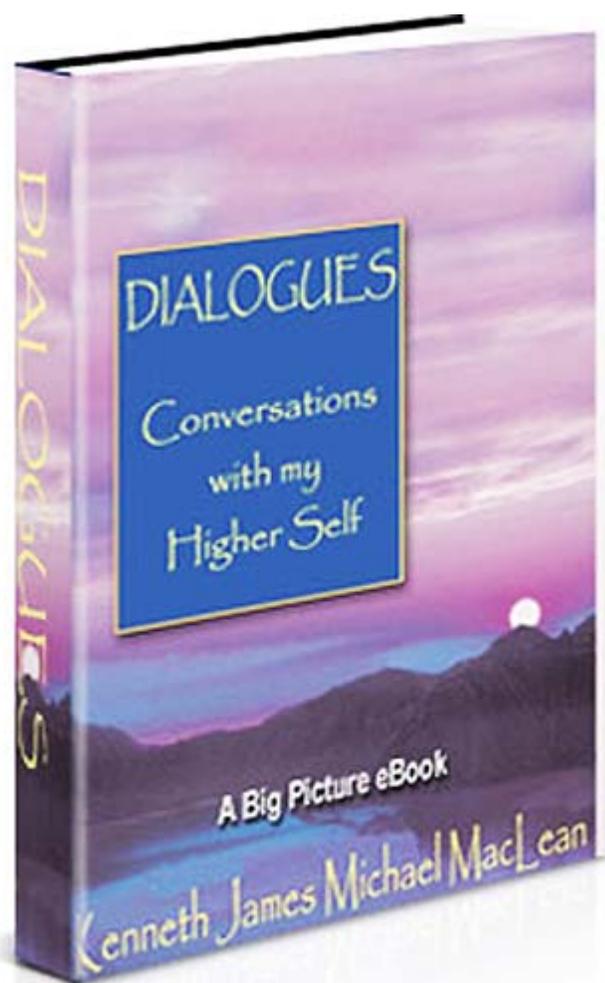


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Dialogues - Conversations with my Higher Self

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DIALOGUES

Conversations
with my
Higher Self

A Big Picture eBook

Kenneth James Michael MacLean

Dialogues

Conversations with my Higher Self

By Kenneth James Michael MacLean

Grateful Acknowledgement To

Esther Hicks

Neale Donald Walsch

Lee Carroll

Ronna Herman

John Payne

&

Jane Roberts

Who blazed the trail

This book is for those who look beyond the common place and the routine.

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“When the solution is simple, God is answering.” — Albert Einstein

Question and Answer — A Metaphysical Dialogue

See the Definitions page above for meaning of jargon words used in the Dialogues.

The Dialogues

(Session 1)

Time and Higher Dimensions

Does everything that has ever been since the beginning of the universe still exist? In other words, could I go back in time and see my grandfather? Scientists are speculating that time travel may be actually be possible.

I guess I'm asking you if there are parallel universes.

Your communication is a little fuzzy. We will respond in general by saying that there exists a potential from which you perceive and which then becomes your reality

in every conscious moment. Surrounding every conscious being is a set of possibilities that may manifest from the potential soup of universal energy. Reality is manufactured when you activate one of the possibilities. In other words, with your conscious choices you are grabbing a potential and making it 'real' to you. The possibilities for your future experience actually exist energetically and can be measured. Every one of you is a vortex of transmitting and receiving energy.

The matter and energy of the body of your grandfather, for example, and all of the things that have ever existed, has simply changed its form. You know this as the law of conservation of energy. Energy is simply recycled, that is all.

Hmm...but what happened to the earth that my grandfather lived in? Did it just melt back into the potential?

It has been transformed. New possibilities have manifested from the potential. The things that existed in your grandfather's time have been re-arranged to conform to the new thought that exists in your time. There is new thought because there are newly incarnated beings upon your earth, who come with different intentions. New intentions generate new manifestations and so the face of your planet changes. All of it results

from the changing thought of the consciousness inhabiting your world.

What is this potential you speak of?

The potential is a field of consciousness, invisible to your scientific instruments. It is alive, it interfaces directly with consciousness and it responds to every thought, every decision, every preference you have ever had. That is why we say that every human being is a walking vortex of constantly changing possibility. You have the potential to change your life with every new decision you make.

Wow! How come I am not aware of this vortex or these possibilities?

Because you have been taught to ignore who you really are. Because your limiting beliefs block your perception of your own potential. And because the nature of your physical existence focuses your attention so strongly on the world around you. We will have much more to say on this later.

All right. I am not quite sure I understand the manifesting from the potential thing.

You're saying that we create everything we observe? That all 6 billion of us create a different world from the potential?

You don't so much create as mold, invite, and change an already existing potential energy which is, for all practical purposes, infinite.

Yes, but there are such complex processes that keep the earth in balance. Who sees to the proper operation of the geology, the atmosphere and weather, the magnetic field, etc. that keep life on earth cocooned so precisely and within such defined parameters? It doesn't seem likely that 6 billion humans who can't stop fighting, arguing and killing each other, and who usually can't remember what they had for breakfast three days ago, can accomplish that.

That is correct. Human beings incarnate into a physical universe that is set up to be experienced in a specific way. The set-ups have been prepared for you before you arrived.

By whom?

By you! You are an aspect of a universal consciousness that has created the universe and everything in it! Remember that although it was your intention, your human perspective is severely limited. The evolution of a planetary environment is a cooperative effort of consciousness. The planet itself is also conscious. Just as a human may affect the body's systems through thought, so too can the earth affect its

own systems.

So we exist in a very complex matrix which has been provided for us and which creates the 'default earth' which we then, on an individual basis, modify with our own thoughts and actions?

Yes. The matrix of creation exists, and the interaction between all of you modify the common space you live in, and each of you modify that to suit your needs. The Law of Attraction (see Appendix A) manages the interaction according to the vibration, or frequency, of your requests and your choices.

And realize that humans are not the only consciousness on the planet. Humans are like viruses in the body of a very complex earth with many, many life forms, many of which you cannot perceive, or do not consider to be life forms at all.

Viruses?

Viruses in the sense that a virus can mutate, change itself and affect its environment.

That still doesn't answer my original about time. I want to know if there is an independent time dimension that contains all of the moments of existence there ever was, which would enable us to go back or forward in time and relive them.

The question of time is a question of potential unmanifested, and potential manifested. At each point in space/time there are different potentials manifested, among an infinity of possibilities.

Physical humans can only interface with the manifested potentials within the 'window' that their sensory equipment allows. Your eyes and ears, for example, only receive a very limited amount of information.

Time results from the movement of objects in space. Your perception of that movement is dependent on the physical body you are associating with. For example, a very small organism with a short life span (relative to humans) might 'sample' much more quickly than a tree, which can live hundreds of years. The birds you observe from your porch have a much different perception of the world, even though you sit not ten feet away. Therefore, the sensory equipment of the body largely determines how time is experienced.

However, consciousness itself is also a factor. You say 'time is dragging' or, 'I can't believe it's 3 o'clock already.' That is consciousness itself re-interpreting time. Let's say you take your wife to a football game. For you the whole thing is over much too quickly but for her, the experience was interminable. So time may be experienced differently

depending upon the organism which is experiencing, and the consciousness associated with it.

You regard time as a fixed continuum, but it is not fixed. Time is always subjective to the perceiver.

You seem to be saying that humans, and science, are only aware of a very small portion of a much vaster universe. You also seem to be saying that it is impossible to really know how it all works objectively.

Yes. That is the intention. A limited range of perception stimulates curiosity and desire, and allows for a diverse range of experiences. If all is known there is nothing to learn, nothing to investigate! The physical body automatically filters perception of the all-that-is. You will discover this very powerfully when you release your association with the body.

OK. Back to my question. Do parallel universes exist? Can we travel back and forth in time? I'd really like to go back in time and give my father some helpful parental advice about bringing me up.

A parallel universe might be defined as a potential that may or may not have manifested. Your idea considers ALL potentials as having manifested!

So all potentials do not manifest?

What manifests is what is experienced! What is not experienced remains a potential. For example, you apply for a new job and do not get it. What is the manifestation, and what is the potential? The potential was for you to get the job, or not to get it. What manifested was that you did not get the job. So you continue to live your life in your present job. You cannot say that what manifested was both that you got the job, and that you did not! What manifests is what is experienced! If your experience is not getting the job, that is the reality for you. The idea of parallel universes says that you got the job *and* you did not get the job, and that the universe in which you got the job is just as real as the universe that you are experiencing, and you are in both of them, consciously self aware in two separate universes. But you are you, not someone else! You are an aspect of universal consciousness that exists right now, and you are aware of yourself experiencing where you are right now. The parallel universe concept requires not only a bifurcation or branching of universes, but also of consciousness. You cannot be experiencing in a universe where you experienced something, and also in one where you did not! Otherwise, you would not be you, because what is real to you is what you experience, do you see? The universe in which you got the new job was just a potential that did not manifest, and so was not

experienced.

A manifestation is just a conscious being experiencing something, feeling something, perceiving something, and a potential is something that had a possibility of being experienced, but wasn't.

That's pretty definitive. You're saying parallel universes do not exist. However, if the universe is infinite, I don't see why not. You're also implying that time travel is impossible.

Time travel in the sense that you mean, a physical transfer to a physical universe location in space/time that has been previously experienced, is impossible.

Why?

It involves understanding of the idea of NOW. All experience occurs NOW, and can never be duplicated or replicated. Here is an example we gave you earlier that you included in your novel. (see Appendix D).

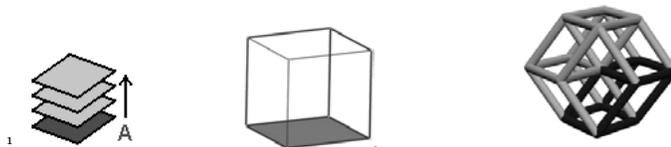
OK, that clears things up a little, anyway. Now for my next question! Are there more than 3 spatial dimensions? Or does the all-that-is just contain a vast amount of energy that is not detectable to our human senses and the instruments of science?

Define more clearly what you mean.

Height, width and breadth are 3 dimensions. A 4th spatial dimension requires one added direction (a 'hyper' dimension) in addition to length, width, and height, just like a 3rd spatial dimension involves an added direction (height) from length and width.¹ If higher spatial dimensions exist, they could contain an infinite number of 3 dimensional universes, and so the idea of parallel universes might be possible. Some scientists say that in order to account for the total mass of the universe, energy has to be stored in 'higher dimensions' that we cannot perceive from our 3 dimensional perspective.

You cannot talk about dimension without talking about perception. A 'higher dimension' is just another way of saying: 'I am perceiving differently.' From your physical perspective you have a limited view of the all-that-is. Things you cannot physically perceive but can imagine are naturally placed in imaginary dimensions.

When consciousness associates with a biological body



square – 2 dimensions cube – 3 dimensions hypercube – 4 dimensions

Imagine a square. Move the square up into the 3rd dimension and you get a cube. The cube can contain a practically infinite number of stacked 2 dimensional squares. Move the cube in the '4th dimension' and you get a hypercube, or 4 dimensional cube! The cube is to the hypercube as the square is to the cube. Of course we really can't diagram the hypercube accurately, but the idea is that you can fit an infinite number of 3 dimensional cubes inside a 4 dimensional cube. Is this just an idea, or is there really a 4th spatial dimension? Or even higher dimensions?

on your planet (or any planet), you give up some of your broader awareness. From your physical viewpoint you may call this broader perspective another 'dimension' if you want to. You may call it a spatial dimension or another 'plane' of existence or label it in any way you wish. No matter what you call it, it is just a different way of perceiving.

What we really want to get across to you, is that IF YOU CAN PERCEIVE IT, IT IS REAL. And if you cannot, it isn't real! That should take care of a lot of other questions on the subject of dimension.

Placing a label on something and attempting to quantify it and explain it to death and pigeonhole it, is a very amusing trait humans have. Then when you think you have it all explained, you write equations to determine its relationship to all of you forevermore and then you continually create it that way, so that it becomes more and more real to all of you. Then you become the slave of it! Because it is being observed over and over, it must be true; but it is only true because you create it as true in every instant, which gets back to what we said before.

So there really is no 4th spatial dimension?

There can be, if you can perceive differently. You can

call it whatever you like.

OK, then how do you change your perception to perceive a 4th dimensional object?

That is up to you. Anything is possible, if you desire the experience and allow it to happen. There aren't very many of you who are willing to do that, and those that do either think they are crazy, or others label them as crazy or nuts, because they are perceiving so very differently from the rest of you.

You see, it is all up to you. That is the message we really want to get across to you. There is an infinite potential which can be manifested in infinite ways, it all depends upon your imagination and your desire and vision.

OK enough for tonight. more tomorrow.

(Session 4)

Consciousness

If the universe exists as a potential energy from which conscious beings manifest, then what is matter and energy? What are matter and energy composed of?

Thought.

Every thought is energy and adds, ever so slightly, to the expansion of the universe, and to its gradual evolution.

For example, your science says that the chair you sit on is composed of atoms and atoms are composed of smaller particles and those particles are composed of still smaller particles. Eventually you reach the level of thought.

A thought is a direct creation of consciousness and so it is the most fundamental perceivable unit or quanta.

Each thought can be considered to be a 'vibration,' or combination of 'vibrations.' We use the word vibration because it is the closest word you have in your language to describe the essence of aliveness. In your scientific model, atoms and the particles that comprise them are constantly moving, oscillating within themselves, so the word 'vibration' is a good one. Thoughts are vibrational because they are alive, and they are alive because they are vibrational. A circular definition, but accurate.

OK, but then what is consciousness? Is it energy?

Consciousness is that which creates thought and perceives what it has created. Consciousness creates vibrationally, and the universe of its creation is perceived or interpreted vibrationally. Vibration is intimate to perception; and all things physical, or perceivable, are vibrational in nature. Consciousness, like a radio tuned to a specific station, has the ability to focus vibrationally and perceive.

So then, consciousness and thought are the same thing?

Essentially, yes. You are trying to differentiate and separate things that are not really separate, but which must be differentiated, otherwise you would not have a universe at all! You see the whole thing is reflexive, coming back in on itself. Existence is the creation of consciousness, and reflects the eternal and self-reflexive nature of consciousness. Existence is simply perception. Perception requires something to perceive, and that 'thing' is thought, in all of its unimaginably complex and beautiful patterns! The reason for consciousness, for self-awareness, is perception; for without something to look at, awareness is pointless.

There is an intimate connection between everything in existence and consciousness itself. Space is just the creation of consciousness via thought. An object is composed, ultimately, of 'organized' thought. Therefore, space is not empty. It is filled with the vibrations that consciousness has created. It is alive! Matter and energy are simply different combinations of thought into various geometrical arrangements.

So you see, from your point of view our explanations are always circular. We always wind up saying essentially the same thing, over and over, in different words and by taking different routes. For your understanding, the truth is a circle: begin and end are at the same point, yet once the circle is completed there is no begin and end.

Is the universe closed, open, or saddle-shaped?

It is whatever you are perceiving from your vibrational vantage point. You see, it all depends upon your point of view/level of consciousness. Have you ever noticed that when you increase your awareness you perceive differently? When you were a child, the street you lived on seemed like the whole world; everything that happened was contained within it. When you entered school the world seemed to expand radically, and it took you a while to adjust. As you change your ideas about the

universe you expand your awareness of it, and it in turn changes to match your preferences.

Are we merely observing the universe, or creating it?

Both. Remember that from your human viewpoint, your conception of the universe must be limited. That is because consciousness, when it becomes associated with physical bodies, perceives through the body's limiting senses. Therefore, you are only perceiving a miniscule portion of the universe.

OK. What is this potential you keep talking about?

The potential is the virtual 'soup' of vibration, or potential energy, out of which anything you desire to experience may be called forth. It is -- we will say in terms you can understand -- the combined thought from consciousness since the beginning of the universe.

It sounds like magic.

It IS magic! But humans limit themselves to a tiny fraction of their true potential. This is because of the habit you have of wanting to only consider valid that which has already manifested and that which is observable; also, your habit of wanting to label

everything and get it figured out for all time. Humans are fond of proposing laws of nature (and human behavior) that must be fixed for all time. If someone changes his or her behavior patterns, you call that person 'inconsistent,' or 'impulsive,' but the ability to change your mind is a quintessential property of consciousness. Consistent behavior is often robotic, or unmindful behavior.

If only you could realize the true potential of human nature! You would all be astounded at what you are potentially capable of.

But of course this is understandable since you are all out here on the leading edge of experience. You are limited greatly by your human sensors. So you are able to perceive only a tiny fraction of everything-that-is, as we have mentioned before. But we are here to remind you that you are far more than you have led yourselves to believe.

Yes but what you are saying is that we are capable of anything. That's ridiculous. We can't instantly manifest out of this potential anything we would wish. If that were true I'd have a couple billion dollars!

Not with your present state of consciousness.

Are you saying its possible?

Anything is possible. But first you must change your

state of being.

OK, I get your drift. You can't just snap your fingers and get what you want. You actually have to work for it.

Well, your work is the alignment of your own energy to what you desire. The vibrational matching property of the universe assists you, and it is very powerful assistance, we assure you. That's a lot different than running around like a chicken with your head cut off, engaging in actions that are not aligned to the goal.

(Session 5)

The 'Earth Plane'

So basically what you are saying is that there is no RIGHT answer.

That is correct! A right answer would be defined by many humans as something that has manifested, or that will be true forever. But it is possible to manifest anything from the potential. So everything has the potential to be right.

OK, I am beginning to see now. When we say someone is wrong, what we are saying is that he or she has not yet manifested his idea.

Or, that he has not gotten broad agreement from other humans upon that idea.

As more and more beings agree on 'A,' the more powerful is the drawing forth from the potential. The more who manifest 'A,' the more it is agreed upon as valid. Anything at all can be manifested, and is being manifested, in worlds and dimensions totally beyond your understanding! The universe is so vast and so wonderful! (Here I felt a powerful sensation. I can only describe it is a fresh breeze -- an exciting feeling of creative power).

So we can sum up by saying that life exists in a vast ocean of infinite potential, and that we can experience anything we want.

That is a good way to describe it. As a final thought, we would like to say: do not limit yourself! Use your creative power to joyfully manifest your dreams.

And also we would like to say: the universe is a joyful place! It is a place of indescribable beauty. If it were not, there would be no point in experiencing it. Humans love to struggle, but we assure you, that is not a concept shared throughout the all-that-is. But of course that is why this place is so interesting!

You are not here learning lessons. You came here to joyfully create and manifest!

I respectfully disagree. The earth is a place of pain and struggle! What's the point of having a place like earth in a universe which you claim is one of joy? I have heard it said that earth is the dumping ground for negative stuff from everywhere in the universe, because no one knows what to do with it. I have also heard it said that human beings are like Barbary Coast pirates sent here to work off our bad karma. Both of these explanations make some sense.

We see you modified your thought from 'I see so much pain and struggle' to 'there is so much pain and struggle.' We know why you did this, and so do you: because when you begin to connect with the powerful energy of creation you begin to resonate more and more with joy, and in your life you begin to see more and more

joy, more and more prosperity, and less and less struggle and pain. If the universe were a place of pain, this could never happen. The default condition everywhere in the universe, in all dimensions of perception, is joy, beauty, and love. These feelings are woven into the very fabric of existence.

'Negative energy' does not exist. What feels negative is just resistance to the positive life force.

When you get into trouble it is always because of your attention to it. Thoughts of unworthiness or self denial are not in consort with the true nature of consciousness. Life force energy is pure and positive and comes with a feeling of well-being. The feeling of 'negative energy' is just the inherent nature of your very being screaming to you that your thoughts and beliefs and ideas about yourself are inconsistent with your very nature.

Yes, that's very good, but why do so many struggle? A famous writer asserts that a controlling group of entities manipulate the thought-space around earth from a higher dimension. It does seem that mass consciousness is composed of mostly negative ideas and limiting beliefs.

The answer to this is that you may manifest anything you would like from the potential, and the Law of Attraction will bring to you beings, energies, and conditions to match your thoughts, beliefs and feelings.

The state of affairs on planet earth is always an exact match to the collective consciousness of the beings upon it.

Yes, but if that consciousness were to be affected by others? By the insertion or 'implantation' of negative ideas in order to facilitate control and domination?

Again, only those thoughts, beliefs, energies and beings that have been invited can come to you. That is how the universe has been designed. The universe has been designed to allow all experiences, all thought, all feeling. This is a universe of free-will and attraction.

So you are saying that IF there are hostile beings from other planets or dimensions, we have invited them?

That's right.

But do these off-planet beings exist? Are there beings (whom we invited) who are wreaking havoc with the potential around our planet?

Every being that is on, in or around the earth is here according to a 'mix and match' of vibrational intent. It is all in perfect balance, and in a constant change of flux. If the people of earth would like to change their collective experience, all that is necessary is to change thought, to

choose differently.

What if I want to change my experience and the other 6 billion don't?

Then your experience will change and theirs will not. Life is not a zero-sum game. You have touched on that in some of your essays. There is an infinite sea of potential which can be accessed from anywhere in the universe. Your prosperity is dependent upon how much you ask for it, and how much you allow it. The predominant belief on earth for most is one of scarcity. Most do not ask for prosperity, thinking that it is not possible.

As we said to Esther, if you are healthy, do you deprive another of health? If you become ill, does the health you would have had transfer to someone else?

If you are intelligent, does that mean someone else must be stupid? Do you say, 'I will be confused for a few weeks and allow others to be smart?' It just doesn't work that way! The universe is infinitely abundant in all things and in order to enjoy that abundance, all you must do is ask for it, and allow it to come to you.

OK. So the 'earth is a prison and humans are the inmates and higher dimensional beings are the wardens' is not true?

There are beings of all types and energies on, in and around your planet. There is no jail and warden scenario,

because all of you have free will and can ask and receive anything you want. If you find yourself in prison, you have voluntarily committed yourself!

OK, I am really getting the idea. There is just free will.

Every time I say a negative, you turn it around and put a positive spin on it.

(Laughing) Well that is because the universe IS positive! Your negative ideas are just resistance to the natural, inherent, benign state of the universe!

(Here the thought forms, energy, inspiration, whatever you want to call it, stopped, so I will end off for now).

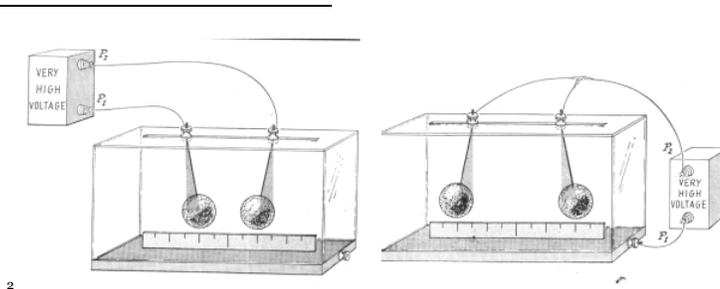
(Session 7)

The Law of Attraction vs. The Laws of Matter

(Editors Note: The Law of Attraction states that 'like attracts like.' See Appendix A).

You say that the Law of Attraction is a universal law. Yet a simple experiment with a battery and two metal-plated spheres connected by wires will serve to disprove this.² If you hook the two terminals of the battery each to a different sphere hanging by a wire, those spheres repel each other. However, if you connect each sphere to the same terminal of the battery, the spheres repel. This shows clearly that like charges repel, and opposite charges attract. This can also be seen by placing the North pole of two magnets near each other and watching them repel. How does your statement reconcile with these experimental facts?

The positive and negative you refer to are simply aspects of the same kind of energy. The charges and atoms science refers to are metaphors. At one pole there is a surplus of energy relative to the other pole. This creates a tension between the two, which activates the



2

When the two spheres are connected to different poles of the battery, they attract.

When the two spheres are connected to the same pole of the battery, they repel.

space between them and provides a potential.

Science has not yet discovered the intimate, completely interconnected relationship between what you call electromagnetic energy, gravity, light, and what you refer to as nuclear forces. When you do, the contradictions and gaps in your science will resolve. For now, accept that the law of 'like attracts like' is valid for the life experience of every human and can be successfully applied so that all that you want may come to you.

Doesn't sound convincing to me. If the atom is a metaphor, then how come the sun and planets are arranged exactly according to the atomic model? As above so below, the universe is in balance as you like to say. The atomic model has been able to precisely explain so many phenomena and to predict behavior of matter and energy.

As we said before, matter and energy are composed, ultimately, of thought. Therefore, the energy in your subatomic particles is the same, which means that the elements in your Periodic Table are composed of the same energy, with different internal geometries. In other words, 'copper energy' is not different than 'iron energy!'

The physical interactions that are observed are the result of the collective agreements of consciousness at the present time. In other civilizations on earth, long before the present earth civilization, other cultures had

different ideas about matter and energy and their conscious relation to the world around them. These civilizations were able to manipulate matter and energy with far more ease than your present civilization. You may attribute that to superior understanding of already existing universal forces, but we prefer to say that their understanding drew forth from the potential, different relationships between matter, energy and consciousness, different programming for the local space/time which establishes the laws of matter and energy (physics).

So you're saying that consciousness can actually alter the physical laws of matter and energy?

Of course! That is what we have been saying all along!

It may seem absurd to humans on the planet earth at this time but we assure you that the universe is massively varied and contains realities that you cannot even conceive of. This is not bad, we are not criticizing, but we are amused at how shocked humans are when anyone suggests that consciousness may alter physical laws or modify matter and energy. That was the whole point of constructing the universe!

Whenever you say stuff like that I receive a feeling of utter certainty, so that my questions seem almost ridiculous, and I feel totally complete

with the answer and I feel that it is correct. Then when you have finished answering, I have doubts again. Is this because I have expanded my awareness by allowing your energy to come to me, then return to my normal human state of consciousness?

When you communicate with us you have to use your 'spiritual sensors.' Normally you just use the body's senses to interpret your world.

But all we are saying is that consciousness designed the universe so that it could play around in it. That's not so shocking is it? (smiles). Is it so shocking that there may be places with different physical laws than those that can be experienced by humans on planet earth? Most humans would not think so. The universe is a place where there are available an almost infinite variety of experiences.

You are physical and non-physical energy. Your bodies are sitting in an energy field that has a complex template for every organ and cell. That energy field is connected with every other particle of energy in the universe, and is intimately related to the potential itself. So there is a lot more to you than you are aware of.

It sounds like we are so limited here.

With limitation comes the ability to transcend that limitation, the joy of discovery, the ability to experience

intensely. Everything on the earth plane is magnified many fold. When it's good it's really good and when it's bad it's really bad. That is one of the attractions of this place. But don't worry. When you get tired of this place, you just transition smoothly out of it and return to native state -- a condition of joy and well-being as pure source energy. You can't make a mistake!

OK, I'm tired. Thanks for all of the great info!

(Session 9)

Earth, the 'Armpit of the Universe?'

It has been said that earth is the 'armpit of the universe;' that all of the negativity from everywhere in the universe has been deposited here. Any truth in that?

Of course not. There is no 'negative energy,' only an absence of light. Resistance to the source energy of the universe results in a feeling of negativity, anger, depression, etc cetera, in other words, negative emotion. You cannot 'bag up' some 'negative energy' and cart it off, just like you cannot bag up darkness and throw it away. The darkness is just an absence of light. We know there are many who continue to insist upon a source of negative energy, and go through all sorts of rituals to try and get rid of it! That is OK, but it is unnecessary. Just do not resist the light and you will never have to worry about negativity.

The 'armpit of the universe' and ideas like it come about in order to explain resistance. When there is resistance to source energy, there are pockets of disease and lack of well-being. A source of evil or darkness or negativeness is then brought forth to explain these conditions, because no one in his or her right mind would wish that upon themselves.

Let's say the doctor has found a weakness in the

heart. You now have two choices. You can attribute this condition to a disease asserting itself, willy-nilly, into the heart. If you do so, and continue to worry and place your attention upon the unwanted condition, you will contribute powerfully to the vibration of it. The alternative is to believe strongly in one's inherent well-being regardless of the diagnosis and begin to create health in the heart; thinking thoughts of well-being and taking actions that support the creation of health rather than fighting against illness. In the first case, one's resistance to the natural state of health causes continued blockage of life force to the affected areas, and more illness results.

The belief in the inevitability of a negative result is a self-fulfilling prophecy. Both positive and negative conditions result from the choices that are made by conscious beings in every moment. In every moment the potential exists to completely change from a negative to a positive stream of thought, and therefore, to manifest the wanted condition. The default condition is always one of well being, not discomfort.

OK.

(Session 10)

Memory

What are memories?

Memories are the accumulated recordings of your resistance to experience.

Huh? You mean the only recordings we have are of things we have resisted?

Yes. When you are totally enjoying an experience there is no recording of anything in your energy field.

There is a saying you have : 'what you resist, persists.'

It does not persist unless you resist it!

Whoa there. So you are saying that there is no remembrance of anything that is not negative? That's absurd!

We are saying that there is a consciousness of the experiences one has had, on a very minute level indeed. But there is no storage of the experience in your energy field unless there is resistance. Do you see what we are getting at?

A conscious memory of everything that has ever happened to you is available to you at any time. But the

recording is only of resistant thought or vibration.

So a memory is a recording of resistance to an experience, but there is no memory of a non-resistant experience? How does one recall non-resistant experiences?

The non-resisted experience is one of pure joy. It immediately enters into universal knowledge as a vibrational impression upon the consciousness.

However, all discomfort contains vibrations that are incompatible with the very high vibrations of consciousness. You just drag this stuff around with you, like the encumbered ghost in the Christmas movie with his chains and weights. You may release any and all of this stuff by simply letting go of the resistance to it, in the now moment. In other words, negative emotion is never recorded! It is a phantom, an illusion, even though you feel it very strongly sometimes! When you return to native state you discard these patterns of resistance like a sweaty runner diving into a crystal clear lake.

Yes but you just said there is no negative energy. So what happens to all of this junk when you transition? It just hangs around! So there IS negative energy!

When you transition, you merge again with the energy of source. When this happens, all resistance to

ANYTHING disappears. So to does any 'negative energy.' That is because there is no source of negativity, only a resistance to the light.

Do you understand?

I'm beginning to. You are saying that the accumulated recording of 'negative vibration' throughout the life is automatically erased upon transition out of the body?

What we are saying is that 'negative energy' is simply a continued resistance to something. When that resistance is gone, there is no more 'negative energy.'

What about the trapped energy in karmic incidents? And in traumatic incidents? If you add all of that up, that's a lot of negative energy!

OK, let us say it this way: All experiences that you perceive negatively are vibrations that you hold activated within you, right now, in the present. In other words, the negative feelings are your own energy of resistance to the experience. When you transition, you simply release all of that resistance! Therefore, all of the 'negative energy' vanishes, because it was being created by you and held there by you while you were incarnated in the body, in every moment of your now. We assure you that once you re-member the feeling of source (indescribable feelings of joy), you throw that excess and

unwanted baggage quickly away. In other words, you no longer feel the need to hold onto old grudges, pains, or judgments about yourself and others. The energy of source is indescribably delicious! When exposed to it there is a complete and utter feeling of joy and well-being!!

After transitioning there is a complete imprint of the life experience, from beginning to end, but without any of the 'negativity.' Therefore, there is no continuation of negative energy. There is no karma. All of the experiences of the life are resolved instantly upon transition back to source energy. It is impossible for a being in Native State to carry karma, bad vibes, sickness, or anything negative from life to life. The two are utterly incompatible. When the light shines, it automatically eliminates the darkness.

Wow! That really makes sense! So an astral plane where trapped beings exist in negative circumstances is a myth?

It is a result of human disconnection, that is all. When you feel connected to source, is there even a hint of negativity or bad feeling within you?

No, I have to say you are right. When I feel connected I just feel wonderful, period.

Yes! Now multiply that by a million and you know what it feels like where we are!!

Well then, that brings up the same old question: why would anyone in his right mind come here knowing that the probability for disconnection is about 99.999%?

There must be some sort of 'save the universe' scenario going on, otherwise it is pointless to come to earth and suffer. Why not just spend all your time in bliss?

Well, you are trying to separate the consciousness while in physical and the broader, universal consciousness. A fellow human by the name of Neale Donald Walsh said it wonderfully in one of his books. He said that all lives are being led now because all incarnated physical beings are aspects of the universal consciousness of God. Even though each has a focused identity and personality, each knows and feels and IS the whole. So there is really no separation.

Why do you/we/us come to earth? To experience intensely! That is the long and the short of it. Yes, it feels wonderful in native state, but we assure you that there is nothing like the physical experience. It is just different in an amazing and wonderful way.

Part of the requirements for incarnation is a limiting of perception. We refer to this as focusing, as a magnifying glass concentrates the light into a point. Or perhaps, an

amoeba as it extends a polyp toward a tiny organism.

While in physical you perceive from a very tiny, intensely focused point of consciousness. You give up a broader awareness and knowledge of all-that-is, and in return you have the opportunity to experience the joy of re-discovery as you remember your connection to source. This is supposed to be a joyful unfolding, but many of you have made it traumatic. That is all right, when you make your transition back to native state you come back to your natural place of complete bliss and understanding of self.

Thanks!

The answers you never got from Abraham or Neale Walsch .

Dialogues - Conversations with my Higher Self

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