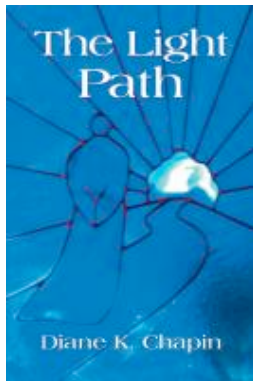


The Light Path

The background of the cover is a deep blue with a subtle, swirling pattern. A series of thin, dark red lines radiate from a central point on the right, creating a sunburst effect. In the center of this burst is a bright, glowing yellow and white light source. To the left of the light source is a stylized figure of a person in a long, flowing white robe, standing with their back to the viewer, looking towards the light. The figure's head is a simple circle, and their body is a large, rounded shape with a small, dark red 'Y' shape on the back. The overall composition is centered and balanced.

Diane K. Chapin



In book 8 of this series, The Buddha Consciousness provides direct examples of Masterful actions, including 20 of guided meditations. This is the step into magic, the step into making your life sparkle. This is about broad steps that take you beyond the human condition. When your heart truly wishes something, then you have all of the elements that are so important in creating in your life: Clarity, conviction, purpose and intent.

The Light Path

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The Light Path

Diane K. Chapin

**As a Vehicle for The Buddha
Consciousness**

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CHAPTER 14

Questions & Answers

In every session, we had a Q&A period. In many of the earlier books in this series, the Q&As (after being “genericized”) were woven into the text in appropriate areas of the presentation, or, if they were too specific to an individual, they were not included at all. However, as time went on, most of the questions became more “generic” so, for this book, we made no effort to weave them back into the appropriate text areas, but listed them, separately, as below.

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ADDRESSING FEAR

Question: Recently I feel like I had something thrown at me that has taken me into all kinds of fear, taking me out of my spiritual alignment. I am really struggling to let go of the fear and get back into spiritual alignment.

Answer: The suggestion we make to each of you in that situation is to begin to use your light and energy and to get into your unconscious and see what is motivating you, what the name of that fear is.

Question: Once you find it then what do you do?

Answer: Then you begin to fill your unconscious with light as we have taught you to do and to release it. In other words, you are replacing those elements that are in your unconscious now with your meditations, your light and your prayer that the experience of God may fill your unconscious. You are filling the unconscious in such a way that there is no more space for that fear. What has happened is that, without realizing it, you have made space for it. So many of you do that without recognizing it. You make space for your fears and then they seem to

multiply. Then the fear, like the law of multiplicity, has turned into negativity. This is a very good example. What must be done is that you must get back into your own unconscious, fill that unconscious with light and then start to see the multiplicity of positivity so that the fears of loss and negativity are dissipated immediately. This is very powerful.

Question: Does forgiveness need to be a part of that? If this fear has something to do with the past that you want to get rid of and break this connection, do you have to forgive?

Answer: Absolutely, there is no question about that. We have talked about this in the past and we have said that forgiveness is the path you walk repeatedly. If you are upset, usually forgiveness cannot be achieved in one step. It is done over a period of time of releasing, forgiving and letting those issues dissipate so that they don't assume volume. Then what you are doing is siphoning off your fears about it through forgiveness and after a time, when you have worked out that path of forgiveness, the energy will be completely dissipated.

That is a lot of what forgiveness is about, dissipating the energy you have on something. It is not necessarily a major link in faith, but it is dissipating the energy you have on something so that you can get back to seeing that situation clearly and bringing back the positive effect you are looking for in your life. So, if you have a lot of emotionality around issues, begin to dissipate that energy because all that energy is doing is creating conflict and

anxiety in your life that lead to emotional and physical disorders, and that causes you to struggle with negativity and fear. You are paying the price for your lack of forgiveness. YOU are, not the energy you are not forgiving. Rather, you are letting that energy be alive and you are giving it permission by your focus on it.

That is how you have wars. That energy has a life of its own, it is invasive and this is why we have come to speak to you of caution. This is why we pray for peace, to dissipate that energy. Do you see the purpose for the meditation for peace? It is not just that you will have total peace, that is a by-product, but it is that you will dissipate that vibration by your upliftment. This is the purpose.

So, the answer is this, no, you don't have to forgive. But, if you don't, then you are the one that ultimately pays the price through the cause and effect you are putting out, in the misalignment of your own psyche and in the energy that you have created for yourself. If you are working with energy, then your purpose is to bring about the positive energy, not to entertain the negative.

This is how the concept of the devil came about, an idea of naming that negative energy and putting off on that energy what humans don't want, to 'own' your own responsibilities. So, historically you have created something so that you could feel victimized from the energy that you, as individuals, were putting out for yourselves. This is a very neat trick and it has worked well. Now the idea is to get beyond that.

So, when you start to conduct your daily lives spiritually, think about what it is you want. If you are burdened down with victimization feelings, unforgiveness, unhappiness, realize that you are creating that energy yourself and start to dissipate it through filling each of those emotions with light, then releasing them. Know that this has to be done on a painstaking and frequent basis so that it becomes a part of your life.

Again, the total energy of your life changes. If you are dealing with your unconscious directly, you are taking care of all of these things in a much more automatic, collective way than focusing on one emotion here and one emotion there. So, if you start to deal with the unconscious, you have more time because you are not dealing with all these little drips and drops you keep cluttering yourselves up with.

So, basically, you are dealing efficiently with your own energy. For those of you who are interested in getting down to basics, using your energy to its highest advantage and increasing positivity in your life, it is to your advantage to get into your unconscious and deal with it. If you do that, all of these other problems in your life begin to fade because you are changing the basic energy of your life. Without that basic change, good comes in spurts because you are attracting what you are putting out.

So, if you are constantly putting out a lot of problems and energy on that, then the level of good you have been working toward in your meditations is dissipated because

you are putting your word out all of the time and you are spending much less time in meditation. The answer to you is that it is up to you, how you deal with the situation. But if you want the energy to change, you will handle the situation accordingly.

Question: What comes up is that this seems like such a powerful situation.

Answer: As you get back to center, you will begin to feel your own source of power again and the situation won't seem so powerful. By not forgiving, you give away your own power because you are creating negative energy in your life. So, you see, what it says to you, that mysterious statement, "Don't give up your power." This statement means 'don't give up the positive energy in your life, don't give somebody else's negativity credibility in your life.' That is giving up your power, giving somebody else's negativity credibility in your life. You give yourself credibility through your own power every day and your own decision about how you are going to conduct your inner life. As within, so without. Absolutely without fail. WITHOUT FAIL. Don't forget that. The system never slips up, cause and effect never misses a step. EVER.

So, the things you think are an accident are simply a manifestation of your own cause and effect showing you a mirror of your own inner life. If you are in an accident, it is the accumulation of negativity you have created. It doesn't mean you set out to have a car accident, but it does mean that you have entertained thoughts of being harmed, that you have undisclosed fears to yourself

about your well-being, and that you don't trust others. So, you invite invasive activity. You have set up the energy for what is occurring in your life. However, all things are energy so they can be changed. Understanding your cause and effect, understanding yourself as light and energy, is probably the most important thing you can do in this incarnation.

Probably the most significant message we can give you is the understanding of yourself as light and energy, therefore, you are a spiritual being. Because that teaches you how to bring the law of cause and effect into favorable action for you.

Question: Can you change it fast?

Answer: That is individual. Sure, it depends on your ability to deal with your own inner self. If you are an individual who has practiced a lot of these avenues and steps, then the tools are going to become more automatic, simpler to use. It is like anything you do. Human beings are remarkable in their ability to adapt to rote, in other words, to internalize things and to spit them out on an automatic level through the activity of your unconscious. So, once those tools become incorporated, things can happen very rapidly, yes.

But it is like any new skill you are learning, it is awkward in the beginning. This is what stops so many people, the newness, the awkwardness, the fear of losing self-control, the fear of loss of control. All of these fears have to be faced, released and persevered through. But this is so

worthwhile because then you are the conductor of your own energy and you have your own power because you are no longer giving credibility to the yardstick of the world, to other people's negativity, and to your own accumulated lifetimes of emotions.

So, you have done a lot of work now, tremendous. Through that your understanding of God totally changes. God becomes a living blessing in your life... your intimate, your companion. When we say "rely on self," we mean rely on the inner self, the spiritual self. God fulfills your life as it was meant to be. These lessons are for your use on a daily and individual basis. They will teach you how to become accustomed to using your tools and manifesting, producing, changing the energy of situations becomes much faster. This is a very valuable lesson to learn. The power you have over your life is extraordinary, but you are not taught that, you are taught other things by well-meaning individuals who also were not taught those things.

Historically, it wasn't convenient for those in world power to let this information be maintained on a human level. Those in power were feeding their own greed, their own emotionality and their own need to control, particularly during Medieval times. Much of the information that empowered people was lifted from as much written material as could be. All of you have those memories of self-empowerment, but you have forgotten them. All of you have those memories of lives in which that was taken from you. The human condition tends to give credibility to suppression because you have been taught this for a long

time, now, and it has become acceptable. But it is not necessary any more. Self-empowerment is the beginning of the road to mastership. Dealing directly with your unconscious is not the end of mastership, but it is a big step in that direction and it is a big part of being a Master. In due course, we are going to tell you what comes after this, because there really is more. But we want you to absorb this material, now.

CHAKRA SPINNING

Question: What about cleaning the chakras by spinning them?

Answer: We don't have a problem with it. It doesn't quite fit in with our system because we want to not focus on chakras individually, which can be limiting. We are really trying to get you to see the big picture that really exists but that human limitation, in so many subtle ways, imposes on you.

CREATING AS A CONSCIOUSNESS

Question: You mentioned earlier that, as humans, we are creating continuously from a personality standpoint. In Spirit you are always creating, but what is the difference in your approach versus ours? Answer: We are creating from wisdom and that is the difference. We are creating from an overall view and an understanding of all of the

elements that you know, but have forgotten in terms of your incarnation on earth. We are creating from light, energy, astrology, Highest Good and from the God force. We are creating from information that is only available through the spiritual energy of God, so that personality, ego and selfishness do not bind us as they do the human form. So, we are creating from an entirely different aspect. This is what we are trying to bring everybody up to in their vibrations, to begin to create from wisdom and intuition so that you are experiencing living consciousness

DREAMS AND DESIRE

Question: What is the difference between dreams and desire, or the inner vibration of knowing what we should be doing for ourselves?

Answer: This a very interesting question. In a sense, they are all inter-related, but desire is the motivator of dreams. Dreams are the concepts, but the actuality that makes dreams happen is that part of you that has a physical, tangible desire for it. That is how manifestation comes about, because you have a connection in your mind that is so strong that you actualize it as you are sending it out. A concept can be very flat. What gives body to your dreams is your desire, your belief in yourself, your wish to make it come true and your need to make it happen.

Desire is closely related to need. The vibration that connects all of that, in our eyes, is the subliminal

connection with Spirit, that ongoing connection with God that really takes place on the deepest unconscious level. This is what we are going to be dealing with over the next four sessions, realizing your connection to God on the internal level, more than having God out in front of you. In other words, what we are trying to do is to stop you from seeing God as outside of you and let God become a living force through you.

Question: I am still unclear as to where you do a meditation... on the desire or on the dream.

Answer: On the dream, definitely. We will start to work on the desire in the next few sessions. The reason we want you to meditate on the dream is that is where your expectations are lodged. The desire comes later. In other words, you have the dream and then in flows desire. So, we want you to approach the dream tonight, the dream itself. Not necessarily your desire for it, but the dream, itself, so that you can begin to look into the inner self and see what has been left unsaid in your life. That is part of the purpose of this meditation, for you to see what feels like it has been untouched, undone. Then you can begin to make some choices about that.

EARTH VIBRATION SHIFT

Question: I understand that the planet has been going through a shift, a vibration raising period lately and I wonder if you might elaborate? Answer: Yes, the world vibration has changed forever. This is quite a statement

to make, is it not? The positivity and the multiplicity of possibilities on your planet have increased by the tens of thousands in just the last few weeks (from January 9, 1991) and it is CONSTANTLY increasing beyond this point. This cannot be expressed enough to any of you who wish to make changes. The possibility of world upliftment has increased by tens of thousands.

This is a remarkable thing for us to reveal through a human vehicle. In the face of all that is going on in your planet today, we know that it seems impossible to believe, but the vibration, as this year concludes and next year opens, will reveal itself even more fully as the planet moves toward the spiritual unification that is the daily upliftment of consciousness and the acceptance of God in your life.

So, as you bring forth your goals now, remember that the possibilities of achievement have increased by tens of thousands of times. Because of the changed vibration of the earth plane, the dramatically increased positivity and multiplicity of possibilities that has been occurring, your possibilities are greatly enhanced, but you must understand that we are speaking of the level of your attunement and vibration, in other words, your understanding of the truth of our words and your resonance to them.

For, if you wish to view yourself as you have been, in limitation, then you impose that limitation upon you and you receive significant no benefit from this changed vibration. So, open your hearts to the truth that the world

vibration has increased, that the multiplicity of possibilities has increased by tens of thousands and is continuing.

EGO AND THE UNCONSCIOUS

Question: You have been talking about the unconscious and never once mentioned the ego and I thought that was kind of exciting. I would like to ask you if the ego is, in fact, a concept that we constructed on this plane of action. We have built a whole school of thought around the concept that the ego is the guardian of the unconscious and is something that we almost have to do battle with, so that it is always the aggressor and the adversary in our relationships with our unconscious. But you never mentioned the ego and it occurred to me that maybe this whole concept of the ego is part of man's negativity and that the true spiritual approach to the unconscious is to look at it in that vein. Is this correct?

Answer: That is exactly right. Some time ago we talked about bringing all factors into alignment through spiritualizing your vision. That was spiritualizing your vision on a conscious level. Now we are trying to go deeper than that as all of the factors come into alignment and the total spiritualization of the life takes place. In this instance, personality and ego are in cooperation with the whole process, so the center that you are looking for is really in your core.

It is not a centeredness of the moment, it is a core centeredness so that there has been a deep internal shift and personality and ego have seen the benefit of alignment. How does that happen? It happens by positive influences coming into the life. Even ego wants to be recognized as a positive influence, for, if you look at ego in itself, what it wants is to be petted and acknowledged.

Ego will, in a sense, thrive as a result of these processes, but in a healthier sense your ego is not working in conflict with you, it is in accord with the inner purpose. That is why we are not dealing with the ego, because it is part of the process of spiritualization of vision that the ego and personality, due to the benefit that is received, begin to focus and be in accord in very subtle ways at first. What happens is that the total 'you' changes.

This is a big commitment and part of the fear of spiritualizing your vision is that you will lose yourself. This is where so many stop at mastership. They come up to the door and then the need to control the human condition takes over and the little self, the lower ego, is afraid that it will be lost.

Question: Negativity comes from the unconscious and the ego is interested in maintaining the status quo. What are the messages then to the ego with this new input of spirituality?

Answer: The ego will see that it is acting in a positive way, that, through positivity, the ego can get the strokes and the acknowledgement, through personality, that it is

looking for. In other words when things are going well, you are saying to the inner self, to all senses of the self, "This is pretty wonderful." The ego hears that and thinks it is specifically for it. So, in a sense, what you are doing is skirting the ego. But the ego sees itself in a new way as a new force and is willing to cooperate because of its need for recognition.

Negative recognition doesn't feel that good to the ego. Another thing that needs to be understood is that the ego isn't necessarily an activity of negativity. It has absorbed negativity from the unconscious and through the continuous feedback in the life that negativity is what makes you happy, and that is what you are going to reward the ego with. You see, the ego learns the lesson, too, that you are learning. So, you are learning on the personality, ego, unconscious and conscious levels. The benefits of spirituality in your life and God, in other words, is coming in direct line through every element in your being instead of traveling a winding path. If you are not traveling a winding path, cause and effect is automatically going to come into your life much more directly and abundance is automatically going to start to flow because you are no longer doing a snake dance. This takes tremendous practice.

Again, let us not try to fool you, this is a huge undertaking, but it is a tremendously worthwhile one and can be done. The mechanics are not hard, but what is hard is to persist even when things don't seem to be turning out just right. It is hard to persist through those moments when your human expectations pop in. If you

can persist through those moments with faith and positivity, cleaning your unconscious, then you have the activity of mysterious good in your lives. Do you see this process now? It is really simple, but where so many stop is faith and persistence. You must believe in yourselves as spiritual. You must recognize yourself as that. Again, all of these elements must come into accord.

Now, on the unconscious, you will begin to develop an understanding from the within of your spirituality, but it does not hurt to make an effort to see your own spirituality on a conscious level. Quite some time ago we spoke of recognizing your own spirituality and of your position in the Universe changing as a result. But your 'position in the Universe change' occurs because you have changed. Nothing else has changed, but you have changed.

So then, how you see the cause and effect in your life alters and so there is an axis shift of your total life. All of the steps that we have been feeding you are opportunities for you, on different levels, to begin to work with the self, and then you are ready to come to the point of dealing directly with your unconscious. But this does take fortitude, it takes a willingness to be honest and to step inside yourself on the deepest level and look at what might be there, lurking around, that you don't want to see. This is why it is running you, because you don't want to see it. Many of you are going to find there is nothing bad in there.

What IS lurking is simply emotions that you don't need. Now this does not mean that you won't have emotional experiences, but it does mean that those emotions of "I'm good," "I'm bad," "Today is fine," "Today is awful," "I don't have well-being." It means that all of those emotions are what you need to look at. You are not looking at an evil unconscious, you are simply looking at what has happened to you through many lifetimes and the level of negativity that you have absorbed. You simply begin to eradicate all of that and step above it with light instead of saying, "Oh, my goodness, look what has happened to me." You are now in charge, you step into your unconscious and you begin to deal with all of the things that have happened to you. So, you are truly in charge of your lives, you are not controlled by your past lives, or by your expectations. You are controlled by your ability to bless yourself and to lead into the multiplicity of possibilities. The whole process is more than worthwhile, but the human condition, as we call it, wants to step in and stop it, and this is where faith, persistence and discipline must take place.

EMOTIONAL BODY

Question: What is called the 'emotional body,' is that a part of the energy.

Answer: It is often treated with more separation than we would like, but it is not to say that the system doesn't work because it still interested in dealing with energy. It

is simply another avenue. It is often dealt with as a block to be removed instead of as a level of energy to be released. Again, in many ways, this is hair-splitting and simply a difference in technique and view. Our techniques fit in with the system of information we have supplied, but this is not to say that you could not use other information successfully. Once again, spiritual tools can be used in combination with each other. So, if you find other avenues of spirituality that address your inner being and fit in with things you are doing, it is most appropriate to use them.

Question: I think my major question is the relation of the unconscious to the emotional body.

Answer: The unconscious is filled with many things besides just emotions, so the emotional body is an aspect of the unconscious, but it is not the total make-up of the unconscious. The unconscious also has a great deal to do with the essence of you, the 'you' that is eternal. This is what you want to address and this is why we are not dealing so concretely with emotions. Rather, we say release the emotions through forgiveness.

ENERGIZING AN ISSUE

Question: How do I energize an issue?

Answer: That is a problem for people... to begin to take the elements of their life, release them to Highest Good and let them return in manifested form. For, what often

happens is that you get stuck in the issue, in the middle of the issue, and so nothing seems to be happening. You have to step out of that. Basically, in answer to your question, how you energize an issue is to rise above it in thought and to look down on it, which allows you to see the issue in its true context. If the issue is very important to you, it tends to envelope the whole life and that is not usually the reality. There is more to reality than one issue.

EXPECTATIONS

Question: When you talk about the difference between expectations and dreams, are you talking about the same concept as putting out an idea to materialize without being specific about it? In other words, letting Highest Good determine the form, the substance of how this dream or idea or concept would eventually materialize. Is that what you are talking about, and are you then saying that if you start filling in all the requirements and providing the shape to it, that is when the expectations come in? And without doing that you are putting out expectations?

Answer: What you are putting in is pure form from your heart. That is the resonance you are looking for, to bring back into your life the manifested reality. That is right.

Question: In that same vein, on the earth plane almost all of a person's activities are, in fact, expectations about career, relationship and family. Answer: Yes. More than

the expectations, are the attachments that humans have to their fantasies connected to their expectations. This is a great stumbling block in moving forward. It is the attachment to the idea of your fantasies. In other words, how you have conceptualized over a period of years how things should be and your attachment to that. This does fill your planet.

Question: So, it is entirely possible that, in this physical dimension that we inhabit now, at some point it would look totally different if in fact there were this spiritual awakening that we are involved with and that all these things that we now are "attached to" and our expectations as part of that, as they fall away, that it would be a totally different world?

Answer: Not only in appearance, but lets talk about the inner realms, how life is perceived. That is why the outer would be different. The whole perception of yourself and life in general would be different, that is right. This is coming, but before all of this happens, many incarnations will have taken place. But this is the beginning of the spiritual unification of the world that we see coming about as this new vibration enters in January (1991). This is the beginning and we see the millennium up about March 3rd, in the very early phases of March. All of these perceptions and changes as to how people view their inner life will start to come about on a world wide level. Now, let us say to you that this is quite subtle. This is all very subtle. We are speaking to you of one's self, of subtleties and nuances at this stage, not a startling, uplifting world conscious unification. That is off in the

future. But we see such a change that we are willing to donate however much time it takes to bring this about, for humanity is moving forward at such a pace that we have great hope.

EXERCISES WITH LIGHT

Question: ??

Answer: We are really trying to get you to see the big picture that really exists but that human limitation, in so many subtle ways, imposes on you.

There is another thing you can do for yourself and you can do this at intermittent times. For those of you who watch television, for those focusing your attention on a screen or some other single activity for a period of time, just begin to see the room filling up with light and see the actual movement of walls. This will teach you a deal about reality... if you can begin to see the true nature of everything... as a collection of atoms that are congregated together for your convenience. Spirit flows through all of that activity.

Everything in your life is composed of light and spirit, everything. When you can begin to see the fluidity of everything around you... and once again, remember how that feels when you are dealing with problems. The problems are not any different than a physical object like a wall, they simply appear to be different. They appear to be insurmountable, as it appears impossible to go

through that wall or to see it as movement. So, these exercises are teachers to you of what really is going on all around you that human limitation says does not exist. Your human limitation is going to tell you that is a solid wall, not that it is a collection of molecules and that it is really light and is continuously moving.

FILLING WITH LIGHT

Question: Can one just work with filling the body with light and not consciously recognize the negativity and all of that? Will that have the same effect? Is that just as good?

Answer: We think it is. Again, this is up to you individually, whether you want to learn these things about yourself or not. Some souls find it very difficult to deal with their personal styles and we are not here to get you stuck in dealing with that. What we want you to do is to release the negative aspects, the fears, the expectations, and to move forward in your growth. There are counselors who will help you release your negative styles, but we want you to move forward as quickly as possible. So, rather than have you focus on that, we say it is very effective to release your negative styles and this will move you forward faster.

FORGIVENESS

(FIRST, HOW TO FORGIVE)

Question: When I am in a situation that calls for not being fearful, but being positive and integrating (concepts that I understand intellectually), I do the exact opposite of what I know in my heart, mind and soul, and that really don't help me. I am wondering how to deal with those situations in that moment when they arise? How to forgive in that moment when it actually comes about every day?

Answer: We would like to say a couple of things. It is ideal to handle things as they come up, but this is not always possible because the human personality sometimes moves in so forcefully that you momentarily lose your connection with the inner self. That is what is happening, why that anxiety comes up, why that moment of lack of understanding and that willfulness comes up and says that you can't do it at that moment. When these things occur, the simplest way is to withdraw from the situation momentarily, if at all possible, and acknowledge yourself as a spiritual being.

Again, that puts you back in attunement, puts personality back in perspective and allows you to open up all of those avenues that anxiety is cutting off. You do that (and this can be done in confrontation if you are disciplined enough) simply by looking away, breaking your contact with what is confronting you, stopping that human mesmerization that is occurring and simply giving

yourself a moment to recognize that you are a spiritual being. That is all.

Question: One of the most significant things you said in this session was that the doorway to the unconscious was through love and forgiveness. I see one aspect of forgiveness as being the act of giving love, but I am not clear on the word 'forgiveness' in our human condition. It tends to suggest that we are going to forgive for something that was done to us or to forgive for the lack of something. I am not really sure what you are saying in addressing the subconscious.

Answer: It is to forgive your feelings around things more than anything. Not the actuality, but your perceptions and feelings around issues that have soaked into the subconscious. For example, old hurts, old wounds, old ideas that have been taught to you about how life should be. Ideas that life should be difficult, that the path is strewn with potholes. All of these ideas soak into the subconscious and are surrounded by considerable emotion. So, when you use forgiveness, you are lifting the emotionality out of the subconscious. That is our purpose, to help you lift that emotionality out of the subconscious so that the avenue is opened up.

Question: What would the message be in terms of what you are saying? How does one talk to oneself in a forgiving manner? Is it the same thing as loving yourself and seeing yourself as above those limitations? Answer: That is acceptable and would certainly work. The other aspect of that, especially before you go to sleep and the

moment before you engage in sleep, is to simply close your eyes and see yourself as free of all emotional conditions that have surrounded your life. An even shorter method than that is to send yourself a loving pink light and say to your deeper self, "I open my heart to all conditions that have previously held me back, I forgive all circumstances and conditions that have upset me, that have caused me difficulty and that have created stumbling blocks heretofore, and I open the door through forgiveness to my complete connection with Spirit." As time goes on, you will simply be able to close your eyes, send yourself pink light and say, "I forgive and open myself to my connection with Spirit." You will start to feel that automatic connection. What we are teaching you is to change your thought processes, your habit patterns and your ways of dealing with your unconscious.

All of these tools we are giving you are skills to open the door to living more spiritually and they can be shortened. As time goes on, you will simply not need such a lengthy introduction to the self. You will find that it simply becomes easier with practice and shortens in and of itself. But, prior to sleep is a perfect time to begin to induce connection with Spirit and with your positivity in caring about yourself. Any time you use your personal color, you are attuning your vibrations and setting yourself free from your present circumstances. But then the human condition takes over and this is why we want you to begin to work with the unconscious. So, the idea is to begin to practice these steps frequently, with regularity, with great compassion for the self and with patience.

Question: When you are saying that we should use this (method of applying forgiveness to the self) at night before we go to bed, is it at all important to understand where some of these patterns that are so deeply embedded in our emotions come from?

Answer: If you will use some of the meditations that we have done in the last two workshops (chapters), you will find that they are geared toward that. It depends on how you use your tools. Some people must understand every detail and others can simply allow the emotionality to be disposed of. So this is an individual thing. We don't think it's necessary to understand where those patterns come from. We really don't. But if the personality is totally involved with that need to understand, then taking things out through the third eye, looking back at yourself, looking at your habit patterns and dealing with them on that level can only be one more step to opening this door we are disclosing in this session. So, you can do it in subtle ways, or you can be aggressive. It depends on your style. Once again, we want you to be creative with your tools, to employ them individually, to develop your own spiritual style, your own relationship with God, not one that has been handed down, not one that has been given to you where 'it must feel and be this way,' but your personal understanding and intimacy with God. This is what all of our tools are designed to do, to take you out of the old ideas and into a creative new way of living spiritually. So you know best how you are going to approach your unconscious, your habit patterns and the way you want to conduct your life. Again, all the

responsibility basically rests with you. We give you the tools and then you follow through to implement them into living action in your life.

FULL SPIRITUALIZATION

Question: The way human beings have viewed things is that the unconscious itself is filled with the collective experiences of our lifetimes, including all of the emotions and negativity that we have absorbed. As humans without the spiritual focus, we become the collective unconscious.

Answer: You become vehicles for your emotions.

Question: So, consequently, the message that I am hearing you say over and over again is to know who you are. And, if you accept yourself as a spiritual being, then you begin to shift your focus away from that whole collective unconscious which is your humanness and recognize who you are. Is that what you are saying? Is that the spiritualization of the unconscious?

Answer: It is part of it. Let us say it is a major step along the way. But what will happen, if you continue in this path, is that mind, body and spirit eventually feel totally unified. In other words, even your cells begin to feel spiritual. This can be a very interesting experience at the individual level, for again, it takes you to a new level of vibration and understanding. How you experience that is quite individual. The focus is that the spiritualized vision starts to see itself as you are seeing yourself, as a

spiritual being living out a human condition, but with spiritual truths and a spiritual body of information, Highest Good, the God force, all flowing through you, through the avenue of your unconscious subliminal connection with the multiplicity of possibilities. This is what spiritualization of your vision will begin to truly show you, how much more there is for you.

GIVING THANKS

Question: ??

Answer: We would simply remind you to let your thanks be a living blessing to you every day. Let that gratitude flow through your unconscious, for that is a living prayer that acknowledges to God that you recognize the spirituality and activity of Spirit in your life. That truly is what the phrase 'thank you' is about, it is a blessing to another, not just for their service, but for the activity in their lives and yours. So, whenever you thank another, or whenever you give thanks, realize that it is a blessing and let that blessing multiply itself many times in your lives.

HIGHEST GOOD

Question: When do you know that Highest Good has stepped in and you no longer have to keep manifesting something? Is there any way we can gauge that?

Answer: One should always persist in manifestation, always persist, but to always leave the avenue for Highest Good open. In other words, this goes back to expectations, again. What one is doing is persisting in positivity and faith that Highest Good will render the most equitable, suitable and long lasting effect, whereas expectations tends to bring in satisfaction for the moment. This is why we tell you to become aware of your inner self, to cleanse the inner self so that all of these particles, unforgiveness, expectations, lack of self-concept, so that all of these things stop coloring what you are sending the Universe, so that what you are really sending is a pure form of positivity, acceptance of Highest Good and the stream of God in your life.

LIFE AFTER DEATH

Question: I want a glimpse of the hereafter, I want to know what you see for us and to know what our life is going to be after death.

Answer: There are several answers we can give you. The overlay of spiritual dimension is an expansion of your own awareness of wisdom, beauty and the God presence. But what is manifested has a great deal to do with your thinking throughout your life and at the time of your death. This has been set down in many Eastern religions, the importance of consciousness at the time of death. Now, this is not always possible and so this is the reason to keep your unconscious spiritualized.

So, your purpose is more important than what really is apparent, it is to experience as much spirituality as possible, to open up to the infinity, the multiplicity of spiritual possibilities. To go into Spirit with the concept of limitation can cause that limitation to act as another focus. It is not that you have brought negativity with you, but it takes time for your spirituality to unfold before your spiritual eyes.

In other words, it takes longer for you to be aware of the presence of God. Many go into Spirit with their spiritualized souls, but with a view of limitation. But that is not really the question, the question is what happens at the moment of death? There is always great light at the moment of death and yes, we come and greet you, love is given and there is no need to be afraid. You enter into light and we come for you. In other words, if at all possible on an intuitive level, you will hear us speaking. Many, many who are in a coma are with us and receive our message that we are coming.

So really, even though they are not with their family, their entrance into Spirit can be quite magnificent because of the preparation before the actual moment of death. Again, the willingness to be open to all of the light possible and the gifts of God as you transition into death are very significant in how your spirit will view what is necessary for you. You are still in charge because you don't 'die,' as you understand it, the buck stops with you even after you transition.

So, you are always you in your deepest self, and you and your soul make many assessments. It is not as if spiritual entities rush up to you at the moment of death and impress new ideas upon you, but it is YOU expanding into all that is available. All that is spiritually accomplished, as you work in this life, becomes part of what happens after death. The moment of death, even though there is not conscious awareness that it is coming, can be quite beautiful, but the opportunity to prepare is a wonderful gift and it is often a sign of great spiritual maturity, even though it may not seem so to earth eyes.

TRAMATIC DEATHS: (From a Private Reading of July 25, 98) Healing is immediate. The sense of separation is the key. In every aspect, we are provided with an opportunity for growth. (And, as has been mentioned elsewhere in these works, there are many that incarnate just for the tremendous opportunity for soul growth possible through the "death" process.)

LOOKING INTO THE HEART

Question: In the beginning of the meditation, you said to go into the heart that we guard so closely. I cried so hard I never could get past the tears into my heart. How do I do this?

Answer: Practice, and letting the tears come. So much of what we want you to understand is that this is ongoing, that it is a process and it is simply a tool. There is a lot of

grief when people look into their hearts because of the expectations that they have not met and the feelings about them. Once you are past that, then you can look in your heart with quite a bit of objectivity. A lot of what happens to people is that they feel that their life has not come to the point that they wanted it to, so when they look into the heart they expect to find defeat.

So, the process is to let it all go, not to let old expectations get in the way and to understand that some of that grief is related to things that you wanted to happen and did not, felt that should have happened, and has not. Just simply let that pass from you.

MANIFESTING

Question: In regard to manifesting what you desire or want to change in your life, how do you go about this? Is there a wording or thought form that you should use?

Answer: Again, we would refer you to our first book "Living Life Radiantly...". There is a step-by-step process in manifestation. But again, on the simple plane of action, you are manifesting all of the time, because you are speaking your word. We have spoken of this many times before, that your thoughts, actions, words and deeds go before you in everything that happens in the Universe. So, when you are manifesting, you are clear on what it is you want; you are open to Highest Good, but you are putting out your word to the Universe constantly. You are always manifesting. Manifestation requires steps and stages

when you sit down to begin to bring details into your life that you would like to reach a resolution to. We teach manifestation through meditation. We also teach that one of the principles of beginning to understand yourself is to keep a journal of your miscellaneous thoughts over a period of a month or so.

When you review them, the picture those thoughts brings starts to teach you the trend that your life is taking and will let you see some of the inner purpose that you are looking for in manifestation. As that inner purpose develops, then you become very focused and manifestation happens quite quickly. But, if you are in conflict, the manifestation becomes muddy and the results aren't particularly satisfactory.

So, the primary aspect to manifesting is to be focused, to speak your word clearly, to know from the deepest self that you are working toward something that your intuition tells you is truly right for you. Then you bring it out into the Universe through your thoughts and words, through your meditation, through light, through energy and you let it return to you in its highest form. How you manifest is an individual thing. Masters simply closed their eyes, saw themselves as light and, with energy, transmuted circumstances into miracles, it is simply a change of energy. However, this takes a great deal of spiritual upliftment before such things are actualized on your plane.

So, to begin to see yourselves in this way (as light) is a tremendous step forward. So how you do your

manifesting... if it is easier for you to see yourself as light, to manifest your idea from the light out and let that light flow back into you while opening yourself totally to Highest Good and the God force, we are most accepting of that. We are simply trying to define ways for you to begin to use these steps. As you begin to use them on a frequent basis, you will find you make your own changes, your own adjustments. Spirituality is a very personal thing. We are not here to say that you must do each thing in a specific way. What we are trying to give you, again, are tools for your use. So, don't become stuck in the method, for that detracts from the whole concept of seeing yourself as moving.

MEDITATION & PRAYER POSITIONS

Question: That first exercise we did on stretching, there are a lot of the historical Buddha statues around where the Buddha is standing up, stretching, with arms outstretched, face up. That position reminded me of those statues.

Answer: The concept is this: There are several things, it is the position of receiving and it is also the position, although not used in your country (USA), of prayer where you are opening yourself to God, rather than closing yourself off. So, there is another concept, there is another position to pray in. However, for the Western world that seeks comfort, it is easier to fold the hands. This is not necessarily incorrect, it is simply that the God energy can

run through you as you open your palms out. So this is really the purpose and part of why you are seeing that replication.

Question: Normally in meditation I have found my hands moving into this opening-up position automatically, with a lot of energy flowing through me.

Answer: Yes, there is another simple way to do this: Open the palms out to receive, stop holding the hands toward the body... you are stopping the energy with these movements, open yourself however you can. Part of what has happened in the world you are living in is that the concept that the world is a negative place keeps people from opening themselves to energy. They are afraid that, if they open up, evil and negativity are going to flow in. If you are working with light and energy, then that is not going to happen.

Also, if you entertain the fear of negativity, again, the law of cause and effect never fails, and you are going to get it. You want to keep that negativity moving out of your body and keep yourself open and loving, so hold your palms out. How about this abundance you all want? Open up to it. Physically open up to the things you want. Stop holding your bodies off. This is how illness is caused, this is how fear gets trapped in your body. Stop closing your bodies off.

Again, let us just say one thing. You may have to go at this with some degree of patience and practice, for if you have had a closed body for a long time you may not be

comfortable with your body open. Again, feel what is good for you. Feel the pace you can work at as an individual and never be hard on yourself about it. Your growth is what you are here to do in your own good time.

Beating yourself up simply brings in more negativity, lowers your self-esteem and cuts your self empowerment in half. Remember, to feel self empowered is to feel a personal sense of dignity, self-worth and love for the self, so don't do anything in any way that stops those things. If you find those words coming out of your mouth, release them and bring other words out of your mouth. Begin to think of yourself as a channel of energy and light, as a vehicle for things that are moving through you, because they always are.

The problem is that you are not taught that and so the energy becomes stuck in the body, you become sponges for negativity and you separated from your spirituality and self-empowerment. We are going to teach you to no longer be sponges and no longer to be hard on yourself. You can move that light and energy through you, you can be self-empowered, open your hands up as much as possible and just feel that universal energy. If you need to feel this abundance, if you want to use an abundant light, use gold. Just see that tremendous river coming through you. Remember, abundance is not a trickle.

We see so many of you meditating for abundance and we see this (shows two fingers just barely apart) and this is all you get and you are working very hard for this. Remember, you are putting out the same amount of effort

for a trickle as for a greater expanse of abundance to come to you.

So, when you start to use your tools and you are doing the job for yourself, start to see yourself as manifesting a lot, as creating things at an accelerated pace, if that suits you... and in multiplicity, not in the singular. Give up the trickle, give up holding your hands inward, stop the physical closing off of the body.

MEDITATION INTO THE SUBCONSCIOUS

Question: With respect to the meditation you had in the last session, concerning going into your subconscious, how can we be sure that we are not fooling ourselves about going into the subconscious, when we may or may not?

Answer: One of the reasons we suggest you do it with the meditation is that there are significant steps to take you through the door into your unconscious... so you are there because of the steps you have taken. It is normally not easy for someone to sit down and enter their subconscious without some outside help. But, again, this is individual. If you find that you are able to sit down and enter into your deepest self and take a look at it without the need for a tool like a meditation, that is certainly fine. But the object of the meditation is to bring you into such a level that if you follow the meditation, you are going to be in your subconscious. Now, the fundamental issue here is not knowing whether you are in your

unconscious, the fundamental issue is do you trust yourself?

That is the bottom line. Do you trust yourself and do you have enough respect for yourself to know that, of course, you are in your subconscious because you are going to approach this meditation with openness, with integrity and with intent. So, that is the purpose of every meditation that you do in connection with our work, that you approach it with openness, integrity and intent to fulfill the object of the meditation. In other words, we give you meditations that are designed to bring about results.

The meditations coming out of this workshop are specifically designed to bring about results, to help you use your tools creatively and to help you move major 'blocks' out of the way. That is our purpose. Also, our talk in this session was the bridge from last session, into the next session and into the workshops that are coming. The material that was presented is meant to fill out and provide additional information.

But the business of self-empowerment is about trusting yourself. It is important to approach these meditations with a sense of your own personal dignity. This is what spirituality is about, understanding your own personal dignity and letting that live for you. Self-empowered individuals have a sense of worth and dignity that comes from an understanding of themselves as spiritual, as unique and creative. This is something that is theirs, despite their circumstances. Again, as the inner

connections are made, circumstances will change in the life to reflect it. This is automatic.

MISSING BACKGROUND FOR WORKSHOPS

Question: I feel handicapped in that I have not been in on these sessions from the beginning.

Answer: It is difficult to fill in the spaces and we agree with that. But what we want you to do is also understand that through your own wisdom, a lot of this information can come to you through other channels besides what you read. For anyone who feels that there are pieces of information missing, go back inside themselves as you do these exercises, open up a little more fully and let this wisdom and information supply you with what you need to hear. We want to stress, again, that this is individual for each of you. The concepts we have laid down are for your understanding, THEY ARE NOT HARD AND FAST RULES. They are for your understanding in dealing with yourselves as empowered and as individuals. So, by all means, go back through the literature that is available for those earlier classes, but also see what you can get through your own channels of wisdom.

NEGATIVE THOUGHTS

Question: As I examine my negative thoughts, I seem to become bogged down in them. Then the ability to love

yourself is very difficult when you see such negativity. How does one continue to do this and love oneself more?

Answer: This takes practice, especially on your plane of action. This is not an over-simplified answer to this question. Loving yourself more takes practice. Using your spiritual tools takes dedication. What each of you must do when you find yourself in negativity is to begin to take a few moments and acknowledge yourself as a spiritual being. The premise of this is that it takes you out of your humanhood and it is your humanhood that is keeping you bogged down in unloving thoughts. You can do this in a moment simply by allowing yourself to acknowledge yourself as a spiritual being, as a being of light and energy. As you practice this, once again, it alters your thoughts about yourself, so it fits in combination with everything we have said. You begin to alter the bundles of patterns by acknowledging yourself as a spiritual being. It is most certainly all right to take a moment and send yourself love.

So many of you are very generous in that you send others love and this is part of your spiritual duties, but you often forget yourself. As you acknowledge yourself as a spiritual being, allow yourself to do so lovingly. It is not to say that you gnash your teeth when in consternation and affirm that you are a spiritual being. We want you to step out of affirmation. Rather, know that you are a spiritual being and that as such, you are love itself.

PERSONALIZING GOD

Question: You made a statement that God wants the best for us. That, in some way in my mind, makes me personalize God. I think I need some understanding as to why this is?

Answer: Because of perfection. In perfection there is only Highest Good. So, to say 'God wants the best,' it is better to say, 'God is the best.' It is true 'wants' would make you think that Spirit is looking at your individuality, rather than experiencing you as energy. To depersonalize God simply allows you to lift your limitations, it does not mean that God is any less available. Rather, it means that your opportunities to experience God magnify and grow. For, if you are picturing a limited God, then the life experience is limited. It is automatic.

So, give up your limitations and expectations and see what mysterious occurrences open for you, how doors open... not you telling a door to open, but that a door opens and the solutions present themselves.

POLITICAL OPTIONS

Question: We talk about inner growth and dealing with the outer, for example, peace. What about political options? Is there a real place for that or is it really better to just focus on the spiritual level?

Answer: Again, the answer to that is that this is individual. For those of you who wish to work in worldly ways, using your spiritual tools, yes, this is certainly appropriate. Take a look at what your interests are and how you can benefit your world through your interests and the avenues that are available to you through using your spiritual tools

SELF DISCIPLINE

Question: As we rid ourselves of the negative thoughts, anxieties, fears and remove the emotionality from our unconscious, can we see immediate changes in the type of energy that we begin to attract? Is this something that comes readily if you really cleanse this area?

Answer: On the inner plane, yes. You should begin to experience a greater sense of joy and beauty in the life and this will automatically put you in alignment with positivity coming in. But you want to make sure that sense of joy and beauty is continuous. And again this is part of the problem, you might experience it for thirty minutes and then the rush of your emotionality comes in. So this again is a serious step and a step that requires the utmost in self discipline.

Self discipline is the predecessor of mastership and it requires a willingness to make yourself available to use your tools. What you are always looking for, as an indicator, is that continuous flow. That is a way for you to know that your intuition is opening up and that you are

connecting, that you are experiencing a subliminal connection with God, for you have been opening the door to an aspect of God that belongs to you, joy and beauty.

SUBCONSCIOUS/UNCONSCIOUS

Question: You have been using subconscious and unconscious quite a bit. Just for the record, you see no differentiation between those two words from our vocabulary?

Answer: That is correct. We are using them as interchangeable.

THIRD EYE VS. CROWN CHAKRA

Question: What is the difference between taking in light through the third eye and the crown chakra?

Answer: It is not so much a difference (and we wouldn't find that inappropriate either), but is simply easier for people to visualize the third eye and it seems to work on a broader scope on your plane of action. Also, it is easier for people to visualize something in front of them rather than on top of their head. So, it really is a mechanical thing that we are speaking of in this sense.

THOUGHTS

Question: We wondered why, at the end of the meditation, we are closing our top chakra? Because, if we want the light to flow through us, we are closing it off. In some way in our minds, there is a conflict of images.

Answer: Part of the purpose of this is the stage of growth you are at as a group. Rather than keeping the chakras open all of the time, it is appropriate to let your energy re-adjust itself as the day goes on. In other words, taking in a lot of light all of the time, if you are not accustomed to do it, can bring about physical problems. This is what we are trying to avoid.

Understand that each meditation is for your individual use. If you come to a juncture where you feel that you are ready to move forward, and leaving your chakras open feels appropriate do so, make those decisions yourself. We don't want anyone to be confined into thinking that each step must be done exactly as it is given. This is where your personal and unique creativity comes in. This is where your self-empowerment begins to take place. You can make these steps, you can make these choices and decisions. And, as you start to live from your own sense of how your life should be conducted spiritually, your connection to Spirit is going to be much more powerful for you, because you are not limiting yourself to what an individual body of information or teaching gives you. Instead, you are opening up you to the inner self and to possibilities. A lot of people are not ready to keep their chakras open all of the time. That takes a lot of

awareness, and a lot of attunement. That is why, in these early meditations, we are having you close your chakras.

VORTEX OF LIGHT

Question: In the past you spoke of using a vortex of light. Could you explain that more fully?

Answer: This is a concept that we presented in our first book, "Living Life Radiantly, Tools for Personal Development," and it is a step toward what we are teaching here. It is a very appropriate and powerful tool and it is the beginning of seeing yourself as light, but it is a simpler aspect than the one we taught in this session. In opening the vortex of light, what we ask you to do is to sit back in meditation and, through your third eye, you are literally opening the avenue of good that is flowing through you. You are holding your arms out and you are creating a vortex. This is another way for you to begin to understand the influence of light and energy in your life. A vortex is a whirling, swirling energy mass. The idea of using the vortex is that you see things coming to you in movement.

Now, if this is confusing to you, you can also simply open an avenue. Using the word 'vortex' is supposed to give you the idea of motion in your life. But some people find that energy unsettling so you can also simply, through the third eye, open your arms and let that energy come through you and return it to the Universe.

So, again, you are beginning the masterly step of energizing things through an avenue, through a vortex, through something that you yourself have created, something that is alive with light and energy. It is the beginning of seeing concepts, ideas and activities in your life as moving forward, as flowing through you in an energy mass and as returning back out into the Universe. That is what the vortex is about, opening that 'V,' opening that energy mass and letting it come through you. This is very helpful and not as taxing as what we taught in this session. Those preliminary steps that we taught are most helpful and often lay the ground work for the works we are presenting in this book.

WORDS & THOUGHTS

Question: How much more powerful are words than thoughts?

Answer: They both play a very important part. Thoughts have to be considered in that people think things and don't acknowledge them. This is the secret power of thoughts and why we want you to fill yourself with light and get those dark corners and crevices out. That is part of the purpose of this exercise.

So, thoughts are very powerful. To say one is more powerful than the other is not necessarily true for it often depends on the individual style. Certain people will energize their thoughts more than their words, others will

energize their words and be passive in their thought processes.

So, this is quite individual and it requires the platform of honesty and integrity with yourself and looking at what you are hiding from yourself. What are the negative thoughts? What are those things that are running you that you are not looking at? If you can bring those out into the light individually, that is an excellent learning experience. But, if not, it is most acceptable to simply release them to the light and fill those places with light. However, you must be willing to see your entire physical form in this exercise, not be afraid of the degree of darkness you see and to release that. Many want to hide that from themselves. But under the darkness lies the light of Spirit.

So all you are doing is uncovering layer after layer so that you come to the true nature of yourself, your spirituality. So, thoughts, actions, words and deeds all count. All are important. They all tell you something about yourself, what your personal style is and how you deal with these issues in your life.

WORLD WIDE MOVEMENT

Question: Sitting here in California, in America, which is a relatively comfortable culture, it is easier, perhaps, for us to have the freedom and the liberty and so on to make this kind of a quest. What about other parts of the world? How is this process happening in other cultures? Are

there other groups of people like this in other parts of the world that are being exposed to all of this?

Answer: In different ways, yes, there are. Even through some organized religions some of this is happening in other parts of the world, as spiritual truths are revealed to those who are able to disseminate information to the general public. It is happening in many ways. Sometimes it happens conversationally from individual to individual. This is not taking place in one way. It is taking place through intuition, through insights, through inspiration, conversation, direct group action like this, through the restructuring of religious concepts. So, in many ways, the subtleties and nuances of the world are changing.

In other words, the world vision of itself is changing. This is what we are speaking about when we speak of a consciousness change. You are all part of these movements throughout your planet and your daily activity with others. And your interactions and your willingness to uplift bring this about. So, once again, no life is insignificant in this effort, no life. Each of you makes a daily contribution to the spiritual unification of the world in ways you do not even realize. So, blessings flow from us to you for your efforts and great beauty should be coming to each of you in different ways.

The period preceding Christmas on your planet is a time of great light and upliftment and so all things are conjuncting in such a way as to bring about a tremendous shift. We would only wish that it could happen all at once and that you would see what we see,

but because of limitation it must come through subtleties and nuances. The work takes diligence and persistence for us and openness and willingness to persist and have faith on your part.

So, it is a joint action from our dimension to your dimension to bring about all of this that comes to your planet for generations to come. It is so important. Know that each of you make your daily contribution to the benefit of your planet and that it can only increase your vibration and the good that comes to you because of the positivity that you are creating in your own life.

YOU AS A SPIRITUAL BEING

Question: What specifically do you recommend in order to acknowledge yourself as a spiritual being?

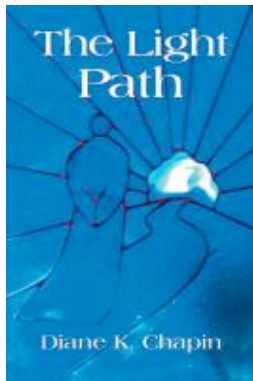
Answer: We see this as individual, but we will give you a generalization. Each of you are going to experience your spirituality differently, so you are going to acknowledge that spirituality in an individual way. What can be done is simply the stepping away from your momentary activity, even if it is simply to look out a window. Briefly close your eyes, see yourself as light and say to yourself, "I am a spiritual being." But you are not saying it in a rhetorical sense. You must FEEL that you are a spiritual being worthy of love. Not only worthy of love, but as a spiritual being, you are PART OF eternal love. So, as you bring that in momentarily, know that what you are bringing into

yourself, as you acknowledge your own spirituality, is a refreshing moment of eternal love.

Then what you are doing is constantly altering those thought processes that, in your human condition, will tell you that you are less than others, that you are unfortunate, or that life isn't going well. This takes continuous reinforcement to alter long-time patterns. Remember, it has taken a period of years in this incarnation for each of you to absorb those negative patterns. Now you must spend some time to restructure how you view yourself and your human condition and how your thoughts are constructed. Once again, it requires loving patience with yourself, but you can always refresh yourself with viewing your personal color, with acknowledging yourself as a spiritual being and with taking a moment to let universal love flow through you... and that is done through the taking in of light.

Try to experience these moments for yourself. This is the problem of regularity, for on the human plane if you do something regularly, you tend to deny its importance. This is why we want you to use different tools, different light to give yourself variety, so that you will continue to focus on the importance of what you are doing. Otherwise, it becomes another routine in your life and you do not receive the maximum benefit. Yes, you are going to benefit. Anytime you use light and energy you are going to benefit, but we want you to maximize all of the benefits of your tools.

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In book 8 of this series, The Buddha Consciousness provides direct examples of Masterful actions, including 20 of guided meditations. This is the step into magic, the step into making your life sparkle. This is about broad steps that take you beyond the human condition. When your heart truly wishes something, then you have all of the elements that are so important in creating in your life: Clarity, conviction, purpose and intent.

The Light Path

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