

COSMIC BEING: IDENTITY AND CONSCIOUSNESS



NEBHET ADJUWA
ANTELLA NU

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Dedication

This book is dedicated to someone who gave me metaphysics and so much more. She gave me her all. She carried me and fed my mind, body and spirit. Because of her journey in metaphysics, I have been able to grow and journey along my road to spiritual fulfillment. She was a limitless source of love, inspiration to others, and profound dedication to her religion and faith. She poured everything good and everlasting into me without boundaries. I could never repay my mother, Sarah Frances Smith, such an extraordinary person.

Thank you, Mama Smith.

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Preface

This book was developed for readers who have little understanding of quantum physics. It gives a wonderful perspective on how science and religion have come together to help us better understand ourselves, and our connection to the universe and universal consciousness.

Introduction

Genesis 1:1

“In the beginning God created the heavens and the earth” (New International Version, NIV).

“ In the beginning ... we may need to humble the phrase to in a beginning, which is an equally accurate translation of the Hebrew word *bereshit* at the beginning of the Bible or we can simply say, in our beginning (The View From the Center of the Universe: Discovering Our Extraordinary Place In The Cosmos by Joel R. Primack and Nancy Ellen Abrams).

“Still there are moments when one feels free from one’s own identification with human limitations and inadequacies. At such moments, one imagines that one stands on some spot of a small planet, gazing in amazement at the cold yet profoundly moving beauty of the eternal, the unfathomable: life and death flow into one, and there is neither evolution nor destiny; only being” (Albert Einstein).

“As above (heaven) so below (earth)” both were created together. You are forever connected to this heavenly consciousness here on earth. You have a choice to live and abide in this heavenly consciousness or to be strictly earth bound in your thinking. The heavens and the earth were created together to establish your Divine purpose to serve humanity. No one is separated from the higher realm of consciousness, which allows you, everyone and everything to abide in harmony. It is this Cosmic Being that transforms you, and you become limitless and life becomes eternal, not limited to your earth because you have chosen to live a Universal conscious experience. This is and always was your beginning a conscious connection to the cosmos. Robert Wolfe, a physicist, explains in the “Science of the Sages: Scientist Encountering Nonduality From Quantum Physics to Cosmology to Consciousness,” “Even given the visible extent, our planet is an “infinitesimal speck;” even less so, as the universe doubles in size every ten billion years” (14). So much emphasis is placed on this earth instead of considering how great the magnitude the Universe can offer and how much can be achieved if more attention is given to your Heavenly Universal Consciousness, your Cosmic awareness. Quantum physics connects consciousness to creation, you and the Earth.

You are related to the universe and all of nature because of the same physical and spiritual make up you share. You are a significant part of the universe and the Earth because you share the same Divinity in creation. You are forever present and protected no matter where you are since God is infinite. You are indivisible and can never be separated from your spiritual Cosmic Being, so your presence on Earth is both a spiritual and physical experience. You can only be conscious of where you are now and forever. There is no physical location for heaven or hell, these are conscious states of awareness, and you get to choose your domain of awareness. “The notion of a God in heaven limits that figure (the Creator) to a particular locale: an infinite God would be equally present everywhere, being indivisible and having no definable parts: in heaven, and on earth” (Wolfe, 24).

There are laws that connect you to the universal consciousness and keeps you connected to your Cosmic Being, radiant like a candle shining in the dark. Genesis, the story of creation, provides a magnificent understanding of how spirituality, creation and quantum physics correlate. Biblical stories on creation are used by many churches to discredit scientific evidence of the evolution of the universe, earth and human beings. Now quantum physics has shined

a new light on creation and connected you to all of Life, the Cosmic Universal Consciousness.

“The modern world is a response to the challenging discoveries of the quantum and the cosmos—discoveries which continue to shape and transform our idea of reality” (The Cosmic Code; Quantum Physics as the Language of Nature by Heinx Pagels, 14).

This modern world of quantum physics is the spiritual realm of understanding creation and nature. There is a spiritual connection in this understanding of how you connect with nature, the universe and creation. This consciousness or understanding is what empowers you to the point of seeing yourself as a co-creator and establishing your Universal Consciousness as a Spiritual Light Being and identifying a new reality as an Idea of God, A Cosmic Being.

“I (you) can trace my (your) lineage back fourteen billion years through generations of stars. My (your) atoms were created in stars, blown out in stellar winds or massive explosions, soared for millions of years through space to become part of a newly forming solar system—my (your) solar system. And back before those creator stars, there was a time when the particles that at this very moment make up my (your) body and brain were mixing in an amorphous

cloud of dark matter and quarks. Intimately woven into me (you) are billions of bits of information that had to be encoded and tested and preserved to create me (you). Billions of years of cosmic evolution have produced me (you)” (Primack and Abrams, 281).

In this book, I want my readers to conceive of a reality in which you establish your self-identity and being from a universal perspective. A Cosmic Being becomes the focal point of self-identity and how you relate to the universal harmony that was established from the beginning of creation. You are that same perfect being from spiritual perspective as well as a scientific one. Lee Smolin, a physicist, in his book “The Life of the Cosmos,” comments on his thoughts about science and the desire for scientist like Newton and Galileo who searched for God in their scientific work, “The ambition to construct a scientific theory that could explain the world, as conceived from the seventeenth to the early twentieth centuries, shares a great deal with the search to know God. Both of them are a search for the absolute, for an understanding of the world that attributes its beauty and order to an eternal and transcendent reality behind the world” (loc3737).

The connection between you, your world and the universe is what this book will reveal. I have quoted

many authors, scientist, metaphysicians and psychologists to give a full perspective on the correlations between science and spirituality and how it all comes together to explain how dynamic you are and what can become your reason for being and continue to evolve. Science and spirituality can establish truth because it can be proven and demonstrated. Here is where your Cosmic Truth lies for it can be proven that you are Divine from a spiritual and scientific level of consciousness.

Chapter 1

Creation, Law and Quantum Physics

Genesis 1:26

Then God said, “Let us make man—someone like ourselves, to be master of all life upon earth and in the skies and in the seas” (NIV).

Then God said, Let us make (plural pronoun) man in our image, after our likeness (NIV).

A human being is part of the whole, called by us the ‘universe,’ a part limited in time and space” (Albert Einstein).

Who is the “us” in Genesis 1? The Hebrew interpretation refers to “us” in definition as a singular representation of “God.” Elohim in the Hebrew interpretation of the God of Israel, this is a singular God. The plural interpretation of God implies there is another Creative Source. The “us” has been referred to as the Trinity—Father (Divine Spirit, super-consciousness), the Son (Divine Offspring) and Holy

Ghost (Divine Spirit in Action). There is One Divinity, no separation, so the Trinity is YOUR Divine Purpose for being. You are a Cosmic Light Being; you are always experiencing your salvation, which is you resemble all that is like the Divine, “Like Ourselves.” The “us “ in Genesis is you, the co-creator conceptualized in the Trinity or the “One.”

You are the “Master” of your and all Life upon the earth (consciousness), sky (super-consciousness) and the sea (subconscious). You are a Spiritual Being placed upon this earth where you are always made to be consciously aware of who you are and learn your Divine Purpose daily. You are always living in the Light!

You are a Cosmic Being because you have the ability to use the super-consciousness, which is simply using both your conscious and subconscious mind to maintain dominion (power) over your daily life. This is the awareness of you as a Light Being dwelling in the Universal consciousness where you are connected to all creation. When you pray, meditate, and understand the Universal Laws and live as a Cosmic Light Being then you can live in peace and abundance. You must enter into the realm of super-consciousness where there is light! You are always at-one (atoned, repaired) through the One

Divinity that is indivisible and every part of you connects to your being at one with this Universal Consciousness. It is truly glorious to know you are always experiencing your salvation (redemption). “You are My Light and My Salvation.”

Genesis 1:27

“So God made man like his Maker. Like God did God make man; man and maid did he make them” (NIV).

Like God, your authentic self—a Spiritual Being and a Cosmic Being connected to this Universal Consciousness. Joel Goldsmith in “The Infinite Way” expresses, “The natural [human] man receiveth not the thing of the Spirit God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned (21). It is not your physical being that is able to relate to this Universal Consciousness; it is your Cosmic Consciousness that connects and makes you the perfect image of God who created the universe.

This is your spiritual connection to the Divine. You can confirm that you were empowered from the very beginning to be all you desire and to have all you desire. You are loved beyond measure because you were chosen to be Perfect Image of God. “What

manner of love the Father (the Divine) has bestowed upon us to be called the sons and daughters of God” (1 John 3:1, NIV).

You must acknowledge your kinship with the Creator. It is not that you are and live in a material world. You are immortal because a mortal existence is temporal, which contradicts being like God and separated from the Divine. You are the son or daughter immersed in this Divine likeness. “Eventually, he (you) is led to the great revelation that the mortal put on immortality only as mortality disappears—they (you) do not add immortal spiritual harmony to human conditions. God does not create nor does He (Spirit) control human affairs” (Goldsmith, 22).

The Creator does not work outside of the Divine Creation; God only knows itself. It is your responsibility to know yourself as the co-creator and stop trying to improve a human condition. Your human self is limited and this is why things are constantly changing according to human conditions. Everything is measured as being good or bad, and you can never tell how any of this will affect you. The Divine never makes sense in this world because the material or worldly picture includes doom and a gloomy outlook where many lose control over their affairs.

“While we strive and struggle and contend with the so-called powers of this world, combating sickness and sin or lack, spiritual sense reveals that, “My kingdom is not of this world. Only as we (you) transcend the desire to improve our (your) human hood do we (you) understand this vital statement. When however, we (you) leave the realm of human betterment, we (you) catch the first glimpse of the meaning of “I have overcome the world” (Goldsmith, 23).

Genesis 2:7

“The time came when God formed man’s body from the dust of the ground and breathed into it the breath of life. And man became a living person” (NIV).

“Human beings are made of the rarest material of the universe: stardust. Except for the hydrogen, which makes up about a tenth of your weight, the rest of your body is stardust (Primack and Abrams, 88).

“Stardust is thus part of our genealogy. Our bodies literally hold the entire history of the universe, witnessed and enacted by our atoms” (Primack and Abrams, 88 and 99).

Your substance, stardust, makes you a child of the universe, a Cosmic Being because you share the

same cosmologic make-up as the universe. “Each of us is an atomic pastiche: the irons and atoms in our blood carrying oxygen at this moment to our cells came largely from exploding white dwarf stars, while the oxygen itself came mainly from exploding supernovas that ended the lives of massive stars, and most of the carbon in the carbon dioxide we exhale on every breath came from planetary nebulas, the death clouds of middle size stars a little bigger than the sun” (Primack and Abrams, 94).

From your mortal beginning, you evolved from the end of other entities of the universe. You are the universe in all of its beauty and grandeur. The air you breathed aligns with the breath of God, the Grand Creator, who created you from the annihilation of stars and formed you as the brightest star of the universe. God breathed on you, and you came into existence. He breathed on you, and made you like the stars. He breathed on you, and you became a Living Being.

You were formed by nature from a substance of the universe, earth and dust. Everything grows from the Earth and extends out into the universe. A Divine Life Force is exchanged in the beginning, the Breath Of Life. The word Spirit, in Latin and Hebrew (spiritus), means breath. In Indian scripture breath is called

prana, which refers to your life force, and breathing exercises increase your life force (pranayama). Your breath connects you to your energy source since it sustains the body and soul. The air you breathe has its own energy field, so you are constantly exchanging energy with all of nature. The cells of your body are energy; the earth is energy; and so is the universe. This Divine Energy is your connection with immortality because energy is never limited by human conditions. Your energy increases through your exercise of spiritual consciousness and living in Spirit. In physics, there is a “Grand Unification” which Brian Greene, a physicist, discusses in “The Fabric of the Cosmos: Space and Time and the Texture of Reality.” “If two forces of nature were of a unified whole in the early universe, might it be the case that, at even higher temperatures, at even earlier times in the history of the universe, the distinctions among three or possibly four might simply evaporate, yielding even simply greater symmetry?”

This grand unification is evident in the creation of you and the idea of the seemingly two forces of a material and a spiritual you. The thought of you being simply dust evaporates into a greater symmetry. Your Divinity of exchanging energy with all of life here on Earth and the Universe establishes your

oneness with God, Cosmic Being. Your immortality transcends any limited view of you being simply mortal since you were given the very breath of life. You are a living, breathing manifestation of God. This grand unification, which includes many great forces, all came together to create you and also form a spiritual aspect of your Being on a higher realm of consciousness. The idea of you being stardust is where you unite with your Creator. You are like your Maker.

There is a spiritual connection between the creation of the universe and you. Even your mortal self is Divine, and this is where healing takes place when you realize your perfect nature. Creation is not broken down into separate entities; it is all God and the Divine marvelous works. The confusion between many gods and a material man evolving from the ground are what seem to be distortions of man's primordial existence. "The particles which form your body have been around for billions of years" (Wolfe, 19). This is why you should always acknowledge your Divine connection to the Earth and Universe.

The cells of your body are a life force totally related to creation. Dr. Bruce Lipton explains in his book, "The Biology of Belief," "Single-celled organisms were the first life forms on this planet. You are

made up of 50 trillion single cells” (7). This is your material form that is spiritual in nature. “You have made them a little lower than the angels and crowned them with glory and honor (Psalm 8:5, NIV). God created you for his (Spirit’s) own enjoyment; so the “us” in Genesis can be viewed as the consciousness of God or the omniscient, and you are the other entity in this creation who is responsible for all of creation.

An understanding that you are not separate but at one with creation is an acknowledgement of the reality from the very beginning you were connected to God and all that exist in creation. You were given power and dominion from the onset; and a relationship was established, a likeness with the Creator and creation. You are not God; however, you are not limited because you are the image or reflection of God. When you look at others you should see a reflection of God. The dust is symbolic of this dominion because everything evolves from the Earth. You are the Divine evolution of Life. You grow and evolve, which is your unlimited connection to nature. Just like a seed that is planted in the Earth, you grow and evolve into a Divine Being that nourishes many, so you were created to grow and feed others. All good comes to you in due season as you open up to the heavens and see the face of God.

This connection between God and you is your dominion to live and claim the good that has always existed and your control over all that is unlike the Divine Image. “Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is (1 John 3:2, NIV). You are God’s child “now,” and you are the son or daughter of the Universe. The Christ is your Divinity for you are the Christ Consciousness and able to see the God like image in all of creation. It does not matter what is to come, this Christ consciousness is now apparent. You are the perfect image of God because you are the Divine Offspring!

Your Cosmic Being is pure energy and has nothing to do with limitation on this Earth plane. In “The Holographic Universe” by Michael Talbot, he defines our human energy field as, “We have two realities: One in which our bodies appear to be concrete and possess a precise location in time and space; and one in which our very being appears to exist primarily as a shimmering cloud of energy whose ultimate location in space is somewhat ambiguous” (178). In reality, you are greater than your physical form, and you reflect God’s unlimited energy defying all time and space.

Why are you so remarkable and how do you maintain your Divinity?

Your well-being is paramount since you are supposed to live a rich, full life. If you do not feel abundance in your life then what must be considered is how you develop, sustain and maintain your Divinity in obedience with God's laws and words. The "word" by definition is something spoken or written, it can be an order or command. Many refer to the "Holy Scriptures" as the "Word of God." The word can also be viewed as anything written or spoken that empowers you. You can view many sacred words from many sacred scriptures as Divine inspiration. It is wisdom to consider what you use in this way as a Divine guide to bring Divine law and order into your life. You should recognize that from the beginning of creation Divine order was established through the power of the word.

"In the beginning was the Word and the Word was with God, and the Word was God...and then the Word became flesh" (John 1:1, NIV). God said, "let it be" and everything came into existence.

"The word was made flesh—but it is the word. By it being made flesh it does not change its nature, character or substance" (Goldsmith, 21).

The word was made flesh and established for your benefit, it is your empowerment. Through him (Spirit) all things were made—(by the word)—without him (Spirit)—nothing was made (John 1:3, NIV). By the Divine Word everything came into being, nothing evolved without being spoken into being. The word can be interpreted as an idea. Anything that exist in thought, or in this case, the word being manifested in the Divine Consciousness. It is God’s awareness of Spirit, an ideal creation. You are God’s Perfect Idea. “You are a word, a symbol of an Idea” (The Interpersonal Life, 99).

You are God’s Idea in perfect form, so you were spoken into being. “The word that was in the beginning and that was with Me (Spirit) was then not only an Idea, but it was My (Spirit) Idea of Myself (Spirit) in expression is a new state or condition, which you call life (The Interpersonal Life, 91).

You are the very substance of God. When you speak, your words create ideas and manifest into things. If you are trying to affirm in words what you desire it has already taken form, so all you must do is wait for the unfoldment. “This, My Idea—therefore, is now in the process of unfoldment or being thought into outer expression. Some call it evolution—just

as a flower when the bud puts forth from the stalk and finally opens into blossom obeying the urge to express My Idea hidden within the soul (Interpersonal Life, 92).

This is the Divine energy you possess whenever you desire to create something to share with the world. All of your ideas come into being and touch someone's spirit like a beautiful rose adds beauty and fragrance to a flower garden. You and your thoughts should be viewed as God's energy being expressed through you.

You are pure energy and a co-creator working with God because it took the same energy to create you as it did the Universe. All of creation evolved from nothingness. Therefore, nothing can ever harm you since you are invincible and everlasting energy. When you realize the astounding amount of energy it took to create from nothing the universe then you will begin to use this same energy to create your world through Universal Consciousness. You are an Offspring of God, therefore an agent of creation who spoke the universe into existence. The word as power is evident in that God created both the Universe and you, so you are forever sustained in the perfection of the Divine Creator.

In the Hebrew language, “word” is *devar* and things are *devarim*. You hold the power to create things through words. Your words are laws just as God’s word is law. You should be conscious of your words for you speak your world into existence.

The creation in Genesis establishes everything was good from the beginning, and so this is where you find law and order. These laws are connected to a science, which involves energy and light. You are energy, a Light Being, starlight. Just as the stars light up the universe, you also light up the world through your Divine Spirit. Quantum physics makes this connection between light and energy. The physicist Max Planck introduced the Quantum Era in 1900. He discovered that light energy came in discreet packets called quanta. Quantum physics describes a world of consciousness where the movement of objects can only be described by possibilities and probabilities. The universe is constantly changing, just as you are constantly growing and changing. You are a product of this idea of possibilities and unlimited choices. This is the reason why you can attempt to plan your life, but God can do the most unlikely thing and bring about phenomenal changes you could not imagine. It is your energy (consciousness), which aligns you with God’s plan; therefore the greatest possibilities.

“We stick to the physical world of Newton and ignore the invisible quantum world of Einstein, in which matter is actually made up of energy and there are no absolutes” (Lipton, 86). In the quantum world is where you can discover anything, which supports what has been discussed about you and creation. Your physical makeup is dynamic, but it is only a part of who you are as an Infinite Being. This is why the visible part of you and the material world is referred to as an illusion since you can change the perspective of all you perceive with your senses through Divine Consciousness. Everything in the Universe is made out of energy. It is your Divine Energy that is put to use to bring about change in the material world.

In 1905 and 1916, Albert Einstein delved into the Quantum Era, which involved studies of light. His most famous formula was $E=MC^2$. The E stands for energy, M for mass and the C for the speed of light. This formula involves a realization that matter, which is mass and energy are forms of the same substance and interchangeable, so energy can be turned into matter. It is also evident in this formula that with mass or matter light is present. Your body is physical matter, but it does not separate you from your spiritual Cosmic Being, which is Light. Your physical creation involved energy and mass. Wolfe

provides another insight into this when he says that mass equals zero in the universe and it is described as nothing. So the universe could come from nothingness because it is fundamentally nothing” (29). Your physical body is not equal to your spirit because you can change the dynamics of your body through consciousness (energy). Therefore, your body counts as nothing in the light of Spirit. “Four percent of the universe is atom [“matter”] and ninety-six percent is something else, unidentified [so-called dark matter and dark energy] (Wolfe, 18).

About 25% of the universe is cold dark matter... The other 70% seems to be even stranger than dark matter. It may be something Einstein called the “cosmological constant” and now it is often called “dark energy.” Dark energy is a property of space itself, and it causes space to repel space, speeding up the expansion of the universe” (Primack and Abrams, 99).

How do you connect to this dark matter or dark energy of the universe and the fundamental nothingness?

Genesis 1:2

The earth was without form and void, and darkness was over the face of the deep. There was a void, complete emptiness, nothing (NIV).

“Quantum physics is indeed very much in agreement with Buddhistic emptiness...Everything that exist, exist by convention and labeling and is therefore dependent on other things. So, Buddhists would say that their highest goal—realizing emptiness—simply means that we realize how inter-related things fundamentally are” (Wolfe, 106).

A Tibetan saying, “We do not say that because things are empty they do not exist; we say that because things exist they are simply empty.”

The connection to emptiness and darkness is very metaphysical; it is necessary to empty your mind and still your thoughts in order to connect with Universal consciousness. When you close your eyes and find peace in the darkness this is where the “still, small voice” which can be heard in the deep contemplation of your heart and soul. You are connected to the whole of the universe since you came after the void and the darkness in creation. This is why peace is discovered in the quiet, solitude of your Spirit. The void did not mean the absence of God it was the coming of the presence of Divine Spirit. The void by definition is simply complete emptiness or nothingness and this is why no-thing shall ever harm you. Anything unlike God is reduced to nothing.

You are energy and attract all to you through this energy. You embody this dark energy, which is not static but expansive. The dark energy causes the universe to expand. “So every material structure in the universe, including you and me, radiates a unique energy signature” (Lipton, 88).

The darkness is also symbolic with meditation when you empty your thoughts and go into a state of nothingness in order to receive Divine messages. The void you feel in life is because you see yourself alienated from others when you are in reality connected to the whole of mankind. You are connected with the whole of the universe. There are dark periods in your life, which draws you to the light. You label this darkness as something negative when God did not see the darkness or void as something negative it was simply the absence of light. In your physical form you can never be seen as something negative no matter what form or shape, it is simply the mortal you. It is a state of emptiness you feel in your mortal being, but this state does not annihilate the immortal state of wholeness and completeness, the Light Being.

Genesis 1:3

God said, “Let there be Light” (Genesis 1:3, NIV). The first law is light eliminates darkness.

“Dark matter neither emits light as stars do, nor reflects it as gas clouds do, nor absorbs it as dust does” (Primack and Abrams, 102). There is a separation between light and darkness, which establishes the fact that darkness is not apart of this law, therefore it can be dispelled. The darkness that was dispelled by the light existed for a time, but was not permanent. “God saw that the light was good, and he separated the light from the darkness” (Genesis 1:4, NIV). Living in the light relates to being that image of God. The body ceases to exist just as darkness but your Spirit lives forever. This is why you must choose to be a Cosmic, Light Being of God, and let your light shine as God’s energy radiating through you—the Light of God, which is the truth and dwells in Spirit, this is your immortality. Since darkness is not a law, once the light is turned on and the truth of being is established then all that is unlike God disappears. Move toward the light in prayer and meditation and develop the consciousness of God; it is a law that you were created to grow and use the power of the word to maintain your Divinity. If you find peace and comfort in good and seek the light then all that is dark and heavy must disappear. You were created to create and make manifest the word and laws of God.

You are a continuous Light Being, which implies permanence and stability, unchanging and unyield-

ing. All power, action, intelligence, life in the universe belongs to God. You connect with this Supremacy by abiding in the law of Spirit and claiming your existence as a Divine Energy Force/Cosmic Light Being, which is your oneness with God and all of creation. In simple scientific terms, “light is energy” and it is nature’s way of transferring energy throughout the universe. Physicists think of light as discrete packets of energy called photons. Photosynthesis is the process used by plants and other organisms to convert light energy into chemical energy that is released to fuel the organisms. The Greek terms for this activity or energy transformation is phos, which means light and synthesis, putting together. Photosynthesis produces and maintains the oxygen content of the Earth’s atmosphere and supplies all of the organic compounds and most of the energy necessary for life on Earth. You replicate this same light energy when you see light in others; it is your Light put together or added to other Light Beings.”

This energy extends throughout the universe and sustains us here on Earth. “For with you is the fountain of Life; in **Your** light we shall see light” (Psalm 36:9, NIV).

Chapter 2

The Absolute: Nonduality and Nonresistance

“What you resist you persist.” Carl Jung

**Be like a feather so God can breathe on you,
and you will flow through life. (Sufism)**

**Be Still And Know That I Am God. (Psalm
46:10, NIV)**

Now that you understand who you are both physical and spiritual, you can establish that you are never at odds with God or Life. There is no duality in your existence here on earth and your conscious connection to the universe. There is a Divine connection between you and your Creator and nothing exist outside of the relationship. It is an Absolute Truth that you are the image and likeness of God and there is nothing to interfere with this relationship. There are no little you only unlimited abilities to live life to the fullest. You can totally rely on the Sustaining Infinite for all good and no one else. Everything

comes through the Creator directly to you. You are the remarkable creation connected to all creation. This is the Absolute because it is the only way, the infinite way.

“Whether one looks out at the mysteries of a vast cosmos or narrows the view to the counterintuitive behavior of a subatomic particle, I would not be alone in maintaining that non-duality is the basic principle that explains the Whole—the “spirit” of what is “manifest in the laws of the Universe,” to borrow a phrase from Einstein (Wolfe, 9-10).

Non-duality and the universe relate to laws of the universe that correspond to your behavior. The duality, good battling evil, comes from resistance of a lower energy frequency, which does not allow things to happen spontaneous. Everything in the universe happened spontaneously without the assistance of you or any living being. The Grand Creation also known as the Big Bang Theory is not described as an enormous explosion but something quite different. “The Big Bang expansion is not an explosion in the classic sense, in which objects are flying out through pre-existing space like shrapnel” (Wolfe, 13).

Wolfe describes the Big Bang as if it happened in silence with the universe stretching outward all at

once at the same time. “Cosmologists contend that the universe arose spontaneously out of absolutely nowhere as an utterly random act” (Wolfe, 13).

It has been said if you allow things to happen spontaneously instead of wanting to maintain control of your life, problems would be solved instantaneously. Non-duality or nonresistance is where you find peace and “abide by the still waters”. Everything in the universe coexists, and there is only One Divine Order. Non-duality is a law because it is the natural order of the universe. This same order connects to all Cosmic Beings.

The ego or earth-bound consciousness has its own consequences. Many consistently live at a lower level of energy of wanting to feel in control. The stillness and peace you find from within allows you to feel confident all is well and no-thing can disturb your peace. This feeling has nothing to do with simply your actions; it is a conscious realization the entire universe is working in your favor. This is living a life of non-resistance. Being still and knowing your desires are fulfilled every moment keeps you aligned with non-duality and constantly surrendering to the greater good. The stillness correlates to the nothingness of the universe to where you must allow nothing to enter into your consciousness other

than a sense of peace. This ego or earth bound consciousness keeps your focus on everything happening around you instead of beyond you or within you, where you have little control. God's Power not will power sustains you and keeps all things in Divine Order. In his "Edinburg Lectures on Mental Science," T. Thomas Troward explains, "No doubt intense will power can evolve certain external results, but like all other methods of compulsion it lacks permanence of natural growth" (83).

Your attitude of being able to control things (will-power) causes major problems because you have little control in the major scheme of things. Only the Divine can bring all things to you in perfect order and does not have to reason with anything or anyone. You have to reason through everything and feel in control. Many times you are not sure of what you truly want because you have more wants than needs. You may have what you need but have not approached your true desires.

The Universal Consciousness (super-consciousness) is a realization your desires are God's desires and here is where the truth of your being is established. "Thus the whole man is brought into unison with himself and with the Supreme Source of Life, so that, in the words of St. Paul, he is being day by day

renewed after the image of Him that created him” (Troward, 128). Once you maintain the permanent union with the Divine Source of all your good you affirm your Divinity, you are the image of God. You cannot achieve much if you do not find peace in all of your affairs and rest on this earth. God is always at rest, the Presence of Peace abiding in the Omnipotent. You may feel hard work and perseverance are needed to get ahead instead of remaining consistent in faith and steadfast in conscious, “By myself, I can do nothing” (John 5:30, NIV). The Universal Cosmic Consciousness is the mover and shaker and does all of the work.

An understanding of a limitless God and the non-duality of the universe correspond to nonresistance, which is establishing within your consciousness that you live in a universal presence of non-duality an Absolute authority over all. A universal consciousness and nonresistance opens you to co-operate with Divine Spirit. The universe is infinite without dimensions or boundaries; it is limitless. No one can measure the vastness of the universe just as no one can measure God’s Omnipotence. “The Creator of the universe is limitless, as such, the Infinite (Eternal) has commonly been a stand-in name for the Absolute, or God. Being without limitation, it is said

in the East that the Absolute can both be existent and nonexistent” (Wolfe, 24). In the face of the Absolute, you must be existent in consciousness and non-existent in power and control. Choose to be where you are because you are always moving towards the light of the God, and this is where you establish your power and control.

Do not judge where you are at any time in your life because this is a form of resistance. There is always much to learn and gain from where you are right now. It is the lessons you learn and growth that you gain from non-resistance. Stop listening to other people, you, and your connection with the Creator is all you need, just be willing to be still and listen. This requires trust from within your heart that you know who you are and whom you belong to. You do not have to fear what is to come.

This is why death is never possible because you are forever connected to your Light-Being. You can choose not to shine so bright; “hide your light under a bush,” instead of letting your Light shine in the Spirit before all. You allow your light to shine when you are not burden with things or situations you feel no control over.

You feel out of place and disturbed by circumstances gone out of control. “The mistake is in attributing the creative power to the will, or perhaps I should say in attributing the creative power to ourselves at all” (Troward, 83). Let your creative energy flow and shine, feel at ease with your current state for this is where you connect with the Creator by expecting nothing but the good which is ever present, positive energy taking form and materializing your desires on this plane of existence.

This is the universal harmony that is necessary to create. “No one speaks of creating energy, but transforming one form of energy into another, and if we realize this is a universal principle, we shall see that on the mental plane (Universal Cosmic Consciousness) as well as on the physical plane” (Troward, 84).

You can pray, chant and believe that mere words can change things. This is correct on one level but if your actions reflect fear, hate or misery then this has a far greater impact on the results you want to see manifested. You must live and walk in the Spirit. How you truly feel is the result- the Holy Ghost, you must feel moved by the Spirit and then deep within your soul you will know you are the Divine Creation of God.

You should be constantly creating good in your thoughts and then acting upon these thoughts. No good idea should lie dormant since God has given you dominion over all. God is the Creator and only Power, and you are apart of God's creation and given power to act. Your light form allows you to be acted upon by God and then like the stars of the sky you forever shine throughout all creation.

It is by the Divine Word that you create your own reality. "May these words of my mouth and this meditation be pleasing in your sight. Lord my Rock and my Redeemer" (Psalm 19:14, NIV). Through your spoken word you create laws for yourself. If you consistently say "I am broke," then you are indeed broke because you have acknowledged your current state. Negative words are not acceptable to God because they are not of the Divine. Any thing less than your Absolute good does not reign in God's kingdom. Instead, there should be an awareness of higher ways of living in which you consistently connect with prosperity or your Divine inheritance. You resist the good in store for you when you speak negative thoughts. Be a spectator, simply watch what you say and guard your thoughts. Watch and pray so that you will not fall into temptation (Matthew 26:41,

NIV). To be tempted is to resist God's plans of salvation for you.

Wolfe comments on a physicist's observation of the universe by stating, "...not only is observership [subjective participation] a mandatory requirement for making reality tangible, but every component of the universe—down to the level of each subatomic particle—is in some peculiar sense immediately 'aware' of what is going on around it" (Wolfe, 103).

If you are a spectator (observer) you are always living in the present and watching what is going on right now in your life. You are connected to a universal presence, which makes all things tangible and not far from your understanding of universal harmony. The idea of being a watcher requires patience because you are not expecting anything you are just viewing your current situation. What you see is your life and you cast judgment. "There is nothing either good or bad but thinking makes it so" (Shakespeare, Hamlet).

It is here in Act II that Hamlet has a discussion with Rosencrantz about the political climate of Denmark. Hamlet feels Denmark is like a prison and Rosencrantz feels it is no worse than any place else

in the world. Shakespeare makes it clear that thought is where all opinions about anything takes form, so it is what you allow in your consciousness will bring about the results. And you see it as good or bad.

Often times you have to go through so called negative situations in order to achieve what you want. God is constantly preparing you for what you want and even more so what you need. These low periods are short paths you must travel to get to your destination. The blessings are always constant if you choose to focus on them. If you stop fearing and rely on the Divine and do not resist what is happening in the present then nothing you will experience will harm you.

Many negative situations can be avoided if fear did not exist in your consciousness. Some will say fear is healthy in some cases; however, fear is the opposite of love. It is always important to love and trust God more. This is your conscious awareness of seeing the God in you or your mindfulness of God's love. Be a spectator and observe all the prosperity in your life. If you cannot see any prosperity then start creating something magical in your life.

Florence Shivel in her book "The Game of Life and How to Play It" describes how to gain prosperity

by eliminating blockages which is resistance. “You block the good by entertaining harmful beliefs. You always assume the worse will happen before any good can surface. Many negative words accompany harmful beliefs such as name slander, false accusations and sometimes threats. If your whole world is doom and gloom then what purpose are you serving to yourself. Your words should be used for only three purposes to heal, bless or prosper” (14). You are a law unto yourself. What you think and say of others you wish for yourself. “Curses like chickens come home to roost.” Stop cursing yourself with bad language and be a blessing to yourself.

Pain begins when you hate someone for doing something to you. Hate and fear are very similar because they create the same results. If you hate or fear someone or thing it can bring harm to you and power is given to another force (energy) you have created in your conscious mind. You have resisted God the only Cause and Creator for something or someone else you fear. Hate and fear places you in a state of resistance because it disconnects you from the greatest experiences in life, which encompass Love and Peace. You feel lonely because you do not feel loved; you hate your situation, which eventually can appear as self-hate and extends outward to oth-

ers. It is so much easier to love yourself and remove yourself from situations and people who you believe are harmful.

Sometimes you take on responsibilities you hate like a job or stay in a relationship you despise. You build your own prison and barricade yourself in by huge barriers of doubt, anger, and always fear. This is why you cannot see or feel any love. Your sense of love and self-worth has diminished. Guilt and shame or someone might judge you if you decide to get out of your harmful situation.

You can remove yourself from anything if you choose to heal and forgive yourself. The Soul is the subconscious mind, which is healed through your thoughts of I am wonderful and blessed because I am loved. Being a spectator allows you to create your own world. This life you are experiencing is an illusion because it is temporal. Your spirit and soul live on and this is why you should spend more time developing your spirit and soul than on ways to make money to pay bills and create debt. Money is an effect of energy from within. You do not have to go out seeking money you can draw it to you since God is the only Source of all your wealth. David Jonson tells how unique your energy is in attracting all that you want in “Holographic Universe: Law of Attrac-

tion & Money,” “The Universe is the constant reference beam, reconstructing/manifesting our holographic projections” (12). You project your thoughts and beliefs daily into a universal cosmic conscious reality. He goes further to explain, “The focus of our attention is in the cause, which is the energy/Kingdom within” (20).

When you work a job that you love it cultivates your spirit because you are joyful and happy to do the work. Your energy is positive and you are co-operating with universal harmony. “Do what you do because you love life, not because you fear it” (Jonson, 20). Do not be your worse critic, be your best cheerleader and watch, be the out-looker who sees progress as a constant. Never critic your life and how things progress, for everything comes in time and at the right time. If something has not unfolded in your life it is not yet time and you need to be better prepared for the gift so you will not lose or squander it. This is for your own protection that you have not received a certain gift you feel you deserve. The story of the prodigal son teaches just because you want it, and it is given to you does not mean you have learned what it takes to nurture and value God’s gifts.

You must consider what is needed to be successful. If you judge everything in your life as simply

good or bad then you do not have an understanding of what appears as evil could be your greatest gift because you have something to learn from every experience.

You should not judge others because you do not know their circumstances and what the individual has learned. If you judge something or someone as good or bad it becomes your problem rather than your passion. Judgment is an enemy because it is an interference pattern, resistance that places you at odds with yourself and creative energy. You distance yourself from non-duality and fight against yourself by criticizing how good or bad you are at this present moment.

If you live the law of nonresistance then you can establish and identify your Divine Purpose.

You can become all you desire. When Moses asked God, who should I tell the children of Israel sent me to them, the answer was, “I AM WHO I AM. This is what you say to the Israelites: I AM has sent me to you’ (Exodus 3:14, NIV). The I Am is a self-conscious identity and Moses was empowered through his identity with the one Supreme Being, an Absolute consciousness. The word “Am” is a verb and involves action that cannot be seen as a physical

action but expresses in the present tense or a mental state of being.

The I Am became a declaration for Moses that this Spirit which guided him was connected to his spirit and the oneness of I, personal identity followed by Am, a mental action or the conscious mind that empowers you to act and not be acted upon by some negative force (energy). This is the development of a totally free Spirit because it does not include anything or anyone. Your self-identity is the only power in the Universe that knows itself, all other forms of being connect to the One Encompassing Spirit. You must allow yourself to live and abide in Spirit as a Spiritual Cosmic Being, your Absolute true identity. I AM is an expression or words to be used to establish your unity with God. Let this identity, I AM the image and likeness of God use you and establish an overpowering acknowledgement whereby you know you have dominion over all and cannot possibly fail or make any false step under this conscious awareness which causes you to be “a light unto the world.” This is your nonresistance and non-duality for you have established a consistent identity with the Universal Cosmic Consciousness where there is no fear or doubt and nothing to resist, an Absolute peace.

Chapter 3

Cause and Effect: Your Thinking Makes It So

“As without so within.”

“It depends on how we look at things and not how they are in themselves.” Carl Jung

Nonresistance can also be experienced when you examine the relationship of cause and effect, which is a Universal Law. The Cause of all things is Divine in nature since God is the only Creator, you are the instrument God uses to create all splendid things. Everything in the Universe is subject to only One Cause and man exist, grows and evolves because of the One, Divine Cause. All of your needs are provided through this One Cause because it is a Source of unlimited good. You are the Conscious Being of Spirit, so you can only grow and evolve through your conscious union with Divine Spirit, the Only Source of your wealth and peace. This is why you are identified as being the son or daughter of God.

You are never certain of what is to come because you are not omniscient, but you do know that you are the child of the Universal Presence which is Spirit, God, and by the Grace of God this is all you need to know here and now because you live in the present. The awareness comes with your conscious identity with God and the effect it has upon you should be the Holy Ghost, which is the feeling of total completeness. In this threefold realization (trinity), the Father, Mother is the Source of All Life, the Son and Daughter is the personification of Life, and the Holy Ghost is the Spirit acting in you and through you to bless others. The trinity relates to cause and effect because God is the only cause, and you are the effect. There is no duality between you and God because you are a Divine Creation.

The body is the instrument used to harmonize with this Spirit here on Earth, so you have been given dominion over your body to use it to bring joy like sweet music then you will reap many blessings of health and longevity. It is important to take good care of your body to serve yourself and then you can better serve others.

“What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them” (Matthew 15:11, NIV). You pay close

attention to what you eat and drink (what goes into the mouth) and not to what you think and say. Your words are the direct result (effect) of what happens to you and your body. Your body is the manifestation of the trinity because it is about how you feel. You (Son or Daughter) should experience the Comfort of the Father, Mother (Spirit) and a Holy Ghost feeling should be your Divine effect.

Everyday someone will ask, “How are you doing or feeling?” and the response you give reflects how you feel. These are your words extending out into the universe. The trinity is actually one law of the Universe, Spirit working through you to bring a feeling of completeness into your life. This trinity can only be experienced if you stop resisting God, and your Divine Cosmic Being. Become as light as a feather and flow through life.

If you have this hope or expectation, with the One, Divine you are made pure where there is no duality to taint your existence here on earth. “All who have hope in Him, purify themselves, just as he is pure” (1 John 3:3, NIV). Hope makes you whole and “purifies” you “just as He (the Divine) is pure. The effect is only God, therefore; it can only be peace. Divine Spirit never changes; it is complete. Nothing can be taken or added to this pure, Absolute Divinity. God

is Cause and Effect, the Alpha and the Omega, and this is a universal law because it establishes harmony and order in your life. You are never separated from Spirit. This Divine Presence is infinite and nothing exists outside of this Divine Power.

As long as you obey the laws of Spirit, all good is ever present. First, you must recognize your own spiritual potential—you are the image and likeness of God. Second, you must obey the laws of Nature and Spirit, and then you will be working in one accord with all creation and Divine Spirit. Third, if you acknowledge your oneness with Spirit and obedience to Divine Will and not resist God's Will then you are free to exercise the power and dominion that was given to you to create your world of peace, wealth and harmony.

The Divine Word confirms, "Through Him all things were made; without Him nothing was made that has been made" (John 1:3, NIV). From life all things were formed by Him, so you live life from this perspective. Not that you die but you live from within and not from without were all things pass away. The Divine Spirit that you draw from within heals and makes you whole. For you are here to live by the Divine Word, which is law, so you must adhere to this Divine Authority, "Now this is Eternal

Life that they know you, the Only True God” (John 17:3, NIV). You are here to make this great connection, which is to know God and live eternally in this truth that your life is connected to this one Divinity, which is life everlasting.

When you consider your Divinity and do not adhere to limitations, which appear as real such as lack, fear and sickness. They fade away as they should when you connect with your Divine Cosmic Consciousness. In reality, you are one with the law of the Absolute where all good is always at hand. In the Absolute, which is your undeniable identity, this is all you ever need. All is God, and the infinite manifestation of this Divinity in your life. Time and space is not to be considered since all you need is the present, right now. The fullness of life already existed from the very beginning of creation.

You must always employ the creative power of your thought and reflect upon what is true and eternal. You create your own reality, so it should be consistent with Absolute good. Living and concentrating on your spiritual prototype, the image of God becomes the root of external existence because your world is reflected in your conscious awareness. Everything evolves from within and is reflected outward. The essence of your being is to adhere to the

fact, “If you believe, you will receive whatever you ask for in prayer” (Matthew 21:22, NIV). The Cause of all things is your belief, which is an action that implores the Absolute law of receiving, the effect is all-good fulfilled. There is no lack in the Absolute, which only requires your self-knowing mind. “Be a law to govern yourself.” It is never the condition but what you think, feel and most important believe.

It is one great law in which you live; you draw all things to you according to your thinking. The Universe attracts all that is like itself, and you are governed by this same principle that you are who you think you are, the one great law of life.

When you know yourself as being servant to the Divine Word and Spirit, you create your good. When you think on the Divine and receive the desires of your heart, then you are open to the Word of Truth. You must think correctly and become a living embodiment of your thoughts.

You are connected to the Universal idea that your body is constantly changing, for you are made of the same substance found throughout the universe. You were created from the same void, and then became a living being. So, the primordial substance that is forever flowing, and changing in the Universe is your

Divinity. You are constantly changing, and as you turn inward to the Divine Consciousness, it is here that you become one with that void and create the Divine Being that is everlasting, which never dies or decays.

You are unlimited by this consciousness of knowing who you are, how you were created, and why you were created.

You become self-conscious and live out your Cosmic Being in Spirit. The Spirit of man cannot be seen, the Image of God can never be visible to the physical eye. You can only know it through Spirit, otherwise; you only see what others do before you everything else is what you hear and both are deceiving. Spirit does not deceive it has nothing to do with the auditory nerve or vision.

You should consider your actions and allow them to be governed by the Divine Law, which shields and protects. Allow your conscious state of mind to be centered in the Divine Word, and know who you are. It is what you say and do that matters especially what you do. Guard your consciousness!

You choose your course in life by the decisions you make and what you do. You are self-conscious, thinking, choosing being exercising individualized

intelligence or God consciousness. So you live, move and have your being in three worlds—material plane, universal plane, and spiritual plane. You experience them all each and every day, and none of us can live without experiencing these worlds or planes of existence.

What is interesting is that you spend much time concentrating on the material plane. You become so intensely involved on the material plane that you forget the other two planes are your dominion. It is in the universal consciousness that you learn to love and grow as a Cosmic Being. You become one with all the Creator and share a common value that is a harmonious existence where a calm presence is forever expanding and enlightening your way on the universal plane to be that guiding Light presence, which is Divine and awaits your acceptance without resistance.

Everything you do extends from your ideas. There is not my mind or your mind but ideas that connect us, and this unity is an example of God's love. You create everything in your life from your ideas the spiritual planes of consciousness. You move and from thoughts to ideas and things are created from your ideas. At first, you cannot see a thing in form only potential existence and imagination. Once you

become conscious and the reality is evident then the idea is formed, and all you have imagined becomes visible. So you must govern your thoughts and allow positive ideas to form in your consciousness and then blessings pour forth.

You must consistently see yourself as a spiritual being for you are more than just your body. You feel less than spiritual and become more involved with the physical appearances because of human will and choice. Thought allows you to form your own beliefs and from thought you make choices and gain what you want in life. If your thoughts emanate from Spirit, then you understand, “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things” (Philippians 4:8, NIV).

Finding Divine providence in Spirit corresponds to the law of creation in which you were never separated from the Creator. To this point, you know you are the son or daughter of God; therefore, you are obligated to consciously participate in this great work of maintaining your awareness or Divine intelligence. No one can do your work and grow in Spirit for you; this is an individual action that brings you closer to realizing your full potential to do great

things. Furthermore, you must realize your responsibility to others, which is to see others in this Divine Light. All Beings have different modes of expression, which is the law of Nature to appear in many splendid forms.

Einstein's "Theory of Relativity" has changed the way science views time and space. Both are now seen as inextricably bound together. The Universe you see out there is not a thing that extends in space but a thing that extends in space and time.

The Universe was not created within the perimeters of just time, but time and space. It is a supernatural existence, where time and space come together. You have never been bounded by time or space. "Being is a nonlocal event. Time and space cannot define its existence" (Jonson, 172). You reflect this power of existence since you are connected to a Universal existence. Time and space cannot define your existence here and throughout eternity. Your physical existence does not entirely define who you are since you are a Spiritual Cosmic Being, therefore you are free. There is no duality between you and time and you are not limited by space, your super-consciousness connects you to a Universal existence. "You are a multidimensional being. You can be in more than one place at the same time" (Jonson, 172). Being in

more than one place at a time is possible because your thoughts are expansive like the universe, and not limited to space.

When you look at the six days of creation, time comes into question. Time, described in the Bible creation account is not the same as you know time today. This is to say that time is a man-made element, “There was no time ‘before’ the beginning. Einstein says, “For physicists, the distinction between past, present, and future is only an illusion.” You cannot re-create the past nor exist in the future. Things change consistently in the present. Your only reality is what you acknowledge as truth within your current state.

This is why when you connect with your Spiritual, Cosmic Being you are not bounded by time or space. Time is a man made entity that does play a significant role in daily life. You can work within the framework of time but you do not have to be limited by it. Everyone at some point feels there is not enough time or time moves too fast. Spirit works in the present where daily needs are fulfilled immediately, and this is why all healing can be instantaneous. It is your current limitations that keep healing from taking place immediately.

There is always enough time if you remember the law in which all is controlled by Divine Conscious-

ness; therefore, you must connect to the power of Spirit that is Absolute. The manifest Universe and Creation are all the results of the knowingness of Spirit through law. You are a perfect expression of Life and cannot be limited or controlled by man-made elements. Time is related to space because you move from one point to the next in space within the framework of time. When you eliminate the limitations of time, space becomes a non-entity or non-duality. You live in the present here and now, and all exist within the present moment. The future is indefinite, and you cannot manipulate what has passed; therefore, our reality exists now.

Nothing is at a distance or limited by space if reality exist right before you. The greatest limitation in healing and spiritual progress is being entrapped by time and space. This is where great frustration and pain are found in thought because you have not applied the law of the Divine, Unlimited Spirit or the Omnipotent Manifestation of Divine Perfection. The universe is perfect, and so is your Divinity.

God existed in the void; therefore, creation is always going on, it does not need anything or anyone for creation to be evident. You tap into creation through your consciousness. "Be still, and know that I am God!" (Psalm 46:10, NIV). In the stillness of your mind, it is here all good unfolds and ideas are formed.

You are connected to a Universal Order, which is a law that all existence functions in one accord. It is an Absolute truth that Spirit connects and unites all in one accord. “The earth was empty, darkness was over the surface of the deep” (Genesis 1, NIV). The darkness and formless earth established an Absolute truth that Spirit formed everything from this void, so it only knows itself as the only reality. It established your connection with Spirit as the only Creative Power. You must continuously recognize your relationship with Spirit because nothing existed but the Almighty Presence, Spirit.

“For in him (Spirit) all things were created: things in heaven (Divine Realm of Consciousness) and on earth, visible and invisible, whether thrones or powers or rulers or authorities, all things, and have been created through him and for him” (Colossians 1:16, NIV).

The true goal in life is to remember your Divine birth and constant state of never being separated from the relationship eternally established for your benefit, God created you out of desire. Yes, to remember this is great work and never comes easy; however, if you establish right thinking then you send out goodwill to everyone and fear fades away. Each thought is just a suggestion and you control thought through your fearlessness that anything or anyone can harm you.

Never resist your transformation into empowerment, your Divine authority to stay connected to the Absolute Divine Authority. When you affirm this Absolute power is working at all times in your life, you can stay confident and acknowledge that your adversity is your blessing, and you are simply experiencing a period in your life to learn and gain strength. “Stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord (Divine) because you know your labor in the Lord (Divine) is not in vain” (1 Corinthians 15:58, NIV).

Your spiritual devotion to the One Divine Order is never in vain since rewards are plenteous for your choosing as you remain in Love. “I will not be moved” is the best affirmation you can make because then there is non-resistance. All inharmonious situations come from your resistance and your emotional state. Your work or issue is always from within. If you are still in Divine consciousness then God can remove any obstacle. Problems arise when you simply refuse to identify with your God given empowerment to change any situation through prayer and meditation. You are empowered simply because you are God’s perfect image.

“Now is the day of salvation,” (2 Corinthians 6:2, NIV) there is no lack or resistance in the present. It is your Divine right to have all that you need, right

now. Sometimes you want it all immediately instead of appreciating the fact that you have what you need right now, abundance. Your cup is running over and you do not recognize it. Break down the barriers of lack and stop saying you are broke. Stop being concerned about bills and expenses and concern yourself with your true identity that God meets every need. Any disharmony on the external indicates there is disharmony in the mental or subconscious. “A man’s enemies will be the members of his own household” (Matthew 10:36, NIV).

Your thoughts and actions create your situation, it is what you say and do that matters. Unless you document what you say, it may or may not be remembered, but what you do leaves an impact on others, so you must be mindful of your actions. These actions refer back to the Holy Ghost (Spirit in action), it does not matter if you view your actions as good or bad because once it has been done your outcome has been established. What you create is the passing of Spirit into form, therefore; to create does mean bringing forth something from nothingness. Consistently watch what you say and do to others for it is best sometimes to walk away from negative confrontations, and let there be silence (nothingness) just do nothing until you know you can bring about a healing or a blessing. This is why it is necessary to

empty your thoughts daily in meditation or prayer to maintain peace and love.

Your financial status, governments, people, global warming, no-thing can touch you when you allow yourself to be still and empty. Creation came forth from this void, and this is where you begin to create your financial security for it is not what is reflected in your bank account or wallet, it is the abundance that is prevalent at all times. Feel empowered to face any opposition and resist any problem at any magnitude. Avoid scattered energy, the running around planning ways to get money. God formed the earth from nothingness, so the only energy exerted was a still Supreme Presence which allowed everything to appear and this same Power that is within you can allow everything to unfold without effort by simply using your energy to affirm your Absolute Divinity.

Start now declaring whatever is bothering you as not valid and reduce it to nothing, not greater than you are and God is. The Divine thought must manifest itself into being. All thoughts, ideas and actions are subject to the Will of Spirit that acts upon what you do; otherwise, it is like planting a seed in infertile ground so all you do must be of good intention. The end result of your actions must be to your liking, and these experiences can be seen as lessons of life.

Spiritual experiences (everything is Spirit, all God) make you stronger and wiser, you should not judge any experience as good or bad for this is judgment. Your desires will eventually be satisfied if you maintain faith, which is “The substance or confidence in what we hope for and assurance about “what we do not see” (Hebrews 11:1, NIV). All that is unseen (void) will be fulfilled just as darkness disappears in the Spirit and everlasting light.

All good will remain if you nurture what you have and bless it daily. Gratitude is the greatest respect you can pay to God because it demonstrates humility and knowing your prosperity comes from a comforting Spirit. If you learn to rest in Spirit and cease all hard work and anxiety, you will begin to understand that Spirit does not need any help from you only your conscious awareness (stillness) you are the creation and co-creator. “The Lord (Divine Love) is my shepherd I lack nothing. He makes me (Spirit), lie down in green pastures, he leads me beside quiet waters,” (Psalm 23, NIV). The only work to be done is to maintain confidence that all needs are met and know who you are, and why you were created. Spirit must be manifested, and you are living proof that God is, for you are the manifestation of Spirit in Soul and Body.

Once you establish this calm disposition in life a common good can be considered in which your service to humanity can be affirmed. What is this common good? It is the connection that was established from the beginning that you are a child of God, so you must continuously realize your relationship with the Whole. This is your common good: otherwise, you are less than your Divinity.

You would be non-existent. However, you cannot separate yourself from the love of God, and your Divine connection with all creation. Consistently strive to see the good throughout all humanity, which is a tough undertaking since the illusion or the negative picture seems so prevalent. You must continuously remember that you a spiritual being, and it is Spirit that renews us all. The common good is to acknowledge your relationship with the Divine, your spiritual image, which never changes and never grows old. It is your knowledge of self and Divine Mind that connects you to God. This self-knowing Divine consciousness is your reality, personality and individual expression. You are a Divine Being, an impersonation of God.

The mercy, love and acts of kindness the Christ demonstrated relates to the common good, which you also express. You establish your identity by the way

you live and treat others on a daily basis. This form of living is a constant recognition of your Divinity for you are never separated from God; therefore, you must walk and live in the Spirit. Your daily meditations and prayers renew your Spirit and you become cognizant of your true identity and self-knowing mind through your thoughts, acts and daily deeds. When you look back at what you have achieved there should be progress and growth, and someone has benefited from your service, not that anyone is dependent, but they have realized their own achievements from your service.

This is the fullness of God and your only responsibility is to serve not help because no one is equipped to help but God. The Creator of all has unlimited resources which never runs out or cuts off, and this is why God is the only help you can expect at all times. God is always present even when you are not sure of this presence. You may feel you have the power to help someone but this is not your responsibility. God has equipped all mankind to provide a serve, which is God's Divine plan for all creation. You serve others because God serves you. Service does include extending a helping hand. If you see someone you are serving as an equal then there is simply an exchange of energy and this is the whole of mankind. All of God's creation is equal regard-

less of the limitations you might see. A God of love did not create some greater than others these limitations are made by a limited human mind that does not understand the power of the Creator. Helping implies a weakness or lack, and you feel as though you are making something easier for someone.

There should always be an understanding of God being the ONLY help and you are the vessel God works through. It is your ego, which thinks you have the power to make things better or you can change anything or anyone's life. Ego allows you to see things that are not real because you see yourself as being greater, having a better life. It is not what you see, it is the power and presence of God, which exist in all, and changes everything. This is why Peter said when he healed the lame man, "Silver and gold I do not have, but what I do have I give you" (Acts 3:6, NIV).

What Peter had was a spiritual understanding that God heals as he had learned from his teacher. It is for you to know you heal and serve only through God and with this understanding you are made whole and your service becomes a lot easier and more abundance is prevalent. The Divine understanding that God is all connects with pantheism, the Absolute, all religions recognize a Supreme Force that

protects and serves all. Everything exist within this Divine Supreme existence where all things derived from One Source of good, so you should meditate on the One Source, God having created all things in the beginning.

This is Divine Wisdom to know only God doing the action, which is the perfect state of being or original form of consciousness where miraculous things are done here on earth. You are perfect and complete, and so is everyone you encounter on a daily basis. All miracles lie within yours and everyone's reach. Be patient and wait for this consciousness to unfold within you, and do not hesitate but persevere to be perfect in your thoughts and conscious mind. The appointed time will come when all things will be revealed to you to work miracles. Then you will know that you have the glory of the entire Universe and health, youth, riches, wisdom, virtue and longevity are your birthrights and Divine inheritances. This is your strength of strengths that maintains your Soul and makes you a Spiritual Being, and you can overcome anything. There is no disease, pestilence or darkness that can overcome you. Divine Spirit, which is God, can root out all that is not of its likeness for there is no duality in the kingdom of righteousness.

Your desires are your kingdom, so there is no resistance in getting what you desire. You were created from this inner most feeling, the desire to replenish the earth with living beings and divine ideas. Never turn from your desires since they are your inner most feelings. It is God's desire for you to have all that you need and want. It is through your work that all desires are fulfilled, and this is why the things you do everyday should give you a sense of completeness because you are doing what you love. You should turn away from doing work that is unfulfilling because it leads to unhappiness and sickness.

Your work is your service to God and you should gain much pleasure in serving God through the work you do on a daily basis. A job that just pays the bills is not riches. You gain so much more when you understand that all you do is a reflection of your love for God and all creation. There is no struggle or resistance in satisfying work. This is not to say there will not be some challenges; however, growth will be a marvelous asset in developing your service skills. Much of your pain and discomfort stems from dissatisfaction with your work. Your desires connect you with all things for it is as great as your prayers. When you pray you should first entertain what it is you desire the most and ask for it. You knock at the

door of your consciousness when you contemplate on your desires.

All things begin in thought and then you must desire it, which is the feeling. Imagine how good you will feel once you have what you desire. Your prayers are influenced by your desires so through prayer (stillness) your desires are affirmed. When your prayers are unanswered it is because you did not believe your desires could materialize. Once you understand the power of prayer then progress begins. When you are traveling along on your journey through life you expect good to appear because it is you witnessing all these splendid miracles, and you begin anticipating greatness in your world. If it is health you desire then allow your body to receive its natural state of healing through prayer and believe you are getting better every day. You can transcend any sense of time that gives you a sense of alarm you are growing old and running out of time. Feel the presence and beauty of life, and how eternal the sunlight is you enjoy daily.

“Make thyself to grow to the same stature as the greatness which transcends all measure; leap forth from every Body; transcend all Time; become eternity; and then shall thou know God. Conceiving nothing is impossible unto thyself, think thyself

deathless and able to know all—all arts, all science, the way of every life. Become more lofty than all height, and lower than all depth. Collect into thyself all senses of all creatures—of fire and water, dry and moist. Think that thou art at the same time in every place—in earth, in sea, in sky; not yet begotten, in the womb, young, old, and dead, in after death conditions, and if thou knowest all things at once—times, places, doings, qualities and quantities; thou canst know God” (Thrice Greatness Hermes,” (G.R.S. Mead).

This is the ultimate of all desires and there is no-thing that can stop you from obtaining this Divinity. The only resistance you will ever find is within your own consciousness. Become unlimited in your thinking, and then you will be your own salvation. Peace and stillness will be your comfort in knowing you create your own world.

Chapter 4

Conscious, Subconscious and the Super-conscious

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty (Psalm 91:1, NIV).

Like a surgeon reaching in and altering the condition of an internal organ, a skilled hypnotherapist can reach into our psyche and help us change the most important type of belief of all, our unconscious beliefs (Talbot, 105).

Our new understanding of the universe's mechanics shows us how the physical body can be affected by the immaterial mind (Lipton, 119).

The shelter of which you dwell is the mind or consciousness. Whatever you hold in consciousness is what you dwell on, so if you dwell on ideas of the Most High you can rest in peace and Divine understanding. Just as if you dwell on lack and limitation you will find yourself in a state of dis-ease.

To begin this discussion of the conscious, sub-conscious and super-conscious mind it is necessary to return to the premise of this book, which is to acknowledge who you are as a cosmic being. As a Cosmic Being made of a Divine Substance and connected to a Universal Presence it is absolutely necessary to understand how consciousness keeps you in this constant state of awareness where you find healing and bliss. In this chapter you will discover how everything aligns with God.

On the back of the dollar bill is a pyramid, an ancient Egyptian symbol, with a human eye at the top of the pyramid. Primack and Abrams discuss important information about this symbol and how it relates to your Cosmic Being; they give reference to “The Pyramid of All Visible Matter.” “It is a pyramid, but its capstone is separated and floating above it, blazing with light, and dominated by an eye” (112). They explain that all the visible matter of the universe can be illustrated in this pyramid. “The Pyramid of All Visible Matter” is almost entirely made of the lightest stone: hydrogen and helium, but there are so many of them in the universe that they far outweigh all the heavy stone. Hydrogen and helium are thus the massive bottom part of the pyramid. Above floats the glowing capstone, which represents stardust, the heavy atoms forged by stars. Not only we humans, but all living things, and

not only Earth, but all rocky planets throughout the universe, are made of the matter in this glowing capstone” Primack and Abrams, (113).



The bottom of the pyramid, which is about 75% is dark matter and the center of the pyramid cold dark matter is about 25% and the top of the pyramid is invisible atoms which makes up 4% (Primack and Abrams, 116, figure 6. The Cosmic Density Pyramid)

The pyramid symbolizes greater consciousness of strength and energy. It represents the harmonizing

of the human and the higher self. You can view the capstone of the pyramid as the higher self. The eye is the interesting aspect of this higher self, which can take on numerous connotative meanings. The eye on the capstone is referred to as Divine Providence or Eye of Providence, which is the all seeing eye of God who watches over us all. In Hinduism, there is the third eye known as the invisible eye which represents a higher perception beyond ordinary sight. In the Kemetic (Egyptian), there is the Eye of Horus (Heru) or Eye of Ra, it represents life and resurrection, healing and protective power associated with the Eye of Heru, and Ra represents the sun, the Divine (light energy).

The human eye is seen as the most complex organ of the body. The ray of light surrounding the eye is also symbolic of the human eye, which closely operates with light. The cornea is where light is primarily focused; the iris controls the amount of light reaching the back of the eye where the retina is very sensitive to light.

The eye suggests mind or vision—unquantifiable things that transcend the issue of quantity. The eye glowing capstone of heavy atoms reminds us that intelligence burst out only from tiny bits of stardust” (Primack and Abrams, 114).

As you put all of these ideas together associated with the eye, light and the pyramid an interesting connection between you and being conscious becomes evident. The all seeing-eye is your consciousness where you connect with the Divine. You can call it your mind's eye and insight into all things. This is another aspect of your Cosmic Being that is beyond physical form or as Primack and Abrams identifies with our Cosmic Being, "We human beings are luminous, stardust beings" (119).

"There is a legend about Egypt's Great Pyramid where originally its capstone was plated with gold and on each of its four sides painted a blue eye of Horus (Heru). When the sun struck the pyramid, the reflected light could be seen for miles." (Primack and Abrams, 121) They further this discussion about the legend by stating that a priest removed the capstone, "but when found, the legend goes, it will be placed back upon the pyramid, and on that day will begin a new world order of the ages, a new awakening" (121).

At the bottom of the dollar bill are the Latin words, *Annuit Coeptis* which means, "favors our undertaking" and *novus ordo seclorum*, "A new order of the ages."

What will be your new order? Only you can define your awakening as new ideas and perceptions about life are revealed to you on a daily basis. Will you live in the material world and be controlled by what you see happening around you or will you chose to be a Cosmic Being and allow your subconscious mind to develop a new image and a new way of living in your Eternal Mind, The Most High?

You are the capstone of this higher consciousness or super-consciousness and your light or what you radiate should be Divine. Your eye connects to what you see or envision and it should be higher in nature and originate in your subconscious mind, which is the third eye or first eye. Joseph Murphy explains in “The Power of Your subconscious Mind,” “Your subconscious mind is principle, and works according to your beliefs” (17).

The subconscious is the mental source that you use to connect to Spirit and heal yourself through prayer and meditation. There are two basic levels of consciousness, the conscious and subconscious mind; they both act together. You think with your conscious mind and the subconscious mind acts upon what you entertain in your conscious mind; it is the creative mind. Once the subconscious mind accepts

an idea it becomes your reality. “As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy and wisdom within you. It lines up all laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer. Its ways are past finding out” (Murphy, 24).

The conscious mind is what you use everyday to make decisions and choices. Your conscious mind reasons and arguments are formed in your conscious mind. This is why you should be mindful of what you concentrate on and accept as real. The super-consciousness is what you must develop, it is your first eye of meditation, and allows you to use your conscious mind in positive ways to create what you want through your subconscious mind. “Your subconscious mind takes the orders you give it based upon what your conscious mind believes and accepts as true” (Murphy 20).

You should learn to create and develop your ideas and desires in your subconscious mind through prayer and meditating on what you desire. Use your

conscious mind to bring everything into reality by doing whatever you are guided to manifest your desires. Let all you do and desire to first originate in your subconscious mind and then act upon it in your conscious state. Many times you act upon something without meditating or praying, and this is where problems begin because the conscious mind will set up an argument in which you can not make a decision; however, if you go into the closet (subconscious mind) and pray or meditate on all you desire the outcome will be astonishing. “When it comes to sheer neurological processing abilities, the subconscious mind is a million times more powerful than the conscious mind” (Lipton, 122). The super conscious is the God within your capstone of energy (God Conscious Mind), and unfolds everything without. “As above (subconscious) so below (outcome)” and “as within so without.”

Your subconscious mind feeds the God Conscious Mind and makes you a co-creator working with God by simply renewing your thoughts daily. Once you have mastered this merging of the subconscious and God Conscious Mind, then you are truly identifying with the Image of God and you realize you have power and dominion over all things—no lack or sickness. You live better outward when you consider your inward, soul and spirit.

Primack and Abrams bring forth an interesting perspective on consciousness when they explain Cosmist, Konstantin Tsiolkovsky views, “Consciousness exists in every particle in the universe, including every star and galaxy, and that humans and intelligent aliens have the highest concentration of this consciousness and therefore the greatest responsibility to further the peaceful development of still higher consciousness” (170).

As discussed in chapter one, you are made of the substance of the universe, and you are the image and likeness of God; so you have a responsibility to exercise this consciousness of the Most High. “Consciousness can only exist at those high peaks of concentrated stardust where life and intelligence evolve” (Primack and Abrams, 170). This act of developing your super-conscious mind is a responsibility you must exercise to create your world.

“For my yoke is easy and my burden is light” (Matthew 11:30, NIV). This life is not supposed to be one burden after another. You should learn to release and allow the subconscious/mind or God within to solve your problems. Once you have prayed it is your conscious work to release and let God. It is the Secret Place of the Most High where you abide under the shadow (care) of the Almighty. You actually violate

the law of God who holds all things in place when you rely on your own consciousness of reason and worry and this is hell here on Earth. This is the stress you carry around from day to day, it is a feeling of weakness and despair. You say to yourself I am tired and have too much on my plate. It is your conscious awareness of your daily life that brings on these feelings and you eternalize it in your subconscious that brings on the stress and strain of life. Stop doing in your conscious and go into your subconscious and rest in God's care.

You cannot do any thing unless you go within and discover peace and understanding. Prayer and meditation are not cop-outs; they are the highest forms of action you can take. It is God (super conscious, first eye) that has given you dominion over all things. There are many problems in this world that stem from not exercising the Mind, super consciousness.

Your consciousness and subconscious mind, which is your soul are constantly affected by your actions and thoughts. If your actions on a daily basis are negative, full of arguments and hostile confrontations then this is where you dwell. If you are constantly comparing yourself to others and finding fault in everything, this is the world you have created. If

you awaken each day in dread or fear this will be your experience.

The Soul is the Creative Medium just below God—you are the embodiment of soul. You are the creation and you create through your soul (subconscious) where all thoughts originate. “Thoughts, the mind’s energy, directly influence how the physical brain controls the body’s physiology” (Lipton, 118). Making this connection between your thoughts and your body is the key to healing. If you are made of trillions of cells then how does healing your body take form. Lipton describes thought as energy that controls the cells of our body. He even explains that you can speak to your cells and cause them to heal and reform your body. “Energy (thoughts) is a more efficient means of affecting matter than chemicals” (Lipton, 119). Here you can gain a clear understanding that your thoughts are more powerful than any pharmaceutical drug. Your thoughts are only the beginning of the healing process because your actions also have a profound effect in wellness. “Remember, your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false, but it responds according to the nature of your thoughts or suggestions” (Murphy, 25). This is why a placebo is effective in curing illnesses.

A placebo is a fake treatment that a physician gives to a patient. “A placebo is any medical treatment that has no specific action on the body but is given to humor a patient” (Talbot, 90). A placebo can be a sugar pill given to a patient, it has no power to treat or heal. Talbot list many illness that have been cured when the patient received a placebo as treatment, “conditions that have proved responsive to placebo treatment include migraine headaches, allergies, fever, the common cold, acne, asthma, warts, various kinds of pain, nausea and seasickness, peptic ulcers, psychiatric syndromes such as depression, and anxiety, rheumatoid and degenerative arthritis, diabetes, radiation sickness, Parkinsonism, multiple sclerosis, and cancer (91). So the question is how does healing take form? The placebo is effective because of the belief the treatment is real. You are healed because you believe. I am that of what I believe.

“I am that point of consciousness focalized in your human mind which calls itself, I. I am that I, but that which you call your consciousness is in reality My (God) Consciousness, thinned down to suit the capacity of your human mind. It is still My (God) Consciousness, and when you can drive from your mind all its human misconceptions, ideas and opinions, and can cleanse and empty it utterly, so that My

(God) consciousness can have a chance to express freely, then you will recognize Me (God) and you will know that you are nothing—being only a focal center of My (God Consciousness, an avenue or medium through which I can express My meaning—in matter” (Impersonal Life, 91). You are all of what God is and nothing more. When you align yourself with healing then you will find that your thoughts about yourself are in alignment with no power outside of God. This is why the placebo is effective because of the belief in its power. The disease is a misconception entertained. It is the power or belief you have given to the disorder. Your body is nothing without your conscious awareness that the real you is the image and likeness of God. It is God, which acts through you as you and you can never separate yourself from God.

The healing process of the body is strictly Divine. You can take medicine, receive surgical procedures, and other forms of medical treatment; however, there is a greater Source for healing that is beyond medical science and is directly related to your Cosmic Being, which is pure intelligence, your Cosmic Energy Field. The cells of your body create a universe of its own and you control these cells (energy fields) through your Cosmic Intelligence. “One researcher who believes it is the energy field that molds the

body and not the other way around is Richard Gerber, a Detroit physician who has spent the last twelve years investigating the medical implications of the body's subtle energy fields.

The etheric body is a holographic energy template that guides the growth and development of the physical body” (Talbot, 188). The etheric body is your aura, which acts as a light source and reflects onto the body. This is why someone can see a health problem existing in your body because your aura reflects this problem. It is energy being transferred from one source of energy to another like a holograph that simply reflects back the image that is being mirrored. “Just as the physical body is subordinate to the etheric, the etheric is subordinate to the astral, emotional body, the astral is subordinate to the mental” (Talbot, 188).

The mental is your Divine Intelligence, which governs all. “Thus the subtler, that layer of the energy field in which an image or thought manifests, the greater its ability to heal and reshape the body (Talbot, 188). Your aura is simply a reflection and has no power to heal, and the astral body is where your emotions effect your aura and body. These fields of energy are not as subtle and light as your thoughts, which have a direct impact on every aspect of your being.

The placebo works because the thought is aligned with healing. It works because you are calm and believe healing is taking form and this is reflected in your astral and physical body. “Because the mental body (intelligence, cosmic consciousness) feeds energy into the astral/emotional body, which funnels down into the etheric and physical bodies, healing a person at the mental level is stronger and produces longer lasting results than healing form in either the astral or etheric levels” (Talbot, 189). This concept of mental healing validates why you are the image and likeness of God. Divinity has nothing to do with what you can see; it is all consciousness.

You communicate with God through your thoughts about yourself. If you are sick and limited then you have just limited your Cosmic Being, your connection to God and the universal consciousness. Guard your subconscious and watch how all things change.

Talbot further explains the connection between thought and subtle energy fields when he brings into account the discoveries of a physicist, Tiller, who suggest that the universe itself started as a subtle energy field and gradually became dense and material through a ratchet effect (probably the Big Bang) (Talbot, 189). “As he sees it, it may be that God created the universe as a Divine pattern or idea.

Like the image a psychic sees floating in the human energy field, this divine pattern functioned as a template, influencing and molding increasingly less subtle energy levels of the cosmic energy field on down the line via a series of holograms, until it eventually coalesced into a hologram of a physical universe” (189). The Divine, Cosmic Consciousness is always reflecting back to us the Universal Cosmic Being who is capable of changing all things through consciousness. Talbot furthers this thought when he states that the human body is holographic in another way, for each of us truly would be a universe in miniature” (189).

If your subconscious awareness works as a holograph then your thoughts reflect back to you, the world and the universe as your own energy field. You are a walking, moving Cosmic Field of Energy that has an immediate effect on all things and this is why the world can seem so dark, and hopeless. “When it comes to sheer neurological processing abilities, the subconscious mind is more than a million times more powerful than the conscious mind. If the desires of the conscious mind conflict with the programs in the subconscious mind which mind do you think will win out?” (Lipton, 122) The power of the subconscious and its holographic effects makes us more spiritual in nature than physical. You can transform your entire

being and work miracles, this is why Jesus, the Christ said, “Very truly I tell you, whosoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father” (John 14:12, NIV).

The works that Jesus did were consider miracles since he healed all forms of illness, raised the dead, walked on water and raised himself from the grave. Do you believe you can do these works? You will respond quickly, no, I am not Jesus the Christ. You were given the same Divine Consciousness as the Christ. The key words here is belief, if you believed he could do it then you can also and even greater. In this statement he mentions that the Father, God something greater than himself is his refuge. He goes to the Creator to pay homage to the Divine Manifestation of All. How you identify with your Creator is the key. Do you see yourself at one with God and able to do all things through the same Christ consciousness that Jesus exercised? “I can do all this through Him (God) who strengthens me” (Philippians 4:13, NIV).

Is this your conscious identity with God that you are empowered to do anything through God’s strength? The denotative meanings for strength are physical power, mental power, moral power, courage and vigor. Physical and spiritual power is necessary

to do extraordinary accomplishments. In Hebrew, strength can mean energy or authority so the Christ consciousness aligns with the energy and authority God gives you to do miraculous things. If you do not identify with this attitude of authority to do then this is why you cannot conceive of the idea of simply living a vibrant, prosperous life in which you have all that you desire. This is obviously the key to Life. In Maslow's hierarchy of needs, self-actualization is another level in life you can achieve that can address the needs of many and that is to live to your greatest potential. Actualize your perfect state of Cosmic Being, "Be perfect, therefore, as your heavenly Father is perfect" (Matthew 5:48, NIV).

This is a command to identify with the heavenly (subconscious) of God. You must establish an absolute conformity to an ideal identity. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" (Romans 12:2, NIV). You must move beyond your earthly conditions and confirm to your Cosmic Being. Dwell in your subconscious (meditate) connection to God and the Universal Presence and then you will live according to God's will, which is perfection. To be blameless and complete is the Hebrew definition for perfect.

“This realization brings with it some profound questions. One is, what becomes of mind? We have been taught that our mind is a product of the brain, but the brain and the physical body are just holograms, the densest part of an increasingly subtle continuum of energy fields, what does this say about mind? The human energy field” (Talbot, 191).

The human energy field cooperates with your mind (subconscious). Never can you live a perfect life without changing your mind. It is not that you have to be perfect now, you have already reached that perfection. What is lacking is a clear absolute understanding of this. Your bodily experience sets your limitations. If you do not feel good then this is your reality. “That is, we have two realities: one in which our bodies appear to be concrete and possess a precise location in space and time; and one in which our very being appears to exist primarily as a shimmering cloud of energy whose ultimate location in space is somewhat ambiguous” (Talbot, 191). Once you decide to move beyond your earthly limitations where you are limited by time and space, your higher self, Cosmic Being will allow you to align with your energy or power where no one can define your potential not even you.

You have been conditioned to believe that you are your body. This book is based on the concept that even

your body was made perfect. “Since the dawning of the Age of Genetics, we have been programmed to accept that we are subservient to the power of our genes. The world is filled with people who live in constant fear that on some unsuspecting day, their genes are going to turn on them” (Lipton, 25). You have become programmed in your subconscious mind where you set limitations or achieve higher awareness that there is another power outside of God, which can lead to your demise. “They wait for cancer to explode in their lives as it exploded in the life of their mother or brother or sister or aunt or uncle” (Lipton, 26).

If you identify with your family’s genes then this is your fate and you will suffer the same illnesses. You may be saying to yourself that there is no way to avoid this because it has happened to everyone in my family and I can expect it to happen to me. You may even be thinking no I do not have to consider this to be my fate. The question is how great is your fear if a doctor or anyone suggests you will inherit your mother’s sickness. “Millions of others attribute their failing health not to a combination of mental, physical, emotional and spiritual causes but simply to the inadequacies of their body’s biochemical mechanics” (Lipton, 26).

There are many factors to consider with illness. Your overall condition as Lipton has stated must be

considered when you come to a complete understanding of your Cosmic Being. You must be absolutely certain and be able to prove that you are not subject to inherit anyone's problems. "The vast majority of people come into this world with genes that enable them to live a happy and healthy life. The diseases that are today's scourges—diabetes, heart disease, cancer—short circuit a happy and healthy life. These diseases, however, are not the result of a single gene, but of complex interactions among multiple genes and environmental factors" (Lipton, 27).

Lipton furthers this discussion by stating that you control your body by what you feed it. Relating back to what was previously stated your body is a holograph it only reflects back to what you believe it to be. Many of these diseases correlate to the stresses and fears you place upon yourself. The body itself only knows its perfect state. "The human body comprised of over 50 trillion cells, contains only about 1,000 more genes than the lowly, spineless, thousand celled microscopic worm" (Lipton, 40). So, it is not your genes that determine your well-being since a microscopic worm has just about as many cells as you do. "You have been told that each cell of your body has a consciousness and an intelligence of its own; that were it not for this consciousness it could

not do the work it so intelligently does” (The Interpersonal Life, 50).

If you take the time to reflect upon this then you will come to an understanding that your body has an intelligence of its own and you can connect to this intelligence. The question that now remains is how do I connect to this intelligence?

“Each cell is surrounded by millions of other cells, each intelligently doing its own work and each evidently controlled by the united consciousness of all these cells forming a group intelligence, which directs and controls this work; this group intelligence of the organ which the cells comprising it form. Likewise, there are other group intelligences in other organs, each containing other millions of cells, and all these organs make up your physical body” (The Impersonal Life, 51).

You control every organ in your body by connecting your mind (subconscious) to the Divine Intelligence, which functions throughout your body. This is all intelligence, Divine Mind and your God consciousness operating as a whole. Here, a totality is discovered that is phenomenal in nature because it proves once again you are never separated from your Divinity. “Now you know you are the Intel-

ligence that directs the work of the organs of your body, whether this is directly done consciously or unconsciously; and that each cell of each organ is really a focal center of this directing Intelligence; and that when Intelligence withdrawn the cells fall apart, your physical body dies and exists no more as a living organism” (The Impersonal Life, 51).

Epigenetics is a science that explains how life is controlled in relationship to genes. “The science of epigenetics, literally means control above genetics.” Lipton explains, “Genes are not destiny! Environmental influences including nutrition, stress, and emotions, can modify those genes without changing their basic blue print (43). All of these environmental factors you control through your conscious effort to be healthy. It is what you do that creates obstacles when you engage in negative thinking. Everything connects with your understanding of yourself. Connecting with your subconscious allows you to gather this understanding of yourself. If you think about the root word—“sub” it means “under” which, correlates to the prefix “under” in understanding. In meditation you allow yourself to go under in conscious, a stillness that places you upright, to “stand” in Spirit.

You go under in consciousness to connect with God who is above you, and then you can stand firm in

God's peace and comfort. This is the "Secret Place of the Most High" because only you can go to this place in prayer and meditation. No one can reach this state of peace for you; it is a place of peace that removes you from this world and the distractions of others. It is hidden place that you go to for the acknowledgement of something far greater than this world.

Only Divine Spirit can reveal to you what you need to know about yourself or circumstances. No one can bring you this peace, not a minister, card reader or intuitive; they can only reveal certain things to you according to their spiritual guides. God is a direct Source, the omniscience, omnipresent and omnipotent who knows you and always sees you as its Divine image. Here is where your identity lies never to be removed from this Cosmic State of Being. Affirmations, declarations and even demands for hopes and desires will never be without first finding peace, comfort and stillness in knowing God is all there is and has already given to you the kingdom. "But seek first his (God's) kingdom and his (God's) righteousness, and all these things will be given to you as well" (Matthew 6:33, NIV). This kingdom is your Divine Subconscious Mind and righteousness is the fullness and All of God and if you actualize this completeness then you will have All, health, wealth and love.

Chapter 5

Connecting to Your True Identity, Love

God is Love. (1 John 4:16, NIV)

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love (1 John 4:18, NIV).

You therefore have not known the meaning of the Impersonal Life, hence you could not know the meaning of Impersonal Love. Love to you, if you will carefully analyze that feeling, has always been a human emotion or expression; and you have been unable to conceive of a love devoid of or unattached to some human or personal interest (The Impersonal Life, 211).

Just as every portion of a hologram contains the image of the whole, every portion of the universe enfolds the whole (Talbot, 50).

The Cosmic Being and cosmic consciousness is never attached to this earth. There is always the greater and everlasting. Love is a law because when you violate it with fear, hate or judgment there are consequences, the universe operates as a whole it cannot be broken down into pieces to accommodate senseless emotions. As Cosmic Beings there are inevitable consequences according to your actions, good or bad.

There is a third law of motion, which relates to karmic law, for every action there is an equal (in size) or opposite (in direction) reaction. These laws reflect your actions, the things that you do affect all. This is love in action, and everything responds to your feelings and actions, a law that draws all to you.

You probably believe in karma and are familiar with, “What goes around comes around.” You see life as a boomerang effect. It is true that your thoughts, deeds and words sooner than later return with astounding accuracy. Karma in Sanskrit means “Comeback.” You have knowledge of what you should be doing at all times and understand what you do you are responsible for. If you are a spiritual minded person then you know and are responsible for what you do. The more you know, the more you are held accountable for in this life, so if you are well

versed in spiritual law you will suffer greatly when you violate God's law of love. To love God, yourself and others is a law.

You never have to concern yourself with vengeance because the law of good automatically resists evil. Not even God takes vengeance because God is love. You create your own wickedness and fall prey to your own devices. You can only be what you see yourself doing and attain what you see yourself having. "Nothing ever happens without an onlooker" is an ancient saying. If you are obedient to the law of good will towards all which is freedom then the law of goodwill will obey you. If you choose to violate this law then you fall prey to wickedness and death.

You may believe that some people never seem to suffer the consequences of evil doing. This cannot be so since what a person does affects them. Your health and wellbeing must be considered when you hurt others. You are one with all Life so it is important to live on the subjective side of life and know and feel in your heart that Divine Love is All.

You inherit righteousness when you consider where it originates, your thoughts and feelings. Sometimes it is hard to conceive that you can experience so much pleasure in life by directing your

thinking towards positive outcomes. What you fail to realize is that fear or disbelief occupies your subconscious mind and the feeling of prosperity and richness of life wanes. This is where feeling an absolute certainty that God never makes mistakes and you are always under the eternal protection of Divine Love are necessary heart felt desires. When you can feel this for yourself it affects others in a positive way. It is good daily exercise to maintain the consciousness of complete Love and be willing at all times to let in the light, which eliminates all dark feelings and thoughts of limitation. God is and I am, a complete recognition you are never separated from the love of God. Whatever your desires, the reality is, if it blesses it already is, and all you need to do is connect your consciousness to this reality, which never leaves us empty and wanting.

Another cosmic law, “Do unto other as you would have them do unto you,” connects with seeing everyone as you see yourself. If you are the image and likeness of God then this applies to everyone. This law is Divine, it does not change from person to person; it applies to everyone. God is Love, and this is why the first commandment connects to love.

You fear others because you do not love them. Unconditional love and acceptance of others is the

only true love because it is eternal. To love according to certain conditions will soon fade away because it is temporal and a mortal sense of love. You may ask how can I love someone who has harmed me? If you analyze the situation and circumstances of this problem you will find hate is nothing more than fear. When you hate someone you have given him or her the power to do harm; fear does harm because it cannot heal. It is good to “love those that harm you” a healing can only result for you and others when you choose to love. This love has nothing to do with the other person, it is your love vibration radiating out to another and it blesses you too. This self-love is empowering because you choose to identify with your higher self and express your Cosmic Being; seeing yourself as apart of the whole of humanity.

The law of love is plenty “the more you give the more you will receive” since love is unlimited. There is not a different love for your mother, husband or child. There is only God’s love, which never changes. If you can pray for someone and see the person as God’s perfect creation then you can embrace everlasting love. Each day you pour into love when you do something to serve someone, pray for someone or simply think a good thought about the world or your daily blessings. The law of love serves mankind and every individual is empowered by simply loving and applying the

law of self-love, which is feeling good about yourself. It is a completeness to where you are not looking for good outside of yourself and you see your Life, God in total completeness. From this basis of love, you bless others to the point of not taking on anyone's load but by working together towards a common good and the end results empowers all and leads to great progress for many.

Love knows God already knows. Divine Love needs no assistance or resistance from you. There is no battle to be won. You are to maintain confidence that God never makes mistakes—you do. You create through your own consciousness, “Love and Be Loved! Bob Marley expressed a deep understanding of love in his lyrics, “Could you be love and be loved?” Anything else is ego because you should never be concerned with how others think of you, it is your obligation to love and not be affected by the actions of others. This takes great courage and understanding because you are expressing your higher self, I am.

Judgment keeps you from living the, I am consciousness. Judging others separates you from the Divine by choosing to form your own negative thoughts about someone. You feed your own consciousness with hate, fear or doubt. You should see everyone as a chain in the link to your good because

each and every Cosmic Being is an instrument that God uses to bring about an opportunity to serve in the Divine plan.

God is greater on the spiritual plane and protects you on the material and universal planes when you choose to acknowledge the Divine and all its Glory!

The acknowledgement of peace and goodwill connects you to the spiritual plane and unites with all that is good. On the other hand, what seems bad on the material plane is only a reflection of what you create, so this is why good and bad do coexist because you create many challenges and much adversity on the material plane. Fear is always prevalent because of material values were thieves and liars entrap you in your struggle to hold on to what you have.

You consider your material possessions to be your greatest assets and work everyday to maintain what you have and gain even more. When the material things vanish then you go into survival mode scraping to save every penny. You may consider this to be wise and practical and even go as far to think God acknowledges this type of behavior. This is where you are and how you carry out your every day living. Sometimes things never seem to change or get better, year after year of constant struggle.

Wondering why this earthly illusion haunts you instead of relieving you. The only peace you will ever find comes from within and loving your world. Once again, there are no conditions or levels of acceptance in loving yourself. There is no division in God's kingdom, and you cannot limit the Almighty, which holds no regards for your earthly affairs. The Divine brings all to you through Spirit and there is no separation. It is how you live and where you choose to dwell in consciousness, which makes all the difference. Any period in which you feel down is God's opportunity to show you something greater and you do not have to stop living, look up and experience all needs as well as desires fulfilled.

If you learn to mind your own consciousness and not judge yourself or others this is love. If you do not judge what God is doing in your life, you will see your ship coming in over a calm and peaceful sea. Judgment is pure evil, for it creates all problems in relationships and causes suffering and great pain. It definitely creates war and totally destroys lives. There is no such thing as righteous judgment. You can express your opinion but there is no righteous judgment since your thoughts might co-exist but not at the same level as any other individual. Whatever the situation may be according to your judgment it will be good or bad.

Your opinion is just that, it belongs to you and no one else. You cannot expect anyone to go along with your opinion about others, situations and circumstances. It is all ego and much of what you feel when it lacks humility is self defeating ego. There is no humility in judgment because it produces pride and arrogance. “When pride comes, then comes disgrace, but with humility comes wisdom” (Proverbs 11:2, NIV).

Arrogance allows you to see the fault in others, you are better than the other person and know better. You can only know a God of forgiveness and learn to forgive yourself and others. There is no room for unforgiveness in love. All sins are equal, one is not greater than the other; once again, you simply missed the mark and must aim again. Another definition of sin is “to miss the mark” which relates to the sport of archery. When you miss the bulls eye in archery it is called a “sin.” So when you miss the mark by attempting to separate yourself from God this is the so called sin. How can you separate yourself from the One Divine Source of All Good? Nor anything above, nor anything below, nor anything else in all creation can separate us from the Love of God (Romans 8:39, NIV). God forgives, try again, and this is forgiving yourself.

The reason you harm others is because you judge them. You see a deficiency instead of the Cosmic Being of God's creation. You have your shortcomings but this is not your Divine identity, and it should not be how you see others in their moments of pain. You should not see yourself or another as a sinner. How can you call yourself a sinner when it contradicts the knowledge or understanding of the Creator and Creation. The only sin that exist violates the ideal relationship between you and God. God is right there in the midst of all things. No mistake is greater than God. "If I go up to heaven, you are there; if I make my bed in the depths, you are there (Psalm 139:8, NIV).

Your judgment takes form on a material plane of existence in which you feel yourself superior to someone else or you put yourself down for wrong doing instead of lifting yourself up in forgiveness and asking for God's grace. You cannot heal or heal others in consciousness because you are low in spirit governed by your ego or self-will. Your possessions, education or status makes you better and judging your situation by thinking I should not be going through this because of all I know. You might attract someone who you feel does not equal your social or material status. The material plane keeps you

bounded in seeing limitations instead of opportunity to love. Love has no situations or conditions. If you choose to resist judgment and love your way through life exercising your dominion this is love. This is not condescending because you will always gain when you choose to abide in God's love. It is never about the other person—it is you and all you will gain.

There is another law called grace, which frees us from the negative cause and effect syndrome or the law of consequences. You live in and have your being under God's grace. You overcome all the ills of this world through grace. It does not matter how far you stray from your good it is God's forgiveness that leads you home. Everyone is blessed through God's forgiveness and this is why you should never think of harming anyone for any reason. Your grace starts with humility. You are only complete in love and grace; therefore, your completeness can only be secured in God's Love. Cosmic Being is recognizing how blessed you are that God has made you equal to the heavens. You are unlimited because of God's grace and love for you as the co-creator, which serves the Divine purpose.

The Psalm of David, "The Lord is my shepherd, I lack nothing (Psalm 23:1-6, NIV) is a prayer of com-

fort, protection and complete Love. The Shepherd is Divine Love, which fulfills all needs and protects you from any harm. This Psalm confirms that the merciful Divine Love is eternal, and you never have to ask because it was already provided before you ever thought of asking. Divine love is your “Shepherd” and there are no wants. All you need to do is just align yourself in this consciousness of love flowing riches. You will experience the green pastures of God’s kingdom and the consistent peace like “still waters” when you are prepared to serve others and be the prosperity you seek. There is no-thing to fear when you turn within and never look outside of yourself for anything because you are an individual expression of God.

You can lean on this staff of righteous that is a law of love, specially designed for you. Your enemies of discomfort, fear and loneliness will disappear because nothing and no one can separate you from this Love not even you because it is constant and eternal. You will be raised up by the Divine staff and healed of all that is unlike God, which is your anointment. Here you are, for it is your divine glory that Love will follow you every day, and all you must do is “Dwell in this house (consciousness) of God’s Love forever.”

You must learn to love yourself. If you are the image and likeness, then you are the word made manifested in all your beauty and glory. You are God's greatest gift to the world and nothing can or ever will be withheld from you. All good emanates from you because it is your glory and yearning for life in the fullness, which brings all of the gifts and abundance you could ever desire. Whatever you are seeking in the world must happen from within. If you cannot visualize your good then faith in yourself is lacking, and this void increases your sorrows. Desires are a tremendous force because "desire is prayer." You first must desire something before it becomes your prayer. Make sure your desires spring from love to benefit yourself and others. Everything must stem from honest intentions to avoid ill gotten gain. Good desires are your salvation. If you desire riches then be rich in consciousness. Your gifts and things should not come from selfishness and attempting to hoard them in fear someone can steal what God has given you. If you fear loss it will certainly come.

"There is that scattereth and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty." If you try to hold on to everything then it cannot grow and mature, but if you are free and open to give then your good works will be admired and can increase. The law of increase through faith

always benefits you when you give or spend without fear and use wisdom. It is always necessary to speak about faith, which many wane from exercising.

Faith or trust must precede any thing you hope to accomplish or receive, for it is the understanding (substance) that all you hope for you will receive. Faith holds the vision (unseen) steady and eliminates all doubts. When you are ready and totally prepared all things unfold in due season and then you reap if you do not faint and become weary. Learn never to listen to what others have to say about their inharmonious experiences and relate it to yours. Lessons are valuable but they do not tell the full story of what was gained from the experienced. Growth is reflected in the elevated consciousness, which finds love in lessons.

Where you live in consciousness is exactly where you find yourself. You must love your way through Life because God has given you abundance. God fulfilled the void from the very beginning of creation. Light replaced the darkness, so you must be the light. Shine forth in all your glory and splendor, for this is why you were created. Never doubt the power to create a beautiful world. This God consciousness is your birthright because it was with you from the very beginning. You were born perfect regardless of

the situation of your parents. It was not until you became tainted by the way your parents and others viewed you did the problems begin. Life in perfect form, innocence and beauty was your birthright. You are aware of God because this Spirit lived within you from the beginning. "All that we are is the result of what we thought. It is founded on thought. It is based on thought." (Buddha, the Dhammapada). What can be interpreted from these words is your thoughts control your world. For it is never what is happening to you, which matters, it is how you perceive what is happening to you.

What do you think of your situation? Having a positive mindset will take you far in life because you are apart of all of God's creation. Once you realize your God self, which aligns you with God's magnificent creation you become apart of this creation of love. Your Oneness with all Cosmic Beings should be your divinity, a foundation established on love. It is beyond any love any person can give you because it is your awareness of God and what has always been, the beauty and grandeur found in all creation. This beauty is what you perceive when you look at a rose or the daffodils in bloom, their magnificence in color and form. Know who you are and be in love with yourself since love is the greatest healer. Be in love with your world for there is always something

or someone to love. You grow from this love since it is the God Presence emanating from you.

If you start right now viewing your life through the lens of love, all will respond and give you back the same love you are pouring forth. Love is never outside of you because no one can simply give you love if you do not accept it and embrace it as your own. This is why accepting the love God has given you from the very beginning of creation is very profound, for you are the fruit of God's garden. The fruit did not become defiled until the suggestion of something less was communicated. This is the lesson of the Garden of Eden that the temptation was nothing more than mental suggestion which separates you from the love of God. Evil is a mental suggestion that something or someone can cause you great harm. Be obedient to your God given consciousness, which keeps you from all harm because once again it is never what is happening to you but how you perceive it.

All traumatic experiences can end in a great blessing if you keep your mind (consciousness) centered on God's love. "You will keep in perfect peace those whose minds are steadfast, because they trust in you" (Isaiah 26:3, NIV). It is the calm and peace Jesus found in the midst of a storm when everyone

else could not sleep and rest in God's love. You must learn to surrender to love, for there is no presence or power greater than God's Love. All of your needs are met in love. You care because you feel love. Embrace yourself in Life and Love. Surround yourself in peace and love and this will be your protection.

Once upon a time there was a girl who had four boyfriends.

She loved the fourth boyfriend the most and adorned him with rich robes and treated him to the finest of delicacies. She gave him nothing but the best.

She also loved the third boyfriend very much and was always showing him off to neighboring kingdoms. However, she feared that one day he would leave her for another.

She also loved her second boyfriend. He was her confidant and was always kind, considerate and patient with her. Whenever this girl faced a problem, she could confide in him, and he would help her get through the difficult times.

The girl's first boyfriend was a very loyal partner and had made great contributions in maintaining her wealth and kingdom. However, she did not love

the first boyfriend, although he loved her deeply, she hardly took notice of him!

One day, the girl fell ill and she knew her time was short. She thought of her luxurious life and wondered, 'I now have four boyfriends with me, but when I die, will I be alone.'

Thus, she asked the fourth boyfriend, 'I loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?'

'No way!' replied the fourth boyfriend, and he walked away without another word.

His answer cut like a sharp knife right into her heart.

The sad girl then asked the third boyfriend, 'I loved you all my life. Now that I'm dying, will you follow me and keep me company?' 'No!' replied the third boyfriend. 'Life is too good! When you die, I'm going to marry someone else!' Her heart sank and turned cold.

She then asked the second boyfriend, 'I have always turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?'

‘I’m sorry, I can’t help you out this time!’ replied the second boyfriend. ‘At the very most, I can only walk with you to your grave.’

His answer struck her like a bolt of lightning, and the girl was devastated.

Then a voice called out: ‘I’ll go with you. I’ll follow you no matter where you go.’ The girl looked up, and there was her first boyfriend. He was very skinny as he suffered from malnutrition and neglect.

Greatly grieved, the girl said, ‘I should have taken much better care of you when I had the chance!’

In truth, you have four boyfriends in your lives:

Your fourth boyfriend is your body. No matter how much time and effort you lavish in making it look good, it will leave you when you die.

Your third boyfriend is your possessions, status and wealth. When you die, it will all go to others.

Your second boyfriend is your family and friends. No matter how much they have been there for you, the furthest they can stay by you is up to the grave.

And your first boyfriend is your spirit. Often neglected in pursuit of wealth, power and pleasures of the world.

Your spirit is the only thing that will follow you wherever you go. Cultivate, strengthen and cherish it now, for it is the only part of you that will follow you to the throne of God and continue with you throughout Eternity.

You can look for love outside yourself but it will only be temporary. A soul mate may be your best companion and sharing this life experience is important but it is not the completeness gained from understanding there is only one Comforter. There are those situations in relationships where unhappiness seems greater than the love that should be present. What was once your happiness now causes great pain and many times you are determined to leave.

Being happy does not mean everything is perfect. It means you have decided to see beyond the imperfections. Seldom do you consider your own issues and can only place your attention on their flaws. Prayers for harmony and peace are not answered. "Perhaps the husband or the wife you have, you think is far from being suited to you or capable of helping along your "spiritual" awakening, being only a hindrance and detriment, instead" (The Impersonal Life, 157). No one can truly make your life or spiritual experience better, only you have control over this. Another can only share in your life of abundance and peace.

If you are not experiencing peace and abundance for yourself then no one can bring these to you. The person you are seeking is yourself and the relationship you have established with your Creator.

You cannot turn away from the issues you face in any relationship because it is your opportunity for growth to step outside of your ego and recognize the person God created for pleasure. “You may run away if you will, but know that you cannot run away from you own personality; that, in selfish craving for a “spiritual” mate you may attract only one who will force you to a tenfold longer and harder search among the illusions of the mind, before you can again awaken to the consciousness of My Voice speaking within” (The Impersonal Life, 158). You may find yourself turning from one person to another to fulfill your desires and then realize you cannot find this spiritual soul mate you long for. Your soul mate is not your dream relationship. This person is looking for something from you also, it is never just your desires.

“For a sympathetic and appreciative mate would only feed the personal pride and selfish desire for “spiritual” power in you, and develop further the egotistic side of your nature. There is not human affection and God’s love. There is only God’s love that you share with everyone. There are not degrees

of love and a particular love that you share with someone. If you think unconditional love is not real then you have not experienced unconditional acceptance. You have to be first accepted before you can be loved. If there are conditions for accepting you as a friend then there is less to love. Love is perfect not people.

If I am perfect, no changes needed, there is so much more to love. There are no conditions in God's love even though you feel violated and abused by someone, it was never about how the person has treated you; it is how you treat yourself. If you love regardless of flaws and embrace yourself then no one can abuse you. You are equal not less than another and this is the beginning of any harmonious experience because there is nothing to prove. You are what God created. You would accept the other for who he or she is and choose to be a friend. "A loving, trusting yielding mate might encourage only selfishness and conceit, when you are not yet abiding in the consciousness of My Impersonal Love; while a tyrannical, suspicious, nagging mate may provide the soul discipline you still need" (The Impersonal Life, 158).

Everyone in your life is there for a reason and for your highest good. You must learn to live beyond expectations and imperfections in this world and

people are indeed a part of this earthly experience. “Did you but know it, the one who is your true Soul mate is in reality an Angel from Heaven, even as are You, one of the Attributes of My Divine Self, come to you to teach you that only when you have purged your own personality so that My Holy Love can express, can you be freed from any conditions which may now be causing you so much disturbance of mind and unhappiness of Soul.” (The Impersonal Life, 159).

Nothing and no one can separate you from this perfection that makes you like God. First find the Soul you desire from within and the Soul mate you seek in this world will appear, your Angel who will bring peace and much needed growth for two people to be able to live in harmony. You have a responsibility to live life vigorously and do things greater than you are. This applies to your relationships in pursuing interest that bring forth prosperity and bountifulness. You can only do this by connecting with a source greater than you are. The Cosmic Being is always reaching for the heavens. There is no reason why you cannot have all you desire. It is not selfishness but it is progress. “We humans need to ground ourselves in something real that is greater than we are. The new universe is as real as anything

can be” (Abrams and Primack, 242). Choose to be connected to this universal consciousness that is and will forever be whether you elect to be united or not you will always reflect upon the great.

Chapter 6

Deflating the Ego and Establishing Your Divinity

Until you make the unconscious conscious, it will direct your life, and you will call it fate. Carl Jung

Hidden in our problems is a bit of still undeveloped personality, a precious fragment of the psyche. Without this we face resignation, bitterness and everything else hostile to life. Carl Jung

Until you decide to face your responsibilities in making dynamic changes in your life to live in harmony with others and nature, problems will continue to develop.

You are aware of your challenges because you are affected more than anyone else by the choices you make. You are made to live with your choices and everything you experience stems from your choices, and no one else is to blame for your problems.

It is the ego you are constantly battling with and arrogance that no one should see the real you, the one you are not happy with.

In “An Introduction Into The World Of Carl Jung The Shadow, The Archetypes and The Symbols” by Meredith Moonchild, she explains that Jung believed the psyche was made up of several different but interacting systems, the three main ones are the ego, the personal unconscious and the collective unconscious (41). She continues to present how the ego functions according to Jung, “The ego represents the conscious mind, the one that comprises of the thoughts, memories, and emotions a single individual is aware” (41). Here is where the choices you make take form by what thought you entertain and memories of the past you dwell on.

Do your emotions control you and put you in a place of self-defense and venerable? How do you identify yourself and where do you reside in consciousness. Does what you feel inside create a positive outward experience?

How you feel is what you display to others. “The way we present ourselves to others and continue on about our daily lives” (Moonchild, 45) All of this describes the ego, your feelings about yourself

and what you want others to see. If you flow through everyday life with thoughts of peace and abundance for yourself and others then you are entertaining God, but if there is something of doubt and fear then this is the ego.

The ego cannot reason, there is nothing but confusion. “The human mind has innate characteristics printed on it as a result of evolution. This is where our most primal fears are conceived (Moonchild, 59).

Jung describes these innate characteristics as archetypes and the first of these is the persona (mask). The outward face you present to the world. This hides your real face according to Jung and this is the conformity archetype. “This is the public face we put on to our peers, our bosses, our communities and sometimes even our families. This is not who we really are” (Moonchild, 59).

The ego lies to people and tells you that you cannot be an individual who chooses to live in truth, but would rather live a life of illusions and fear of what might happen if someone finds out you have faults. The ego has you to believe that no one loves you as you are and to be accepted you must be sexy, smart, successful, and acquire lots of material wealth.

“Jung identified eight patterns for how we carry out these mental activities commonly referred to as function-attitudes” (Moonchild, 106). Your attitude is your aptitude, which is your natural ability to function and carry out things on a daily basis. The key word is “natural” which relates to nature and what you nurture. What is natural has nothing to do with how the world perceives things because all that is eternal derives from nature in soul and beauty. The worldly or outward is temporal because it changes all the time and loses its value. You and others add value to material things and stir up emotions of unworthiness if you do not possess certain material things like a big house, an expensive automobile or college degree. This is not to say if you have these things you are centered in the ego, but it is to say if you do possess them do they define who you are or are you becoming something greater? And if you do not possess them then how do you feel about yourself and are you greater than these things?

There is a spiritual connection in this understanding of how you connect with nature, the universe and creation. This consciousness or understanding is what empowers you to the point of seeing yourself as a co-creator and establishing your Universal

Consciousness as a Spiritual Light Being and identifying a new reality as an Idea of God, A Cosmic Being.

Jung identifies attitudes from two perspectives, “extroversion and introversion, these are the opposite ways in which you adapt to, or orient yourself to the world. Extroversion is the movement towards the outer world of people, places and things. Introversion is the movement toward the inner world of thoughts and ideas, “The world inside us” (Moonchild, 111-112).

Here is where choice exist once again, how do you choose to thrive in this world? Do you desire people places and lots of things or are your thoughts and ideas about your world healthy and give you peace and a sense of purpose? You create your own world because this world is an illusion. You must create a better world from within.

You must acknowledge your kinship with the Creator. It is not that you live in a material world. It is your spiritual value to the world and acknowledging your sense of purpose that adds to a meaningful life. You should ask yourself am I living out my true identity my authenticity? This answer to this question reveals your light. The material self has weight

and can be very dark because it identifies with what you have and not who you are.

You are a continuous Light Being, which implies permanence and stability, unchanging and unyielding. You connect with this Supremacy by abiding in the law of Spirit and claiming your existence as a Divine Energy Force/ Cosmic Light Being, which is your oneness with God and all of creation. This identity has nothing to do with ego or arrogance because there is no room for anything or anyone; it is all you and your Creator.

Moonchild further expresses this idea, "In respect to these two (extroversion and introversion), we can move between the two as we need to. However, we are only comfortable inside one or the other, the one we are most comfortable with is our attitude" (112). It is no wonder why attitude plays such a key role in life and so many take on negative attitudes towards life and others. All becomes a cruel and dirty life and people can cause great harm. You live on the defense and hurt others before they hurt you or you constantly shield yourself from harm by pretending you are cold and callous. You describe yourself as a "bitch" and not to be messed with or treat others as they treat you. All feelings are outward and reactions to people and life's circumstances, its pleasures and

pain. You develop your introverted self to better your outward experience. One serves the other for meditation and contemplation makes your life experience less challenging.

You choose your course in life by the choices you make and what you do. No one is to blame for your choices. God always provides an opportunity to remove yourself from bad situations it is you who chooses to remain in a dysfunctional situation. You are self-conscious, thinking, choosing being exercising individualized intelligence, wisdom or God consciousness. You create everything in your life from your ideas. You move and form thoughts to ideas and things are created from your ideas. When you live from this introversion that Jung refers to where you create a world of harmony and contentment here exist your comfort zone. This is why Jung states you cannot live in both worlds and find your authentic self, a Cosmic Being.

The true goal in life is to stay centered in this Spirit (introversion), which is your creative mind and stay connected to the one conscious Mind. Stop trying to live in both worlds (extroversion and introversion) it only leads to insanity and depression. If you move between both there is no comfort because one

does not sustain the other and your attitude about life and people is affected.

Never resist your transformation into empowerment, your Divine authority to stay connected and centered in Absolute Divine Authority. This is the “self” archetype that Jung defines, “the ultimate aim of every human on the planet is to achieve a state of self-actualization. At the top of the human needs list is the desire for a design, a feeling of ultimate almost godliness, the one where we understand everything and everything’s purpose. This is the self archetype” (Moonchild, 93). Self-actualization is the ultimate goal in life for it is self-completeness and this is your Cosmic Being. You can only understand all of nature and its purpose by understanding who you are and the world can only introduce a little of this.

“Jung stated it could actually be psychologically detrimental to our well-being when our environment does not support us in use of our “dominant function” this is called falsification of type. When we are forced to live our daily lives presenting a mask or different persona, and we are comfortable with this and it becomes our abnormal norm. The falsity forced to live with and endure everyday becomes a sort of trap, when we are made to go against our natural selves, we begin to question who we are and often times find

ourselves in the middle of an identity crisis” (Moonchild, 157).

There is one author who stands out when it comes to identity and the outcomes of behavior, Tom Johnson in his book, “You Are Your Own Experience” explains, “It is identity that chooses” (loc 1791).

How you identify yourself creates your experiences. It has become apparent to me that when you stop resisting yourself and allow your thoughts, and ideas to be centered on what you know to be true and everlasting your Supreme Being, Cosmic Being are established. For whenever you allow yourself to be centered upon the beliefs and opinions of others you have missed the mark, sinned. Aim again and start focusing on your beliefs and what you know to be true for yourself. It does not matter if you feel you are right or wrong and do not allow yourself to be judged or feel guilty. Everything that irritates us about others can lead us into an understanding of ourselves.

Others should never affect you in a negative way. If you find yourself irritated by anyone this is your opportunity to discover why this person has taken away your self-control and freedom. Why have you given into their pitfalls? As long as you cen-

ter yourself on your Cosmic Being and believe that God is directing you then all is well. No one else has to agree with you since no one can live your life for you. Never conform but “be transformed by the renewing of your mind” and accept the Divine will, for this is your purpose, which is revealed to you daily (Romans 12:2, NIV). Do not try to please anyone or expect someone to please you. Find pleasure in your own completeness and fulfillment. Choose YOU each and everyday. Be YOU and refuse to wear a mask.

Paul Lawrence Dunbar in his poem, *We Wear The Mask*, presents, “*We wear the mask that grins and lies it hides our cheeks and shades our eyes. This debt we pay to human guile with torn and bleeding hearts we smile. And mouth with myriad subtleties.*” This poem reveals a profound truth about identity that when you appear to be someone else it hides your true feelings and causes severe pain because you cannot speak or reveal your truth or who you are. This is not about making a mistake it is about your individualized self-expression. Find your God self and reveal it to the world for it is your salvation to save the world through your Divine Purpose for being here.

You have a Divine role to play in life and all arrogance and ego is eliminated in the part you will

play by understanding God has already anointed you and has prepared you to carry out His will for you.” Then you will be able to test and approve what God’s will is—the Divine’s good. Pleasing and perfect will (Romans 12:2, NIV). It does not matter the role because you have already received the reward since only you can act this role out to its entirety. No one can judge this role and neither can you. If you do not accept it no matter what it is you have been called to do arrogance and your ego has now interfered with your blessing. If you think there will not be enough financial success from performing this role or notoriety and fame then you will never see the face of God or “Touch the hem of his garment”. God has already given you the kingdom of Divine Glory and you want more. If you feel you do not have enough or not good enough, God will prepare you because God wants you to be successful. You are enough just as you are.

Actor Jim Carey says something very profound about getting all you want, “I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer.” So, when I state you can have the kingdom and all you desire, this is of God’s choosing for you. The desire is blessed as long as you understand God’s

reason for all you receive. It is about humility and allowing self to be guided and flow through life. If you are out on a search or mission in life to get these things then your arrogance will create your downfall because once you have received it then what is next. Your only goal in life should be to see God more clearly through the lens of love. God's blessings are eternal and they never leave you wanting more; you are fulfilled because you are living as a Cosmic Being.

You are the direct cause of everything you will ever experience, and what you see happening in your world is the effect. "Your surroundings to be sure, reflect your consciousness, but they will change the moment you are aware of Who and What you REALLY are, when you contemplate your Self as Cause rather than as effect" (Johnson, loc 1920).

At this time of the writing of this book, Donald Trump is the president elect and many are disturbed and wondering how a man of his character could become president of the United States? The truth is he is not God but a reflection of all God is just like you. No one can change his character; however, you can change your feelings about how your country will be affected by any presidency. You are the salvation to your world and what you think of yourself

and what you can do to make things better is what matters.

“What am I to do when somebody—the President of the United States—behaves in a certain way? After all, this is affecting the life of the country. Again, no matter what the experience is, I have to be Self-Aware. If I am to help (serve) the country; if I am to help (serve) myself; if I am to help (serve) you, I have to be Self-Aware first of all. In that SELF-AWARENESS, I am saying, THERE IS ONLY GOD.” (Johnson, loc 1918).

Your only duty or business in life is to mind your own affairs and consider your thoughts and actions. “All that they (others) are is what They are, and is none of your business and this goes for your mate, your children, your mother and your father, your boss, your friends and whoever is in your life” (Johnson, loc 1966).

Any thoughts you form about someone else are your opinion. Someone else may have a totally different opinion about the same person you find many faults. You cannot ask someone to change their behavior for your benefit. “If you do ask it, you are requesting the impossible. They may try to give to you because they are trying to be loving, but you are

denying them the only thing that they have, which is their true identity, their uniqueness” (Johnson, loc 1972).

The most important reason you must deflate the ego to its nothingness and take on a new identity is “we are central to the universe” (Abrams and Pri-mack, 269). The universe is something greater than you are, so it is your cosmic duty to connect with this universal power and presence that is essential to your Cosmic Being. God has given you the cosmos something more than just your earthly presence. The totality of your Being is great and you have been given a divine inheritance. There is nothing you cannot achieve and a permanent sense of unity with all creation is yours. You do not have to suffer, it is a choice to live in pain or connect with the Comforter.

You are the universal power and presence that transcends all that has everything to do with creation. God created all wonders of the universe and placed you in the middle of it all. There is no room for anything unlike God and creation. You are unique in your divinity and no one can do what God has placed you here to do. “Cosmic perspective is the greatest gift modern cosmology gives us. It reveals that the Big Bang powers us all, galaxies and humans alike, in different ways on our respective size scales” (Abrams

and Primack, 269). You are constantly expanding and growing and if you do not feel any sense of growth it is probably your ego stating to you, “You have nothing to achieve. You are just a lonely, isolated human being with no potential for happiness.” The ego is a liar since it brings about a false identity. Depression is all ego because you become involved with your false self of limitation and you fail to see all of the beauty that surrounds you. There is always something for you to do to make someone else smile. Here the ego has no power because you have connected with the world of love and reaching out to the universe. Meditate, pray and trust God’s Will for you to live out your best life.

You may be so disillusioned that all you see is the devil taking control of your life but there is no devil only you have created this image which is totally unlike God. Pain, sorrow and struggle have no connection to a God of love. If suffering is of God then God is not love. Call it like it is, ego- what you have chosen to entertain in your own thinking and identification with something lower than your Cosmic Being. The only evil or sin is what you have created in your own consciousness. If you choose the universe, the “I am” consciousness then evil, bad, sin would not be apart of your identity and there would

be no harm. “Everyone of us is entitled to say, I am what the expanding universe is doing here and now” (Abrams and Primack, 269). Right now your prosperity and blessings are present and there is no waiting for this consciousness to be your divine identity. Just because there are moments of discord does not mean God is absent. It is time to let your light shine and brighten your world.

Expand in this universal consciousness and be your ultimate blessing. Stop trying to please someone else or be like someone else. Envyng someone’s life is an illusion because you have no real sense of what the person you are trying to emulate is really like. You cannot live in someone else’s mind. You have your own God given intelligence and it can expand like the universe. You are a co-creator with God and it is the Divine that has created you to be the remarkable image and likeness of the Creator. Be like God and create harmony, peace and everlasting joy. Do not let the ego cause you to think you are not good enough just as you are and if you are not quite ready to take on a certain course of action, God will prepare you for your mission. It is all God and not just you.

If you feel superior to others then you have sinned and must consider starting all over again

because the ego will reveal your erroneous ways and make you suffer for wrong doing. This is why you need not fear an authoritative figure for this person is led by fear that someone or something will dominate him or her. This form of aggression is oppressive and always ends in pain because no one or nothing is greater than God. If any attempt is made to make yourself superior to God and the divine creation, this will certainly lead to your own demise because you are working outside of reality, which can not be done.

There is so much progress to experience here and now. Opportunities are limitless today to expand this universal consciousness and you must work with others to create a harmonious experience for everyone to enjoy. Wherever you see need there is an opportunity to change this picture of lack in your consciousness and use your God given imagination and expect a miracle to appear. You are the miracle since you have been given a divine plan to bring into reality. See and believe it can be done with the service you and others can provide. “If we intend to navigate Earth’s transition from inflation to stability successfully, with sanity and justice, we will need to inspire huge creativity, intense commitment, and immense stores of enthusiasm and raw hope” (Abrams and Primack, 269). This is no small task but not impossible since you have all you need.

Man has made the issues you face in today's world. You now have an understanding that you are awesome and you have the power to create something never seen before. The universe is forever changing and everything is always operating for your highest good. Nothing ends it continues to evolve. Your ideas continue to evolve and nothing is outside of your reach. Go inside and use your creative abilities to change the outside picture. Think greater than yourself since God is all and you can work with your God given talents and present your Masterpiece to the world. "To guide and use this human energy will require every powerful tool that people have ever come up with, including religious truths, ancient mythology, science, and art, plus a detailed picture of reality. Motivated by big and inspiring ideas, people without power tools built the pyramids" (Abrams and Primack, 269).

There is a light in you that can transform your world. Do not allow your ego to blind you from all you can realize. It has never been your position to set back and let others shine for you. This light is a reflection of your mind and the clearer you are in thought the greater your light will shine. If you want to feel the presence of God in your life dwell in the light of the divine, the awe, inspiring peace and hope

are your divine inheritance. You are a star in form and beauty so create from this beauty. Let your ideas evolve from this universe God has created, and picture yourself amongst the stars in the heavens, which is your home larger than Earth. This limitation you have set for yourself here on the earthly plane of existence is where ego abides. The ego is limited because you cannot create from this form of identity.

Everything outside of you is where the ego resides, it is from within the ego cannot penetrate because this is the place of imagination where astro-travelers defy space and time. Take yourself on a journey to the unknown where the light guides you to that sacred heavenly place and find the peace you need to let your imagination run free. Liberate your consciousness and take deep breaths and replace the darkness with light.

There is a dungeon you have entered into that has a long entrance full of darkness, cold and foul to the senses. In this place there is no light and the only living things you encounter here are rats of sickness and the pain you feel eating away your flesh. You are physically dying every day. There are spiders crawling on the walls, which represent the crafty ways you weave webs of destruction through your ego and selfishness. Snakes haunt you, the serpents of dis-

ease you feel that take away your peace. Many times this feels like a continuous plague, a place you cannot seem to escape. Let there be light and freedom for this is all ego and depression. Forgive yourself for feeling this way. Give right now for you have a divine inheritance from God and you should not be in this place of despair. It is you and God and no one else and nothing else. This is where you begin to see the light within you. Move quickly out of this place and abide in the secret place of joy and contentment. “The sole of existence is to kindle a light in darkness of mere being.” (Carl Jung)

There is a universe of grand opportunities to experience once you leave behind this place where the ego lives with all of its creatures that create misery. You be the creator and choose the Creator to work with you and start by saying, “What is it God that you want me to do today?” “What can I create that honors my perfect image of you?”

The flow of ideas will take you where you have always desired to be. You are all that you have been waiting for right now. Miracles are God’s revelations to all mankind. It is the world of Love only God can reveal to you. What will you entertain? Will it be angels?

The choice is yours and this fact will never change. There are no excuses just opportunities. “To perform what looks like miracles, humans need big and inspiring ideas” (Abrams and Primack, 269). Your ideas are only the beginning, then faith and belief in what you do will allow God to make all things possible. You do not have to know the way, it will all come to you if you remove the ego, God will do the work and you will carry forth the action to bring all into existence.

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed.

Then he remembered his beetle friends and how they were thinking by now since he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew.

So, he raised his wings and flew off into his joyous new life!

Your ego keeps you from climbing higher and reaching your divinity, Cosmic Being. When you rest and allow God to change you then the realiza-

tion comes you are better than you have ever conceived yourself to be. You do not have to run out and tell your friends, they will know when they to climb higher to see the face of God.

Chapter 7

Establishing the Cosmic Being

Each person everywhere has within his Being a Total and Perfect Self. Within that Self is the intelligence of the Universe that keeps him going, that heals and fills his experience with all that God is, when there are no denials of this Presence of affirmations of an opposing power. Tom Johnson, “You Are Your Own Experience”

The cosmic religious experience is the strongest and noblest driving force behind scientific research. Albert Einstein

It is the acknowledgement of yourself, trusting your decisions, discovering the power of you that matters. It is your religious experience to develop your Cosmic Being. You will better understand God and the universe, earth and humanity when you know yourself. The greatest benefit to others, the world and universe is you; learning to love yourself and valuing who you are allows this Cosmic Being to appear

daily. You will no longer be a detriment to yourself or anyone else. You will find yourself doing things that make you feel good rather than trying to please someone else. Once you have reached this state of Cosmic Being, you will be of far greater service to someone else.

There must be a balance between the introversion and the extroversion. The introversion is your gift, which you develop daily through mediation, prayer and giving the best to yourself by consistently forgiving yourself. Forgive seventy times seven (Matthew 18:22, NIV) is a form of forgiveness that must come from the heart. When you forgive any thought or act that is not God-like it empowers you daily.

You are healed by this daily task of saying to yourself, “I forgive myself for thinking this way because it is not in accordance with my spiritual well being or Cosmic Being.”

The reason why it can be difficult to forgive others is because you have not forgiven yourself of the guilt you have created. You have held the other person guilty of an offense but if there were no sense of an offense then you would have nothing to forgive. The parable of the man who owed his king a debt teaches that in order for the king to forgive the

man of the debt he had to erase the debt and have compassion. Exercise compassion for this is an act of love that you practice for yourself daily. Anytime feel anything less than God and the Divine glory of honoring you there is room for forgiveness.

Never are you to forgive someone else because if this person has created any sense of harm or discomfort there is something within you that has brought this feeling. The parable ends with the man who owed the debt to the king not being able to forgive someone who owed him a debt; therefore, the vicious cycle of self-conceitedness continued. Many times you do not learn from your experiences and you continue to pass on your problems to others and make them suffer. Forgiveness is love a gift you give to yourself that allows you to grow. You are not getting away with anything you are learning how to be a better person.

Love is God who knows no sin. You make mistakes, so forgive yourself for feeling any sense of wrong doing because in the Divine Universe there is no harm or discomfort and no one has power over you. So do not give them this power. Many times in relationships you give the other person too much power and do nothing to empower you. It is the ego of self-conceitedness that allows you to think some-

one has done something to you. Do something for yourself and stop allowing others to do things to you. “The privilege of a lifetime is to become who you are.” (Carl Jung)

Jung coincides with the idea that this life is a learning experience for your benefit. It has been said that you come to this life to learn what you already know. So you have been given this remarkable opportunity to learn more about yourself. Every moment is a challenge of putting your attention on that which you really are so that each moment can be seen rightly and experienced creatively. Letting the light of heaven shine upon all that you do even your so-called mistakes are a blessing. You cannot conceive of what tomorrow will bring unless you focus on the value of today. Each day you spend utilizing your talents and allowing your imagination to create your dreams then you gain a closer look at a bright future. You are eternally at one with your creator.

You are the Master of your own consciousness. No one can take you to this place of mastership except you. You can be given guidance and ideas to work with on your journey; however, no one can be your Master. You are always searching outside yourself for someone to help you. “That any being either in human or spirit form, that presents himself to your

consciousness and claims to be a Master, or who permits you to call him Master, is nothing more than a personality, the same as yours and therefore is not Divine, as your human mind understands that term, despite the many wonderful truths he may utter, and the marvelous things he may do (The Impersonal Life, 193).

This is true because you should never see anyone greater than God. This is the first commandment not to place anyone or anything higher than God who can help you to become your own Master. You make masters of others without being conscious of it. Many times you seek advice from others to help you. If you think someone is helping you it will not be long before this person will no longer be able to extend this helping hand because he or she will expect you to grow. These people cannot help you they can only provide a service for a limited period of time. Spiritual growth is your Divine work. This is not hard work it is gentle acceptance for where you are right now and where you desire to be. Ask God for help, start forming this relationship and you will cultivate the spirit of the Great I Am.

This is a permanent relationship, which requires patience and discipline. Each day you must allow yourself time to be quiet and listen for that inner

guidance through prayer or meditation. The benefit of this is soon it will be instantaneous and you will desire to be forever in this perfect state of peace and assurance that all is well. You will not have to keep searching and reading the same books on the same topics unless you desire. You will be able to write your own books about your experience. You will be giving testimonies of daily blessings you have received. Each day and night you will be able to say to yourself how good you feel and the prosperity you will consistently acknowledge. “To me, the only reason for being inspired by others is to know that even greater works I myself can do when I am directing the Law of Mind with the Livingness of those qualities that are now being individualized by means of me” (Johnson, loc 1991). With this thought of individualized expression, you will plant your feet on solid ground and not be swayed by what others are doing on their road to bliss. Let this growth be tailored for your benefit and not to be compared to someone else’s experience.

Too much attention is paid to someone else’s marriage, relationships, advancements and lifestyles. What looks good is only an illusion because you never truly know. You can only know yourself and be pleased with that. It is enough to raise you to this level

of truth in living. It is a daily exercise on your path to righteousness. “As I AM in You, even as I AM in any you seek, and as all the Wisdom, all the Power and all the Love they possess come only from Me (God), why not now come to Me (God), and let Me (God) prepare you also so I can express My All through You (The Impersonal Life, 199). This self-communion with God may seem like a lonely place because it does not include anyone else. You must remember this is everlasting life and not a fleeting moment like an experience you entertain with another. You will forever be sustained once you allow yourself to be consistently in your Cosmic Being. You are a spirit and this is only a temporary human experience. This is what made our Kemeti (Egyptian) ancestors so remarkable is because they knew life was continuous and moves beyond this earth. “You are a human personality, yet You are Divine and therefore Perfect (The Impersonal Life, 199).

Your work is what you are doing right now. Whatever it is that gives you peace that is your work. Your actions determine who you are and it is what you think that determines your actions. If you find yourself sitting around and not doing much then you are probably not too happy. It is only by doing and finding some work you enjoy that brings about a

sense of completeness. Over eating, abusing alcohol and drugs are all forms of escape. You might see it as harmless, however; it takes you further away from self-awareness and empowerment. There is always something to do and a service only you can provide. If you establish a greater self-awareness then you will be able to see what you need to do and start doing it right now and this will enrich your life. The benefit of work is no one can judge what you do as long as you are fulfilled and others see their value through your work.

This act of doing is a law that what you do will bring you blessings. Here again, your Cosmic Being is irrefutable, a self-governance is established, and you command yourself through your actions. God is revealed to you and seen through you by what you are doing and how you act. You can say much; however, you form your identity and build a closer relationship with the Creator and others when you do something for yourself. “The Law of your Self is always being fulfilled through what you are believing and living, doing, and revealing. You and I cannot escape this Law. God is only right and good when It is the center of our Being, when It is the eternal action of our Self. There is a need for God, for this standard of Being” (Johnson, loc 2015).

You have been given Divine Intelligence, which is apart of your cosmic makeup. The universe operates from divine intelligence, which is spontaneous and does not need to be directed. “Whatever questions remain open, observations show us that the universe arose out of a state of that it may never return to, and that each era in its evolution since then has been unique. The evolution of the universe has demonstrated change that does not duplicate itself” (Smolin, loc. 2687).

This correlates with your mind and how you use it to establish your own identity. Your uniqueness is established through your self-identity and how you use thoughts, ideas and actions, which reveal your creative instincts and how you feel about yourself and Divine purpose for living. Your unique state is self-directed, and it is not depended upon any other force or substance other than you and Divine Intelligence, Mind. This is your Soul Purpose to establish your unique creative abilities and it can only come about through your self-centered consciousness in which you allow yourself to evolve and always go within to find that place of peace and vision to image all the possibilities where you move beyond what has passed and come to your present gifts of doing what you can now to heal and express who you are.

I want to reiterate one key component of self-mastery and connecting with your Divine self, and Cosmic Being. The Cosmic Being does expand beyond you and this is the point I am determined to establish.

First, you must mind your business. You cannot find yourself in someone else and you must stay out of the affairs of others. “Self-awareness is a science of minding our own business. Every problem you have ever had is a result of not minding your own business (Johnson, loc 2910). This is true because everything you will ever experience is you. Your health, wealth and mate are all reflections of you. No one can give you these things and if you do gain them from someone else then you will be responsible for the maintenance. The law of attraction is nothing more than an exemplification of your own thoughts. You draw everything to you, which is stated in many ways in this book. Nothing stated is to be taken negatively these are just laws. Never be discouraged by what you draw to you because the universe is always changing and so are you.

Love and embrace all of the good you see in yourself daily. Not the physical you, the qualities you possess. There is good in everyone even the criminal who recognizes his or her own faults. Recognizing our problems is the beginning of healing especially

since God has already forgiven you. Start loving you by doing and taking action, it can be an affirmation, taking a spiritual walk or simply singing a spiritually uplifting song. You do not have to join anything or go any place special to achieve this self-harmonious experience. God is everywhere and can be seen in everything. You do not need a life coach, practitioner, minister or intuitive unless you feel you need one. The only reason you sometimes feel you need someone else is fear and ego. It is fine to have these people in your life to give you advice but if they do not exist then you are not alone. As a Cosmic Being the entire universe is working with you to bring about your good. As already stated, one person can only take you so far and their only work is to assist you in getting connected with your God given identity. Love is doing your own work, reaching within your own consciousness of completeness to come up with those ideas that are right for you. "Love is the sharing of that sense of fullness." (Johnson, loc 2147). It is this love of self-sufficiency that makes a difference for it is finding love for yourself, which will be your eternal grace. This is God's Love, all encompassing and all there is.

If you desire eternal peace you will only find it in connecting with God's Love. There are not different kinds of love that you express to some partic-

ular individual; there is only the love that connects to God's unconditional acceptance and love. This is a child-like love that has no boundaries, it is open and free and not attached to one particular individual. God's Love gives you structure in your daily affairs. Everything you do becomes acts of love and you do not find yourself scrambling around trying to find love or trying to figure out your purpose in life. Right where you are is beauty and love. When you open yourself up to all the good that surrounds you there you will find love. The universe is formed from this same structure of beauty. "Indeed in our universe we not only find structure on a variety of scales, we find structure on every scale we have so far explored" (Smolin, loc 3098).

Once you have allowed this structure of love to flow throughout your life you will then experience the magnitude of love, which extends beyond your world and intercepts into greater atmospheres where you find yourself connecting with others who share your same ideas and allow you to expand. Here is where you find uniformity not duplication. It is a non-resistance which unifies ideas and allows people to come together to achieve something greater than themselves. This uniform structure of love that each individual shares, which is your individuality allows you to vibrate and find harmony with others.

It is the same ripple effect that Smolin describes with the structure of the universe. Everything in the universe acts together as a whole, dynamic order. This order can only be formed when you have found your identity and established a self-love, which will allow you to love others in a selfless manner. “Most cosmologists have believed that while the universe may have structure such as trees, stars and galaxies, there is some scale above which the distribution of galaxies becomes uniform. From this traditional point of view, any structure that we observe in the universe must be considered a secondary effect, a kind of perturbation or ripple on what is essentially a perfectly homogeneous and uniform universe (loc 3156).

You have a dynamic responsibility to aspire to when you realize your connectedness with the whole of mankind. As you allow your consciousness to expand beyond the earth plane you will witness a universal existence that connects all people through God’s Love. It is this spirit of living and existing as a Cosmic Being that gives way to the truth of your being. You are more than just a body, it is your spiritual essence which allows you to dream and see outstanding possibilities that can only be reached through your Divine Spirit which never gives up or dies. It is your eternal beacon beyond hope to actu-

ality. You can see it and know it is real. “Above the sense-life, there is a universe of Spirit governed by Love, peopled with children of God living in the household or temple of Truth” (Goldsmith, 179).

Make the necessary changes in your life to feel this empowerment. It is not easy but worth much for it is the debt you pay to yourself to bring about your completeness. Time has nothing to do with accomplishments since this is your life experience to realize all you are and can become. “Contrary to our impression of the changeless heavens, the universe was and continues to be a place of great change” (Pagels, 313).

I will end this chapter with the same thought raised at the beginning of this book. You have a choice to stay in this current world state or rise above it in a conscious reality of Cosmic awareness.

The greater is the absolute truth of your being that love is greater than fear. To limit yourself to what is going on around you and not see the universal reality the I in you, connecting with the I in me. You and I have to see beyond this world to the Cosmic universe. All of the destruction the world faces is connected to an ego-centered reality that you and I are simply humans and lack a spiritual connection and

responsibility, which only serves my self-interest. A Cosmic awareness, which moves beyond this world to a harmonious reality gives you and I power to transform this current state of world problems. “The major threats to human survival today-world environmental degradation, extinction of species, climate destabilization, nuclear war, terrorist with weapons of mass destruction-result from unrestrained use of such technologies without a cosmology that makes sense of the nature and scale of power (Abrams and Primack, 240).

The limitations presented to you are a result of your narrow views of how you identify reality. “The sense which presents pictures of discord and disharmony, disease and death are the universal mesmerism which produces the entire dream of human existence. It must be understood that there is no more reality to harmonious human existence than to discordant world conditions” (Goldsmith, 179). No harmonious outcome can extend from this world belief that good can be established from this level. Harmony can only be found in your Divine consciousness, which makes you a Cosmic Being. You are capable of receiving a universal perspective of living, which is entirely spiritual. This human experience does not totally define you because it is temporal. It is the spiritual

connection established between you and all. The Creator is the only reality. “Our limits are self-imposed-ignorance, inertia, greed, fear, fanaticism and fatalism-and thus essentially in our minds” (Abrams and Primack, 245).

There must be a balance in your thinking of love and prosperity to counterbalance any negative beliefs about your world. “Above the sense-life, there is a universe of Spirit governed by Love, peopled with children of God in the household or temple of Truth” (Goldsmith, 179). This universe of Spirit is thinking beyond limited worldly affairs to a universal, cosmological relationship that is far more expansive. The way in which the universe functions and your relationship to it brings about a spiritual, harmonious state where everything and everyone connects as children of the universe and we all matter. In the universe, the inexorable force of gravity always gets counterbalanced-except black holes. If we think cosmically, this suggest that the natural tendency of wealth to concentrate must be counterbalanced if we want to achieve an economic stability comparable to the extremely long-term gravitational stability of our solar system and our Galaxy (Abrams and Primack, 246).

It makes sense that if you are to move into a more stable economic situation you must think like a Cosmic Being who is aware that everything has to be counterbalanced in considering the long-term results. It cannot be limited to your personal financial position. It is about extending yourself to all of God's creation and realizing there is only One Source of universal prosperity that extends to all even to our solar system. Wealth is not limited when you consider the creative imagination that extends beyond this world. "A universal illusion binds us to this earth-to temporal conditions" (Goldsmith, 181).

At the end of cosmic inflation, the universe settled into a slow and steady expansion. Only then did it enter its most creative and long-lived phase during which it produced galaxies, stars, planets and life. The fundamental character of the universe has been to grow in complexity (Abrams and Primack, 256). The focus should not be on the crisis this world faces, it should be on growth and creative achievements must never cease.

You must connect with your Creator and understand you are still as your Creator made you to be. It is using your creative abilities to imagine something beautiful and spontaneous as the wonders of

the universe and allow yourself to be perfect. You have fallen prey to seeing yourself as a victim to everything negative in this world of drugs, obesity, possessions and too much material gain has darkened your path to spiritual awakening. “There is a sense of touch me not; for I am not yet ascended. I am still between the two worlds; do not touch me or make me speak of it because it may drag me back. Let me be free to rise; then, when I am completely free of the mesmerism and its picture, I will tell you of many things which eyes have not seen or ears heard” (Goldsmith, 181).

There may still be the thought of a human sense of empowerment, which makes you feel connected to all humanity. This is real and understood for you are experiencing a human existence. The human world is cruel and full of hate and revenge. It is laden with fear and limitation because of the human fate and karma. Not much can be achieved at this level of existence. Becoming more that this is what is necessary to change your perspective of growth and prosperity for you and I. This is the dawning of a new and deliberate awakening to your spiritual empowerment as a Cosmic Being to be what you were created to be. “We have to stop fearing the coming changes as merely material sacrifices and start seeing them

as cosmic opportunities not to acquire more but to become more. As a Zen saying goes, “Enough is a feast” (Abrams and Primack, 257).

It is necessary to shed this greed, getting more and showing off material gains. Nothing you have acquired here will save you from fear and pain. Love is more and God’s Love is greater. Yes, you can enjoy the things of this earth, it is here for you to enjoy; however, this is not your solution for everlasting peace, these things are pleasures to take advantage of on this journey of life; it is not Life itself. This is a critical time when many see chaos and confusion and a sense of hope is lost and the need to fight and war against the powers that be is necessary.

Many young people are addicted to drugs and overdosing because they see a limited world that was created from human greed and egocentric values. It is a protracted struggle that never ceases. Humans have been warring and struggling against evil for a very long time and one war always leads to another. Somehow protesting, revolting and civil disobedience is the response to authoritarian rule and injustice. This needless repetition and facing the same countless problems of blood shed and hatred is what keeps all in a state of peril. It is time to ascend out of this and realize an everlasting peace, which cannot

be found on this earth. Choosing Divine Love is not setting around praying and meditating, it s doing.

There is much work to be done so start now and figure out what you should be doing. If you and I start working towards peace and sharing love this is the Cosmic Prosperity. You will ascend into a bliss and peace that passes all understanding and dwell amongst the stars. You are that star, a light that is eternal in the heavens. “The first glimpse into the heaven of here and now is the beginning of the ascension for us. This ascension is understood now as a rising above the conditions and experiences of this world, and we behold the many mansions prepared for us in spiritual Consciousness-in the awareness of Reality” (Goldsmith, 182).

Cosmic Being is a broadening of your consciousness like never before. Where peace on earth and goodwill is a reality that is evident in all you see with God’s children wearing the full garment of love and not fashion apparel.

“We need to broaden our perspective and think cosmically. We are part of something bigger than most of us realize. And yet we can easily become overwhelmed or discouraged by this enormity” (Abrams and Primack, 257).

It is your current state of value that matters, something no one can take from you and there is always something to consider even if it is just a smile or a hug. You never know what soul might just need your smile or a warm greeting. I met a lifelong friend because she smiled and greeted me with a heartfelt gesture of love. That was all I needed that day and I knew she was someone special that I wanted to get to know as a friend. There is a universe peopled with wonderful angels and ideas that are waiting for you to acknowledge them. God is waiting for you and so is your neighbor. Reach out and look up, there you will find all you need. "Everyone of us is entitled to say, I am what the expanding universe is doing here and now" (Abrams and Primack, 269). You get to choose and it was your choices that placed you where you are today. It was not your mistake but an opportunity to learn something about yourself. Pain can be a temporary state if you look for remedies.

God has already given you all that you need to be content. If there is something more then ask and know it has come and you are blessed. It is necessary to not concentrate on the negative because this will not give you satisfaction. It only creates more discord because you have placed yourself in discomfort. All you have to do is stay focused on one

good thought and this can move mountains. If it is no more than repeating to yourself continuously God is and I am, this alone is your ticket to everlasting peace as a Cosmic Being. It does not matter if you believe because it does not eliminate what is so why not attune yourself to what is permanent and harmonious. Everybody at sometime feels separated from the love of God even though at that moment this Divine Presence is waiting for you to call out and give thanks. “No good thing is withheld from us as we look above the physical evidence to the great Invisible. Look up, look up! The kingdom of heaven is at hand!” (Goldsmith, 183).

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A clearer outlook into the spiritual realm of understanding creation and how you connect to nature and the universe is covered in this book. *Cosmic Being: Identity and Consciousness* moves beyond the physical realm into the invisible quantum world of Albert Einstein where all of nature, spirituality and science come together to present a uniformed idea of being.