when you see or experience anything, apply this Truth to it ... "I AM 'That' I AM" ... which acknowledges IT 'as' God too ... as the God you Are. Then declare the Truth of it by adding ... "I Know" ... not, I believe or I have faith in it ... there is still doubt in these words no matter how devout they may seem ...

they still place distance between you and Total Awareness and distance is an illusion.

"I Know" IS the Truth. It matters not if you really do 'Know' it ... what you place your Attention upon with belief - expands and becomes your Reality ... this you DO Know.



## **Freedom - NOW**

You are your own jailer ... an elephant tied to a small stake by a thin ribbon believing you are powerless ... bound ... a slave to the cruel master - fate. No!

You Are Free NOW ... let go of the invisible chains you yourself have forged. Let go the illusion of helplessness, of worthlessness, of hopelessness ... You Are 'All That Is' - Free, Whole, Infinite, Boundless.

Let go the limiting belief that time must pass before your Freedom arrives ... that tasks must be completed, that homage must be paid to an outside infinite power who judges you worthy or not ... there is none but you judging you.

Take down this false god from its dark throne ... let it dissolve through lack of Attention ... place your Attention on Truth 'only' and the waves of Light emanating from the Love and Joy and Peace You Are will wash away the ancient dream of bondage and limitation revealing the Freedom You Are.

## **Freedom IS Your Nature**

Guilt pecks at your feathers  
as shame rises and falls,

In Stillness ... surrender to  
the Moment .. to What IS Now.

All suffering dissolves in  
this Moment - Now ...

Allow What IS to simply Be.

The tug-of-war between past  
and future has robbed you of your Peace.

There is a Silent Power weaving  
wonder throughout your Life ...

Allow IT to bring forth the  
fabric of your Purpose,

Let go of your resistance and  
float effortlessly on a carpet of Trust ...

You Are an Angel  
and Freedom is Your Nature.

## Remembering Who You Are

'Most' of humanity live 'most' of their lives in a dream. You know this at some level ... no matter how much your ego-mind is still resisting this Truth. Most people have awoken during a sleeping dream and 'knew' they were dreaming. Now, as the frequency of "Life Essence" ... the Essence of NOW living, sweeps across the sleeping Consciousness of humanity, more and more people are experiencing glimpses of this Truth during their so called awakened dream ... the dream they believe is Reality.

This dream has become their reality because of the 'Attention' they have given it and the 'belief' they have in it ... it has become their 'identity'. Beneath this umbrella identity there are a vast number of lesser identities ... doctor, lawyer, housewife, carpenter, model, homeless, tycoon, president, criminal and the list goes on and on.

None are real ... they are made up, constructs of the ego-mind's fortress surrounded by the great dream - the canopy that hides the Light.

A collective agreement keeps this dream solid and the deep need for acceptance that every sleeping one has - unaware of the Love That They Are - fosters their continued acceptance of the great lie.



The ego-mind has constructed enormous teaching systems to 'save' the sleeping Beauty You Are from the simmering discontent that lies within the dream. These philosophies, religions and belief systems are both complex and strict offering salvation at the end of a very long, long process.

In the end ... all such concepts must succeed despite the ego-mind's attempts to sabotage its own flawed plans because of the 'Intention' that lies behind them ... to Wake Up! But it need not take so long. [even this concept of time is an illusion]

Yet, here and there a few fearless ones are discovering the Truth is Simplicity It Self ... simply change your 'Attention' ... detaching from all other beliefs entirely [not their intentions] ... all identities and all attachments. Simply declare with every breathe the Truth ... I AM ... and soon, very soon ... your belief in this Truth will become your Identity - not because it needed to change but because you Remembered Your Self.

Can it really be this simple? YES ... It IS.

## **Guiding Light**

There is a Light that dwells still within every human ... it is a Pilot Light and guides them, though it has been only a flicker in most lives. You have not felt deserving of this Light ... you have not believed it was Your Light - it was You.

The time has come to accept It as Your Own - as Your Self and set it on the mantle of Your Life and allow it to Shine.

Fear not for the I AM Presence is with you Always and in All-Ways and It will Shine through you with such a blazing Fire that all darkness and confusion will melt away before your Consciousness.

## Your Life Purpose

Perhaps the most asked question by a person during their brief visit to this planet is ...

"Why am I here ... what am I supposed to do ... what is my Life Purpose?"

The world turns on this question and everything is influenced by it. Ruled, as it has been by the ego-mind, that turning has been on the shifting sands of constant change. Humanity has attempted to answer this question using the system available to it within the belief in separation where everything has an opposite.

This system has been one of 'cause and effect'. Its dualistic template dictates that eventually there will be an effect for every cause and from this the concept of karma evolved insuring that time and space has a balancing wheel that sooner or later will bring all to point zero.

Yet, never will all causes be reconciled by effects within the world of opposites because the Truth of our Being is One and has no opposite. While you live in this imbalanced world you have one function 'only' ...

-TO WAKE UP-

...to Awaken from this illusionary world.

It cannot be corrected, balanced or 'saved'. The injustices you see, the imbalance that appear in every corner of the planet can 'never' be put right since a patch in the broken dam shifts the pressure of chaos to other weak points and new leaks constantly appear ... these 'are' the shifting sands of change.

Awakening from the separated mind of time and space to Oneness, which exists in the Now, immediately shifts Your Life's Purpose to that of Creator ... but Creator of what?

The answer is ... All that resonates 'with' Oneness where what you create effects the Whole, which you Now Know You Are. Peace exists 'only' in Oneness ... to find it, you must place all your Attention 'only' on that and not on so called 'fixing' what cannot be fixed through the cause and effect system.

In Oneness Consciousness you create through 'Harmonic Resonance' or Collective Co-Creation where there is no referral back to causes because there is no 'back' or past ... just as there is no future in the Now. All so called parts or individuated I AM Presences create in Harmony with each other in the 'Now'.

In time and space you cannot 'Know' or even guess how to do that. In the Now, the ways and means are given to you in the Moment of Your need and always 'resonate'

with the Whole without the need for 'thought or figuring out'.

The issues of the planet are Known to The I Am Presence of Oneness and always function toward Harmony ... with effortless precision.

Therefore, first seek to Know Your Self [the so called Kingdom of Heaven ... or Heaven of Now] and all else ... all you need to Know and act upon ... will be shown to you.



## **Guilt and Self Love**

I know you are afraid of what stands behind the door, what monster dwells behind the mask that hides your guilt - your terrible guilt - your heavy guilt. But take Heart ... Your I AM Presence is with you always - go ahead and open the door.

You are the heroes of the world my brothers and sisters ... standing at the door, taking off the mask of death. The little child shivers at the door, asking to be held, to be loved ... for eons he and she have waited for your embrace.

They were the spectres you feared but – ‘suffer the little children to come unto Me’ ... to You ... the Real You. It is they that will heal your wounds and through their release you will find the Love, the Self Love you have longed for forever.

They wait, knocking at your Heart ... allow the frozen fear you have held against yourself to melt Now, and forever embrace them ... for You Are Free - You Are Free.

## Mirrors

Have you ever stood between two large mirrors and looked deeply into the one in front of you? They reflect more than you ... they reflect Infinity. A long deep corridor of identical reflections are reflected with you disappearing deeper and deeper into the void of Infinity.

Whichever 'you' ... you look at ... the appearance is the same, fainter and fainter as you look deeper and deeper ... but still 'you' ... or, so it seems. This 'first' reflection is Not you nor is the 'you' that is being reflected by it.

This is more than just a metaphor ... it is the Rabbit-Hole we fell down eons ago ... the illusion upon illusion upon illusion of reality that still doesn't exist once we retrace our steep fall ... unless, you are keeping your eyes on the eye ... the inner Self behind the first reflecting 'you'

When we begin the inner search we are usually consumed by the thrill of it all ... it is a new, seemingly uncharted territory ... at least for us and the trip is a grand, exciting adventure and it is easy to get caught in the 'trip' and lose 'sight' of the reason we began it.

The reflections represent the multi-layered interpretations of a lie, which stand at the first reflection ... many years can be consumed finding this lie and then mistaking it for the Truth.

The reflections also represent the so called karma we must reconcile in order to find the balance, which exists at the last 'reflector'. Millions of seekers have been caught in this web when the Truth was just a breath away. There is no need to unravel the incredibly complex labyrinth of reflections ... why travel through a multitude of deep and murky illusions to find an illusion that is more believable?

Simply place your 'Attention' on the eyes ... this is a metaphor for the Light. And what IS the Light? That which does not change, which cannot be destroyed ... nothing else is real. These are the intangibles of Love, Peace, Joy, Abundance and Freedom. Do not try to 'figure out' what these mean ... you cannot discover the True meaning of the Infinite through the finite vision of the ego-mind.

Focusing upon these aspects of Your I AM Presence is sufficient together with the 'sincere desire' to remember Them.

All sincere desires [passions] reveal themselves to you in your experience whether they be focused on the Truth or on temporary experiences. Choose therefore wisely ... choose The Light of Truth and the reflections will quickly disappear forever ... in this lifetime ... revealing the Real You.





## Humility

Only the little self in its fear based belief requires constant feedback that it is worthy. The greater its fear, the greater its arrogance and absence of humility. It seeks approval at every opportunity and is never satisfied for the illusion of its own existence constantly knocks at the door of Awareness driving it ever inward toward Truth.

In humility is great Power. Your I AM Presence IS God - All That Is ... without limit or boundary. The Truth of Your Being simply Transcends needs of any kind ... this includes the need for any aspect of Its Oneness to acknowledge Its Own Grandeur.

In Awakened Consciousness It IS fully Aware of Its Pure Being and requires nothing ... No-Thing.

Place your attention on the Truth of What You Are - Your I AM Presence.

## Motive

There is a subtlety to the ego-mind when it is pulled into the spiritual Life. Until that Moment its use of drama was obvious as it sought to hold our attention in the world we believed was real. There was little or no resistance to its demands for security, practicality, responsibility and linear consistency ... 'fitting in' seemed the 'normal' thing to do, in fact it was sought after as a predominant goal in life.

Once the line was crossed into the inner search for a deeper meaning to life, the ego-mind withdrew, knowing the Light would be turned up and its lies would be discovered unless heavily masked.

There are few traps more insidious than spiritual arrogance. The obvious mask of superiority through success in the 3D world was replaced with false 'motives'. Our need for acceptance and fear of rejection can easily hide behind spiritual titles. Issues of control are wrapped around inflexibility, and strict doctrine. When confronted by the Truth the elusive ego-mind retreats into silence masquerading as patience and compassion to hide its arrogance.

There is a ruthlessness about Truth, which requires complete honesty and transparency as we root-out the remnants of the ego-mind's dominance over our life. This 'is' the 'dark-night-of-the-soul', which occurs over

and over again as we finally reach a new and deeper level of Awareness.

For many Now seeking to Awaken from the great illusion, the dark-night has never been so dark or so deep or so long as it has been for these last 90 days. [June 21<sup>st</sup>, 2010 to September 21<sup>nd</sup>, 2010]

The intensity of Transforming Energy has shone its revealing Light on every mask our ego-mind wore ... many, we were not aware of ... and dissolved them, either through our surrender or pushed them through the key-hole of our cellular structures in a host of uncomfortable physical and emotional experiences.

Even the tiniest 'motive', which was not resonating with Truth was exposed like a raw nerve.

This window closes tomorrow with the Fall Equinox and we will be given a little 'breathing room' to survey the New Earth, both of our planet and of our own individual world. Let us be grateful for the 'healing blast' of Love which has flowed so intensely and compassionately through our lives these last 3 months.

# I AM

When you experience the I AM Presence you will sing:

"Oh Heart, who slept through eternities, NOW blazes with Love Divine, Awakened by the gentle kiss of an Angel ... My Own I AM Presence."

You Now see Your True Self everywhere. How could blindness have taken this endless beauty. You will weep tears of Joy as the Essence of Life Now pours Itself through the open door of your Heart.

The scales fall from your vision like dead leaves. What IS ... Oh What IS ... the rapture of choirs singing the Gratitude of release ... and you know ...

"I AM Free ... I AM Free."

## **I AM Mantra - Choice**

I chose the Gentle Humility of One Who Knows It Self to Be the Light of Love - All That Is ...

I chose to Live in Absolute Abundance in All Ways and in Perfect Harmony with the Love I AM ...

I chose Absolute Wholeness of the body I wear and the instrument of personality I use to participate in the Creations I have manifested ...

Free, Joyful, radiating Absolute Peace and Knowing, I create universes to experience with the Sound and Breath of My Intention.

## The Transition

As the veil thins to transparency the illusion shifts, dissolves and reappears between intervals of Now-ness. This seeming phenomena can be disorienting and disconcerting. For those of you who have made the grand "Awakening" commitment ... this experience will occur frequently Now that the dimensions are no longer hidden from each other.

Dizziness and great waves of fatigue may envelop you as The Transition into the Now expands and contracts like an accordion.

Stay centered ... breath ... and allow the 'show' to unfold around you without panic. You are 'shuffling of the mortal coil' and dying to the dream which once captured your Attention so completely.

It seems like the walls of a hologram are flitting in and out of your Awareness during these Moments, exposing the great deception you have bought into for so long. This metaphor is True but the ego-mind will vigorously dismiss it as long as you will continue to believe its ancient lie.

Stillness is at the center of these experiences ... a profound sense that the world has stopped. Things which 'should' not happen ... occur.

This morning, as I approached a coffee shop I frequent, a small yellow female Finch sat on the sidewalk just outside the window beside the table I usually sit at. I went inside and lay my things down on the empty table, but there it was ... still sitting outside the window on the ground.

I went outside and walked toward the delicate little creature. These beautiful and joyful birds are very timid and quickly fly away if alarmed. However, it just sat there as if it were waiting for me.

Sensing its disorientation, I stooped down and gently grasped it in my hands. I stood up and a moment later opened my hands. It immediately flew away and made a circle landing where I had picked it up. It did this again and then flew into a bush as if this conduct was perfectly normal.

In The Heaven of Now - The 5th Dimension ... things like this 'are' normal. Expect them, accept them, embrace them and enjoy these baby steps into the World of Truth.



## The Image of a Master

A computer arrives with certain basic programming ... an operating system. It can do certain things but requires 'input' from an operator. You then add to this basic operating program and the way it functions alters from slightly to dramatically depending on your changes, additions, deletions and restrictions.

In much the same way the I AM Presence arrived in manifested form ... in the world of separation, capable of a multitude of functions but restricted in many ways. Nevertheless, 'Awareness' of Its own individuated I AM Presence still existed in latent potential.

Through initial training and judgment, a foundational function of the separated 'split' mind, programs were added and individuality was formed. With each new program the individual I AM Presence was blocked more and more, hiding It deeper and deeper within the manifested individual.

Throughout its existence in this temporary form these programs and others added later, which resonated with the initial programming ... guided its half-life ... it became a slave to these guidance systems.

However, the I AM Presence is like a 'homing device', which sends out a signal of 'discontent' toward anything which does not resonate with the Truth That It Is ...

Love, Peace, Joy, Abundance and Freedom.

In the separated mind it seems to take eons of 'time' for this Divine signal to activate changes ... dis-empowering the programs which enslaved It. Eventually however, in this linear time-line, the individual I AM Presence prevailed and 'mastered' Its form based life ... returning Its experience to Truth and dissolving the separated mind as it returned to Its state of Oneness Consciousness. And ... this self imposed slavery enriched Its potential for deeper emotional experience.

Although the I AM Presence has Awakened ... the false image we have of a Master ... laden with 'phenomena' as it is ... still persists. The separated ego-mind of each individuated I AM Presence uses this mystique to keep distance between it and the possibility of Waking to the Truth It IS.

True mastery involves 'pulling the plug' on the programs, which mask the I AM Presence. The result is ... these programs are either deleted or over-ridden.

The capabilities or programs of an identity such as a pilot, doctor, carpenter, sculptor or musician for instance, can be retained while your 'identification' with them and the control they exert over your Freedom ... are dropped. This is living 'in' the world, not 'of' it.

The image of a Master sitting in a lotus position,

cloistered from the masses while devotees cater to their every physical need and worship them like an outside 'god', is an old energy pattern ... still existing in the fresh New Earth ... while fading quickly.

The New Earth Master walks among his and her fellows, living Freely, radiating the Light of Freedom ... Freedom from the programs, which once dictated a pre-packaged version of Life.

"Behold, I have overcome the world ..." simply means to be Free and Awake to the I AM Presence and All That It IS represents.



## **I AM No-thing**

I Am the green of the leaves  
and the wind that blows them.

I AM the star spangled sky  
and the unseen Life between them.

I AM the screen on which  
I Live My dream.

I AM the play of Living Life  
within My Self.

I AM full, Complete, Free ...  
I AM No-thing.

## Worthiness

Everyone living 'in' the world has issues concerning 'worthiness'. Frequent attention is given to appearance, to speech, to body language, to conduct of every kind since judgment is everywhere ... the greatest of which is self judgment. Deeply hidden within are the voices of fear echoing the words you believe are true ... "I am not good enough ... I am not worthy."

Your attachment to this identity has drawn many levels of agony into your every experience ... even the most joyous moments as what you have gained seems destined to be snatched from your experience if you take one false step.

No one stepped in the illusion is exempt from these simmering feelings of anxiety. You have been told ...

"You are a child of the Universe ... You ARE Worthy."

But this Truth fails to quench the fires of Shame which are connected to feelings of Unworthiness.

At a deep, deep level, everyone still locked in the dream of separation believes they have somehow disappointed God. This shame has been acted out on your world stage again and again as lack of Trust leads to betrayal which leads to separation and further lack of Trust.

You are either the betrayed or the betrayer. The play may have been very subtle or openly obvious ... the result is the same. You have an ancient sense of being abandoned by God and anyone who, for a while takes on the role of God in your life, is suspected of being untrustworthy ... waiting for the right moment to abandon you ... again!

There is no remedy out 'there' for this merry-go-round of misery. The separation of Consciousness cannot be healed by any 'thing' since 'things' are temporary ... they eventually fall away and again add to the feeling of being 'let down' ... of being betrayed.

The dissolution of this ancient marriage ... this identification with shame and unworthiness, arrives the Moment you remember Who You ARE. It cannot be found in the past or sought in the future. It exists in this Moment NOW. When time and space dissolve, separation is impossible ... and where separation ends ... Oneness must appear ... as it has always been ... never gone ... always You.

In the NOW the Life Essence ... the Boundlessness of Oneness erases every trace of shame and abandonment and unworthiness and Peace returns to your Heart.

## **I AM This ...**

I AM the Joyful Essence within a happy tear ... I AM the sorrow too. I AM the Abundant living green of Spring and the brilliant colors of Autumn's death. I AM the raging mountain stream and the stillness of motionless waters. I AM the cheerful chirping sparrow and the moaning agony of the wolf whose cub is lost.

Life and death ... Joy and sorrow ... I wear these experiences as equal partners dancing as One. You have forgotten the dance and lean imbalanced from one to the other, believing yourself a victim of circumstances.

But arise and let those garments fall ... you are no victim but the creator of them All. Remember What You Are and allow the Love of Creation once more to embrace each image as it appears within your experience. Let every attachment of how you believe Life should be ... to simply fall away.

Free yourself of all identities and play with the costumes again as a child. The heavy weight of little things has stolen your Joy. Float Free for I AM IS Freedom.

## **I AM You - Set Free**

I AM the winds of passion  
dancing in your Heart,  
blind to the eyes  
of judgment.

I AM the spirit of Freedom  
singing with reckless abandon.

I AM the gushing waters  
of Life painting the colors  
of Love on a blank canvas.

I AM unbound,  
laughing as a child,  
limited by nothing.

I AM the You,  
you have feared to express  
and longed to set Free  
upon the infinite fields  
of play.



## **I Play Within My Self**

As a King I breathed the pungent  
odour of arrogance  
But the fragrant beauty  
of grandeur too,

As a pauper I felt the sting  
of limitation  
Yet savoured the freedom  
of simplicity,

As a tyrant my blood boiled with  
the power of domination  
But also felt the boundless sense  
of life without limits,

As an inquisitor I learned the  
ugliness of cruelty  
Yet gained commitment to  
deep devotion,

As a slave I learned of  
hopelessness and despair  
But found the essence of  
service without expectation,

Through countless experiences  
my palette of colors and sounds,  
of tastes and smells and feelings grew,

And Now reawakened

to All That I AM  
from my self imposed forgetfulness,

I paint new and more magnificent  
universes to play  
within My Self as My Self.



## **Losing Your Mind - Finding Your Heart**

Is there anyone who has not said at some time in their life,

*'I think I am losing my mind'?*

The question which arises but is seldom answered is, 'who is the 'I' making the statement'? Most people would answer, 'me ... obviously, its me'. But they would be speaking of the false 'me' ... the one masquerading as their True identity ... the ego-mind.

The second question concerns the mind. Whose mind is 'I' losing? The mind is the instrument which has been hijacked by the false identity, so when it says 'I' ... 'think' ... I am losing 'my' ... 'mind' ... it is the ego speaking of something which does not belong to it.

It is in a panic for whatever reason that it is unable to 'control' its stolen possession. Events in the life it has usurped have become overwhelming and its frail and conflicted identity is close to overload.

This is a profound Moment in the person's life, indeed for the greater part of the population on the planet at this Moment, when there is an opportunity to 'Seize the Moment' and return the mind to its True state.

This is accomplished by 'falling' ... simply allowing the false life to fall apart and allow 'Life' to restore It Self as the Ambassador of your experience.

This 'mind losing' statement remains but changes subtly to

*'I 'Feel' like I am losing my mind'.*

There is an almost euphoric insanity about this shift. The shift occurs while the ego's control is temporarily lost during its fall - your surrender - and the Heart takes this opportunity to reinstate the mind as its instrument.

You move from the false 'security' of 'thought' to the Absolute safety of your 'Feelings', which are the Love frequencies or Knowing-ness.

Whatever is or was occurring in your life begins to settle into Harmonic Resonance with Peace. That which is unnecessary - often, most everything - is released from your experience and that which flows with the Freedom of Peace rises into your Consciously Aware experience.

## **In The World - Not of The World**

When you Awaken ... as millions Now realize is near ... you do not leave the planet ... you simply 'see' It as It Truly IS. The same is True of All Life ... you 'see' the Beauty of the Life behind the masks you once judged, no matter how ugly they may have 'seemed'. You 'see' Your Self in that Life and Know, not simply believe It IS You - Infinite individuality within Boundless Oneness.

You recognize the Infinite field of possibilities as the substance from which You have created All That Is.

That substance IS also You and every created thing, every circumstance, every experience is made of this substance ... and all of It is beautiful, expanding Your emotional capacity to experience Your Self through the temporary forms you project from Your Self 'to' Your Self.

These temporary projections - illusions though they are - represent the playground of the Divine Child, no longer sleeping and a victim to the changing tides, but a Master Creator, moulding each new toy into a new and wonderful experience.

In this Awareness you do not covet any 'thing' since you Now Know that limitation and lack do not exist ... you share it equally with All - the All You Now Know IS You. This was Your original Intention when you temporarily

stepped behind the veil of Your creation, blind to the memory of You as the Creator.

But Now Awake in full Awareness of What You Are - Your I AM Presence ... You Live '... in the world - not of the world ...' you play within Your creations - they no longer play you.



## Innocence

Surrounding the Innocence that You Are, are layers of baggage. You have projected your false beliefs onto the screen of life and judged it as unworthy. You have condemned and attacked it and built layer upon layer of self judgment and guilt upon yourself for doing so.

You look out on the mirror of the world and see these heavy weights, these false garments of guilt and condemnation.

‘They are too ugly to look upon through inner gazing.’

The ego-mind tells you this lie because it knows you will discover what you believe you see in the world, in your brothers and sisters, is not real ... is not there. You will discover the Beauty, the Truth of the Pure Being that IS Your Innocence.

Be not afraid, the little child of Innocence within has not changed and you will find It if you ask to be shown it ... then your guilt will melt away and the fragrant beauty of Self Love will rise up to take its place.

## Heart-Based Consciousness

Imagine for a Moment living your Life without thinking about It before hand. How does that feel? The immediate response for most people is, 'fearful ... its like walking in pitch-black darkness.' ... or, 'How could such a thing be possible?' ... might be another response.

Living from the mind is considered 'normal' ... planning, organizing, analysing, questioning and philosophizing are all accepted functions of day to day living. The entire educational system of the planet is based on these mental functions and others like them. They are the natural outcome of choices made between 'opposing' conditions to arrive at a point of balanced living ... hopefully ... precarious at best, shifting and changing Moment to Moment.

Imagine again ... a 'Grand Design' based upon, guided by and 'made out of' Love. What would It look like? Could It be accessed through the mind? Does that make sense?

A Design such as this would surely be worth considering ... a Life lived based on such a Design must contain all the conditions necessary for the Free, Joyful experience where you could take that long deep sigh you have withheld from yourself all your life and fall back in Peaceful repose knowing you were totally cared for in every possible way.



Imagine this for a Moment. This IS Life the way it was originally Designed to BE ... It IS the Truth of Your Being ... and It can be accessed this Moment by shifting your Consciousness from your mind to your Heart ... Your Feelings.

What do Your Feelings tell you in this very Moment? Is there an exhilaration to 'LIVE" ... to Really 'Let go and Live?' This IS what 'normal' really IS.

Place your mind Now in the 'service' of your feelings and visualize yourself in a child's body fearlessly running through an endless field chasing clouds fully believing it is possible and normal to catch them.

This is just a metaphor for the dreams you have withheld from your experience out of the fear of failing to catch them ... or, losing them once you did catch them ...or , being rejected 'for' catching them ... or ... not catching them ... or, not being able to let go of them once you did catch them.

The fearless child in you cares nothing for these concerns because she does not 'think' about them ... she simply allows herself to feel the Joy in the Moment of chasing, not in what that may lead to ... which is in the future ... something else she does not think about. This IS the simple and Joy-filled Freedom of Heart-based Conscious Living ...It is also Enlightenment.



## **It Doesn't Matter**

Imagine you have been walking for a long, long time in a storm. You are drenched to the skin, your clothes are ripped and soiled and you are shivering and cold. You are at the end of your endurance and you fall to your knees and from the depths of your being you ask for help. As you lift your head you see a light in the distance ... it is shining from a window. You struggle to your feet and stagger toward it. As you approach the light, a door opens beside the window and Light floods out toward you ... seemingly welcoming you to enter.

Cautiously, you take a step, then two then three through the door. It is warm and quite within and the noise of the storm is left behind. An invisible voice beckons you toward a cozy fire where a comfortable chair awaits you. Candle light adorns the mantle and soft music surrounds you. You breathe a deep sigh as you fall into the chair. Immediately, you jump up, afraid that your dirty wet clothes will destroy the beautiful chair. But the invisible voice says:

‘It doesn't matter, you are safe and welcome.’

Reluctantly, you rest your body in the chair and embraced by the loving energy that surrounds you, soon you fall into a deep and peaceful sleep. When you awaken you find your clothes are dry and spotless.

You look around and notice a window. A face appears in it ... it is the face of a tired wretched wanderer who looks very familiar. Without speaking, you extend an invitation to the person to enter. Moments later a reluctant and bedraggled person enters the door and slowly approaches the fire. He doesn't seem to see you as you beckon him to sit in front of the fire and warm himself. He recoils from the chair in fear of soiling it with his dirty clothes. You whisper into his ear:

'It doesn't matter, you are safe and welcome.'

As he rests his weary body and falls into a deep sleep you recognize his face ... it is your own. You hear a voice within your mind.

'You are welcome, all are welcome. You are safe, you are Loved ... You Are Love.'

## Love It All

Its not good or bad  
It's not dark or light ...  
It just 'is'

It's the play of Light,  
It's the screen of experience  
It's Your stage ...

Judgment blinds you  
to the play ...  
instead, 'use' the stage  
never believing it real,

... and yet,  
its within Me,  
embrace it all ...  
your Love of  
'all' of it  
makes it your friend

There is no priority  
to fix or save,  
it's all the play  
of My experience ...

And You, My player ...  
and You,  
the part of Me

Who forgot Me,

Who takes it all  
'so' seriously ...  
it's the Child  
who Truly sees and  
Loves it All.



## **Live The Truth NOW**

There is no God outside you ... no great Being coming to save you from eons of darkness. God is not somewhere hid within you - separate from your Self. You Are God ... individualized. There are not 'some' who are God - All Are God.

There are not some who will be saved ... there is nothing to save. There is no long path or process required to 'find' your True Self. This belief is old energy ... the thinking of Time and Space ... the linear step by step Ascension belief.

As long as you continue to believe this a long illusionary path lies before you. It is your Intention, your Belief and the Passion you pour into this belief that makes the path real for you.

Let it go ... you are Awake NOW. Step back into the Awareness of Your True Self simply by changing your Intention to do so and Live the Truth about Your Self Now.

## The Subtle Seduction

There is a 'subtle seduction' lingering near the door to Awakening. If you were presented with the opportunity to Awaken this very Moment ... how would you feel?

Try not to think about it ... just 'feel' it.

Is there a slight hesitation? If you are totally honest with yourself ... for most people there 'is' a feeling of hesitation ... perhaps faint, perhaps close to terrifying.

Despite the chaotic swing of life experience from ecstatic to depressing, there still skulks in the corners, a seductive allure to this world ... something you may not have tried and don't want to miss out on during your multitude of experiences while visiting this bright and shiny illusion.

As Your I AM Presence rises more and more frequently in your Consciousness and your Divine Discontent grows ever stronger to return HOME, the tempting, flickering lights of dreams recede ... still present yet seductively enticing you to take another and another glance back at the crumbling city before you leave forever.

'Surrendering ... letting go completely and free falling into the arms of ... What?'



This voice whispers its warning as it 'sells' you the fragments of dreams. It is the whimpering, whining voice of the ego-mind gasping out its last 'pitch'.

The voice is still familiar although much, if not most of its power over your Intention has been lost. Nevertheless, you obeyed its commands for eons and lingering obedience prompts you to look back and 'feel the fear again' that once kept you in total bondage.

By now you know resistance 'gives' the voice and the fear strength. As always, the answer is simple ... you realize this more and more as you approach the final cliff to Freedom. Gently embrace the seductive distractions ... and accept that they still have a subtle influence over you that you cannot yet release ... embrace that too ... its 'all' God.

This is the Self Love that will finally extinguish the last flickering candles of illusion and almost imperceptibly, without effort, your total Surrender will wash over you like a gentle incoming tide, under a cloudless sky as the Rays of Dawn rise in your Awareness.

## No Matter What

How much do you really desire "Awakening"? Have you really asked Your Self this question from the core of your Being?

If your Intention is to Be "All That You Are" ... to remember All That Is as Your Self ... it must Be FIRST in your life. The Peace that waits and beckons to you just on the other side of the veil of separation, IS Real. You have tasted It, if only for brief Moments ... and It IS yours ... It IS You.

By now you know that what you give your Attention to expands ... this includes your attempts to 'get rid of' the ego ... the block to Awakening ... this too is Attention and has the opposite effect of what you desire.

If you focus your Attention on eliminating the ego ... you give life to its presence as a reality in your experience. Instead, withdraw your Attention from 'everything' that does not 'resonant' with Awakening and give your Attention to Awakening only.

This does not mean you do not attend to the practical day to day things ... they are fewer than you may believe but 'do' require some Attention.

'But how do I place my Attention on Awakening ... I don't even know what it really means?' You may ask.

The single greatest Truth is, 'I AM'

You ... the you that lives in the past and the future, cannot ever understand this Truth ... but the I AM Presence within You that Watches the 'endless parade of dreams' knows this Truth as It Self.

During the day take 30 seconds frequently and breathe deeply from the belly and silently repeat, 'I AM - I AM That I AM - I Know' ... that is all.

Gradually a Peace will fill these Moments and memory of Who You Really Are will soon come and remain with you. When this occurs something else will happen ... you will desire this feeling 'No Matter What' - nothing will take precedence over this returning Consciousness of Truth ... the exercise will soon Breathe by It Self and your life will funnel all experiences toward your immanent Awakening to All You Are.

## **Allow Your Heart To Guide**

Truth cannot be found in the mind nor in opinion, nor in the endless dissecting of spiritual texts. The ego-mind loves the search ... chasing its tail in an endless charade, parading itself as a Truth seeker. Yet, it will never 'Know' God, for to do so would be to attend its own funeral.

The list of ways and means, of modalities and disciplines, of sacrifices and repetitive affirmations stretches into the antiquity of the old energy ... the energy, which no longer guides humanity or the Planet Who is its Home.

Mother Earth has made Her transition into the 5th Dimension ... into the timeless Now of the New Energy and no one is exempt from this Love-filled influence.

The long and arduous path of redemption, which once led the weary pilgrim to the precipice of surrender has given way to the simple open fisted abandon of this New Energy where mind and thought, ideas and concepts lay in the dust of the ego-mind's veil of deception.

The Heart-Centered 'Feeling Nature' Now sways the longing spirit of discontent. It requires only the release of thought and its calculating nature to the gentle breeze of The Life Essence ... the frequency of the Now. It speaks with a thundering velvet voice, electrifying the

senses with a Knowing which completely transcends all conjecture and the wandering ideals of the ego-mind designed to bring peace to the world while plotting your destruction at every opportunity.

Take the great leap from all you believe you know ... it will not save you. Allow the Heart to take Its rightful throne in your Life, subjugating the mind to its true role as servant and watch your Life unfold on Its own, in all its Grandeur, as if from a far off country ... drawing ever nearer.

The return of genuine Humour will be your first experience as you release the tension, which you thought was so important and gripped your every experience. And in this Child-like Freedom you will Know, there is nothing to 'save' or 'free' ... you will Know Your I AM Presence ... the Oneness You Are.

## Joy

Life flows ... Life allows ... Life accepts what is ... Life shines ... Life lifts ... Life enjoys It Self.

The stiff ... break. The serious are inflexible, stoic and dry ... thirsting for Joy ... unable to release the fist of severity. Guilt and shame underpin these actions and the belief in a god outside the self who punishes.

Oneness does not attack It Self. It does not seek, grasp, withhold, or deny It Self Joy. It IS Joy and radiates What It IS always and in All Ways.

When self judgment is released, laughter comes easily, effortlessly and frequently. The unfettered child shows the Natural expression of their I AM Presence at every opportunity.

Source created 'from' It Self and dwells within Its creation to 'feel' the infinite possibilities of the Joy It IS.

How simple are the gifts of Joy to receive through the release of resistance to your Natural feelings.

## **No Path to Enlightenment**

There is no path to Enlightenment, no long journey Home to the Truth of What You Are. These are belief systems born of the mind ... of linear step-by-step thinking. The world has moved into the Heart where time and space dissolve into the NOW.

All is renewed each Moment and the Truth exists in That Moment, not in some far off place requiring great effort to attain.

The I AM Presence is What You Are - God - plain and simple. By gently placing your sincere attention 'only' on this Truth - I AM That I AM - you remember What You Are effortlessly. This IS What has always been ... it has never changed, you merely gave your attention elsewhere ... to 'separation' by your own choice to experience what it would be like to be 'less than' All That Is.

That experience, that choice has been fulfilled and Now is the Moment to 'return' to the full Awareness of Your Greatness and the Love and Light You Are.

Rejoice!





## **Psalm of The New Energy**

[The Lord is my shepherd]  
My I AM Presence is My Guide

[I shall not want]  
I AM Complete

[He maketh me to lie down in green pastures]  
I AM Abundance

[He leadeth me beside still waters]  
I AM Peace

[He restoreth my soul]  
I AM Aware I AM That I AM

[He leadeth me in the path of righteousness  
for his name's sake]  
I extend the Love I AM to All That I AM

[Yea, tho I walk through the valley of  
the shadow of death]  
I AM eternally birth-less and deathless

[I shall fear no evil for thou art with me  
I AM Aware I wear the disguise of separation

[Your rod and your staff, they comfort me]  
Creation is in the Sound and the Light

That I AM

[Thou preparest a table before me in  
the sight of mine enemies]  
I AM Abundance, lacking No-Thing

[Thou anointeth my head with oil]  
I AM in Service to All That I AM

[My cup runneth over]  
I AM an ever flowing river of Love

[Surely goodness and mercy will  
follow me all the days of my life]  
I AM Peace, I AM Joy, I AM Love, I AM Freedom -  
Eternally

[And I shall dwell in the house of the lord forever]  
I Am ONE, dwelling within My Self

## Divine Uncertainty

Embracing the Unknown is an expression of the Freedom That You Are. You allow the flow of events in your experience to unfold on their own without expectation. You allow the wonder of a child to fill each Moment. Unimpeded by the interference of the ego-mind, the orchestration of the Universe is always perfect.

This is True regardless of that interference as the Universe instantly adapts to what the ego-mind projects as separation, extending the Love That It IS in every Moment.

Trapped in the illusion it made, the ego-mind ... the identity most of humanity still believes is itself, it is unaware that Life always unfolds perfectly ... if left to It Self.

Fear underpins the ego-mind's every thought, word and deed and colors every choice. For most people this has become so habitual it is considered normal, down-to-earth and responsible. To it the world is a very dangerous place and walls must be built to protect it wherever ... to it ... threat is perceived ... which is everywhere.

To Live with the Abundant Freedom offered by Divine Uncertainty you must abandon your defences. This is

unthinkable for most people ... and that is true ... to the extent that 'it does not require thought' where risk is always weighed. It means moving your Life into your Heart ... Your I AM Presence ... where feelings are naturally harmonized with the Universal I AM Presence and so called danger is automatically 'side-stepped' from your experience.

The ego-mind, in its most advanced state, can juggle many balls ... when you dance with the Universal I AM Presence you juggle them all ... to infinity. Why would you then instruct It how to unfold your Life? The answer is lack of Trust.

We invite you Now to consider testing this perfect expression of Life and Love and allow It to organize your Life ... if only for a day ... paying close attention to everything that shows up ... no matter how small or seemingly insignificant.

If you will allow this blessing into Your Life frequently, you will find It soon guides your every experience as It fills your Heart with the Song of Freedom.

## Release Control

The little self believes it can 'handle' situations ... it can 'deal with' problems and 'control' its life. This often requires compromising others in the interest of self preservation. Yet in an instant all the threads that hold this house-of-cards together can be blown away by a passing breeze - no matter how secure the walls of protection may be. And the strain of holding these strings in place is devastating to the Peace you seek.

Allowing the 'whisper' of the Moment to guide your path IS Peace. Taking no thought for your needs or of possible circumstances, is reckless to the ego-mind, yet filled with a sense of complete Freedom few have yet to allow themselves to feel.

## Rough Awakening

At one Moment or another everyone has been awakened from a very deep sleep. The feeling was not comfortable and may have even been painful. You may have felt irritated and resisted ... wishing to fall back into unconscious oblivion. When finally you awoke, whoever was responsible for disrupting your so called peace may have received harsh words from you.

Humanity is Now experiencing this 'Rough Awakening' from a sleep much deeper and far longer than the temporary event that takes you into a smaller dream each night.

For those that are unconscious of what is occurring Now at lightning speed, the experience is being felt as the destruction of infra-structures, which have been the rock-solid props on the stage of what they absolutely believe is reality. Many of these deep sleepers believe this is just part of the normal valleys that follow the peaks in the world of commerce, industry and cultural evolution ... the shock of these profound and permanent changes has not yet been recognized.

For those with 'some understanding', the Awakening is being felt at the cellular level as if they are exploding from inside out. And, on every other so called level, life is being disrupted ... for some the feeling has taken them to the brink of insanity ... just the opposite is true

however since the dream of separation 'is' insanity. Sanity is being 'restored' as the Light of Truth dissolves the veils of illusion from the Sleeping Beauty You Are.

Yet even you, who accept this Truth are still resisting as the ego-mind struggles to hold onto its last vestige of control over your long, deep sleep. This resistance 'is' the discomfort you feel. Know that it is Truly 'safe' to fall unafraid into the arms of this Divine Transformation, although the evidence of your dream tells you ... 'the world and your life is falling apart'.

Never is life more beautiful than at the Moment of Birth ... see Your Self as the Divine Child that You Are, emerging from the Womb of the Divine Feminine into the Light of full Awakening ... for that is exactly what is Now occurring.



## **Saving The World**

Saving the world is not your mission ... not your responsibility. Awakening to Reality is your opportunity ... this is the Transformation of Consciousness. When Consciousness Awakens to It Self, the world renews It Self ... is Re-Born spontaneously.

Surrender to What IS ... no matter how lofty it may appear to the ego-mind to resist ... restores Peace. Resistance always involves judgment ... the fundamental fuel of separation's continued existence. Peace is the Natural state of Awakened or Enlightened Consciousness ... and that which has not been Peace-filled Transforms without effort.

Ways and means – the so-called 'doing' aspect of change, spontaneously appears to the one who surrenders to What IS. This 'doing' continues, but is no longer an expression of resistance, which always fosters the expansion of the condition you wish to change.

The world ... Earth, IS Peace ... It knows It Self as Peace. You need only 'allow' this Truth to unfold Naturally from the ashes of the ego-mind's misuse of consciousness. In the Awakened state, All discord vanishes as the No-Thing it is.



## Stillness

The ego-mind relies on distraction to maintain your belief in its reality and the control of the world it has made. Noise is one of its main tools - the constant chattering of the mind accepted by most people as normal. Painful thoughts are no less effective than happy thoughts to bend your attention to what appears to be happening, solid and real. And the contrast between these highs and lows validates the illusion that Life is flowing through your experience.

When you approach Stillness the ego-mind warns you of boredom and lifelessness ... it knows the blank screen Stillness offers erases the concept of separation - its endless drum-beat. Yet, the blank screen is the doorway to your Heart, to your 'feeling nature' where perspective and opinion dissolve into Knowing and judgment melts into Oneness where the True Nature of Your Life is Known.

## Strangers

Those that resist the influence of the Light of New Energy will feel more and more like strangers to you as you embrace the Light of Transformation. Like oil and water, both are liquid but oil being lighter rises to the top.

A person will stand beside an old friend who has surrendered to the I AM Presence that They Are and not recognize and in some cases not physically 'see' them. The eyes cannot see the frequencies of Light beyond their capacity to recognize Truth.

To those who choose to remain in the darkness of separation, their world will remain much as it has always been ... there is no judgment imposed on any beyond the judgment they place upon themselves.

To those who accept the Light of Transformation Now bathing the planet, nothing will ever be the same. Everything and everyone will appear Lighter and Brighter, spontaneous laughter will take them by the Heart at odd Moments and Joy will become increasingly natural.

A sense of carefree abandon will slip into routine, breaking the chains of habitual living. And the constant state of fear that once coloured every thought, word and deed will give way to relaxed expectancy that

everything is provided for and All is Well.



## Surrender

What seems normal to the little self is very often out of alignment with the I AM Presence. Fear dictates the life of the little self, sometimes in obvious ways but more frequently cloaked in the language of what appears logical, practical, responsible and down-to-earth.

‘After all,’ it will say, ‘you have to \_\_\_\_\_ in order to survive.’

... and the dance of the puppet trips through life pulled by the strings of habitual fear.

When finally you decide you are ‘fed up with always being afraid’, the release of Surrender to the Moment ... to the NOW of living without the nudge of past or future considerations, wraps its gentle and loving embrace around your Heart and you breathe a sigh of weightless Joy.

## The Child Awakens

The ego-mind takes itself very seriously ... it is 'all' business. Even the so called business of seeking enlightenment is very 'stiff-lipped' ...

'After all, this is the key to happiness and peace,' it will exclaim.

It loves complicated practices and long drawn out procedures claiming these disciplines are necessary to control the mind and ready it for Awakening. And, it always seeks outside itself for those more gifted more experienced ... those 'already' awake, for guidance.

All these things have their place and can be useful for one purpose only ... to finally surrender 'all' for the Truth that can only be found within. When this step is taken ... and it can easily be taken Now ... with no preparation at all .... when this surrender occurs, the child awakens with all its simplicity, playfulness and reckless abandon.

It knows not and cares not for the opinions or judgments of others ... it lives in the Moment. It has fallen into the Gentle arms of Freedom. It Trusts that all will be taken care of, that it IS safe, that it IS Loved without conditions of any kind.

This IS Enlightenment and it is available to You in this

very Moment - Now.



## The Dying Dream

The imposter's rage grows ever stronger as I embrace the Light - I AM. It knows its grasp has faded ... My attention withdrawn. Some roots still flicker with life in the illusion and the imposter struggles to survive, sapping life from the dying embers of the dream.

I AM calm ... undecieved, in the storm of its pleading masks. The ruins of My ancient dreams lay at My feet - they served me well and I AM grateful for I AM more than I was, expanded in the Light by My experience.

## The End Of Separation

The Light of Truth has hidden for eons within the guise of gypsies, wanderers, nomads of every kind and fringe dwellers rebelling against the status quo, programmed belief systems and fear based teachings of religious leaders. The Child of Truth has incubated under the dark cloak of suppressed creative expression, all the while steadily unfolding the Grand Adventure of Greatness hidden in limitation, struggling to remember It Self.

Today, these flickering Lights are known as LightWorkers, most still wrestling with the rapidly swelling Light of Greatness within and the dubious distinction of misfits who cannot conform.

The grip of this ancient label has loosened and here and there a few have dared to completely expose the full measure of the I AM Presence-Grandeur That IS their True Reality. While still maligned and vilified, the power of Love has been fully released and dark minds flee before Its Glory.

Like a tsunami the Light Now flows and those who carry the Light must release any remaining self doubt, poverty consciousness and judgment that still cling to the belief in duality. They must stand forth naked, detached, transparent, open and available for the flood of Love to pour through them and bath away the last vestiges of separation, finally revealing to All the Oneness that We



Are.



## **The Gift Without Cost**

Like Abraham on the mountain, I AM is tested within the dream to experience the full measure of My Trust. Will I follow the guidance of the Love I AM or hesitate at the last Moment ... the Moment I see My most precious possession may be ripped from my Heart.

How else will I know I AM complete within My Self - Whole - needing No-Thing?

The possession is an illusion, no matter how beautiful. Knowing I AM Whole IS Truth, the gift without cost. It is not possible to lose anything we wish to experience, for it remains within My Self ... within My Oneness.

## Awakening

Awakening IS Remembering!

The ego-mind loves to play hide-and-seek with the Truth, wrapping It in mystique and placing It far away. It details the rules of the game and provides endless steps in a 'process' that only a few even qualify to play. Its methods adapt to cultural beliefs but always its end game is 'seek but do not find'.

The concept of 'becoming' is something which involves time and space ... the home of illusions. It places God outside, where It seems to belong ... forever unattainable. The very suggestion that it is 'easy' to Wake Up ... to Be Enlightened, has been made to sound frivolous, having no respect for the sanctity of so great an achievement. If you even dare to make this suggestion to yourself, your audacity is immediately coloured with another layer of illusion ... guilt, and the unworthiness that results casts this idea into the fire of self hatred. This is another deception of the ego-mind.

The image of a Master has been conjured to portray a Great Being, which It IS, walking on water and raising the dead. While these great achievements may very well have occurred they were still metaphors for much deeper revelations ... since no Awakened One uses phenomena to dazzle and place themselves above.

Always, the purpose of display is to Enlighten. Rising above the chaotic influence of emotion and Awakening the sleeper from the dream of death illustrates the possibility that exists for all.

Why would such a Great One go on to say,

‘... you will do what I have done and greater things will you do ...’ ?

Being-ness sets the example of what is possible when you Wake Up to All You Are ... no different than the One Who radiated this Truth to you.

An enormous so-called 'step' toward Awakening is to accept Its simplicity and once accepted to place this Now attainable Truth 'above' all else in your Life. The simplicity is only this ... You Are and have always been Awake, Enlightened ... a Master of Truth, and have been sleeping to this Truth ... literally, sleeping.

Simply make it your number one Intention to Wake Up ... declare That You Are Awake every chance you get and the built in mechanism of 'what you focus upon expands' ... WILL Wake You Up.

No-Thing else is required but This.

## The Instructions

A dream with an instruction booklet ... a little toy tractor, you know it's not real but it comes with a manual and instructions for its use that makes it 'feel' real.

So, as a child, you play with the toy and 'make believe' it's real ... and in those Moments 'it is real' and you lose yourself in the playing.

The instructions seem to make the 'make believe' real. The parts ... the bits and the pieces ... they give structure to your playing and slowly it becomes solid. Soon, the make believe fades and the solid 'is' your reality.

Lost, you may be but the dream is beautiful with all its blazing mountain peaks and dark, dark valleys ... it is magnificent ... that's why you began the playing.

You can step out of the dream at any Moment you wish, taking with you the richness of the experience and the expanded awareness of feelings ... that's why you came to play.

But the pull is great Now, so strong ... the longing for Wholeness fills your Soul and tugs at your Heart ... Home, you want to return Home ... and the gratitude for the dream swells within your Being as you turn your

face once again toward the Light.



## The Mind or The Heart

Your I AM Presence ... The God You Are, lives through your 'feelings' ... through your Heart. You cannot 'think' your way to Truth. There is no list of things to do to obtain Awareness of the Perfection That IS You.

The mind has been the 'tool' ... the pawn of the ego-mind for eons and loves to seek for answers and figure our solutions ... yet, it never finds the perfect Harmony that is the Essence of Oneness for its search always divides, always has victims and victors, always has winners and losers fostering the endless battles that have defined humanity's existence.

The mind is not 'You'. You Are One - Undivided, living through infinite expressions you have forgotten are also You. When you allow yourself to 'feel everything', allowing the 'addiction to distract from the uncomfortable' ... to fall away, the You that seems to hide in others, in experience and in things ... slowly reveals Itself to You and gradually you become Aware there is No-Thing that Is not You and No-Thing that is not Perfect.





## The Power of Thought

Much has been written about the power of thought ... and this much is true ... it has the power to completely overtake your life and manifest its presence as your experience. What you perceive arrives from what you are conceiving in your mind. The play of thought which commands your attention and is believed in ... becomes your experience.

You have been taught that this IS power ... but what power? Does what it bring you also bring with it the experience of Peace? If not, have you had enough of what is less than You 'can' experience ... less than What you Are in Truth.

It is not the manifestation of your thought that brings a lack of Peace or any other lack ... it is your belief that it is 'real' ... that it is who you are. The I AM Presence that You Are in Truth is here to experience - expand and grow in Its Feeling Nature ... in full Consciousness, not in the sleep of limitation and separation.

We are here to Play and Love and experience great Joy doing so, not to manifest our thoughts into prisons which bind us to the wheel of servitude - servitude to our own ignorance.

By placing your attention on that One which Witnesses the world ... Your I AM Presence ... very soon the illusion

which controls you will dissolve. After that, you will find you can experience the world in the Light of Truth without being its slave.



## **What IS Your Responsibility?**

Awakened ... Aware of Your Sovereign I AM Presence ...  
what IS Your responsibility?

Do you believe it will be greater than when you believed  
in the illusion ... when all your experience in it was real  
to you?

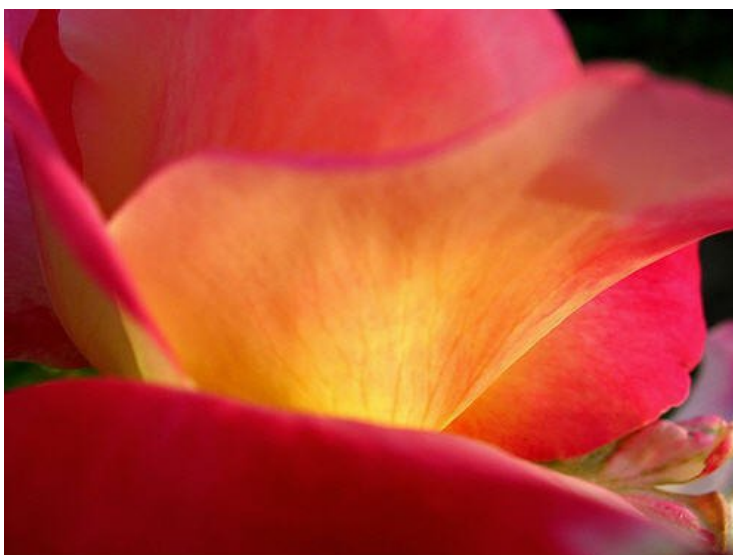
This is True ... but not in the way the ego-mind believes.  
Its concept of responsibility involves arranging and  
rearranging the circumstances of its world, plugging  
leaks, putting out fires, weathering storms and handling  
situations. In the midst of this chaos it attempts to  
convince you happiness lies in control, accumulating  
possessions, and the suppression of evil.

True responsibility is effortless and is not tied to outside  
circumstances. Its expression always Radiates Harmony  
and Peace as It flows from the extension of your True  
Passion ... Your Joy.

Its voice is Silent and the ripples of Its expression  
softens the tension of all it touches. It is not tied to  
obligation ... there are no 'have to's' in True  
responsibility. True responsibility is to BE All You Are  
and Create expressions of Love with every breath.

This requires no thought, no plan, no agreement, no  
contract, no timetable and no consequences. It is a gift

flowing through Your Highest Nature. This is why the Awakened do not seek to 'save' the world ... They Know They 'Are' the world and that it reflects 'What' They Are in every Moment. It is the reason your first and only responsibility in your ego-mind's version of the world ... is to Awaken from it.



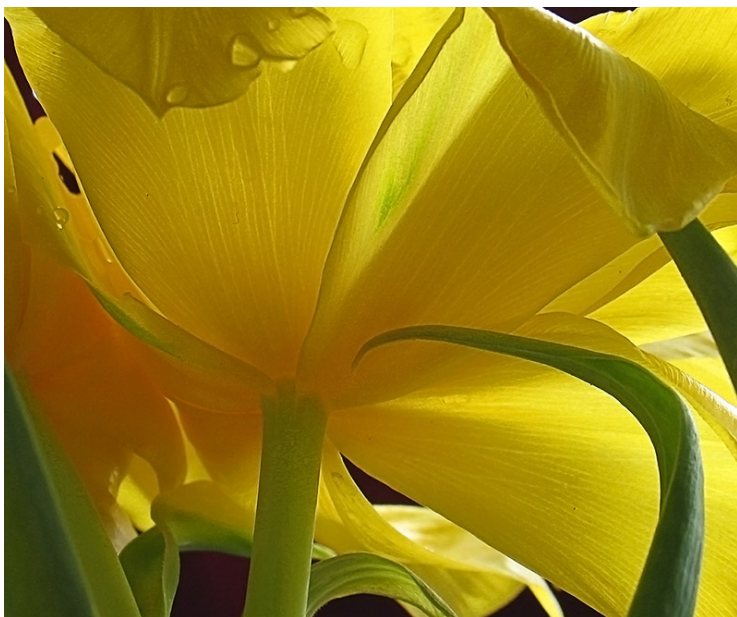
## The Angel of Truth

I AM the giant mountain waterfall appearing as a trickle to distant mortal eyes. I AM the play of Light sculpting the face of reality ... now dark ... now light, yet ever changeless. I AM the rustling leaves dancing to their singular melody while united by a common Source.

Masked in diversity, I appear separate ... alone ... limited ... but rooted in a common Life, I AM One ... Infinite... Abundant ... Unbounded.

You have forgotten this Source, this origin, this common unity and grow weary in your isolation. But take heart and close the eyes of separation ... remember What You Are and leap with the Lightness of unburdened Freedom.

You have passed through an ancient slumber ... wipe the sleep from your eyes and See, as if for the first time the Beauty that You Are ... you have been kissed Awake by the Angel of Truth.



## **The Truth of ALL**

What does your Heart Truly want? Does the answer involve a list of things, places and people? Then, these are not your True desires. Does it involve 'fixing' things that appear broken? These too are not what your Heart Truly desires ... no matter how lofty they may seem.

Whatever has a beginning and an end ... no matter how long off the end may be ...is an illusion and illusions cannot satisfy and cannot be fixed. Only that which is without beginning or end - eternal - is Real and fills the Heart.

What IS Eternal? Love - unconditioned by definitions or boundaries, IS the Essence of Reality ... of All That Is - of What You Are. Its name is Infinite ... Abundance, Joy, Peace, Freedom ... are but a few of Your names.

If, in your 'desiring' your Intention Always and in All Ways is this Essence, the experiencing will BE That ... though it be flawed in many ways to the senses. And soon, with this deeper understanding, you will experience this Essence without the desiring as the Truth behind and within ALL.





## The Turning Point

How much do you yearn for Enlightenment ... to be totally and completely Free?

If you seek a spiritual life to improve the quality of your physical life ... to make your circumstances and experiences more comfortable and enjoyable, this is possible but it is a muffler that simply buries dysfunction for a season ... soon the symptoms of discontent will appear around your feathered walls.

But if, in the depths of your Heart you yearn for Peace that cannot be disturbed, never has there been a more Perfect time than Now ... Now in the sense of timelessness and also chronological time. The Gates of Heaven stand wide open Now.

... the Password is the same as it has always been,

‘Come Empty Handed’.

This condition for the unconditioned surrender of ‘all’ for ‘ALL’ never has been so simple to fulfill. The influx of Light upon this planet is radiant beyond your eyes ability to comprehend dissolving the veil of darkness cast by the separated self ... the ego-mind ... so long ago.

You have but to offer yourself sincerely and humbly to this Radiance that interpenetrates all you see and all

you do not see and the weight of all false identities, all attachments on all levels will fall away like the illusions they are.

A sense of Freedom never known or imagined will creep into your Heart and lift you into the remembrance of What You Are - the Glory and the Power of the God you have placed outside yourself ... the I AM Presence of Love that IS the Light of Your world.

How much do you yearn for this Freedom, this Peace, this Joy?

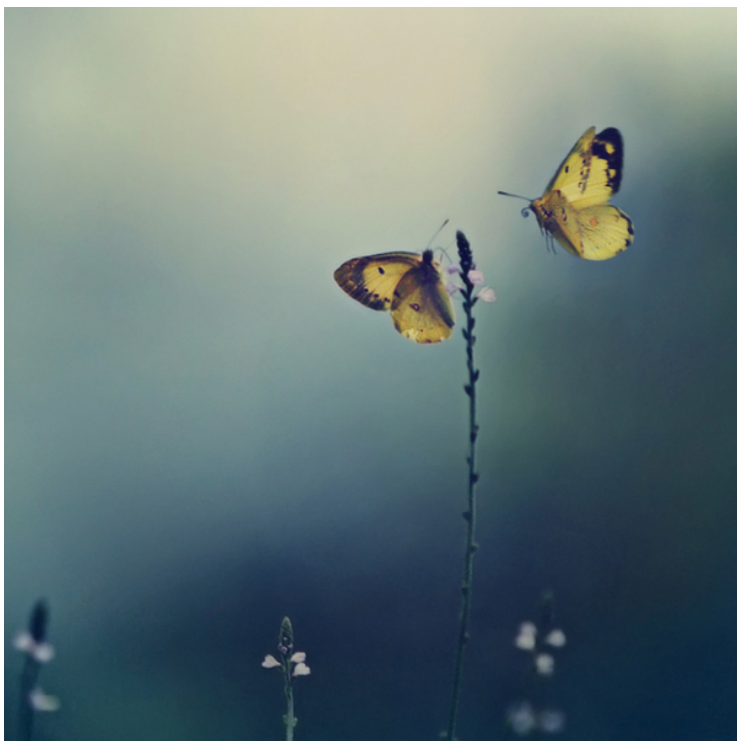
## Thought

Do you believe your thoughts have no effect? Belief and Passion give them Life.

What are your passionate thoughts ... thoughts you crave with all your heart? Do you believe in them ... do you believe they are possible ... do you believe they are possible for 'you'? If so, nothing can keep them from your experience!

You design your world ... each one's world is different from the next ... many worlds, one earth. Yet, only one thought is Truly worthy of your unlimited creativity. When all the rest have satiated your passion, only one is Real ... to remember what is True ... to Awaken from the dream of temporary things ... to Know you Are God - I AM.

Play in the fields of shapes and shadows and shifting dreams as long as you still desire them - as long as you wish ... all is well. Enjoy the play of Light, but Know they are projections only ... on a screen you have stepped into and you are the projectionist, the designer and the life giver of them.



## Declaring The Truth

Recently, the ancient Law of Attraction has gained worldwide exposure. Today, most people have at least heard the phrase, 'You become what you think about' ... and the many people who have put this to the test have found the Truth of it appear in their lives. Today, with the huge influx of Transforming energy that is occurring on the planet, the time between the thought and the manifestation of it is often like lightening.

Many people have also heard about Enlightenment, also known as Awakening. And, there are likely just as many who have heard the claim that they are living in some kind of dream or Matrix-like reality ... also known as duality since it is based on the falsehood of what seems obvious to the physical eyes ... that we are separate from everything outside ourselves.

For those who believe, at some level, that their world is in fact an illusion, a decision has been made to 'some how' ... get out of it. And for the relatively few who profess to 'know' the 'how', follow it themselves and teach others 'The Way' ... the term 'LightWorker' applies. These beacons of Light have done miraculous work in recent years, shepherding millions to the 'exit door' from the great dream ... yet most, at this Moment, the LightWorkers and their followers, still stand at the door.

Like the deeply hypnotized subject who has been told he is a chicken, they stand 'clucking' at the door they believe is still closed to them ... at least for the Moment. They arrived that close to Awakening but remain there, deeply frustrated ... or worse ... passively accepting it ... and pacing back and forth before the sacred door.

All come laden with the baggage that got them that far. The baggage contains the remnants of belief systems, healing modalities, techniques, doctrines, disciplines ... and perhaps more than any other impediment to the requisite open handed, naked walk through the door ... the belief that it is difficult ... very difficult to take the last step.

Spiritual archives speak of the incredible sacrifices made by those 'Great Ones' who made the journey before ... and this has become their 'measuring stick' for worthiness instead of 'the bridge' it was meant to be.

You need not repeat what has been done for you. You need not live by candle light until you believe you qualify for electricity ... you simply give thanks for it and use it.

As stated, to walk through the door, you must come naked and open handed, clinging to nothing within the world you once believed was real. All identifications and the baggage that comes with them must be stripped

from your consciousness at the door ... not necessarily from your experience however.

The Key here is 'Simplicity', to strip down your Awareness to the bare bones to the Reality that lies beyond the door. The simplest 'Declaration' of this Reality is, 'I AM' ... nothing dresses This, colors It, defines It, or hides Its basic Truth. Through the simple and proven use of the Law of Attraction ... the declaration of this Truth expands It in your Awareness and you Awaken to It ... without tricks, tools or years of sacrifice beyond the detachment of all identities.

When this occurs you suddenly realize ... as the ancient adage says, 'you have been standing at the door knocking not realizing you were already inside'.

This does not make you some sort of 'guru' ... above the masses of people who believe they are still standing outside the door. You have merely simplified your life to the basic Truth ... 'I AM' and created a new 'dream' which 'dreamed' you 'out' of the illusion and back to the Awareness of the Being ... the All That Is, that You Are and have always Been.

## Transformation

When a soul asks in deep sincerity for Awakening, for Transformation ... the ego-mind often believes that life will suddenly become peaceful only to find that much of it is more difficult.

The I AM Presence knows each attachment that still holds you bondage to the illusion of limitation, each shield you still cherish that hides the Light You Are from Shining. These chains must fall away and your desire to find your True Self accelerates a slow 'so called' process of removing these chains that began eons ago when your Awareness of It was lost.

From the Moment you make this deep commitment your life can often feel like a storm. The melting of ancient beliefs, frozen in your cells and programmed in your mind precedes the gentle Awakening that follows.



## Transforming Duality

The biggest reason LightWorkers are on the planet is to Transform duality. This occurs by Transforming duality within their own consciousness. They are not here to 'save' anyone ... each one does that themselves by accepting and allowing the Light of Truth to wash over their own dream of separation and open their own inner eye to Oneness.

The Awakened Are Light and 'need do nothing' to Shine IT. There are Moments when the Light is animated and in those Moments Light does 'not' compromise with darkness, does not bargain with blindness, does not cajole and mollycoddle ignorance for fear of offending ... these are the actions of the deluded who believe it is their duty to 'save' others any way they can.

In past times those that Knew the Light and boldly Shone It to the world were maligned, exiled, tortured and murdered ... that Moment has passed as the wave of Consciousness Transformation now floods the planet and humanity ... there is literally 'no time for crap'.

All darkness and those who cling to it are quickly fading from the New Earth. Those that have eyes to see and ears to hear Will Now see and hear and those who withdraw - offended by the Light will 'come again till the Light Be in them' ... and all is well.

Stand tall Now, you who would Awaken and speak boldly the Truth in 'every' Moment and in every situation and You Will Awaken because you are only speaking to your Self ... there Is no one else here but You ... You Are One.



## Unconditioned Love

Love without conditions is impossible for the ego-mind who judges everything in its world of separation on a scale of good and bad. Forgiveness was a remedy for this 'trap' allowing it to accept those people, places and things that displeased it.

The Master of Love activated this remedy to serve as a bridge for the imbalanced mind of the 'judge' to find some sense of Peace. In the New Energy, where separation melts into the NOW, forgiveness is unnecessary as past and future have no meaning. Each Moment is fresh, new and alive in the Perfection It IS.

In this Moment it is possible to recognize All as One, All as aspects of the True Self and to embrace, without conditions, the Love that IS Your Reality. You do not Love in this Moment ... You ARE Love and know there is No-Thing else but Love. You simply radiate the Truth of Your Being - Love.



## Vision and Freedom

When we place our Attention on anything it immediately begins to expand. Withdrawing the Attention has the opposite result. It is your continued Attention combined with Simple Belief and Passion that crystallizes the object of your Attention in your experience.

Long before you see it however, it touches your feelings ... if you allow the creative flow to reach your Heart ... from the first thrill of Vision this feeling is available and brings with it the Joy you have come here for.

You will see signs that your vision is coming closer - you may call these signs - synchronicities. Allow them to touch your feelings as well, gently releasing them just as quickly, clinging to nothing, holding on to nothing and thereby maintaining your Sacred Freedom.

Allow the passage of the Vision to thrill your Heart without holding it or, what result may come. Each dream you cling to weighs you down and deprives you of your Freedom. Like the Love from which Vision emanates, It Lives and Expands as it flows unhindered.



## A Point to View From

When you are Awakened you still see the swirling cacophony of illusion in your world, but from across the bridge as a 'Watcher' ... no longer 'believing' You Are One but 'Knowing' It.

The ego-mind's 'point-of-view' ... its opinions ... its philosophies have been Transformed into a 'Point-To-View-From'. Fears still rise and fall but no longer touch you as they once did ... you see them for what they are. The collective dream still plays out on the stage of your Life but you Now Know it is just a dream.

Awakened does not mean ego-based issues do not still come up. In fact, those unexamined issues, which were once brushed aside or distracted from, are looked at head on. They are simply observed and embraced in Love, leaving the Now toothless ego-mind nowhere to go ... in this way no part of the dream can cling to you as it once did.

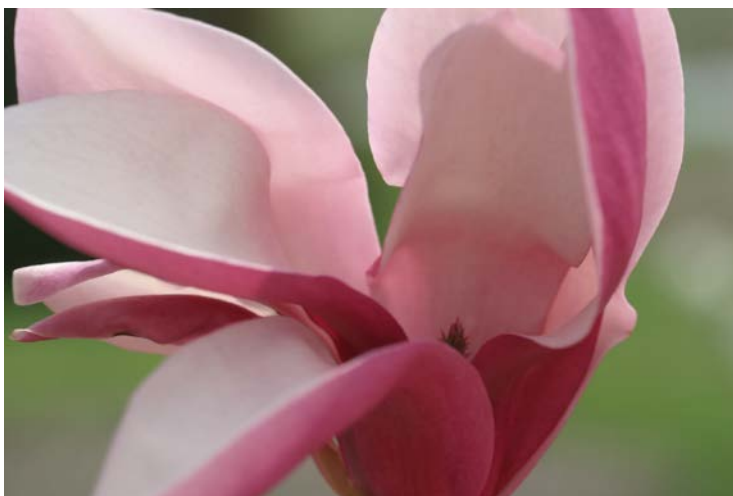
The waves still arise but no longer do they sweep you out to sea drowning you in a new personal identity ... separate from the ocean of Oneness You Are. They are recognized as part of the play you used to take so seriously and Now just 'watch'.

The concept of 'saving' the world shifts to one of Transforming Consciousness wherever a person is ready to take the great leap of surrender ... for in each individual Transformation comes the dissolution of the

'causation' of that, which seemed to require saving in each person's experience.

The Light of Truth does not 'attack' It Self ... It does not destroy the temporary Home It chooses to express Its creativity through. Now, in the eye of the storm, you still see and feel the chaos of the illusion but cease judging it since the end of separation is also the end of judgment.

Awakened, you are at the 'Real' beginning of Your Life ... despite having never left It ... and waves of greater and greater Brilliance are still waiting to wash over and through Your ever-expanding capacity to Create through The Love That You Are.





## Vulnerability

Vulnerability is the foundation of Power - the Infinite Power You Are in Truth. What has your 'control' brought you ... what has it brought the world in its long history of fear and limitation. Mankind has built fortresses to protect it from every imagined enemy and everyone has fallen.

You are surrounded by Angels who wait for your release of control. They will flow into your every need, in the moment of your need when you allow yourself to be vulnerable.

And the greatest gift that awaits the one who does this is the gentle flow of Love - no longer impeded by your attempts to control outcomes. Love flows where and when It will, transforming all unlike Itself. It embraces all - All That Is without regard to appearances knowing nothing of past or future. This is your True Power and as you allow It to flow It passes through your experience radiating the Joy of Pure Being to You.



## World Chaos

The Transformation of Consciousness is becoming a giant wave of New Energy. It vibrates at a frequency far higher and unknown to the world before. All that is unlike this New Energy is being Transformed and to the separated mind it appears as terrifying and chaotic.

Observe the magnificent chaos of the universe as it forms the majestic beauty of a swirling galaxy. That same majestic chaos is also occurring within all individuals who also dwell within their own earth-body.

The body, mind and spirit are becoming a Body of Consciousness. Seen through the single Eye of Truth the world is acting out the awesome wonder of the I AM Presence You Are.



## **You Are - I AM**

I AM the screen on which Life plays. I AM Life playing upon the screen.

I AM the player that Life plays through. I AM the Witness who watches the play.

I AM Boundless, Changeless and ever Present while the play, the playing and the player comes and goes.

What comes and goes expands All That I AM ... the Joy, the Peace, the Freedom, the Abundance, the Love I AM.

To experience Truth ... identify only with I AM and remember You Are - I AM



## **You Are Free Now**

You are never 'Not' Free. You have never 'Not' been Free. Who is it that sees you in bondage? What voice tells you this? Do you imagine that it is your Self? And what is it that it is Aware of these questions? Your belief in bondage is that which gives life to it ... it is that power which creates the illusion even that there 'is' an illusion.

What is It that could be so Powerful as to create the illusion that It is powerless? This Witness - this Watcher - this Awareness IS You and if you choose you may accept this and simply remember ... it is simply a choice to remember.

You Are - Awake, Aware, Free - All That Is. No long road of Self development or discipline ... simply a choice to remember What You Are and the same Power that chose forgetfulness will remember It Self - Your Self.





## **You Need No Approval**

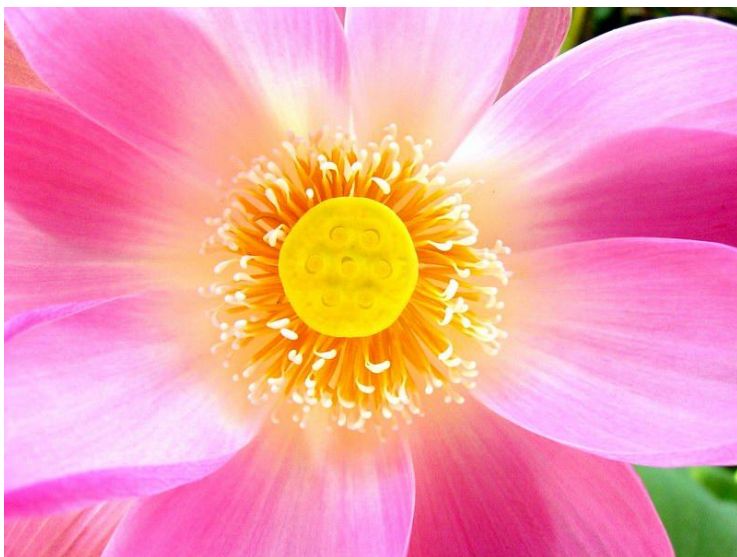
You need no approval to express your creativity. No special experience or recognition is required to extend the Love that seeks expression in Your experience. The AM Presence that IS Your Reality has but one Purpose ...

To Explore Itself and thereby Expand Its 'Feeling' Nature

There is No-Thing but Itself and for a season It hides this Truth from Itself - what some believe is darkness - in order to dive into Itself Fresh and New. The result IS something that It has never experienced before and It Expands thereby.

You Are It and for a while longer still play in the dark earth of infinite possibilities masquerading as something less. When you feel the urge to create anything - so called small or grand - it is this Divine Passion from the depths of Your I AM Presence to Expand.

Seek no approval but with simple gratitude, allow it to Flow through your experience.



## **You Need No Validation**

Rely not on outside agencies to validate yourself ... you will forever be their slave, swelling and collapsing at the whim of capricious flattery and cruel condemnation.

There is no supreme 'judge' of your Greatness except your own Knowing. Step up to the Throne of Power and take your rightful seat ... gently, humbly in full knowing that you Are The God of your own Universe and none need confirm this for you.

Create it as a child would ... with playfulness and innocent glee, laughing, skipping, jumping for Joy in fearless abandon. You Are the Master of All your circumstances and experiences. Mould them, sculpt them to your liking remembering always that each shifting particle IS You and with that understanding Love Your Self.



## When The Floods Come

For most people the floods are coming more and more frequently and more severely than ever before. Do you curse and resist them when they come ... or do you embrace the darkness as you would the Light?

Both are aspects of All That Is.

Embracing the darkness in your life, whether it be in your face or far from your experience ... is much more than a mental exercise repeated to convince your ego-mind you are a spiritual person. You must Truly experience how it feels and allow those feelings to bring up the shrapnel wounds of your most explosive experiences.

To suppress these feelings is Self abuse.

When you allow these feeling to come up ... when you Truly embrace them, having Compassion for Your Self as you would a suffering child ... for that is exactly what you are in those Moments ... the Light absorbs them, Joy returns and this increases your capacity to have Compassion for all Life.

-inspired by my Beloved

## Standing In Your Power

The need for Light-Work grows daily as more and more people are becoming aware of the 'lie' they have been living ... and ... have reached the Moment they are choosing to 'let go' of it. What took many LightWorkers decades to discover Now must be recognized often in only weeks for those who are making the inner commitment to Self Love and The Truth it reveals.

Gusts of Transforming energy throw the sleeping angels off their holographic balance of a lifetime spent in the illusion. Wave after wave of ecstatic revelations intermingle with the darkest valleys of depression and helplessness they have ever encountered.

You Are '... the Light of the world ...' you beacons of Living Truth who have past this way before and Now stand as Living proof the journey is not in vain. It is Now we must 'stand in our Power', unflinchable in our resolve, unbending in our Knowing, yet flexible in our response to the cry from the wilderness.

You Are the I AM Presence in Living flesh, the Power of Love grounded as never before. What millions upon millions have prayed to and begged of for relief from the fires of Transformation Now stands beside the swelling mass of Awakening souls in the flesh as You. Do not shrink from this great task nor the acceptance of its Truth.

You Are - I Am. In the early stages of standing in the Power of Your I AM Presence there is a tendency to waffle back and forth fearing to accept the Truth of it and the function it Now plays in this rapidly changing New Earth. This will pass as the steady stream of wounded Hearts rise to the surface of the illusion to fly Free ... in part through your gentle yet powerful guidance and encouragement.

Do not 'wait' until you feel 'Worthy' or ready ... you were born Worthy and you are ready in each New Moment simply by taking a step back and allowing your I AM Presence to meet the need Knowing as it does the perfect ways and means.

You Know Now this has nothing to do with all your learning and modalities and tools for healing ... it is simply the Moment by Moment surrender to Your I AM Presence that allows you to stand in your Power and serve as Love Divine.

## About The Author



For 30 years John McIntosh was an entrepreneur, eventually becoming a multi-millionaire with all that comes with reaching the top of what the world calls success. All the while he was deep into spiritual seeking and the Freedom it promised.

He discovered he could not have both ... at least not the way he was living his life.

It took another 11 years to find his True Self and the Freedom, Peace and Love his Heart yearned for.

Here is what John says about his life in his own words –

*I have released what once held me bound to time-based existence and I float naked, Free and vulnerable in each moment allowing the moment to sculpt my life. The Unknown calls to me and I welcome It, holding onto to nothing ... holding onto no-thing. Each experience slips*



*through my awareness flowing freely, touching my Heart and expanding my Awareness of All That I AM. Peace IS - Love IS - Joy IS.*

*I AM Nothing - I AM All That IS. After many weary years of seeking outside my Self ... reaching the heights of what the material world has to offer ... and sinking to the depths of despair it asks as payment, the fire of surrender burned through mask after mask revealing ever more clearly the Love that dwells in my Heart. The self-sabotaging behaviour of the little self gave in to the Light of Truth and I lay down my ego shields, abandoned my fear-filled defences and dove into the Infinite.*

*What I used to hate I Now embrace as a blessing ... a mirror reflecting the faintest mask hiding the Beauty within. The aggressive control based Masculine mind that defined my identity has been gently moulded into a perfect companion with the Divine Feminine Heart, the substance of All that appears to be. Together they are One Perfect extension of the I AM Presence.*

*Open, available, still, listening ... I wait upon the Guidance of Truth that ever flows from the Heart of Peace and Freedom. And blessed beyond the ability of words to frame, my Feminine counterpart - my Twin Flame - Ingerid Chanel Ezhno - appeared in my experience. At first unfamiliar, I knew Her as my Self ...*

*One with the Me that is Real, eternal and ever Present ...  
never lost, and now remembered.*

*Together, we are creating World Peace Galleries and  
Global Peace Web to assist in the expansion of the  
Transformation of Consciousness Now bathing the  
Planet in Light.*

<http://ezhnogroup.com>



## Contact

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