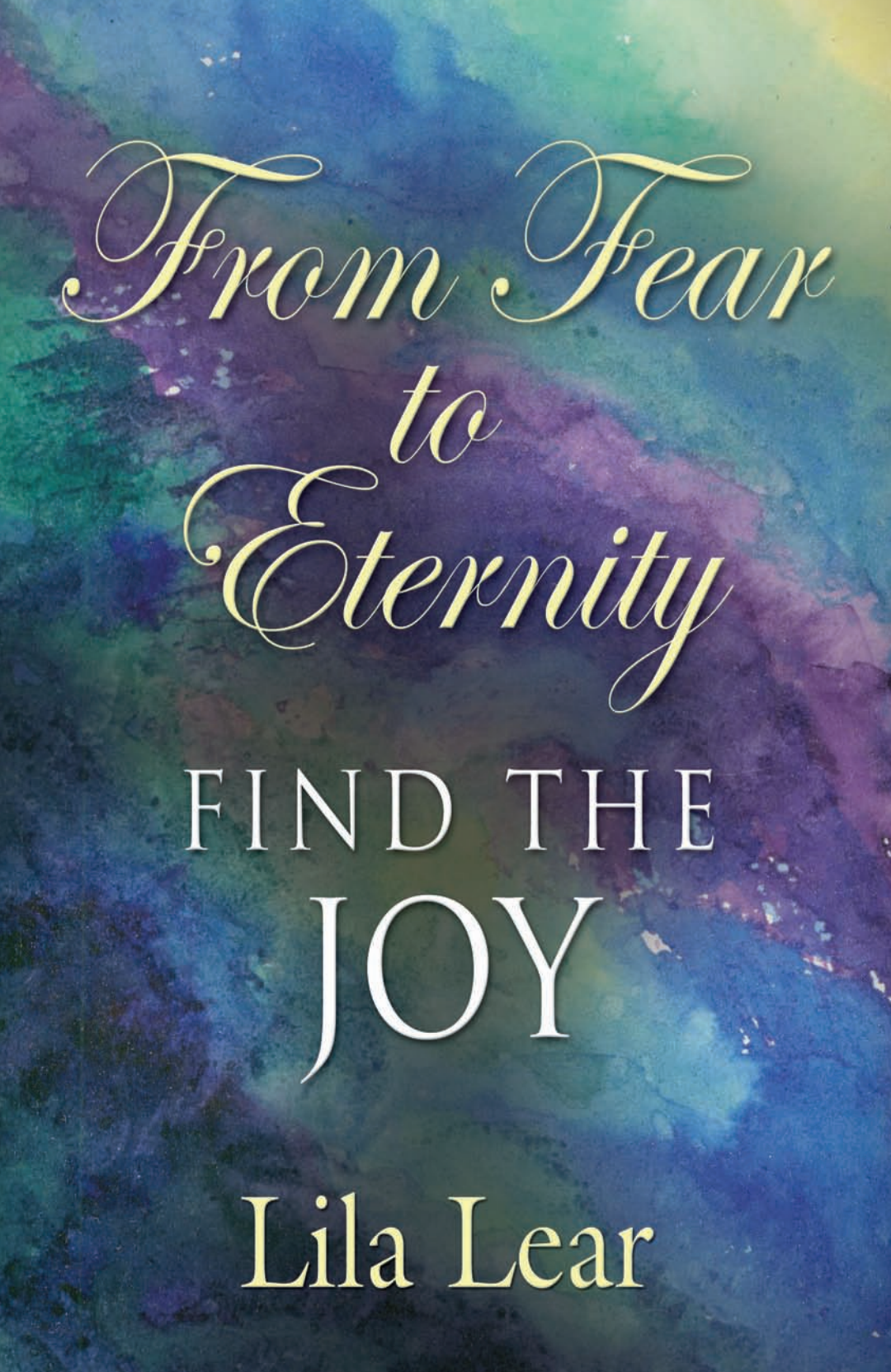


Finding the Joy is vastly more than the pursuit of happiness. It is about learning to move past the masks of personality to honor the divinity of every life. You are invited to join the quest.

From Fear to Eternity

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*From Fear
to
Eternity*

FIND THE
JOY

Lila Lear

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ISBN 978-1-60145-425-6

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Printed in the United States of America.

Booklocker.com, Inc.

2010

This book
is dedicated to the many
who have taught me these lessons:
friends, lovers, enemies,
relatives and teachers.

Bless you all,
and may you have learned
your lessons as well.

May the road be easier for you
as you learn to pay attention
to the signposts along the way.

ACKNOWLEDGEMENTS

This book is dedicated, with all my love, to my brother Bob, who saw me through the highs and the lows and supported me all the way. Without him, I would not have had the sense that, whatever was happening throughout our vigil with our wonderful mother, I was still safe enough to find my path to Joy.

I am so fortunate to have had a wonderful loving family: brothers, Bob and J. Farris Vaughan, parents, Farris and Mary Vaughan and my amazing children: Terry, Mike, and Sam Drake and Cynthia Drake Page. Bless you all. I am more grateful for your love and support than you will ever know.

Without the support of several very wonderful teachers and healers my path of discovery would have been much longer. When I searched alone and could not find answers, they were there to help. These include John Rafanello, bj King, Sue Zarchycki, Betty McDonald, Anne Bellamy, Eileen Miller, Asara Lovejoy, Kathryn Perry, Rebecca Marina and Glynna Trice, Sam Williams and many more.

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Most of all, I am eternally grateful to the masters, guides, and angels of the other dimensions who convinced me it is not all happening here.

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FORWARD

From Fear to Eternity will help you *Find the Joy*. As you discover the real value of your life you will discover the power within you and find yourself knowingly on your own Journey of Life, discovering the traps of ego and the ease with which Spirit can heal every emotion. You will tap into the deepest resources within yourself, guided by the gentle love of your Greater Self. This book will help you use the inner strength you didn't know how to access. Discover the secrets of how the Universe works through the creativity of your own thoughts. All the thoughts which plague our lives are lies provided by ego. Learn the truth from your own inner wisdom whenever you ask.

You have already begun the process. How quickly you will see the joy you deserve depends only on learning a few simple guidelines. Whatever condition has shown up in your life, it was to let you know to keep searching. Honor the condition that is helping to point the way to your goals. Know it is possible to make the changes

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you desire, now. Whenever you demand a change, the way will be provided.

Whether you desire to change your body, mind or emotions, gentle answers honor your path. *Find the Joy* will help! You will wonder how you could have ever distrusted yourself and thought nobody loved you.

This book is not about my journey. It is about *the* journey. Every person, in some part of his awareness, seeks that sense of perfect peace, of being in a space where, whatever is around him, there is no conflict, and no need to change oneself or to wish another was different.

It is significant that the two greatest triggers for this seeking are the search for the perfect love, and the ability to produce what one prefers in abundance. Strangely enough, seeking is not the answer. Your goal is more easily achieved by simply allowing and trusting that all will be provided, which is the great gift of feminine energy. Yet getting to that point is not readily available in a world of contentious egos. Many people never realize what is

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sabotaging their happiness or more importantly, how easy it is to change that.

Use every tool you can find, but don't stop searching until you get there. It is worth the trip!!

FIND THE JOY

The thought that I could be a person who experienced depression, anger, suicidal thoughts and complete victimhood was unbearable. How could I be a child of God if I could seldom find anything but pain in my heart and poverty in my surroundings? These I experienced and struggled against year after endless year. Repeatedly I heard, just be happy. Focus your attention on what you want and you will have it.

It wasn't that easy. Day after day I awoke, silently screaming about what I was seeing in my life. Daily I struggled to love many people, to forgive myself for being unable to change myself into what I wanted to be; to love myself although I knew my actions and attitudes were a long way from what I would love in another.

It was unthinkable that I could be causing the things I saw in my life. Yet I knew that from some level it was true. How could I reconcile the two and make sense of my life? If I was causing it, I

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hated the part of me that could do that to me. If it was God, it was even worse, because it seemed there was no recourse.

My first message was hearing, very distinctly, in my own voice, "***FIND THE JOY!!!!***" That began this long, long search for me.

It took a while for me to realize that the way to Joy is not through sifting through all the agonies of the past.

GETTING BETTER

It is a universal dream of humans that the conditions they experience much of the time could be improved. These conditions are attributed to the boss, bad food, overpriced goods, other persons, not enough education, bad government, karma, the temperature, or a million other variables that contribute to our experience of life. Some don't care what caused it, but seek diligently for answers, while others accept the situation with numb apathy never knowing that there is a grander purpose than pain.

Our pain is manifest in the sale of billions of dollars worth of pain killers, indigestion remedies and sleeping pills each year. A medical industry of more billions of dollars testifies to our lack of effective procedures to alter those conditions.

Our bookshelves reflect our own search. Thousands of writers express their insight into the intricacies of the human spirit. That search is for freedom from pain, fear, or fear of pain - whether that pain is in body, mind or spirit, conscious or unconscious.

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Many people feel that they love and care more than they receive in return. Seldom does a person understand why they do not experience love in return for their acts of devotion. Wounded by the absence of what they desire, they shut down some of their willingness to feel the painful emotions which seem to be their lot, withdrawing into a mode of protecting oneself from further onslaughts.

Is there a way to change this picture other than with drugs and diversions? Is there a way to achieve joy within oneself? If so, how?

THE JOURNEY

Yes, and there is much adventure in the journey of discovering oneself. All of which is not to say that all adventure is enjoyable. It requires attention to learning what we find joy embedded in, and what kind of strange dungeons and dragons we shall meet along the way. It is a test of our discernment, our dedication to finding our way through the jungle of ego which abounds in our self and others to confuse, distract and hinder our progress.

Most of all, the journey will not be successful unless you are willing to ask your Higher Self for assistance, clarity and love along the way, and have the willingness to accept what comes as part of the perfect plan for your life. If you feel silly talking to the air, like I do, can you stand feeling silly for a few moments, if the answer you need might be available? If silly is the worst you experience, be very grateful.

You can learn to talk to the best guide you could have. The only part of you that is not ego is your Higher Self. Along the way you

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may meet and receive marvelous answers from angels, guides, masters, friends, little spirits, teachers, personal friends, enemies, and scores of strangers from whom you will receive a moment of insight. When you begin to see that your greatest abuser is also your greatest teacher, you will know that you have achieved a magic milestone. The ultimate goal is to discover Who you really are and perhaps why you wanted to be in a body again.

Know now that the lessons never stop!!! As long as you are in a body, there will be moments when you think you know nothing, and you have no control over your emotions; you or a loved one may get sick. The game is about is learning how to deal with these things as they come up. You can rage and rave, or sob or eat or drink or do whatever you can think up to take your attention off what Spirit is trying to show you. It won't work until you "get it." The Course in Miracles says in the preface, "the curriculum is set. All you get to do is decide when you will do the course. "

Know that what works for you at the beginning of the journey will change in ever so subtle ways as you begin to alter the belief systems that have created how you react to life. As you learn what

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beliefs cause the most pain, you will begin to see that Truth is not what the average person thinks it is. And you might as well realize now that once you have started on this path to self realization and God realization, you are committed until the end of time. (You already made that decision long ago or you wouldn't be reading this book.) Things do get better as you learn the rules of the road.

Know also that there are some Universal laws that have remained hidden from you so far. Some have been ignored or corrupted by those whose interests lie in another direction.

You will learn of the games played by ego that have created victims and victimizers of almost all humans. You will learn how identities are tied to beliefs and how achievement is masked by duality. You will learn to discern the stops in your path that have disguised themselves as helpers. You will find new understanding of the danger and the value within emotions. You will understand more about the energy that forms the events in our lives and the conditions in our bodies. You will experience new techniques and meditations and until you begin to get more clearly your own messages from Spirit, you will see how their gentle words can move

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you gently from the illusions of human life into the truth of unconditional love.

You will learn that when joy is attached to a component that is not present, then joy will not be found. Nor can one successfully dispose of the resistance by changing the place one works. The resistance is of you, not the house or the job or the poverty. The old attitudes would corrupt what you seek in other identities. Love them, understand them, and stand in the truth of your own Being as the love you are. All else will follow.

This material will be presented as I discovered it, through sitting down (in meditation) with an idea or belief that had presented itself to me, first as a question or idea and then the gentle responses I received. Who are they from? My Higher Self, I suppose. Seldom have I received a name attached to the ideas that appeared on my paper. They contained much insight and much love, so I accepted the words with gratitude. If you have similar questions, the messages may fit for you too.

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Scattered throughout this material are various meditations or contemplations. Allow yourself a few moments of quiet to let the ideas move into your awareness. You may record them and listen to you give the ideas to yourself, or you may ask someone to read them to you. They are gentle ways that Spirit speaks to you and me. I am still reminded occasionally of the images they presented when it seems I have forgotten what they told me. (Humans are remarkably slow learners about some things.)

If there are ideas that are contrary to what you have always believed and certainly opposes what you have been taught, perhaps that is why you have picked up this book. Just let it be the ramblings of the author and keep reading. Perhaps you will find how I reached this conclusion. Perhaps also, this is the way Spirit has found to talk to you at this moment.

Please understand that this is not a magic fix. It is a continuing process. Growth never ceases.

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I urge you to read some of the books listed in the Reading List. They can assist greatly in developing a broader outlook on this game called life.

This is my personal odyssey. I came from a home where I experienced great love and understanding, even though I often judged it to be otherwise, then through my own doubts and disagreements, I found myself in repeated situations where what presented itself as love was jealousy and I was mistrusted and belittled. I began to mistrust myself and doubt my abilities and even my intentions. I no longer felt loved or loved myself. My life became one of despair and sadness. Fear of the future and distrust of most everyone became the norm. It was from this background that I heard "*Find the Joy!!!*"

MAYBE

The greater portion of my days was spent in wondering why there were so many things in my life I didn't like. I woke up so many mornings with a feeling of resignation to what I had to deal with for the day. Most of the time that included shuffling money problems from desperate to urgent. There were so many things to deal with that I had no time for imagining what I would like to have. Just try to handle what was in front of me.

The thought came today that perhaps that is the way the world is, and perhaps it is up to me to change the way I experience it.

If it is true that I create my own reality by the power of my thoughts, then it is up to me to change deliberately what I am thinking. The only thing that can change it is not by asking why, as I have been doing, but simply by deciding that I really prefer something else. Not just anything, but something very specific.

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Once I read in a book called *The American Book of the Dead*, by E. J. Gold, that the path through the underworld after death was filled with many trials. The usual inclination is for the new arrival to ask in desperation for anything different. The next thing was not only different, but increasingly worse. Could it be that was what I had created here, before I get to the nether world? That was what had happened when my only response to what I saw in front of me was "anything but this." Many times I left one scene to walk into another example of the previous relationship or situation.

Maybe what this whole mess was trying to teach me was to choose and choose specifically, not just different but what I really want to feel. What I wanted so much that I have not dared to want it? I was used to little disappointments, but the disappointment from the big wants seemed more than I could stand.

I don't want to be hurt that much, so I haven't let myself want the big dream at all. Most of all I don't want to feel those feelings. Yet by resisting the feeling that I don't want to be hurt, I only experience more hurt. I cause it to persist, all around me, most of the time, by my attention to what is wrong. *It is the judgment that*

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everything is too terrible to bear that creates the resistance that makes it persist.

Resisting the big dream was just a greater form of resistance. Without a clear intention of what I wanted, only fear existed and I was besieged with little wants that disguised my real desires. My attention was stuck on dealing with the little tigers.

But then, help comes from many places. My friend Mac reminded me to use this mantra daily.

I AM A CHILD OF GOD

I am worthy
of being on this planet earth.
In the name of Spirit,
I co-create my healing.
I expect my vibrations to change.

God, what do you want me to know?

CHOICE HAPPENS ONLY IN THE PRESENT

The only time you have to feel differently about is now. You don't have to change how you feel about what happened in the past. All you have to do is remember how you want to feel about anything, everything, right now.

The past does not exist, unless you bring it into the present, which makes it now instead of then. You don't have to carry it from then into now.

You don't need to experience that person as anything except a loving relationship, because you make the rules! You experience what you choose to experience in this moment.

Do not ignore a dangerous situation, or one that is harmful to you. There is a difference in knowing you are in danger and just feeling terrible about yourself and someone else. You don't have to be hurt because some other entity is manifesting excess energy. But you

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do owe yourself the right to be safe, unless you deliberately choose to experience what it feels like to be in danger.

All have chosen to be in physical form on this earth at this time in order to experience many different situations, and by experiencing them to learn to make optimum choices for themselves. You cannot really ever make a choice for someone else.

Each experience is your opportunity to learn. You are presented with the same type of situation again and again to take care of yourself so that you have the strength to do what is necessary to love the part that is called the body.

It is only the ego that prevents you from doing that very naturally. Ego does not allow you to win, and guided by ego, you cannot let anyone else win.

The ego locks you out of the condition called love. It condemns you to a life of constant judgment and unhappiness. Most of all, it locks you out of present time where you can make choices to be what you prefer to be.

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The past does not exist, but within the brain itself, recorded in multiple aspects, are all the actions and decisions made within this lifetime, and perhaps many previous lives as well.

It is easy to get locked into an out-of-sync fear that is not appropriate in the present circumstances. Yet the paralyzing aspects of this small area of the brain can be circumvented by as simple an action as making a decision or choice within present time. Time after time, my message from Spirit has been: *"What do you choose?"*

ALL I WANT IS...

... to live in a world of the possibilities of "Yes, I can."

...to honor myself and all I meet.

... to love and experience a reason to love.

... to enjoy and create more beauty and share it.

... to know there is a reason to love and share it.

... to live well and share that.

WHAT IS THIS ENERGY?

My question for the day was, "What is this energy? I feel so sad and have no energy to do anything right now. The response:

"Learn the difference between who you are and what you experience!

"What you experience is not you! It is the channel you have tuned in to. That channel right now is putting out sad, still, with no energy to do anything. It is fine if you want to experience that.

You get to make the effort to change the channel. You can do that if you don't identify with what you feel and think is you. Your response is actually your creation. You can change it, just by stopping the energy you send into it.

You think that something good comes from Spirit, but something bad is who you are. Are you not tired of feeling yourself this way?

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Yes, you can be what you experience, but you are the one who experiences, and you are all the good part too. Just know that what you experience you have chosen; it is not so difficult to choose again.

You can feel harmony when you are still. Whenever you feel love, that is harmony. When you feel dislike, that is not. It is separation. When you think harmony (or anything else) is not here, it cannot be.

The way you receive the energy is what you become. Life's big question is: Who are you in relation to what you experience? The total difference in your experience is the way you receive - with joy or dislike. That changes the quality of all that you receive.

WELCOME

Come into the light and love of your own knowing. Open the door and know you are welcome. We have awaited you until you became enough love to know that you are of the same love as we. There is no difference.

You did not feel welcome, but you are. The only barrier is your own.

You disliked feeling silly and showing off from the time you were small and yet your spontaneous joy of dancing was shut down by judgment from another. You decided that what was joyful had to be bad and you did not want to be bad. You have felt that anything you enjoyed was condemned by someone. Even though you enjoyed sex, it was associated with bad in a part of your consciousness, but part of you did not agree.

Even when you did the seminar last week you somehow did not allow yourself the full joy of experiencing and being all of life and the earth. Confusing joy with bad has been the source of much pain and

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restriction in who you are. You have confused who you are with bad and been sorrowful all or most of your life. You have tried to be good or right or okay or some condition that you didn't know how to be in order to be okay with others.

That is no longer part of who you are. It is an idea that is gone and you do not have to judge.

Open to your perceptions and allow that other part to dissolve. It tried to protect you from what it thought was judgment of others which you feared, as a child fears condemnation from the one that should be the closest and most nurturing.

This has been the cause of much pain in your life and the underlying thing that attracted painful relationships and conflicts, but do not blame yourself or another. These were relationships you needed to finish from other lives and you have loved well. Many were not yet ready for you in this lifetime. You did well and relationships are not to be judged as good or bad even if they were not life long mates.

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Open now to allow love to heal all parts of your past. Feel it expand into joy again. Then let your joy lead you into new adventures with Spirit.

Much of your not allowing abundance into your life has been about thinking that what you received took something away from another. That too you were convinced was bad. So every time you had something or received wages, you didn't want to harm another by having it yourself.

Allow abundance for all and there can be abundance for you also. You do not have to give from poverty. You can give from the abundance of the Universe instead of the limitedness of some one person.

Live in the joy of the Universe and the love of the Universe. You are a child of the Universe and a child of God. Rejoice! Live long and prosper!!

DEAL WITH YOURSELF ONLY

Humans have been accustomed for hundreds of years to think that any "spirit" was of *God*. We also thought that any energy not in physical form was somehow superior to human form and more importantly, that any message from "clairaudience" was presumed to be from *God*. The church of my childhood said that you were going to hell if you didn't obey *God* and love thy brother, whatever that meant.

When I discovered that there could be energies within and around me that I could not distinguish from myself, a tiny questioning doubt exploded into a full-blown panic attack. Let's digress to an explanation of how and what this situation actually is.

When you walk into a room where people have been angry, that energy resonance is still there and will seriously impact your own mood, and your ability to perform your own tasks. You are much more perceptive than you may realize, but if you don't realize that

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old energy is there and can be disruptive, you haven't a prayer of being unaffected by it.

In the process of moving from the conditions you have experienced in the past and present, there are several steps. Recognizing who you truly are (and who you are not) is the overall goal and a great victory. Sometimes that is not as simple as it sounds. It is, in fact, the primary and usually unknown source of our quest. There are many obstacles in the path, camouflaged as "the way it is on Earth."

Duality, the eternal conflict in the third dimension, is centered on the ideas of good and bad. These conditions however, can also be looked at as the variable scale of emotional energy. The physical body registers prolonged misemotions eventually as disease of varying severity, while the emotional body experiences them as misemotions from apathy, upward through fear, sympathy, propitiation, grief, making amends, anger, resentment, and hostility. Boredom, conservatism, and enthusiasm are generally considered positive emotions, but they also can be formed from belief systems that create identities which are as false as the

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lower emotions. These energies also generate a continuous loop of self-talk to maintain the negative state and feed the ego.

To compound the confusion, the emotions may belong to the identity you are wearing at the moment, and change completely as you shift identities in order to be with someone else. These identities are tied to the beliefs you may have about how you are supposed to act when you were with a particular person. This is seen frequently in multiple personality disorders but many of us experience it in subtle ways as well.

Until one learns to distinguish between these identities and one's own self, the chaos created can be totally devastating.

These waves of energy increase in amplitude as they move down the emotional scale, fired by mental mass, which originates with the judgment inherent in duality. This sets up a circuit that reinforces itself. When these circuits command totally opposite behaviors and responses, no wonder people think you are crazy.

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Most people who have studied metaphysics (which only means beyond the physical) believe that these emotions extend beyond the person who originates them. These residual "vibes" extend through the time and space in which they are created until they become mass consciousness or a commonality of beliefs present in groups. Easily recognized when it erupts as mob violence, it is also present in many subtler situations.

This means that we are variously affected by ideas and beliefs which are not necessarily our own, but are simply floating by from person to person. This is easily demonstrated by the ease with which one person can "send" an idea telepathically to someone else. It is said that eighty percent of the thoughts in our head are not our own. I suspect it may be higher.

There are also discarnate energies that attach themselves to people who are expressing strong emotions.

In some cases this may be called possession—and treated with exorcism and much mumbo jumbo from the clergy. Poltergeists are quite real and do exist, but the usual experience of possession is

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far more subtle. Most drug addicts and alcoholics are influenced almost as much by discarnates as by the drugs. These entities come into close proximity to the strong energy as a way to continue the highs as surrogates for experiences they cannot create for themselves without a body with which to experience sensation.

These energies can account for many of the strange emotions about which we say in despair, that just doesn't seem like me. It may also account for the dual personalities of a person who is an out-of-control abuser one moment and totally contrite and begging forgiveness the next. Most often this condition is seen in a person who has been drinking or taking drugs. There are literally two or more personalities struggling for control of one rather helpless body. While this does not excuse the situations that occur, it does in some part explain them.

Treatment for this type of possession is often times dependent on separating the person from the drug—which is often not accomplished under their own determinism, primarily because the person is not truly aware that there are two personalities involved.

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This means that one of the best things you can do for yourself is to learn to pay attention to what energy is yours and what is not yours, but is just there around you in the space, waiting for you to either become aware and certain of what is your own energy, or for you to dramatize the energy of others.

The energy of another person's opinion of you can result in your acting as they expect you to act, often to your own detriment.

Not only does the Universe rearrange itself to fit your picture of reality. You arrange yourself to fit another's picture of reality as well. If someone expects you to react in a certain way, you will, because that's the way judgment works. A person is condemned to experience the nature of his judgment.

For instance, have you ever gotten upset about something that ordinarily wouldn't bother you at all? You may just be adjusting to the other person's picture of reality; even though it may not seem like an ordinary reaction to you, you will react as he expects you to react, and it will seem completely rational and justified and it will fit into your picture of reality to respond in the way you did.

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But if you are willing to explore what you do believe, you will begin to be able to make changes in your beliefs. You will begin to choose what you prefer and your world will slowly but steadily begin to reflect your preference. The only thing you really have to do is decide if it is more fun to resist or to feel what you want to feel. Choose to choose. You must focus on what you want to feel if you really want your world to change. Paying attention to how terrible it all is, is a sure way to get more of the same. Ugh!

If you don't know what it is you are believing, here is an opportunity to ask yourself, "What would someone have to believe in order to experience this situation?" You will be amazed at what you can learn about yourself this way.

Once you know what you are dealing with, you no longer automatically blame all your bad moods on your self and create more judgment about how unstable you are.

In spite of allowing for the possible contributions of these external causes for rotten emotions, bad habits and a tendency toward excesses involved in drugs, alcohol and promiscuity,

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sometimes it is too easy to blame another for this type of situation and avoid responsibility for one's own decisions.

You still have the responsibility to use your ability of discernment to deal with the situation. It can be very tricky because other energies do have the ability to make you feel that you have no control of what is happening in your life. Once you have noticed that there is a difference between what is going on and what you know to be your true self, then there are some things that can be done to remove these energies from your space. In spite of a natural irritation about sharing your space, however much trouble they may cause, just be aware and do not judge these entities, or condemn them for the havoc you are experiencing. They too are part of All That Is and ultimately a way for you to learn more about who you really are.

Dealing with discarnates is not all of the story however. There are also people who feed off other people's energy. Since they don't have themselves connected to Source, they have a tendency to take energy from other people, consciously or unconsciously.

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This compounds the misemotion and the human is left without any understanding of how the situation got so out of control when he only thought he would just have one drink before he went home or he was just a little angry or sad or jealous. It accounts for the times one hears the excuse "I don't know how this happened."

The good part is that there are far more Helpers to keep you protected and safe from this type of exploitation than there are bad guys out to invade your space. This leads to two Rules of the Universe:

1) You have to ask for help in order to get it from the angels (or anyone else.) This means that you have to choose deliberately which side you prefer. You must choose specifically, consciously, what you intend. If you select default, you automatically get bad! Count on it! There are those who will let you know how bad it can be. Allow yourself to bless these too, for they are the ones who, in their own way, are helping to lead you back into the grace and harmony of Love.

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So that you don't get the idea that angels are separate from us, think of asking more as setting your intention for the good stuff to be in your awareness along with allowance that it should be. (See reference to Namaste)

2) Ultimately the responsibility for your own condition lies with you. No one can effectively make the choice for you. You can't afford to give away your power. You are responsible for choosing where you allow your emotions to stay, however difficult that may seem. Choosing to be constantly aware and responsible for your own attitudes will lead you away from much of this conflict.

As you will see, I struggled with this for an inordinate amount of time. However gentle the messages were, repeatedly they invited me to choose again what I prefer. As my own justification, I will say that I thought I didn't know how to change.

That is what the rest of the book is about: how to choose your options and implement them in such a way that the monkey brain shuts up long enough for you to see some of the good stuff.

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One of my first clues on how to protect myself from these unwanted energies came from a wonderful teacher named b j King. With her permission, I will give you the exercise given to her by her guide who calls himself Matthew. This was presented to a class which took place in July 1995. (You may use just a portion of this at any time. The entire process together is very powerful.)

"Stand up. Close your eyes. Put your thoughts into the soles of your feet. We deliberately send beams of energy from the soles of our feet to connect ourselves with the central core energy of Mother Earth. Through the power invested in us through the Cosmic Christ Consciousness, we call forth the Archangel Michael and the Band of Mercy to remove all negative influences and entities from our bodies, and any space within this room. We ask that these energies be taken into the Light that they may continue to grow and prosper. (Tone)

"We ask that this room be sealed on the North, the South, The East and the West. We seal the ceiling and the floor against any negative influence or entities. We invoke the presence of all our Master Guides, Teachers and Angels to be present and receptive

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to us and we deliberately open ourselves as channels for the power of the Holy Spirit for the purpose of healing and enlightenment. I ask that only the highest and purest form of truth be allowed to come through me and only those things that are to our highest good will be revealed. And now we open our hearts in love and appreciation to all levels of our Higher Selves and the Creator God.

"And now we open the top of our heads and send a beam of energy from the middle of our brain into the highest level of our oversoul that our physical body can tolerate through the Cosmic Christ Consciousness.

"Now, with your arms down to your sides, allow yourself to begin to swing your arms back and forth with your palms facing your legs. Feel yourself begin to pump chi energy up the back of your legs from the earth, and when you feel that energy begin to grow, move your consciousness to the top of your head and begin to pump energy down from Oversoul or from God. When you have energy going in both directions, allow yourself to be intentional about pumping out a bubble of energy around yourself. The first bubble that you will pump up is a white bubble. We are going to pump this

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up to go out about twelve feet in all directions from our body. Then we are going to intention another bubble inside of that, a balloon, if you will, a pink bubble of light and still pumping energy from your oversoul and from the soles of your feet, pump up inside that another bubble of energy that is purple.

"Holy Mother Father God, Divine Creator of All That Is, we open ourselves to receive all that is meant for us today. We are in a state of acceptance to know and purify anything that is no longer needed in our awareness. We are grateful for the opportunity to serve as channels for each other for learning and blessing. AMEN"

If you don't think you have time to do all that, then just imagine that you are standing in a column of light from the core of the earth to the top of heaven, call in your angels and let them do the rest. (This process is referred to as centering or grounding.)

(Note: If you are dealing with really heavy energy, I strongly suggest that you call for protection assistance from Archangel Michael. His specific job is to protect. Some of these discarnates can be quite powerful, and you may need all the help you can get.

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Don't mess around with energies you don't really understand and don't underestimate their ability to disrupt your life.)

The following message came to me one day when I was just beginning to be aware of assistance in my struggle to change who I had been, mostly at the effect of many energies and my own misemotions. It was one of the most powerful energies I have ever received.

GUARDIANS

"You are guardians!

Be alert to the discernment you have discovered!

Love them all.

Judge not,

But know that all entities are not created equal.

Some do not have your best interests in mind.

They serve only themselves.

Do not serve them or fear them or resist them!

All that gives them power over you

and makes you their slave.

The only way to free yourself

is holding all in unconditional love

Yet observing the degree of difference."

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Now that you have some tools at hand that I did not have, or even know I needed for a long time, here are some of the messages that came to me along the way. These became my solace, and often my way out of at least the present time anguish. Just knowing that some part of the Universe would communicate with me (as terrible as I thought I was) helped immensely. Know, as you read these words, that they were not only for me, but are perhaps for you in your present quandary.

Know that you are guided. Be in awareness of what you can do. Know that you are guided if you are aware. You can have fun at the same time. Let yourself go where you will find pieces of the puzzle.

ENERGY VAMPIRES

You are concerned because so many relationships are gone and you think it is your fault. Most of the people you think you threw away were using your energy and getting them away was so that you could do other things but you are still letting them suck your energy as many people do.

If you release them in love, you can have your energy and your power back. Let it be easy and consciously take back your energy from all that you let go. You will be surprised how it changes things for you.

Release them with your blessing. The only reason they are there in your awareness is that they are waiting for your blessing. Some need your prayer of exorcism. You will know as you bless them and let them go. The energy of love can be increased to you simply because you are releasing the blockage of holding on. You have felt that some people were to be held as possible sources of income and

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*that is part of the blockage. Let them go and be in the moment and
all can flow much easier.*

CLEARING PRAYER

From Ruth Ann

I transmute to harmless
all the essences of all the consciousnesses
that have been removed,
are to be removed,
and are being removed this day.

Father, remove it at your will.

I surrender (this feeling or situation) unto God's Healing
Light and accept the joyous good God has for me.
I surrender (this desperation)
if I cannot identify it as mine.

GETTING YOUR OWN GUIDANCE

I began to journal every morning as suggested in *The Artists Way* by Julia Cameron.

Her suggestion was that in order to get the "stuff" out of your head, and get yourself ready for creativity, it is beneficial to sit quietly in the morning as early as possible and write just what comes into your head for at least three pages. It may be moaning and groaning; it may be a shopping list, but whatever is there is put on paper, put away, not to be read again and judged at a later date. Whatever comes out is neither bad nor good, just stuff.

However, I found that as I got rid of the stuff in my brain, often one of my guides would be there to comfort and direct my attention very gently in another direction which could be more productive.

So I have kept some of these messages and I find months and years later not only are they still pertinent, but often they explain

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the choices I have made as part of my chosen path to learn the lessons along the way. They explain in some instances why the bad is part of the good. They explain changes in my life that were so confusing at the time that I wept from despair, only to learn later that they were great blessings. It is not always appropriate however, to understand the reasons something is taking place as it happens, no matter how we (or I) demand explanations.

Here's where trust comes in. When we finally believe that we are loved, though whatever avenue, we are indeed blessed.

THE BOTTOM OF THE WELL

What is this feeling about? Part of me wants to be excited about the new painting and part just wants to sink into nowhere.

You try so hard to keep from going into the peace you deserve so much. Let the striving for more fade away for a few minutes. Your strength and joy come from the bottom of the well of peace deep within. Go there first. Taste the wholeness within and be renewed.

Many times what you have thought was despair was simply a signal to recharge by going to the bottom of whatever you were feeling until it dissolved into the void called peace. It is resistance to that which you have called sorrow or fatigue or depression or just a vague unrest. At the bottom of all that you resist is the jewel of truth. If you go deep enough to find the You that is part of All That Is the struggle ceases.

So Be It.

THE EXPERIENCE OF LOVE

Often I hear someone say, "They just don't know how much I love them." It is a recurrent theme in grief. It is the single most frequent expression of depression. Often I hear, "yes, I know she/he loves me, but I just don't feel it."

We have put much attention on how to love, how to forgive: just forget our anger and disappointment. But never have I heard that in order to be happy and to grow spiritually we need to learn how to receive love.

We also are admonished to love our neighbors, to send love to our enemies, and to pray for those around us. But our greatest lack is not that we don't love others, but that we do not know how to accept what is present from ourselves and from all of life. We don't know how to receive it in our hearts, to feed our soul and our psyche. This is the essence of the Divine feminine, to open and receive, often without an active acknowledgement.

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If we as a race had an understanding about how much love surrounds us we could not help but be ecstatically blissed all the time. Instead we measure our own happiness by how much love we are able to put out, often to some pretty unlovable people.

When we do not acknowledge what we receive however, we falter in our ability to put out for we perceive that we must create anew from within ourself.

A more accurate truth is that we don't really have to love anyone except ourself; we just need to not stop the flow of love that comes to us and pass it on, unaltered by our own feeling of need and lack.

Truth is we are loved whether we deserve it or not. We love even the most despicable of characters. We love those who behave badly, who hurt us, who pay no attention to us and even those who go away and refuse to share anymore of their lives with us.

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Yes, loving someone can be an attempt to control, but more often it is a desire to hold someone safe from harm, to wish them well, even to guide them with our love into a happier experience of life.

So what is the experience of receiving love? If being love is what fulfils our life, how can we learn to sense what is present from people all around us and from the other dimensions?

How can we receive the love that never ceases when someone is no longer in our vicinity or dimension?

What is the quality of love and how is it transmitted from one to another? How can we know that someone has received all that we have sent?

How can I be more aware of the love that is sent to me? How can humans become more aware of love? If we were really aware of being loved, we would no longer feel the need to express our resistance in fighting or crying.

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Most of your judgment comes from the inability to discern the amount of love available from someone and so you fear them and instantly erect a barrier to protect yourselves from harm, but that barrier only serves to hold off any emotion, including love.

The automaticity with which you erect that barrier is the reason you have not been ready for ET contact. Being able to perceive love from anyone makes this possible.

It is the ability to perceive the finer higher vibrations, so fine that they have seemed imperceptible to the physical form. They are only perceptible to the Essence or the spiritual aspect of humans. As your vibration rises from the gross frequency of human emotion then you become attuned to the higher frequency. It is a paradox that humans crave these higher frequencies yet cannot perceive them until they raise their own frequency by deliberately choosing to not experience anger or fear. It is the same with abundance. Yearning for something is a gross frequency that precludes the experience of pleasure.

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It is really about learning to live in a different kind of energy medium, like the difference between air and water. Air is oxygen and hydrogen and other gases. but put together they are water, which is a whole lot harder for humans to function in. Move back into the air and on up into the frequency of love and much love will manifest before your eyes for matter is moved with a thought in the stage of manifestation.

The reason people do not recognize that they are loved is that their own vibration, focused on human level emotions, is not able to perceive the presence of the higher vibration. Even when you love another, if you are feeling deprived of love or anything else or angry or fearful then these lower emotions hide or absorb the higher ones and so they go unnoticed.

You can't have it until you have it. You can't feel love until you are love, not just until you want love. You just aren't tuned to the right station/channel. There are lots of channels available, you just can't see but one at a time. So the ego is the carrier wave for the physical aspect of human. It deals in only the grosser vibration of

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emotions. Another reason to be in the Now is that is where love is, and it is only available in complete awareness.

Joyful love is in your regard for All That Is when you act from Spirit. It includes appreciation of all experience and all that has been provided for your use. It includes awareness of the nature of all things as presented to you from the love of you as Spirit to the love of you as physical. You have the right to choose what is most useful to you each moment and to share what you do not need each moment with others. Love passes from one to another on a constant flow of manifestation to everyone.

Meanwhile, until your own vibration is higher and loving gets easier, start with just the intention of honoring the spark of Spirit that is in everyone. All, including yourself, have the right and obligation to live out their own life pattern, and deserve to be honored for what they have brought into your awareness.

WHAT IS THIS FEELING OF SORROW?

You have an idea that you are not good enough to do things right. The path you have chosen has not made you good or bad. It has resulted in changes from what was planned for you but that does not make you good or bad. Your actions have created things for you to change. You get into pain more and more and it seems to you it is harder and harder to make changes. If you remember what you desire and what you prefer, you can do it.

Light is not an automatic. Enlightenment is an intention of power, a determination to attain resolution of past default statements and victimhood. It is a complete commitment to choosing only love in and out of life. It is a commitment to doing all that one knows could be done to improve one's body, mind, emotions and spirit.

It is a complete willingness to soar like an eagle into the unknown realms of spirit, leaving the reality of physicality behind while yet remaining in the physical vehicle. It is a willingness to walk into a challenge with the complete intention to achieve victory, no matter

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what the obstacles, whether they be physical, mental, or emotional, yet remaining in unconditional love and appreciation for what is presented as a challenge. It is the inner resolve that is the warrior's spirit, a steadfastness in the face of what seems to be adversity that keeps one from falling into confusion and becoming the pawn of the game.

Focus intention on what you prefer. What God has for you to do will be fitted into that framework. Delight and Joy are the guardians and manifestation of Spirit.

One can go into the area where pain or the avoidance of pain is the indicator of the path, or one can go into the realm where joy, peace, and excitement are the guideposts. What makes your heart sing is the path of most Light. The other only leads to more pain.

I spoke one evening with a friend who was describing her life filled with tribulations that matched or surpassed my own. I became aware that the picture she was describing was a life without the awareness of the presence of Spirit. Then, as I woke the next morning, hopelessness presented itself again to remind

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me of the similarities in my life to what we had spoken about. Yet both of us had long been pursuing what we thought was a spiritual path. Invariably we are shown what we need to know most. The following was my message and cognition.

THE BODY ALONE

The body alone is incapable of experiencing any but what are called negative emotions. The body alone does not have even the option of making changes. It has no choice.

It is only the Spirit which knows and can infuse options for making life different, options for making more money, options for experiencing love. The body alone has nothing about itself to love. But the body with Spirit can love itself, and is capable of loving others, and indeed, is almost incapable of not loving because Spirit is Love. It is the uniting of Self with Body that opens the mind to wholeness where ideas for solutions are created easily, and those solutions are carried out easily.

There is no reason for the body alone to take care of itself. Certainly it has not the ability to heal itself. The body as only body has no reason to get exercise, for there is no One there to care if it is done or not. The body alone does not care; it is incapable of caring. Only the Spirit of man is capable of caring. If that Spirit is

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not invited to be present, relationships cannot persist in love, however much it is desired by the poor victim of a body. The body alone is capable only of instinctual urges to survive and reproduce. It has the compulsion to create identities through which it thinks it can achieve what it lacks, and as a way to mask the lack of Beingness, eternally carrying the sorrow for the ultimate lack, that of Spirit.

Unhappiness is an illusion that shows you are disconnected from your Higher Self. It is only a reminder to focus your attention inward and to surround yourself with Light and allow us to fill you with Love.

Why does that seem so hard to do?

Because you believe in the reality of the physical instead of the reality of Spirit.

CARING AND STRUGGLE

Caring is different from loving. Some caring is empathy or an acknowledgment of the human/body condition. Loving is the acknowledgment of the Divine perfection of wholeness.

Caring masquerades as love but can actually be a focus on limitations, not the recognition of the physical as the manifestation of the Divine. Nor is it the way to learning about love. In the struggle against struggle, the final point is to let be that which you have struggled against, and find the perfection in that as well. Ceasing to struggle against struggle is the peace that you seek.

This may seem very hard when the disaster of the situation draws closer and closer and yet it is an integral part of change. Perhaps the real meaning of integrity is appreciating the perfection of what appears to be disaster and knowing that it is only to heighten your awareness. Disaster is only one of the options that are presented to your awareness.

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Grab at the disaster and pull it in or wait in peace knowing that Life will offer you another choice if you can stay out of your control game and remain in open awareness for other possibilities.

Focusing attention on what you prefer to feel instead of the disaster in front of you is the only sure way to make things change.

Disaster is only a symptom that change is imminent. Repeated disaster only means that much is changing or that change is ready or inevitable, maybe because you are sick of the disasters. Discovering what that change is, or what is required is an issue for awareness, not struggle. Someday, when the chaos has subsided, you may even be grateful for the lesson you finally learned.

Recognize the connection of struggle to doingness and awareness to beingness. Awareness brings your attention to possibilities and options and synchronous answers to your questions in your quest for understanding more of who you are in true Essence as Beings capable of unconditional love and joy.

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Joy is the natural result of seeing the perfection of everything; struggle and disaster is the inevitable result of attempted control.

Even an aching body is only an opportunity to be aware that you could eat differently and take nutritional supplements or get more exercise. It is there to give you the awareness to change your stewardship of the body you are using in the same way that you fill your car with gasoline and oil, and check the spark plugs if it misses.

As an effective steward of this life, it is imperative that I begin my day with the intention that only good shall come to me today and only love shall come from me today.

THE AGREEMENT TO BE IN HUMAN FORM

Somewhere on your life journey, this lifetime or another, you will realize that you have chosen to experience what I will call for now the Soul Path.

The purpose of life is to learn and we are responsible, at least in the physical, for what we have done; that is the meaning and purpose of karma. The old saw of what goes around comes around is true.

This is not even remotely similar to guilt. It means that there is endless opportunity to experience life in ways that are harmless to all. There is no keeping score, except what you keep yourself. Humans are basically so ethical that you will not allow yourselves to get by with harming another. When you do, somehow it works out that you get to experience what that feels like in some manner. This can be from having a similar experience or seeing others doing it to each other, or even sometimes, somehow, doing it to yourself.

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According to Dannion Brinkley in his book, *Saved by the Light*, his experience of after death was of being shown how his actions were experienced by those he had harmed and even by the friends and loved ones of those he had harmed. Contrition is inevitable and we always agree to try to make up the damage to the ones we harmed, even though it may take a later lifetime for the situations to be arranged so that the experience and the lessons can take place. We are not complete until we learn to experience all of life with love.

What this means is that we get to take responsibility for doing a lot of work for our self. We must eventually learn to realize that position of neutrality and non-judgment. It also means that when we ask Spirit for help in dealing with a certain emotion or attitude, it amounts to signing up for a crash course in how to deal with that type of issue. We may be subjected to repeated situations that will enable us to learn to choose actions that will achieve the result that we have told Spirit we wanted. My son once told me that he had prayed for strength, and everyday he experienced some event that called for strength.

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So when you feel that you have already learned this lesson and here it is again, realize that there are differences. It is not quite as devastating as it was last time, or we handled it a little bit better this time. Give yourself and Spirit credit for making some changes along the way. The ultimate goal is to choose to allow Soul to run our life instead of ego. Without the constant and infinite love of Spirit, this would never happen.

One of the first steps is to learn to recognize what ego is telling us. How do we recognize that we are not acting from Spirit?

If it hurts, it's ego!

If it hurts anyone, it's ego!

If you are proud of doing it right, it's ego.

If you are ashamed of having done it wrong, it's ego.

If there is any judgment at all, good or bad, it is ego.

If there is any emotion present except love, it is ego.

And if you are proud of loving, it is ego.

If it makes someone else wrong, it is ego.

If it is ego, it is not your God Self.

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Yet allow yourself to see the complete perfection in any situation, no matter what it looks like. Know all is in Divine order, whether you like it or not. Be aware of what you are observing, with no attachment to the outcome. There are an infinite number of Divine perfections.

The real trick is to keep your attention on Spirit, not on what you are doing or not doing. Someday you will recognize that even painful moments are one of the ways that Spirit has of guiding us to a different choice. Spirit can and will take care of all the things that need to be changed, if we ask and allow.

In the *I AM Discourses*, one of the affirmations is: "I demand to be shown through Inner Vision, every detail which should be carried out."

SHAME, BLAME AND REGRET

How do we move past the deeds we have done when we were not acting in Spirit? What about the things we did that harmed ourself and others? What about the things others blame us for and the things we have blamed others for?

These were only lessons about being in unconditional love. The real issue was whether you love or whether you blame. The choice is for now and whether you love now. If you choose to hurt others or be hurt, it is only to show you about love. Everyone can learn. Your discussion about money is really whether you are ready to act now in love. If someone is hurt through money it is to show that they are not acting in love. You can love anyway. You can love even the past that caused you pain and the pain will go away.

You do not need to blame yourself or others when you are just not loving. When you blame, it locks out love, and other things, coming to you. Let the hurt go away. All is in Divine Order and you only need to be open to loving you.

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You can love the you who has done what you thought was not right because it was right in the plan of learning.

Let yourself feel love now without the sorrow mixed with it. Love is not something that is to regret. Love is love and is generated anew each moment.

Love is what you feed yourself and it makes you self sustaining. Other forms have to take energy from someone else. If you do not love yourself, you too try to pull energy from another, but through love you generate the energy as your own supply and you can generate enough to pass on to others as well.

Love is the stuff of manifesting and money is the gauge of how much you are loving. It may seem uneven, but it is not, so ask for what you want and turn up the love, not the longing. Know that you are loved very much. Be happy and let the sorrow go. That is only a curtain to hide the real love from yourself. I can remind you that I love you. I remind you that the lesson is over when you drop all the ideas that you should not love anyone for any reason.

GUILT

You may discover, as I have, that when there is an incredible pain, there is usually a wonderful blessing in it, if you are willing to stand in your truth. That doesn't mean that what was done seems right to you. It may be there is something in it that makes you feel guilty. It may be that, in anger, something was said that you wished hadn't been said. Certainly you wish that it had not created the disaster you see before you.

It is now time for you to hear some other truths!

If you experienced something hurtful, it was so that both of you could have the opportunity to learn a lesson you have been avoiding for a long time and, whatever it looks like, that is a blessing. Somewhere, long before you were born, you and this other person had an agreement to learn something, to experience something together, that you do not understand in this moment of pain.

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With all your determination, remind yourself that this, even this, is in Divine Order. "There is nothing acting here but God." (The Course in Miracles) Stay determined to be the love you are, no matter what has been said and done. Look again at why you are so shaken by this event. Is it because you are expecting to get approval and admiration from your friends? It might be to teach you that you can stand alone, being the love you are, continuing in your love for others, no matter what has happened. It might be time for you to redirect your attention back to the love of God, instead of focusing on outer friends and events. The Course in Miracles says, "You do not know what anything is for."

It might be that it is time for new friends and new experiences. In order to be open to them you need to move away from where you have been emotionally and perhaps even physically. Ask what this is about and when you get back into a state of love, you will get your answer.

Yes, this is a great place to practice some forgiveness, of others, but more importantly of yourself. Just because you made some choices that seem to take you off the path to where you want to

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go, doesn't mean that it wasn't in Divine Order. Maybe it means that you had to create a disaster in order to see that your life has been going in the wrong direction.

Know this. There is no such thing as blame, shame and regret allowed if you want to become who you really are. You have co-created all this for your own growth. It would be a shame to have gone through all this pain, and not get the growth. Hang in there and it will happen!

WHERE IS THE ENERGY GOING?

(Notes from a lecture by Lloyd Greenberg, deceased)

Where is the energy going?

What are you using to make yourself right and another wrong? The one thing that is standing between you and what you call present time is the computation that you use to make yourself right and another wrong. You have allowed these to adhere to yourself, keeping you from being in that moment of fullness and that moment of power that you call present time.

What you need to do is rid yourself of the ego. Push the ego aside and let the viewpoint of the universe flow through you all. Push the ego away from in front of your eyes. Ask yourself, where is the energy going?

You are energy beings. That is what you are. When the energy is blocked, what do you have? You are not able to create. And that is what you chose to come here for, to create. You are all creators.

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*So what do you create? What do you see in front of your eyes?
Are you pleased with that which you have created?*

There is nothing in front of your eyes that you yourself have not created. Do you take responsibility for that which you created - the good, the bad, even that which you consider awful, or terrible? You and only you have created them. No other being, no other entity is responsible for what you see in front of your eyes.

You are all responsible for that which you have created. So do you understand, if this is the basic truth, that you should be able to create exactly what you want instead of just accepting what you get?

If you can postulate or visualize a future, why should you not be able then to create the beautiful future that you wish to have? The reason that you cannot is that you are stuck in so many computations that it is impossible for the energy that you are trying to send out to go anywhere. Think of how much more energy you would be (yes, I say be, not have) to be able to create what you wish to see in front of your eyes. If you would only run out these

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computations, many of your problems in present time would be handled.

Be able to look at another viewpoint. Do not put blockages. Where is the energy going at this moment? Is it going into a ridge¹ about what I am saying to you? That is what I mean when I say where is the energy going? Is it being wasted? Is it necessary to oppose the viewpoint of another? If a being feels that he needs anything, then that is what he needs. But you may not need all you think you need. It is spending money that is not necessary. If you will look deep within your deepest soul, you would see this also. It is very important to get the ego and other people's considerations out of the way, so that you can feel inside your deepest being that which is necessary for you to see.

¹ An energy ridge is set up to protect you from the awareness of more reality or universes than you consider that you can handle at one time.

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You must be able to free yourself from concepts that no longer work for you. If you would each take the time during the week to watch where your energy is going, you would find a tremendous amount of case gain. Look at it with your own knowingness. There is no reason to have rules.

You all, individually, each of you separately, made the decision to give up your freedom. No one took it from you. There must have been a great deal of fear in each of you that you would not achieve this state that you all wished; otherwise you would not have given up your freedom so easily. So you all walked as lambs to the slaughter. Yes and you paid for it with more than money. You paid for it with much time lost as well. But that does not matter at this time. It is possible for you to achieve great states of growth and you will also benefit the rest of your planet if you are able at this time to free yourselves from some concepts that no longer work in your universe. There are many excellent tools. Why should you not use them all?

It is scary to look at things newly that you have been looking at the same way for so long and be wrong about it. It is time for you to

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grow up and confront some of your ideas alone for a change. Every time we are upset with another, it is almost always because we can't get our own way. And what is your way anyway? The way of the ego.

So what I am asking you to do is follow one thought a day. Find out where that energy was coming from? Spot the ridge. Where is it coming from? And ask, what am I going to do with it?

The only thing I wanted to tell you is that it is much easier than you have thought. You came here to play a game and you insist on making this game more and more difficult all the time. I do not understand why that is necessary to do. Of course, you may do that if that is what you choose to do. It is just that from my viewpoint it seems rather foolish. That is all. It is up to you. It is your game and you may play however you choose. I would not ever want to take another's game away. That is all.

If you were able to clear away the computations, the things that keep you from confronting what is in front of your eyes in each

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present moment or each moment of now, or each moment, that is your own point of power, then you would be a free being.

There is not just one way to get there from here. Whatever you choose to do, you may do. You have restricted yourself to one. What would be the point of all the material that has been sent into your universe? Why would any of us bother if there is, in fact, only one way to get where you wish to go?

QUOTE FROM THE POWER OF NOW

Eckhart Tolle

"Consciousness takes on the disguise of forms until they reach such complexity that it completely loses itself in them. In present-day humans, consciousness is completely identified with its disguise. It only knows itself as form and therefore lives in fear of annihilation of its physical form. This is the egoic mind, and this is where considerable dysfunction sets in. It now looks as if something had gone very wrong somewhere along the line of evolution. But even this is a part of lila, the divine game. Finally the pressure of suffering created by this apparent dysfunction forces consciousness to dis-identify from form and awakens it from its dream of form. It regains self-consciousness, but it is at a far deeper level than when it lost it."

"Can you now see the deeper and wider significance of becoming present as the watcher of your mind? Whenever you watch the mind you withdraw consciousness from mind forms, and then become what we call the watcher or the witness. Consequently, the

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watcher, pure consciousness beyond form, becomes stronger and the mental formations become weaker. When we talk about watching the mind we are personalizing an event that is truly of cosmic significance; through you, consciousness is awakening out of its dream of identification with form and withdrawing from form. This foreshadows, but is already part of an event that is probably still in the distant future as far as the chronological time is concerned. The event is called—the end of the world."

THE SUBTLE INVALIDATION OF EGO

I took my own sweet time in learning my lessons on ego though. Often instead of making myself right, I was busy making myself wrong. That is different, but still a vicious trap. Here is what I wrote one morning:

There has been a subtle judgment that *God* could not or would not fix this for me. Within the limitation of that subtle invalidation, created by my mind, it is impossible to experience anything else. Ego holds that in place in spite of all evidence to the contrary. As ego, we are so powerful that we can prevent even *God* from coming through. I insisted to myself that I was the lost child and the one exception to the rule that *God* loves all. When we hold conflicting beliefs, the belief that is operative is the one that limits, yet noticing the presence of the belief allows it to be dissipated.

"I feel so sad; why do I feel this way?" is the restatement of that belief, holding in place the power of negativity and holding out the presence of Love.

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This is equally effective in the prevention of abundance. If one feels poverty, it is impossible to feel abundant at the same time. There is either not enough or there is a lot. If it is a lot, it is a very small step to being grateful for what we have, or perhaps conversely, *it is a small step from being grateful to having a lot more to be grateful about.*

If it is poverty we see when we look at our world, it is an even smaller step to grinding resentment of self, family, friends, job and God and the ego trap has been sprung again. It will not be opened until the trap is seen to be only the limiting belief. No amount of things will change the condition, only recognition of the prevailing belief.

I once had a belief that I had to stay where I was, no matter how uncomfortable life might be in that situation. Yet the situation could have been viewed differently.

I am in God's perfect place.

What am I here to learn?

What is my job for Spirit while I am here?

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These questions would have taken away much of the rancor of the struggle.

Choosing to dedicate the moment to seeing what God has for me to see brings about a condition of awareness of the present moment and a constant simran² of awareness of God. It also sets up the condition to love and be loved and the opportunity to choose what we prefer to add to the moment. We can choose the direction we prefer to go. We can benefit ourself by acting on what is available.

² Definition: ² a continual repetition of one of the names of God.

JOY IDENTITY

What is the teaching in the emotion I now experience? It seems to be a grudging tolerance, and a resistance to the present experience. What has brought this about?

There is a hatred of whatever influence you are presently experiencing. The influence seems to be automatic, or coming to you without your own control. You have been unwilling to see that you are creating it.

Can I change it?

Love you and love what you are creating. You have a hidden standard about what you want to feel or what you expect to feel all the time. You are not here to experience only one thing—one emotion. You have desired to experience all of life—or all emotions in this life and now when you have created some part of that and you are deep in the experience, you change your mind and decide you do not want that part called pain right now. Then you resist it

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and create another pain instead of just acknowledging what is there and saying, "Oh, that was what I was feeling. Now I will feel joy."

*Only the idea that you must feel this now (because of something) holds the feeling in place. You allow yourself to believe the painful emotions you have chosen for the instant are real. **In order to feel it is real, you must believe you can't change it.***

It is a device of your own making. Could you believe instead that joy is real and all else is just a temporary learning device? That is much closer to the Truth. What overwhelms you is the idea that something outside of yourself is causing it. You are the I AM and it is something outside, the human ego, that creates the painful experience.

*When you acknowledge the Truth of the I AM, you can have compassion for the human part and help it to stop creating pain for itself. **Your identity is not the pain, but the joy.***

BRAIN FUNCTION

There are some technical reasons that your emotional state doesn't always make sense to you. As humans, we are very wonderfully crafted body machines, yet there are some built-in mechanisms that can puzzle even the most aware person who doesn't understand just how the system works. It has to do with the physiology of the body and brain itself.

As a child, did you ever feel that every time you found something new to explore, somebody said you shouldn't do that? Like the time you took off on your bike all alone and went for a ride, had a wonderful adventure and when you got home everybody was upset about the danger you might have been in.

Part of your brain still fears there is danger every time you try something new. It is the portion that lets you know it's time to clear out of here before the saber tooth tigers arrive, which is a very good function, even though there aren't many tigers around now.

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The same function urges you to quit if you are facing unexpected conflict, although when you are just dealing with another person, there may be better solutions than either fighting or leaving.

However, once that portion gets triggered to make a decision, it is in complete control of the entire brain. The blood supply is redirected to be ready for emergency. The entire thinking process is devoted to evaluating the situation. Everything is compared to everything in the environment. Any thing that is different is regarded as a potential danger. There is a portion of the brain about the size of a dime that controls that. It is located just behind the left ear. That's what they are talking about when they say that we only use five percent of our brain, ninety-five percent of the time. So if you have made some daffy decisions, particularly in time of stress, part of the brain is just doing its job. If you can stay aware enough to make a conscious intention you can refocus to the front part of the brain. Taking control requires your awareness that what is happening is not what you prefer.

Either the brain is really with the program and computing a mile a minute, or it goes into its alter ego and won't do anything at all

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except explain to you via the negative ego chatter, how terrible it all is. Suddenly with only a few words of invalidation from yourself, you can slide from having a relatively happy day to being a complete victim or being more angry than you ever thought you could be.

That all happens because this little area in the brain has observed somewhere that nice guys often come in last even if you have never consciously believed that. Maybe all you did was see a conflict between two other people or on TV. Maybe part of you remembers seeing two people you loved very much fight it out and you were the one who didn't win.

Watching something unpleasant does affect you much more than you realize. Even watching a squabble between couples on a soap opera will almost certainly make your muscles weak temporarily. Perhaps more significantly, if you say something derogatory about someone else, both you and the other person will experience a temporary weakness in your muscles, even if the other person does not hear what has been said.

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It may be time to pay attention and change your part in what is happening if you don't like it and want to feel differently. You can choose to change the channel, so that you are experiencing with all your attention in present time right now, not hung up in the past or in someone else's troubles.

Your only point of power is now. The only thing it takes to take advantage of the moment is to decide what you prefer to feel. From your experience of feeling what you prefer, and the excitement and delight in that, the world rearranges itself to fit your new picture of reality. Pay attention enough to decide consciously if you want to continue to watch people being battered or killed.

So if your behavior surprises you sometimes, don't beat yourself up. Your brain just tried to pick the side that won the last time around. Your brain has a very good reason to respond the way it did.

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So take a deep breath, and reset your goals and intentions. Reclaim your power. Every day decide how you would prefer to feel. State it out loud.

Then decide what you would like to have, and set about doing what you need to do. But remember that much more is accomplished by your delight in what you prefer than in what your action is.

There is another underlying pattern to the body mechanisms. Humans are basically binary machines, much like a computer. We function on only two signals, On and Off. We call it positive and negative, but basically it is just on or off. It is yin or yang, in or out, going one way or the other. This energy is represented in the American Medical Association symbol of the caduceus. The serpents twine around the central channel. In the body, the energy twines around the spine, with one side positive and the other negative, crossing over at each chakra point.

This current is manifested in all parts of your body. One side of your hand is positive and the other is negative. Left side of the

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brain is negative, right side is positive. The left brain is logic oriented while the right side is concept oriented.

Both sides of the brain have the same information but the left side is coded for language while the right side is coded for pictures, color and music. The right side is much more spatial than linear. It is also much more likely to allow you a little peace. Truly right brain oriented people are more likely to be tactile, and are more likely to be sculptors than painters.

A study was done in which a person had the left side of the brain anesthetized. When he was shown a spoon, the active right side of the brain was unable to say what it had seen. But when the person was shown several items, he very easily chose the spoon. It was the language function that was missing when the left brain was anesthetized. That also accounts for the speech difficulty frequently experienced by stroke victims.

The frontal lobes of the brain deal with present time awareness. The occipital in the back portion primarily stores memories. There is a band across the top center just between the ears that has

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primarily a motor function. There are actual physical reasons why we are the way we are. Certain behavioral characteristics just naturally occur when there are more brain cells in the area that controls a certain function.

So why is polarity important? One thing it does is allow muscles to move in opposition to each other. When one contracts, the opposing muscle relaxes. Energy flows around and through our body, keeping the glands turned on and off; the heart beating and the lungs expanding and contracting. As long as this energy is flowing freely through the pathways called meridians, then everything gets the electrical nourishment it needs to function smoothly.

What controls the change is polarity and polarity is controlled by the breath. When the nasal passages are stopped up, things begin to go a little wacky. Have you noticed that when you can't breathe freely, it isn't long before you are feeling de-energized and tired? Have you noticed that when you are angry your breath is uneven and ragged? That in turn makes the muscles weak and unreliable.

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Since the breath is also a function of the lungs, and since the lungs are the last residual of our amphibian body they require moisture to function smoothly. Actually they require a lot of moisture. If the lungs don't have enough water, because all you have had to drink for the last twenty seven years is diet colas and coffee, then often the result is that the nostrils dry out and stop up and you can't breathe clearly. You are on your way to compounding the body's problems.

Without the change of polarity caused by breathing deeply the muscles don't respond reliably; the sodium/potassium ratio in the body gets out of balance and then the fluids don't pass through the cell membranes like they should. Then the muscles ache and the cholesterol settles in the arteries instead of floating happily along. The heart gets balky. For the ones who have been smokers, the lungs are subjected to more charcoal residue than the home barbecue pit. And we are back again to being not able to breathe and set the polarity switch in operation again, which leaves one stuck in the misemotion of the tiny portion of the brain called the C.I.A (or common integrative area.)

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The functions of polarity are also utilized by the energy pathways called meridian lines to change the perception of pain. This is one of the basics in the process of acupuncture.

Shortly after I first studied about meridian lines, I slipped on a tile floor and bruised my knee and elbow rather severely. Following the instructions I had just learned, I put my hand over the painful elbow and then found another couple spots lower down the arm that also seemed tender. I held these for a few seconds. Then with a flushing action I brushed up and down the arm over the elbow; instantly the pain was gone. Try it yourself the next time you are injured. Or try it on a child who has fallen. You will be amazed.

We are also becoming aware of the nutritional needs of the brain. Without the chemicals that allow certain functions, the physical becomes very susceptible to the many diseases that plague humans today. The solution to health may be as simple as acquiring food instead of pharmaceuticals. See Appendix I.

ENERGY AND EGO

The usual twenty-first century person has spent thousands of hours watching television, viewing some of the most horrendous things, without realizing how the actions on the screen are affecting their emotional state or threatening their mental stability. If those same words were spoken directly to us, it would turn up our emotions full blast.

It is somewhat the same when we listen to the talk shows dealing with the hate between two persons. The resonance of these emotions sets off corresponding emotional waves within the audience, resulting in a mild to severe confusion, often with a feeling of helplessness about what to do to calm the scene.

Even though we usually think that we are not really involved in the action on the screen, the ego is not that discriminating. When ego goes on line, it totally controls the brain's decision making abilities. The ego goes on line any time it agrees with the judgment that one is less, or even better, than another person. When that occurs, the

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activities seen on television then become acceptable solutions, and are there to be incorporated potentially as part of our own ego action response.

Is it any wonder that children find it acceptable to shoot or harm others? They have fewer other solutions available to their conscious mind as options, particularly if they have been raised in less than harmonious home environments or by parents who have grown up within the same limitations. Seldom are we shown examples of how people can work out their differences with honor and respect. Why not? Where is it written that life should be limited to controlling instead of responsibility and trust? Or that responsibility and trust cannot be rewarding and fulfilling to experience? Is there another purpose to constant reminders of terrorist? Control is easy when people are afraid.

It has been said that five minutes of visualized stress will diminish the immune system for twenty-four hours; five minutes of laughter will enhance the immune response for twenty-four hours.

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Not only do emotions attach to us through our own personal events and what we see or hear, but they also manifest as the lingering energy left within a space.

These vibrations of pain and anger can last for incredibly long times. Many psychics can go to a place where a killing has occurred even hundreds of years before and describe the scene in great detail. Many people, although they may not realize they are perceiving this old energy will pick up an uncomfortable feeling of disorientation without understanding its origin.

If something on television threatens our comfort zone, we can simply switch channels, and find some comedy show so that we can laugh away our fear. However, that does not handle the underlying reality that we have created in front of us.

There are two purposes for misemotion. The first is to show yourself what you believe. The second is to create a discomfort that becomes an indicator that you are creating against yourself into a resistance and away from your true desires.

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We put a lot of energy into the things we resist. That is why, in order to change our creation of an unwanted emotion, all we need to do is to intentionally stop putting energy into the creation. Then we can decide to choose a belief that would enhance our sense of freedom, harmony and inner power.

The nature of energy is to flow, so if we don't decide what it is we prefer to create, we create anyway, automatically, at random, with many accidental results. Then we tend to judge what we have created, and begin another cycle of creating against ourself and into the resistance formed by the judgment.

This judgment is applied because we denied that the experience was the way we (as Spirit Creator) have taken to indicate to ourself what it is that we are believing at this moment.

Since we are energy flowing beings, if we are not putting our energy into a resisted creation, then we can and will create something else, possibly even what we want. The resisted creation acts as an energy drain, flowing into the battery of the dark

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forces who feed off this forced energy. The simplest solution is simply to change our focus.

By appreciating another's viewpoint, we can allow that one to think or feel whatever s/he chooses and allow the creation with complete indifference. Appreciating another's ability to create a reality takes you completely out of the loop of resistance. Being willing to honor another's life plan, even when it has created unpleasantness for all is closely akin to love. You have the option to honor the soul's purpose instead of allowing anger to dishonor both.

To the degree that we become involved in another's viewpoint, we are creating something other than what we had previously decided was our preferred reality. That can only result in experiencing resistance, sometimes even years later.

One form of this is particularly difficult to deal with gracefully. The bond between mates often depends on the graceful giving in to what the other wants, insisting that your mate make the final decision about most everything. This can create great stress, but very often it occurs because one or both of the partners are

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simply not willing to choose, masking the unwillingness with blame. If you want your togetherness to continue, review your willingness to always put your desires in second place. This is not a healthy situation and sooner or later it will cause resentment because it does not reflect your truth.

Even changing your own mind about what you want is a way that you can create resistance, unless the change is complete and the first reality is totally discredited. That means dealing in present time with all the reasons why or why not the previous idea was acceptable. Attention, interest and clarity are what allow one to remain focused on one's own creation.

When all else fails, as often it will, the one single safe place to focus one's attention is on one's own God Self, the Mighty I AM Presence.

The standard answer from great teachers of all faiths is to pray without ceasing. "Repeat the name of the Lord constantly in your heart." In the long run, any decision based on pain and unhappiness

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will only result in more of the same, because that is not who you are.

In the *Call for the Master*, Durckheim states:

"To be truly humble is not just to avoid seeming more than one is—It is also to accept that one is, in some respects, more than one seems."

WHO I AM

A Lesson in Accepting Myself

Resistance to being who I have become is equal to saying...
I have chosen to learn things I should not have chosen to learn...
which is saying I should not have had the experiences I have had...
to become who I am now...
so that I can be who I will be...
as I pass this stage of my knowingness.

However convoluted the path may have been it is all on the road to
being a total self who is understanding the many facets and
capabilities within the form known as this human called myself.

I have experienced this life against the backdrop of who I know
myself to be, a multi-dimensional being, learning what it feels like
to be here (within this body) with certain advantages and
disadvantages. I have allowed myself a certain ante to the game,

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certain handicaps to see if I can still achieve the desired goal or outcome within that game.

Can I, within this framework, still achieve and regain the knowingness of Me and life in its minute and majestic aspects?

Basically, can I achieve the goal, whether or not I am aware that there is a goal to achieve?

In this grand experiment, do we gravitate to a desired position even if the life form is initially unaware that there is a point of return?

As we try on one attitude after another and function briefly within that framework, can we move from experience to experience and eventually know that each attitude is not forever permanent, but simply a detour or even the main road, to getting back to present the data of our trip as a fascinating story; even as the *Odyssey* of Homer has become a triumph over all the obstacles, real and imaginary, all presented in a grand ballad to fascinate others and oneself.

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But you can all come home, any time you tire of the journey. The return is simply becoming aware of the journey with the knowing that you have chosen it. When at last the odyssey is over, what we find awaiting us is as much a part of the journey as any other part of the trip. It is what you allow and choose it to be. In the absence of resistance, you can embrace all of the experiences as your own, using our guidance to choose. Unless you open to receive, not even God can get in. Protecting yourself from the lack of love also shuts off the flow of love.

EXPECTATIONS

When one does not expect to be able to create what is preferred and is resigned to more of the same old stuff, there is intolerable stress. Hopelessness is the subtle feeling that accompanies the feeling of powerlessness. It is the hallmark of ego.

The ability to visualize and create within the body the feeling of what is preferred, whether it is an improved financial condition or physical condition or the mate of one's dreams, changes the entire metabolism. It is the expectation and excitement that, when sustained, creates a template upon which Spirit can manifest the desired result. Since Spirit usually has greater ideas for us than we can imagine for ourselves, it is beneficial, when asking Spirit for assistance, to add "This or something better."

The entire game of merchandising is built on the expectation of a change in reality. The implied message is, if only you buy this product, your whole life will change.

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Yet with a single bit of data, the idea you had almost given up on can move from impossible to possible. With that possibility, the whole attitude shifts. Then, allowing one thing as possible, it becomes possible to have or do something else. And so ends despair. Allow this meditation to assist in making a shift in your reality. Eventually one must claim one's worthiness as a child of God and pursue the soul path instead of listening to the outrageousness of ego.

IT'S POSSIBLE

A Meditation

So here you are. You have chosen to take a few minutes for a meditation. So take a deep breath. Listen! There are birds singing, maybe a car going past and the soft music you put on. Take another deep breath and see what enters your awareness.

Soul is awareness and consciousness, mixed with heart, mixed with allowance, mixed with gratitude, which gives you appreciation and love and the ability to direct your attention to the points of your life that you appreciate, however large or small that may be.

So what do you have to appreciate? Well, here you are. You have gotten this far. You must have learned something out of all the stuff you have gone through. You're alive! So what is life anyway?

Allow yourself to feel what the Life within you feels like. Take another deep breath. Direct your attention to the movement of air

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as it comes into your body. Consciously, with your intention, change the quality of the air to prana, the life sustaining breath. Notice the sparkles of Light it contains. Feel these sparkles touch your lungs. Notice as the blood picks up the oxygen and carries it through to every molecule of your body, bringing new life to the perfection of every cell. Follow the movement of the chi, the air, the prana, back through the veins as it moves back into the lungs and out again into the air to be mixed again. Imagine how far the breath goes out and out, what distances are reached. Imagine it carrying with it sparkles of light; light that you have granted movement. Watch in your imagination until it touches a plant which breathes in the carbon dioxide, and breathes out again the oxygen that moves back to sustain you, and others, as Life. Notice the life giving ability of the air you have chosen to breathe. What a marvel is this thing we call Life!

Our Life is a process of forming and reforming matter. As the air moves in and out, so too our thoughts move in and out, reforming the matter we are and the Universe around us.

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The quality of the frequency of our thoughts is reproduced in exquisite detail in what we see around us. It is our touch of divinity that allows, and even compels the exact replication of our energy frequency in the solid forms of matter around us. We can choose to feel joy and experience the realization of our desires, or deny its possibility and experience the disappointments we dread. Our ability to reproduce our energy is both a curse and the greatest blessing imaginable.

The Universe rearranges itself to fit your picture of reality. Always. All ways.

We came here to inhabit this form with the intention of creating the best we could while in this body.

If we have a directive from our Soul self it is to be the grandest we can be, with our dreams shining on throughout our life and spreading those dreams to those who do not know the power of their own dreams. Our desires are the shape of that which we would choose to create.

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Choose to create through joy and appreciate all that is now before you. More is on its way as you stay in the certainty that all you want is to be free and full of joy and as you allow it all with appreciation, more and more and more are on their way to you. Any desire that it is not yet manifested is just a lie from ego that you are not the infinite creator you are. Feel again what is true to you.

So just for a start, find some small thing that could be okay somewhere, something you could allow in your awareness comfortably or someone you love, a flower, a pet, or how you feel as you imagine holding something you love, even your battered old teddy bear. Smile as you feel the warmth of that love. Feel what a little smile does for you.

Pay attention to what you choose to have in your day.

Are you willing to look for harmony in your own life?

Are you willing to look for the excellence, expecting to find it?

Are you willing to experience having and being what you want?

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What would that feel like?

Who are you? No, really. Are you expressing the wonderful side of you?

That other stuff is just ego. It is not true. You are powered by whatever it is that makes the atoms combine into molecules. That's what's running the show. That means that whatever you used to think, you really are one with some awesome power. And the way to prove it is just be happy. Turn it all on.

You might as well be happy. All the other stuff is just the way it is. Having to change a lot of stuff is the hard way to get to joy. Meanwhile watch out for the good stuff along the way.

What are you feeling? Notice where you feel that sensation in your body. Have you assigned a name to that emotion or to that feeling? How about calling it just a guidepost to what you want?

Are you expecting someone else to make you feel okay? It will never happen. At least not for long.

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But you can intend to know all the glory that you are. You can intend to know that part of you which is the greatest.

You can intend to find the love you want. You can know you are love and love will find you. There is only love and a vacant space where love has not yet arrived. Fill it up.

Intend to find all the love you want. This time let your answering thought be, it's possible. You are that love.

Try this: I AM. (It's inevitable.)

I AM	(I can't change the way I am created.)
I am Joy.	It is possible!
I am love.	It is possible!
I am loved.	It is so!
I am forgiven.	It is so!
I am forgiving.	It is so!

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I am the Soul.	It is so!
I am Light.	It is so!
I am Love.	It is so!
I am Will	It is so!
I am Joy.	It is so!

I am the total of what I create with the frequency of my thoughts and words. Only that and nothing more. I create what I put my attention on. I can be anything at any time as I agree to experience the finest part of me.

I am an Awareness of Awareness unit.
I choose to experience what I prefer. Yes!!!

Now I choose again to direct my attention and focus on the column of Light and energy that surrounds me.

Breathe in its peace, feeling the swirl of that Love all around. Notice that you feel its power more than you feel your body as you breathe in, along with the air, the Light of the Universe and the very specialness of All That Is there for you.

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Know that every other person has the same column of Light and Power available to call on when they choose to do so. Each other being is composed of the same Star energy, even though through their unknowing choices it may be hard to see that part of them. You, accepting the energy of Light, make it easier for someone else to be the truth of their Divine Self as well.

You are choosing what you want to experience. The Universe rearranges itself to fit your new picture of reality. As you see the Star energy of others, that is what you experience. Feel that you are joining with their Star energy, the Divine part of them, the Love energy. As you do, see that all the energy in the Universe is at your disposal and creation is done.

Star with Star with Star,

Love with Love with Love.

Intention with Intention with Intention.

If there is a little part you aren't sure you can handle, just give it to your Star energy, and stop worrying. It's taken care of.

Let it Be. And so it is.

Gratitude is appropriate here.

THE GUEST HOUSE

"This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness
comes as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house empty of its furniture.
Still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing, and invite them in.
Be grateful for whoever comes,
because each has been sent as a guide from beyond."

~ Rumi ~

SPIRIT MOST HIGH

This is an exercise to open yourself to love by changing your attitude quickly. Do it anytime, anywhere, in any circumstances, quietly, alone or joining with others. It will instantly shift your attitude and that of anyone who participates. *Guaranteed!!*

Spirit Most High, I love you
and I open myself to receive your love.

Angels above, I love you,
and I open myself to receive your love.

(Insert the name of a friend or enemy)

I love you, and I open myself to receive your love.

(Insert the name of a friend or enemy)

I love you, and I open myself to receive your love.

(Repeat as many times as you wish,
ending with your own name)

I love you, and I open myself to receive your love.

Amen

MORE RESISTANCE

This morning part of me wants to do something that another part wants to avoid. Part wants healthy food; part wants ice cream. Part wants to walk and exercise; part won't budge. Part wants to work with people; part is safer on the treadmill of the job avoiding all else. Part knows abundance; part clings to lack.

How can I overcome the part that avoids and allow the part that prefers joy and creativity and abundance? I know that both are a part of me.

Within every yes there is a no. Within every know is a space, not of disagreement, but only a space which allows for the opposite so that intention is not compulsive in one direction. This is part of yin/yang. Within everything (on earth) is its opposite. Where the intention is directed determines the balance point between action and inaction. When you are hating the inaction, that is where your attention is focused and that is how the body and the universe

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responds. It is totally a matter of the intention of choice and the attitude of love that one brings into any considered activity.

The definition of Power is "such an absence of conflict that it depends only on the intention of the Source whether or not it shall act."

This is always true. Only your intention gives you power. The balance point is within your underlying certainty, which in itself creates the vibrancy of Source and is the ability to act with wholeness. It is the uniting of all parts of self into a whole in which no part is reviled but all are accepted and recognized as balance. A perfectly balanced sphere can rest at any point and so it is within yourself. You are perfectly balanced and you can rest in action mode or stop at any time, depending totally on what you think yourself to be at each moment. Love your moments of rest, for they are the periods in which you can learn more consciously about who you are.

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Only by looking at who you are in this moment can you choose again what you prefer for the next. The I am not is the other side of I AM.

Then you can decide which way you truly prefer to go instead of feeling that you need to go off in all directions at once. Many times your seeming to be totally stopped has been only too many impulses at once and none was more clear. The only thing that could happen seemed to be nothing at all.

Allow yourself to decide what you truly prefer for the moment and you will be amazed at what you can achieve. It all depends on your clarity of purpose. Yes, you can be still and ask Spirit what is best for you. Yes, Spirit is part of you and not separate. Just as legs are the part that moves the body, Spirit is the part that calls the signals. All function together.

If you allow yourself to feel the wholeness of all parts, you will feel the Joy which is your Power, and very little effort then is required to move into whatever you choose. Enjoy your wholeness

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and sense in your moments of quiet which direction is the most appropriate for your next motion.

Many times your stillness is the way you have of encompassing the experience of the Allness of You within the life form. You are simply getting acquainted with a part within you that you have been afraid was gone. It is not gone. It is forever the inner essence which allows your greater experience of All That Is.

Wow! Is this part of the book I feel I am supposed to write?

Yes, many times your "inability to move" has been a forerunner of just being quiet so that you can pay attention to the inner you. It is that which will allow you to complete your journey "From Fear To Eternity."

Many times your long ago purpose to serve in this way has been senior to your temporary urges to paint or sew or walk. You will have time to do all that you truly desire to do, so don't fret if one action comes before another. All is in its ideal sequence.

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Pay attention to your immediate desires and when you seem to get nothing, observe how many things you are preferring all at once. Observe the conflicting demands and in your joy of wholeness, see if one is more important than another. Or is the desire simply a feeling of "should"? If that is present, see who or what is interjecting that should. You will be able to tell quickly what is your true desire and intention. What is leftover is from some other person or time that is not "you" in the present moment.

You can only be who you are in present time. You cannot be who you have been. Sometimes who you are now changes faster than the things around you. A project you started may not always be completed before you are someone different and no longer need the experience of working on what you have not yet completed. This is okay and is only a part of your growth, unless you let yourself get stuck in feeling bad because something is not finished. Perhaps your need to experience doing that work is done before the project is complete. If you still want the result of the project, you may get it done by someone else or simply turn it loose without judgment. It is the judgment that brings you back to not being

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able to act on anything at all. Know who you are in the moment and be true to that.

Look around you and see how many things are only part of who you were. They are who you were when you needed to get our message from outside of yourself. They now only remind you of who you once were. They now only tend to focus your attention toward limitation.

What do you really enjoy now? Each moment is change. Be not afraid of change. It is the only constant of what you call life.

As you release the things in your life and household you will also release the accumulations in your body. You will get streamlined to move easier and quicker. As you allow yourself to taste of the sweetness of life, you will no longer need ice cream as a symbol of allowing yourself sweetness.

As you begin to divest yourself of old limitations, you can grow into who you truly are, a Being of Light and Love. Enjoy the process of letting go. You do not need to condemn the old. It is part of how

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you became who you are. But the scenery does not remain the same as we travel the highway or we could never experience the new. There would be no need to continue if the road ahead was exactly like the road behind. Let it all flow past you on this River of Life. Bon Voyage!!

FORGIVENESS

Once, beginning a meditation on forgiveness, I decided that everyone I had ever met had failed to meet my expectations or give me the help I thought I deserved.

Some part of me had never expected to have to provide for myself. In childhood I was cared for by Daddy, then by my husband, and then had some pretty good bosses. I expected someone to provide for me. The source of my supply was not myself, and not the Universe, but relatives, bosses or friends. Eventually, responding to my dissatisfaction, they all tired of my games and disapproval and bore my wrath because of it.

I expected that friends should behave in a certain manner. I judged them, but never myself. I claimed great losses from those who could not fix my mind problems. Examples abound of those who tried to help but didn't quite know what answers I wanted or needed. I depended on Daddy, but he died. My best friend married and went away, and my husband's love was not at all the way I

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thought it should be. Some of my friends certainly needed more help than I did. Even counselors hadn't a clue what to do about what was wrong in my head.

I was horrified and sickened to see how I had betrayed myself with these expectations. No wonder I had problems in my life. No wonder I could create only more disaster. No wonder I had no joy in my life.

Now, I can only say thank you to the ones who suffered through my abuse to teach me my lessons. Forgiveness is something that goes on and on. Even when you think all is well (which it may be from ego's viewpoint) there probably are other little bits still hidden. So I asked Spirit...

What have I not forgiven?

What do I need to know to forgive myself and others?

What you resist you have not forgiven. You have not forgiven yourself for the mistakes and you are afraid to have another relationship because you are afraid you might destroy another. It

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is not so. Each of you was at cause. You know enough to forgive but forgiveness means letting it go. Feel the pain from everyone.

You have desired to change the pain of everyone. You cannot do that. They will learn their own lessons in time.

Start from where you are when love seems out of reach. First move into no judgment about what you are experiencing now. You don't know why you are starting from here. There is vast potential even in the middle of what seems like pain and a restless heart. This condition which you now experience is to let you know that it is time to seek for something more. The greatest gifts seem to come from the release of a belief that holds a pain and resistance in place, so know that you have great gifts in store as you are willing to see what you are believing now.

Maybe you are believing that something is not perfect. That's only judgment and the clutter you have allowed in your mind. I have better things for you if you will allow the perfection to unfold in front of you. A creation usually goes through some stages in the making that don't look perfect.

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In order to love someone unconditionally, all you have to do is not get in the way; simply allow God's love to pass through without stopping it by your judgment.

ABOUT CHRISTMAS

Decide who you are in relation to the season. Are you preferring to experience the pain of not giving and not receiving and not participating and not loving? Why would you choose that? Are you qualifying all the gifts as too expensive so you have chosen to not love and not give? You can give your love in some way once you get beyond the pain that says to you I can't and I won't.

Do you think they don't want your love if you can't give them something else? All gifting is a token of your love. You forgot to give the love since you didn't have the token.

Then there is the part about forgiving oneself. What finally worked for me, after much urging from a friend, was to sit down and write, I forgive you, Lila, for letting others hurt me. I forgive you, Lila, for allowing... and for causing... On and on I listed all the things I had allowed to happen that I continued to grieve about. I asked me to forgive me for the wrong choices I had made, the lack of discernment, and the failed purpose and unsuccessful goals, the

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thwarted ambitions and lack of creativity, for the lack of awareness and lack of integrity and the judgments. Finally I asked me to forgive myself for thinking that Spirit was not there.

Then I began a new part of my life.

LETTING GO

Let yourself prepare for what you suspect. It is time to reduce your load to only that which is very important. What you need now is very different than it used to be.

What you don't let go is what causes you pain. We cannot bring you new until you release the pain of the old. Find out by looking at the past. You can walk away with ease.

Wrap it in love if you aren't sure. Come to know the real you who is without fear and uncertainty. Prepare to move quickly. Much is ready for your new joy. Prepare yourself in strength. Open the way on faith. You only need to be ready to move quickly and know you leave nothing behind to distract you from what you are doing. Let the old go. "You do not know what anything is for." (The Course in Miracles) It may be for letting go.

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Let go of your mind and you will know. Let go of your matters and you will be filled with joy. Let go of your cares and you will be filled with resources. Let go of the chaos and order is born. Let go of slime and purity is left. Let go of the processes and knowing is there.

Leave your sorrow things behind. Let your past go and bless each item as you pack it to sell. Charge each thing with love and they will go quickly. It is a ceremony of freedom for you.

WHAT IS MY NEXT STEP?

Continue what you are doing. There is no need to be concerned. You are being taken care of and all is well. You will know what you need to do next.

Let your joy be your guide and all will be well. Allow yourself time to do things for yourself. That will be rewarded as well. Let it be as you wish it to be. You are greatly loved and you will be able to know it more and more and more. Come to the end of your worry and to the end of your concern.

Hold yourself in readiness and we will direct you in ways of joy.

I DID IT

Even though I didn't understand at that time why certain friends no longer were part of my life, I found this comment in one of my journals written only four months earlier. I had written:

"Somehow my friends do not seem so connected now, or maybe just dependent on each other anymore. It is as though the old life is moving away and what is for now must not be so inter-related with these people as it has been in the past. This is pretty different. Almost frightening. If we are not to be in relation to people, what is life about? Yet, somehow I don't want things to be as they have been in the past."

When I noticed that most of the things I had to do were for others and were usually done for free or at my expense, I did have a mild rebellion. But what it brought to my attention was that most of my life was not mine, so now that is moving away. This is what I wrote:

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"I do feel that I want my pleasures to be in the present, as opposed to the moments I enjoyed from experiences in the past. Everything around here is part of past pleasures and belongs more to the past than present. So what are my preferences for now? How do I move gracefully into the new and leave the past behind?"

When the situation changed, suddenly and completely, I didn't notice at the time that the changes had occurred from my own desire and choice.

EGO LOGIC

I have just done some work visualizing a chronological view of my life. I had some significant difficulty in holding a position above the time line until I colored the emotion around the events with a suitable color, usually a nasty red for anger, murky blue black for depression or grief, an ugly orange for fear. It helped to realize that I was really looking over the incidents in my life plan (from before birth when life was in the planning stages). It also helped to realize that I was a driving part of the stuff that makes up life, my life in particular. Those incidents were put there from my infinite knowingness so that when I got to this part of Now and needed to be able to do the rest of the steps in my life plan, I would be able, ready and qualified, to do them.

It also cleared up a lot of things when I moved from experiencing again the beliefs that comprised the sensations and attitudes, to discern and write down what I would have to believe in order to experience those fears and despair.

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I also wrote down the truths that I know about the "way things work". Let me list some of them both. (I apologize for reiterating such negativity, but these ideas are often present, almost without our conscious awareness. Until examined and released they can exert a tremendous influence on our life plans.

When in this ego onslaught my beliefs were:

Having no money proves that I am not connected to God which is my criteria for a good life. (Because of course God takes care of those who believe in Him.)

If I am not connected to God, I am alone and powerless and I have no money, no friends, no love, no production, no joy, and nothing to look forward to in the future except more nothing. I don't know how to change what I feel which is only bad. I see no future. I see nothing good in the past. I can see no time line, only feel pain and despair.

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Each time I thought I was better in the past I was only fooling myself and this morbidness is who I am. This is a persistent mass and persistent identity.

The big opposite is Spiritual Being. Identity is a viewpoint of Beingness which brought me to this logic: No one is not connected to God. It is not possible. Therefore I am connected to God also.

So what is it that really shapes our lives into little suffering bits of emotion or pillars of light in the form of humans who live for many hundreds of years moving in elegance and grandeur and eternal youth such as St. Germaine?

There is a vast sea of consciousness and we listen and become part of one or the other. We know all too well the human aspects that bombard us with misemotion. They can back us away from our life purpose dreams into settling for inadequate lives. Who we are and who we become are shaped first by our life purpose, but that is modified by the view and attitudes of whose influence we allow.

Take time to look at your dreams and see the points at which you decided that you had to settle for something else because, right

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now, you had no choice. Whether it was just to stay in school or a marriage that was so bad you had to leave to take a job you knew was wrong but it was what was available and you had to have some money coming in.

Many times we know that we are making a dreadful choice, thinking it is only for a little while, but the days pile up one on another and we look back at what has become a dreadful pattern. There is a vast mass consciousness that drags us in ways we do not prefer and millions are caught in one addiction or another seeking escape for a moment from the littleness we see around us. Take a few seconds to look at the patterns of life of those you know.

Observe the similarities of your attitude and behavior to those who drink alcohol or are the families of those who do. Look at the violence in our entertainment. Look at the patterns of abuse we have accepted as normal and just the way life is. And why?? Only because we haven't known how to change either ourselves or the situation, while living in the discontent that says there must be a better way. We unknowingly take on the beliefs of those around us,

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particularly those of the ones we love. And then we watch as our dreams go down the tube.

Yet in most of us there is a glimmer of the possibility to have something different, a better life if we only knew how. Huge industries exist in 'How To' Seminars. Thousands work in social services. Thousands apply for assistance. Millions flock to churches, each of which proclaims "This is the only way," even down to those who believe that their salvation is only attainable by killing the unbelieving infidels, or those who kill to make the world safe from killing.

The only answer of the Universe is Yes. To whatever idea we can formulate, that is what we perceive. We have looked for so long at the evidence of despair that that is the only thing in front of us is more despair.

Yet we are beginning to discover that there is another matrix that runs between all the atoms; that the stuff of space is far more than space but is filled with what we can only label without identifying it as consciousness. That consciousness is composed of

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awareness and intention which are completely fluid until it manifests as beliefs which then coalesce as matter.

The biggest leap of faith that must be made is that **consciousness is the stuff of creation, the very essence of what we have called God**. Whether that essence then manifests into the stuff of dreams or the stuff of nightmares is influenced by our knowing that we can walk between the worlds as creators, formulating our own Destiny and even Heaven, if we are willing to see it.

It comes with the certainty that we are the stuff between the visible. We are inexorably joined to that force which we have labeled God because we thought it was beyond what we knew as ourself. By denying that we are part of this River of Life have we become the flotsam battered by mass consciousness? There are two streams, one of total effect and total separation, one that is Divine creation. So what good is that unless we can change ourself?

One of the first requirements is to allow all that we experience without judging it be bad. That judgment is what instantly shifts

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us from cause to effect and takes us away from the power of Oneness.

But on the other side of the scale, every time one of us dedicates his life to finding a way out of the monkey cage, we form the beginnings of a path that others will follow. Perhaps blindly at first, but becoming more and more aware as they move onward until they ultimately realize that their desire alone has led them to this glimmer of their own Light, innate and so often unnoticed or acknowledged.

Judgment is a computation of the mind which automatically pulls us back into the past and away from the awareness of new possibilities that exist in the ever present now.

The ability to create is solely determined by this tiny mind shift. There is the old cliché of "it's hard to remember you are draining the swamp when you are up to your ass in alligators." But few journeys are all downhill. Even our superhighways have bumps in the road. Opportunities for disaster are part of the third dimensional world and we have little experience of roses without thorns.

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The only way we can and do create is with the direction of our attention. The more we beg our God for healing of our pain the more we are rewarded to our dismay by more and bigger pain.

The more we demand help in our prayers for our debts the more debts we have, for debt is where our attention is and the more we have corrupted our Now with declaring it unbearable. We shift from replaying the tapes of our unworthiness and mistakes and trying to be good enough to be loved by God and that someone special, who is of course, better than we are. The atrocities we experience and commit in the name of love lead us to sacrifice our power to the hope of being treated kindly by others, anyone at all--no matter how shabby that kindness may be.

The peculiar thing is that we all have some corner of our psyche that has experienced pain, and no one in human body has not committed some harm on someone else or has never experienced the need to be forgiven or to forgive others. It comes with the territory called human because that is what makes up "mass consciousness. The only thing that varies is time and event. Everyone knows what you mean when you talk about anger or grief

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or resentment or pride; it is a part of who we are. We all have a human body but we are just beginning to know that we have much more. It is available, in fact almost unavoidable, when we focus our attention not on matter but on the stuff of creation, the consciousness in between the particles we call Matter, and what scientists are now calling super strings.

After listening to Greg Braden's CD about multiple time streams: What if, as is our custom, instead of looking at all those terrible things that brought about this sorry state, we looked at each incident as an adventure that has finally brought this wonderful present. That actually is more accurate. What if each disastrous turn of fate was actually just a way to learn what we needed to know in order to be who we are being in this moment?

What if the lessons we learned have also prepared us for being an infinite number of the selves that we could be if we took the time and energy to ascertain a specific goal that has not been heretofore a path thought possible or desirous or deserved?

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Just yesterday I experienced, to my horror, another of the episodes in which I considered myself 'better than.' These arose from the admonition to me as a small child that 'you can do better than that. You can be better than that one.' Whether my comparisons were based on smartness, grades, kindness, size, clothes, language, attitudes, or behavior, all our lives are composed of comparison judgments.

Yet I wondered, if I was better than these other ones, why didn't they love me or at least admire me? And if I loved someone else, (who of course, needed to be loved since they were to be pitied, protected, helped, supported, chastised or guided) why were they not grateful for my assistance?

Questions: If multiple paths of time are possible, is it possible to return to those times? Could we re-experience the episodes with love, and change the past and future?

There is a strong corollary between the caveats about future seeing and projecting a future built upon our dreams and desires. On the one hand we are told that in order to create our future to

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our specifications we must dream it or visualize it in a mock up as close to real as possible. The greater degree of feeling of reality, the more likely it is to appear. The greater our conviction that it is so, the sooner and more completely it will manifest.

The more we have projected the present sorry state as being impossible to change, the longer and more intense has been the outcome. And yet the seeming intention of foresight dreams has been to permit us to avoid a perilous course that could cause bodily harm to ourself and others.

All actions are part of God's plan, and fulfill one part or the other of the polarity that creates life. Millions have learned of the divinity of Christ, because he was able to resurrect after His death. Yet however horrific the actions were that led to his death, all parts were necessary to allow the final outcome. Without all, the result would not have been possible.

So someone has to be the one who plays the extreme negative in order for us to experience in this world of duality the extreme positive. There are equal and opposite reactions. Therefore, the

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negative must be as honored as the positive for they are the same. If a pendulum swings it cannot be good on one side and evil on the other. It is senseless to commend on one side and condemn on the other. All is in Divine Order.

Guilt is created by looking at only one side of the incident and calling it bad or good. It takes a great love for a person to be the bad guy so that someone else can be the hero.

SORROW

One of the many lessons I learned from b j king was that sometimes it may not be appropriate for us to get the information we think we want or need. It is easier for Spirit to answer the question, "What is the next thing I need to know or do in order to be in a state of *Divine Grace*?" Often what we get seems to be totally off the wall, but if we are willing to take the advice and study it, the blessing is there.

Sorrow is the underlying rejection of the present condition with the idea that *God* has made it so. Sorrow is not of the Light. You sorrow because you feel alone. You are not alone. Sorrow is a harmonic and not the peace you seek. It is a closed door. It is an old emotion from childhood. It includes sorrow at the human condition. It is the feeling of separation. It is the hidden standard of pessimism. No one is never without love, but you can be unaware of its presence. Love is a vibration that is easily routed by other emotions, but can be intended as a base carrier for every condition in the physical body or beyond.

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Underneath sorrow is the belief that it (the good stuff) can't happen. That helplessness is a discouragement that is not of God and Light and Love. It is shutting the door to accepting. This shutting off is also shutting off love and abundance and knowledge and growth, fun and love. You can only see that which you create.

The discord outside is symbolic of the discord within. You are showing discord to others, forgetting love. Your resistance to the outer is disharmony within you.

Just know that wherever you are, there is a purpose for your being there. Be alert to what is needed wherever you are. You will give messages to many people and they will understand what you have to tell them. You are needed to show some that they have a greater purpose. It is enough for now that you allow good to come to you.

WHO IS DOING THIS WRITING?

You have called us and we are another part of you. Can you feel the heat?

Yes. Why is my body so hot?

We are releasing what you no longer need. You are ready to continue, but our vibrations need to be synchronized.

IMPATIENCE

I wrote in my journal: "I need some things now before I can go to Houston."

Will you give up your impatience? It is making your vibrations difficult for us to match. When you want us it is easier to match your love vibration than your impatience.

Another time I was scolded:

Defensiveness has to go!

One can't be loving and defensive at the same time.

It stops all inflow and outflow.

Sullen is its carrier.

Hurt is its excuse.

Despair is its result.

Defeat is its future.

Death is the victor.

LIKING

A human is an organism that generates different kinds of energy in response to whatever comes into its presence from the environment. It responds to the frequency of its surroundings many times on a one to one ratio.

The less order and beauty that you see in the environment the slower is the frequency. Disorder is a subtle influence but quite powerful in its effect. When the condition called liking is evident, the frequency attaches "like" to that which is its subject.

Like means similar to and agreement with. This alone is the frequency modulator. Therefore liking something the organism considers pleasant, the frequency becomes "like" what it experiences. The degree of affinity is the degree of response and the effect. Therefore, when a human allows himself to stay in a place or situation he does not like, he becomes like that which he does not like.

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That is much of what is occurring in you. You are in great disagreement with the things and people who surround you and you allow your vibration to match these things and purposes.

Now that you are aware of the automatic response you have options. You can choose to change your surroundings and move to other surroundings, or learn to "like" them through appreciation—or create deliberately what you want to like and be like.

It requires a different kind of energy to create your own choice than to simply respond and reflect what you perceive. But you do have the option of being around different people or in different surroundings or deciding deliberately to generate a higher frequency. That is not as easy, but it is a way to flex your "intention" muscles. It can be done if you completely intend it. It takes complete vigilance to maintain that intention constantly, but it can be done.

Intending our protection helps. Be aware that when you are in a disorganized space, others respond to that disharmony as well, so you are dealing with their lowered frequency as well as your own.

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Be aware that by intending to change the frequency you can become resistant to the disharmony and so create the disharmony that you seek to resist. Grin and bear it is not usually effective. Try loving allowance instead.

So begin to choose only those things that you want to have a place in your life and let that be the criteria for whether they stay or go. It does not matter what they cost or whether they are ugly or pretty as long as you are aware of whether it ups your frequency or not. If it does not, throw it out, give it away, or move off and leave it behind. If it is not yours to discard, then pack what you want neatly for taking to your new home and be joyous in the doing. You have much to do and a short time to do it in. Get your sorting done and let your liking decide if you want to be like that item. Enjoy the choosing. This also has to do with liking the emotions you experience. Choose carefully what you are being alike.

MORE ABOUT CHANGING ENERGY

Call forth the Light into every place you go! Ask Michael to remove the negative energy to the Light where you go. Call for a blessing for every person you meet. Anchor the Light now!!!

This is the time to gather your energy for the work you are to do now. Let the information come through as gentle ideas. They will be useful for many if you will allow us to be of assistance. (This is Bartholomew.) You are beginning to see that negative only means the energy has a reverse spin and that you have the ability to change that spin through the double helix of your own energy. You many take in something that feels negative and when it comes from you it has a positive spin. Do not confuse negative with bad, because it is not! It only means incoming instead of outgoing, yin instead of yang. Only when one attempts to stop that inflow does it seem like resistance that is labeled as negative.

As you learn to allow the energy to continue its movement instead of putting a barrier there, the motion will not be impeded and your

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vehicle will experience motion instead of emotion. As you allow the energy to continue its path instead of blocking it you will become as a reed in the wind and only bend gently and be unharmed in any way.

You are seeing that pain in the body is also just a reverse flow. This can happen from improper chemicals, food, etc., or vitamin mineral imbalance or even thought forms or electrical flow blockage. You have seen how the energy is different from right and left hands. You know that there are energy pathways in and through the body and that you may enhance the flow by placing your hands near the blockage. It is more effective if your hand polarity matches the yin yang direction of the flow. You also understand that the frequency of the energy, even its color, can remove an energy blockage and restore health and balance. You have learned how this may be enhanced by the modern tools for changing subtle energies.

We are here to help and instruct as you begin to use these ideas to work with new people. You will be much needed in the near future and you will assist many to move beyond their ideas of limitation

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and into an awareness of their own unique value and purpose for being here at this time.

You will learn that the things that have seemed to you as failures were simply tasks that were not yours to do. If you will learn to pay attention when things do not seem to be going well, you will find yourself doing something that is yours to do and find your successes in that. Pay attention to the signs that are there for direction instead of regarding them as failures. If you do not learn another's system, it is because you have a system of your own.

VACUUM

Here's another powerful process, this one from Doreen Virtue. It is borrowed from *Messages From Your Angels*.

To vacuum yourself with the help of the angels, mentally say "Archangel Michael, I call upon you now to clear and vacuum the effects of fear." You will then mentally see or feel a large angel appear. This is Archangel Michael. He will be accompanied by smaller angels known as the "Band of Mercy."

Notice that Michael is holding a vacuum tube. Watch as he puts that tube in through the top of your head, known as the crown chakra. You can decide whether you want the vacuum speed to be on extra high, high, medium or low. You will also be directing him where to put the vacuum tube inside your head, in your body, and all around all of your organs. Vacuum every part, all the way to the tips of your fingers and toes.

FIND THE JOY

You may see or feel clumps of psychic dirt go through the vacuum tube just like when you're vacuuming a dirty carpet. Any entities that go through the vacuum are humanely treated at the other end by the Band of Mercy who meet and escort entities to the light.

Keep vacuuming until no more psychic dirt goes through the tube.

As soon as you are clear, Archangel Michael will reverse the switch so that thick paste-like white light comes out of the tube. This is a form of caulking material that will fill up the spaces that formerly held psychic dirt.

The vacuuming technique is one of the most powerful methods that I've ever used. You can also use these methods on other people in person or remotely. Just hold the intention of working on them with these methods and it is done. Even if you don't clearly see or feel anything during the process, or even if you worry "Am I just making this up?" the results will be palpable. Most people see an immediate lifting of depression and a cessation of anger following a vacuuming session.

IS THE LACK OF MONEY ABOUT KARMA?

Yes and no. Much of it has been lack of trust and not following what you thought about doing. The values of man are traps to keep you from joy. You will know of different values. You crush yourself with sorrow. When you allow this vibration in, they win, not you. Through that vibration manifestation can not come and the dark side wins again.

Stay in joy and you will win instead of the ones who feed on your sadness. Feel the sadness. Know you did not put it there. Be at peace. Remember who you are. Do what pleases you. Have fun with all that you do even when it looks like you are leaving all that you hold dear.

What you have held dearly is sorrow and guilt and pain and you are leaving that behind. Rejoice. You will not need most of what you have had and used in the past and if it is gone you can forget the pain you have cherished. Do what seems like fun today. Stand in a rainbow of light. These colors open your body to optimum function.

MORE ABOUT MONEY

Get your importances in order and don't sweat the small stuff. You are going to have much joy as we work together.

*Not having money is about your fear and learning to trust. It is about gratitude and giving. It is about choosing your own destiny instead of allowing mass consciousness to control your joy and actions. It's about learning that **what you expect is what comes, even if it is another disaster.***

You do very well sometimes and then sometimes there is a test to see if you are ready. So far you have not been ready. There are many parts of ready and you are learning. Do not hate yourself because you are still learning. You do not have to know everything to be in joy.

You can have what you choose. You are of two minds and you don't know what each one is, so you don't know which to choose. You have

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not made plans for what you want. You think both might be good but you don't know what either is really for.

Let yourself dream each reality you would like and be the Light you are, not the worry want the physical is.

You are love and you love many. You have a tendency to judge those who have not done as you preferred, even Spirit. Your preferences are mixed with judgment and so that is what you get. Let it all go and it will be easier to have your desires come true. There is a portion of your brain that has love and a portion that has judgment. Choose the channel you want to hear.

FAMILY REUNIONS

Having a wonderful family does not preclude developing moments of resentment and resistance. Dealing with those resentments is your own responsibility. Others are not required to change just because you turn into a monster every time you are in their presence. It's all part of the lessons you have chosen to learn. As always, the advice to me was to adjust my viewpoint.

You are being very separate. Your love for self can change that. You can allow their love for you. It is here you first pushed love away and here you hurt yourself the most. The pain can go away if you allow yourself to be open to what is instead of what you think is there.

Loving a family is the first test of being able to love at all. There are so many occasions to resolve and forget. You do not need the pain unless you want it. Choose your joy and the day will go easier. Try it, you'll like it! Let yourself do things today in love and all will go faster and easier. Be at peace.

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"The key to happiness is in allowing whatever arises to be as spontaneous and joyful as possible, recognizing that whatever occurs is impermanent and nothing, no matter how painful or pleasurable, is going to last."

The Spiritual Universe, by Fred Allen Wolf, Ph.D.

CREATING ME

At one time, looking within became a way of pinpointing flaws instead of a way of finding strength and the power within. I spent years in trying to correct the flaws instead of allowing the other side to reveal itself.

Figuring out how to deal with my emotions has taken years, because all of those emotions were considered flaws, by myself and others, all captive of ego. It was an impossible task. Always there seemed to be more errors to correct. They came with being a body and living as ego.

Ego is not capable of correcting itself, however much it pretends to do so. Only a change of viewpoint and a change in purpose and consciousness make it a reasonable task.

The process of healing begins with the viewpoint that we (God and I) have created the physical and I am the most precious of the things we will ever create. This physical unit, right now, with all its

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bumps and bruises from the journey is worthy of the greatest honor we can give it, that of love.

Love who you are. It has taken incredible courage to have experienced all this adventure called Life. Even though you may have despaired at times along the way, usually it was only when you forgot to honor yourself as the hero of the adventure and divine creation. It was your loss of faith in yourself that tipped you into misemotion, not the events you had chosen to teach you the fine art of loving and honoring All That Is. Unless you give up faith in yourself, others taunts mean little. For all those injuries are only a mirror of your failures to keep the faith with yourself.

I never dreamed I could find joy simply by loving me.

HAPPINESS

Being willing to take care of oneself is the most ethical thing we can do. When we become comfortable with that, the rest of strivings will fall into place more easily.

There is a fine line between doing something for someone else that you want to do, and doing something for yourself that is more appropriate to your actual happiness and growth.

When we love someone, or have chosen to be with that person whether or not we love him/her, we often begin to shift the focus of what is important from self to the other. It is so easy to accept the attitude of "whatever you want" in relation to your joint endeavors rather than choosing to know that you are the cause of whatever you experience.

The trap in going along with another's ideas is that it leads invariably to a confusion about the direction you intended for your own life. Even without another person in your life, it is very easy to

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slip into a distrust of one's knowingness. That is the point at which we say, I don't know what I want to do (or be or have.) We are much more likely to know that we don't like what we have than to know what we do want.

What is certain is that if you only want what makes someone else happy, you have abdicated control over what you prefer for your life. Ultimately you will arrive at the point at which you don't know what you want, and so can't make choices for yourself. The only way to get relief from this condition of unhappiness is to be willing to make a choice about everything in our life even though this does not mean kicking over the traces and leaving.

Recently I heard a friend whose marriage was experiencing some severe tests say: "I only want to make him happy." Although that seems like a noble desire, it is one that is never possible to achieve. No one can make another person happy! Happiness is only the result of knowing that one is causing what happens in one's life and being willing to choose the things that create the greatest joy for oneself and others.

FIND THE JOY

The trap is that if you want to make another happy by doing what he wants, and he wants to make you happy by doing what you want, you will probably choose something that pleases neither of you.

The decision to do something with another that you don't want to do, just in order to be with them, is only propitiation, not honor. It is one more way to give your power away.

The decision to choose often is not easy, and may indeed create conflict in a person who has not learned to support another's choices. Yet when this arises, it is the expectation of conflict that creates the conflict. When you can do things with the total expectation that it will be received with no conflict, that is what you will experience. Learning how to honor oneself in such instances is one of the most important lessons people are experiencing in these days of rapid growth.

Definition of happiness: Be able to experience anything, and cause only those things that others can experience easily.

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This brings us to the wisdom of being willing to look realistically at the long term goals of yourself and the one you are interviewing for the position of significant other.

It may be that you are already in a relationship and you are becoming painfully aware that there is little you really share except the hormones that drove you together in the first place. If that is true, realize that even this relationship, flawed as it may seem, is part of your life agreement and as such, it deserves your best attempts at harmony. Remember who you are, and remember that the issue revolves around who are you in relation to this situation. Take whatever comfort you choose from the following words from spirit.

RELATIONSHIPS

Even relationships are just part of the passing parade and you need not feel regret as they come and go. Each is there for your joy in the moment. Not all are required to be there forever in your life. You have only pain when you try to cling to a temporary joy and try to make it permanent.

Others have their own individual challenges that do not fit into categories you know anything about. Large portions of your lives do not seem to mesh in many places, no matter how close you may feel. You have no idea why an issue is so difficult for another person. You are not required to try to change the lives of those you love by sacrificing your own well being. They have made their own choices to be and experience what is in their life.

The rules are not what you thought they were and freedom is important to being who you are. You will find it very exciting to be able to move more freely. Love gently!

FREEDOM

Freedom can be a painful thing at first,
Strange and different.
For a while one seems lost and alone
Before we know again
That we aren't alone, but only free.
Free do reach and touch
And do whatever it was we dreamed.
To breathe and see forever
To occupy whatever space we would;
To know that the trap we left
Is one we need not know again.
The trap we made by agreeing
To be this, or do that
In order not to hurt someone.

~Lila~

HELPING OR MEDDLING?

These are days of concern for those in and around my life. When I come to a point of peace within me, there seems to be so much pulling at my attention that I am reminded of the disharmony in companions long ago. The inclination is to rush out and try to fix it, but when I do I experience again great enturbulation within my spirit. What better evidence that it is not mine to do! Whatever enturbulates me is not my Spirit but my ego, fighting once more for control.

Ego seeks to look like it is doing good, when all that really happens is that I am again embroiled in the affairs outside. There is a point within that is stillness, awareness, appreciation, peace, harmony and joy.

What is it that gives us the inclination and desire to fix someone else's life? Is it because we are all truly one and what affects you affects me? Or is it just ego again, seeking to be right?

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It is the point of stillness that is who you are. This love is the potential that you wish to guide others to, but you cannot show this to others if you cannot maintain it within yourself. Your conflict comes from your innate understanding that you are posturing when you speak of an aspect that is not within you, even as you speak. None of the turmoil is real, only ego.

The act of blessing is your gift to another. Finding the peace within means being unmoved by the forces and events that are without—or even within your body. Blessing all with the certainty of Divine Order changes emotion into just motion, not the need to be right and make events of others conform to your picture of reality. When you see the Divine Order, then others can notice it too. When you see conflict, that must stay their reality and you get to call yourself right or righteous. It is presumptuous that you seek to determine what is right and appropriate for another's life. If you just be the love you are, you are presenting one less obstacle for another to overcome. They do not need your conflict in their life. Let it be. Remain in the certainty that all is in Divine Order. Be at peace. It is your greatest gift to yourself and others.

FIND THE JOY

True love is giving someone the space to be who they are, even yourself.

WHY AM I GOING THERE?

(This was really hard for me to believe at the time. I thought I was just going to do some accounting work. But that is not what Spirit had in mind.)

You will be holding the energy as you are doing now. Without doing your things in love, many harms could come in. Be at peace. You are doing a job even if you don't always know what it is.

I want to know more consciously.

It is not necessary. Just your being willing to love is enough. Let yourself know how much each person is needed to hold love and Light energy. Knowing it is not you when it is not love energy, makes a difference., Be aware of who you are and love the parts that seem different.

(How's that for being told to shut up and do your job?)

PURPOSE

What is my purpose in being here on earth? What is my contract?

Be here in peace. What do you really want to do? We will tell you more about what you want to know if you will continue to ask. It is not yet time to give you a job. You are not ready to know how big your job is yet. You have more to learn before you undertake it all but what you are doing is fine for now and it is in Divine Order. You are learning much from the tapes you are transcribing and you will know more from your trip. Seek to be in peace and harmony.

"Place yourself in the middle of the stream of power and wisdom which flows through your life. Then, without effort, you are impelled to truth and to perfect contentment."

Ralph Waldo Emerson

DREAMING YOUR REALITY

An Exercise

To help you choose what you want, allow yourself to picture the variables in each of your desires. What in your life is not exactly the way you want it?

Get a mental picture of the whole situation, and imagine you can see it on a video screen in front of you. You have in your hand an editing remote control that allows you to change this picture any way you choose. Decide how you want to change it. Run it backwards. Run it forward in double speed. Change the characters and let it merge into a Bugs Bunny cartoon. Let the film get tangled up and self-destruct like the tape in *Mission Impossible*. Did your emotions shift when it was gone? If not, then what is there in that situation that you need to forgive? Assume that each person was acting to the best of their ability according to the beliefs held at that time. Release the idea that you have to have those beliefs as part of present time.

FIND THE JOY

Now allow your imagination to go to a time when you felt something was exactly the way you wanted it. (It does not have to be in the past.) Let your intuition guide you. Ask, "Am I at the right place?"

Be there emotionally. Get the feeling of how great it is. Hold on to that feeling as a reference point without using it as comparison of other experiences. Be completely present in the moment of your choice.

Now think of the options you might have about the situation you want to create. If it is not just right, look for another solution. If there is only one solution, you can bet it is not the option you should take. Focus on one of them. Are you fully conscious of your ability to create a solution in the present moment that you can achieve?

Dream it exactly as you want it to be now. Be very specific and detailed. Time, place, form and event. Most important is that it feels just right. How close is this to the feeling you thought was perfect? Change it until it fits who you know yourself to be.

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Now look at the other option. Is that just right too? Does one offer greater benefits than the other in regard to being who you know yourself to be? Recognize your inherent quality as the Creator of your Universe.

"If you do not grace the Universe with your beauty and joy, the Universe will be without grace and beauty and Joy."

John Rafanello

Trouble shooting:

If your attention goes to anything else, ask yourself, "Where do I want my attention to be, on this idea, or feeling or condition... or on my dream?"

Where is your attention? If it is not on the dream, ask: "What is 180 degrees from that?" Ask your intuition.

FIND THE JOY

On a scale of 1 to 10, how close to your dream spot are you? How close to just right does this feel? Okay.

If it is still not just right, ask Spirit to give you some other options.

Again redirect your attention to exactly what you desire as an outcome. Not the physical stuff, but how you want to feel. Be specific. Let yourself dream the perfection you seek. Maybe you want to add the question, What is the agenda of my soul? Does that fit with what I think I want?

If nothing feels really right, give Spirit a little while to come up with a different solution. Be patient. Be grateful. Trust. Know that there is a perfect solution and it will show up when you are ready for it. If it is not in the immediate present, Spirit may have some things for you to experience before you get there. Those things might determine the ultimate success of your dream. Patience and grace will win.

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I have found that it helps a great deal to write out a list of what is going on and then a column of possible solutions. If nothing really indicates as perfect, put it away for a short while and see what shows up. It seems writing this out is a flag to Spirit that these options are all you are aware of and they (the angels) gather round to supply more ideas.

Imagine you are an actor experiencing what you would like for yourself. Make it so real even you believe it.

Then, make a conscious decision about which one you like best and intend that as your answer. Help can come only if you are very specific. Dream it often.

Otherwise it is sort of like calling up Sears order department and saying, "Just send me something you think I would like. Oh, make that something that is for my highest good."

JOURNEY OF DISCOVERY

A Meditation

Take a deep breath; get yourself comfortable. Adjust your position and get settled comfortably. I will wait. (10 seconds pause) Take another deep breath and relax. This is a moment just for yourself, a time for discovery about who you have been; who you were, who you are, and who you prefer to be. It is a gentle time and a gateway between lives, past and present. Join me now, if you wish, on the journey. Take another deep breath and...

Imagine walking alone down a path. Notice what attracts your attention. What it is like, this life you are walking? There are many phases of your life that you can see, either realistically or symbolically as you walk along.

What is on each side? Is the path rough or easy? Flat or steep? Rocky or smooth? Are there weeds or flowers or trees?

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What do you hear? Are the sounds harsh and discordant, or gentle and harmonious? Which really feels right to you? Shift it to what you prefer.

What do you feel? Is there a breeze that moves your hair? What time of day is it? What time of year? What's the weather like? Do you feel threatened or supported?

What mood are you being? Are you troubled? (Flow white light into the mood until it shifts.) Are you at peace? Are you excited? Or delighted? Are you expectant, or completely satisfied? Or do you sense all these things as they are mentioned?

Has anything changed since you started walking? What was it? Just observe and notice how you feel. How are you moving? Fast or slow? Lightly or with great heaviness? How old are you? Is it hot or cool?

Now as you walk, imagine ahead of you something that you can sit down on. Just to take a little rest...

FIND THE JOY

As you seat yourself, begin to be aware that this is a magical place, as your reality begins to shift every so slightly. Seat yourself anyway; it is so comfortable.

When you do, something magical begins to happen. The air around you seems to shift and shimmer and you feel the place where you are sitting begin to move. Gently, slowly, it is rising. Steadily upward and upward and upward. You watch in awe as the scene changes. You can see the path you have left; then you can see 360 degrees around you, in all directions. You see more and more and more of the world below, or perhaps it is the life you were living, off in every direction, until it gets misty in the distance. Here in this gentle column of light you feel so safe, so secure, so peaceful.

Then you notice that as you rise higher and higher, the things that have been in your life before are dropping away. They leave your area, and just disappear in the mist. Just like a layer of rings, this episode, that relationship, this conflict, that duty, the job, all things that have troubled you in the past are all just dropping away, becoming smaller and smaller, less and less important. It seems that the higher you go, the fewer identities you have to

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carry in order to do something, or be with someone. The fewer ways you have to be in order to do ... anything.

All is gently dropping away. One after another. The times you spent trying to make things work out when they didn't, or trying to make relationships work when nobody understood, least of all yourself. Times you tried to get people to agree and they didn't. Times you wanted a common purpose and no one understood. Times you thought you knew what was right and best for you and for the family... or times you didn't know at all what was best. Each of them is dropping away. The struggles with the job, trying to make it right and on time, the episodes with the traffic, the concerns with the bills. Feel each concern drop away and you feel lighter and lighter, until you find there is nothing around you at all. Even your body has lost its awareness of sensations. Here is nothing but you, as your awareness of All That Is.

This is a new vantage point. A point from which you can discover who you are without the things that have been in your life. Where you can discover what you feel like inside... what you feel like...

FIND THE JOY

there is no separation, there is no upset, there is only Oneness and Peace and Harmony.

From here there is a new choice. You are the choice that you make. But the choice is from where you can see everything there is to see with no surprises. What would you like to see?

Here is where you create. You create in all this space up here, in a place beyond time. This is so far up that it is not even visible from down below. Here is where you create what you want, you create what you are, what you choose to be. You create how you choose to live, how you choose to experience.

Here there is no yesterday. Here there is no tomorrow. There is only here and now, and what is me, the I AM of infinite potential, with no limitations to whatever you choose to create.

Whatever you choose to create from here has no choice but to fall into manifestation. 98% of it is created here and it will fall into your reality with the certainty of gravity, Unless you choose to look back at the old things when you are back on earth, your

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preferences, what you choose now, will fall into your reality. Feel your connectedness with All That Is. Feel your Oneness with all creation. Feel your peace about what you have come to do. Your only obligation... There is none.

Here you are in this moment, choosing which piece of energy you will acknowledge and which you will ignore. Here in this moment, you decide how you will respond, or not, to what is in front of you. You decide whether you will hold your dream to see which piece of the Universe you will claim for your own. To see where you will choose to focus your attention and intention. Knowing that if you focus on joy, joy will be your reward.

You might even imagine that you can perceive the minute particles of creative matter, coalescing at your command, to form into the matter you have decided would benefit your life. Or you might see these particles forming to become the attitudes and emotions you prefer.

FIND THE JOY

They might bring you the resources of strength, patience, joy, sufficiency, and appreciation. From here you create; from everywhere you create, consciously, every moment.

Feel: I am a part of All That Is. I am the whole Universe manifested in a single point. Open to allow the creations of your heart. Be the idea of what you want to achieve. I am Love, I am Peace, I am Harmony. I am here and I am there. As Spirit, I am within all that I survey. Feel your Self gently commanding from the love that you are, to the love that is the Universe. Experiencing Life as All That Is, not just the body sensations I have known. I AM the Guardian of this part of the Universe whose right and choice it is to experience all in Harmony.

Now visualize the body that you have been, standing in front of you. Visualize around and through that body the violet flame of love and forgiveness. "I AM THAT I AM, the Mighty Consuming Flame that now and forever consumes all past and present mistakes, their cause and effect, and all undesirable creations for which my outer is responsible." Sense the body responding to the commands for perfection.

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"I release unto the Light, all past thoughts of harm and lack and I claim my place within the I AM Presence now and forever."

"I AM the Mighty Electronic Energy, flowing through, filling and renewing every cell of my mind and body right now." As above, so below.

You may bring back this indomitable Spirit, this Creator of universes, this expanded awareness, into the world of the physical. Remember the choices and the love. Claim them as your inalienable right because of Who you are, a Being of Love and Light. Use them with the blessing of All That Is. Every day for the rest of this and all other lifetimes. Breathe deeply again, in peace and gratitude, Love and awareness.

When you choose, gently move back into your body, becoming aware of the room. Move your body again gently. Stretch. Smile. So be it.

Note: Quotations above are from *The I AM Discourses*.

EBB AND FLOW

I am focused this morning on the cycles of ebb and flow, attract and repel, reach and withdraw. It is this force that has me here in this place, with these people. It is this that moves me from one relationship to another, from job to job, even perhaps through the span of lifetimes, repeatedly seeking a vibration that enhances my own.

It is the nature within ourselves, as our own vibration fluctuates with mind stuff, that we will at times match or harmonize with another person. Yet at another time, as we deal with our own inclinations and karma they may seem to be completely intolerable.

There is a part of our ego that expects others to always be a particular way that is most comfortable to ourself, even though they probably are not be responding to the same stimuli that we are. The boss who runs an assembly line with a production schedule has a vastly different agenda than the mom who has been up with the baby all night and is short of sleep.

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One cost of friendship is agreeing to accept others real or imagined limitations, morals and mores. There is a point at which we are in harmony, but often it takes the Soul's viewpoint in order to see it and be aware of the higher purpose for which we are together at this time. After all, what options do we have when a loved one dies or goes away? We eventually gain enough knowledge and respect of Self to protect the physical. The need to continue to love is very powerful.

It is time to remember the one true love is that which comes from the God Self within. Nothing else is totally adequate. Relationship after relationship, disappointment after disappointment is experienced to teach us where to seek for love.

No one cares as much for your physical body as you do. No one will ever care as much for you as your God Self even though you are allowed you to use all the external criteria you can dream up for finding love. Good looks, good perfume, good brains, good sex, good provider, or good fun; all to make us believe that love is at hand. Eventually these ebb and flow and we are left to seek love again,

FIND THE JOY

even if the relationship lasts companionably for the lifetime. Everything changes whether the physical self is aware of it or not.

Awareness itself is the basis of Self Consciousness. It is the neutrality of God that allows a person to move eventually into non-judgment, allowance, acceptance, and on into appreciation and gratitude until one finally realizes that I and the Soul are One. Soul and God are One. I am part of that All That Is. I AM THAT I AM.

COME TO SEE WHO YOU ARE

What is the Sacred Heart? How do I enter?

Stand in the love you are. Be in the joy you are. Count your blessings and see what new is coming. Serve where you are. Nothing is forever except the immortality of you as Spirit. All else is experience, just a journey, all beautiful, some strange. You are claiming your good. Learn to focus on what you desire. Many joys are coming. Feel the energy coming through from the back of the heart, filling you with peace.

I want to understand more about magnetics.

It is the control of the adamantine particles of light and all matter in the universe. It has control over thought forms that are left in one's energy field and that is the source and control of manifesting.

FIND THE JOY

You have chosen in this life to try to protect others from feeling lonely and sad. You judged this from your own feelings of aloneness and you chose this as a mission. But you forgot to protect yourself first and so you felt the pain you tried to shield others from. You could have and can do it without taking on their pain or your own.

Only when you saw their lack of love did you move into the lack of love yourself. You can stay in love and not take on the painful part of the experience. You have done a good job and you will now experience differently. You do not need to absorb their pain, only reflect to them who you are. See them as whole and they become so. See them as wounded and you become so.

All are Divine Beings on their path. Your path is what you see. If you see pain that is your experience. If you see wholeness that is your experience. Nothing is as you see it. Everything is about how you choose to see another, not how they are at all. They are what you create by your choice of how you view them. This is the true experience of manifesting. What you see is what you get. See it differently and that is the way it is.

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This experience you are having being here is part of that. Your choice of experience is what you see about you and you can change and move the physical stuff around to have a different experience.

Let it be an adventure to choose how you see people and things. Notice what you choose to move and how that creates a different beauty. There are an unlimited number of perfections.

Only when you call them imperfect do they become so. Enjoy the arrangement you are choosing each moment or move it into a different perfection. The ability to see the kaleidoscopic perfections create the adventure called life that is unique to humans.

The residue of thought forms is created because of the judgment of an experience as pain. That dissonance of resistance stops the flow or electromagnetic current and holds it in place at a particular time/space location. Seeing their perfection puts them back in resonance with the surrounding time-space particles and allows them to flow again into the next appointed point of creation.

FIND THE JOY

Thought forms are only slowed down energy that are not quite slow enough to coalesce as matter; their energy is dense enough that they can and are experienced by the subtle bodies, some very strongly.

Love energy is only the awareness of the complete perfection of experience, whatever time/space shape it may assume due to the variable of perceptive judgment of the observer or creator.

You may continue to choose how you prefer to represent yourself. Partly by what you choose to allow to remain in your physical space. If what is present is not who you are now, you may remove it or review its perfection for you now.

Remember your birth vision intention to create a human experience with all of the awareness of the Divine and disembodied limitlessness as a full conscious expression of the love that you are in joy, harmony, peace, love, and joyful expression following your excitement. Be only who you are, not who another has chosen to be or chosen for you to be by their creative vision.

FIXES

This morning I awoke with various limitations, mostly physical, running through my brain and body, making me far less than willing to face the day. After calling the office and telling them I was going to take an hour off before I came to work, I began to think about the many ways that have been presented as avenues for feeling better. These included hypnosis, self talk therapy, chiropractic adjustments, herbal diet supplements, vitamin mineral supplements, color therapy, acupuncture, walking, exercise, juicing, low fat diet, fasting, colon therapy, One Brain, Holographic Repatterning, Avatar, Reike, Neuro-linguistic Programming, Silva Mind Control, Healing Touch. etc., etc.

The joke came to mind about the man sitting on top of his house as it was floating down the river in a flood. A boat came by and he said, "No thanks, God will take care of me." Shortly after a helicopter came by and he said again, "No thanks, God is going to take care of me." And while he continued to sit there waiting for God to beam him up, the house hit a snag, flipped over and he

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drowned. When he got to the Pearly Gates, he complained, "God, I thought you promised to take care of me. And God said, "I did, but you were too picky to take the boat and the helicopter."

So probably any of the ideas that have been presented to me many times would certainly change any or all of the symptoms that I have not been taking care of myself. It was sometimes too easy to try something for a few days and then abandon it and complain that it didn't work.

I am told that the brain will completely rewire itself in twenty-one days if a new idea is held there, even if it is in total opposition to a lifelong belief. There are many ways it can be totally altered in much less time than that. But the decision must be made that directs that to happen. Probably the decision to do something - anything - for twenty-one days, is itself the decision that begins the change.

The bottom line is that if we want to create a different life, there must be a specific decision to do so. That intention is to begin to live life deliberately. That can mean a lot of things.

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It can mean taking a look at what we are currently creating and deciding if that is what we prefer. It does mean questioning and specifying the way we prefer to feel. There are many excellent techniques for making changes. Check out the techniques in *Focusing* by Dr. Eugene T. Gendlin and *Core Transformation* by Connierae and Tamara Andreas. You may find many others. But these are techniques that require one to do something. Just reading the books is not enough.

I did notice that when I did a brief self hypnosis session in the evening telling myself that I would awaken fresh and cheerful and feeling great in the morning that is what happened. On the other hand, after having neglected to continue to program specifically, I was again at the mercy of the mass consciousness, moaning and groaning.

If I feel a little shaky inside and wonder if I can do it, the response is that I probably can't. If I am off looking for another miracle, from the place of, "I don't know if I can," then the miracle doesn't happen for me.

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It is unavoidably clear that we do create our own reality. Totally!! It doesn't matter much which avenue we choose to create within. It only matters that we take a stand, and with total love for ourself, decide that we can direct the drama we are in and make the dream come out the way we prefer. Intend what we want, and the way will be provided, usually many times over. One way may be easier than another and we can choose that or wait for another to come along. But waiting is another avenue that can be like the guy waiting for God. Sometimes if we wait too long, the outcome changes, because we have refused the gifts we have been given.

Our refusal to partake of what is offered is an indication that some part of us does not really want what we say we want. So we get the opposite result. That also is a deliberate creation. It is possible to find out just why we don't really want what we say we do. Hidden somewhere within the computation is a small benefit to the ego.

Deliberate living means just that: Living deliberately. Not once in a while, but all the time. Doing it spasmodically does not produce the results that doing it consistently does. Life is not a sometimes

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thing. It is every day, every minute, with intention, paying attention to the things that life offers to make our dreams possible. It is constantly making choices; it is checking with Spirit about those choices, and then following through to the best of our ability. It goes much, much easier if you ask for help from Spirit. But if you are going to give it to Spirit, don't try to take it back.

JUDGMENT

The way we take it back is by restating, for ourself and the world, that we feel... (fill in the blank). With every word describing our travail, we create our reality! It is also true that creations can come from just our mind talk, but when words are expressed about our condition, that solidifies the way it is. Then the judgment we have expressed, becomes the judgment we must experience, whether it is about our pain and misery or about how terrible someone is. The Universe rearranges itself to fit our picture of reality. See it differently, express it differently and it will become so. What you see is what you get especially when your sight is clouded by ego.

If, however, by our judgment or disbelief, we do alter (become involved with or withhold) the flow to that other person, we set up a sort of closed circuit that causes us to experience the reverse flow of the universe to that other person, and to receive a portion of the fortune (bad or good) that would have passed directly to him had we not been involved as the judge.

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Therefore, we have no right to judge another's misemotion or another's actions. By doing so, we interrupt the flow of the Universe to ourselves, corrupting the value of that energy and completely altering the power of the energy to manifest as we would prefer in creativity or abundance.

If you really want to see what is going on in your world, sit down and write out a list of things you believe about yourself and who you are to the world around you. Then do a list of what you believe about someone else. If you are brave enough you can do a list about your mate.

Then realize that these things are true in your universe, and may not be so for someone else. Notice how those beliefs make you feel. Good. Now you have something to work on. Maybe it is time to write another list of how you would like to experience these issues. Or as the old song goes, Accentuate the positive.

FOCUSING THE ATTENTION

One of the tools you can use when you are surrounded by worry and what seems like a lack of resources is to notice where your attention is situated.

Almost without exception you will find that it is fixated on the problem at hand. Usually included are all the ideas that have not worked to far.

It seems much too simple to change what you are looking at, and include the sky, the breeze, the trees, and all the resources which exist in the world around you. Take a walk, get away from the work for a few minutes, allow your mind to drift to other subjects, other people, other non-related resources. There is a vast amount of power in the energy of the rest of the world. Somewhere out there is another aspect of you that has the answer to what you seek. Acknowledge that potential power that is a part of who you are. Rest in the assurance for a while that there is a solution.

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It can come to you if you are certain that the power of the universe belongs to you too. Let the problems rest with the Problem Solver of the Universe. Be at peace. Appreciate your experiences and adventures as the lessons they are.

We admire what we call adventure because it contains what seems like insurmountable odds that are overcome through persistence and intention. We are both problem creators and problem solvers. We create problems for ourselves to solve that are big enough that we can be satisfied with our ability to solve them.

KARMA

I wrote one morning "Is there a karmic connection between me and this other person?"

Your focus is upon a guilt. It is not a vibration of love. Change your focus. Bless the experience and release it. It has served its purpose even for the ego. It is only ego which corrupts present time by maintaining hurt and guilt. Contrition and making up the damage are also just trying to make the ego feel good. Not all things that are expressed in life are loving or pleasant.

Choose to be the instrument of love instead of the instrument of pain. It is your choice. If this incident helps you to make a different choice next time it has served its purpose.

Look at what you are unwilling to allow in your space. How does someone seeming selfish make you unwilling to tolerate her? Do you see what you don't like or are you willing to see what she is showing you, about you? How are you being selfish? Why are you not willing

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to allow love for her? If she is not receiving love, she seems selfish. Allow her without the judgment. This is more about your judgment than about hers.

What is selfishness?

It is not loving oneself enough to be able to share it with others. As long as you are willing to hurt another, you are willing to hurt yourself. It is hurting you, is it not? What part of you are you willing to hurt? If you fear for her body, what do you fear for yourself?

If she is not willing to share her life with you, what are you not willing to share with her? This is about who you are. If she seems to close you out, are you not closing her (and others) out as well? Are your prayers more of ego judging than loving support? (Not concern but support?) You think you do not want to butt in, but that is just an excuse for aloofness and an unwillingness to love what seems different from yourself.

FIND THE JOY

You are what you think you are in your deepest fears and your grandest vision. You manifest portions of both. The body ego with fear knows there is a grander part and the soul knows of the fears that have co-created your past."

START OVER TIME

Some affirmations are in order.

Spirit Most High, I love you and I open myself to receive your love.
I invite and accept help from all my angels and gratefully
acknowledge help from the Divine aspects within humans.

Because I want to be the best me I can be, this day I will honor and
nurture myself.

I accomplish more than I think is possible.

Because I love and accept myself I will act as and from my Divine
Self.

Because I intend to act and experience from my divine self, I
expect divine guidance in whatever I do.

Because I intend to listen to my guidance to the best of my ability,
I know that it will be there with me and I will experience all that I
need.

I am open to receive all the benefits I am worthy of as a child of
God.

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I am blessed so much that it is easy and fun to bless others with joy.

These abilities bless and nurture me and others.

I am deeply grateful for my life and all its experiences.

And so it is.

OPTIONS

How do I get from where I am now to the state of joy I prefer? It seems I haven't spent that much time there. How do I bootstrap myself up to this joy? Sometimes I don't even think I know what real joy feels like.

What are the options? I think I could make a choice if I had something to choose from, yet all the things I am not doing I don't seem to want to do, so what am I bitching about?

The things here are about making a better life for yourself, and you are bypassing all the options you have given yourself. You are belittling the things in front of you, and rejecting them as a part of life unworthy of your time and interest, so you are allowing them to be things that you resist.

Happiness is about not resisting, mostly. Not resisting what is in front of you. Allowing yourself to work at what is in front of you. Doing it without resisting the drudgery, or the boredom, or the

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limitations of money you don't have. Stopping yourself from doing what you can do is allowing them to stack up in front of you until they get bigger than your interests and your resources.

Allowing boredom to creep into your attitude is the beginning of letting things get bigger than you are. You know that you can accomplish anything that you truly put your mind to, and you can afford what you prefer if you don't give yourself reasons why you should not get that thing right now, or plan for it for next week or even next month.

Look at the reasons you think you shouldn't get what you want besides the money. Does someone else decide on some level what you want or what you allow yourself? What would be the terribleness if you bought a new bed? Or who would care if you moved something else out of your space. Why are you allowing these things to tell you no about what you want? The world will not end if you throw away those papers, or those books or those chairs. Stop resisting and let yourself do what you want to do with your things, or even someone else's if they are no longer used or wanted. Go ahead and clean out your space. You will feel better

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about yourself for doing it. And you will have one less thing to resist.

When there is something that you can't do, look at why you think you can't do it. You might be surprised that what you think you can't do is just something that you have decided

- a) that you don't want to do
- b) that it is not the right time to do it,
- c) that you haven't figured out the best way to do it,
- d) there is something that needs to be done first,
- e) it isn't important enough to put your attention at this time,
- f) you need to budget for it - that means setting a priority instead of a resistance,
- g) you really do need to enlist some help.
- h) you need more data, or boxes, or
- i) maybe you need to ask for guidance about what to do about it anyway.

But by deciding which of these is really going on, you can put it into a different category than I can't, and take a lot of the resistance off. Create a list of the things you want to do or create, and

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create priorities out of them. Even if you only do one a day, it won't take long to accomplish.

You might look also at any guilt you may have about not having done something already, or having done something that didn't turn out the way you (or someone else) expected or hoped. Do you need to forgive yourself or someone else for having an opinion that was uncomfortable for you? Then love yourself enough to do that so that you can get on with your life. You are unlikely to behold God when you are feeling stuck. Try thinking this in regard to whatever action you are about to undertake and get on with it.

The only thing that makes you bigger or smaller than what is happening is your own recognition of yourself as Source. It is the soul's duty to teach the body about the isness of peace and to allow the peace of awareness to calm the emotional body. A future comes about because that future is what you are now being.

What you are is not potential. It is NOW. You either become aware of that potential now or you will remain forever a poor struggling bit of indecision.

AURAS

The aura is a multi-layer area of energy surrounding the physical body. These various layers are seen by some people (and aura cameras too) as having different colors, different densities, all forming a template for the solid form we know as a body.

The three lower layers, closest to the body, are the Etheric Body, then the Emotional Body followed by the Mental Body. These are on the physical plane, connected through vortexes known as the chakras, at the base of the spine, the reproductive area and the solar plexus. The heart is the connection to the Astral Body. The throat, third eye and crown are the entry points for the Spiritual Plane and are the Spiritual templates for the lower chakras. The Etheric template corresponds to the physical, the Celestial Body corresponds to the emotional aspects and the Ketheric Body, connected at the crown of the head, is the Spiritual template for the Mental body of the physical.

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You can never be separated from your Spiritual Self. It encompasses your body like a glove, always. It is the energy that gives life to any organism, even down to atomic size and less.

Only the physical layers of energy are subject to distortion by injury to the physical body, and by residue left there by thoughts, intentions and judgments. Every disease that attacks the physical is first present in the energy fields. It is possible to remove this residue through intention and through the assistance of our angels, who are sometimes assisted by a human. This is done with the intention of returning the physical to the perfection of the Spiritual template.

Clearing the fields is a simple process that can be done in meditation. Take a few moments to investigate this for yourself. If the clearing does not take place as quickly as you thought it should, take a look at your reasons for choosing to experience what is currently going on in your life.

Look again at how many ideas are between your desires and their manifestation. Again, do the exercise, I want _____ but _____.

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These are the residues left from the pains and disappointments of this life and previous ones. They are there because you had not yet discerned the difference between ego and Spirit.

Strangely enough, as you clear with your intention the old limitations that appear in the physical, mental and emotional layers, the outer layers of the spiritual energy template become much brighter and more evident to other people, who then respond to your true energy instead of your old history. You actually begin to live from these Spiritual templates instead of the inner ones which have been formed of eons of ego. Conscious decisions come with your certainty that you are Spirit running a physical body, rather than just a personality buffeted by emotion.

AURA MEDITATION

Breathe deeply. Settle yourself into a comfortable position and breathe again. Let the awareness of the room and your body just gently drift away. Continue to breathe slowly and gently.

Focus your attention on the warmth in your heart. Find a tiny point of love. Imagine you can look from the center of this love in your heart outward to the edges of your body. Then gently focus your attention, just outside your skin. Feel the energy holding your physical body. Imagine that you can mentally smooth out any irregularities in that energy. This will be any point of sensation that you are still aware of in the body. You may sense this as an area of pain or discomfort. This is the energy layer of the physical body. Relax the tension in that spot and mentally smooth out the area. (pause)

Now move your attention slightly beyond that and sense the thoughts of yourself and the thoughts of others about you. Imagine you can see them as thoughtforms just floating around in

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the space just outside your body. Imagine that you can see the thoughts of judgment about yourself or others as the mental mass they are. Imagine you can see these thoughtforms as floating about in this space just outside your body. Every limitation you have ever voiced even silently about yourself is here. Notice the color or shape or the density of these masses. They may look to your imagination like little dark clouds or they can seem to be more solid.

Is there a thought that keeps nagging at you in present time? What does it look like? Notice what color it is. How large is it? What shape is it? What is the mood of this little piece of energy? Do any of them have a message for you? They each contain the actual wording of the thought.

Don't get involved with them for now. Just look at these little floating pieces of mental energy and notice how these little thoughtforms bump into the energy that is your physical energy shell. Just watch these ideas bumping around in your space. For now, you don't really need to identify what these little masses are all about, or what they would remind you of if you spoke with them

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individually. Just observe them, with no judgment. This is the layer of mental energy.

Now, with no judgment, notice that there is another kind of energy layer that is composed of how you feel about those ideas and how you resist them. This layer is a mixture of what you have thought about yourself, and the way you felt emotionally because of those thoughts. Notice how many of them feel like some kind of hurt. This is the emotional layer of your aura. This is pretty much a jumble and there is quite a bit of friction as one idea bumps into another and you like or dislike the idea. You may see that there are some ideas that have become stronger in importance. This is often an idea which seems to stick and reappear time after time.

Now, notice that these patterns of energy can be shifted or moved around with intention. Try it. Make a thoughtform mass that seemed important into one of little significance just with a decision. Let it collapse like letting the air out of a balloon. Then you can make a tiny real part of you into one that is more important. You may see ideas that you have struggled with in the past become thinner and lose their substance.

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If there is any particular pain in your life, see it as just a small cloud mass that you can blow away with your intention. Decide if you want it to remain there. If you choose, you may intend that it changes in importance here. Feel the mass of these ideas that have bumped into your awareness become foggy at first and then dissolve into iridescence, sparkles of pastel lights, shifting and exploding gently all about you. Notice old ideas turn into sparkles. Notice your attention on old events burst into pastel rainbows and fireworks. Know that you are loving all this energy that you had never realized was around you. It is there for you to use.

Now move your attention into the next layer around you. Notice how it mingles with all the sparkles you have created in the other layers. This is the beginning of the layer of your Divinity. First there is a feeling of well being as you notice the Divine template for your physical body. Feel the clarity of mind as you reach the Divine template for the mental body. Feel the calm and peace and harmony. Then as you go into the Divine template for your emotional body, you can feel the love. Feel the brightness of Who you are. Sense the awe at who you knew you could be before you chose a body. Feel the power and the strength within this sparkling

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light. Breathe it in deeply. Bring it all into the space that is you. Choose, if you wish, to allow this brilliance to stay in your awareness, always close enough to call on when you need it. Feel this gentle energy relax into joy and harmony with the One Spirit. You are not only a part of this One Spirit; you are part of All That Is.

You are all this. You are that which is moved and you are the mover. You are that which is loved and the lover. You are that which is revealed and the Light which reveals. Feel yourself move between the two. You are the actual and the potential. You are the created and the creator.

Tell yourself "This is who I really am! This is really me!!"

And so it is! So it shall be! I AM THAT I AM!

Continue to allow the old to explode in sparkles of joy created by the love you are. New things are on their way to you and are closer than you imagine. So It is, and so it shall be.

WHAT IS YOUR VERSION OF THE UNIVERSE?

(Quantum Physics, only slightly corrupted)

Get a picture of the way an atom is represented.

There is a little nucleus with electrons racing around it in multiple circles. Probably not very close to the way it is, but it will do for our purposes.

Suppose that the nucleus and the electrons are the solid particles and all the rest is space - pathways. There is "something" in that space that makes the electrons go racing around. The number of electrons in different layers of circles are what make the difference in whether an atom is hydrogen or oxygen or something else. So although both of those are gases, we are going to assume that these particles are the 'solid' part.

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They are the 'manifested' part. But the part we talk about is the space in between or the 'stuff' that makes those little electrons go like crazy. That part, we are told by current physicists, is consciousness. Wow - just ideas.

So ideas are what run the atoms, the entire universe.

So here we have a pool of ideas what make the world go around. Now since we, our bodies, are still part of this same structure, we are the manifestation (the solid part) of all those atoms.

This means that all the ideas in the world are shared, and not restricted to the one body, which we call me. We are told that 99.9999 percent of our ideas are not even our own, and when you look at it this way you can see why. They are all just floating around, bumping into each other. As individuals, we pick up one batch of ideas or another and it becomes the 'rules' for this body we are in right now which forms the unique person we each are.

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Here's the clinker. All those ideas, shared with everyone, are what is God. And your contribution to God as a human is what you choose to think. The greatest gift from God is to be the love you are.

By what we think, we choose who we are,
God or what feels like the Devil.

Clinker #2. We have the ability to create an idea and it becomes part of God. Or maybe the idea which is God becomes part of us. What we do know is that intention and what we put our attention on is what manifests in our life, to the exact specifications of our energy. So if we are thinking this life sucks, guess what. It really does. We have just created it that way. And if we are putting our attention on how broke we are, that's what we get in abundance.

So how do we get out of this trap?

We also know that the ideas we have adopted, even as a passing judgment, become embedded in our physical body on a cellular level and get stuck there for long enough to impact our life and what we have, do or become. We may recognize that we had an unintended

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thought, and we try to take it back, with guilt, or shame, or anger or fear. The more we pour on these new judgments the tighter it gets stuck and we call it emotion.

So what can we do about that??? Are we stuck with it forever?

Not necessarily. Eventually we will get to the place where we can just say as David Hawkins suggests, "God, I am giving this one back to you" and walk away with our incredibly happy self.

EMOTIONAL FREEDOM TECHNIQUE

Until then, there is a process, which has been used with awesome results, to change the ideas we have been stuck with for much longer than we originally planned. It sounds pretty weird, but who cares, if it works.

There is an electrical system called meridians that runs through our bodies. It ties energy to and from the organs. Basically, yin energy runs up the body and yang energy runs down the body interconnecting all the parts from one system to another. The beginning and ending points are places where we can easily change the energy. Rubbing or tapping the spots break the circuit that was laid in with emotion. (Ever heard of liver as holding anger or heart holding love?) There is much data about which emotion is where, but we experience it as a pain in our stomach, or shortness of breath, or a tightness in our chest or a pain in the neck or any of the multitude of symptoms we experience as what we call emotion.

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What if the sensation we feel is just a blockage in energy going from one place to another because of what we thought about? Whoa!!! That is really creative.

There are now thousands of people doing a process known as Emotional Freedom Technique. By tapping various points on the meridian lines the energy that holds emotions and pain in place can be interrupted and the renegade spurt of energy causing the pain or discomfort disappears, usually within a few minutes. That seems to be the way it works. The common underlying factor is increasing one's love and acceptance of oneself, which seems to remove the glue holding the pains in place.

Results seem to prove that it works. Even phobias and compulsions usually break off within a very short time. There are cases of Vietnam vets, hospitalized for years from the effects of war atrocities too horrid to be believed, who recovered from the devastating and debilitating effects of Post Traumatic Stress Disorder. Now these people can live their lives out in peace. Further notes on this technique are included in the Appendix.

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So have you been hating the fact that you are still angry about something that happened years ago? Or do you feel guilty about something you did, or didn't do? Or did you try to help someone and it wasn't enough to make her happy and now you are just hopeless about what else you could do. The pain doesn't really go away with the drugs they give you. So you smoke or drink and that doesn't really help either, but it's the only thing that takes your mind off the pain for a while. And most of all, you try to hide all these emotions, but it doesn't work.

Not until these things are resolved can you get on with your idea of a creative life. Then, there is no limit to who you are and who you can be. Then happiness just sneaks up on you. You catch yourself grinning at stuff that had your teeth clenched before. When you really love and accept yourself, all the world is yours. Your creativity turns on and ideas to create just show up, and you get to choose which one to do first.

When you begin to realize that you don't really love and accept yourself. you are at a beginning place to love and accept all the

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other aspects of yourself. Then it really turns on. Go check it out in the Appendix.

From here on it's your journey. Enjoy!!!

ENERGY

The secrets of life are contained within the ability to utilize or manipulate energy. To some degree the entire interaction of life is the transformation of one thing or condition into another that we can then experience. So, to a large extent, the effort to improve the quality of life is simply a study of how to get energy to behave as you prefer. Many studies have been done that show that matter does respond to control by the mind.

One of the requirements to doing that however is becoming willing to examine our life and discover what benefits we are getting from the condition which presently exists and deciding whether those benefits are ones which we currently choose to retain or release in order to experience something different.

A human being is a self-regulating, self-experiencing, infinite potential transformer¹. (See definition at end of chapter.)

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Your supply is limitless, with access to the entire energy in the Universe. You have chosen to use a physical body to identify, and utilize through transformation, selective parts of that energy. The energy is altered and converted through experiencing whatever is desired which produces a feedback into the physical vehicle. Basically the body is a binary circuit, with all receptors responsive to and through a simple on/off binary current.

Different organs monitor and react to different stimuli, based on the preference of the being itself, yet run through the transducers² (see definition below) of emotion, attitude, over all purpose or vision, and the long term decision to experience and react as cause or effect for a certain period of experience. That long-term decision makes it seem that there are varying degrees of ability to change, alter or control either the incoming or outflowing energy or the way that the body itself is impacted by the outside stimuli.

The body is influenced by time, space, environment, (light, color, sound, aroma, chemical, food, rest, etc.) and karmic decisions to

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redo an experience, as well as present time curiosities, desires, and agreements to enforcement and inhibition.

The interchange monitoring or controlling points of the energy are called the chakras. *The total mechanism by which the body is affected is by the knowledge that it can change and the preference to do so.*

Emotion is the filter through which the body experiences a viewpoint chosen by the mind, for the knowledge of the soul.

Definitions:

1) Transform - to change the form or appearance of, (esp. into) to metamorphose, to change the character or nature of radically; to change energy from one kind to another; to change an electric current into one of a different voltage.

2) Transducer: a device for transferring power, generated in one system, to another system, in the same or another form.

ABUNDANCE MANIFESTATION

Living is not about money, but about learning to manifest what you want and need.

The fear of poverty has been a pattern for many generations through your lineage. They have often been poor in spirit and not willing to trust. They have worked with fear instead of joy and dealt in much drudgery.

Joy is both the key and the result of knowing all is well with the soul. Direct your intention into awareness of the abundance present and the future will release. All is now. All is one. Let the blessings be.

It is the awareness to recognize the Divine flow that makes each particle sacred and of service to all. As you give things away be aware that you have been given more than you need, although it may not look like you have enough of some things. The process is

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still flowing and your awareness and appreciation for the sacred gifts increases the rate of flow.

When you have people around you to whom you are giving sympathy, it is because that is what you most have available to give from who you are being in the moment. You have co-created their situation so that you can give that which is most available to you. They who receive think this is what they most need. Look to the truth of who you are to select what you choose to give and receive.

If you are receiving unpaid bills, are you being not only empty but in debt? Have you received more than what you have paid for in appreciation?

CREATING YOUR REALITY

I woke up one morning with the attitude of "being taken advantage of" by a car salesman who offered half of the trade-in price that I expected. I was even more irritated that this was to be my attitude as I began an otherwise beautiful Saturday.

Attitude is just one more sneaky way of the dark side's ego influence in my life. As you think you are a victim, you are, and the Universe will provide examples a-plenty.

So, an affirmation is in order. I release my dark side agreement that anyone except me creates what I experience. Each example that comes up is both a test and an opportunity to reaffirm your position of choosing what you prefer to experience.

So you had a few unpleasant moments. You learned that lurking within any encounter is an opportunity to make the choice of what you prefer. Choice is a constant and if you don't, the dark side wins by default.

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It is the reuniting of the you that you experience daily with the always perfect Higher Self that allows a shift in consciousness. That shift of consciousness gives weight to the daily choice.

Each person is an aspect of every other person and the Christ is also an aspect of yourself. It is the inter-dimensionality of the Christ aspect that seems to create separation for many. You also exist on many dimensions, certainly not only what you see as physical. When you know things you don't know why you know, you are simply tapping into other parts of yourself on other dimensions, both your Higher Self and mass consciousness. Most of what you think is not even your own thoughts. Even what you write here is from another dimension of yourself. You do have access to all the answers you ever need in each moment of now. You have learned to ask what is this feeling about, or what agreements did you make that made you feel a certain way, and as you can see, the answers are coming to you.

This is available for everyone who will ask about what they feel when they are uncomfortable. Underlying all this is your ability to create your own reality by what you think and say. What you feel is

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the key to discovering your beliefs. Choosing what you believe is the way to change it. Underneath it all, in order to change your reality, you must understand that you are the aspects of what you call both good and bad.

It is the yin/yang of energy. A flow is either coming or going, depending on which side of a given point you look. As much energy flows in toward you, you can feel completely loved or you can feel overwhelmed and helpless. As you flow energy out, you can feel drained or you can experience using your power. Even listening can make you tired unless you flow your attention out to meet the information coming in.

If you feel it is good energy, you like it; if you judge it as bad, you don't, but it is all the same. Only your opinion makes it one way or the other. Both Light and Dark are only energy. Your resistance is what makes it dark, yet the contrast allows you to see what you are creating.

Form is defined by shadows and so is your reality. You can shape a little here and there by choosing and before you know it, you have

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more and more of what you prefer. Recognize the power in your ability to choose. Love what allows you to do that and the synchronicities will compound in your life.

There are different attitudes that affect how your attacks come:

- 1) against who you are personally,
- 2) against your ability and
- 3) against your deserving or worth.

These all relate to be, do and have.

You are an aspect of both highest and lowest; your joy depends on which you choose to affiliate with. The dark side shadows can trick you into believing there is no Light for you personally.

Release the agreements you made to see only the more difficult way. Release the agreements to surrender to things that are made out of fear. That agreement often has been "I'll agree to anything if you don't hurt me." Pain and fear of pain are constants unless you choose to release that.

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You made the agreement with yourself that in order to learn this lesson you would be in the physical form. (A simple statement to yourself such as "I release my agreement with my dark side that... and I now choose..." will do the trick. Saying it out loud is more convincing to yourself.)

The most violent crimes are committed by those who simply are trying to fight back against their own fear by defying it instead of understanding that the way out is love instead of defiance. Suppression of fear by fighting back only compounds the condition they struggle against. They are rejecting their feelings instead of surrendering to the opposite which is love.

The opposites are fear and love, not fear suppressed by fighting back. Resistance only creates more of what is being resisted. The reason it is so hard for a criminal (and many others) to change is that there are so few examples of love in their life that they have forgotten to love themselves.

Fear and pain can only breed more fear and pain. Right and wrong become the issue. Going down as a victim or going down fighting

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seems the only choice when the underlying belief is that because you are...(fill in the blank)... everyone hates you. When you hate yourself for being hated and hate God for allowing all the problems in your life, hate is the only response. Yet this is only a reflection of the love that you deny to yourself.

Teaching love must be done at the soul level. All hate can be changed. It is the soul experience of everyone to learn to change, but many have chosen not to experience it in this lifetime.

Always one person mirrors to another what each is believing and either or both have the option of changing their belief about themselves and the world by seeing that reflection.

Many simply do not understand the rules of the universe and do not know that what is being presented is to enable them to grow and change their beliefs. But more and more people are learning.

As you personally change, others observe and have an opportunity to change themselves. The only way you can change others is learning and changing what you believe about yourself. You cannot

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make another change, only yourself. For if you did not have some of the attitude presented to you, you would not be experiencing the reality you see. As you make changes in yourself, you will magically experience a reality that no longer contains the ideas you used to have.

If you have questions about your ability, you will find yourself unable to do what you prefer. If you are not doing what you want to do, it is because you have limiting ideas of your abilities. If you have a question about your ability it is because you have rejected the idea of your multidimensional self. What value is there for you in accepting limitation?

There are many limitations to being physical only. You chose to be physical in order to experience what certain handicaps would feel like. Losing those limitations is done by releasing the resistance to what you have chosen and recognizing that only a tiny part of you is physical.

Between limitation and no limitation is a zone of "Divine nonchalance" before you enter the state of unlimitedness. It is

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being able to see both directions at once. It is the ability to see where you have been, where you are now, and choose from the infinite possibilities of where you prefer to go.

All points from past to future must pass through the Now. As aspects of all that has been experienced by everyone everywhere, you have incorporated in the you of this moment all the possibilities of being anything imaginable in the future. That choice can be your heart's desire. With the input from your Higher Self aspect get clarity on what really resonates as what is you in the now. That resonance is the certainty that the future is what you want more than anything else. Holding the excitement of that desire and certainty will create the resonance that becomes your new reality.

Having is the result of being who you truly are. Who you are is dependent on who you think you are. Your evaluation of yourself with built-in judgments impedes the flow from the universe. That flow is only another evidence of what you believe about yourself and others.

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What would someone have to believe to experience this? And how does that feel?

What would I prefer to feel and experience? What would I have to believe to experience that?

Which is true? The limitations or All That I Can Be?

How much am I willing to love me and the aspects of Universal Energy within me?

Could you love the contrast that presents the opportunity for choice? All situations have great value and are part of the Divine Order. That value is lost to you when you judge them as bad. You are greatly loved.

YEAH, BUT . . .

Here is a great little exercise that you might like to try to get to the bottom of what you really are believing. Beliefs can be very limiting, no matter which side we are choosing in the moment. Whether we are dealing with innocence or guilt, both are only limitations to what you really are, which is love, if you are willing to admit that there is a part of you that is more than the human limitations.

To get to the truth of your beliefs you may use any attitude or emotion that seems to be persisting, then and its opposite

Write a list: I feel _____ but _____.

Repeat the line again and again. See just how many but's there are in your awareness. You will be surprised. Then reverse the flow, choose an opposite emotion or attitude and write another list: I feel _____, but_____.

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Then switch back again to the first attitude and see what else you find. I feel _____, but_____.

If your particular item is something like nobody likes me (with all the accompanying reasons that is so), be sure to add, but... All the opposite qualities will instantly appear to challenge your belief. However, it also works in reverse, if you say, I am wonderful, and ego will present all the opposition hidden in your consciousness to take you down.

Eventually you will reach the assurance that you are neither. You simply are, and the emotions you examined are just qualities that you have assigned to yourself, but do not constitute who you really are. Be at peace. God does not withhold his love because of what you have done. You are greatly loved. And you are love as well. Find your peace in that, not in qualities assigned by the ego.

QUALITY OF LIFE

Often underneath our incessant desire for more lurks an overwhelming dissatisfaction of the quality of our life.

Yet, feeding that sense of desire is the innate knowingness that we have within a certainty that "if only" we would not feel the way we do - it could - nay - would be much, much better. We know that hidden deeply within ourself is the peace, contentment and joy that are our hidden standard, our requirement for being.

A merchant's achievement of economic success is determined by how successfully he can enhance your desire while simultaneously convincing you that he has the best solution for your angst. So very effective are ad campaigns that multitudes forget their true desire for self sufficiency - the peace that can only be acquired within.

Conversely, we are told that Spirit will bring us what we desire when our energy becomes a match with the object of our desires.

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Like attracts like. So it may be that our manifestation arrives only after we have won the real game of desire - to knowingly experience the change within. Our union with soul and self is the only place we can find our real desire.

Our soul craves harmony, yet our desires seem to lead in the opposite direction of unrest, and relentless striving for a thing, even if it be a desire for union with another human being. It is so easy to ignore the fact that we are all one when a battle rages between bodies trying to establish communion, which usually amounts to control over one another. Eventually the soul simply refuses to play the game and loves anyway. Then he is called Master as he looks around at the chaos without concern.

Underneath the dissatisfaction in life is the vague awareness that, despite our striving, we still feel a need for something, even the love of another human. Eventually we see that it is our Self from which we are separated, but that leads to another question: how can we be separated from that which we are?

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That which one is, is far more than peace and is vital to ones' existence. It is more than happiness or love or joy or satisfaction or anything which can be described. As electricity makes lights glow, this Life force animates all things which we can see, touch, feel or know about. We can only comprehend in awe.

Yet it is our appreciation of the infinity of Life that imbues each atom of matter that surrounds us. It is easy to ignore what we cannot see, that which has no form. Our hopes, desires and emotions guide us relentlessly back to our persistent search for the cause of it all—that by which we are formed and guided and nurtured throughout all of our days, if only we pay attention to the guideposts along the way.

PRE-DISQUALIFICATION

The tendency to disqualify oneself before choosing a goal eliminates a lot of failures. It also eliminates an even larger amount of successes. Whining "it's too hard" is an avoidance pattern from early childhood usually challenged by a loving parent or teacher.

As we look at other taboo subjects later in life it is easy to miss the fact that the same attitude is still present. Does it seem too hard to learn to deal with money, stocks, careers or even little tasks? Is it too hard to claim one's divinity?

Why give up before you get started? Even more, why refuse to consider that success is possible for you? Why refuse to let yourself dream of all you prefer?

You can not change something for which you have disqualified yourself. If you already have, then how can you change it? What would happen if you tried? And failed? Or never started? Or failed?

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Failures only happen because you didn't acknowledge that success is a possibility!

INTENTIONS

Sometimes it seemed difficult to redirect my day when too many things were happening too fast. Yet there must be drastic changes if life was ever going to be what I preferred it to be. I was directed to state my intentions for tomorrow, and it really did make things flow more easily.

Maybe intention was needed to activate my Divine Guidance or maybe I just acted differently because I had made a commitment to me to create what I wanted my experience to be tomorrow. It created a new start. That new start every day helped to remove the old sense of failure and the resultant depression. It changed my days from victimhood to a sense of creating my life,

So now, at the end of the day, I remember who I Am and renew my commitment to be all that I can be, to intend what I want to experience, to start over afresh. Be grateful for all that is in this day, whether you understand it all (or like it) or not. Gratitude is the key to the quality of what you experience.

EVENING PROCESS

Try this process if you need a change in your life. **Every** night write out what you want to feel tomorrow. (Doing it at night seems to give the angels time to get things arranged to meet your desires. The more specific you are the easier it is for the angels to provide what you really want.)

Write down what you want to feel tomorrow! Create your tomorrow as intention - to do, to have, to be, to feel. Here are some of my intentions. Create your own! Hold them in your heart!

Spirit Most High I love you and I open myself to your love.

Because I want to be the best me I can be tomorrow, I will honor and nurture myself. I will accomplish more than I think is possible.

Because I love and accept myself I will act as and from my divine Self.

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Because I intend to act and experience from my divine Self I expect divine guidance in whatever I do.

Because I intend to listen to my guidance to the best of my ability I know that it will be there and I will experience all that I need.

I am open to receive all the benefits and advantages I am worthy of as a child of God. Money flows to me. I don't know how I receive more than I need, but I know it is so, and I am fulfilled.

I am blessed so much that it is easy and fun to bless others with gifts. I deeply love and accept myself and I love and bless others with joy.

I am capable and proficient in all I do and my abilities bless and nurture others. I am deeply grateful for my life and all its experiences as I grow into more of the love I am.

And it is so.

ACTING FROM SPIRIT

Joyful love is in your regard for All That Is when you act from Spirit. It includes appreciation of all experience and all that has been provided for your use. It includes awareness of the nature of all things as presented to you from the love of you as Spirit to the love of you as physical. You have the right to choose what is most useful to you each moment and to share what you do not need each moment with others. Love passes from one to another in a constant flow of manifestation to everyone.

“The pursuit, discovery and actualization of the spiritual state of consciousness is the primary purpose of life. This spiritual awareness, the gift of the Divine to the soul, lies dormant within each of us. Soul's divine duty and joy is to display its love for the Creator by realizing that the gift exists, and accepting and actualizing the gift. The underlying purpose of life is not peace on earth, two cars in every garage, good and medicine for all, or the absolution of

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death of the physical body; it is to receive God's gift." From
Light to Sound, The Spiritual Progression, by Dennis Holtje

As Beings of Spirit you have the ability to amplify, direct and project energy through your thoughts, feelings, desires and excitement (passion) in order to manifest what you want. Passion is the trigger that a specific item or goal is your choice among the millions of possibilities. The directing of your passion acts to focus the attention of the Universe.

Understanding the nature of this flow allows you to have the assurance that the manifestation of your desires is not only possible but certain. This ultimately equates to faith.

Another key to your Universe is Expectancy. If you do not clarify your desires, merely tolerating what you have, what you get is default. The Law of the Universe says that you will get what you expect. Why limit your possibilities by not expecting what you want?

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If you do not maintain the expectancy, it is like turning the key the wrong way. It will not open the door.

This is also a key to the Joy you seek. If you don't believe the Universe will give you what you want, it reverses the flow and you get nothing.

This is a key to creating not only abundance, but your very life. Remember to create this in every moment and allow our love to fill your needs and desires in Joy. Knowing the rules will allow Peace to flow into your third dimensional life and gently sweep you along into a higher vibration which is no longer third dimension.

This certainty is beyond the world of cause and effect when your imaginings are created in an instant in Peace and Love and Harmony with all the rest of the Universal that is also you. We are One in Light and Love and Joy.

(I asked for a name. It was Harvester. "You reap what you sow")

VIEWPOINTS

The success or failure of life comes from a judgment based solely on which viewpoint you choose to observe this life experience. From the human vantage it is easy for the ego to bring up all the reasons it won't work, why it didn't before and it never will again.

Yet whatever has been created here is most precious, the grandest life you knew how to do, built to withstand any unspeakable abuse and shrug it off so you can continue to love. That is a really awesome creation. How could you not honor it, whether it has all been grand or not? You have had incredible experiences and yet here you stand, still seeking to love and be loved as your only real goal. You share yourselves through your other creations, true. Yet your greatest gift to any and all is the joy you radiate from loving the life that is yours. In turn you love and honor the life of others.

The decision to Be is the intention and the creation itself and the certain manifestation of that Beingness.

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There is confusion about a future existence that cannot come into being until you stop vacillating between possibilities. Eventually you get to acknowledge your sovereignty as a part of the divinity of life.

Beauty is having the courage to go with what you've got.

STARSEED

You have created your body as a terrestrial terminal for the habitation of eternal awareness. You have designed eyes to interpret a portion of your energy spectrum and ears to interpret another. The times you live in require the activation of the full range of your eternal capacities.

There is but the finest veil between you and a full-dimensional perception of reality, the filmiest of screens between you and your eternal self. You need no elaborate technique or ritual to release this veil. You need only open to the organic current of awareness that in every moment flows to you from the Source of all life. The awareness that accompanies the current of your life is an eternal awareness. It is the awareness of your Spirit.

As a representative projection of eternity, you remain conscious of eternal unity while experiencing yourself as part of diversity's material fabric. To be the One and simultaneously the many—this is your calling, your purpose as the ultimate destiny of your kind.

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Open to the living information of the life force that rises within you. The information is alive; it is the only guidance you require.

Affirmation:

I am the Spirit that animates the form. As relationships change, I am as I choose to be, assuming the form most suited for creative exchange. I have the ability to individualize the quality of self, perfect for all occasions. My central motivation is love in all that I do. I am totally supported by the sea of Universal Being.

Before me is a network of implicit potential, a realm of intention waiting to materialize. Through me the potential will dance to life. The cone of intentionality spirals brilliant and multidimensional before me, illuminating the universal potential that will take form.

Everyone is created with everything required to make healthy, wholesome decisions. I have the ability to meet creatively the challenges of life. I choose to function on the love-centered motivational frequencies. This is the only choice that brings freedom. I become increasingly aware of myself as a part of an integral planetary organism. I become increasingly aware of my co-creative partnership with the Eternal Being.

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I begin to attune to inner levels of being. I live spontaneously, instinctually. I say the right words without thinking them out ahead of time. I feel the informational input of my surroundings flow freely in and out of my soul. I am aware of what is most important to my soul.

I AM

My Beingness is the resonance I choose as the expression of who and what I am. I adapt to the frequency of what I choose to put my attention into. My frequency fluctuates by that choice into duplicating or resonating with the object of my attention and with my intention for focusing there.

When I put my intention and attention outside my body it is an implied agreement with an object or person. Communication is accomplished by duplication, resonating at the frequency of that piece of what is. I become a composite of the frequencies of others. I am a composite of the energies of everything and everyone I allow in my immediate space but also in my awareness external to my body space. That is, if I sense turmoil in another's life, my awareness comes about because I have duplicated that person's attitude, intentions and emotions which then becomes a part of who I am being for that moment and remains there unless intentionally altered by my intentionally choosing another frequency I prefer to experience as my base "home frequency."

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Every point of agreement, disagreement, acceptance, or rejection forms the energy that becomes Me. The cells of my body are impacted, influenced and directed by those conflicting frequencies. Goals and purposes are formed from our human interaction as a product of those things and persons we have bonded with or oppose.

Choosing our preference of beingness is possible only by complete allowance of all without judgment. As we allow ourself through caring to duplicate another's pain, turmoil, problems or "wrong attitudes" we assume a reflection of their energy and become for the moment the one who needs a solution to their problem.

It is possible to become an expression of love not changed by outside impressions by focusing one's attention on the basic carrier wave of Life and Love within each atom of life and matter.

Disharmony exists, but within even that is an innate harmony and order. The focus of your attention determines who you are being.

The best way to cure discouragement is to encourage someone else. Life is not the way we dread it, unless disaster is the only place we

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look. Seeing only the problem means that we don't believe there is a solution.

The following meditative exercise is quite powerful. Try it, and repeat it often.

MANNA FROM HEAVEN

(Meditation)

Get settled, take a deep breath and...

Now, visualize two shafts of White Light with the ends resting in your hands and the points stretching up to infinity. It is as if the base of a triangle rests in your hands with the apex outside your range of vision. From these shafts of light, allow the brilliant whiteness to flow into your hands.

When you have that image of these shafts of brilliant whiteness flowing into your hands, start your Conscious Breathing, seeing your inhaling breath come up all the way from to your feet and your exhaling breath rise from your solar plexus between the shafts. Do this exercise for as long as you wish.

As your breath ascends, the softest petals of peach-colored light come down the shafts into the palms of your hands and are at once absorbed by them.

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The petals travel down the shafts at varying speeds, slowly with some people and quickly with others. Do not worry if you do not see them at all. Just know that by consciously thinking your spirit is working through your mind and receiving its food and strength, day by day.

The first part of this exercise will help you to get rid of many of the painful and destructive reactions which have accumulated in you day by day. Elimination starts from the top of the head, goes through the body and out at the feet into the Figure of Light. What the discard is or should be, we do not know and do not need to know with the conscious mind. Most of it will be in the sub-conscious; we have little conscious knowledge of our true selves in relation to God and the cosmos.

We all have a largely unrealized accumulation of disharmony and this exercise will start its elimination. Do not think about them, only know you are pushing them out and becoming ready to receive a marvelous substance of life and a new capacity to understand love.

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The petals fed into the palms are the secret bread of life. It is a generating substance, the basic food on which our soul or light bodies feed. Through it the substance of our present body becomes transmuted into the same substance as our eternal soul body and we are aligned with Christ's resurrection body and with the bodies of all those we love on the other side.

The rest is your experience. Enjoy the flow.

MORE JUDGMENT

The ability to deal with emotions is not so much in the experience of the emotion itself, but in the judgment that we have reacted in a dissatisfactory manner, bringing in additional guilt, fear and anger.

Millions of thoughts come in and, unless we add a judgment, simply go on by. The computation that makes it into an obsession is judgment. The more we call it bad, the tighter it sticks; the more we try to get rid of it, the less successful we are at controlling our ego mind.

This ultimately become a judgment that we can't control anything and we must be bad because we are not able to control anything, and God is not helping or we would not have this self defeating attitude in the first place.

I added the judgment that I should know better; after processing stuff for years you would think that I should know how to do it.

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(Hidden in that computation was the idea that I was a fake and had no business writing a book of how to get out of ego traps.)

So if you too are dealing with some idea that you would like to replace with a happier idea, look carefully, not at the idea itself, but at the judgment you have added to it.

We are back to 'what you resist persists.'

Truth is, this is just one idea we have been invited to look at. We can simply tell ourself that there might be another idea that would be more beneficial in formulating a new plan of action. Without the judgment we have the option to look for a solution.

I lay awake feeling completely helpless until I finally realized that it was the judgment that held me captive, not the idea itself. Once the idea was reduced to just one option that ego was offering, I could choose between solution ideas and get on with my life.

Ego is tricky. Not only does it offer completely irrational ideas; it makes us think we have no choice but disaster, and until we take

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the judgment off, disaster is indeed the only way it will turn out. It proves itself right; there is only disaster.

A pain seems to become more unmanageable when we tell someone how terrible it is. Our story depends on the judgment we give it and the agreement with that judgment we seek from others, which feeds back as sympathy or an excuse. This judgment is more insidious than any other part of our life and leads to failure in situation after situation until we have proven ourself right once more and justified our failure. It's a sorry substitute for the empowerment of Self and the life we know we deserve if only we had not judged it impossible.

There is a place in each of us that knows this despair is all a lie and not who we prefer to be. That place is love and the power of honoring you who has just found one more key in being all that you intended to be.

Let the idea go. It is not worthy of your Grand Self. Laugh at the shadows and get on with being your dream.

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This particular battle with a disaster demon however, was not about the disaster at all. It came to me as a gift to add to these notes. It may perhaps be the most important idea in the book, but then again, that too might be a judgment.

THE TAO

When it seems there are impossible obstacles in your path, it does not mean that you must or should change or ignore your hearts desire.

If the road to the top of the mountain is straight up, there may be another side that is a more gentle slope. Perhaps it is not time to go in that direction. Maybe in a few years the impossible path will be a four lane freeway.

If it is impossible for you to accomplish something, has it ever been done before? Who did it and how?

Few people who have made money in great sums started with great sums of money. How did they do it?

How did they get other people to invest in their dreams?

Who else wants the outcome of what you want?

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Would someone be willing to help you get what you want in order to make it easier for them to get what they want?

Whose goals can you assist while doing what you want to do? How would it benefit them?

COGNITIONS

In life there is often an ah-ha that changes one's viewpoint on everything else. As you have seen throughout these pages, sometimes this seemed like an eternal search, an ever enduring struggle to be right, to make it all possible - for me. The things I seemed to struggle against never gave me a clue as to what the underlying consideration was that keep me from having the joy I sought so relentlessly.

I heard all the standard answers, but I had not a clue as to the hidden standard that prevented me from attaining my simple desires, a home, a love that lasts and joy in being me, with nothing to mar it, with nothing to blame others and God for. Yet, this one bit of data finally explained all the struggles, the poverty, the marriages, the lost friendships, and the rejections of jobs, mates and friends. Yes, they told me over and over again, and it never crossed my mind that a particular attitude was holding off all the good that everyone said should be mine.

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Perhaps you have experienced this also, or you might not have persisted in reading these pages. If you still seek for happiness, please think about this. It may be an ah-ha for you too.

Love is a word we bandy about, particularly in “spiritual” work. That love is important has never been questioned. That everyone should love is a given. So is the idea that everyone can be loved, and that God loves us all. That is so.

For many, many years, being loving was the persona I chose to present to others. Of course there were times I was not, but I tried and tried again, and never understood why it seemed that I loved others a whole lot more than they loved me. That was my personal truth, in my face, day after day.

We know that we can only have or experience exactly what we believe, and I thought I was doing it right, so how could it be that what I experienced was the way it was.

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A few years ago, I finally got to the place that I decided that God *could* love me. That brought considerable comfort, but still not the joy I was charged to find.

It also didn't change substantially the ability to receive any evidence that God loved me, either in peace or abundance. It was not that I did not love myself; I did the best I could for me with my limited resources. The final realization that changed it all was that after rejection in grade school, few friends in high school, and marriages that were less than my expectations, I had reached the conclusion that *no one* really loved me. (Okay, except for mother, but she didn't count, because I thought she and God had to love me anyway.)

In looking back, I realize that I made that decision in the first grade, when I started in a school where I felt different, the only newcomer among all the other children who had been friends for years.

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If I experienced that no one loved me, what I had to be believing was that no one could love me, so of course, that was what I created in my experience, time after painful time.

We know that such an idea is preposterous. Right? Yes, it is, but that didn't stop me from believing it. It lived in a place so deep and painful that I wouldn't acknowledge it to anyone else except with tears, not suspecting that the idea alone was what had destroyed so much of my life.

So it was from this one hidden belief, that no one loved me, that I had to try to be different and better than I was, even trying to be better than anyone else in order to be in the running for friends or jobs or mates. What a dismal, harmful, egotistical mania. It was this hallucination that created the fear about being able to take care of myself, all the while knowing that without help and love from others it would be nearly impossible. That very real fear led to dependence, co-dependence, victimhood, victimization, depression, and guilt when my performance or attitude was not perfect. (Of course it was not.) It brought me to a stance of bravado. I had to take care of me because I knew no one else

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would ever really want to share anything with me, at least not for long. As I held that belief, what I got to experience was eternal paralyzing fear and despair. The Universe rearranges itself to fit our picture of reality. We are the Universe rearranging itself.

That belief alone was the barrier that held away all that I desired. Now, beyond that pain, Joy is who I am.

How much of my life could have been different? Probably all of it. Now the rest of my life can be different.

I pray that yours will be also.

The Blessings already are. Namaste

IF ONLY...

Another time, I found myself in the land of "if only."

If only, I had this finished...

If only, I could find the right...

If only, someone could help...

If only God would bring...

If only I had time to...

If only it didn't...

If only he would...

If only I knew...

And the litany of little changes required before my desires can come true goes on. The feeling is of resignation to the status quo, and the despair of almost having. The energy constricts my soul and the pain is like a blanket smothering hope and achievement. It is responsible for the one who loses a race by a fraction of a second even though both have beaten the previous record.

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How would I prefer to feel? I can't seem to get to that vibration; it becomes another 'if only.'

Okay, I don't know how to change the vibration, but I know miracles do occur. I only know it is possible.

'If only' limits the arrival of joy or money or love or any other specific desire. There are many ways wonderful things can come to you unless you stop the flow by insisting on a single idea. God can provide infinite resources. You are trying to orchestrate the Universe by demanding that your good comes to you in a very restricted manner.

State to yourself and the Universe that good comes to me now. Yes, it takes faith and gratitude and recommitment to the grand adventure you chose as you planned this lifetime.

Micromanagement is rather ineffective in the grandeur of God's Universe. Let your little plans give way to the remembrance that all is well, no matter what it looks like. Give us some slack and your real desires will arrive much quicker. Remember that you set the

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rules for this game already and "if only" only tries to redirect the flow already in progress.

Peace my child! All is well! Work on whatever gives you joy while remembering the bigger plan you knew you could accomplish when you looked at this life from the other side. Your obstacles are only to help you remember that you are playing a bigger game than it appears from your present vantage point.

Be at peace, in joy. You are greatly loved always, all ways.

I HAVE CHOSEN THIS

all that I am, all that I have and all that I do
by my like or dislike of what I experience.

Through my gratitude of All That Is
I can allow this or another perfection
for my life and my happiness.

I can experience the sensations in my body
as the energy of the Universe
as it flows through me.

I can choose how that energy is used
to create or change or express itself in joy.

I can cleanse or transmute
anything that has a higher possibility
for the benefit of myself and others.
So long as the action promotes

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Joy for all.

I allow this or something better.

The blessings already are.

It is so.

GIVE IT TO YOURSELF

It's Sunday morning and again I am sitting, quietly asking again what is this energy I am feeling? There is the feeling that I am still missing something in this experience in this body. What is just beyond my awareness that could, if I would allow it, let in a greater joy? It feels like the candy on the other side of the glass, not quite mine, but oh, so close. How and why have I put a glass in my way?

The tiny barrier is the same as the one in the hearts of terrorists. If you go beyond it you are responsible for good and evil, so you crouch just inside where you can judge all those whose deeds are worse than your own. You think that you would have to be responsible for correcting all hate if you moved to the other side. That is only a consideration on the back side of joy and grace and becomes an excuse not to move beyond.

By not living your self-determined life you divert your attention from what you seek. It is another way to not find what you say you

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want. Do you think that someone else has to tell you that you can have it? It won't happen! You must give it to yourself.

You are the door that opens. You are the soul that flies free. You are the chains you can break. You can be. You are!

You listen to me say that you can and you know it is so.

TRUSTING YOURSELF

Tonight again I was reading about the laws of manifestation, while inwardly nattering about all the rules.

Almost unconsciously I was asking what techniques could I use this time to eliminate the defensive attitude that made me feel so wrong and helpless to change.

The almost instant answer to my natter was:

Of course you can't trust yourself. Trust your Self!

Your self is the ego part.

As much as we like to think we are really okay people, the ego is not trustworthy. It lies to you about your honor, your responsibility, even who you are. The ego is not the part of you that has the qualities you seek.

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As a matter of fact, if you list all the things that you don't like about yourself and list all the things that you would like to be but don't think you are, that is the description of the ego. The truth is you are a perfect traveler on a perfect path back to find out Who you really are. You are greatly loved.

Of course, you can't trust your self. Trust your Self.

WHAT IS GOD?

It is the part within that runs things, so much a part of you that you cannot function without it, nor can any creature, or vegetable or mineral, even to the smallest atom programmed to unite with any other atom, animating the tiniest atom from air to water to the infinite complexity of life.

It moves in and through each one, powering each cell, and allowing the miraculous order in every thing, allowing the selection of a choice from infinite possibilities simply by a belief. Focus your attention, believe it is possible, and...behold, a miracle.

Built within us are the receptors for experiencing not only human emotion and reaction but a vast grid to resonate with the love of God and others.

By your own grace you direct your attention and attract what you have directed your attention toward and you have become a co-

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creator with God. There are infinite ways that things can happen, and celebration or disaster comes.

The more you fear, the more you have to fear. Fears, nourished by attention and hate, grow into world wide terror nourished by those who grow rich from war.

Choose again! Respond instead to any of the myriad of suggestions offered by Spirit.

Let your discomfort make you aware when you are not in a state of love.

Terror, bred from fear, is intensified by attention coupled with the belief that others are untrustworthy. By your own fear, you are the ones compounding the results.

When the hate is rejected, the fear and terror are gone. Then you can then pay attention to the delights and adventures that are planned with your Spirit Self in being the greatest manifestation of your grandest dream.

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If anyone can be not afraid, others can change and terror will recede to the vigilance of care for our bodies. We can trust that we are in the perfect place for God's plan for our life, or death.

It is true that some people are killed by terrorists with bombs. Thousands more die from car wrecks we chose. Others just kill themselves with French fries and potato chips laced with MSG so that we bet you can't eat just one.

But.... We have not yet decided it is possible is live in this body forever. That means that we all die; how or when is often not a conscious decision.

We are told however, that both birth and death are preplanned by ourselves as part of our life plan. If that is true, why should we be angry or hurt that our friend's life plan has come full circle? Yet grieve we do.

Oten our prayer is for a person in distress. Could that prayer be used to honor a being who is Master enough to have taken on the life they have experienced? How great they are to have been

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willing to experience this drama for their lesson and the lessons of others they meet!

Perhaps we could put more of our attention on honoring with our love the ones who are now in our life, for however long we are here together.

CHANGE OF VIEWPOINT

We ask again and again for what we think we want. How that prayer is answered is the part that has not been understood. We ask for love, but don't recognize that the love we seek may come in a form that could teach us how to both give and receive that love.

In order to truly love, we must be able to not judge that which is in front of us. The greatest gift, the miracle occurs when we learn to discern the essence of love in non judgment, and to see the Divinity in All. When we don't respond by kicking and screaming like a three year old, it makes us strong enough to create that love for ourself. The absence of judgment is that love. The gratitude of loving what comes to us, no matter what it is, is the discernment of Spirit, and is worthy of being rewarded by all that we desired and more.

We do not respect the tantrums of a child, nor our own tantrums as adults demanding more and more in prayers that never seem to

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fulfill our want list. The tantrums and bad vibrations from one who begs are not respected by any one, in any dimension.

What does us honor is the strength of character to love what comes our way with gladness and gratitude; it is all in Divine Order.

The lack of love expressed by doubting our wholeness does not tempt anyone, not even Spirit, to give us more. We have gone so far astray from honoring ourself that we accept others dreams as our own.

So how do we decide we are okay, give up the victim game and start to have fun and create what we prefer? We are ready to learn a new way of living.

HONOR YOUR OWN DIVINITY

What does that mean?

It means that even when you are aware of emotions that are less than what you would like to experience or express, you know that there is a part of you that is very much Divine, present and witnessing your tantrum. That part does not judge that your tantrum is "wrong."

The ego is the judgment part which tries to shame you into changing what you are doing, not for your own good, but so that you will look better to someone else. It does not love you or what you are experiencing. It does not tell you that all experiences are part of soul/body learning.

You only know that you are hurt, not taught, by the judgment. Until you finally are able to separate out the part that allows honor for yourself and all that you experience, the ego runs rampant,

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*destroying your self worth and causing repetitions of your trauma.
So perhaps the message is honor the honor.*

That idea can become as much a standby knowingness as the idea that fires are hot and will harm if not used wisely. When you do get burned, or when you do experience a tantrum, you remember too late that basic knowingness. (Oh, I coulda had a V-8.)

It also means that your intention is important. It is the foundation from which your integrity is formed. The divine part of you simply does not include tantrums as part of its operating system.

One needs to re-identify oneself frequently until the pattern for drama is no longer a habit. If one is being a criminal, crime is what shows up in one's environment. If one is acknowledging one's divinity, the game is changed.

What are your goals? What kind of person do you prefer to be? If there is confusion in what you want to do with your life, Spirit doesn't know where to take you so that you can do that which pertains to your chosen path.

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Spend time daily to select your preferences and state them out loud. If you do it silently, even Spirit could be confused between all the negative thoughts you have also presented.

LOVE IS WHAT I AM

Love is what I am.

Joy is the awareness of that love.

Gratitude is the act of sharing that love and joy.

Reward is the return flow of sharing.

Abundance is the manifestation of sharing.

Affirmation of love is the feed back that love
has moved out to encompass others.

Peace is established when others participate
in words and deeds of love.

Harmony occurs when I remain true to who I am.

What I see around me reveals what I am being.

I AM THAT I AM.

NAMASTE

This word contains the meaning: "Whenever you are in that place in you and I am in that place in me, then we are one." Another way to say it is: "The God within me honors the God within you."

For me, this word is the basis of gratitude. For when I am in that space within me, then I am one with all the Masters, Teachers, White Brotherhood, The Ascended Masters, The Avatars, Buddha, Jesus, Lao-Tsu, Confucius, Quan Yin, St. Germain, Babaji, Sai Baba, the neighbor next door, friends, lovers, husbands, enemies, you and all I will allow into a corner of my consciousness. I have the resources of all their learning, and the victories of all that have been won anywhere and anytime. There is no hierarchy to which I must accede. My point of individuality is as important as a single color of the rainbow. Without it, All That Is would not be complete.

Nothing exists without influencing, in some way, everything else that exists. Whatever waves we make within this sea of

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consciousness we are allowed to experience to our hearts content. Somewhere along the way, we are allowed to learn that the vicissitudes in our life are our own. They are gently tolerated and honored by the other dimensions until we learn to create deliberately, for the higher good of all. Then we become a part of the All that is Love, which returns eternally to those who are still upon the path of learning called Life.

These parts of me are with me constantly, part of the Universal Mind, home of infinite resources, beyond cause and effect, Source of my abundance and joy. With or without our knowledge and consent, the abundant Universe surrounds us all, awaiting our awareness and co-creation of Love. We are infinite creators, limited only by our willingness to use Love as the basic building block of our lives. We can focus our attention and intention on what we choose to create for ourselves, and by the Grace of God, which is all creation everywhere, it is so. The struggles along the way are only to give us options of the millions of possibilities at our disposal.

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The act of asking for what we want is only a statement of our awareness of the resources that surround us, within the you that is me, and the me that is you.

The only way we can interact with what we consider to be the Higher Powers is to realize that we are peers for the purpose of co-creating our reality. They do not recognize the part of a person that must beg, or force, or demand. They do not assist or contribute to any action which will harm ourself or another, unless that action contains within it a lesson both have chosen for this time and space.

Creation contains within it the certainty that the players act only with love yet each individual has the ability to direct that creation in the direction of his choice. Begging, trying to do right, trying to be acceptable to the Powers that Be, are certain roads to non creation. It's like trying to build a house with no supplies, no tools and no design. It can't be done. Call for assistance, open yourself to receive the help called Love and see what happens.

Namaste

CONSCIOUSNESS SHIFT

At this point we must make a grand shift in consciousness, if we wish to make any real change in our lives. For eons we have claimed our humanness, and from that have created a very human existence. In the next step, we begin to claim our divinity as well. We are the great creators, manifesting our destiny with every thought. Our plight and our limitations appear just as we think them into beingness, usually with blinding speed. We have claimed our sorrow, our guilt, our pain until that is what is experienced by the whole of humanity. As we claim our boredom, we are rewarded with guns and wars, both real and pictured in prime time in increasingly intense examples, and wonder why people die on the streets. Suffering does not come from God. It comes from our beliefs in our humanity. Our humanity is the choice to act from our little selves, not from the awareness of the power we have been granted by our ability to produce whatever our thoughts agree to.

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The choice at this stage differs from desiring good instead of bad. It now is declining both and choosing the power of our creative ability which means calling on the resources of our Divine Potential.

"No matter what may be in the subjective state of our thought, the conscious state can change it."

The Science of Mind, by Ernest Holmes.

The process, to be successful, requires incredible diligence and discretion. It is the constant rejection of all thoughts of limitation, by declaring Oneness with All That Is. It is declaring the rightness of the Truth of our inseparability from the ability to create. Everything we see, touch, taste, feel, hear or grasp with the physical senses is an effect. All that we see comes from that which we do not see. It is the Universal Law that we create from the ultimate Essence which is an intelligent force and substance, taking form through the impulse of our creative belief.

"If we believe It will not work, It really works by appearing to not work. When we believe that It cannot and will not, then

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according to the principle, It does not. But when It does not, It still does—only It does according to our belief that It will not. This is our own punishment through the law of cause and effect; we do not enter in because of our doubts and fears. It is not a punishment imposed on us by the Spirit of God, but an automatic result of failing constructively to use the Law of God.”

The Science of Mind, Ernest Holmes

We have access to as much of the good that can come from the Divine as we are able to allow into our own consciousness. It also follows that the more power one gives to his thoughts, the more completely one believes that his thoughts have power, the more power it will have. It will become power to us only when we recognize it as power.

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As we grow in ability to use the power, it follows that we must be more careful of what we think. The more completely we believe that our thoughts have power, the more power they will have. We must determine the shape our creation is to take, and allow the Spirit to fill that shape.

It is the certain knowledge that the shape will be filled that causes the flow. When one concentrates on the emptiness of the mold, it must remain empty.

The doubt of our ability to use the principals of creation is the single tie to our limitations. Of course, you can't trust your self. Trust your Self.

We do not have to have faith in what we have known or seen. In order to utilize this power however, we must know that the power of God has no limitations. Since we are formed of God, then we must also contain the power of God with no limitations except those we grant to our little self.

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Choose, and choose again until there is no choice left but *God*. We have the right and power to choose the best of perfections. We have the right to reject all those other options, until we are left with the certainty that there is nothing acting here but *God*; nothing can happen that is not *God's* perfection. The limitations we impose upon ourselves are only the ways we use to convince ourselves that we have another choice. That makes them the perfect tool for our lesson.

But there is a time when we can choose to leave the lessons behind and live in the accomplishment of our preferences. We are commanded to know ourselves and that knowledge must include the magnitude of our being. Not as a little man, looking out at the greatness of creation, but as co-author of the Universe, inseparable from the mind of *God*.

We can use mind power to alter our pain or emotions, but we can also use our *Mind Power* to create a new perfection. Unless we claim our *Divinity*, we cannot use it. And if we do, we cannot not use it.

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Claiming our Divinity means negating our memory of the small and painful things we have experienced. We must reject our conviction that the body presents us with problems all by itself. We must reject the idea that there is any thing that can oppose the certainty of the intentions of God, and recognize that any opposition that seems to appear is from our own self creation. It is still the action of the intention of God, however much it does or does not match our highest ideals. When we become so totally convinced that there is nothing acting here except God, then we will eventually become more selective in what we allow into our thoughts. The unconscious action of what was once a conscious thought brings into our world the mishaps that plague the unaware. What we experience is the combined expectations of all of humanity, unless we refuse to have that as our reality, not just by choosing, but by choosing our portion of divinity with which to create each moment. Refusing to have any investment in the outcome as to what looks good or less so, we can know that all outcomes are in divine order and cannot be anything else. God exists in all things; therefore God exists in me, and in all that is seen. The God in me has a constant communication with the God in all things. Spirit is the medium of that communication.

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We have been led to believe that body and Spirit form a duality of existence. It is only the legacy of the dualistic concepts which form the mass consciousness of humanity. Spirit and body are one, and inseparable. The part that seems separate is only the posturing of ego. The aspects of another that seem other than love are only aspects of ego, manifesting itself through insistence on the validity of the structure of matter as separate from existence. We have proven how easy it is to deny our Oneness by the results in the everyday life of most people. When we affirm our Oneness and live constantly in that Oneness, we shall experience a very different life.

Children are often cautioned not to be too proud. Be humble in our achievements. Give the glory to God. That's fine, if you remember that the glory of God is within us, and by denying one we deny both.

Begin by expressing your gratitude for some things in your life. Decide how you love to feel. Choose to feel that, and tell yourself why you prefer that experience. What benefits does that feeling give you? Then invite Spirit to assist you in achieving that feeling.

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Thanks in advance is another great step. Be willing to let go all the old beliefs and judgments that have kept you away from what you want to experience. Give yourself permission to enjoy the new experience.

AH-HA

For years I have taken classes to learn about energy and to understand how it is used in healing. Underlying this has been the yearning to improve not only my own personal life condition, but to assist in healing body, mind, and souls or others as well.

I have longed for beauty and joy and peace and sometimes considered it an impossible dream. Years ago when I heard, "Find the Joy!" I searched for it in all the places it was not, perhaps to enforce my unconscious belief that it could not be - for me.

Just now, like a bolt from the blue, came the realization: *You will have what you want when you agree to do what you really want to do, in joy. Success comes to those who know of their mission, and agree to do it joyously. You would not desire it if it were not yours to do.*

Use whatever gifts you have, ask for more guidance, and you will do all that is yours to do. Whether it is a little or a lot, it is perfect

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for you. Claim not only your power, but also your connection to God Source to accomplish your joyful mission.

It is a challenge to be willing to do whatever I can, knowing that it is enough, for now. Learn to love, indiscriminately, even oneself.

The answer to my question of, "Should I try to heal?" was a resounding yes, with the only deviation being to eliminate the word 'try.'

Just let it be as it is. Whatever occurs is what is appropriate and in divine order. Many of these encounters may be righting karmic wrongs, but the commitment is to do all that is acceptable at the time.

Do not berate yourself for taking so long to catch on. The sequence is still perfect. You are ready when you are ready.

USE THE LOVE

The emptiness you feel is blame; blame for not always being happy and having a job you like that pays you well; for not having saved enough that there is plenty for now. At the same time you blame, another part whines you did what you could with the resources you had. So you blame God for the lack of resources and you become so fascinated by the drama you are playing that you forget there is a doorway you can go through where this is not so.

To some extent you have created this drama to cause enough discomfort that you will be reminded to seek until you find that doorway. You can stop blaming yourself for creating the drama and the pain and discomfort and poverty in the squirrel cage of your mind. It has served its purpose. You can be grateful for its success.

So how do you open that door that promises all you desire and more? Your distress is one of the many keys to admittance. It has created the illusion that you are alone and at the mercy of

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everything you do not see provided in this space. Yet if you had all that you desire, you would forget to seek what is greater, the connection to All That Is, the connection to the true Source of your Good and Infinite Supply. Rejoice that it is so for it reveals the truth of your desire, the Love so grand you cannot keep it contained in the machinery of your life.

Money is only that which keeps the machinery running. The power behind it is Love and as you wish to share that love the machinery turns with actions that are the vehicles of its transport. So when you need money to provide for your body life, ask: how can I share this Love I know from God with others today?

What you share may be a product or service, or your time. It may be listening, guiding, speaking, or telling of new substances for health or ways to make another's business more effective. It may just be a smile for someone who needs a kindness. You no longer have to be perfect or have a perfect product or service, just intend that all you do this day reveals some measure of the Love you choose to share. The Universe will respond in kind and the Love will be returned to you in grand measure.

FIND THE JOY

The question is not, "What do you want to do?"
but, "What do you want to experience!"

BE THE LOVE THAT YOU SEEK!

Reflect the love that you are back to you. You are not experiencing punishment - only separation. Come back! Be not separate! I Am/You Are. All is love. Know comfort. Be together with no space, no loss ever again. Radiate the togetherness called love to all you experience. Release the pain of separation from all you touch. Cry no more! We can never be separate unless you think you are not what you are, which is a part of the Divine. That is too much pain to be tolerated by man or angel. It is not real but the image is horrid. The death of being part of love is the only thing that is a pain in human life.

Once you have found your way back, it is your divine purpose to help others return to their knowing of who they are. The only game of humans is to return to the knowing of their God connection. All else is your choice of play.

Unless you are connected with your God Self you condemn yourself and suffer horribly for it. You instinctually want to protect others

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from that pain and attempt to do so by sending them your love. It can never be enough. They must come back to Source on their own.

You can help but each must make the choice to know and experience. They are still who they are even though they don't know it. One must be giver and receiver - then choose to receive what is given. The Divine within you gives to the human in you and the human must allow and accept from Self all that is given and return the flow.

Our duality is that we are One, giving and receiving at the same time.

BE HAPPY ANYWAY!!

Humans are so proficient at creating that we have produced so many things through our desires and endeavors. Constantly we look at what surrounds us to evaluate our progress.

God looked at His creation back on the seventh day and called it good.

Perhaps if we limited our evaluation process to once a week, life would be a whole lot smoother. Mostly now we think everything around here should be reengineered and nobody can find the instruction manual.

Unhappiness is a pox that we accidentally created by our constant reevaluation. It accomplishes two things: 1) We cease to create what we want and 2) by saying we don't like this experience we shift our energy level down to match the vibrations of the condition we revile.

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I think that on some level our only instruction from God was "Be Happy!" Within the energy of Happy exists the carrier wave for Love. The capacity for love is directly proportional to our choice to be happy.

True, we did not get a warranty and instruction manual when we decided to split off from our main power Source to become a human in a body. But if we had had instructions before we left on our adventure it probably would have been, *"Have a good time, and come back soon!"*

Somewhere along the way we forgot that the prime directive was to have a good time. Perhaps there was another admonition: *"Don't get too far away! Stay close enough that you can find your way home."*

As long as we hold on to happiness we can never be out of touch with Source. But the moment we move out of happiness we are on our own, without the resources of our power line.

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Our shape shifting (better known as manifestation) requires a lot of power. The best way to turn up the power is through happiness and love. Dislike means not like; Like is the power link.

Wouldn't it be wonderful if all it took was to look at our world and say: "Life is a game and the points don't matter."

FINDING THE JOY

A Meditation

Move now into a place of calmness, feeding the body with deep breaths. Over and over, repeat that deep breath, long and satisfying. Feel that inspiration nourish each part of you with the divinity that is Life, the source of all sustenance.

Focus all your attention on just breathing, giving you all that your body requires for the moment from the outside. Allow yourself to move into the wonder of this miracle. How little do we have to add! How perfect is this template of our body!

It is true that we have added thoughts and substances that have changed it, but what a marvel this system is. The perfection of the system is composed only of that which our divine Self has instilled into each life form. That perfection is called Love. Feel how delicately it enfolds the form we inhabit.

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Consciously open the channel to the highest part of yourself and another to the deepest center core of our planet. Just extend your awareness. Feel the energy exchange that takes place between the two that flows ever so gently through this manifestation of perfection we call body. Like a motor operates from within the opposite poles of positive and negative, so does our body live and move and have its being as an energy exchange from the highest of heaven to the center of earth, experiencing and expressing the polarity we have chosen to activate this form. What a magnificent way to experience both the love and the absence of love which reveals what love is in its highest glory.

Now move your attention out to sense the love in the song of a bird. Concentrate on sensing only the presence of love somewhere. Be aware of nothing except this spark of love. How delicate it is. What does this precious spark of love in you feel like? What does it feel like when you sense it in someone else? What does it feel like within an individual cell? Scan around you for other tiny, unrecognized points of Love. See nothing else, just that delicate and fragile point of Light that we call love. Move out to touch with your mind, point after point of love. Feel the joy within a single

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note of music, composed of only love. Feel the rhythm of the earth, the motion of the air and clouds and seas. Recognize again, the infinity of love within a molecule of air. Feel the incredible sense of love that makes up every cell of your body.

This is what you are. This is what everyone is. This is what everything is. It resides in consciousness within all things. The magnificence of Love is within All That Is, and it is the same as the Love within us. It is there for our constant delight and our eternal amazement. It is the awe of Infinity, creating and recreating itself, shaped to our hearts desire, blessing each of us throughout eternity, in whatever form we shall decide to experience.

God has spoken and the word of God is Joy.

There is no end.

Namaste

APPENDIX

1: HEALTH ISSUES

If you have read this far, you can see that my search for life solutions has been centered mostly around emotional and mental aspects. In the midst of all this, however, I have come to the certainty that for me and probably for many others as well, there are some simple physiological and chemical reasons for the unpleasant aspects in my head and my physical health.

What I had noticed was that if I was without my vitamin supplements for as much as three days, some aspects of anxiety, and/or depression of varying intensity returned and it seemed like an uphill battle to regain my lost sanity. I still believe that the ego has traps for all of us, and if we are to become all that we can be, we must look intently at our beliefs and perhaps reform many of them.

I have just had the importance of nutritional verified by *The Edge Effect* by Dr. Eric Braverman. It is a very comprehensive

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discussion of what effects we experience, primarily because of the chemical support for our brains from the food we get, or more importantly, don't get. All aspects of existence are involved, memory, attention, personality and physical health, including most illnesses beginning with depression, and much, much more.

Dr. Braverman says, "A normal brain processes a thought at a speed of 320 milliseconds, or roughly one third of a second. The difference between a resourceful mind and senility is only one hundred milliseconds of brain speed, which means you have fewer than a hundred milliseconds to lose over the course of your life."

"This loss of brain speed sets in motion medical, neurological and psychiatric conditions which can cascade into obesity, anxiety, depression, psychosis, multiple sclerosis and Parkinson's disease, diabetes, irritable bowel syndrome, gastrointestinal issues, heart problems, sexual dysfunction, impotence and hypertension, insomnia, exhaustion, headaches, high blood pressure and attention deficit disorder" He says that Americans currently spend more than \$100 billion annually on prescriptions for relief for these symptoms which never address the real cause.

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The function of the brain processes are dependant on the brain chemicals dopamine, acetylcholine, GABA and serotonin, each of which controls separate parts of the brain. An imbalance of any of these can create havoc in the emotional, mental and psychological aspects of life and set up the conditions for physical problems as well. It is not appropriate for me to expound on what you may need, but after reading this book, I am totally convinced that much of my prolonged focus on fixing the sorrows and travails in my life could have been shortened or completely eliminated by the simple addition of some or all of the amino acids and vitamins and minerals which provide the brain chemicals required to make the brain pay attention to the better things of life. In the best of all possible worlds, we would obtain all the nutrition needed from our daily food, but the truth is that most of us don't, as evidenced by the increased emotional problems faced by humans in this age.

It is my hope that you will investigate this issue for yourself and find other ways to enhance your ability to find the joy in your life.

2: EMOTIONAL FREEDOM TECHNIQUE

When you are troubled with some emotion - anger, fear or anything else, you can worry about it and replay the same thoughts endlessly or... You can decide it is okay to change and decide to try out this silly little exercise.

Emotions are usually held in place, not by the emotion itself, but by the fact that our perfection seeking ego judges ourself as bad for having any negative emotion at all, which unfailingly compounds our lack of self esteem.

State for yourself all the aspects of the situation. Make a list, particularly if you are working on this alone. How does this make you feel? Physically, mentally, emotionally, spiritually? There will be many answers. List them all. The more answers you get the more easily the situation resolves.

If you list one hundred items, by working on three a day, you can complete most of the list in a month.

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On a scale of 1 to 10, how troubling is this condition? After a round or two, ask again, and again evaluate the intensity of the emotion or pain.

Any situation which does not resolve easily probably has a hidden consideration that the ego does not want to release usually because you haven't admitted it to yourself.

What you are doing is taking charge of ideas that have been running wild and messing up your life, and probably your relationships and finances too.

Notice all the aspects of your resistance as specifically as possible. Usually there are several layers. It may include a feeling of condemnation from someone else, but notice the implied judgment from yourself.

Be aware that anything that makes you unhappy is in your energy only. You have no right to ask another to change, no matter what they have done. The only one you can change is yourself, because it is your mind and heart that are involved; only making a change

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within your own belief system will have any effect on your present or future happiness.

Anything that is making you unhappy is challenging your personal value, how you think of yourself, and the ego is defending its irrational beliefs with all the reasons that you should be this upset or ill.

When your list is complete, there is a little physical procedure that has been used with astonishing success in changing thousands of different situations. It will work, provided you are willing to do the procedure long enough to work on all the issues. To the degree that you leave out something, your upset will return to haunt you. This process can be used repeatedly, for usually there is more than one belief in place.

This process is called Emotional Freedom Technique, and was developed primarily by Gary Craig, though there are now thousands of people who use it regularly. If you want more data about it, go to <http://www.emofree.com>.

FIND THE JOY

The process is to rub or tap various meridian points. This seems to break the electrical circuits within the body meridian systems which hold belief systems in place.

First spot is on the pectoral muscle, halfway or so between the breast and the armpit. The muscle tightens as you roll the shoulder forward. Somewhere on that muscle you will find a tender spot, (maybe several.) Rub this spot for several seconds as you say, preferably aloud,

Even though I feel this__(anger, etc)__, I deeply love and accept myself.

Even though I feel this__(2nd item, etc)__, I deeply love and accept myself.

Even though I am so angry (sad, disappointed, etc.) I deeply love and accept myself.

Even though I have this pain in my _____, I deeply love and accept myself.

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Even though I hate that bum, I deeply love and accept myself.

Even though he was so mean to me, I deeply love and accept myself.

Even though I don't think I will ever get over this, or ever forgive_____, I deeply love and accept myself.

Even though I think this is silly and it won't work for me, I deeply accept and love myself.

Repeat with all the items you have written down, as you tap each spot listed below, following each with: I deeply love and accept myself. (You can add anything else positive as well.)

Let me give an example of how elusive our beliefs are. Suppose we start with the idea that "I don't have enough money."

Underlying that can be...

I don't deserve to have money.

Nobody in my family ever had any money.

I don't have enough education to have money.

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I don't know how to make money.

Somebody would be really mad if I had money.

I don't have any freedom.

I don't want to depend on someone else.

I wouldn't know what to do if I did have money.

Daddy wouldn't let me have money.

I don't feel like I know how to do anything well enough to make money.

I never finish a project.

Somebody wants my job and will do anything to get it.

I don't feel good about anything I do.

I don't know what I would do if I had money.

I would have to give it away if I had money.

I hate myself because I don't have money.

All my creditors hate me.

I can't find a job.

I'll never be able to change this or anything else.

Because I don't have enough money I can't...

And besides that I feel like God doesn't love me.

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You could just keep adding more beliefs. Somewhere down there is the one or more that are the real sticking points holding the condition in your mind, replaying endlessly until the old beliefs have manifested in the physical world.

1. Find the sore spot on the pectoral muscle - and rub it while stating the "situation" prefaced with "even though I have this____, I deeply and completely love and accept myself.
2. Repeat 'situation or belief" associated with it while tapping points.

Tapping points: Top of head, over inner corner of the eye, outer edge of eye, under eye, under nose, under lip, collar bone where it meets the sternum or breast bone, then under the arm, then at the under edge of the breast.

The patten is not specific, put it all in your own words. The sequence of tapping points is variable and it still works. Gary even uses just tapping on the side of one hand with all the fingers of the other hand and it still works. Just continue to do it until your

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energy shifts. The intensity usually lessens with only a few rounds. Do it until it does. There may be several beliefs involved. Repeat the next day if necessary.

This is all about reclaiming your own power and happiness. It's worth doing.

If you have something which does not completely resolve, contact a person who can help you find the items you missed. There are thousands of counselors using this technology. It can be done as a telephone session too.

Surrogate tapping for others: If you are aware of someone else who is in distress, you may tap on your body as if you were the other person. Somehow, through the magic of love, the intent will get through to the other person and often relieve all or most of their distress.

3: READING LIST

Abraham-Hicks	<i>Ask and It Is Given</i>
Abraham-Hicks	<i>Sarah</i>
Anka, Daryl & Bashar	<i>Blueprint for Living</i>
Baba, Prem Raja	<i>The Joy Book</i>
Bendlin, Eugene	<i>Focusing</i>
Brinkley, Dannion	<i>Saved by the Light</i>
Brinkley, Dannion	<i>At Peace in the Light</i>
Carrol, Lee & Kryon	<i>The Journey Home</i>
Carrol, Lee & Kryon	<i>Partner With God</i>

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Chopra, Deepak	The Way of the Wizard
Cohen, Allen	The Dragon Doesn't Live Here Anymore
Coit, Lee	Accepting
Coit, Lee	Listening
Craig, Gary	Emotional Freedom Technique
Erbe, Peter	God I Am
Dupuis, Richard & Skaket, Carol	Ancient Wisdom
Dyer, Wayne	Manifesting Your Destiny
Frizzel, Bob	Nothing In This Book is True
Green, Glenda	Love Without End

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Harder, Dr. Heather	Perfect Power in Consciousness
Harder, Dr. Heather	Exploring Life's Last Frontier
Hawkins, David	The Eye of the I
Hay, Louise	You Can Heal Your Life
Holmes, Ernest	Science of Mind
Hubbard, L Ron	Science of Survival
Hubbard, L Ron	Advanced Procedures & Axioms
Huber, Cheri	The Key
James, Tad	Time Line
Kamadon, Alton	The Melchezedek Method

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Katie, Bryon	Loving What Is
Keyes, Ken Jr.	Handbook to Higher Consciousness
King, b j	The 48 Rays
King, b j	The Universal Laws
King, b j	Who Are You and What On Earth Are You Doing Here?
Lovejoy, Asara	Commanding Wealth
Ott, John	Health and Light
Palmer, Harry	Avatar
Palmer, Harry	Creativism
Roman, Sanaya	Living With Joy

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Stibal, Vianna	Theta Healing
Tolle, Eckhart	The Power of Now
Tolle, Eckhart	The New Earth
Virtue, Doreen	Messages From Your Angels
Walsh, Neal Donald	Conversations with God, I, II, III
Weil, Dr. Andrew	Breathing
Whiteside, Daniel	One Brain
Williams, Dr. Sam	Echoes of Light
	The Course in Miracles
	The Holy Bible

Finding the Joy is vastly more than the pursuit of happiness. It is about learning to move past the masks of personality to honor the divinity of every life. You are invited to join the quest.

From Fear to Eternity

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4522.html?s=pdf>