

THE QUEST FOR TRUTH

a compilation of Bashar's teaching

(Here is kept only the Bashar text and the dialogues with him. All other texts from other authors that were part of the printed book, Quest for Truth, are not in. Also removed are all the bolds inside the text.)

Do not believe anything I say just because I said it

Allow us to begin with a suggestion, if you wish, a favor... alright? The favor I will ask and what can be considered as a model of any interaction we have with you will be to please—please—do not believe anything I say just because I said it. Understand?

This is all about self-empowerment; it's all about your recognition of your ability to create the lives you wish to create. We are more than willing to share with you, to interact with you and to play with you. But remember that you, us, all beings are teachers and learners; equals in that way. We have our own perspectives and we simply function as mirrors to reflect to you the things you already know within you. To show you, to allow you to be aware of certain ideas, perspectives and methodologies—which you can then decide if they represent what you prefer. Or you can decide if you do not prefer them; it is up to you. You decide if these ideas are useful in helping create the reality you prefer. These ideas and explorations are not "the final word" on anything, nor do they claim to be. We are only sharing our perspectives, our perceptions.

However, this information has a purpose to it, in the sense of giving you certain tools to allow you to change your reality in the way that you want; to allow you to become familiar with these tools and get to know that they can work for you very quickly. These ideas, if you choose to apply them, can elevate you, can integrate you beyond the need for pain. Because all pain is resistance; separation from your natural self. You can always create for yourself whatever it is you prefer; you do not need us or to be in contact with us to do so. For quite some time many of you have been exploring and investigating concepts of expansion, concepts of growth, concepts that you label "new age" or "higher consciousness" ideas. Many of you have been exploring these ideas in many different ways; you do not have to have used that terminology to have explored these ideas. It is about finding your true self, about who and what you really are all about—not what others think you ought to be, not what others think you should be, not what others think you should not be. But what you know in your heart you can be, what you know in your heart you wish and desire to be...and then fulfilling that reality.

These tools are designed to tap your unconscious, subconscious and conscious selves so that you can allow creativity in your life to be effortless instead of a struggle. And if there is challenge then you can allow, with these tools, the challenge to be exciting and educational. You can learn to see the challenges in your life from that perspective rather than assuming they are barriers, obstacles and impediments in your life that are insurmountable. All of these words were designed to reflect certain modes of thought, certain perspectives, states of mind and being. You are all now learning to redefine these ideas in ways that are more representative of the reality you prefer to have, to experience and to be.

There are many techniques we wish to impart to you. Remember, each and every one of these ideas is simply one doorway, one avenue that you have of utilizing a methodology to tap into your ability to unlock from patterns that no longer serve you. We will discuss the notion of transforming old beliefs, breaking old habits, removing yourselves from the ruts of repetitive behavior that you may have created in your lives, that you may feel are holding you back from doing many of the things that you wish to do. So, we will discuss the idea of shattering old patterns—and integrating some new ones. When you function more wholly, more completely, obviously, you can get a stronger, faster result from your intention to create the reality you truly desire to create.

Sometimes, because of the way your society has structured itself it is very difficult to even be able to see the opportunity that may exist before you that would allow you to change your life. But I can guarantee you those opportunities are there. And if you allow yourself to go into the center of your being with the absolute conviction that you can discover that opportunity, you will see it—you will be able to act on it. You will be able to act on it with joy and excitement. And you will receive the result that will only accelerate and escalate and perpetuate that joy, that excitement, and broaden your ability to see in the future more and more of the opportunities that have always been there but which your belief systems may not have allowed you to be aware of.

The entire purpose for our sharing of these perspectives and points of view with every one of you in your civilization is to allow you to remember that you have the ability to do in life what excites you the most, that you have the ability to live your passion, to live your dream—and that when you choose to know this and when you choose to do this, that's when you can see the kinds of changes upon your planet that you had not thought possible to occur in a very short period of time. Transforming your planet as if "overnight" historically speaking and allowing many different kinds of magical, miraculous occurrences to take place.

These ideas are practical tools that, when applied in your physical day-to-day existence, can generate an actual physical response in harmony with your greatest desires and wishes. It is your birthright to have these tools. There are no exceptions to this. No one is left out of being able to use the mechanism of expansion, the tools of creation. The tools we will share with you are very precisely focused, very sharp. And when you apply them you can begin to immediately see in your life the power that is you, the power reflected back to

you through the use of these tools. In a sense, these ideas are "triggers." Now remember, remember, the power is not "in" the tool, the power is with you. The tool functions as a symbol; a symbol of allowance, so that you may allow yourselves to release your creativity.

Creating Your Reality

We do realize that physical reality for many of you has for a long period of time been a matter of great limitation, overcoming barriers and an incredible sense of overcoming inertia in allowing things to change from the direction of things you don't prefer, to the direction of things that you do prefer. At times many of you find a great deal of difficulty in allowing these changes to occur. We would like to discuss another aspect about this concept of changing your physical reality: creating your reality to be what you prefer it to be.

One of the reasons some of you create difficulty for things to change is because when you are raised in your society you are taught that many things about physical reality are "absolute" and really cannot be changed. After a while you learn to take this for granted after many years of this teaching over and over again—the principles of rigidity—implying that these things "cannot be changed." They are in fact, the very foundations of your existence and you do not necessarily even give yourself an opportunity to realize that they have the ability to be changed. All things we will be discussing this day will hinge upon this principle: that the reality you perceive "around you" is actually created from you, consciously or unconsciously, and that your reality, any reality, all realities, are contained within you.

Many of you are beginning to understand that each and everyone of you are actually—literally—the creators of your experiential physical reality. No more do you feel or believe in general that you are simply at the mercy of the Universe, that you are lost within some vast dimension, that you are the victim of "Infinite Uncaring Space."

Your society is now beginning to understand, both sociologically, metaphysically and scientifically, that each and every one of you, individually, and all of you collectively, have everything to do with the reality you experience. You are completely responsible for your experiential physical reality. And you are beginning to understand this now from many different points of view, not just from what you may have in the past called "the fringe element." This is now trickling into your mainstream scientific and physics understanding: that you cannot have an experience without in some way, shape or form affecting that experience; the creating of that experience being absolutely inseparable from the experience that seems—seems—to be "outside" of you.

So, when you change your beliefs about your reality, when you, change your emotions and your thought patterns, when you change the frequency of the being you are sufficiently, you do see reflected back to you in no uncertain

terms physiological manifestations of those changes. Because your physical reality is but the shadow of your soul, the shadow of your identity, the shadow of your idea of yourself. You can create the realities you desire if you can change your belief systems, the emotional patterns and thought patterns within you. For it is your belief systems, your emotions and your thought patterns that you have to explore your reality with, and through those filters do you perceive the reality that you have for so long believed to be the "only" solid reality.

New Horizons

Now, your world is changing in many ways. This all of you know. One of the ways your world is changing in its conscious evolution is by beginning to realize that there may be more than the one reality you have always been taught is the "only" reality; that there may be other civilizations, other dimensions of consciousness, other planes of reality. Because you are now beginning to consider that may be possible, your belief systems, your emotions and your thought patterns are opening up, are allowing a little bit more of these other realities to, shall we say, "leak in."

These ideas will only leak in at a rate that is comfortable for each and every one of you to make the best sense of. For many of you, will have to "compare and weigh" the reality you have always been taught is "real" against the new perceptions that you are receiving, before deciding whether or not you want to incorporate those new sensings into the reality you have always been taught to believe was real. It is alright if you take your time. That is up to each and every individual; up to each and every civilization. Your pace is your own and that is absolutely perfect for you. There is no rush. You are Eternal Beings. You are going to be around forever. You can take your time; it is up to you.

We respect the idea that each and every civilization is discrete. We do not wish to interfere in the evolution any civilization has laid out for itself. Therefore, when we perceive that a civilization such as yours might be on the verge of being willing to recognize that they can communicate with other beings, we approach cautiously. To use your terminology, we "test the waters" to see what degree of receptivity actually exists in that civilization. For there have been times, in what you call the past, where civilizations were approached "too quickly" and the result was quite detrimental, not only for the civilization contacted but also for the civilization that approached.

Therefore we are always very cautious about these interactions to make sure, to make absolutely sure as best as we can that our existence, our ideas, our perceptions, our perspectives are never something that are forced upon you. And that you understand that you, in our eyes, in every way, shape and form are equal to us. We simply present you with a different points of view that you can then decide whether or not to incorporate in your reality, should you decide they work for you. It is up to you. Should you decide these ideas do not work for you, we have absolute faith you will get what you need somewhere else. We believe in you utterly, no matter what you think of yourselves, and in your ability to create the reality you desire. That is all we are really here to remind you of.

We are here to assist you to make choices that you feel validate the realities you know are true for yourselves in your heart. We are here to reflect to you that which you already know to be true: that you are aspects of the Infinite, aspects of Creation; that you have the ability to create the realities you desire because you have up to this point created your reality anyway—you might as well choose the one you want. We are simply here to remind you that you have the ability to make that choice, that you always have had, and that the idea of your previous choice as a civilization to experience limitation—is now something you can change.

We do this because it serves us as well; for the more civilizations that we are able to harmoniously interact with, the more Creation is expanded for us and the more we learn as well. We learn many things. First of all, in you we get to see how many more ways Infinite Creation has manifested itself and this teaches us all the probable ways that Creation could manifest itself. So we are always learning by these interactions. To us these interactions are a gift—And therefore, for that gift we thank you. And in return for that gift we share with you our thoughts, our ideas, our perspectives, so that you can decide for yourselves what you want your lives to be. And so that you can choose, if you want to, to interact with us in all the ways that it will be possible to interact, "very soon" as you say.

We will also discuss many other exercises, tools, techniques, analogies and guided visualizations which all can be instrumental in putting you directly in touch with your Higher Self; more direct communication with what you consider your Higher Self to be, your higher perspective or point of view. By the time we arrive at that point, many other changes will have taken place within you. You will have been able to start to setup situations and abilities within yourself to break the old patterns, and this will allow you to more easily utilize a more conscious connection to the Higher Self and function from that point of view in your daily lives.

Pacing Yourself

Now, allow me to remind you of a few things. There will be, in many of these interactions, new energy that will be realized by many of you. You may find yourselves making many recognitions and realizations and releasings. All of these things will occur at a natural and comfortable pace, if you allow them to. Any energy that you begin to feel, allow yourself first of all to remember that you can handle it. You may feel many different things, but understand the Universe never gives you more than you can handle. Never. Never!

And so, if you feel there is energy that is too strong for you, that feeling will usually be the product of your definition of the energy; not the Universe's definition of the energy. So it is our suggestion that you allow yourself to breathe the energy through your body in a relaxed and open manner, trusting in the positive nature of what you are experiencing. It is alright to feel a release; it is alright to feel great change going on within you. But simply

remember that it is all the product of your choice to unfold as a positive, loving and serving individual. Therefore do not fear but be glad and feel gratitude toward the Universe and yourself; be glad that you are willing to discover more and more of who and what you are.

Remember—this whole process is simply remembering who you really are, allowing yourself to finally drop all the resistance to your natural self; getting you to stop trying to be who you are not. Remember that any effort, any pain or struggle that you are having in your lives is the result of resistance to your true Natural Self. This is a process of discovering who you really are, and who you really want to be, period.

Each and every individual is unique and the "personality" you are now is not really fundamentally who or what you are, but only a temporary manifestation reflecting whatever particular idea you are working through at this particular moment. Therefore, as you change the idea of yourself you change the person that you are, literally. And therefore, by the time this interaction is over with today you will not be the same person you were when you started, literally. No matter how much you think you still look the same in the mirror, you are not going to be the same person—because "outside looks" is simply an illusion.

What is a Question? For a moment, let us talk about the idea of what a question is. Now, every being in Creation will have curiosity and will be searching for more and more understanding. But as we have observed in your civilization—many individuals, when they create a question, do not understand that they have the ability to find the answer, usually within themselves. In a sense, it can be said that a question is "an answer that you place outside of your ability to contain it." A question is a tool that reminds you that you contain the answer. It is a reflection in a mirror of what you are, of what is important to you and therefore, what it is you contain.

Your society and your planet Earth has created a most amazing ability. It is not that this ability does not exist in other civilizations; it does. But your civilization exhibits this ability to an amazing degree: the ability to forget that you are connected to the Infinite. Your society has excelled in forgetting that it knows everything it needs to know. And when a society forgets to the extent that your planet has forgotten, you create a remembrance in the form of questions - Why? Where? When? How? The idea is that you have been taught for many thousands of years to believe that all the answers are "out there" somewhere, because you have forgotten that "out there" is actually created from "in here."

You are all creators; you are all reflections of the Infinite; you are all eternal multi-dimensional beings. As you design the filters of your senses to be, so you experience the reality you believe you are in. This will be the foundation of all the ideas we will discuss this day of your time.

I thank you for allowing me to function as an ambassador of my society, and to communicate with you in this way, so that it may serve the best for all concerned. In return for your gift of sharing, in return for your willingness to explore this idea, I ask you now, in what way may I be of service to you?

Questions From the Audience

Q: Is it true that Darryl can't prove that you are a separate physically embodied being?

B: Not at this time.

Q: And he holds the possibility that you are in fact only a manifestation of his consciousness?

B: Correct.

Q: But he doesn't think so.

B: The evidence that he has compiled would seem to discount it, but again, it does not really matter. In a sense we are aspects of the same soul. And it can in all reality be said that we are fragments of the same consciousness. Both situations are real to me. I am a discrete entity to myself and yet at the same time, both Darryl and I are aspects of the same consciousness.

Q: So where is your body right now?

B: It is in what you would call a "state of repose" upon my scout Craft orbiting my home world.

Q: A long ways away, I suppose.

B: In your terminology, yes. But the idea of this type of telepathic communication does not involve the need of space/time volumetrics and therefore, it is instantaneous. Nothing is being violated in a physical sense.

Genuine Frauds

Q: Great. Now, a couple of brief questions. Can you give us some means of distinguishing between genuine and fraudulent beings who play this role that Darryl plays. You know, channeling.

B: We will make an attempt to do so. However, the terminology of "genuine and fraudulent" may be quite touchy, as you say. We can however guide you to the idea of what is positively or negatively oriented, one way or another.

Usually you will find that those in your terminology that are "genuine" will usually have a positive desire, a positive intention behind them. The signs and the signals to look for are as follows: if an individual is focused upon saying, "You must do this! You must do that! I have the answer and this is the only way."—you are probably, not absolutely, but probably dealing with what you would call an "ego structure" aspect of the individual present before you.

If, however, the energy coming through acknowledges the validity of all belief

systems and is simply sharing information for the purpose of sharing, for the purpose of expanding, for the purpose of learning in a beneficial and positive way, that makes no demands, that does not want to take your power from you and run your life for you, in all probability, no matter what it is, it is positive and therefore a "genuine" experience, whether it actually is someone else or not.

That is the criteria we would suggest you look for. This does not necessarily mean that individuals on your planet or that your own consciousness cannot come up with either idea. It does not "prove" as you say, one way or another, that just because you are hearing something positive that it actually has to be "another consciousness." However we would simply go by this particular framework: *if it is self-empowering to you, if it gives you the power to make the decisions you need to make in your life, to know that you are in control of your reality—then it is a genuine experience that can be of benefit to you.* If it seeks to run your life, if it seeks to drain your power and control the reality around you, then in that sense it would be called "fraudulent" no matter what it is. Does that make sense?

Q: Great. Now the hardest question.

B: Oh! Hardest question. Alright.

Q: Maybe we find out that Darryl is indeed a sincere person and he is in telepathic contact with a being many light years away named "Bashar".

B: Now that is not my name and I will explain that in a moment. But go ahead.

Q: That's not relevant either.

B: Alright.

Q: The interesting question would be—and this is why it's a hard question—from your perspective, what are the chances that Bashar's motives are not entirely pure?

B: From my perspective? It could be 100% that they are not pure. It could be 100% that they are. It could be anything in between. This is why we say, there is nothing that I can prove to you. It is up to you to prove to yourself whether the information we share with you works in your life or not. We always leave it up to you.

We can guarantee the following thing and this is the only thing we can guarantee: if what we share with you works for you in a positive way and you use it, you will see a change for the positive in your life. In that sense, you will be "proving" my validity to yourself by utilizing the information in whatever way works best for you. But that is the only way at this time that you can prove the idea. There is absolutely no way, shape or form that we insist that this information must be used by you and that is the only validity and the only proof We can give you at this time. It is up to you to decide whether or not what you are hearing is something you can assimilate, or can assist your life.

I could be an absolutely cantankerous and rotten individual as far as you know. However, I will leave it up to your sense of discernment to decide for yourself with your own abilities what the information we are sharing can or cannot do in your life. And that is the best I can do.

Q: We're all familiar with new-age doctrines. I wonder if in your view any of the current "new-age doctrines" are seriously misguided?

B: Yes. Many misunderstandings exist, many misinterpretations exist. For you see, much of what you call "new-age doctrine" is patterned on "old-age" styles of approaching things. And therefore many of the interpretations are still old-age interpretations, even though they may be, shall we say, "dressed in new-age apparel."

The idea can be explained perhaps as follows: for thousands of years your society has been taught to think in certain ways, along certain lines. Many new ideas that come in may be being passed and filtered through the old belief systems without conscious understanding that is being done, and perhaps being interpreted along old fashioned ways of thinking. For example, an individual may have been brought up to believe that "change is something that can only occur when trials by fire are present. You have to really break everything down and tear everything apart in order for any real change to occur. You have to really suffer and you have to really struggle in order to amount to anything."

Now, if that is something that has been ingrained in that individual and, if and when they allow themselves to perceive that a "new energy" is taking place in the world—that new recognitions are going on, that changes are occurring all around them—they may say, "Well, I'm sensitive to the fact that these changes are coming." However, their unconscious and subconscious minds may fill in the picture to say, "And the only way those changes can come is through destruction, through fear, through trial by fire." Therefore, they will say, "This is the way it must happen" because that's the only way they have been taught is the way it can happen: by earthquakes, fires, floods... trials of deservability.

So, there can be a true sensing going on and they can be very sensitive to the fact that certain things are about to happen. But they may be interpreting those changes in the mode that they are used to thinking in—without even recognizing that they are doing it. And they "take it for gospel" as you say, simply because the mechanism of applying meaning to situations is so ingrained, is so automatic with all beings within a particular reality, they may not even realize that they are assigning their own interpretation to it—which may not be the case. Does that help?

One Sided

Q: That's specific. Yeah, that's helpful. My last question is this: This has all been very one-sided, you're always telling us things. Maybe you came here in some degree of ignorance and curiosity too?

B: We're always curious.

Q: So is there anything we can tell you?

B: Well, alright. Can you tell me why individuals—because this is something we truly do not understand, even though we do have some comprehension of the mechanisms and belief systems that created it—"Why do individuals upon your planet truly insist on not believing that they are deserving of anything they can imagine?" [audience applause] Thank you, but you do not have to applaud. And if you do applaud, understand you are applauding yourselves; not me. You are applauding your own recognition; your own knowingness.

But this is something, in all honesty, that really does puzzle us. Because you see, in all of the civilizations we have encountered, of course all civilizations are unique, but your civilization is one of the most highly focused in certain ways that we have ever encountered. And one of the most highly focused ideas we have seen in your civilization is the idea, the insistence, of giving away your power. The idea that you are very willing, over and over again to believe what someone else tells you other than what you know is true for yourself. That is why we always—always—in all of these interactions outline from the beginning: *You are never expected to believe anything we say, just because we said it.*

The idea is that we have noticed a strong tendency in your society to lock onto things, or just the opposite, to shy away from things because of what you think you must absorb, one way or another. We really have found it quite mesmerizing; really have found it quite puzzling. And it has taken us quite a long time to even have gained the glimmer of understanding we do have as to what the mechanism is that creates an absolute insistence on the part of your species to keep yourself at the lowest common denominator you can imagine. Rather than allowing yourself to truly be inspired by your existence and rise to your full heights, as you could.

Q: I'll try to answer to that. My guess is it's something like this: we develop habits that are tied very closely to our physical bodies, which then give rise to an illusion that our ego is tied to our body, and produces with that a habit, a kind of sleeping state, which blinds me and all of us to the possibility that if we awakened, we might become more aware...of our feelings.

B: Alright. Would you please define "habit."

Q: A habit is a repeated tendency tied to the state of the body, to behave in certain ways without the benefit of awareness.

B: A "tendency." You are suggesting therefore a type of momentum that occurs?

Q: Exactly.

B: Alright. From our point of view, this momentum, this "habit" as you call it, can only occur when there is an unawareness of the habit?

Q: Exactly.

B: Then once there is awareness of the habit, it should no longer occur. Is that correct?

Q: True.

B: Is this what you actually see happening upon your planet?

Q: Well, not really. Not until we actually choose to do it for ourselves, until we decide to act upon that understanding.

B: Alright. We thank you for the clarification. But let me say this. It is not in any way, shape or form critical that your society interacts with us. That is not the end all, be all, of the idea of why we are communicating with you. We are not the most important thing—you are. On your world, your planet is the most important thing to you. And when you, as a society, at the risk of me sounding preachy, begin to allow yourselves to truly live up to your full potential, you will co-create with us a vibrational frequency that will create a middle ground, a meeting space in which your frequency and our frequency can come together in a compatible format.

You see, you must meet us half way. The dimension in which we exist, from your point of view, is rather ethereal in nature, rather dream-like in nature. And that is why it's actually simpler for us to contact you through the dream aspect of your consciousness, rather than "physically materializing" in your world. It can be done and it has been done. But it is actually not as easy to do, because we have to lower our vibrational frequency down so far, we have to solidify ourselves so far in order to materialize in your planet, it is actually easier to touch you on a mental level first, because that is where you are closest to the frequency in which we naturally exist. What to Us is our physical, solid, material reality—to you, are the stuff Yearns are made of.

Quest for Truth

Q: This brings me to my question. Lately I've become involved in three different programs that have to do with the environment that kind of thing. And I guess I want you to validate my excitement and the path I'm on.

B: I cannot. I can comment on it. I can enjoy it. But I cannot validate it.

Q: Well, that's what I was looking for, a validation.

B: Well then, give it to yourself and you shall have it.

Q: Okay.

B: Are you validated?

Q: Yeah.

B: Thank you.

Q: Seems better when it comes from you, though.

B: Why?

Q: I don't know.

B: It can't be. It can only come from you. It cannot come from me. So how can it be better if it comes from me?

Q: But aren't we one?

B: We are one. I can validate the one I know I am. But you must concurrently validate the one you know you are.

Q: It has to do with my quest for truth.

B: Quest for truth!

Q: And my career.

B: Yes.

Q: I know they work hand in hand because you have talked about that before. And I didn't know that before.

B: And you also already know that "The Truth" is composed of all truths?

Q: Yes.

B: So when you say, "My quest for The Truth" what you're actually talking about is your expression of your truth.

Q: Yes.

B: At any given moment, whatever that may be.

Q: Actually what I mean is, my own peace.

B: Yes. Same thing.

Abundance

Let us discuss a few notions and allow us to add a new perspective to some of the ideas we have been discussing in your awakening of consciousness. Let's

begin with what you very often call *The Big A: Abundance*.

Abundance seems to be an issue that absorbs much of your attention and has seemed to absorb much of your attention for quite some time. Let's address the notions of abundance so you can understand attracting abundance into your life is quite a simple matter and does not have to be in any way the struggle you may have created it to be.

Many of you have been told that abundance is certain things, but is not other things. Many of you have become wrapped-up in the definitions that create abundance, or an apparent lack of it. Allow us to address the notion and make very clear in your understanding that it is only—ONLY—your definitions of abundance that prevent you from experiencing it in your lives. There is absolutely nothing inherent in the idea of abundance or the experience of abundance that is difficult to attain. Only your definitions of abundance make it seem to be beyond your reach.

Here comes another new definition. Are you paying attention? Alright. Abundance is the ability to do what you need to do, when you need to do it. Period. "Hey, he didn't say anything about money. He left out money. What good is abundance without money?" Well, what good is money without abundance? Again, allow yourself to understand the basic definition of abundance: the ability to do what you need to do, when you need to do it.

Now yes, on your planet we understand you have one symbol of abundance called money. Yes, it's valid; yes, it's creative; yes, it's going to change. But that's alright. It is still valid. It is just as creative as any other way to represent abundance. "What do you mean, any other way? What other way?" Well, many other ways; many other ways. And that's the difficulty in your definition. If you only see abundance only as money very often you don't see abundance in its other forms. You're blind so to speak, abundance-blind. Because "green" is the only color you allow abundance to come in. But abundance comes in a total spectrum.

The idea is to understand you must relax your insistence that "It must come in this certain way or I won't accept it. I won't recognize it if I don't see this and this on such and such a date, to the penny. Otherwise, I'm not abundant. What's wrong with me? I can't attract this amount of money by this date because I need it for this and I need it for that. What's wrong with me?" Again, these are just definitions.

If you allow yourself to understand that abundance is simply whatever way, shape or form your automatic synchronicity can attract into your life what you need, to allow you to do what you need to do when you need to do it, then you will begin to realize that you are very abundant and have been for quite some time. When money is the strongest way a particular kind of abundance can be fulfilled, the money will be there. You'll attract the opportunity to give you the money. But when money is not the simplest way, when it is not the path of least resistance, that may be the last way it will manifest. You may be receiving many other ways that abundance is manifesting in your life, or I'll say, attempting to manifest in your life. But you may not be allowing it to, again,

because of your definitions.

The Rich Person

I'll give you an analogy. This analogy keys directly into the concept of fundamental "unconscious" belief systems. When they are growing up, many individuals on your planet hear many stories, many parables as you call them. And perhaps one day you hear the parable of *The Very Rich Person*. And in being a small child, being open to all information, you sit there and absorb this parable. And this parable says, "This person is exceedingly abundant." And at the same time, "This person is an exceedingly mean, nasty person." go your little budding mind says, "Oh, abundance equals nastiness." and it joins the two. The two ideas marry and fuse in your consciousness belief matrix.

So one day, when you've forgotten that you ever heard that parable, you grow-up and say to yourself, "You know, I would really, really like to be abundant. I'd really like to be rich." But then, all of a sudden, somewhere deep down, so deep down that you can't even hear it. A little voice says, "But if I become rich, I'm going to become nasty and I don't want to do that—so I'm not going to let myself become rich."

Now, when you begin to delve deep in your meditation, when you are quiet within yourself and dive back through your own personal history and discover what the beliefs are that you have about situations in life, including abundance, and where you got those beliefs and why you have them, then you can recognize how you may be sabotaging yourself, constantly short-circuiting yourself by having "piggy-backed" belief systems that have no business being joined together.

When you understand that you may have beliefs like the one just mentioned, you can then clarify the issue by saying, "Ah, but now I understand a person can be rich without being mean. Now I understand that. But I had to understand that I believed it was not possible before this point. I equated nastiness and abundance as the concept and therefore, would not allow myself to be rich, because I did not want to be nasty. I did not want the whole picture of what I thought it meant to be rich. Now, how would I prefer to believe it is to be rich?" Redefine, rewrite your own personal definitions. Once you understand what the definition is, rewrite it.

Use your imagination. Rewrite the belief the way you prefer it to J*- "I am a loving, kind, beautiful, artistic, creative, rich individual. That's the kind of individual I prefer to be. And I now know I can "i without in any way, shape or form having to hurt anyone else or myself, whatever I want to be. That's how powerful I really am." That's true power.

When you understand that you are already as powerful as you need to be—without having to hurt anyone else or yourself—in order to create the reality you prefer, *then you know True Power*.

Power is not "control." It is not "domination." It is not "attempting to try" to make your reality conform to your will power. No. Will is simply focus. It is simply clarity about who and what you are; what it is you prefer. And, clarity about what it is you believe you deserve. That's a big issue. Deservability. Big issue. Especially with regard to abundance, "Do I deserve to be abundant?"

But again, it is the actions themselves, it is the reality itself that says it all. Are you willing to believe it to the point where you're willing to be it? Are you willing to act it out, to be that person, that abundant person that can then attract that reality to themselves? As long as you trust that you are not avoiding something you need to look at, you must trust that your excitement is the thing to follow; then act in that direction.

The Dream House

Imagine you are very excited about having a beautiful dream house. "I would love to live in a house. Oh, look up on that hill, like that one. That's my symbol. That's my model. I want a house like that. It is my all-consuming passion to live in a house like that."

"Well now, how can I live in a house like that? I can't afford that. I don't have the money. I guess I'll have to go get a job. I'm not really excited about getting a job, but it's the only way I can think of. I'll have to get a job. I'll have to work very hard. I'll have to save a lot of money, and maybe in a few years, maybe, I can have a house like that one on that hill. So I better go get a job."

So you scan your papers. You don't really see anything exciting, but you see a house that is, oh, tolerable. You say, "Well, it's worth it, because I'm going to get my dream house someday. It is worth it. So I suffer now, because I'm going to get rewarded later." That's a big one in religion. Which by the way, is quite unique to your planet.

Back to the house. So now you're walking down the street with the paper under your arm, ready to go on that big job interview, to get the job that you know you're not excited about. "But it's alright. It's okay. It's a living."

And then you run into a friend. "Well, hello. How are you? Why won't you come and join me for lunch?" "Well you know that's an all exciting proposition compared to what I'm about to do. Definitely more exciting than going on this job interview. But no, I don't have time. I've got to go. If I don't go on this interview I'll miss the job. I won't be able to make the money. I will never get a house and that's what really excites me."

Well you've got to eat. You can't have work if you don't keep up your strength." Well alright you say, "Good argument. I'll spare a little time. Because it is more exciting. I'll spare a little time, but I can't be late. I can't be late."

So off you go. You follow your excitement. The most exciting thing you were offered at that moment. Out of all the things you could act on, you took the one

that excited you the most at that moment. And you went and had lunch and you were having such a good time. Oh, as you say, "Where did the time go. Oh no! Oh no. I missed the job interview. Now I'll never get the job. Now I'll never get the money. Now I'll never have my house. Oh no."

And as you sit there bemoaning your fate, a friend of your friend comes along, sits down and says, "Well hello. Nice to meet you. But why the long face?"

Well, it's a long story." But you go through the whole thing anyway because misery loves company. And you wind it up with, "Now I'll never be able to get my dream house. And I would love to have a house like that. You know that one up on that hill on such and such street. I would love to..."

What? On such and such a street? You mean up there on top?

"Oh yes. I would love to have a house like that. I would love to live in a house like that. That's what really excites me. Not the job. The job didn't excite me. But now I'm never going to have that house. I don't have a job and I don't have any money."

"But wait a minute," says the new friend. "That's my house. And you know what? I was very happy to see my friend here because I'm leaving for about three years to go on an extended trip; I was going to ask if he knew of anyone who might want to stay in my house and take care of it for free."

"You mean if I had gone to the job interview I would never have made this lunch, and I would never have run into you, and you would never have offered me the ability to stay in my dream house for free? Oh, I get it."

And now, here comes the panel of cynics: "That's a fairy tale. Life doesn't work that way. That's too good to be true. It's just a coincidence. Never happen in a million years. One in a million chance. Oh, what are the odds against that?" Alright, thank you cynics. You had your say. Good bye.

Life *does* work that way, all the time, every moment, every second when you allow it to, by following the thing that excites you the most; by allowing your positive synchronicity to work for you in the same way you've been allowing your negative synchronicity to work for you. Yes, they are coincidence, but they are not "accidental." The idea of "missing the boat" is negative synchronicity, because it is a perfectly timed reflection of your fears and doubts.

Fairy Tales

Perfect timing is something you always have. It's simply a matter of whether you have perfect timing in the things you do, or don't prefer-. That's all. Your timing is always flawless. What it brings you is, utterly based on The Third Absolute: "What you put-out is what you get back." Following your excitement allows you to stay on a level of high energy and high positive synchronicity. So, the , reality you get is very much like what you call "a fairy tale." It's magical. It's

miraculous. Remember, a miracle is not an exception to the rule, it's the natural order of things. When miracles don't happen, that's the exception.

Allow yourselves to begin to realize that you are miraculous. You are magical. Nothing is too good to be true. Nothing. Zero. Zip. It is all real, it is all true. That's the most astonishing thing you are discovering, and that many people are going to discover in this expansion age upon your planet. It's that what you have been taught to believe "is nothing but a fairy tale" is actually, reality. You're going to wake up into a new dream. A dream of consciousness. Absolute.

Now, understand that when you start along that path consciously, when you wake up and start seeing things, many things begin to happen. First of all, as we have just illustrated, you begin to recognize that abundance comes in many forms. Sometimes you can simply be given something or make an exchange, or provide a service for, or receive in a variety of ways the things you need or want to do. *The ability to do the things you need, when you need to do them.*

If that individual had insisted on the money it might have taken them years to get the house. Because they didn't insist, because they followed their excitement, they got the house now. No money down. No money needed ever. They got the experience they want, the experience. Do not insist that the situation has to be in a certain arrangement. So, that's the first thing you learn about abundance, that there are many forms of it. Let them come to you. Do not shut the door. Let them come by following your excitement.

The next thing you learn is that as soon as you start rolling, you must then continue to roll. You must continue to act on the opportunities that come to you, that you attract into your life. Understand that when you are focused in a negative way opportunities are invisible to you. You literally don't see them. But when you open up to the idea that you are automatically aligned and synchronized with everything that you need, you start to see the things that have always been there but could not see. And so you must act at any given moment on the thing that excites you the most that you have the highest degree of capability of acting upon. Sometimes situations will present themselves that you are equally excited about doing. Act on the one that has the highest degree of ability to be acted on. Because your ability to act in the various directions of what excites you will never be exactly the same. They will never be equal. *Act upon the excitement that you have the highest degree of ability to act on.*

Now, seeing more than one thing which excites you equally tells you there might be an overall, all-encompassing category into which these things fall, which if taken together represent the most exciting thing that you choose to do. And these equally exciting things are simply different manifestations of the same one most exciting thing. Let that be your clue into the thing that excites you the most. You don't have to have a life-spanning career in order to know what excites you most at the moment. You can take it a step at a time.

What is the thing that excites you the most—right now? Stay in the moment. Staying in the moment is the best way to fulfill a life-spanning career anyway.

Doing the thing that excites you the most at any given moment, that you are capable of acting upon, will lead you automatically, effortlessly and abundantly into the next situation that you need to be led into, to provide you the ability to do the next most exciting thing that you could possibly do. So follow that thread. Excitement is the thread. Follow it. You laid it out. Follow it. It's your thread.

Now, many of you have begun to follow your excitement in life. Many of you have begun to act on the opportunities that you attract into your life. And many of you have now arrived at a new threshold, which I will now address. Sometimes you say, "Well, I have been doing the thing that excites me, and I have been recognizing that opportunities have been coming to me, and I have been acting on them. And all of a sudden something stopped. I started to see pieces of opportunity, but no whole opportunity. No whole direction makes itself obvious or apparent. Now what's happening? Am I slipping back into my negativity? What's happening to me?"

Alright. A very important threshold to remember. You are a creator and at a certain point you are going to be expected, in a sense, by your actions to act more like a creator. And what that means is this: as you create the ability to act, to trust, to be excited, to follow your dreams, and as you attract opportunities in whole form, there will come a time when all of a sudden you will shift from attracting opportunities, to being expected to create the opportunity. To create the opportunity, literally, as you say, "from scratch." That's where you really have to be bold, where you really have to be inspired. Where you really have to use your imagination and your full creativity to actually invent, to create, to manifest, from nothing, the opportunity that you can then act on. Now you're pulling yourself up by your own bootstraps. At this point, you are actually creating the stepping stones that you take the next step on.

You're not just waiting for them to come after you take a step, do an act, or see the opportunity come. Yes, up to a certain point. But after that point you must actually build the next step before you can take the step. You will understand what I mean about this if you have arrived at that point or when you do, because you will. But that's where your full blossom and full power of creativity is expected to come to bear.

Where you have to look at things like you've never looked at them before and see the ability in "nothing" to create an opportunity. To see things that might be completely disassociated to most people but see how they connect and then connect them. To create a new third thing that is an opportunity not only for you but for all individuals involved in the connection. Then you are really high powered. Then you're really beginning to take the first baby steps of true creation. True manifestation.

Now, just for a moment, let us use what you have to springboard you to the next level. So what you have experienced now is but one infinitesimal atom of the ecstasy and the abundance and the flow and the synchronicity that you could experience in your life. Do you think you could stand that much ecstasy? Or will you just explode? All right then. Do not say you do not know how to proceed. You do. All you have to do is use your imagination in the very same

way you use this day of your time in whatever direction you so desire. There are no limitations. *There are no limitations.*

Create the reality you prefer. Geate what your imagination is most strongly and magnetically attracted to.

Go and be with the people that you feel are representative of the vibration you want in your life. Let them rub off on you. Be that person now. Act like the person you want to be now. Do the thing that person would do, now. Be as bold in every endeavor that excites you as you have been this day of your time. You have given yourself the perfect example, you have created it yourself. You are in no way lacking in creativity and generation of flow, as you have very strongly illustrated. So, from this point forward, when you express that you don't know how to proceed I will not believe you. Thank you for a most pleasant and enjoyable, ecstatic, synchronistic and abundant exchange.

(audience applauding)

Your applause is for yourselves completely. Thank you for appreciating who you really are and what you really can do when you finally decide to align.

Response Ability

Q: I had an incident happen just a couple days ago that helped me to understand my power of manifestation. I imagined myself living by water and decided I would like to live on a particular street. I later discovered a house was for sale on that street and I looked into it. It cost \$116,000 and I said, "forget that" because there is no way I can come into that much money.

B: Oh my, my, my. Yes, you do need some expanding, don't you? As you already know... you don't always need money. Abundance is the ability to do what you need to do, when you need to do it. Period. Again, money is just one of the ways you have of representing abundance on your planet, but it isn't the only way and sometimes it's not the quickest way.

Your imagination could have come up with several possible ways of knowing if that was "really" your house, then you would have acted as such, and engaged those you need to engage in the kinds of dialogues that would explore the possibility of being able to acquire it in some other way. It is possible that you can do certain things to acquire money, but you may not need the entire amount. You may not need anything at all. Have you even discussed the idea of your interest in the house with the individuals who owns it?

Q: No. I contacted the real estate office that advertised it, and he told me how much it cost. And I just thanked him very much and then hung-up the phone.

B: What you could possibly do is sit down and write a letter, and hand it to the realtor to give to the owners, expressing your desire, your strong excitement, about that house. Honestly expressing that, right now, you do not have the

financial requirements but there is something about that house that really tugs at you. Explore in your letter whether or not there might be ways you can come to terms.

Because, understand something very important about "deals." It isn't the amount. It's never the amount, it's the terms. That's what makes a difference. You can very often agree, completely, to the full amount that somebody wants, but how you pay them, that's another story. You could work out other terms that would be acceptable to both of you. That's one way you could explore. Do not assume that they are as inflexible as your own beliefs. Open a dialogue. Explore.

Ask them, "Are you willing to explore different terms? If I agree to your price, are you willing to explore different terms about how I can meet your price, because I really want to. I really desire to give you what you want. Are you willing to work with me, so that I can give you what you want and I can get what I want?" And then you can have a "win-win" situation.

Perhaps there might be something you can exchange. A service you can provide that will allow them to lower the price. Perhaps you can even suggest to them to go into a business deal with you "and put the house up as their part of the deal. The point is, be creative. And do not limit yourself in all the different ways you could arrange the deal. *It's the terms of the deal, never the amount.* The arrangements, the positioning, the ideas, the relationship, the interactions of the deal. That's where your imagination comes in.

Go and play with that idea and see what you're inspired to do, and see if that makes a difference. See where it leads you. And remember, also very important: do not bring the "baggage of expectation" into the deal because, very often, your excitement will lure you in a certain direction, not because you're supposed to complete that particular direction, but because you're supposed to be lured into the idea only up to a certain point. So do not bring the baggage of expectation that, "Well, if this doesn't conclude the way I expected, then the whole thing was wrong. I must have done something wrong, I don't know what happened."

Go into it as far as your excitement will allow you, and trust that if your excitement changes, it changes for a reason. Flow with it. But do what you can right now to act on what does excite you. And open up the way in which you could imagine being in that house. Make a list of suggestions of all the different ways it could happen. And then when you are done, set the list aside. Take a day, take two days, take three days; go back and add more to the list until you truly have come up with all the possible ways you could arrange to be in that house.

The owners might be going away on a long trip and want somebody to take care of the house. They might be able to simply accept your terms for payment, something that you can work with. Explore all the possible ways until you really, REALLY know all the different aspects connected to that house which have lured you into your excitement. Then you will really be dealing with the situation. Until then, you haven't enough information to go on, because you are

not involved with the real possibility of the situation. That's dynamics. Understand?

Q: Yes, I think I do. And you've helped me to understand why I said "Thank you very much" to the realtor and hung-up; because at this point I'm exploring. There are other alternatives and other desires that I have. And this may be related to my asthma: I've also learned it has to do my with the fear of growing up. Growing up for me involves responsibility, and when I thought of having the responsibility of that house, the yard, the debt and all the rest of that—well, those fears may have kept me away from the house more than anything else.

B: Yes, and it's also an issue of having the belief "you always come-up short."

Receiving with Grace

Q: I've been flown to Russia and all over the world as a healer. Many people have offered me money but I've never felt good about taking money, ever.

B: Why?

Q: I don't know. What excites me the most is to be able to help people in the best way that I can.

B: Alright. But what about you being helped?

Q: Well, that's right. So I was curious, because I would love to do other forms of healing also.

B: Alright. Start with healing yourself. Understand that there are many forms of abundance. Now, in a sense, what you call money on your planet can be one representative form of abundance. But it will not always require that money be in your life to allow you to do what you need to do. You can be supported in many different ways. If someone is simply willing to put you up in their place, to give you food, to share with you many of the things that it might otherwise require money to get, then certainly you can take that as a form of abundance in lieu of the concept of money. But at the same time, for many individuals, the gesture of sharing money is the only thing that really represents to them the idea of equal exchange. For you to refuse that exchange beyond a certain point is, in a sense, not allowing yourself to allow the situation to be balanced. Do you understand?

Q: Yes.

B: There is nothing wrong with the acceptance, there is nothing wrong with "receiving" if you are given a gift. The idea that people might be willing to do that out of love is an indication to you that the Universe is attempting to support you in return for the love that you are willing to give. Do you understand?

Q: Yes, that makes sense.

B: Again, it doesn't always have to come in the form of money, but sometimes that is what will allow another individual to really feel they are returning a gift to you.

Q: Thank you. I see.

B: So you do not have to throw the gift back in their face. Accept it with gratitude and graciousness and again, realize you don't have to be worried that your ego will go negative on you and get out-of-control, or that you will have to become fixated in the idea of materialism. It is alright for you to be absolutely and effortlessly abundant as long as you understand that your abundance, no matter what form it takes, will always only be exactly representative of the level of sharing that YOU are creating and the level of abundance and joy YOU are creating for others as well. Therefore, it's simply a direct reflection of what you're doing. And I will remind you once again, and all of you, that the true opposite of love is guilt... not hate.

Never Too Much

Q: I think I'm afraid of the degree of abundance that I'm experiencing.

B: For what reason? You don't think you can handle it? Do you think it's something you might lose?

Q: Something that perhaps...

B: One moment. Are you afraid you might have to become in the eyes of other people or even yourself, suddenly "more responsible" than you want to be?

Q: Responsible in a different way. Not to people, responsible to a covenant.

B: So, you don't think you can "carry the torch."

Q: No... I guess not.

B: So. Do you believe that it is possible?

Q: Yes.

B: Is this what you are saying? That you believe it is possible you to actually be given something "more" than what you can handle? Something that could overwhelm you? Do you really believe that's possible for the Universe to do?

Q: Not when you say it that way.

B: Now, it is certainly possible to create the feeling of being overwhelmed, but only by not trusting that you can handle what the Universe gives you—as if that were possible. It really isn't possible you know. In a sense, you are a cup, you

are a vessel. And yes, the universe is filling you up with abundance. Now, what you're worried about is the idea that you might overflow and that you won't be able to handle the excess. Is this a rough analogy of what you are saying?

Q: Yes.

B: Alright. I understand your analogy, but also understand it this way: when the cup is full, the cup doesn't have to worry about what spills on the floor, because the cup only deals with what the cup has. Everything else "doesn't belong in the cup." Understand?

Q: Yes, I do.

B: Does that help you define your parameters a little better?

Q: But the cup seems to get bigger and bigger.

B: Oh yes, the cup can grow, but that's all right. Because again, there will always be the same relative scenario. The Universe is infinite; you are infinite, you are feeling your own infinity. You are feeling your own infinite capacity. Yes, you'll keep growing and will expand and expand and expand—forever. Yes. But, by definition, it will never be possible for at any given moment to be given more than you can handle.

I'll tell you exactly why. Because if it were more than you can handle, you wouldn't keep expanding. So, in a sense, it is a fail-safe mechanism. If you really feel you can't handle it, you'll stop expanding, and then you won't have to handle any more. If you want to expand, then you will expand and be capable of handling more. You will always be capable of handling what it is you are handed. And if you feel you can't, you will stop expanding and you won't be given any more until you decide you are ready for more. You will always have that self-governing system. You will always have that choice.

You were created and designed to be self-regulating. Remember that the Universe does not do pointless things. So if you feel that you're expanding and can handle no more, everything will stop at that level. The only thing that makes it feel that you may have to handle more than you're ready to is because you're worried that the Universe might not be hearing you say, "Enough, enough, enough, enough." But you are that Universe and you are self-regulating, you will hear yourself say, "All right, wait a minute, stop. All right, go on. All right, wait a minute, stop. All right, go on." You will do that forever.

So relax into the mechanism as being self-governing and then you can simply, with ease and with grace, say, "All right, stop. All right, go on." That process is fine. You don't have to worry that by saying "Stop, stop, stop," you are somehow defeating the idea of the torch you're supposed to carry. It's up to you. No one wants you to proceed faster than you are ready to proceed, because if you did, you would be worthless, and who would want that?

Q: You have often talked about "integrity" being a crucial point.

B: Yes.

Q: And all my life I have been raised with a lot of love and caring, and my soul is filled with it. I'm very moved when I see people being kind to others and caring. But my life in the last few years has been very hard. I mean, it's been so hard.

B: In what sense?

Q: Seeing the people that I deal with. They are so cold-hearted and hard. They're cruel and callous and shallow.

B: And that's been hard for you? Is that what you are saying?

Q: Yes, it's been very hard on my spirit. I've tried so hard to retain the abilities and qualities of caring that my parents gave me. And sometimes it's very frustrating seeing the real world and the people I'm involved with. I would like to change my perspective and change to a higher state of being.

B: Alright. Go ahead.

Q: Alright, I want to know how. I listen to your audio tapes and stuff but it's something—I don't know whether it's my unconscious beliefs or what—that keeps me from absorbing or retaining the information. I think I'm an intelligent person, but I'm just...

B: Just maybe taking a little "too much" responsibility for other people?

Q: Yeah. I think that's true.

B: Alright. Well, that is number one. Anything else?

Q: Yes, I would also like to attract to myself a mate to share with and care for. And I would like to find a career that I really enjoy and could be successful at.

B: Find a career?

Q: Well, you know, as far as caring and stuff, I would like to make more money while I do it. You know, to be able to provide. I've flown home repair for years, plumbing, carpentry and all that.

B: Alright. So does that excite you?

Q: Well, sure it does.

B: Is it the most exciting thing?

Q: Well, at times. Yes.

B: At times. Alright. Is it now?

Q: At times. But it is just, well, physically hard.

B: Is it the MOST exciting thing you could imagine doing?

Q: No, I think caring for people would be the most exciting thing.

B: In what way would you like to care for them?

Q: Sharing myself with them.

B: In what way?

Q: Using my skills that I have, you know, to repair things. But there are different trains of thought that say, "Well, you have to "expect monetary reimbursement" and stuff like that. And yes, that's true, but sometimes people aren't able to reimburse and there are many, sometimes much more rewarding ways than money.

B: Yes, there are many forms of abundance.

Q: Well, I guess what I want to know is, can one of your friends "up-there"—could they maybe work on molding or shaping my consciousness so that I can become all I can be?

B: We are always giving you assistance. However, you have to accept it. The idea again, if I may backtrack, is to keep clear sight about what it is that you really prefer as an expression in your life and be that way, regardless of how others choose to be. The idea is to recognize that, yes, many individuals may choose to be as you say, "hard-hearted and unkind" but that has no bearing on what you prefer to be in your own life. Absolutely none.

The only way you can really be of assistance to them completely is to maintain the example of the unconditional love in yourself that you would prefer—someday perhaps for them to choose for themselves as well. Only then, by your example, are they given the opportunity to see that such a thing works for you. When you experience and choose to create unconditional love and joy in your life—simply because that is what you prefer and they see that you are a very happy individual— then they will eventually, more likely than not, want to know how do you do that. Why are you so happy all the time? How come it's so easy for you? What's your secret? Only by being that example do you then help by providing them an opportunity to know it can happen. If they see that someone can create that, then maybe they can create that too.

So, the first idea is to allow yourself to "stay on the train you prefer to be on." And if that happens to be the love train, then so be it. Allow yourself always to determine what track you are riding for your own sake, not because you feel you are being pushed or pulled by the circumstances, situations or opinions of others around you.

If you were raised with that kind of love then you have a great opportunity, truly, to help other people by expressing and by being an example of that radiant

light in everything that you do. You deserve, as you know, to really be in joy in every single thing you undertake. And, if at one moment something excites you more than anything else and you do that, and then at the next moment something else completely different grabs your excitement, that might take you in another direction—then follow that. Always, follow your excitement, moment by moment.

Excitement is the thread. It is the thread that is the vibration of your natural self and it will always lead you precisely and exactly into the situations and into the relationships with the proper people that you need to be led into, to always allow you to accelerate in the direction of maintaining your excitement. And when I say "maintaining" I do not in any way mean to imply that the idea requires stamina. For when you are doing what you love to do, it is no effort at all and it is automatically there.

Allow us to again make very clear in your understanding that it is only your definitions of abundance that prevent you from experiencing it in your lives. There is absolutely nothing inherent in the idea of abundance or in the experience of abundance that is difficult to attain. Only your definitions of abundance make it seem to be beyond your reach. And that is another idea of abundance as well: "an abundance of waiting for abundance"—waiting and gathering all the physical symbols you think need to be there before you will allow something to occur, rather than simply allowing it to occur when it is ready.

Always, always, always—*your abundance is directly connected to the idea of doing what excites you the most.* If you have no notion of what it is that excites you and therefore are not acting on what excites you the most, it is absolutely no wonder that you might not be creating the idea of abundance. Because "abundance" and doing what excites you" are absolutely connected. They are one and the same thing.

Doing what excites you the most is being aligned with your highest self. Being aligned with your highest self automatically attracts whatever situations and abundance are necessary to allow you to continue being aligned with your highest self. If you're not doing what excites you the most, you will often have difficulty in attracting abundance. Relax into the meditative state when you are alone and make an opportunity to do so. Discover what it is—whether at any given moment, or as a life spanning career—that would be something that excites you more than anything else. When you discover what that excitement is, at any given moment, do it. I guarantee you will start the ball rolling in the direction of unlimited abundance, self love and the attraction of ever more exciting opportunities... forever.

Since there are no accidents and everything happens in perfect timing, you can know that you are now aware of the fact that you have the ability to do this, or you would not have even conceived of the desire for abundance. You are already beyond the old framework. Let yourself believe it by acting like you are and reaping the rewards of the reality that is representative of the fact that you now know you are beyond the old framework. Understand?

Q: Uh-huh.

B: You don't sound too convinced.

Q: Hmmm.

B: Keep it simple. Keep it simple. Explore what you must explore. Explore what you have uncovered about yourself. But in the exploration, love yourself; you certainly deserve to. Understand? Do what excites you the most. You can do it, it will work for you. And it will help you uncover more about yourself that you need to know. Alright? Take the step and see what happens.

Vision and Creativity

As we continue this interaction let us lay down a few more foundations between us. We have together co-created this interaction to explore the subjects of vision and creativity. We will also be covering ideas of spontaneity and inspiration.

Now, many individuals in your society may feel that they do not necessarily act as "spontaneously" as they would like to. Many individuals may feel that they do not have as much inspiration in their lives as they would like. But there is no individual who does not already use some degree of vision and creativity to create their reality. For create your reality you do, each and every one of you. Even your own physicists are now beginning to understand that physical reality does not really exist apart from the definitions you create it to be.

We have discussed some of these principles from time to time with many of you. But you do not have to worry that you may not have heard them. There are no accidents and every single individual in this interaction is here in absolutely perfect timing. Therefore, whether you are consciously aware of it or not, since you are in this interaction this day of your time, you are already prepared to receive the information in whatever way is beneficial for you.

So if you find that your conscious mind may not grasp every single concept, do not worry about it. This does not mean you cannot ask if you have a question; by all means, do so. But at the same time, you do not have to worry that you might be "missing something."

You have created yourself to exist with many different levels of consciousness. You do not fundamentally actually have many different levels to your consciousness, except in the illusion that you have created of your reality. You are not really an outer-aware consciousness, a sub-conscious and an un-conscious; *you are one consciousness.*

Even if you have fragmented yourself into many different levels of consciousness, at least one of those portions is still going to get everything that is said. Depending upon how much suppression, or fear, or denial your conscious mind has will determine exactly how quickly what you are absorbing

on an unconscious level will rise to the surface of your conscious mind. So you will absorb everything. How much of that absorption you become consciously aware of will also depend upon whatever pace you feel is comfortable for you.

We have discussed with many of you the idea of how it is you create your physical reality with your definitions. This recognition will be the foundation from where we continue.

Neutral Situations

At this point, we once again remind all of you of the following information: each and every situation in reality is fundamentally neutral to begin with. No situation comes with a "built-in meaning." You are brought up to think that certain things must mean a certain thing, because they look a certain way. You—subconsciously or unconsciously, and sometimes even consciously—supply the meaning automatically to the neutral situation when it comes along. If you assign a positive meaning to a neutral circumstance you can only get a positive effect out of it. If you assign a negative meaning to a neutral circumstance you get a negative effect reflected back.

I remind you: what we are discussing here is not simply a philosophy but the physics and mechanics of Creation. We are not talking about the idea of, as you say, "pretending" that something is positive to you when you really feel it is negative. We are not talking about tricking yourself. The idea is to be honest in your communication about what you really have been taught to believe a situation means.

We remind you that no matter how much you may tell yourself over and over again, "This is positive; this is positive; this is positive" if you're actually shaking with fear while you say that, what you are really saying is you believe, "It is negative, it is negative, it is negative" and that is why you need so much positive reinforcement.

Any time you feel you have to continue to keep "protecting" you are actually saying you believe more strongly in the negative side of a situation's power rather than simply trusting in your choice to see it as something positive and letting it go at that; knowing if that is the choice you have made to see it that way, it cannot change into a negative unless you choose it to do so.

Not to You...*Through* You!

Your reality does not have a mind of its own. It cannot change without you. You can pretend this is so, but there really is no such thing as saying, "Well it just happened that way. I don't know why, it just happened." Life does not happen to you; it happens through you. Because each and every one of you are the eyes of Creation. Every being in Creation is yet one more way that Creation has of seeing itself from a different angle, a different perspective. But you have

been created as an "I" with free will. You can decide what aspect of Creation you will see and how you will see it.

Many of you have been taught to think that your physical senses are used to "see" reality. You have been taught to think that your physical senses are windows that allow you to see the Universe. In a sense, this is true; however, your senses are not as much a window as they are a filter—keeping out 99% of everything you don't need to see, or want to see. Your senses allow you to see only the reality you believe in most strongly; that's what they are for. When you expand your awareness of what you could be seeing, your senses will expand to include that.

To some degree there will be limits to what it is you can experience with your senses as long as you remain as a physical being. But Acre is far more leeway than many of you have been taught to think about what you could be seeing in your physical reality. Not only do you exclude 99.999% of all reality when it comes to focusing on your physical dimension, it is even understood by some of your own scientists that your senses exclude 99.999% of your physical dimension. You can only see within a very small range of light and hear within a very small range of sound.

As you expand your vision and your insight you begin to become sensitized to more of the energy that is around you all the time. Therefore, not only your physical vision but your non-physical "insight vision" will become more sensitized to more forms of information. That is why now in your transformational age many individuals are beginning to see things that are "not there" and hear things that are "not there." But those things are there—just on a different frequency from your own. All reality is the product of varying frequencies within the primal energy, out of which all the Universe is created. Other dimensions of experience co-exist with you right here and right now but on a slightly different frequency. Therefore, you do not perceive them.

Now and then, when your conscious guard is "down" you will allow yourself to perceive momentarily some of these other dimensions. But because of what you have been taught to think about what reality is supposed to be sometimes those experiences cause great fear within you and you shut them off. Those that do not shut them off you label "insane." But they are seeing realities just as real as the one you are seeing. It is simply that they are seeing realities that are not the mass agreed-upon reality.

Sometimes you will notice they experience great difficulty in seeing these other realities and great difficulties in relating to your world. The difficulty they have within their own lives is not the product of being able to see other realities—the difficulty is created by not being allowed to communicate what they see back to your reality. Sometimes an individual will be clever enough to figure out how to communicate what they are perceiving back into the reality they are familiar with. When they allow a smooth transition of information from one reality to another reality you do not call them crazy anymore; you call them geniuses. Or perhaps, from a more artistic perspective you call them by the label that is what this interaction is all about: *visionaries*.

The main difference between what you call an "insane person" and a "visionary" is that the visionary person has figured out how to manifest at least a portion of what they perceive. As far as we are concerned you are all capable of being visionaries. In a sense, you already are all visionaries because you use your imagination to create the realities you already get. But because many of you have not been taught how to translate what you see and feel into your physical reality you do not even make an attempt to do so. Or, you allow the creation of your realities to remain on the unconscious level rather than on the conscious level.

You can begin to allow your creative and visionary energies to expand by using the following meditation. So all of you allow yourselves to become quite comfortable, beginning right now. You may close your eyes or keep them open; it is up to you—whichever way you think you can imagine best. Allow me to take this opportunity to remind each and every one of you that there is no "right way" and no "wrong way" to do this meditation. The key to understanding is that your imagination is specifically keyed to the vibrational frequency of the being you are. Therefore, any variation in what I will suggest to you that is created by your imagination will be appropriate for the being that you are.

Spontaneity

But first, I'll say a word about spontaneity. Now, what we are about to say in no way is meant to be bragging; the idea of uplifting oneself in a negative way, it's not meant that way. But what we are about to say is simply for the purpose of illustrating a point, a point about spontaneity. Nothing we are discussing with you this day of your time was memorized or planned out. I have no idea of what I am going to say until I say it. General understandings, general directions are all we usually require. Trusting in your creativity and vision will allow you to understand the following thing: as you live in the moment, you know what you need to know, when you need to know it.

You don't have to worry about memorizing and forgetting what it is you need to say. Inspiration allows you to create in the moment whatever is needed to serve you at that moment. Individuals who recognize we have done more than one of the same workshops will still recognize that even though they contain common elements, it isn't the same workshop twice. We always spontaneously design our interactions with you to fit the energy we feel from you at any given moment. That way, no attempt is made to "fit" you into a particular mode. It is designed for the moment and we have a great deal of fun doing it that way; because that way, we do not know what to expect from ourselves either. We are constantly surprised even by what comes-out of our own consciousness.

Therefore, we thank you for the opportunity to have discovered new facets of ourselves by being able to interact with you. And, your rate of creativity can fluctuate depending upon the energy of the moment. Just because you are accelerating doesn't always mean you have to be rushing about. Just because you are being spontaneous doesn't mean you cannot "take your time."

Creativity is feeling the energy of the moment, like an orchestration of music. Sometimes the energy will be very slow; sometimes the energy will be delivered quite rapidly on a number of different subjects in a number of different ways. However, the idea to understand in all of this is the following thing: the more you enjoy the life you live, the more spontaneous and creative you can be within it. The more spontaneous and creative you allow yourself to be, the more fun your life will be to live.

In acknowledging the creativity of your planet, we would like to adapt something from your planet for the next exercise. Your planet is very creative and contains a number of very creative and interesting people. A group of individuals on your planet has designed the following meditation.

We find this will help in applying some of the things we talked about in the first part of this interaction. Because the idea of creativity is to learn how to apply the different definitions you create your life to be and to create communication within all the different areas of your consciousness that you have created yourself to be.

A Walk Through the Forest

So all of you take three long deep breaths and relax. If you wish close your eyes so you can picture the following idea. Allow yourself now to do the following thing and remember, once again, there is no right way or wrong way.

To the best of your ability picture whatever you imagine would be your favorite type of forest. Allow yourself a moment to simply enjoy whatever it is you have pictured, if it is something that you feel like enjoying. Relate to it as you look upon it in any way that feels natural for you. And as you observe the forest also make the following observation: notice what time of day it is. Notice what kind of day it is. And then, as you take note of all these things observe one more idea: by what method do you create an ability to move through the forest? In other words, just so you understand our meaning, is there a path, is there a road of some type? How do you get through the forest? By whatever method you have created, begin to use it to move through your forest now.

Pay close attention to the kind of forest you have created—the types of trees and the general atmosphere of the surroundings. Now as you are walking along you come to some type of a wall. What does it look like, and what do you do? Allow yourself a moment to interact and decide what to do.

If you have decided that it is something you can continue past in any particular way, then allow yourself now to continue along whatever kind of path you have created. If you have decided it is not something you can pass, then allow yourself to do whatever seems to come natural to you while the meditation continues.

For those that have continued you now find yourself still walking through your forest. And as you do so, you come upon a bear. What kind of bear? What

does it look like and what does it do? And what do you do? Allow yourself now to simply ponder the type of interaction that you have with the bear in your imagination. And as you continue past this interaction you continue through the forest at whatever pace is natural and comfortable for you. And now you come across a box of some type. What does it look like, and what do you do? Allow yourself a moment to interact and decide what is natural for you.

Remember to continue to breathe in a relaxed way. If you find yourself at any time holding your breath, allow yourself to release and breathe. Now continue in your imagined forest past the encounter with the box. And you come across a key. What does it look like and what do you do? Allow yourself a moment to interact at this point. And as you continue now past this interaction you come across a drinking vessel of some type. What does it look like, and what do you do? Allow yourself whatever feels like a natural interaction.

And now you continue through this interaction and you come across some type of a body of water. What kind, how big, and what do you do? Allow yourself a spontaneous interaction in any way, shape, or form that seems natural to you.

And now, allow yourself to move past that interaction. And as you continue through your forest, you allow yourself to absorb all the sights and all the sounds within you, including everything. And you find yourself in a deeper state of relaxation by realizing that every sound needs to be included, not excluded. And now you come across some type of structure, a building of some sort. What does it look like, and what do you do? Allow yourself a moment for this interaction. And breathe, three times.

And as you breathe and finish up your interaction, come out of your forest and back into the room, and open your eyes. And remember now with honesty all the different reactions and actions you took on your walk through the forest as we explained.

The type of forest you chose is basically how you feel in relation to life itself; how you feel life is for you as a surrounding. Were the trees lush and green? Were they tall? Were they short? Were they barren? None of the choices are meant to be better than any other choices. But you may find this will be a very strong analogy for how you view life. And if you find that any of the definitions you have given throughout this meditation are something you would like to change, then by all means do so as we go along.

What time of day you envisioned may represent the following thing: basically, it tells you where you think you are in terms of your path of learning. Are you just starting out in the morning? Are you moving along through the afternoon? Or do you feel like you are settling into the dusk of understanding in a relaxed way?

The type of day basically is your feeling of how life treats you. Is it cold and wet? Is it warm and sunny? Allow yourself simply to feel with these three elements—the forest, the time and the kind of day—the basic type of environment you hold your life to be.

And now, how you move through the forest is how you prefer to move through life. Or how you feel you are moving through life, whether you prefer it or not. Is there a natural path that winds around and gives you an opportunity to observe this and that? Or is it a super-highway that you can hurry down and ignore all the trees on either side? Or is there a path at all, except perhaps for the natural gaps between the trees?

Allow this analogy to illustrate how it is you like to move through life. Sometimes you may find that putting a few turns in your path might be necessary to allow you more appreciation. Sometimes you may find that straightening the path out a little will allow you to accelerate a little more quickly. Find what is comfortable and enjoyable for you. What type of path allows you to have the most fun?

The wall represents the following thing: it is how you view obstacles and challenges in your life. Is it something low and something not too long that you can either jump over or walk around? Is it something wide that takes a long time to get over? Is it something higher than the trees and longer than the forest, that you cannot find a path around? Is it made out of, perhaps, natural things, or is it something artificial, like steel? Is it dense and opaque, or transparent and light? Is it something that you can place a door in to walk through or something that you must stay on this side of, never passing? Is it something you like to climb over, jump over or walk through?

All these analogies will give you some clue, if you are honest with your communication within as to how you face challenges and obstacles in life. And with each and every one of these symbols, if you change them into a form you prefer, you can create a whole new attitude for how you choose to approach these things from this point forward.

For those that allowed themselves to pass on through and encountered the bear, it represents the following thing: how you relate emotionally to the events in your life and also relationships. Was there a great deal of fear? Or was it cute and cuddly? Was it something you could communicate with in a natural way, or something that was too alien for you? Was it something that belonged in the forest naturally or was it from perhaps another environment altogether—such as a white bear in a green forest? Did you have to go around it or could you walk side by side? Or did you simply respect it and let it go on its way? Or did it growl at you and did you growl back? Use this analogy to understand your emotional relation to life and relationships.

As you continued along the path you discovered a box of some sort. The style of the box and what it may or may not have contained represents what you feel life has in store for you as surprises and discoveries. Was it simple on the outside and rich on the inside, or just the opposite? Was it dark and empty and dreary, or light and bright and full of treasure? Was it one big container or lots of little compartments?

Allow yourself to continue on to the key. The key represents how you view wisdom. Was it old and rusty, or bright and shiny? Did you pick it up and take it with you; did you leave it there? Was it big and heavy or small and light? Or

perhaps was it small and heavy, or big and light?

Allow yourself to continue to the drinking vessel. The drinking vessel basically represents how you view love in your life. Was it a beautiful cup; was it empty, was it full? Was it plain and ordinary; did it contain water or perhaps something more intoxicating? Was it an individual serving, or a fountain from which all individuals can drink? Did you take it with you; did you leave it there? Allow this idea to represent your relation to love in life.

And now as you continue, you discover the body of water. The body of water basically represents how you view sensuality or sexuality in your life. Both, of course, as with everything, toward yourself and towards others. Was it a shallow stream, or a deep lagoon? Was it cold; was it warm; was it dark; was it clear? Did it have life in it, or was it empty? Did you jump in, or did you stand by the side? Allow yourself to understand with honest communication your relationship to sensuality through this analogy.

And now, as you moved further through the forest you began to absorb all the sounds it could make. Allowing yourself the sense of absorption as opposed to shutting those sounds out will represent the following thing: do you accept information easily? Can you process it simply? Do you allow yourself to learn from your natural surroundings, or do you shut it out? Do you decide what is pertinent to you and what is not?

As you continue allow yourself to come across the structure and the building. This represents how you view physical death. It represents the temple of the afterlife. Was it a small, rusted shack? Or was it something warm and comfortable? Did it belong to someone else? Did it belong to you? Was it a place you do not spend much time in? Was it a place you feel you could move into and live in? Was it underground, or low to the ground? Did it have more than one story so you could see very far? Did you at any time bring any of the other objects with you and use them at any time with any other object? Did you use the key to open the structure; did you pick up the key and go back and open the box? Did you leave the drinking cup, but when you found the body of water went back to get it? Or perhaps called the cup to you when you needed it? Allow yourself to understand these analogies as they relate to you with open and honest communication within yourselves.

Now, take three deep breaths. Feel the air, the clear air in your forests. Connect to the Earth. Connect all of its sounds and all of its smells and all the things you can feel. Feel and see and hear and smell and taste each and every level. The mineral kingdom, the natural Earth and the rocks—their power, their warmth, their coolness, their consciousness. Feel the more refined state of what you would call "the metals." Then feel the more refined state, the third state, what you call "the crystal forms" of the mineral kingdom.

Use all your senses to feel the vegetable kingdom—all the plants and the greenery and the flowers. Feel their radiant energy and the soft whispering of their conversation as the wind passes through their leaves. And the animal kingdom, from the very smallest to the very largest. And see all of their eyes, loving and moist, looking back at you. And feel the service and the guidance

that they provide. And send them your unconditional love.

Feel your connection to all thinking beings, no matter what their size or shape, or color or form. Feel the net and the web of which you are a part. Feel the network of all levels of consciousness within you. Picture it in any way that works for your imagination. But most importantly, feel the love, the unconditional love that pulses throughout that network. And feel the consciousness of the one infinite Absolute Whole. Feel its support and love for you. Feel the gratitude at being given life. And feel unconditional love for All That Is.

Wake Up Time

You are full of all these things and all these levels. You are within it; it is all within you. Breathe it in, and with every breath in feel how much it loves you. Feel how much you are loved. Feel how much you deserve to be loved. And with every breath out, love it all in return. Because it all deserves to be loved by you. Three breaths, and bring yourself back to your reality. Open your eyes. But remember, once again: it's not the same reality it used to be and you are not the same people. We are not speaking figuratively. You are not the same people with "differences." When we say you are not the same, we mean it, no matter how much you think you look the same, because your personality is a flexible construct that can change from moment to moment.

At any given moment your persona is simply a projection of your higher self; it is being a particular idea. Change the idea, you change the persona. Every single moment of time you are a completely different person. If you say, "Well, if we are not the same people, then who are we?" The answer is, "Anyone you prefer to be. Now and forever."

Awakened Spirits

Allow yourselves to take a momentary break. Stand up, shake yourselves out and stretch. Feel how good it feels to be connected to your body consciousness. Feel the new bodies that you are. Recognize that I did not say feel the new bodies that you "have"; I said feel the new bodies that you are. Because remember, your spirit does not exist inside your body; your body IS your spirit, in physical terms. Stretch your body and you stretch your spirit. Allow yourself to feel connected through your feet to the Earth, even as you are connected through your head to the stars. If you are feeling connected, you may sit down. But your timing is up to you.

And now, the next phase of this interaction will deal with learning how to wake up; learning how to wake up in the physical dream you are having right now. Because you are dreaming, right now. All of this is a dream. And dreams are what reality is. You see, at this time it is simpler for us to interact with you in dream realities and through different levels of consciousness for the following

reason: what you call "dream reality" is our physical reality. To us, dream reality is solid and physical reality is the dream.

To some degree, for thousands of your years, you have all been walking in your sleep. Now you can learn to wake up in the dream and create whatever type of dream you prefer. You can learn to do this in the following way. Remember, once again, this is only one way; there are many ways. Your imagination will always provide you with the way that works best for you; that's why it's your imagination and not someone else's, and that is what your imagination is for. So begin by incorporating in your thoughts the following ideas:

First, remember that every situation is neutral. Allow yourself now, in your imagination, start with your eyes open or closed, to do the following thing: see in your mind's eye all the circumstances and all the realities and all the dimensions in whatever way it is easy for you to see that, to symbolize it. Allow yourself whatever representation works for you of seeing All That Is. Allow yourself a moment to create that image. And remember, the most important connection will be when you feel it more than seeing it. As best as you can, in your own way and in your own good time, feel All That Is. Imagine what it would be like to be the infinite Absolute Whole. Imagine how you would see all of Creation within you. Everywhere you look...there is another portion of you. There is no "outside."

Everything

Everything you conceive of becomes a reality on some level. Everything you conceive of exists. And everything that does exist, you are capable of conceiving of. All realities, all dimensions, are like being surrounded by an infinite number of mirrors facing you. Any direction could be picked, could be chosen by you, and it would all amount to the same thing—finding another reality. You can open any door, walk through and find another reality anywhere you look. There is no end.

Therefore, wherever you are can be considered the center, because all directions from you are infinite; and, therefore, if you wish to put it this way, they are all the same distance. No one spot really is any more "The" center than any other spot; no one spot is really more the end, or the edge, than any other spot. No one reality is actually any more or less "real" than any other reality. Everything is the same one thing; the same one thing manifesting in all the simultaneous, multidimensional ways that it can manifest.

It does not need a reason to do this; it does it because that's what it is. It is Existence itself; it is Creation itself. Its nature is to simply continue to create, forever. No beginning, no ending. Always "Here and Now" forever. Allow yourself to understand that no one place needs to stand out more than any other place, and at any time you decide to create a specific focus, that reality will come into being for you. But it is no more likely to remain, and no less likely to remain than any other reality you could be experiencing. Only your choice to

give it more solidity creates it to seem more solid. You can always bring yourself back at any time you desire to the neutral state of Existence—where all realities are equal without built in meaning.

Co-Creators

You can understand the following thing: You were created to be a co-creator with the Infinite. The part you play in the continuation of Creation is to give meaning to the neutral realities, which all already exist. The new and unique meanings you create as a unique individual allow Creation to continue forever. You are that creative and you will never, never, never "run out." You do not have to hold your creativity back because you think you might "use it all up." You will never run out of new things to create and new levels to explore. Conversely, you do not have to hurry up thinking that you must experience it all right now. For you are all Eternal beings. Relax and enjoy what you are.

You cannot slip from a positive reality to a negative one. You can only choose a negative reality through fear and doubt and guilt. You are completely capable of doubting yourselves, but you do not deserve to. If you choose to, at least enjoy what you have chosen.

Everything you do is a reflection of your perfection. Saying that you are perfect does not mean you will not change, or that you will not grow, or you will not learn. It simply means that whatever it is you are doing right now is an absolutely perfect version of that particular thing. Even if it is misery, then it is absolutely perfect misery. Everything you do is complete unto itself as a definitional reality. Make the smallest alteration, the smallest change, and you have a completely different reality. Because every different element is like a variable in an overall equation. Change any variable; you change the entire equation. If you have a cube where all the sides are the same color and you change one face to a different color, you have an entirely different cube. Because of the way you have been taught to think about physical reality and continuity, you have been told that it is the same cube with a different face. It is not. It is a completely different cube.

Any change in your thoughts, your beliefs, your emotions, changes not only you, but the entire Universe you occupy. The slightest change represents a completely different Universe. Create the changes you prefer; you create the Universe you desire to live in. And conversely, if you wish to see anything in your reality change, change yourself. Define yourself in the way you choose to, and then act like that is truly you; you'll get the reality that is representative of the "you" you have chosen to be.

Remember that you cannot experience a reality you are not the vibration of. Wake up and live the reality you prefer. Become a conscious creator, because you are one consciousness. What you call subconsciousness and unconsciousness are simply convenient terms for things you do not want to face. But if you understand the following there is absolutely no reason to fear anything unknown. There is absolutely nothing you could ever discover about yourself

that cannot be applied in a positive way, if that is what you choose to do.

The Three Absolutes

Infinite Creation believes in your capability or you would not have been created. Universal Creation will, however, support you in whatever direction you decide to take your free will. Because remember, there are only three foundations to Existence itself:

Number 1 is: You Exist.

Number 2 is: The One is All, and the All is One.

Number 3 is: What you put out...is what you get back.

Life is that simple. The complications are your choice. Allow yourself now to understand that you are awakening into a new reality because you are awakening as a new consciousness. As a symbol and a prayer to yourself and to the Infinite, lock this reality in with three claps of your hands.

You have broken the barriers of all realities you do not prefer. You are born anew. Happy birthday. Take three deep breaths and feel alive and awake. Now, if you notice that you feel unusually warm, it is the heat of the accelerated energy within you; it is a type of creative pressure—a creative pressure that represents your desire to expand beyond the boundaries you have created in the past. It also represents a change of focus.

Breathe into it and allow yourself to remember to ground yourself in physical activity that you enjoy very much. It will help you assimilate the energy so it isn't quite so "heady" an experience. Let us continue with sharing.

Visualizing

Q: During some of your exercises I can't see the images very much or do the visualizations very well, but does that mean I get less effect from the meditations?

B: No. Remember that each and every one of you visualizes in a different way, at different rates. This seems to be a big issue with many of you. Over and over again we hear moaning, "*I cannot visualize.*" You all visualize just fine. Visualizing doesn't necessarily mean you have to hold the picture in front of your face in three dimensions for five hours.

For some individuals a quick flash will be sufficient to get the idea across. To assume that having a quick visualization process "won't work for you" is adding a negative definition to what your natural pace already is. That is why we remind you that the way your imagination takes our suggestions is natural to you, and to let it. Trust yourself, your natural self. If any change needs to occur it Will occur most quickly by trusting yourself as you are now.

Q: As far as my creativity, I'm engaged in a project which seems stuck right now.

B: What is the nature of this project?

Q: The project is a Heart Center retreat, to save the rain forest.

B: Alright. How? In what way do you feel "stuck"?

Q: People are not signing-up to come to the retreat.

B: Is the retreat center really everything you truly desire it to be?

Q: No.

B: In what way do you feel it is lacking being what it needs to be?

Q: I think mostly a certain flow and loving communication between the principle players. It's all sort of "off right now.

B: Alright. Is this a shared vision, or is it your own vision?

Q: This is my own vision.

B: Are you in the driver's seat?

Q: Yes.

B: Alright. There you must remain. Now, it doesn't mean you can't have individuals helping and assisting and working with you. And it doesn't mean that this is a control issue, or an ego issue. But you must remain true to your vision by remaining in the driver's seat and directing it. And if it's not the way you feel it needs to be then that vibration is going to filter down through every single aspect of your vision. And if it's not on target, on key, then many aspects of it are not going to be allowed to work.

You must clarify the things you feel need clarification. You must be bold about putting out there what needs to be put out there. And you must make sure that you are communicating to those individuals who might be attracted to it, everything that you really want it to be. It must be in exactly the right place, where you want it to be. It must be exactly what you want it to be so you can, when communicating it to other people, allow them to know that you believe totally it is where it needs to be, that it will serve, that it is something which excites you. If it is not what you want it to be you're not going to deliver the message that it exists and you won't attract the people to it. Because they will know, they will sense from you that it's not complete, that it's not what it needs to be. It will not serve them or you as fully if it is not, in that sense, "complete." Be true to your vision. Be bold.

Synchronicity

B: Do you understand what synchronicity is?

Q: Uh, I think I understand what it is.

B: Uh, I think... uh, your answer means... uh, no. [audience laughter]

Q: Well, I'm not sure of the technical definition.

B: Well, thank you very much for your honesty. Synchronicity is what your civilization typically calls "coincidence" but it is not accidental. It is the coming together of seemingly unrelated events. And when they come together you realize they do have, in fact, an underlying connection. They are spontaneous coincidences that serve a specific purpose according to your desires, wishes and focuses. They are miracles, they are magic, they are opportunities.

Now, the idea is to recognize this: your wish, your desire, in and of itself, is a frequency, of energy. If you have the wish, if you have the desire, then you are "putting that energy out" in your reality, you are giving off that vibration. If you are giving off that vibration, and if you don't get in your own way with your assumptions about what you "can" and "cannot do" then you will automatically and effortlessly draw to yourself the opportunities that will be obvious for you to act on to fulfill your wish. That's one definition of synchronicity.

Now, if that is your wish, and as you shared earlier about wanting to save the Rain Forests, then you can know you have just sent a message out to the Totality of All That Is. In sending out that message what you have said is, "I am willing to receive any opportunities that are reflective of what excites me the most that will allow me to fulfill my wish." So when those opportunities come to you—recognize them through the fact that they are of the vibration that is representative of what excites you the most. And if they are representative of what excites you the most, act on them.

Again, they may not seem to be on the surface immediately connected to the issue at hand. That is why you simply have to trust that whatever comes to you that excites you the most, you must act on, whether it seems connected or not. Eventually you will understand how it is all inter-connected. But if you act on the opportunity that comes with the most excitement that is what will be the shortest path to the fulfillment of your wish. Does this clarify the mechanism for you now?

Q: Yes.

B: Are you willing to act upon the first thing that comes along that is the most exciting thing you are capable of acting on, knowing that because it is the most exciting thing, it therefore by definition must be connected to your wish-fulfillment?

Q: Yes.

B: Well, thank you very much. Are you willing to allow it to be that simple? Are you willing to act on these opportunities that come to you boldly, to the best of your ability, to the fullest of your expression as the being you know yourself to be?

Q: Yes.

B: Then, as you stated your heart's desire earlier, you will make a difference in saving the Rain Forests. Understand? And so will anyone else who has the same wish, who acts in the same way just outlined along with you. Fair enough?

A Guided Meditation

While you are beginning to relax, I will share several more analogies before the meditation to allow these principles to begin to sink into you softly. But before that, take three deep breaths and feel every portion of you relaxing. Feel your cares melting away. If your conscious mind doesn't want to let go of them, then just tell it, "All right, you can get them back in a few minutes; but for now, let them go." Just relax and play along. That is what we are doing, learning how to play again. Playing is one of the most creative acts.

As you continue to breathe and continue to relax, listen to the following analogies. When we talk about the idea of different dimensional realities all being Here and Now, the best way to explain this is perhaps in the following ways.

The Radio Analogy: Each and every one of you understands the device that you have upon your planet that you call a radio. You know that you have a dial on your radio that you can use to tune in to any particular program you desire. Now, just because your dial is tuned to one program, you do not start thinking that all the other programs cease to exist and go away. You know that all the other programs are still there but you do not get them because you are not tuned into those frequencies.

Film Strip Analogy: Your reality can be analogized to a roll of film, with its many different frames. Each and every frame represents a small portion of an overall action. Now, the characters within each frame only exist within that single frame and do not experience the next frame. For the characters in the film to experience any sense of movement, the film must move. However, to the film projectionist the entire film exists right now—the beginning, the middle and the end. You can see all the frames at once when looking down on the strip of film, even though the characters on the film must experience their reality one frame at a time. Physical reality is analogous to the strip of film. Your higher, non-physical visionary selves are like the projectionist that can see all the frames at once.

All Situations Are Neutral: The idea now will be to also remember the neutrality

of all situations. You could look at any one particular frame on that film and not necessarily understand what is being said or what is going on. Only from the creation of continuity, from the flow of the film, do you pick up the context. But each and every situation in life is like one of those frames of film—it does not have any meaning that is apparent on the surface. The meaning you choose to give it completely determines what kind of a story you create from that picture.

The Stage Analogy: The idea is to look at every single situation in your life in the following way: imagine that you are sitting in an auditorium looking at the beginning of a play. The curtain has just gone up. All the actors are standing still on the stage. All the props are there, ready to go. But, let's assume you did not read the program. Let us assume you have heard nothing about the play, so you do not know who these characters are, or what they will do or say. You have no automatic expectations about them at all.

Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught you might choose to automatically assume, "Oh, well that must be the bad fellow." However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character" The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now are simply props and have no built-in meaning.

Now, we apply this principle to your own lives. But first, three more deep breaths; and understand, as you take these breaths, you are taking yourself to a deeper level of relaxation. A deeper level of self-acceptance and self-love. A deeper level of wisdom and curiosity about exploring who and what you are. And a deeper level of conviction that all experiences in your life can be used in a positive way. As you continue to breathe at an easy pace, begin to imagine the following thing:

The Curtain Opens

Choose an incident, either in your past or in your present, that represents the following thing: a situation that perhaps in the past you felt was handled negatively, or created negative feelings within you. Do not fear it. Pick something that really stuck with you; any situation that has allowed you to remain feeling any amount of guilt, or regret, or fear. Or, pick a situation that you feel is negative that prevents you from doing something you would prefer to do. Pick any circumstance you do not prefer in your life. Just take a moment and observe, as clearly as you can in your imagination, the situation. Observe all the factors, all the individuals that are involved; leave no one and nothing out.

Now, as you stand and observe the situation in your imagination, begin to form a type of detachment while watching it. Allow the meaning of the situation to blur a little bit, as if you were so overwhelmed by the situation that your eyes began to glaze over and de-focus, almost as if you are going into a very light

trance. Very soon, you begin to feel that all the different people and all the different things really do not mean the same thing they used to; they are just going through motions. Any words that were said are beginning to lose their meaning; they are just sounds. Begin to treat these words as you would react to what you would call a foreign language; you do not understand the meaning of the words. Allow the entire scenario to become the opening of a stage play: there are the actors, there are the props, but you do not understand what anything means. You are simply watching with a type of transfixed curiosity. How alien the scenario is; you do not relate to it at all. Allow yourself to recognize that the situation is simply completely blank and empty of meaning.

Now, within your curious imagination, allow yourself to decide what kind of meanings you would prefer to attach to the scenario you see. No matter how negative the old idea seemed to be, allow yourself to re-interpret all the symbols in the scene. For now, it is not that critical that you consciously believe that these things are different, but simply to show yourself you can create different meanings for the same situations. The belief that the events are different will come with the amount of conviction and trust you have in yourselves.

But for now, just play the game of re-inventing definitions. And allow yourself always to understand, that from this point forward you choose to believe you are a positively-oriented person.

Therefore, you are willing to listen to other individuals advice, but only you make the final decision as to what portions of that advice you choose to apply to the reality you prefer. Therefore, if for example, your scenario is of a past situation where someone said something you felt was very negative to you, you can look at it in the following way: you can, first of all, own it in the sense that you attracted it into your life for some reason. You must own everything that has occurred; because if you do not own it, you cannot change it. But now, you can decide that everything in your life happens for a positive reason, and you can even look at it that way in retrospect. You can now decide what portions of what they said to you actually apply to the person you prefer to be and what portions do not. You do not have to accept any situations as judgments.

The idea is to allow yourself to radiate unconditional love to that situation because you know the situation is in your life for a positive reason. You can now re-define the circumstance in the following way: using the example of someone being verbally abusive to you, you can realize that anyone who acts that way is usually only yelling at themselves. If you know that what someone says does not apply to you, why accept it as a part of your reality about who you are? An individual who strikes out that way at other individuals is usually feeling powerless. Love them back into their own self-empowerment so they will not have to feel they must attack anyone to feel equal, or better.

Re-define any situation you now feel prevents you from doing something you prefer to do. Understand that there are no interruptions in your life. The sooner you use every circumstance you have created to learn from, the sooner it can change into another situation. The only reason that something you prefer would not come into your life is because you are not using the situation in the present

to learn from in a positive way, but assuming it is an interruption. Remember that a path is not something you're actually "on"—a path is what you are. You cannot, by definition, be "off yourself."

Everything that occurs in your reality fits in your reality. This does not mean you have to prefer the way the situations manifest; but unless you own them for having manifested that way, you cannot learn what you need to learn in order to change it in the way you want to. The creation of vision comes from not denying the reality you have created already.

Allow yourselves the opportunity to do the following thing: extend the exercise you have just done to all circumstances and all situations in your life. See an expanding wave of energy going out from you and passing through all situations in your life—past, present and future. As that wave passes through all events it renders them neutral. This wave extends to the farthest reaches of your reality, to Infinity itself, forever.

And now, fill yourself up with the excitement and joy of knowing that you are making a decision to be a positive individual. Feel the joy of knowing that your vision can be fulfilled. Feel as you would feel if your vision were fulfilled. Feel the excitement building within you, the anticipation. Imagine your body glowing with a brilliant blue-white light. Now, allow that energy in your body to flash as another expanding wave, radiating outward and outward forever. That expanding wave now renders every single neutral situation—past, present and future—into a positive situation.

Remember, the situations do not necessarily have to look different on the surface. You, however, now know beyond a shadow of a doubt, that every situation you encounter will only be filled with positive meaning. You are now at the center of an infinite sea of positive energy. There is nowhere you can go where that positive energy is not. It is the Infinite reflection from Creation to you.

We choose to define doubt as a trust in a negative reality. It is your choice and it is your right to use the same level of trust and project it in a positive reality. The Universe will deny you nothing. But it can only support the strongest vibration you have chosen to be.

The Crucible of Change

Light fills the Universe and you are made of that light. Breathe it in now, three times. Allow yourself to feel the heat of the fire within your heart. Your heart is the furnace that melts down all old definitions, melts them down into the golden liquid light of primal energy. That liquid golden light can be crystallized into any new reality you desire. As you breathe out, breathe out the blue electromagnetic light. See it as a cooling wind that strikes the gold and bubbling liquid, which crystallizes out of that liquid the reality you prefer.

From this moment forward, the following idea is yours. From this moment

forward, the following idea is your vibration. From this moment forward, this is your reality of choice. Every time you take a breath in you are melting down old definitions in the furnace of your heart. With every breath out you are crystallizing clear, bright new realities of positive light. Therefore, your reality is changing with every breath you take, every moment of time. You are walking from one reality to another, and another, and another, and another— forever and ever, without end. Complete fulfillment of vision. Complete inspiration and support. Complete positive meaning in every event of your life. No other reality is real for you except those realities that fit the vibration you have decided to be.

Your breath is the breath of life. It is the heartbeat and the pulse of Existence itself. You are all one energy—bright, multi-dimensional facets of one infinite crystal. The more conviction you have in the vision that excites you the most, the less shadow there is in your life. And, the brighter you shine leaves no room for even one shadow of a doubt.

Remember: you are always trusting in something. There has never been a time when you have not expressed infinite trust in your life. Your reality in the past has defined doubt as a lack of trust.

Not the Same You

With three more deep breaths, you now have locked in the reality of your preference forever and ever. Be beings of vision; be beings of inspiration. These are things you already are; all you need to do is act like that is true. Allow yourself to come back to the reality you prefer now. You may open your eyes but remember one thing, very important: the reality you are seeing now, no matter how it looks on the surface, is not the same reality it was before. No matter how you think you look in the mirror, you are not the same people. You can be anything and anyone you prefer to be, at any moment you wish. It is that simple, effortless and exciting.

We thank you for your participation. And we thank you for your vision. Now, if any of you are feeling more energy than you are used to, we would recommend the following idea: if you feel that the level of energy is something you cannot handle comfortably, allow yourself to ground yourself by using the energy in some physical way. Pay attention to your body consciousness and allow your body to absorb the energy at whatever rate is comfortable for you. During your break, you can stretch yourself out, move your joints, flex yourself—and feel your connection to the Earth. This will allow you to remember that physical reality is also to be included in your quest for spirituality. No level is to be denied. Because All is One.

Death, Dying and Religion

Q: Many of the people sitting in this room are concerned about issues

regarding death, dying and the afterlife. I would like to explore the idea of "what happens at death." And before you answer, let me expand a little. The main issues are: what happens to our physical, psychological and spiritual being at death? Historically speaking, in our religions we seem to have framed at least two major concepts of what happens when we die.

B: Three.

Q: O.K. You can add the third. One of those images certainly would be the Eastern version, which would be spoken of generally in terms of "transmigration" or reincarnation, in which we see that an individual is "recycled" in a sense, and doesn't really cease to exist but has the opportunity to choose to come back into this life in another form as the same soul or spirit—so the notion of reincarnation, the notion of recycling.

The other concept of death we have in many other religions— Judaism, Christianity, Islam to name a few—is more of a linear concept in which a human being has "one" lifetime. And in that one lifetime the lessons that are to be learned must be learned, such that at death there is not a recycling but, if anything, a continuation on...like following a trajectory that has already been established in life, and maybe even rewarded or punished based on one's past actions; that kind of idea. Could you share some of your viewpoints regarding "What happens at death?" in the context of these two ideas, and also the third idea you mentioned?

B: Yes, the third perspective simply being: those that are uncertain about the first two scenarios you just outlined. The idea, from our perspective, is as follows: we perceive the idea of reincarnation to be a "fact" as you say, but not necessarily in the way many of the religions upon your planet understand it. For even many of the religions upon your planet look at reincarnation in a linear sense and we do not. To us, all time is simultaneous. All lives exist right Now. They are, shall we say, "separated by frequency" to prevent them from becoming confusing. This idea can be clarified by the use of an analogy.

The Film Strip Analogy

Picture in your imagination what you call "a strip of motion picture film." The idea is, there are many frames upon that strip of film. One frame at a time being necessary to represent a particular discrete and specific action or moment, that then follows to the "next" action, the next moment, and so on. By creating the illusion of continuing motion, by moving that film through your projector, you sense that there is linear time, a progression and unfolding of events. However, to the characters "in each frame of film" they only know that one particular frame at any given moment, at any given time in space. Any given frame does not necessarily have the knowledge of what is to come in the next frame and perhaps only a very dim knowledge of what frames have already passed. The characters live in that frame only and are, in a sense, "imprisoned" on that frame.

However, the movie projectionist sees the entire film all at once and knows that all the frames exist at the same time. It is up to the projectionist's discretion to decide whether to run the film forwards or run it backwards, or to look at any particular frame at any given moment. The frames do not have to be looked at in any particular order. To the higher self—the oversoul energy of your consciousness, the nonphysical awareness that you are—this is how physical reality looks: like a strip of film with discrete moments, discrete frames. It can be understood by the higher self that for the persona to make "sense" out of the film strip, they may need to run it through their projector in one particular direction, one frame after another. However, the higher self does not have to look at it that way. The higher self recognizes that all those frames co-exist and that many films can cross and co-exist at the same time. An infinite number of films can be going on all at the same time from the perspective of your higher consciousness.

Therefore, the term reincarnation is to some degree a misnomer. Reincarnation implies that it is a linear mechanism, that you incarnate and then reincarnate again and again, having incarnated before. To us it is simply simultaneous multi-dimensional incarnation. Only from your physical point of view do you see it "linearly" and call it re-incarnation. The reason that there are multiple lives is because you are, as we have said, a multi-dimensional being. You fill Existence. You are a reflection of the Infinite.

Most of you exist in one frame of reference at a time. You can't all fit there because that's not the definition of that particular dimension or frame of reference. Therefore you have conveniently compartmentalized the total being that you are to play-out the various scenarios you could play out, that are possible to be played out, within all of Creation. You play out all those scenarios simultaneously, but to the "you" in this particular scenario it seems as if those other scenarios play out in a "linear time frame."

Now in a sense the linear idea of "There's only one life' to live and that's it" is also true. Because even though you are a multidimensional incarnational being, the "you" you are now—this life, this you, this reality—has only one life to live. You have never been this "you" before; you will never be this "you" again. Therefore, in that sense, this life really has a beginning, a middle and an ending... and does not necessarily directly connect in a linear fashion, reincarnationally, into any other life.

Even in what you call an astral realm you can still have a perception that one life can follow another. But that is because you are, even though now non-physical in the astral realm, still closely associated to the linear time track of physical reality.

Linear time is one of the definitions of physical reality. It is that definition that creates what you call "physical time and space." Volume and "timing" are the products of the definition of the dimension in which you exist, and even in some of the more astral dimensions as well. You have to be of a higher frequency, away from that physical reality, to break free from that linear time frame.

So even in an astral state, after having "died physically" you can still think of

the idea of having one life after the other. However, that is not always so. Some beings in the non-physical realm, what you would call the spirit state after physical death or the astral realm, can decide that they would like to have a particular experience. And they can decide to have that experience "after" the life they experienced, even if that physical experience takes place, or shall we say, "will take place" many hundreds of your years before the life they just "died from."

When they inject themselves into the time stream and have "that life"—from your perspective as a being in your time stream—it will conveniently find the niche it needs to find to make sense out of the dimensional laws in which you exist and will appear to have happened "before" the life you are living now. But from the point of view of the spirit that chose the life the decision to choose that life may have actually happened "after" the present life.

Time Flows

Q: Yes. Another question. Have you experienced death?

B: Yes... as a soul. Many beings have experienced the idea you call physical death many, many times. Have I experienced death as the discrete persona I am now? No. In a sense, in terms of your linear time as the discrete persona I am now, in your terminology I have not even been born yet. The idea is that I am, for lack of a better term, a future aspect of the channel, the physical being sitting before you. In my civilization, in my flow of time, my reality has not even "happened yet" relative to your time-frame reality. To me and to our civilization the time frame you exist in is history... ancient history.

The idea, therefore, is that my dimension flows at one particular rate, your dimension flows at another particular rate. What you call "non-physical reality" flows at another rate altogether. That is why certain discrepancies can occur when communication is attempted from one level to another. And why somebody may say, "Well, this looks like this might happen then, or it did happen at such-and-such a time," and the time frame may be completely erroneous, because the time scales are radically different and are very difficult to assimilate and synchronize from one time flow or time frame to another.

Generally, what happens when you physically die is as follows: there will be specific scenarios that are relative to specific individuals but the following will generally happen to most beings that are creating a physical reality, at least as far as our experience has told us.

What you do when you "die" is expand the consciousness that you are. You are not so highly focused as a physicalized, materialized, shall we say "crystallized" consciousness. You expand and in that sense, contain the idea of the previous physical reality—but that previous reality becomes simply a fragment of the total being that you already are. In a sense, your expanded focus is not upon the previous physical reality as directly anymore.

Therefore, the physical body begins to dissolve, what you call decomposing or decay. Your focus no longer holds it together in the way it used to. As you expand your consciousness then you can experience many different things. From our experience this will be the most likely scenario: whatever belief in physical reality you held onto as the strongest belief of what you think would be your experience at death, will most likely be your experience at death. Because you are then transforming into, for lack of a better term, "a thought form" in a world made of thought energy. Instantly as you think of an idea, instantly as you believe an idea to be real, that is what you seem to experience tangibly around you. The moment you change your thought, the experience around you changes. But on that level of non-physical reality, because you are no longer within the definition of time and space, there is not the same kind of time lag between the thought and the manifestation of the apparently physicalized thing.

The thing that you believe most strongly would usually be the thing that you would experience upon death. In other words, if it is the idea of a long-lost uncle or a long-lost aunt, that is usually the manifestation which will greet you. Now, it can be literal. It might actually be the consciousness of that being, but it doesn't have to be. It might simply be your concoction, your manifestation out of the primal energy that you need to see in order for you to relate as best as you can to the transition you're going through. It might actually even be another consciousness allowing its energy to be utilized to represent to you the long-lost uncle, the long lost-aunt, to allow you to feel more comfortable. The beings that do that are usually referred to in your society as guides. Many times they will simply present themselves in whatever way is most pleasing or most acceptable to your belief system, so that you can make the transition more easily than you might have had you been confronted with something completely unknown.

To put it most simply, the idea is from that point forward you realize that whatever you think is what you experience—then everything opens up to you. You can in go anywhere you want, any time you want and can create any type of reality you desire. There are different levels in which various kinds of manifestations are possible. Some are more likely in one level than another. But once you recognize that you are an energy being and that it is simply a matter of changing your frequency, you can really do anything you want. You can go on to other dimensional realms. You can incarnate in other physicalized civilizations or reincarnate anywhere in your civilization at any point along the time line; or even choose to not reincarnate. It is completely up to you.

Death and Dying

Q: Do you know or can you tell us where we go when we die?

B: Where do you go? You allow yourself to accelerate your vibration to another level. Right now you are vibrating at a certain frequency. It is only the frequency of this vibration of energy that you are, of the consciousness that you are, which determines that you experience yourself as physical. Dying is simply a matter of shifting your frequency, much in the same way that you shift gears

in your automobile to go faster. The idea is that you accelerate your frequency and take on what you might call a more etheric or rarefied existence..

Do remember this: what you call your "physical body" is not something that your consciousness is "in" nor is it something that your consciousness "leaves" upon death. Your physical body is inside your consciousness.

Death is the expansion of your consciousness beyond the boundary of the definition of yourself simply as a physical being. And in so doing, shall we say, you dissolve; you disperse. You no longer express yourself simply as physical life, you express yourself more as an expanded consciousness nonphysical life. You enter different strata, different "reality levels" in which you no longer experience what you call the boundaries of space-time in the same way as before. Time does not exist in the same way in nonphysical reality as it does in physical reality. Many things can seem to happen, as you would say, "In the twinkling of an eye."

You will usually begin to experience a recollection of what you have done, not only in the "previous" physical life, but in all the other lives you have lived so that you can recognize the pattern of your vibration, the pattern of your frequency, the pattern of your choices; so that you can determine which direction you wish to move in from that point forward. Understand of course that when I use the terms back and forward, these are arbitrary terms.

What happens when you die? You review yourself as a total being as best as you can. You recognize that there are other nonphysical beings willing to help you. You recognize that there are other nonphysical beings who have always lent a hand in guiding you. Although you really do not have "hands" there, but you can project that you do.

At first, nonphysical reality can seem to be very physical. There are many "levels" of nonphysical reality that may still seem to be very much like physical reality. But you soon learn that physicality is only a projection of consciousness and that individuals can begin to dissolve any semblance of "physical-ness" when they wish to.

You can interact with many different dimensions of being, depending upon the vibrational level that you take yourself to. You can choose to incarnate again if you wish, if that serves your purpose. You can choose to remain nonphysical. A lot of this ability to choose what you do from that point forward depends greatly on how conscious you are when you die, how aware you are of what death is, and the fact that it is simply a change. If you recognize that you are always in control and that you create your reality when you die, then you will be aware of the fact that you can very quickly and easily choose what you wish.

Individuals who may be very focused or locked into a certain belief system when they die—a belief system which does not allow them to know that they create their reality, or who might have a great deal of emotional attachment to the idea of certain events in physical reality— may incarnate again so quickly that they do not really give themselves much of a chance to realize they were dead.

But now in this transformational age there is more awareness that death is simply a shift, like stepping from one room to another; that you are still conscious, that you are still alert, that you are still aware, that you are still alive, but in a different form as a different expression of consciousness. You can go anywhere you wish, really. Because, again, there are no physiological limitations. You can, as jyou think it, be where and when you wish to be, instantaneously. All these things are possible within what you call the spirit realm.

There are certain things that may be similar for many individuals... interacting with certain levels of other consciousness, interacting and recognizing the spirituality and the light within your own consciousness, and what opportunities are open for you. But mostly you recognize or begin to recognize the connection of All That Is, lie connection of All Creation, and make your choices accordingly of what experiences you wish to have next.

Sometimes you may wish to attempt to contact those who remain physically alive that you "left behind." Sometimes this will be easy; sometimes this will be difficult. It will depend again upon your focus of consciousness, their focus of consciousness, and the reference in the rate of time flow between the two different realms. Sometimes it may seem as though minutes or seconds have passed for you, when on Earth, maybe six months to a year or longer may have passed. The time rates are not the same at all. Is there something specific you wish to discuss about these concepts?

Departure Time

B: Yes. Well... I have had a fear of dying "early."

B: Early?

Q: Yes.

B: No such thing.

Q: I know.

B: You can only die when you have chosen to die, after you have done whatever it is you have decided you will do in the choosing of this life—just as you chose to be born when you chose to be born. You were not born early; you were not born late. Therefore you will not die early. You will not die late. You will die exactly when you have chosen to and you will be able to do whatever it is you chose to do in this life before you die. Unless of course, you chose this life to experience the idea of not finishing what it is you said you wanted to finish. Although that is highly unlikely, that in and of itself can be a valid experience. However, I will simply tell you that I doubt that is the case. Do you understand so far?

Q: Yes.

B: Now, the idea is that even if you are not consciously aware of the timing of your choice of death, it will not really matter. Because you will still recognize that even after you have died, you are still alive. Know that you are an Eternal being, all of you. You are Eternal beings. You have existed forever. If you exist now, you have always existed and you always will exist. But you will simply exist in different forms.

So even if you die and you are not conscious of the fact that you are about to, and it surprises you that you die—and even if you create the idea momentarily that you are afraid of dying—very quickly you will recognize that you have not really ended, you have just shifted. And you will be alright. And you will say, "Oh, well. That was an interesting experience. What do I want to do now?" Because you will still be able to say, "What do I want to do NOW?" You understand?

Q: Yes. Very much.

B: Does this help you?

Q: Very much. Very comforting. Thank you.

Q: Well, I admit to believing in rebirth and reincarnation, but I'd like to ask, what is the first "Prime Incarnation" so to speak?

And is there anybody who is born for the first time on this Earth who will be reincarnated on a different world?

B: Yes, there are first-borns. But we would ask you to please redefine your first question. What are you referring to as "prime incarnation"?

Q: The origin of life, so to speak; the source. B: On Earth?

Q: The soul of a human being.

B: All souls are the same type of soul. You are a spiritual being having a human experience, not a human being having a spiritual experience. All souls come from the Infinite and the Infinite has always existed. There is no real origin, no real beginning, no ending. The prime property of Existence is simply that. It Exists. It always has, it always will. Therefore, even though different forms may always be transforming, they have always, in potential, existed forever.

However, in terms of human projection, there was incarnation that took place many, many millions of your years ago upon your planet. There were natural incarnations according to the vibration of the Earth as it used to be; consciousness that simply desired to project itself into the materiality of the vibration of Earth. And at different times throughout your history there have been different influxes of group reincarnation from different solar systems. But regardless of the linear time-history of any incarnation, all spirit is forever—and

has always been.

Q: So a first-born here now on planet Earth, does it mean that their vibration fits for them on this Earth?

B: An individual cannot be where they do not fit. Therefore, because of the transformation taking place upon your planet, many beings have desired to be a part of it; they don't want to miss the fun.

Q: I was wondering, is there an end to the reincarnation cycle? And if there is, what awaits us when we get to the final, most developed, or most spiritually awakened... whatever it is?

B: Now, you can always decide, you can ALWAYS decide to not incarnate again. You could allow the life you are living right now to be, in a sense, linearly speaking, the last life you will have. You do not necessarily have to be what you might call "the most spiritually awakened being on Earth" in order to allow yourself to realize that you may wish to explore and grow and learn in other dimensions, and in non-physicality as well. But you do not ever "have to" incarnate. Never.

It is your choice many times to do so, because physical reality is so accelerated, so focused, that many times what you wish to learn can happen very quickly in physical reality. Whereas it may seem like it might take a little bit longer in nonphysical reality because things are not quite so well defined. However, you have always had the choice to choose to learn anything at all you wish to learn in nonphysical reality, or even in some other dimension altogether which doesn't even have the concept of physical or nonphysical in it. You can always end the idea of the cycle.

One reason some of you have not is because you might have lived lives that were so limited, so focused, that you did not even recognize that you actually did have the choice to reincarnate. However, more often than not, most often, I would say at least 90% of the time, you have always known when you died that you had the choice to incarnate again or not. And, since you are here, I will assume that you chose to do so for your own reasons. But if you decide now that you don't wish to incarnate again, then when you finish with this life you can decide that you don't have to incarnate again. You always have that choice.

Q: Some of us at one time or another experience a great deal of pain and sorrow when someone we know and love is taken from us in death. In the next life, when our souls go on over, is it possible for us to identify those we knew that have already gone before us?

B: Yes, but there are also many, many circumstances that define the types of interactions and meetings. Understand that it may not be directly applicable to your situation, but you get the drift of the meaning. Many individuals, because of the type of mythology you have been brought up with, believe that when an individual dies they have nothing better to do than "hang around" waiting for you to contact them. They are very busy. They still have lives to live, things to

learn, places to go and people to see, as you say. They are now wrapped-up in the job of learning about their new environment; they are expanding in different ways.

A portion of their consciousness is always available to be contacted by you, whether you are still physical or not. However, it may not be what you previously recognized as the actual persona you used know in that particular life that you eventually contact. These are very arbitrary things. These are very, very fuzzy definitions between one particular manifestation and another particular manifestation. For example, "Where does this persona begin and another persona end?" or, "Where do they all blend within the "oversoul that any individual is created from?"

You can always contact that particular person if you wish to, but it may not be in the way you used to know them that you're actually contacting them. You may not actually be calling-up exactly what that persona used to be. Some representation will be there and it will be just as real as anything. But it may not necessarily be the same type of person that you knew in physical reality. There may be many changes.

Many individuals in different lives catch-up to each other, or make agreements to live different lives together and orbit around each other and dance around each other in many different ways. Taking turns being different things to different people at different times. "Alright, now I'll be the father, you be the daughter. Next time you be the father and I'll be the daughter." You can catch up to each other in a variety of ways.

Or you can allow yourself communication while you are physical and they are non-physical. But remember, you operate on very different frequencies now, and there is actually some degree of difficulty for someone who is now focused in non-physical reality to learn to refocus down to the pinpoint "tunnel-vision" that your type of physical reality represents. They are so much more expanded that it's actually difficult for them to, as you say, "get a handle on" exactly where you are, and who you are. Because from that point of view, they see you as more than you see yourself. And they may have communication going on with many different aspects of your consciousness that you, as the "you" that's here, is unaware of. Is any of this clarifying the situation, or is it becoming too complex?

Q: It's a bit complex. I need to know if we are at somewhat the same level as they are at that time and place. Will we be able to identify and perhaps have an understanding?

B: Yes. Remember this: each and every one of you already exists on every level there is to exist upon. The idea of going from level to level is not so much the process of actually going there but remembering that you actually are already there.

Q: Then what is the correlation between death and an out-of-body experience?

B: They are very similar. Except once again, you have not completely removed

your focus from the physical plane in what you would call an "astral projection" or an "out-of-body" experience. You are expanding your consciousness, shall we say, "temporarily" into very much the same realm that you enter when you "die."

Q: Okay. I believe I've had what is considered an out-of-body experience.

B: Alright. All of you do you know, in your dreams. It's just that many of you do not retain conscious awareness of it.

Q: Well, I'm a nurse and I have been dealing with a person who is very close to death. I want to know, is there a correlation between their death experiences and my out-of-body experiences?

B: Oh, absolutely. Let us answer that first. You see there are already many beings on what you would call "the other side" that assist individuals in their death transition, into the non-physical reality. Your planet is now learning that it can also train individuals to assist others in going across to the non-physical reality. And some of the individuals who will best accomplish aid in that interaction will be those that can astrally project. So they can literally take the soul by the hand, so to speak, and say, "Look, this is where you're going. Everything's just fine. You're still alive. Have a good time."

Q: Well, that's basically what I've done during those experiences. The other thing I found interesting, it was more of a physical sensation; maybe you can explain it. My instructor talked about there being a "pin-hole" in the head where your soul can leave.

Where the Rain Leaks In...

B: In a sense, yes. It is, in a sense, a "black hole," a type of gateway. It resides in the corpus callosum between the hemispheres of the brain.

Q: Okay. When I had this out-of-body experience I experienced a sensation of all my blood rushing towards the center of my chest, not towards my head. The sensation is something I've never really understood so I thought maybe you would be able to clarify it.

B: Thank you. Even though the idea of what you call that pinpoint exists in the corpus callosum of the brain, remember that every single gate of your body—what many of you have called chakras—exist in many portions of your body and are all intertwined and interconnected. What you call the chest region is not only the energy of the heart and the idea of opening your emotional self, but in the solar plexus area is what you call the chakra of intention; the chakra of focus, the one that leads most directly along a conduit of energy to your future self: your self of conviction. So you may feel a build up in that area because the more conviction you have, the more certainty you have, the more boldness you exhibit—you will feel the energy rush into that area. When you align with that area, when you align all your chakra gates, you may feel that

pinpoint, that gate, at any place in your body. But the only One exists in the center of your brain.

Space and time do not have that much meaning when the alignment occurs. The idea that many of your people have described that upon death or astral projection, of the going through the tunnel with the light at the end, is your physiological analogy of going through the gate, that pinpoint structure, into a new dimension of experience.

Q: I've been living with my grandparents, approximately ten years. My grandfather ceased to exist in 1989 and my grandmother's physical body ceased to exist two weeks ago. About two hours before she stopped functioning, she cried out for her husband to come helping and I believe she was asking for a guide to come and take care of her body. She had cancer and was in great pain. When she was asking for him she didn't acknowledge anyone else in the room, and approximately two hours later, when she seized to function, there was a lot of light in her general area. Could you comment on this?

B: Sometimes when individuals extend themselves beyond the physical form to the guides which are there to meet them and help them make the transition, sometimes they, in a sense, to use your colloquial terminology, remain in the vicinity of their physical body. If there is enough concentration of their energy, of their consciousness and that of the many different guides, including the person who made the transition, all can be in the scale of the physical body. Sometimes it is possible, as in the case you have described, for people "in" the physical reality to see the energy, because there is a concentration of it in one locale. Understand?

Q: So when we pass from this physical to the beyond, we're guided to a higher dimension, are we greeted by some people that we have loved in the past, or someone that we've known?

B: Very often. Not always, but very often.

Q: So they're recognizable to us?

B: Even if it is not actually literally the same soul, very often they make themselves look as if they are someone that you recognize, to put you at ease. Then this may change later. But very often, in a sense, as you intend to mean this, very often it is actually someone you have interacted with before and therefore they will be recognizable to you.

Q: So we're comfortable traveling to the next dimension?

B: Yes.

Q: I wish you a good life, Bashar.

B: I have one. Thank you very much.

Suicide

Q: Several weeks ago we spoke about my son who committed suicide... what you shared has been extremely helpful. One of the ideas mentioned is that I had a conversation with my son at night in the dream state. And I've tried to meditate and get in touch with him.

B: No "trying." If you are trying, the only thing you are doing is "trying." Remove the importance of needing the communication, then you will not create a barrier that prevents the communication; you allow the communication through.

Do recognize that when you try so hard, you tighten your focus about what you think represents communication, and you narrow down the number of symbols you will accept as communication. You have been receiving communication all the time but are invalidating the ways it comes to you, because you want it in a specific way or you won't accept it as "real."

Relax, expand and open to ALL the different ways messages and I communication comes to you. For do recognize this: the individual I that committed suicide is now in a totally different vibratory plane I and there are many things that they need to do. The idea of their association to physiological reality is not the same as it used to be and they are not expected to communicate on the same level with it any longer.

Therefore, recognize that the communication that comes from them to you comes in a very different way now; not with the same degree of focus. It can't, by definition. Where they are now is more diffused and so the communication will appear perhaps in different ways, in more expanded ways, sometimes subtle, sometimes obvious. But in ways that are a little more expanded than the ways you normally expect to receive the idea you call communication.

So soften up; spread out. Flow into all of the different ways that communication, can be received and then you will touch those ways. And in touching those ways you will feel the vibration of the communication that is in those crevices; you will now flow into them in your relaxed state. The idea is to meet them halfway. And what that means is diffusing yourself in an expanded manner, rather than forcing them to focus themselves all the way back into physical reality. Meet them halfway—with your unconditional love.

Now, do recognize that when we say, "the communication may occur in unexpected ways" that also has to do with time and duration. For they now operate in a totally different idea of time-track concepts. What may be to you a flicker of a feeling may have been a very lengthy conversation for them. But the feeling, the knowing, just the awareness of presence may be a total communication which may come out, in your terminology, may "leap into your physiological reality" at a different rate later. Maybe in your dreams, maybe in the symbols you see appearing in your lives, maybe a passage in one of your books, maybe a line you hear someone say, who knows? ALL is synchronicity and it is all there for a reason. There are no accidents. Everything is the same

One thing, manifesting Itself in multi-dimensional ways, manifesting different aspects, simultaneously. Tap into that and then you will find there is communication going on everywhere all the time.

Q: My husband passed away a year ago. About six months later I had a dream that he returned and that we were hugging each other...it was very, very real. I looked at him and I said, "Are you really here?" And he said, "Yes, I'm really here." I wondered if you'd give me an idea if he really was in the dream?

B: Oh, yes, yes. Six months was the time span he required for "orientation" to the new reality level. After that adjustment period the timing was correct for him to let you know that everything is fine and that he's quite busy learning about his new reality level. And, to let you know that from time to time he can check in, in a sense, giving you some advice, some suggestions, as a guide from his new perspective. But yes, it was in that sense a "real" encounter, letting you know he is all right and to let you know that you can both send and receive information between you.

Yes, you are never out of touch. What you call physical death truly, truly is only like stepping from one room to another room in the same house. Really no more difference than that. Just operating in a different modality.

Very often it is easier in physical reality for you to communicate with beings in non-physical reality through your dreams because all your expectations are dropped in the dream state. In a sense, you are actually more of your "true self" in dreams, where you are an unlimited being and therefore are more easily capable of receiving communications from other beings on that level. Yes, of course it was real.

Q: Thank you very much.

B: Oh, thank you. I had nothing to do with it.

Q: Thanks anyway.

Murder

Q: Hello, Bashar. I've been trying to understand the ramifications of when one person takes another person's life. My brother murdered his wife and I am wondering if that came about as a result of free will or pre-agreement, before they entered this life?

B: It does not have to play out that way. There were pre-agreements, but in no way does any pre-arranged idea or pattern that you're going to play-out in any particular life—in no way must it play out through negativity, through lack of integrity. Those agreements can all be reconciled and transformed in a positive way.

Yes, it took place through free will; but basically speaking, endeavors which

express negativity to that degree take place because the individuals involved have not been taught that they actually do have free will. They have not been taught that they actually do have self-empowerment. So individuals that perform those type of acts act generally out of the belief that they are powerless and they strike out to take others with them so they do not feel they are going down alone. Do you follow? They try to project upon the "external world" all the ideas they are not willing to be responsible for in their internal world because that responsibility is too much for them to bear. They have not been taught they have the "power" to transform responsibility into positive action and understanding.

So in a sense, the pre-arranged agreements have to do with the type of interactions and the things that those individuals work out between themselves. But in no way do those pre-arrangements have to result in a negative act. It could have been arrived at in a positive way.

However, since it did happen in that way you can still recognize it as an opportunity for the individual who died to choose if they desire reincarnation or not, and to provide certain levels of assistance to the individual who committed the murder—to allow that individual to gain back their power so that they can recognize they never have to do that again. That is, they never have to give their power away to such a degree that they think they have to control the external reality of everyone else's life in order to feel powerful within themselves.

There are many levels on which the murdered person can be of great assistance to the other individual when and if that murdered individual goes through the confusion they may be feeling when they first enter the non-physical realm. Because, in playing their part of having been murdered, many times that is also a creation of confusion and the lack of belief in one's own self-empowerment. So in a sense, both individuals are acting-out a belief in lack of self-empowerment, each in their own style of expression. They have both played-out a scenario that has come to its logical conclusion when you deal with the idea of belief in lack of self-empowerment. It gives both of those individuals an opportunity to examine the ideas of what they have done; to take responsibility for it. Acting through integrity they no longer need to create a reality within themselves, or reflect a reality to each other, wherein they believe they are not self-empowered and cannot create the reality they desire without having to hurt anyone else or themselves in order to do so.

Anything, no matter how negative, can always be transformed into a positive. Do remember: everyone is eternal; everyone is infinite. And in that sense, in the long run it does not really matter. What matters is what you make of what you do, what meaning you give to it, and how you choose to learn from it and transform it in positive directions. The being that was murdered still lives. Many individuals, almost all of you at one time or another, in the thousands of lives you have had, in the tens of thousands of years of reincarnation you have created, have all murdered and been murdered at one time or another. Here you are again, to choose once again: confusion or self-empowerment. You follow the idea?

Victims and Perpetrators

Q: Well, I was thinking about the holocaust, what we call the holocaust in Germany around 1945. Why did so many people, almost as a group, choose to create that collective experience?

B: There are race and culture-wide belief systems as well. And recognize that gatherings are no accident. Again, remember that when we say you choose and create your reality, that doesn't mean it's always a conscious choice or act, "Oh yes, I want to be killed today." No, no, no. That is not what we are saying. What we are saying is that individuals of like frequency will find themselves gathering together and existing within a type of a reality that is generated by their particular frequency that they give off, that they generate from their individual or collective beliefs.

There are many reasons for that particular kind of manifestation. One reason is simply that it was a manifestation of the fear, of the belief in persecution, that many of those individuals have within their cultural beliefs. It was partly a manifestation of that. It was also to some degree a karmic manifestation. Again, not that it "has to" happen that way, because karma has nothing to do with retribution. Many of you may believe that it does and many of you have created karma and reincarnation to be of a kind of retribution. But karma, in and of itself, has nothing to do with judgment and retribution. Karma is self-imposed. Many individuals, in creating an unconscious recognition of things they have done in the past, or in past lives, have gathered together as a group and taken upon themselves the idea of the guilt and the idea of the persecution, sometimes to atone in the ways they think they need to atone.

Again, it does not have to happen that way. But recognize that the particular culture that you refer to as being "persecuted" in the holocaust have had many holocausts of their own where they have been the persecutors in times past. Therefore simply recognize that all we are saying is that when you create confusion in your own reality, many times in your past that has been done unconsciously out of fear, out of doubt or out of guilt.

In no way, shape or form is what I am about to say an implication or a definition that needs to be thought of as a distinct label for any one particular person or group of people upon your planet. But you yourselves in your own cultural awareness are very ready to admit that there are some cultural groups of people that deal very strongly with the idea of guilt much of the time. And that is what you have referred to. So the idea is to recognize that there is a grain of truth in the understanding that the willingness to operate within guilt will usually attract someone to pronounce sentence. That is another reason this can happen.

Now, the individual that became the persecutor is in no way excused, nor their actions condoned for having chosen that role. It was their duty to be strong enough to ignore the frequency of any individuals that might cry out for persecution with their unconscious fears. But still, the idea is, those individuals

took it upon themselves because of their unconscious fears to become the symbolic representation of all that was feared within the other culture. They are victims and perpetrators, two sides of the same coin—the coin of "lack of self-empowerment". One side of the coin cannot exist without the other. And when one side does not exist, the other cannot exist and will not exist. So, if and when individuals no longer decide they want to play out the idea or believe in the idea of victimhood, there can be no perpetrators. When individuals realize they are self-empowered and can create the reality they desire without having to hurt anyone else or themselves, there will be no more perpetrators. When the perpetrators decide not to play that game, there will be no more victims. They will not be able to find each other.

Pre-Life Agreements

Q: Do you have a way of generally describing these kinds of pre-life agreements, between perpetrators and victims, as a chosen life experience by both of them?

B: We base our system of understanding upon something we have already defined and explained at various times: the idea we have called "knowingness." That being, knowingness serves to function as a neutral place. Belief, emotion and action are three things; each possessing a polarity, which creates six.

Thus, from your Knowing Self, your neutral Self, your fulcrum point, your lever point, the gateway or doorway through which your existence pours itself "into" physical reality so to speak, you create a prism. A three-fold prism with, of course, its polarized counterpart. But fundamentally, it is a three-fold prism of belief, emotion and physical action. We have rendered this idea into the formula of manifestation called "See it, Feel it and Be it."

The idea is that your knowledge, your neutral Knowing Self, is rendered into a template that is defined by: 1) a vision or blueprint; 2) by a "feeling" or "emotion" which, in that sense, is the activation principle, the energization principle; and 3) the "being it," the physical acting-out or "action" principle. All three are necessary. And the balance of these three between their polarities are necessary in order to achieve or be able to create any physiological manifestation that would then express itself as what you have called a "pre-agreement" or overall life theme of a chosen lifetime for the persona.

Thus it is recognized that the persona, created out of the three-fold prism of belief, emotion and physical action portions of the template are responsible for at any given moment expressing the particular point along the path that you are at as a soul, the particular reflections you are creating in your life, and the personality aspect that is reflective of the themes you are exploring in whatever way your free will has decided to explore them. And as such the persona is in that sense an "artificial" or "flexible" construct which can be transmuted into any other kind of persona at a moment's notice.

Hence, this is why we say, "It does not have to play out that way" There may be

pre-agreements, but in no way does any pre-arranged idea or pattern that you're going to play-out in any particular life in no way must it play out through negativity, through lack of integrity. Again, those agreements can all be reconciled and transformed in a positive way.

When you align the overall energy of the persona with the Knowing Self, or the "highest self so to speak, when you synchronize and have balanced the three within the polarity structure—taking that Whole—the three have become balanced with the Knowing energy. You thus achieve the balance between the polarity of the physical and non-physical reality and "evolve" into, so to speak, becoming one with your Higher Self and have completed the cycle of your physiological manifestation for that lifetime, for that particular, shall we say, "fragment" of the Oversoul.

Assigning Meaning

Q: After hearing many hundreds of hours of your interactions with people I have found two major threads which run through your philosophical tapestry. I know both ideas come from the same place but they still seem somewhat contradictory to me.

B: Alright.

Q. One idea you expressed is that all situations in our life are fundamentally neutral, that they have "no built-in meaning" as you put it, and that the effect we get depends on the meaning one assigns to it. A second idea you shared is that "everything happens for a reason"; that there are no "extraneous creations" in the Universe and that everything is made of and is a synchronous expression of the same One thing, all from the same one consciousness or primal energy.

Though I understand each point perfectly when I consider them separately, I find that the second statement seems to contradict the first. Doesn't something "happening for a reason" imply a pre-existent, therefore inherently "non-neutral" expression? Could you clarify how both of these insights can be held at the same time?

B: Thank you, this is very simple to reconcile. Understand that when we say that everything happens for a reason, what we mean specifically is that everything happens for your reason. Your reasons create the situations that you attract in your life. "Reasons" being translated as "the meanings you are automatically assigning to life" itself attracts and creates the situations which are representative of the meanings you have already been giving off, the frequency of the vibration or expectation, or strongest fear or belief pattern you are giving off.

So, the situations that happen in life, while fundamentally neutral, they do usually come with meaning "already added" because you have supplied the meaning, you have already given off the meaning or vibrations, or reasons for

why you believe what you believe life should be. Hence, you get the reflection of the meanings you are already giving off reflected back to you in the situations as they appear to you in physical reality.

What we are saying when sharing the idea that situations fundamentally have no built-in meaning is that those meanings do not come from anyone but you. They do not automatically come from the Universe. They are not "part of the situation" aside from the fact that you have created it to be so.

B: All right.

Therefore, the idea of looking at a situation as neutral gives you an opportunity to find out what meaning you may have automatically given off so as to create the attraction to you in your life with the apparent built-in meaning that it comes with, which it is getting from you to begin with, in order to appear or manifest in your life.

By looking at it as neutral it gives you an opportunity to reassess the original meaning you used to create about that situation. Also, by looking at it as neutral you can decide whether you want the original meaning you gave off to "stick" or whether you wish to assign a new meaning to it, even after the fact of the creation of the situation. You do not have to stick with the original meaning which created the physical situation to begin with. In a sense, all things should be taken as they come with the meaning intact, because they are your meanings.

When we say that you assign meaning to a situation, we do not mean that the situation occurs and then you assign the meaning. We mean that you give off the meaning first, which creates the situation which you then respond or react to. Thus, either reinforcing or reassessing the meaning you already assigned to it. The meaning is the seed around which the situation is formed. The meaning comes first, the belief comes first, not the situation. But the situation is still fundamentally neutral in the sense that it does not insist that the meaning you have given it has to be the one that it will "always" contain. You can still remove the original meaning that created the situation and implant a new meaning, which will then change the props that magnetically gravitate to the situation, to the new meaning you assign it, and thus rearrange the outer appearance of the situation as well. Ideally, this will clarify the question that you have asked.

Nightmares

Q: This is all fine and well, but if a mother came to you—and this has happened and was reported on television—and let's say a small child was sexually molested, tortured and murdered. What would you say to that mother?

First, recognize that in any situation similar to what you are describing, there can be as many reasons for "why" that is happening as there are individuals involved in those interactions. There may be general, fundamental reasons as

to why those things occur; but the specifics of why that particular endeavor occurred will have very much to do with who those individuals are. Often, those individuals will be playing out something from another life and may actually be, literally, reversing roles. "Now see how it feels?" the other one may be saying. Again, that doesn't excuse that action because no one has to act in that manner. All karma can be balanced in a positive way. It is simply that your society has not completely woken up to this fact yet and so in your "nightmares" you keep inflicting these ideas upon each other in negative ways.

But also it has to do many times with the parents of the individual. For when a being is deciding to be born, recognize that it is not a "child" making that decision. When that being projects itself into the idea of the body of a physical child it may also come "into reality" to reflect fears that the parents have within themselves. So the child may say, "I know this is going to be tough for you, but I will play out a scenario to show you the fears you have within yourself about your own safety, about your own integrity, about your place in the world. And I will show you, by allowing my body to die through this particular act, that you live in a kind of world that you no longer prefer and that you can do something about it." Many times individuals do not do something in your world until they are witness to what you call a "reprehensible act of conduct." And therefore, many individuals will actually choose to be born to get those individuals off their but to do something about "why" your society does those things to begin with. You follow along so far?

Q: Yes.

B: There are many reasons. But again, the soul is eternal, it is infinite. Not that those things "have" to happen and in no way do we condone them. But in the final analysis the soul is not ultimately affected by any act, one way or another. There is a strength and a power to all of you. Many of you can recognize that sometimes you will actually choose those endeavors, those particular types of interactions, because you know you are eternal; because you know you have the strength to go through it and because many times you are doing it out of love for someone else, to get them to open their eyes to something that is going on. You follow me?

Q: Yes, I do.

B: Again, you have the opportunity to understand all of these ideas if you will but approach all of your questions from the point of view that you are the creator of your reality and that you are an eternal being. You can understand almost everything if you take that approach. Everything does have a reason. The Universe is not "pointless" nor is it extraneous; there are no "pointless creations." The Infinite Creation does not create it to be so. Therefore, trust that the things which do occur in your reality and the things you are witness to do have a point, do have a reason. If you approach it from that attitude and from that trust you will be able to glean the reasons for why something has occurred. Trust it and it will come to life.

What You Put Out...

Now, because of the timing that has occurred in the acceleration of your individual and collective transformation, a change has occurred, a shift, a very specific one which will aid and assist in a very unexpected way the acceleration of your world through this transformational threshold of the 90's decade. A question asked many times before was, "What happened to Adolph Hitler?"

We now find that a choice has been made by this entity. But let us backtrack and share with you our perception of the history of the nonphysical experiences of this entity after its physical existence as the being you knew as Adolph Hitler.

Remember that we have discussed many times that when you physically die one of the first things you experience is what is called a "life review." And in that life review you are given the chance, you are given the opportunity, you are allowed the experience automatically, of actually feeling—literally feeling—everything, every consequence of every act you have ever done in your life.

The actions taken by that individual in your physical reality, as the reflection of such a high degree of negativity, and the consequential experience of feeling the consequence of every single act that individual was responsible for, whether committed actually by that individual or by individuals under his command, was felt by the entity when it became nonphysical.

The bombardment of the totality of the collective negativity that was felt in the life review of that entity was so overwhelming that it placed that spirit, that consciousness, in what could be called a "state of shock" and hibernation. To allow that being to go into the very deepest center of the self, to re-calibrate and reassess and heal for itself all of the pain, all of the suffering, all of the sorrow, all the negativity, all of the choices and all of the consequences that were attached energetically to that particular entity. Throwing that entity into that state of hibernation and recuperation has taken many years so there could be re-evaluations and assessments and reparations and atonements in that sense, balances created within that entity's consciousness, within that entity's energy, over the course of the years that have passed since that entity became nonphysical.

But now that entity has emerged from that hibernation, that state of reparation, of repairing, of realignment, and a choice has been made. Sometime during the decade of your 1990's that entity will choose to be born as many different entities, not just one. That entity will fragment itself into several different beings, several different children upon your Earth. All of these children, now that this entity has gained the strength to do so, will experience lives of extreme hardship, starvation, disease, abuse—these children will experience many different things over the course of the few years they will exist in physical reality. They will all die, except for one. One will live to the age of seven and in the year 2000 this child will be seven years old. At that time it will be decided whether or not this child will continue to live as a physical being, or will choose to do what needs to be done as a non-physical guide.

This child, this being at the age of seven, will pull unto itself the total combined experiences of all the other children the soul has been and will draw unto itself the collective experiences of all of that understanding of limitation, understanding of suffering, understanding of negativity. And all those experiences it has as those suffering children will be drawn unto itself as a child of seven. In that moment it will decide whether it wishes to continue to absorb all of those experiences and continue as a physical being, transforming itself into a child of light, or whether it wishes to simply become a guide of light, nonphysically. The child will make the decision in your year 2000.

There is, in a sense, a little bit, a very little bit more chance that the child will remain physical and that this child will become in your new century one of the greatest helpers and healers of human kind; having re-balanced, re-aligned, re-synchronized itself completely and gone completely toward the positive end of the spectrum as a reflection of the changes you have all made, of the transformations you have all made that would now allow it to reclaim its own Godhood—to remember its connection to the Infinite and to no longer need to express or reflect to society lack of empowerment, suffering, negativity or any of these ideas that you will now leave behind in your past.

We thank you for having accelerated in your transformations sufficiently to have created the opportunity to have created the ability for this entity to now be able to choose this path of reintroducing itself into your physiological society in this way. By experiencing itself as this multitude of children and experiencing the ideas to some degree of the suffering that it has caused in its past life, to atone itself and to realign itself, to blend itself, to re-integrate itself back into this one child in the year 2000.

We thank you for having created the opportunity to re-integrate this reflection of your negativity into your society, to open your hearts and your unconditional love, to allow yourself, and allow this child to allow you to accelerate at a greatly accelerated rate from your year of 2000 onward with the help of beings like yourselves, like this child, like your guides, like all the entities who desire for you that you create a world of joy, a world of peace, a world of excitement. A world where you reflect to yourselves the All That Is that you are.

Death as a Symbol

Q: Can you give us some insight as to the why the group of dolphins were dying on the beaches on the east coast and what that was about?

B: To some degree it ties in with some of the magnetic fluctuations that are going on upon your planet. The dolphins can be just as easily confused as many of you with some of the fluctuations that are going on. They guide themselves along electromagnetic lines. Sometimes shifts in those electromagnetic lines will divert them from the direction they actually prefer to go into, thinking that they are heading the correct way, when they are not. In other words, it confuses their orientation and magnetic sensing to some degree.

But an overall reason is to still interact with your humanity in any way they can. Some of them will choose ways that may seem drastic to you, but will bring to your awareness the fact that they exist and that will allow you to stretch your hearts out to them. So in that stretch, even if for what seems to be a negative reason, there will be contact—which can then be transformed into positive interaction.

Q: Yes, but what is the symbolism? What are the dolphins trying to get us to understand?

B: The fundamental sense that you are one society, that you need to interact with each other and with them; that you are two alien species on one planet. That they are conscious sentient beings like you. Humans are not the only sentient life forms on Earth. Dolphins, cetaceans, whales, they are the second alien species upon Earth...aliens to us, that is. You have been segregated from each other for a very long time. It is time now to blend and balance and become one society, interacting, helping each other, sharing with each other, playing with each other, to become the one world that will then allow you to interact with other integrated worlds. That's the fundamental reason for their interactions and communication in that form now. Is this making sense to you?

Q: Yes, but I just don't see what the deaths do. How that is going to help people to play more or to integrate more?

B: The idea is that certain individuals in your society are only enticed when others are "in trouble." Sometimes what you call tragedy is the only way to reach some of your hearts. And the dolphins and even humans will be willing to do that as a service. Understand?

Pain and Suffering

Q: Well, I'm trying to see; but how can death or suffering possibly be good for me? How am I supposed to trust that something good is coming out of all this? It made me think about other people who have a great deal of pain. How can that help us to become better or more advanced?

B: All right. The idea in general is to understand that no one is saying you "have to" have pain. The whole idea, fundamentally, of having pain is to learn that you don't ever really have to choose pain again. However, the idea must also be looked at from a very high perspective. You must begin to remember that you are an Infinite Eternal Being. What happens in your physical reality is the most temporary of experiences. And very often a being, a consciousness, a soul if you wish to call it that, will understand that there is something they wish to experience in life, in physical reality, and they wish to experience it in a specific way to accomplish a certain understanding or level of acceleration.

Now, individuals may realize that they need to balance something out. They may realize that "Well, I could balance this out in small doses, or over several lifetimes, or I can lump it all into one and be done with it." The idea of

experiencing what you as a physical being might perceive as a very difficult and deep pain in one lifetime, from that point of view of the soul might really be nothing more than getting your foot stuck under a door, having it heal and be done with it. Do you understand? You have to look at it from the big perspective too, not just from the perspective of the physical reality where things can sometimes seem interminable and not understandable. But from the soul's point of view, some individuals will want to experience a highly concentrated focus in a certain direction which will then accelerate them that much more quickly in the areas they feel are important to them.

One of the difficulties is that very often many of you, because of the way your reality exists, don't remember that you made that choice for that reason. So you sit there and question why you are suffering. But in the overall scheme of the oversoul's perspective of the "you" you will be once you become non-physical again, you will remember at that moment why you chose that experience and you will sometimes then be given the opportunity in the overview to understand all the good that may have been accomplished.

Also remember that sometimes an individual will choose to undergo that kind of experience in life not from need of their own balance, but so that all individuals that come in contact with them will learn what they need to learn in their life. Understand? A very advanced, evolved and unconditionally loving being will sometimes realize that this is something they are willing to do if other people need to see something in them in order to learn a lesson that they need to learn in life. These individuals will accept the idea of a lifetime of pain or momentary pain so that they can assist other beings to evolve and elevate themselves as well.

Q: Would this also apply if some souls come back for a very short time, such as three months or so, to teach others?

B: Very often, yes. Now, the idea mentioned earlier of "the foot getting stuck in the door" to some degree has an analogy to this. In the first example that we gave, the idea may have been that you decided that there are certain directions you wish to go in and you may have realized that there might be more than one way to go about it. You could have recognized, "Well, the belief systems that I have ingrained in me right now, for me to go through this particular area, may require another five years. I don't prefer that. Therefore, what would it take to bring my focus and my attention to a certain point right now that will point me in a certain direction, where I will then pass through certain ideas and integrate certain notions and belief systems within me in a much shorter period of time."

"Well, I know that is one way I could do it. I could cause myself to have pain in this one moment of time and that will create the kind of focus that I need. Yes, I could do it in other ways but this appears to be one of the fastest ways I actually could do it. Now, I know I don't have to prefer to choose the pain, but I understand it will only be temporary. And the temporary amount of pain I will feel will more than make-up for what it is I will learn by having done it that way. So I decide; I will choose to experience that because it will be done and over with. And that will be it, I won't have to experience that ever again" You may have decided to choose it for that reason.

The point is, your mind will not always know the specifics, the "why" of the many things you are choosing in life. The way you help yourself to have faith in that choice is to understand that it is an opportunity to extract a positive reality or understanding from that life experience. You are always given the opportunity and the option to understand it from that point of view.

See the positive effects ultimately in your life, even if your mind never really understands exactly how the arrangement or orchestration occurred, nor for what reason. At the same time on the other hand, the idea of choosing that for yourself can also be an indication that you in fact might have certain kind of belief systems or habit patterns or something within you that you don't prefer to have within you. You create an experience to show yourself that you are a little bit out of balance here or there, or doing something in a way that you don't really prefer to, and so you draw immediate attention to it in a way you are absolutely guaranteed not to ignore. Sometimes this is called "pain."

Vulnerability

Q: Yesterday I saw a deer that had just been killed on the side of the road.

B: What did you learn? When you think about the deer itself, how does that make you feel?

Q: Badly, she was so vulnerable. A very sweet symbol. It's like she melted into the sidewalk. It was sad to see this beautiful animal that had just died.

B: Alright, that's one side of the story. What about the power side of vulnerability? Of being open to the unknown in that sense, knowing that it can only be more of yourself? What about that as a symbol for the transition itself? The idea of the open ;arms of vulnerability; not in the negative sense but in the powerful sense?

Q: Yeah. That's the only way to do this—to be totally vulnerable, like melting into the sidewalk, there's great power in that.

B: Yes. Melting into the power, the totality, the light of yourself. Do you feel that you have lost something? Or do you feel that you have gained? You can grow quite a bit from this experience in a very natural way in assisting individuals to transform from one dimension to another.

Q: Even somebody who wants to commit suicide?

B: Understand that an individual who is centered within themselves that no longer wishes to be physical will simply be able to leave. Suicide, in that sense, as you understand in your society, is generally not a sign of wellness. If they wish to leave and they are centered within themselves, and they truly know they have no purpose in being any longer upon your planet, they will be able to leave without the idea you understand as suicide. They will simply leave.. It will

either be through what you may call in some cases an automatic "accident" that kills them instantly or they will lay down, close their eyes and leave.

However, if they are in anxiety about the idea of whether or not to kill themselves, generally that is an indication that there is still something they haven't dealt with and all the more reason for them to stick around. You understand the difference? Does that help?

Q: Yes, it does.

B: One moment. There is going to be some very powerful communication for you in your dreams. Be open to it. Do not be afraid. It may seem dark, it may seem fearful, but it's exactly the shadow you need to walk into to really gain your power and to really be able to help others by you becoming the person you need to become which can truly help in the transition from one dimension to another. This responsibility must be integrated within you fully and it can be.

Dreams and your guides can help you, even as they have already begun to help you through the doe, through the coyote, through the cat, through the dreams, through the symbols, through the attraction of these individuals who are dying and everything else you will need. You have all the tools. All the tools are there. You simply need to be open to receive them; they will be there.

Leaving Your Body

Q: When people are experiencing a great deal of physical pain, I notice that they forget. It's like their soul leaves because there is so much trauma. Where do they go?

B: Generally speaking, you expand your consciousness into what you would call the "astral" or "ethereal" realms.

Q: And if and when we are able to reincorporate with the body, then we come back? Do we ever leave a little piece of us flying out there somewhere?

B: All right. From one perspective I will say that is actually a very fair question. First of all, the question of leaving your body is not literally "leaving" your body. Your consciousness is not "in" your body; your "body" is in your consciousness. You expand beyond the concept of your body momentarily, but from the physical perspective you say, "I'm leaving my body." The idea is that your oversoul, your higher self, is already "out there"—it's already expanded. You're just shifting your focus from this kind of focus to that kind of focus, momentarily.

When you choose to reincorporate, to refocus, in a sense, yes, the experience has changed you. The expansive experience has changed you in a certain way and, in a manner of speaking, you do not quite come back the same way. So it could be said you leave a little bit of yourself "out there." You are different.

Q: And when they actually die, then what happens?

B: For some of you the idea is that death is recognized as multi-leveled, stretching through many dimensions of experience, connecting many dimensions of experience. You can take one of your "elevators" to any floor. Understand? Transformations occur all the time and death, physical death, is simply one more of them. You need not necessarily treat it as a negative thing. You will understand that it is all simply transformational.

Q: My mother is ill with cancer and I was just told today that there is nothing more that can be done for her.

B: Alright. There are many more things to do.

Q: Well, that's what I'd like to know.

B: One of them simply is, if that individual has chosen now to become non-physical, then you can assist them in the transference from physicality to non-physicality, so that there will be a small or no degree of confusion about where they are and what they can do once they are non-physical.

Because many individuals in your reality will find that once you become non-physical, you may at first carry with you the strongest belief you had about life when you were still physically alive. And that will create a reality around you that you will perceive to be the real reality. Because you are non-physical, you are a thought-form in a world of thought-forms, and what you think is instantly what seems to be physically real around you. And that is why many individuals may not even know they have died, when they have died.

Therefore, you can be of great assistance to that individual if they have chosen to become non-physical, to allow them to become non-physical with dignity, with joy and effortlessness, with love, with ecstasy, with ease... to allow them to know, to allow them to remember that it is only the idea of stepping from one room to another room in the same house. That is all death is. They have made their choices. Allow them to do so with dignity.

There is no real separation; there is no real loss. The love is always there; it is always able to be felt. You are never out of touch unless you believe that you are. So allow yourself to simply take stock of what you are learning about yourself from this situation, because there is obviously a reason why you are involved with that individual and why they are going through what they are going through at this time. There is something for you to learn about yourself as well as what they are learning about themselves.

Use all the knowledge in a positive way and you will enlighten yourself. Raise your vibratory level and you may then be quite astonished to find that if and when they choose to make their transference to non-physicality, your willingness to treat the whole endeavor in a positive way, by raising your vibration, will mean that when they transfer into non-physical reality they are not actually "so far above you" as you used to think. Just a little side-step to the corner, that is all. The difference between physical reality and non-physical

reality, what you call physical life and physical death, is not as large as you think. It is a very, very short step between your physical vibration, that which makes you physical, and that which allows you to be non-physical. A very short step, very short.

You are quite consciously holding yourself in physical reality, if that is where you find yourself to be. A very small shift is all that is required to go into non-physical existence. Therefore, allow yourself to project your love to that individual so they can use your love to slide gently into that next vibratory level. Then you will remain in communication as you need to and you will not feel that you are out of touch. You follow me? Does this assist you?

Q: Yes, it does.

B: Thank you very much. Give that individual our love if you will.

Religion and Faith

Q: I'm having some confusion with the religion subject.

B: All right. In what way?

Q: Well, the fact that there is a God...

B: Yes.

Q: ...and there are so many different religions out there.

B: "Out there," yes. [audience laughter]

Q: Well, I feel like I have to choose a religion.

B: Why?

Q: Umm...

B: The only thing you need to know is your relationship to All That Is. That, in a sense, is a religion.

Q: But I have children. I want to raise them with respect for the Lord.

B: Well what's stopping you?

Q: I don't know where to start.

B: Start in your home.

Q: With the bible, or what?

B: It doesn't matter. The idea is to understand this: what you normally call "religions" on your planet, the ones that you recognize as mainstream religions, have generally been structured to take your power away from you. They have been structured to de-connect you from your natural relationship to All That Is and to get you to hand over the responsibility of that connection to someone else.

Q: Well I don't agree with those kinds of religions.

B: Then there is no reason for you to teach your children those structures. All you need to do is put them in touch with the fact that they are aspects of the Infinite. That is their relationship and that is where it all began anyway. The "ritualization" of that understanding that connection is up to each and every individual. Each person is their own religion in the sense of "how" they wish to represent their connection to the Infinite. As long as you instill within them that they are already aspects of the Infinite. And if you instill within them that they know they are already as powerful as they need to be to create whatever reality they want—without having to hurt themselves or anyone else in order to do it—there's nothing else you need to teach them. Let them manifest their relationship to the Infinite in whatever way feels right for them, because whatever way feels correct for them will be the way that the Infinite wishes to express itself as that person.

In the Image of God

You are, as you say in your biblical references, "made in the image of God." Now, the idea of what you in your society may call God and what we may call God may vary here and there in semantics and terminology, but it is basically the same concept: it is All That Is...One Infinite Creation that diversifies itself into many multitudinous transformational manifestations.

If you are made in the image of a multi-dimensional Infinite Being that means you are multi-dimensional Infinite Beings as well, at least that is what the phrase means to us. So when you say you are made in the image of God understand what that actually means.

You are co-creators with the Infinite; the creators of your immediate reality- And as you design the filters of your senses to be so you experience the reality you believe you are in.

But do understand something, just out of interest if you wish: All that is—our label for what you call "The Creator"—to us is perhaps a little more technically precise a term. Because the idea of creation or the notion of a "crea-tor", to use your language, implies that there was a "beginning," that there was something "crea-ted." And that implies that there was "nothing before that." There has always been, is now and always shall be ALL THAT IS. Therefore, understand there really is no beginning; there really is no ending. What you term the Universe or God is All That Is.

God, as you call it, didn't so much "create" the Universe and then stood apart from it in the sense of not interacting with it. God is IT and therefore is everything in it—our civilization, your civilization, all civilizations, all things are a part of All That Is. Reflections if you wish, the "Is" of All That Is; the "eyes" of All That Is. So that through you, through us, All That Is can express itself in all the ways it possibly can.

Understand that Creation, as you term it, is not static. It is not, "Well, it was created and now it is simply unfolding as it was created to be" It is BEING right NOW, new, every moment. In a sense created. ..but again, it is BEING right now, always, at every moment something NEW that it can be.

Keep it Simple

So keep it simple. Keep it very simple. Let your children be self-realized beings and decide how they wish to express their connection that already exists. You don't need religion to "give" you the connection...the connection is already there. Religion is just a way of expressing the connection that is already there. And the less ritual a person needs, the less religion they need. Does this help or is there something else you wish to discuss about the idea you call "religion"?

Q: Yes. I've listened to quite a few of your audio tapes and it seems to me, from what I understood, that we both believe in a creator. And perhaps it's the same creator but your civilization is operating in a different dimension than we are operating in. So, how do you perceive your Creator versus how we on our planet perceive our Creator?

B: Thank you. The main difference is that we believe, as we have labeled it, that the Creator is... is... IS... literally, "All-That Is." We see no distinction or separation between the Creator from its creations. The Creator is its creations, the creations are the Creator, collectively speaking, the creator expressing itself as ALL the creations the creations perceive themselves individually to be.

Overall, the idea is that your planetary civilization, as we perceive your relationship to the concept of a Creator, is you generally see the Creator as something beyond you, outside of you that you are "subject to"...in a sense, distinct from or separate from Creation. Whereas we really see no separation. We recognize that there are different manifestations of different levels.

We understand that the ONE knows itself as THE ONE and knows itself as ALL that makes up THE ONE. And we recognize that there may seem to be a difference between all the individual components and THE ONE. And the individual components may in a sense not be as "great" as the ONE, or I should say as expanded as the ONE. But each component holographically contains ALL of the ONE and the ONE is the ALL. It is all one thing. Do you understand the concept of the hologram?

Q: Uh, maybe, in general terms.

Indra's Net

I will explain in its archaic form as it was understood hundreds or thousands of years ago on your planet, known as as "Indra's Net". Indra's Net was like a net made of many pearls, each pearl being perfectly round and each perfectly reflected the image of every other pearl in the net. If you can imagine this, if you can envision this, you will understand that in order to understand or access the information of all the pearls in the net, all you really need to do is to go to any one pearl, look at the reflections of all the pearls, and you will have all the information right there in one pearl.

The existence of All That Is in physical terms is structured that way, holographically. Each component—you, me, all beings, all individualized consciousness—contains the whole, but is also distinct from the whole in that it is a particular perspective that the whole has of itself. It is a reflection, your reflection, of the Infinite from a particular point of view. I am a reflection of the Infinite from a particular point of view. We are all the different ways that All That Is has of looking at itself, of experiencing itself, of knowing itself and of expressing itself. That is why we say, "We are All That Is; All That Is is us."

The idea also is that there is no separation in the sense of empowerment. We have and are directly related to the concept of All That Is. What is meant by all the structures that have labeled themselves as religions...they have a tendency to say to individuals that they must act as an intermediary between the individual and the concept of God—as if there were not a direct link already. This is the main difference as to how we express our relationship to what you call Creator and how your planet generally expresses its relationship to what you call Creator. Does this help clarify the situation sufficiently?

Guilt and Deservability

Q: Well, I'd like to briefly explore the issue of "deservability" and how that relates to issues of guilt, because guilt seems to be strongly associated with many religions.

B: Yes, the idea of guilt.

Q: And many, many people experience guilt, similar to what's referred to as "original sin."

B: We understand the concept.

Q: The separation from the Father or from God. The taking or doing things of one's own volition and the guilt for doing that.

B: We have a definition of guilt. May I share it with all of you?

Q: Please do.

B: Guilt, not hate, is the true opposite of love. Hate is a polarized expression of love but still implies deservability, even if it is only self deservability. Guilt, being the lack of deservability, is truly the opposite of love, which is absolute validity and equality of all. Therefore, yes, the idea, the vibration you call guilt is a self cutting-off from the source of Infinite Creation. Now you're never really cut-off from it. You can't be. But you can create the illusion, as you have pointed out, that it is so. When an individual learns that unconditional love of Self, of All That Is, is the most positive direction they can flow in they then recognize there is no need for guilt. Because guilt is only a denial of one's own existence.

Q: I get a very strange feeling this will be my last time here.

B: Maybe so, yes. For many of you this is true. This is the transformational age and thus, the transformational life where you can come to full consciousness and thus can choose consciously to reincarnate or not.

Q: But I find myself now looking at the flowers and the birds and all physicality as if it was for the last time.

B: No, not really in the ultimate sense, because physicality is you. It is you. And when you become nonphysical you can project whatever you want. It will still seem as solid or real as you wish it to be, except the difference is you will understand that you are consciously that thing—it will not be separate from you.

Q: So it will be even more precious than it has become?

B: Well, it will be better understood for what it is. It is all precious.

Health and Healing

The idea we will be discussing today will be the concept of healing your world. Of course, before you can "heal the world" you also must learn to heal yourselves. In a sense there really is no separation between healing yourself and healing the world, because every change you make in your own being is a change in the totality of your planet consciousness. So let us begin on the individual level and we will then proceed to talk about how each of you as an individual can heal both yourself and the entire planet.

Now, what is healing? Perhaps it might be interesting to discuss the idea of "what you're healing yourself from." Usually when you think of healing you come from a position where you believe that you are healing from "disease." All that you call disease can simply be looked at as a literal version of the concept dis-ease; the idea of un-ease within.

All disease stems from or is created from a resistance to your natural self. Resistance in your energy creates friction and that creates disease. When you are not being your true self, when you are resisting your true self, you're operating on a very slow vibration. If you have an idea of what you would prefer to be, you can understand that imagination is on a much higher vibration. The degree of difference between the "you" you are now and the "you" you prefer to be creates friction in the energy between the slow vibration and the fast vibration. Obviously, the greater the difference, the more friction. The smaller the difference, the less friction.

So, it can then be understood that healing is a process of aligning your energy to create less difference between who you might be and your true, balanced self. Therefore, all disease is a lowering of your vibration away from your true self. Likewise, all healing is a raising of your vibrational frequency toward your true self.

Many of you already understand that the true self is very strongly connected with the idea of doing the thing in life that excites you the most. So living your dream is a very balancing and healing thing to do. That's why laughter is such a healing thing, because it raises your frequency. Anytime you are doing what you love to do you will feel more like laughing. Anytime you are laughing and enjoying yourself, you will feel more like doing what you truly wish to do. Laughter gives you confidence. Confidence allows you to laugh more easily. All these things are interconnected; if you can do one, then the other will come more easily.

Some of you say, "Well, I don't have enough confidence to do the thing that really excites me." You can understand that if you see the connection between the idea of laughter, between the idea of confidence, between the idea of excitement and acting on what excites you the most, you can approach it from many different angles. If you don't feel like you have the confidence to do what excites you the most, you can help yourself gain confidence by doing something as simple as learning to laugh more easily.

If you don't have the confidence to do what excites you the most you can create the confidence by simply acting on what excites you the most, whether you feel you can do it or not, thus creating a positive reality and reinforcing the idea of confidence in the future. You can allow yourself to arrive at that higher vibration in many different ways.

Healers and Healing

Also allow yourselves to understand the following thing about healing: many of you are healers or have a desire to be healers of one type or another. Understand what it means to be a healer.

You're not really healing anybody else directly. A healer creates, in whatever way they choose to, a vibrational field of energy.

It does not matter what way you choose. You still create this vibrational field whether you choose to imagine it or not. It is simply the natural energy field that all of you have, but it vibrates at a certain frequency that is representative of your desire and your intention to help another person. Therefore, it is important for the healer to be balanced as well so the vibration of balance is in the energy field. When you attract someone to you who wishes assistance what you are actually doing as a healer is giving off a particular vibrational pitch for them to be immersed in. Thus, the vibrational pitch of that energy field is like an invitation to that person to match your vibration with their energy. Then, bit-by-bit, either quickly or slowly, in matching the energy of the healer the person becomes healed by healing themselves. That is how all healing works. Doesn't matter what style, doesn't matter how fast or slow the process. It's a matter of changing the vibration of the belief system of the person to be healed so they heal themselves, with reflective assistance.

So, if you have a great desire to be a healer or to share with people, to be of service in any way, it is very important to remember that what they are mostly going to be picking up on is your vibrational pattern of balance:

Now, if you are excited about being a healer then understand you will be able to help all those that come to you, because you have attracted them with your particular vibration. Doesn't necessarily mean that you will have the effect on them that you might expect with your mentality. But if they are attracted to you, they are attracted to you for a reason and they will get something out of it. If you are excited about being a healer but are doubtful about your ability to be of assistance to someone else, then you yourself are creating a "negative" vibration in your field. And of course, then you might perhaps fulfill your own prophecy and will not be able to help them. But if it is truly exciting for you to be a healer in any way, then relax and trust that the vibration that you are will benefit them in some way, shape or form.

Physician: Heal Thyself

The idea is once you balance yourself you can assist others on the "one-to-one" level. In that sense, it is the first step toward helping to heal the whole world. More simply, being an example, or a reflection of a balanced and healed person—being a healthy person—you give everyone else the best opportunity to also heal themselves by using you as a reflection.

This does not mean that if you are excited about being a healer that you have to have transformed and integrated every single issue within your own consciousness before you can even start to be a healer for someone else. You should at least be performing the healing out of love, out of excitement and out of service. But if you wait to begin your healing practice until you have resolved every single issue within you, you will never begin. The important thing to understand is as long as your vibrational intention is positive, then the people you will attract to yourself will be benefited and at the same time you will also be healed by your interactions with them.

This is what we were referring to before by saying that if you don't feel you have the confidence to begin with, but you have the intention and you act on the intention and the excitement, the experience of the interaction itself will give you the confidence and the ability to transform the issues within you that may still remain. So please don't hold yourself back. If being a sharing person and healer in some way is what really excites you, by all means do begin.

Again, it may take many forms. It means you can be a direct healer like a doctor or a body worker, or an energy worker or teacher of some sort. Or, simply sharing information with people so that they can then use that information to heal themselves, much in the same way that is taking place right now. Just the sharing of knowledge that can benefit other people is itself a type of healing act. Once again, remember that the definition of healing is simply an allowance by yourself of changing your vibration toward your true being. Any way this can be accomplished is a healing. Standing by a mountain stream can be healing. Playing and laughing with a child can be a healing. Use your imagination.

The Phoenix Syndrome

Q: I wanted to ask you about a physical problem I've been having. On top of that, my mother is experiencing some extreme health problems and also my husband, and I wonder if there is...

B: My, my, my!

Q: I mean, it's like everyone is falling apart.

B: Alright. Well, maybe that's so you can pull yourselves back together in another way.

Q: Yes, we all feel an awakening of some kind.

B: Yes. As I just said, so you can pull yourselves back together in another way. The assumption, in this sense, comes from an old habit in your society which assumes, "In order to pull yourself together in the way you want to, you have to first destroy the original structure." You don't have to. You can transform it easily, effortlessly, lovingly, and gently. You can transform it; de-structurization does not have to be destruction. You don't have to "fall apart" to disassemble the old idea and then re-assemble the new one. This simply comes from an old habit, an old assumption that you have to break into pieces in order to gather yourself back together. You don't have to break into many pieces so you can analyze each and every one. You can allow yourself to begin to function and know you are "whole" as you are. You are a whole as you are. Allow yourself to simply redefine the entire idea that you are and any pieces you choose to continue to create yourself to be will then become a part of that whole and redefine themselves.

The idea of "breakdown" comes from the built-in assumptions that your society gives you—that you have to create a breaking down in order to build-up. It is what may be called the "Phoenix Syndrome" in your society; that you actually have to reduce yourself to ashes in order to rise from them again. You can simply transform more like what you would call the chimera, rather than the Phoenix, by recognizing the fire that exists within you now and allowing the fire to transform you without consuming you.

Q: So, I didn't have to do this at all, right?

B: No, you don't have to at all. If you can imagine the way you prefer to be and start acting like the person you imagine, then you will be that person and have that life-style and all that goes with it. If you assume that the person you would like to be requires some lengthy bridge to cross in order to get there, then you will spend time on the bridge and you may create it to be quite creaky. So allow yourself to melt into the person you wish to be now rather than chipping away at yourself in order to become that new idea.

Why Create Disease?

Q: I have a patient that has cancer. Can she be saved? Am I treating her right?

B: There is no right and wrong. The idea of any so-called disease within your society can serve many different functions and can always allow the individual who has co-created the disease within themselves to get in touch with different portions of themselves. First of all recognize that, generally speaking, the fundamental reason that an individual creates a disease is to force themselves to look at certain portions of themselves that they were not willing to look at or perhaps did not believe that they could integrate within themselves in an easier fashion, because in your society they had not been taught to believe it could be re-integrated easily.

So they have brought themselves many times to a point where they have suppressed many portions of the ideas of their consciousness that they now wish to look at in their exploration of integration. But because they have not been taught that it is an easy thing to do they create a situation which relieves them of the responsibility and forces the situation upon them, so that they cannot back out of it.

Often times many diseases simply are for that purpose and a person will go through the disease, no matter how "devastating" or "radical" it seems in your terminology, and come out the other end just fine, but when they come out they will not be the same person that went in because they are now a different definition, a different equation, a different vibrational matrix, a different frequency, a different idea. They are a completely different person—literally.

They can allow themselves to circumvent any idea of needing a disease to show them these portions of themselves if they are willing to accept the fact that they can allow these portions of themselves to come to the surface to be

integrated in an easy manner. And, there is nothing—nothing, nothing, NOTHING—within themselves that they could ever discover that they ever truly need to fear can hurt them or destroy them. You follow me so far?

Q: Yes.

B: The idea is, if she is willing to be in touch with certain portions of herself, one way it can be balanced is through the idea of visualization...if she is willing. But there are many doorways we perceive within that entity that have yet to be opened to allow the contents through into the light to be integrated so that being can become a whole being.

Another idea we might suggest which may be of assistance is to allow that being to recognize this fundamental idea: if they can in their visualizations of themselves picture or imagine, or feel what would be an idealized version of what they imagine they could be then that individual can recognize if they can imagine it—in that moment they actually are that vibration. If they are willing to continue to believe that their imagination is just as real as physical reality, that physical reality is only a product of your imagination anyway, then they do not necessarily have to believe that once they have had the envisionment there "has to be" a continuing process in order to become what they or you have imagined themselves to be.

You can teach this individual that to conceive of a state they desire to be in does not have to be the beginning of a process, it can be the end of a process. All they need to do is act like they ARE what they envision themselves to be and then they will allow themselves to be the person that, by definition, does not have cancer.

Another idea that may tap into this particular individual's subconscious and unconscious matrix, as we perceive their energy, is to recognize that any individual that is "in a situation" has created that situation, conscious or otherwise, and recognize that they can create themselves to go into another situation. Remember, no matter what tools seem to be responsible for effecting the change, the individual is always the one that effects the change.

The Best Medicine

Q: I'm a psychologist and work with many people that have serious problems. What would be the best way for me to assist others in feeling comfortable?

B: Do you ever get silly?

Q: Um, on occasion.

B: Alright. What prevents you from becoming silly more often? Do you want to be taken seriously?

Q: Exactly. What I am hearing from them usually has a very serious

connotation, so I respond.

B: If you can allow them—while acknowledging that they see it as a serious idea and not taking away from that—if you can allow them to begin to learn to play more with it and allow them to be silly with it, you will have a greater success, a stronger effect.

Q: Yes. Thank you. That really is my intention. That is who I see myself as when I do my best.

B: You will find a way to allow them to know you take them very seriously and all that really means is that you respect them with absolute and unconditional love and integrity. At the same time you can then allow them to move themselves out of that—not taking themselves away, not divesting themselves—but moving out of it in the sense of realizing that they have created it and it is their toy to play with. Help them to understand that they can shape it, change it, mold it or pattern it in any way they want.

Recognize that their situation is not fixed. It is not rigid. It does not have to remain in a serious face, a serious mask. You can both take the corners of the "serious mouth," push them up and put smile lines around the eyes. That might be a good exercise for you. The masks that you use to represent comedy and trauma—have them see the serious dramatic mask; have them see the comedy mask. Tell the story that they want to tell you with the serious mask first. Tell the same story with the comedy mask and see if they feel a difference. See if they gain some insight as how to transform the idea they are sharing with you.

Empathy, not Pity

Q: A person who is very important to me is going through trouble—suffering, disease and divorce. I prayed for this person but the suffering still continues. Are there other ways I can help?

B: I can give you some suggestions. First of all, do not see them as being weak. Do not send them your pity, for you are only reinforcing the negativity. Secondly, understand that every individual is choosing their own reality. Now, you can suggest things to them that can allow them to change, but you cannot force them to change. You could share with them many of the principles we have discussed this day of your time, but their belief system may not be able to absorb it.

What you must first learn is that you cannot take responsibility for them. The best way to help them is to be completely responsible to them in the following way: by first of all, acting like you believe in their ability to change in a positive direction and do not see them as trapped. First, redefine what they are going through. Recognize that they may be suffering, they may be in misery, but also recognize that obviously they felt they had the strength to go through it.

So see them first for the strength they must contain in order to have attracted

such great limitation in their lives. Act in an uplifting way around them, be a shining example of the kind of energy you would prefer. Empathy is uplifting, but sympathy is reinforcing the negative. So in other words, if you are hovering around that individual while they are being miserable, going, [greatly exaggerated] "Oh, yes... you are a very miserable person. Yes, you are!" then you are only fulfilling the saying that you have upon your planet, that "misery loves company." Then you are both being miserable together.

Sometimes when individuals in your society are being miserable and you choose to be happy, they may think you're being "cold and unfeeling." Don't be afraid of that; you can tell them that you love them dearly. In fact, you love them so much that you refuse to reinforce their misery. Suggest to them changes of environment, changes of attitude that will change the entire effect. Get them excited about something. Get them excited about themselves in a new direction. But if they don't take your suggestions, that's their choice. You can say, "Well, alright, if you still want to be miserable, we'll still be around, ready and willing to play with you when you're ready to change." You can remind them that if they want their reality to change the easiest way to do that is to change themselves.

So be a light, a radiant example of the kind of joy they can feel too by seeing it reflected from you. Otherwise, all you're doing is playing "mortician" observing over the death of the individual... "How sad" Understand? Does that help you?

Q: Thank you. Starting tomorrow I'll be a shining example.

B: Oh, alright. Thank you. But what's wrong with right now?

Q: Yes...from this instant, [laughing]

B: Oh, thank you very much.

Breaking Down Barriers

Q: What I'm specifically dealing with is AIDS. I think I accept the fact that it's my creation but there's also a very strong feeling that I don't want it to be a part of my creation anymore. I seem to spend a great deal of energy trying to "get rid of it" rather than trying to learn from it. Like, my goal is just to get rid of it.

B: Yes, but that's the paradox.

Q: I'm told I still have AIDS and...

B: One moment, one moment, [at this point, a filling came loose in Darryl's mouth] There is a parallel now going on in the physical reality of the channel to help in the timing of assisting you with this. And it is now understood within the consciousness of the channel why this timing has occurred in this way. The idea of "that which is artificial being extracted from the body" and the idea that you are aligning with your natural self. In the aligning of your natural self there

will be things that have been imposed upon you which are not of you and these things not of you will make it seem, while you are extracting them from yourself, that everything is "coming apart."

But there is a new integration taking place wherein only that which is your natural self will be left at the core. And when you do arrive at the core of your natural self all the things you have bonded to yourself will then be seen to be extraneous. But now these things, in having formed such a shell, having become such a part of your overall personality, are beginning to break down.

This breakdown, in general, is what the whole idea of AIDS is representative of in your society. In that you have taken upon yourselves many negative belief systems and built them around yourselves as a barrier, similar to the idea of the barrier that is presented by your immunological system. As this barrier of old negative beliefs breaks down so does the representative corresponding barrier of your immunological system—because for many thousands of years it has contained ideas and beliefs which do not serve you. It has been used in that sense to "keep things away from you" as a society. This breakdown is a stripping away of all those things that are artificial to your natural self, to your natural core.

If you can learn to go back to the natural core, to the natural self and be in that centered state, which is only that which is truly you, you can then allow all the things that are attempting to break away from you, all the things which are breaking down in you, to break down without affecting the real you—to go their way, to dissolve, to disperse, to disseminate—without affecting the core of you. The core of you can come back and expand and grow strong, but you must arrive at that core.

The idea of allowing things to drop away that are not part of the natural you is also reflected in the timing reflected to you physiologically by the channel. The channel allowed the timing to be absolutely perfect for seeing "the breaking away of artificial things" as represented now by the filling in the channel's mouth. Do you see? The tooth will be repaired but the idea is that the timing of this was a reflection for you. The timing was for a reflection of allowing you to understand that this is the time in your whole society to allow the artificial things, the artificial beliefs, the things that really are not part of your natural self to drop away. And if you do this in joy, if you do this in trust, if you do this in faith, your core will be left and your core will expand. It is only the fear that allows this artificial barrier to "eat away" at the core and to allow the core to go along with it.

Oxygen: The Key

Oxygen, life and breath are the keys to the core of your being in physical reality. If you will learn to oxygenate your system through the breath of life, through yogic practices, and/or the oxygenation of your body through systems now recognized as a substance of hydrogen peroxide in proper formulation, you will energize and oxygenate your cellular structures. You will allow your

core to derive the sustenance that it needs to allow the rest that does not need to be there to drop away. This is one thing you could do. It will be up to you and it will depend upon exactly how much you can allow yourself to align, to allow you to face things and issues that you, or others, have not faced within themselves. Understand?

Q: I do.

B: You are a reflection of many of the fears that your society has about the blending of energies and polarities within themselves, that they have been afraid to blend. You are a reflection of many of the barriers they have imposed upon themselves that they now no longer need, and you are performing a service in this sense. Allow the artificiality to go. You will rebuild the structure in a new way, and it will be more representative of your natural self. You must trust the timing and you must be at your center. Do not worry. You really have not bitten-off more than you can chew.

Now, you will receive help with this. You will receive assistance, but you must have faith and you must go to the center of Life itself, which is breathing. The secret is in the breath—in oxygen itself. This is all we can help you with this day. There are others who will assist you. Alright?

Q: Thank you very much.

B: Our unconditional love to you and unconditional joy.

Life Threatening Illness

Q: I'm also dealing with a life-threatening illness and my question is: what additional tools or suggestions would you care to offer?

B: To some degree what we have shared tonight is very strongly applicable. Although you might wish to combine the techniques with your own intuition, your own sensing. Primarily, what is important is to be in touch with what your own belief systems are all about. What are your strongest beliefs? So you can examine, so you can know, so that you can discover what type of belief you would have to have bought into to have created a situation where you are experiencing what you call a "life-threatening" disease.

Again, the notion of "disease" can serve many purposes. Understand that it is not always the idea of negativity being expressed. Sometimes an individual will have chosen to show themselves exactly how strong they are by attracting such a limitation to themselves, that the challenge and the process of going through that challenge itself really gives them, in very short amount of time, something that otherwise might have taken them one, two or many lifetimes to go through. This does not mean that you necessarily have to become non-physical in order to learn a chosen lesson. You can learn it very quickly by being willing to examine the beliefs that might have attracted the situation to you. Remember, the first step is to "own"— we are not saying you are not doing

this, but simply to outline the idea—to own all of the experiences, because you cannot change what you do not own.

Once you own that this is your creation, then you can take the stigma off of the idea. You can know one thing above and beyond anything: that you obviously must be a being of immense power and strength to have chosen such a remarkable challenge to teach yourself certain things. And knowing that you have that amount of strength, the knowledge of that strength in and of itself can make an immediate difference in exactly how much of the disease you experience or manifest.

So, some of the ideas we have discussed this day—doing the things that give you joy, being in love unconditionally with yourself—can be of assistance to you. You can use your imagination, a very powerful tool for all of you, to create a scenario, a meditation, a visualization or an attraction to other people or situations that can then alleviate the idea of needing to process what you're learning through the symbol of disease.

Now, allow me to ask you the question that was implied by one of the first things we discussed this evening. Are you in your life, doing the thing that would give you the most excitement and the most joy or not? Yes or no.

Q: No.

B: Why not?

Q: Well, I like art and painting, but it sort of petered out.

B: It sort of petered out? Alright. Did you go to the next most exciting thing?

Q: I'm trying to.

B: Trying. Alright. Trying is a struggle. Trying implies struggling and suffering and can create disharmony, discordance and disease to some degree. Again, the idea is the issue of trust, trusting that what excites you the most can support you. When something excites you more than anything else and it changes direction, it does not mean that you have lost that momentum. It simply means it has changed its form. It has transformed into another guise, another direction, another symbol, another representation. The idea, the secret to following what excites you the most, is to at any given moment act upon the most exciting thing you are capable of doing something about at that moment. Because all excitement is connected to all other excitement. And if there is some particular thing that excites you more than anything else that you truly do not have an ability to act upon, then act upon whatever is the most exciting thing you can act upon. That will lead you into the circumstances and situations that will allow you to act on the thing you previously could not act on. Are you following what I am saying?

Q: Yes.

B: Alright. So when you find that whatever excites you the most has changed

direction—go with it, flow with it, find out what is the next most exciting thing you can act upon, because they are all connected. The excitement is what tells you they are connected. Following the excitement is following the thread; is following the path you chose to be. Sometimes, paradoxically enough, the quickest way to get from where you are to where you want to be is to follow the path that winds naturally through all sorts of different things that excite you the most. Attempting to straighten that path out can be what causes disharmony, because there are things on the winding path that you do need to look at that are a part of the overall thing that excites you. Rather than labeling them as detours or things that are "delaying you" or blocks or obstructions or barriers that are "holding you back."

Do not delay yourself from doing your excitement because you create the excuse that "you do not have the proper atmosphere" in which to do it. YOU are the proper atmosphere. When you wish to paint, paint. You do not necessarily have to need all of the structure and format that you always think you need in order to accomplish the thing that excites you.

Small Connection

Here is a little bit of a connection. Sometimes the notion of disease is attracted to an individual to "force" them to begin to show themselves that they need to break down structures, to break down the rules, regulations and rigid codes that restrict them from being as free as they could be. That is only one aspect of the symbol of the disease. But if you allow yourself a little bit more freedom to express what gives you joy, you will begin to create a little bit of a chink in that armor, in that structure, and begin to see it disassemble—so that your spirit and your soul can express itself without needing to disassemble your physical form in order to make that so.

Because you see, many times, when individuals rigidize themselves into a certain format or procedure, if they do not allow themselves to do it any other way, will then proceed to attract into their lives certain circumstances and situations that tear everything down in order to force them down to ground zero where they have unlimited options from that point forward, because they see that they have nothing else left but to go in whatever direction they want to. Go in that direction now.

Act now with the excitement and the inspiration. Do not wait for the idea of the specific time frame. You create the timing. You generate the idea of the inspiration. Our first suggestion to you would be to begin to break apart that rigid idea and allow yourself to express what gives you joy in whatever way you can, without waiting for the ideal circumstances. Is this being of any assistance to you? Is it allowing you to see things from a different perspective perhaps?

Q: Yes. Very much so.

Re-Searching Aids

Q: My question has to do with the health field I work in, specifically, AIDS research. Do you have any suggestions for what I could focus on to contribute to that effort?

B: One: unconditional love. Two: trusting of the timing. Three: the projection and teaching to all that you create your own reality. Any manifestation that you desire, what you might call a physiological substance, has been given many times in various ways. One will be the idea of substances that are in the berry family, that can be extracted to create balance in the enzymatic structure of your immune system.

Another will be the understanding that what you call your "immune system" is an extension of the brain; and that you can form a balance between the idea of the vibrational system of your immune system and the vibrational frequency of your brain. This can be done electromagnetically, similar to the devices you now have upon your planet that you would call the "magnetic resonance imaging devices" (MRI). For if they are shifted and focused in a different way, you can cause there to be a synchronization between the vibrational or frequency manifestations of your brain, and the vibrational or frequency manifestations of your immune system, thus allowing an alignment to take place in which no possible disease can exist. You may focus in this area if you wish.

Q: Yes, thank you. Not much yet has been explored with the idea of the polarization of magnetic resonance.

B: Resonance is the key to allowing an individual to be permeated within a certain kind of electro-magnetheric field and allow there to be a balancing, a restarting, a resetting back to the zero-rest-point of the body through this type of "electromagnetic guidance." The creation of an electromagnetic template that represents the ideal state of the humaniform five-fold process in your physical third dimension will allow people to take their cue from that electromagnetic field and find themselves being refocused back to that original rest state. Are you familiar with the electronic, or physics, or electromagnetic disciplines upon your planet to some degree?

Q: Yes.

B: Will you explore these further with understanding that resonance of certain frequencies, especially those that are primarily linked to the Earth, that will allow there to be an identification, or a synchronization to take place within the body, that will allow it go back to its natural state? Do you understand that the idea of all disease is the body being held out of its natural state? And if the body is allowed to be back in its natural state, there will be no disease. You understand this idea?

Q: Yes, I do. I've listened to your tapes where you were speaking about the frequency of 7.5 cycles per second.

B: Approximately, yes. It can fluctuate and generally will be found to be between 7.49 and 7.85 cycles per second.

Q: As electromagnetic... what?

B: As the Earth's frequency, yes. Any planetary frequency can be arrived at by a simple formula. You may take what you call the speed of light and you may divide into that the circumference of the planet. It will then render the approximate number that is the frequency of the planet in electromagnetic terms.

Pulsing Fields

Q: Can you elaborate on how we would go about producing a device that would do this, and would it also heal individuals that are not diseased but who have a spinal cord problem, something that we consider to be un-repairable?

B: It is possible. The idea again is to understand that all you need to do is create devices that simply pulse at that rate. The strength of the field, the way the field of electromagnetism is aligned will have much to do with it and will have much to do with which individuals are attracted to use that device. In other words, whether they feel aligned enough with the concept of the device to allow it to have an effect on them. For again, remember that all individuals are actually healing themselves. All the device is doing is acting as a trigger to allow their belief system to function in a normal or, shall we say, in a natural fashion.

But you can create electromagnetic fields through many different methodologies. It is simple. If you pulse the device at the frequency that is natural to the Earth, you are giving the individual an opportunity to feel what the natural total field of the Earth consciousness is all about. They can then relax their consciousness into aligning magnetically with the overall pulse of the field and within that field, if they allow themselves to truly go back to a zero rest point to their primary point of power in the present, with no connection to the idea of hanging onto the past or projecting to the future. If they can bring themselves to that centered meditative state within an electromagnetic field, or a field generated by crystals, or pulsating lights, or even an acoustically generated field that is being pulsed at approximately 7.5 cycles per second, then by allowing themselves to be immersed in that field and feeling empathetic vibrations with that field and allowing their vibration to match that field, anything—anything at all, any physical alteration—is possible within that state. But they must allow themselves to truly arrive at that absolute limbo state of all things being equal and no one thing standing out more than any other. Then their conscious commandment can create any physiological change they desire. You understand?

Q: Yes. For how long? And is this repeated? Could it happen fast?

B: It can happen at any rate, because it also depends upon the belief system of

the individual creating the field and upon the belief system of the individual that immerses themselves within the field. It can depend on happening at a pace that is comfortable for the unique individual involved. It will always be different, based on the interaction of the different belief systems involved in that particular creation. Does that help?

Q: Very much.

B: Also, remember to use your own imagination in how to create that field. Because if it is your desire to do so, then your imagination is specifically keyed to the way that would work best for you and the way it would work best for anyone that would be attracted to your particular methodology.

Magnetic Fields

Q: I've recently purchased a magnetic bed pad from Japan. A number of people that have used this for some period of time have reported almost miraculous health changes in their bodies.

B: Alright. Magnetic alignment can do much of that for many individuals.

Q: Well, I was wondering, from your point of view, how does this magnetic pad work? Is it in any way detrimental to our health?

B: Generally, no. Although, again, it can depend on specific belief systems. But generally, our perception is that most individuals will allow themselves to derive "benefit" as you call it from that particular experience. What it is doing is setting up a magnetic field that is pulsing at a certain rate that allows your bodily crystalline structure and atomic structure to align with the Earth's pulse of approximately 7.5 cycles per second, so it puts you in an automatic meditative state which realigns and centers you. Magnetism can do this and this is why we have said that you will begin to discover, as some of you already have, that some of your medical magnetic resonance imaging [MRI] devices are not only good for diagnosis, but also for "the cure" as well.

Q: Meaning resonating or pulsed magnetic fields have useful applications for people who have AIDS? Or for other diseases?

B: They can, yes. Any individual who can magnetically align and center themselves with the blue-white electromagnetic field of your planet, in that blended and balanced state—what might be called "the idealized blueprint state" cannot contain any disease of any nature at all.

Q: So, while one is laying on this pad it would be like being "way out" away from all the electromagnetic flux?

B: No, no, no. It will be being way in—not way out. It will be being the electromagnetic pulse itself. It will be homogenization, so that no one idea stands out above any other. All equal—no one fragment stands out, no one

compartment, no one portion of yourself stands out any more than any other portion. You literally become liquid light, blue electromagnetic liquid light. Then you can recrystallize yourself in whatever format is most representative of the strongest belief system within you at that point.

Q: Our Western science provides many medicines that have a dramatic impact on people's physical bodies, like novocaine, where pain goes away almost instantaneously. Now, looking at things from that point of view it seems to me the magnetic bed might be having as dramatic an effect on people's mental, spiritual and emotional bodies.

B: Of course. As we have said, it is aligning the whole idea. It brings it all into "One Here-and-Now" connection point. That's why everything else becomes more vivid. Because what was formerly distant and dim realizations of some non-physical reality are brought immediately into real focus, in true living color. Understand?

Q: Yes. So this will help increase peoples' vibratory frequency, or just center them?

B: Generally, yes. Although again, an individual can do with it what they wish to. If they are focused into negativity it can accelerate some of that. Generally speaking, most individuals will receive some benefit from it. And in the overall sense, even if the magnetic alignment allows them to amplify the negative portion of themselves, that can still be of benefit since it gives them an opportunity to face things they need to integrate within themselves. It can be very grounding in that sense and it can allow them to really begin to relate to the magnetic pulse of the crystalline Earth.

Q: Some individuals said they have very different dream patterns when they sleep on the magnetic sleep pad. Can you elaborate more on the effect on people's dream realities?

B: Well, the dream reality and the physical reality are simply different expressions of the same one reality. So as you align and center yourself in the balance point between both, then you are more in touch with the physical reality as a dream and the dream reality as real. You increase and create to be more vivid your experiences in the dream reality—and create to be more dream-like your experiences in physical reality. Understand?

No One Size Fits All

Q: Well, a couple of people who have seen the magnetic bed or experienced it have absolutely and categorically rejected it. Why is that? Is that because on some level they know they might have to have to face some things?

B: To some degree, sometimes, yes. It might be a little too raw of an energy for them at this point, or they may feel they went into it without a buffer. For others, the idea might appear to threaten their belief system perhaps on an

unconscious level; there can be many reasons. And, not every tool is for every person. It is also as simple as that.

Right Use of Will

Q: I personally am experiencing a physical illness and I wanted to know if I can call upon my multidimensional selves to heal this body, and how to go about it. Any suggestions?

B: Yes, you can do that, it can be done. At this moment we don't have enough time to explore all the different belief systems within you that might be preventing you from allowing yourself to do that, but it can be done.

One suggestion we have will be to explore the information in the book *The Right Use of Will*. Do understand that all dis-ease is a "holding the self out of one's center." But you can learn from it. If it is the way you think you have to learn something, you will create the disease so you can learn, so you can release. Acknowledge that you have created it; don't deny it. Don't be in denial about it. You can do. It can be done.

Right now we would suggest that you take a deep breath, as deep as you can...slowly, completely and purely. One of the strongest ways to center yourself and release disease is by learning how to breathe, which very few of you know how to do, as automatic as it is. Learn how to breathe from your center. That will go a long way towards eliminating disease in your body of any kind. That is the first step. As you breathe fully, open up to attracting information and help on all levels to bring you information that will help alleviate the difficulty you are having. Attract individuals to make suggestions to you. Choose which feels best to you—do not just take anyone's word for it. Do not be overly cynical as well. Open yourself up to know that the Universe is supporting you and will send you all the information you need. Pick and choose what feels best to you. But breathe, breathe, breathe. Take your time. Be at ease. Breathe.

Q: Yes. I heard a lot about increasing our vibrations. Are there physical exercises and things we can do, aside from mediation?

B: The breathing will help in that direction as well, because as you center, your vibration will rise. Anytime that you feel that you wish to help heal someone, your vibration will rise. What gives you joy in life? The doing of that will raise your vibration.

Q: I came here with my 12-year-old son. He has been suffering mentally.

B: In what way?

Q: He may be able to tell you how it is.

B: Alright, please do.

Q: [her son speaking] Good to see you. B: And you as well.

Q: About two years ago I started to be afraid of someone attacking me, and that something might fall from the wall, and that fear has control over me.

B: Oh, control over you. I see.

Q: And my mind is full of that fear.

B: Oh, alright.

Q: I was afraid of uncleanliness.

B: Uncleanliness. Can you define that more precisely?

Q: It has to do with sex.

B: Sex, alright.

Q: And also in the home. If I touch the floor, I have to wash my hands.

B: I see.

Q: And when I take off my shoes I wash my hands. B: Oh, alright.

Q: And at school we had this judo and I didn't want to take the judo course, so I stopped going to school.

B: Alright.

Q: And this stopped gradually, but then I became afraid of being too high.

B: Oh, alright, alright. May I interrupt you for a moment?

Q: Yes.

B: Oh, thank you very much. You are obviously very sensitized to different levels of energy around you. It is all right to be sensitive to these different levels of energy. But before we continue, I would like to ask you a question. Have you been absorbing what it is we have already been discussing this day of your time, about you being the creator of your reality through your beliefs? Have you been able to apply any of that to your situation so far?

Q: Will you repeat that again?

B: Have you been able to apply any of what we have already discussed to your specific situation so far?

Q: Yes, I think I can.

B: Alright. Now, let us proceed in the following manner. Allow me to remind you that when an individual begins to expand their consciousness, they become more aware of everything there is— positive and negative. Your misunderstanding is to think that just "being aware" of negativity means it is more likely to manifest in your physical reality.

Q: [the mother] What's that again?

B: His misunderstanding is to assume that just the act of being aware of negativity means it is more likely to actually manifest. As you expand your consciousness you have to become more aware of the positive and the negative, because both are aspects of Creation. However, you need to understand that the things you are aware of do not have "a mind of their own" in terms of the situations themselves. Recognize that there may be individual consciousnesses, physical and non-physical, that may have a negative direction to their energy. But just being aware of them does not attract them into manifestation. Manifestation of events in your reality are the result of strong emotional attachment, one way or another. Strong positive emotions, joy and ecstasy, manifest the positive ideas.

Strong negative emotions, fear and guilt, manifest the negative realities. Emotion, strong emotional attachment, is the activation device. So what you require perhaps is a state of "attached detachment."

Q: [the son] I'm gradually becoming like that and I'm now in a better state.

The Library

B: Alright. But we're not finished yet. We will use what we have used many times; we call it "The Library Analogy." It goes as follows. You can go into a library and you can read all the books on the shelves. You can spend hours reading the very enjoyable books and being very excited and happy. You can spend hours reading all the very scary books. The only book, however, that "goes home with you" is the one you consciously checkout of the library; all the rest stay on the shelves. Do you understand the symbolism? You can view all the ideas in Creation, positive and negative; you can become aware of the most wondrous things and the most horrifying things. But what will manifest in your individual personal reality is what you decide will manifest. Also, you are a natural being, you are a part of Nature, are you not?

Q: Yes.

B: So how can you be unclean? Q: It's impossible.

B: Thank you very much; we have a suggestion for you. Do you like green growing things?

Q: Yes, I like them very much.

B: Can you feel the richness of their energy?

Q: I think I can.

p. Can you feel the fertility of their energy?

Q: Yes.

B: Then we would suggest that you can allow Nature to assist you to know that you belong as a natural being. In the following way, take your bare hands, or your bare feet and walk in rich, dark Earth. The richer the soil, the better. Allow yourself to place your hands in that soil and feel yourself to be one of those natural growing beings—supported by the Earth, loved by the Earth, nurtured by the Earth. If the things you know are best about yourself were truly "unnatural" you would not exist. Cry in the soil; breathe in the soil; laugh in the soil. You will be son, father and grandfather. You will be daughter, mother and grandmother. You will know your connection to the Earth and it will support you. You are an aspect of the Infinite; you are made of living light. Act like it because it gives you joy. Does this assist you?

Q: Yes, I think it did assist me.

B: Well, thank you my human friend. Blessings to you.

Q: Thank you very much. But I think I try too hard to balance myself.

B: But you do not have to "try to balance." If you do the thing you love to do in the way you love to do it, you will be balanced. Understand, when we say, "do what excites you the most" that includes the most exciting way to do it, at a pace that is comfortable. If you are doing something that excites you but you are not doing it in the way that excites you, then you are not doing the thing that excites you the most. And then you are not balanced. Do you understand what I am saying?

Q: Yes, but my little companions are talking to me, feeling anxiety.

B: Yes. What are they chattering about?

Q: Oh, making a fool out of myself, or...

B: Oh, making a fool out of yourself! Let me suggest something to you. Making a fool out of yourself can very often be a far more worthwhile occupation than many of you are willing to suffer through. For a fool makes other laugh and that is truly healing.

The Nature of Anger

Q: I've been working with someone who is having a very difficult time with a molestation that occurred when she was eleven years old. I am wondering if

you might be able to give me some other ways, besides what I have already done.

B: Are they freely acknowledging how angry they are about that?

Q: Yes.

B: Are they willing to express it as fully as they wish to?

Q: Yes.

B: Are they willing to recreate the incident, by saying now what they wish they could have said then? By expressing themselves while they are angry, by saying what they wanted to have said then to the other person?

Q: I believe they would be willing to do that.

B: Do it. They have to get it out of their system. When we say experience it, we mean experience it. Feel it. Say it. Say what you wanted to have said. You must get the whole expression out. The expression hasn't gotten out. The anger is it. They may be willing to say, "Yes, I'm angry." Well, how angry are you? "I am angry enough to have said this..." Well, say it. The whole act must be there in order for them to really feel the experience, and then they can do many different things from that point forward. But once they have truly expressed what they felt they never could say, then they will be at a point where they can pick and choose where they wish to go from that point, and they will have released a great portion of that block. From that point forth they can do a number of things. They could recreate the entire scenario. They can express what they would have preferred that person to have said or done, rather than what that person actually did or said. They can reinvent the entire childhood and know it is a real new childhood; they are redefining themselves. And as they redefine the child, they will redefine the adult. They will become a new person, literally. That is another way; there are many other ways. But the key to all of this is that they must truly express the whole experience. Understand? In a place of safety and in a way that does not hurt anyone else.

Q: Yes, I feel I can create that. Thanks.

Q: My daughter is in her early 20's and is losing her hair. I believe it's stress from holding onto her anger and feelings about her father. Is there something that you can tell her?

B: Where does she wish to be? What place upon the planet would suit her best?

Q: I haven't asked her that.

B: Ask her. There is a place that can nurture her, support her and allow her to feel that she is more at one with Nature to replenish herself.

Q: But she's totally immersed in the material world.

B: Yes. That may be the difficulty. There is not much more we can go into without her being present right now. But our first suggestion is that there is a place that she needs to be that would be far more nurturing for her energy than where she is. And that nurturing will be important for her to retain sustenance and support her physical structure. The paradox is that she is so absorbed in the idea of physical materiality that she is actually dis-assembling herself, by disconnecting herself from the true source of support...Nature... and her natural self. Again, without her being present, this is all we can share for now.

Weighting

Q: I've been trying to lose weight for a good 10 years now and I just wondered if you might share any insight as to why I'm hanging onto the extra weight.

B: Alright, to be brief, we have discussed many times the idea of "waiting" to do what excites you and, therefore, literally retaining weight. Are you doing the thing that excites you the most in life? We will begin with this particular approach. Yes or no?

Q; Probably not."

B: Probably not. You're not sure?

Q: Well, I'll say no.

B: Alright. Why not? Why are you waiting to do it? You see, the idea in some sense has a literal connotation in your language about "waiting." Because if you have all this energy as a creator and you are keeping it pent up, then many times that energy will convert into mass. But if you do what excites you the most it converts from mass back to energy and you are not "weight-ing" anymore. You understand?

Q: Yes.

B: What is preventing you from acting on the thing that excites you? Do you know what would excite you the most to do?

Q: No. But I feel that what I'm doing gives me security.

B: Security? Security...alright. It gives you security to continue to have a life of doing what you do not want to do. Yes, it gives you that security. Is that the type of security you wish?

Q: Well, I guess I did it to feel secure.

B: Alright. You did, and for then that was fine. But obviously you are now questioning it. Which means you may not want it anymore. Do you understand

that the issue is, if you really do what excites you the most that is the most secure thing you can do, because that is the thing which is most you and therefore, the thing that will be able to really support you most effortlessly? Do you understand that principle?

Q: Yes, I understand.

B: Alright. Do you think you understand enough to act on that principle, to act as if that principle could be, just maybe, true for you too? Or do you think you might be an exception out of all the beings in the Universe that it would not work for you?

Q: No...

B: Did you just sigh? That's a "letting go"...a kind of release.

Q: Well, I am losing weight very slowly, but it's taking a while.

B: I beg your pardon. Q: It's taking a while.

B: Alright. Now, say it this way: "I prefer to lose weight!"

Q: [quietly] I prefer to lose weight...

B: No, no.no. More like "I PREFER TO LOSE WEIGHT!"

Q: I prefer to lose weight.

B: I PREFER TO LOSE WEIGHT.

Q: I PREFER to lose weight.

B: I prefer to LOSE. . .WAIT!

Q: I prefer to lose.. .wait?

B: "I prefer to lose. . .WAIT." actually means, "No, I don't." Catching on? See why it's taking a long time? Say it.

Q: And it's taking a long time.

B: AND it's TAKING A LONG TIME.

Q: And it's taking a long time.

B: What element in the channel's voice is missing from yours? "I PREFER TO LOSE WEIGHT and IT'S TAKING A LONG TIME."

Q: Enthusiasm?

B: And pride.

Q: Pride?

B: Yes. Be proud of who you are, no matter who you are. You understand? Do the things you really prefer to do, to the best of your ability as you can do them now. You do not have to wait until you lose weight before you do the things you can do now. Start doing them now and you will lose the weight.

Already Important

Q: Coming into this lifetime, I made a choice to take on a disease in this body and I want to re-choose.

B: Alright. What is the nature of this dis-ease? What have been the actual physiological effects?

Q: Neurological deterioration, muscle weakness, imbalance. Some necessary surgeries.

B: Alright. Have you felt that anything that you have done has assisted you in any way, or has it continued to deteriorate? Have you been able to slow down the process or change the process at all?

Q; I don't know what to compare it to.

B: Alright. Then I'll ask you another question. What has having had this disease allowed you to think, feel and experience about yourself? What have you learned about yourself by having this disease? What have you learned about your desires and wishes? What have you learned about the things in life that could excite you? What have you learned about who you are and what you wish to be by having had this experience?

Q: To learn and to grow?

B: Has your condition allowed you to look at things that other people don't necessarily take the time to look at? What have you looked at? Where has your focus been?

Q: It's had a lot to do with prioritizing.

B: Yes. And what is your chief priority?

Q: To be healthy.

B: To be healthy. And for what purpose?

Q: No, no, no, no, no.

B: No, no, no, what?

Q: No. That response is inaccurate.

B: Alright. What is the accurate answer? Take your time.

Q: To be important.

B: To be important. In what way? To whom?

Q: To me and to others.

B: To you and to others. Important to others in what way?

Q: That perhaps I can teach and guide.

B: Guide whom? Teach what?

Q: Myself and others. Compassion.

B: Compassion. In what form of expression? What will you say? How will you teach this? How will you help to heal others, and in healing others, heal yourself? How do you wish to express this compassion, this healing, this sharing? What way excites you? What methodology has your imagination come up with to share what you wish to share about compassion with others? How do you want to go about it? First of all, does it excite you to do this? Does it excite you to think about the idea of teaching compassion to others?

Q: Yes and no.

B: Yes and no. Alright. What is the yes and what is the no?

Q: Teaching is exciting.

B: Why?

Q: Well, again, it's back to being important. That perhaps I know something that someone else doesn't know. And that I can be a resource to others and to myself.

B: You can be a resource to others. Alright. And why is it not exciting? What's the "no"?

Q: Well, I think because sometimes for me, compassion gets confused with sympathy, or empathy, or pity.

B: Alright. You can have empathy. You can have empathy in your compassion. Sympathy, no. Pity, no. Empathy, yes.

Q: Okay.

B: Empathizing is simply synchronizing your vibration with another individual's

so that you can understand them. You can understand their experiences. You can understand what they are going through so that perhaps you can assist them in re-guiding their energy back to the place they wish to be. So empathy can be a tool of teaching, yes. Not sympathy in the sense of reinforcing their misery. Not pity in the sense of judging them. But empathy, yes. You understand?

Q: Yes.

B: Now, you do not have to have sympathy. You do not have to have pity. Does it relieve you to know you do not have to have these things?

Q: Yeah.

B: There is no reason for you to buy into the concept of the pity and the sympathy, which after all in many ways on many levels is only your expression of self-pity, self-sympathy. Empathy, yes. Let them empathize with you. You empathize with them. That's the healthy side of recognition, of identification, not the unhealthy side. You cannot feel sorry for them and therefore, you cannot feel sorry for yourself.

If you wish to teach, teach because what you have chosen in life has given you the opportunity to teach, to share with others what you have learned from your experience in life. Even if it concerns the concept of dis-ease. Perhaps you have learned that so you could attract to yourself individuals who are similarly dis-eased and together perhaps, heal each other. You, in the teaching, in the sharing; them, in the learning.

But remember, teaching is also learning. Learning is also teaching. This issue of being important can have a negative ego side and a positive ego side. When you recognize that you are already important because you exist, then you need not really attach any further importance on top of that. Whatever it is you have to share as a unique individual must be critical, must be important, or you wouldn't exist. For there are no extraneous creations in existence.

Therefore, if you do exist then you have something to do. You have something to say. You have something to share. Obviously, by definition, you must be important. You must be critical to the overall picture of All That Is. So you can relax on this issue of having to be important, because you're already important and you cannot get any more important than you already are. Understand?

Q: Yes.

B: Relax into the service itself that you want to provide, knowing beyond a shadow of a doubt that since you're already as important as you could ever possibly be, whatever it is you have to share with other people will be received on the level that it needs to be received upon. You will attract exactly who you need to attract and they will receive from you exactly what they need to receive, and you will receive what you need to receive. In knowing that, in just knowing that, by doing the thing that excites you the most, you yourself will not only be healing them—actually, allowing them to heal themselves—you will also be

allowing them to heal you in the combined interaction.

But you must do the thing that you know you must do. You must follow your excitement. You must give into your passion. No need for sympathy. No need for pity, either towards them or towards yourself. You are important because you exist. What you have to share is important because it's what you desire to share. It will have impact. It will have effect. If it didn't, you wouldn't want to do it. It wouldn't be your desire, it wouldn't be your passion. It wouldn't be your excitement. It wouldn't exist within you, even as the seed of an idea, if it were not critical for you to express yourself that way. And in that expression, you can heal yourself. Understand?

Q: I think so.

B: Do you "think so" meaning you are not sure? Q: That's not exactly the way I expected it to be. B: How did you expect it to be?

Q: That it would be some process or venture I would do on my own, or drawing other resources to me and then sharing that process.

B: Yes. But I think you are misunderstanding something. When you start moving, when you start acting in the direction of the big picture that excites you, all the details which are the processes and the opportunities and the encounters and the substances and the remedies and this and that and the other thing that you are referring to will all automatically be attracted into your life in the right place and the right time, because all those things are the details that fill out the big picture that you know is the thing which excites you the most. All those details and processes are subordinate to the big picture, not the other way around.

If you move in the direction of acting on the thing that excites you at any given moment, that is representative of your excitement that you can act upon, it will automatically lure you into the proper process and circumstances that will bring you the knowledge and the information you need to heal yourself and to share with others to heal them. Focus on the big picture and move in that direction in whatever way you can—now— without necessarily waiting around for all the pieces of the puzzle to be there.

By making the movement in whatever way you can, that's what puts into motion all the pieces to allow them to come together and support the big picture that you have moved in the direction of. Do you understand the mechanism we are describing? You are putting the cart before the horse as you say in your language. You must turn this around. It is not "seeing is believing", it is "believing is seeing"—just the opposite of what you as a society normally think.

Q: You mean, change my thoughts?

B: You must act in a completely different manner. You must act like the person you want to become, now, in order to become that person in actuality, in manifestation, in circumstance, in opportunity, in situation. You must see yourself as the person you want to become and you must act like you see that

person acting, and do the things you see that person doing in your vision, in order to have the vibration of health that person in your vision has. And thus, attract the situations into your life to give that person the knowledge that person needs to teach it to other people.

Q: How do I have my body do something that it is not capable of doing that I want it to do?

B: You do whatever you can do. You do the most exciting thing you can do at this moment and that is what will expand you to give you an opportunity to attract you to an opportunity to do something more expanded. And to bit, by bit, by bit, build you back up; by attracting you perhaps to a situation where somebody will give you something that will help you, either an herbal remedy or an informational source from a book, or an exercise or a meditation, or this or that, or many other things. By acting on your excitement in whatever way you can, by following that thread of excitement, you will attract yourself into the appropriate circumstances that will expand you and in the next moment allow you to do more...and more and more and more. Understand?

Q: So this is process going to be step-by-step, piece-by-piece?

B: It can be, or it can be instantaneous. Depending upon the degree your beliefs are willing to allow it to be spontaneous. That's up to you. But if it is a step-by-step process, you can still move in that direction. The way to move in that direction is to act now in whatever way you have the capacity to act in the direction of whatever it is that is the most exciting thing you could be doing at this moment, and nothing but that thing.

That will lead you into the next situation that will make it obvious as to what the next most exciting thing will be. Then when that becomes apparent, do it. And when the next most exciting thing becomes apparent—whether it seems physically connected on the surface to the last thing you did or not—if it feels like the most exciting you could do at that moment that you're capable of doing, do it! Without question, without hesitation. Do it with integrity, to the best of your ability. With compassion. Do it. Alright?

Q: Okay.

B: That is what will energize you and rebuild your communication network within—which is after all, what your nerves represent. You are cut-off from communicating with your higher self. All you need to do is start acting like the higher self and you will re-knit your communication network. Understand?

Q: Yes.

B: Action and energy: they are one and the same thing. You are made of energy. Act like it and you will be energized and, in a sense, repaired and healed. A bit at a time or quickly, it is up to you. But do what excites you because that vibration, the vibration you call excitement, is the vibration necessary to heal you. If you're not staying in your excitement, if you're not staying in your passion, if you're not staying in your joy, you are not giving

yourself the best possible medication you could ever receive. You're not staying in the frequency of your healthy self.

Q: But there's times when I go through periods where I feel like I have to take it real easy and real slow, that I have to conserve energy.

B: That's alright. I'm not saying that to be in your excitement that you have to jump up and down 24 hours a day. You can be in your peaceful self, your balanced self. But remain in the direction of the thing that gives you joy...ONLY..only. That's your prescription. Stay in that energy, only. Whether it is experienced by you as a peaceful state or an excited, energized state, doesn't really matter. As long as you remain in that frequency, pointing in that direction. And remember, when you say, "There are times when I this. There are times when I that." That's past tense. That's the old you. That's not the "new you" that you will become every single moment. Remember that the old you has nothing to do with the new you, except as much as you say it does. So when you say, "I have a tendency to do this. I have a tendency to do that," recognize that what you are doing is creating that tendency in the present, when you don't actually want it to be there anymore. Understand? Does this help you?

Q: Uh-huh. I think so.

B: You're still not sure...

Q: [laughing] out. It can allow you to feel more energized. And then you can go into a more natural cycle from that point forward. Again, these are simply suggestions for you to explore. It is not telling you that "you must do it this way."

Oxygenating the Body

There are also many forms of healing now being understood that relate to the molecule of oxygen. These are the clues, these are the cues: oxygen is the key to many different things and also the element gold. There are certain energies that could be adapted through the use of oxygenation and gold that would allow the body to realign and attain a sense and degree of longevity and imperviousness to certain ideas of disease.

You must understand the cause of AIDS in the sense of philosophically, metaphysically and energetically. As we have said, the idea is that your society has for a long time built up around itself a type of barrier of all the negative things it has feared to face. Now that you are examining those things, that barrier is dropping away. You are losing your barrier to these things and as such, this is being reflected in your physiological form as a dropping away of the immunological system that protects you from things you are afraid to face, from processes you are afraid to integrate. Primarily, especially in your society, the integration, blending and balancing of the male and female aspects within each and every individual.

Overall, the idea is you will find that oxygenation and all ideas surrounding the electromagnetic vibration of the oxygen molecule will contain what you would recognize as a realignment of the body that could be called a cure for AIDS, or any disease whatsoever. You follow? Have a good time with your exploration of these ideas.

Electro-Magnetheric Blue

Another symbol that may act as a functional reflection for individuals in your society is a two-fold symbol: The first aspect being, to imagine and envision a bluish transparent energy sphere all around the individual and imagine that the individual immersed within the sphere is actually a part of the sphere, homogeneous with it; that the sphere is an extension of them.

If they are willing to allow the entire sphere, plus the body they think they are to become homogeneous with the sphere—and not perceive there to be any area of the whole sphere that has any more or less power than any other area of the sphere—they can mentally balance their electromagnetic flow and become a conduit that allows there to be a balance of the positive and negative energy within the physiological electrochemical system of the body; the "biological battery" that you are.

Q: My wife has a disease, but it is not registered as a disease. It's a disturbance of the autonomic nervous system. The symptoms are that she gets really tired if she goes out; she gets headaches and feels nauseous.

B: Alright. There may be certain herbal compounds which can be of assistance to this individual, but they may affect her system in a very strong way now because she is so delicate. First, an energy change may be necessary and again, we would simply recommend the following meditation.

Have this individual lie down in a comfortable position and in her imagination, allow herself to create what she would call her place of perfect peace. It does not matter where it is, when it is or what it is, as long as it represents energy and relaxation to her. Allow her to develop a very rhythmic, even, deep breathing pattern as she relaxes in her place of peace. As she breathes, allow her to begin to imagine that her body is surrounded by a bright blue transparent crystalline sphere of energy. It should extend at least one to three feet above the head, one to three feet below the feet. It should be a complete sphere, so even if she is lying on the ground, have her imagine that it goes under her body through the ground.

Have her then imagine that this sphere, even though it is transparent and she can see through it, is now filling with liquid blue light. Allow her to imagine that she is beginning to breathe that liquid in, and out. Allow her to imagine that now every single pore in the body is absorbing the liquid light. Allow her to imagine that every single cell in the body is soaking up the liquid light to the full capacity that it can. Allow her to imagine the cool invigorating electricity that

the liquid light imparts to her body. Allow her to imagine that her body is absolutely saturated with the liquid light, through and through. Allow her now to feel its electricity running through her body—aligning all her nerves, aligning all her cells, aligning her atomic structure into a crystalline pattern—until she feels the energy flowing through her faster and faster without any resistance whatsoever.

Allow her to feel the energy going from her feet all the way up through and out the top of her head, and around back through her feet, around and around again. As it is going that way allow her to imagine that there is an energy field, a magnetic field, going around the length of her body, spinning in a clockwise direction and going down from her head to her feet.

And then allow her body in her imagination to begin to dissolve into the blue liquid light, until there is no image of the body left but simply she is the sphere itself, full of vibrating electromagnetic energy where no one part of the sphere stands out from any other part. It is one homogenous energy breathing and beating as one.

Then allow her to imagine a small, single crystalline seed forming at the center of the sphere. It is a bright, transparent, clear crystal. Allow it to grow and grow and grow back into the form of a body. Allow her to observe: this is a new body, a clear body, a body that is energized and made of living light itself. Have her feel the expansion in her imagination of this new energy body, it is connected to all light in Creation. Tell her now to breathe in the new body, and connect that body to the physical Earth in which she exists.

Now, in her imagination, allow the blue sphere around the new body to expand and disperse, becoming the reality around her. And at this point have her to remind herself of the following thing: consciousness is not "in" the body, the body is within your consciousness. Tell her to breathe deeply and freely, full of life and joy. She can do this once in the morning and once in the evening. If she wishes, she can add it once in the afternoon as well, but no more than three times a day for about ten of your minutes. By the way, any and all of you can use this for any type of alignment you so desire. It is a very, very powerful tool.

Healing Tones

The second aspect which may assist an individual in a state of relaxation—what you call meditation or going within—can be aided, as we perceive for this individual and many individuals, with the following tool: the simple striking of a clear and resonant bell, allowing the tone that is perceived from that bell to wash over and through the individual to begin to familiarize them with the energy state of vibration that they actually are as a person... for a person is energy, is consciousness.

The tone can assist in aligning all portions of the consciousness by giving all the portions of the consciousness one pattern to listen to. All portions can then

focus on that one pattern and that may allow for an unconsciously aware alignment to take place. Then in that state of meditation, of centering, they can take advantage of that state by imposing the picture they desire of themselves to be upon themselves, knowing that it can manifest as quickly and instantaneously as they believe that it can.

Do recognize this: the idea of any individual you are willing to assist who you attract to you, and that individual's co-creation of the attraction of someone willing to assist them, means that obviously both of you feel you do belong together and do need to interact in whatever ways your imagination is willing to come up with. Every single thing you do, whether you find it changeable or not is there for a reason and is a part of the overall process.

Trust your feeling; trust your intuition. Do what excites you the most and always, simply share your unconditional love. Trust that you will be being of service in the best possible way to that individual that you need to be, because it is no accident that you are in each other's lives. There are no "accidents".

The Art of Healing

Now, the idea of applying this on a large scale in your world also can come in many forms and many already exist upon your planet. Many of these ideas of healing are directly connected to issues we have discussed concerning peace and harmony. So the idea of creating objects that reflect the idea of peace and harmony, and sharing those objects with your planet will allow that vibration to, in a sense, "remotely" allow them to change.

One of the ideas that already exists upon your planet is a project that was created by a group of people called the Peace Pole Project. Some of you may already be familiar with this idea. It is simply one way, one idea, and a very beneficial idea it is. It is simply a wooden pole that says in different languages "May peace prevail on Earth." And the wooden pole is planted in the ground standing upright like an antenna, like an advertisement for the idea of peace. Understand it really does have an effect because just the fact that it is there, it gives off a certain vibration.

It causes a certain reaction in all people who see it. So does art; it can do the same thing in many ways.

So, one idea is to increase your ability to produce objects of harmony, objects of health, objects of peace, and display them openly around the entire world. If enough of these monuments to peace and healing exist, well, maybe there won't be any room left in which to fight. If every building is built along principles of healing and balanced energy, then the vibration will permeate the places that you live, the places that you work.

Now, these principles have been understood for quite some time upon your planet, but in this day and age many more artisans and architects are understanding the concept of the golden ratio, golden proportions. It is the same idea of natural reflections that we spoke of before. Certain proportions are naturally reflective of vibrations that are naturally balancing and naturally centering. If you therefore incorporate these proportions into everything that you do, if you follow the natural "template of nature" then everything will contain a vibration that promotes healing and balance. Your entire world can be as if you are living truly inside your art, because it is living inside of you and all you have to do is let it out and create a healing.

Power Spots

There are many places on your planet that are called "power vortex points"; very strong electromagnetic aligning energies are in those areas of your planet. When you go to those places you feel yourself immersed in the frequency of those areas. You can allow the energy of the place to align you if you match its vibration. Then anywhere you go on Earth, if you create that vibration, then that place will be where you are and all that are with you can feel the energy of that place. You will be like an extension of that energy spot. All you have to do is use your imagination and allow yourself to feel like you felt when you were in that energy spot and you will then be that vibration. This can be a way to prepare yourself before you choose to do a healing with someone else.

You can do the same thing if you wish to create any form of art. You can re-create that vibration and then create the form of art that you feel is representative of that vibration. Then that piece of art will have that vibration locked into it.

For example, if you know that your Mount Fuji or your Mount Shasta area is one of the power spots of the planet, you can create that vibration in anything you do. If your artwork then creates the vibration of that place all who come in contact with your artwork will be standing in the vibration of Fuji. Nature is always very balancing, very healing. Take advantage of the vibrations it provides for you. Many of you already understand that to gaze upon a beautiful tree or a beautiful flower creates a healing vibration, a centering within you.

So understand that when you see representations in art of objects that have a certain feeling, then the vibration of that object is really there. This goes hand-in-hand with what we discussed before about the world being a metaphor, a symbol. You can use the idea of the metaphor, or the symbol, to actually create a healing and balancing vibration because all physical objects have a unique vibration. And even a symbolic representation of that physical object has the vibration of that object in a specific way.

You see, you are creating physical reality anyway. A physical object is already only a symbol of a vibration within your consciousness. So in some ways there really is not much difference between the vibration of a tree and the vibration of

a painting of the same tree. You can work with your symbols in this way to generate a balancing atmosphere, even if you are not in physical proximity to the actual object that is represented by the symbology that you choose.

In the past this-understanding was called "sympathetic magic" in the sense of creating a sympathetic vibration in model form, or in a symbolic form, that actually has the vibration of the real thing. Therefore, making a connection to that thing from a distance because you actually have the vibration of that thing in symbolic form. Magic is simply the ability to truly transform your belief system and transform your reality around you in a very conscious way. Then, telepathically transmitting to other individuals the vibration of that change so that they, if they choose to, can experience that change as well in their reality. Sympathetic magic. There is nothing mysterious about this. It is only the "physics" of consciousness.

So allow yourself to understand: it is all a matter of your vibration. Heal yourselves, heal everyone, by being the fullest "you" you can be. Then if you are in balance, you can allow others through sympathetic vibration to be in balance with you directly, or through your artwork and creativity.

Planetary Fluctuations

Before we continue allow us to address something we feel is of concern to a few individuals. There are many fluctuations going on in the electromagnetic field of your planet at this time and many individuals who are becoming increasingly sensitive may feel this energy in their bodies in certain ways that are painful from time to time.

If it will ease your fears, by all means, seek your own medical practitioner's advice to make sure nothing is wrong with you. But if you are simply becoming increasingly sensitive to that energy, in all likelihood they will not find anything wrong with you. Learn to center yourselves with the idea that you do not have to experience the fluctuations as pain. But now and then, you may. Simply understand there are many things your civilization has to process through itself, and therefore, sometimes it may manifest as pains and aches here and there, especially in the heart and the head. As the new energy comes through, if you are not used to it, you may believe it will cause you difficulty. Your uncertainty and your doubt can cause the energy to translate in your body as pain.

Relax. Allow yourselves once again to breathe easily, breathe fully of life. Always take heart in the memory that you are choosing to change in this way; the more you remember it is your choice, the less painful it will be. Because the more you remember it is your choice, the less uncertain you will be. We will radiate a soothing energy throughout this interaction; you may use it in any way, shape or form your imagination desires. Some of you may simply require what is called "grounding." This can be accomplished in a number of ways; of course, your imagination can always be a flawless guide to tell you what will work best for you.

1-2-3

Three other ways we will suggest. One is to avail yourself of the mineral called "hematite". It is very magnetically grounding. Sometimes when many of you begin to deal with higher energies your feet have a tendency to leave the ground. When you break that connection, when you imbalance yourself in that way, that can also cause extra sensitivity and pain.

The second way is to simply identify more strongly with the Nature around you—take walks in the woods, in the streams, in the Earth. Become grounded in your physical experience, with your senses. Breathe in the air, feel the Earth, hug a tree.

The third way is to allow yourself some enjoyable physical action that can very much help focus you in physiological meditations of a different type. One that you may find works very well—and we do not mean to exert yourself—is to do the following thing: take a very nice large thick piece of wood, take a lot of nails and pound them with a hammer into the wood in whatever pattern you desire. Become involved in the physical action and feel the flow of the physical activity. Or, perhaps sexual intimacy will do. We can now continue with questions if you like.

Bending Space and Time

Q: I was wondering if there might be an image or model where we could affect the aging process?

B: Live in the moment. The more you live in the moment, the more you become absorbed, literally, absorbed in doing what you love to do, the less you will age. All of you know the experience of "time flies" when you are having fun. You know that time isn't really flying. And in all reality, it isn't that you are just ignoring the passage of time. You create time. And when you do something that allows you to be so focused that you can come out of it and say, "Oh, many hours have passed, where did the time go?" you actually did not create that time, literally. If you feel that you have only experienced about one half hour when perhaps to the rest of the world three hours went by, you actually only aged one half hour.

Living in the moment, staying in the moment. Following your excitement and staying in that vibration unlocks you from the Time Matrix and allows you to experience yourself as relatively ageless. Now, the idea is, when you realize that three hours have passed, what you are simply doing is, automatically and by choice, reconnecting yourself to the time stream that all of you have agreed to share, because you don't want to completely divorce yourself from that matrix. Otherwise, you will not be able to interact with many other people on your planet at this time. But the more all of you live in the moment, the more you will be able to interact in the "Now" and the less aging you will experience,

because you are literally creating less time. When you stay in the moment you are creating less details, you are allowing yourself to see the big picture of what you are doing, and allowing your higher self to allow the details to be opened and positioned automatically. You don't have to "fragment" your consciousness to take care of "worrying about all the details" or trying to juggle all the details into place. The fewer details you pay attention to in that fashion, the less time you will need to get done what you need to get done. You follow? Does that model work for you?

Time Out

Q: Yes, quite a bit. I was also wondering about when we are asleep. Do we actually physically age at a slower rate then?

B: Yes, because you are living in the Now. What you call or remember as a "dream" is more your natural state. Remember, you are dreaming right now. You are dreaming "physical reality." Though you experience physical reality to seem to be more truly the "real" you, recognize that your physical reality is actually more truly "the dream"—the dream of time and space. When you awaken you will not necessarily experience time and space as much.

The idea is to learn to be childlike; to learn to live in the Now. Because the more you live in the Now, then the less time you create. And the less time you experience, the less time will age you. You understand? It will create an agelessness within you. And if there is a purpose in doing so, you will then allow yourself to exist in a more Eternal Now and you will experience what colloquially would be perceived as a longer time span, although that's not exactly what's happening, because time is your illusion.

The idea is as if you are, this is perhaps a limitation of the language, but it is more like you are "skipping over moments". You are not experiencing as many "time moments". You are removing yourself and reinserting yourself at different places in time, so that to everyone else still lodged in time it seems as if you have lived longer than the normal time span, but you really haven't per se. You have experienced Eternalness, the idea of the suspension or the dissolution of time, and you have accomplished more within the Eternal Now. Because, when you are not guided by time you can accomplish all things simultaneously, or more simultaneously than you used to.

The effect can be that you look the same but are actually much older. Your experience of living longer in no way, shape or form is hinged on someone else's acceptance that that can be so. It is only hinged on your acceptance that that can be so and is proper for you.

From The Heart

Share these ideas with people. Express yourselves fluidly and boldly, with

conviction. Communication is also healing; openness, honesty, direct communication from the heart. In all forms of your relationships—letting yourselves be who you truly are, not who you think you or everyone else ought to be. Then your relationships will be healing, balancing, centering and not a struggle. Communication with all levels of your society: social, political, economic. You are not separate from your governments; you are your governments. You are not separate from your economic system; you are your economic system. Transform it and create it to be in a healing way, in a way that serves the society—not in a way that forces the society or others to serve it. Allow yourselves to create from love and excitement and joy. For in that state there will be all the attention to the appropriate details; they will be strongly created and last for a very long time.

That which is created within a state of balance and healing also exists in that state and then lives in the eternal now. Things that are created in that way will span the ages, will create the millennium of peace and health. But you must actively do these things. You must live life in order to be healthy. You cannot shrink from life. You cannot live it only in your imagination. You must live it fully.

Glide Path

Your natural self is a balanced self. It is a healthy self. Allow yourselves to understand that a preoccupation with being healthy can sometimes be an indication of holding onto a belief of disease. The self that is balanced does not think about the idea of trying to be healthy. You do not have to try to be healed. You do not have to try to heal others. All you need do is go to your center. You do not have to "try" to go to your center. Your center is who you really are. All you have to do is allow yourself to be who you are. Healing is allowing—not making, not trying, not forcing. It is allowing. You have to "try" to be away from your center. You do not have to "try" to go back to your center. Just let go. Relax the expectations. Relax the resistance and you automatically glide smoothly back into center.

These ideas and suggestions can work for each and every one of you wherever and whenever you choose to use them. Trust that your sparkling creative imagination will create the changes that are reflective of the unique individual you happen to be. Let your imagination unfold and transform these suggestions in whatever way, shape or form feels best to you. Do not resist your natural self. Trust it. Believe in it. It is who you are.

Healing is the product of integrating all of the differences you have created yourself to be, cherishing your diversity, but at the same time functioning as an integrated whole. You are all created to heal each other by being of service to each other, to create an atmosphere of support, help and guidance, to create a balance in your society between the supporting of the whole society and the supporting of yourself as an individual within that society. If you support the society at the expense of your individuality you cannot support the society, because you will not be whole and balanced. If you support only yourself at the

expense of your society you will not support yourself, because you will have cut yourself off from your Universal support.

Healing is also a balancing of all the dynamics you experience in life. You are an individual, you are the whole society, each and every one of you. Heal yourselves with creativity and love by doing with integrity what is in your heart to do. And if you choose to, share these ideas of integration and balancing and healing. Put them out for your world to see in art; apply them in any form your imagination so desires—so the vibration will be everywhere.

Creative Relationships

First, we will begin with exploring the relationship of you to yourself. Because when you talk about creative relationships with other people—if the one you have with yourself is not creative it is unlikely anyone else is going to experience it. We will also discuss the idea of attraction and the idea of involvement in creative relationships. Now, you are all children and creative relationships should be child's play. So let's first talk about the idea of attraction: attracting yourselves to relationships, attracting relationships to you.

Allow us to remind each and every one of you a few foundations about the idea of attracting yourselves into different situations. Remember once again that whatever vibration you are is the reality you get. Many individuals upon your planet have been taught that they are functioning as half individuals, as incomplete individuals. So many of you walk around with the vibration of an incomplete individual looking desperately for someone to complete you, instead of understanding that you are unto yourself a whole idea.

As you already know, you already contain both masculine and feminine energy, no matter who you are. When you blend and balance that energy within you then you can function at the vibrational level of a complete individual. When you go through life feeling incomplete you usually attract other individuals who reflect your belief in your own incompleteness.

Therefore, their interaction with you usually comes up short of what you have ideally desired, to show you that you are radiating the vibration of an incomplete individual. But many individuals in your society have been taught to believe that they are martyrs. And therefore, they may go from one relationship to another that seems unfulfilling and think something is very wrong with them. They will think the attraction of those relationships somehow reflects upon the idea that they are a bad person, instead of simply understanding that relationship reflects back to that person their belief in their own incompleteness, so they can change that view.

Remember, negative situations happen in your life not to show you that you're stuck with them; they don't happen to show you that you're a rotten person; they happen as a mirror-like reflection to show you what you think of yourself so that if you do not prefer it, you can change it. It's an opportunity.

We have observed, especially in your civilization, that because of what you have all been taught to think of yourself, very often you will do the following thing: you will finally allow yourself to discover what you are—by interacting with a number of different individuals that represent what you are not. You will finally allow yourself to be validated through the process of elimination. You will perhaps look back upon different relationships and say, "Oh, that wasn't me and that wasn't me, so this must be what I am." You can continue to do that for the remainder of your life or for many lifetimes if you really want to, or you can decide right here and now who and what you prefer to be.

The only reason you would have to attract many relationships to show what you are not is that you have either forgotten who you are, or are afraid to face who you are. Who you naturally are is your balanced state and the Universe always attempts to create balance. Therefore, if you resist being your natural balanced self, the real you, you will always attract relationships that give you the best opportunity to remind yourself of what you believe most strongly. Doing it by resisting who you are will usually attract relationships that are not necessarily fulfilling or relationships that you have to work very hard at.

Being fully who you are will usually attract relationships that reflect back to you the fullness of your creative being. However, even when you are doing what excites you the most, you can still attract individuals who "may have a lot to learn" as you say. And you might say, "Well, how does this individual reflect to me my excitement in life?" But you see sometimes you make agreements to assist other individuals to find themselves as well. Then you attract them into your life so you can be a shining example to them of what they can also be, or they attract you into their lives to be a shining example of what you can be.

But if you approach this kind of relationship from a negative point of view you might say, "You're not good enough for me," or "I'm not good enough for you." When you understand you cannot be in a relationship unless the agreement is of a similar vibration, you will not have to invalidate what is going on. And then you can simply be who you are, understanding that whoever you attract is who is supposed to be there at that moment. That does not always mean it will be only one individual; at times there can be more than one relationship going on, even on the same level.

In our civilization, we view all relationships as being mutually enhancing, not mutually excluding. Very important point to follow: as long as all of those relationships are created with integrity they enhance each other. If multiple relationships or even single relationships are created from dishonesty and secrecy, then they act as exclusive energies.

But if you know that to the best of your ability you are acting as a loving individual and you have open and honest communication with all individuals involved, and these relationships still occur in multiple forms—then they are representative of your natural self. Every individual can, through open and honest communication, understand the existence of all other individuals in the various relationships.

Very often one individual will be in relationship with two other individuals and

will think they have nothing to do with each other. But almost anyone you are emotionally involved with in this life you have been involved with in other lives before. It's very common and very probable that the other individuals you're involved with may actually have known each other "before" in that sense. And Perhaps by both of them knowing the same individual there are things they are all agreeing to workout among themselves, by being a different kind of family unit.

Now, individuals can attract what you call a "one-on-one" for the duration of a life span; it certainly can happen that way. But if you know you're acting within integrity and all members in the relationship are acting within integrity and a change naturally occurs, then that change belongs in the relationship. Fear of change is usually fear of losing something. But if you understand everything is happening as it needs to then you do not have to fear losing anything. It is usually only the fear of the change that does not allow you to change with the other person.

Very often many individuals will think that they must allow only one particular person in their lives. So from the other point of view, you may find that you are the one that changes and the other person does not want you to change. You recognize that the change is natural and important to you but you may still have it in your mind that you still want to be with the other person—even though they do not want to change and do not want you to change.

But understand, if you have a desire that the other person change in order to stay with you then you can recognize the following thing: if they do decide to change—it's not the same person anyway. Therefore, you are not in a relationship with the same person you used to be with; they are a new person. So there really is not necessarily so much need of it being the same physical individual.

Remember that when you change your vibration you will always attract the appropriate individuals into your life. Therefore, they will always feel like the correct individuals anyway. You do not need to spend time in regret for having changed as long as you understand that the change is a part of your natural being and you are being true to yourself.

Soul Mates

We have heard many times the idea upon your planet you call "soul mate" and that idea certainly can exist. It is simply representative of a particular kind of agreement that has been made. But do remember that every individual you interact with serves you by reflecting to you what you need to know at that moment. Therefore, by the fundamental definition of soul mate, every individual you interact with at any particular moment is for that moment your soul mate—because they serve you best at that moment.

As we have mentioned before, our society does recognize that now and then there can be single individuals who match themselves for the duration of a life

span who can provide for each other all the reflections that each other needs to see in order to grow in the way they want to. But we do not put an expectation on the relationship that it "must" be that way and we do not know if it is a "one-on-one" until we reach the end of the life span. We look back and say, "Well, it seems no one else came along but you...so I guess that was a one-on-one."

We do not put expectations on how it must be; we do not regret how it was or was not because we live in the moment and trust ourselves. So when you live in the moment and you trust yourself by being the fullest individual you can be you will always attract whoever is appropriate for that moment. They can serve you to become who you want to be and you can serve them to allow them to become more of who they want to be. That's what relationships are for: looking into a mirror and seeing another aspect of yourself.

Now that does not mean necessarily that an individual who comes along who is doing something very different from you is an exact 1:1 reflection of exactly the thing you are doing but they are an absolute exact reflection of an agreement you both made to serve each other in a certain way. Once again, you can simply understand that an individual who needs to learn a certain thing may attach themselves to another individual who has already learned it. The idea is, you are being of service. After all, if you say you love this individual then you are desirous of serving them to be who they want to be.

Unconditional Love

Unconditional Love is all it takes to trust all the relationships in the way they happen and with whom they happen. The idea is to be a shining and bright transparent crystal. When you are a shining and bright transparent crystal then nothing impedes the flow of your radiant light so that others may be served by it. When you are a transparent crystal, the light from other individuals passes through you, except for the light you choose to absorb. Other individuals' negative light therefore cannot possibly affect you unless you choose to become opaque and absorbent to it.

Remember that when you operate on a particular frequency, even if another individual has a negative intention towards you, you will translate their energy into positive manifestation in your life. That effect is the gift of Unconditional Love. The word is quite literal in meaning: unconditional love.

Therefore, now you can involve yourself in relationships to the full capacity of your curiosity and excitement. Since you now know every single individual is a being of vision and creativity you can support them in the following way: encourage them to do in their life with integrity the thing that excites them the most. Support them in their ability to be able to do that thing.

To create loving and creative relationships you can create for them situations that will allow them to become more fulfilled in the thing that excites them the most. You can be aware of things that would excite them and let them know about it. You can give them gifts that are particularly important to the thing that

allows them to become more excited about what it is they enjoy because you are in the relationship to serve them to become most fully who it is they are excited about being.

And if the other individuals do not allow fear into their lives, they will become just as supportive of you as well. You will not have to see the idea that you are each becoming strong individuals as something that pushes you away from each other. The only reason that happens now in your society is because you are so interdependent on each other. You say, "If you become stronger than I am, you won't have anyone to lean on." But the point is not to lean on anyone, the point is to support them. And in supporting them—you become supported. Always. ALWAYS. The notion of "leaning on each other" is simply the negative side; the interdependency is the negative side of supporting each other. The "need" for the other person is the negative side in the sense that "you cannot exist without them."

But you see, the paradox is that as soon as it's all right for them to become as fully an individual as they are you will probably remain in contact forever. The idea that you must mold them in a certain way in order to remain in the relationship is not trusting what the relationship is.

Tel-Empathy

What could also help to create a creative relationship is perhaps to find something that is commonly enjoyed by you both and create a project together. Maybe even both of you support another individual in doing what excites them the most. And then maybe they'll support another individual and another individual, and you can become one big happy family. In our civilization ALL individuals are married to everyone. Therefore, all the relationships that occur in our civilization all occur within The Marriage. Even though there are biological parents and biological children that recognize each other the adults are the parents of all.

The unconditional love and support that we have for each other is what allows us to always be telepathically in contact with each other all the time. Creative and loving relationships will always begin to exhibit a form of telepathy. But you see, telepathy is not literally "reading each other's minds." Every individual is a particular frequency, a particular vibration. When you are unconditionally loving of another individual you begin to identify very strongly with them. That is called the bond of attraction or the bond of love.

When you identify strongly enough your frequency begins to match their frequency. It does not become exactly identical but it becomes very similar. When both of your frequencies are very similar you translate information in the same form of thoughts. In other words, you identify so strongly that you think alike. When you are truly engaged in an exchange of unconditional love you start thinking alike at the same time.

When you have the same kind of thoughts at the same time and you think

you're reading each others' mind, you're not; that's telepathy. It is not so much the idea of extracting information from each other, it is mirroring each other very closely. This does not mean you lose your individuality, just the opposite. You become strong reflections for each other of all that is possible within the relationship and you trust it and you flow with it because you are already a fulfilled and fulfilling individual. Therefore, no matter what changes take place you know you are not going to be cut-off from anything you need and you know whatever changes you make will always attract whatever is representative of those changes. You will be fulfilled.

The Master Crystal

Creative relationships are experienced in a state of relaxed trust and inspiration; where you understand what you are doing is simply learning how to play with each other and learning how to love as unconditionally as you possibly can. So relax. Take three deep breaths and close your eyes. Remember the other meditations we have done. The meditation of meeting and loving yourself, for you are your first soul mate, your own reflection. Remember the child that you are so you can play in that knowledge, so you can rejoice in the Infinite.

In your imagination, picture the following thing: picture yourself now as a single facet of a crystal. You are floating in space. You are surrounded by stars in every direction and you feel a bright light shining from within the very center of the crystal that you are.

Because you know you are transparent, you know that light is shining out into space and is being seen by all the other stars. And then you see all the stars begin to move toward you and you understand that because of space and time being what it is, each and every one of those stars thinks that all the other stars are moving toward them. All integration is seen from every individuals' point of view.

As the stars come closer, you begin to perceive that each and every one of them is a crystal facet—just like you. The crystal, the facet that you are, has many sides and many angles, and the crystals that they are have matching sides and matching angles. And all these crystals come rushing towards you, nothing standing in their way. And you are filled with joy and filled with excitement as they rush closer and closer and closer. And you open the heart of your light in absolute vulnerability because now you understand for the first time that vulnerability is not weakness, it is Infinite strength. Because when you are wide open, then you are open to the Infinite. When you are open to the Infinite, you are connected to the Infinite and when you are connected to the Infinite, that means you are in contact with Infinite Power. So you open wide in vulnerability to receive all of the inrushing crystals. And some of the other facets get to you first, and some of them arrive a little bit later. But the ones that get to you first plug into all of your sides and facets. And all the other crystals plug into their sides, and more and more and more it keeps building-up, until all the stars and all the crystals in Creation have joined together to form One

Master Crystal. And it shines with a radiant light! And you are one facet in that Multidimensional Crystal.

And then at once you recognize that the Master Crystal is exactly the same shape as you, only bigger. It has all the same properties as you. You have all the same properties as the Whole and therefore you are also, even as an individual, the Whole Master Crystal as well. When you recognize that you are also the Whole Crystal, you suddenly realize you can interact with any of the facets in any order you want to and that there are beams of light constantly connecting and criss-crossing all the facets in communication. The vibration of your central light determines which other facets you interact with. And then you feel the central light of the Master Crystal become brighter and brighter and brighter, energizing each and every facet.

And now with each and every deep breath you take you feel the Master Crystal's energy build and build and build. And it becomes brighter and brighter until you think it will become no brighter, yet it does. And then it explodes into an infinite number of facets and each and every facet goes drifting into space. But space is no longer an emptiness surrounding each facet, the following miracle occurs:

Each and every facet now expands to the size of the Master Crystal filling all of the Universe. And as your own Master Crystals, you all intersect and interact. You all overlap. Wherever you look, you are inside every other individual; every individual is inside you. You are One, always One. Interacting with an infinite number of yourself forever. Every facet supports the Whole; the Whole supports every facet. You are all One Master Crystal spinning in the bright light of Infinity. You are the Crystal of Unconditional Love. Three deep breaths and open your into your new, expanded reality.

Remember, it is not the same reality that it used to be. You are born anew; you are refreshed. Your energy is light and yet powerful. Your energy is powerful and yet light. It is fulfilling and you are fulfilled. You are fulfilled, and in service, you are fulfilling to All. Stand-up and shake yourselves out. Stretch and fill your Universe. Feel the energy now incorporating into your physical form. Feel glad and light and happy. We will now continue with sharing.

90's Woman

Q: Good day. I have a question that has been on my mind for a long time. And that is, being a woman in the 90's my life has gradually led to my spiritual path becoming most important. Having a family, a husband and career...I have a lot of controversy within myself as to what should get most of my attention.

B: One moment. Why are you making a segregation between the idea of spiritual path, family, career and so forth? Is it all not one life?

Q: Yes.

B: Does it all not have a place and fit in exactly as it needs to? Is it all not representative, in a sense, of the spiritual being that you are and the physical expression of spiritual being that you are?

Q: That's right, but I'm having difficulty expressing myself in all these areas.

B: Perhaps it is simply because of how you assume you must be. The idea again, first and foremost, is to be the best example you can, by being the fullest person you know yourself to be. If you are the fullest person living the thing that gives you the most joy then the sequence of events that occur in the living of that thing will automatically allow you the amount of time necessary to effortlessly relate to all aspects that naturally belong in your life. There is no conflict when you understand it is all part of one idea, not different ideas that you "must find" or "figure out a way to fit together" as if they had no business belonging together. It is all one thing. If it is kept as a homogenous concept then you will understand every thing is a part of the one thing. And it will have its proper place and timing, and proper relationship within the overall life you are living. If you look at these different things as segregated things that have to somehow be cleverly worked together then you are creating more work for yourself and not allowing it to be as effortless as it could be. Are you following along so far?

Q: Yes, yes. Absolutely.

B: Alright. The idea is doing in your life what excites you the most and thereby fulfilling your mission, your purpose, your service in life. Then all the other people that wish to be with you, all the other people you wish to be with that give you joy to be with, you will easily be able to relate to them. You will have the conscious commandment necessary to make the decisions clearly that need to be made in your life, relative to all the other people that you interact with in your life. All these things will come from insight, from the insight of your knowingness that you are doing what you truly need to do.

Everything will blend smoothly as long as you maintain in that relationship open, continual, honest communication about who you are at any given moment and what you prefer at any given moment and, listen to who they are at any given moment and who they prefer to be at any given moment—then you will understand that naturally, synchronistically, if you are being open, you will only attract and be dealing with individuals who belong. And therefore, what they want will automatically mesh, intermesh and interplay with the things you want. Not that you necessarily have to want the same thing but that your schedules, your relationships, will intermesh easily, naturally, when you are open with each other about who you really are. And do not put expectations in the relationships about who you think each other "ought" to be. Make sense? Does this help at all? Is this addressing the issue?

Q: Yes, it is. Absolutely. Thank you.

Yin-Yang

Q: In my work as a counselor I observe that relationships are always changing. There seems to be a tension between union and separation in relationships, between people coming together and then separating. I'm wondering, when are people going to be integrated enough to stay with the union as one?

B: First, do you understand that integration does not mean that you will lose your diversity?

Q: Yes.

B: Alright. And integration means you become a stronger individual, yes?

Q: Absolutely.

B: Alright. Any time, any time at all, it is open to you to integrate to the point where you do not have the idea you are calling "separation." However, understand that some separations are positive because they are responsible for your ability to be able to experience physical reality. You will not lose all separations. You will never lose all separations. Understand? Separation can serve you constructively in many ways by providing what you would call a different perspective, a different point of view.

The idea is to unconditionally acknowledge, accept and love all points of view; recognize what your preference is, live that way and you have at that moment the absolute ability to create the reality you prefer.

Children

Q: I have grandchildren and I have some definite ideas about raising them that are different from the way my daughter and son-in-law are raising them. It's hard for me to not want to take responsibility for them but I want to be able to give them as much love as I can without taking over their responsibility. Can you give me some guidance on that?

B: Well first of all, again understand that the only thing you will ever be able to do is to try to be responsible for them, because you can't be. Because you are not them. You just can't be. It's not possible to be responsible for them. You can be responsible to them by being the fullest individual you know how to be. Let them feel your love, let them feel that you believe in them, that you believe in their ability to create in their lives what they need for themselves. That's your faith. That's what will attract them to you. That's what will allow them to hear you and listen to you. Not because you need them to, not because you want them to, just because they will feel from you such a vibration of knowing trust that they are exactly who they need to be—they will seek your guidance and suggestions because they will know that your love and faith will never come with a condition. You understand?

Q: Yes I do.

B: And that, paradoxically, is what will allow them to absorb the information most strongly.

Q: Alright. Another quick question about my grandchildren. What can you suggest we could do to improve the methods with which we educate our children?

B: Imagination is the key. The idea of allowing individuals and your children to do, to act, to be, to involve themselves, to use all the senses—rather than being restricted in their use of imagination and fed a number of formulas which do not necessarily relate to the world of their interest. Allow all the things that need to be learned to be translated in terminologies that benefit the interest of each and every individual. And they will, in your terms "gobble up the information voraciously."

Bad Dreams

Q: Hello Bashar. [10 year old girl speaking] When I was seven and a half, I used to have these dreams about somebody coming into my house, trying to kill me and my mother. He'd have a knife and he'd throw it, and I'd catch it when he tried to throw it at my mother.

B: Yes.

Q: And then we'd stand there for about 3 minutes and then I'd throw it back. And it would hit him in the arm. So you know, then he'd be in pain and call me all these nasty words. And we'd go to the table and we'd sit down and talk. But I knew he would try to kill my mother again, so I was telling my mother, "Watch out; watch out; watch out!" And then he threw the knife at her again.

B: Yes.

Q: And then the cops came in the house and I told them that he was trying to kill us, and then they took ME away!

B: Yes.

Q: Okay. Now, during this time my father was on drugs and had an alcohol problem. And he had gone to jail for robbing a store and doing all these other things.

B: Yes.

Q: What sort of relation does this dream have to do with?

B: Thank you. First of all, some of it is simply playing out some of the ideas of the family pressures that you have grown up with, with regard to the symbology

of your father. But also literally, the idea is that you were doing an instant replay from a past life wherein that individual, what you call the murderer, was the individual who is now your father—and you simply are replaying that incident over and over again. When you realize that you have taken control of the situation and tossed the knife back; when you realize that that individual will always get back what they put out, and that you are in his present life again to teach him in a loving way the ideas he did not learn in the last life by committing the murder of you and your mother in the previous life.

The idea is that as you sat down at the table in your dream and talked about it, you both began to create some recognition that you could talk it out in your dream reality, and that you ARE talking it out in your dream reality—to allow him to recognize his own self-empowerment so he does not have to act as a powerless being who must try to dominate other individuals in physical reality. For all aggression and all violence and all perpetration is the result of an individual usually believing that they are powerless to create the reality they desire.

In killing you in the past life and in agreeing to be together again, you have formed the family unit that can allow the individual to pass through all the phases of lack of empowerment, which is symbolized by the drug and alcohol problem early on, and to learn to love the self and love all and know that he is in control of his life. You are working all these things out and have been working them out in your dream realities for quite some time.

In that sense the police taking you away is simply an indication that you are the creator of your reality and you agree to be in the reality that you are in, and be of assistance to that individual to allow him to learn what he needs to learn to gain his self-empowerment back, loving that you are to have done this. It is one of the ways you can aid and assist an individual who perhaps created a negative reality in one life, to aid and blend and balance and assist in his life to recreate that blending for himself, colloquially what you would call the balancing of his self-created karma. You understanding this?

Q: Yeah. So that's why I had these dreams every night until they stopped for some reason that I don't know.

B: You have ironed out a lot of it. Now, a lot of the momentum is up to him. You have done your part. Unconditional love and the remembrance that you made an agreement to be with that individual to be of service to him will allow things to smooth out even more on all levels, all levels. Unconditional love. You are all Eternal; you are all Infinite. This is One Play, one moment, in an infinite series of manifestational realities that you call "different lives." But this is the life in which you can allow all of you, as a family, to balance and blend that energy, to love each other unconditionally. Understand?

Q: Yes.

B: Thank you for your strength in being willing to face that individual in this relationship, for being willing to be of service to him to allow him to regain his own power and learn to love himself, and then love All-That-Is. You recognized

it and in simply attracting in the last life the idea of that person to perpetrate upon you the murder you are now willing to allow him to regain his standing within himself, by loving him as his daughter. Murderers very often do not understand that they will be very intimately intertwined with their victims many times in the next life.

Thank you for your strength and your love. Allow your dream reality now to open new doors in which you can begin to breathe fresh air, new air, new atmospheres that will point the way to directions of the paths you chose throughout the remainder of your life. You are opening up; he is opening up. Relax, relax. Love, love, love! It will change and transform everything. Trust.

You are in a position of strength and power, for around you resolves the idea that that individual needs to resolve within himself. Thank you and pleasant dreams to you; there will be more in your dream state.

Big Rainbow

Q: My 14 year old daughter is upset and irritated most of the time and she seems to be bothered about something. What might account for this?

B; Alright. Individuals in your society typically between the ages of 11 to 17 will be highly psychically connected to many different levels of spirituality. They can be very sensitive to it. In a sense, the only reason she seems to be bothered is simply because the individual has not focused on who or what she really is yet. And in a sense, both physical and non-physical reality can seem to be annoying to her. It is an extension of what you all typically think of as your "adolescent stage." It represents the timing of when you need to grow in awareness of the existence of other levels of spirituality that exist within you.

Q: And about my son who is eight years old?

B: Alright. What about?

Q: Three years ago during his summer vacation he saw a big rainbow at that time. He enjoyed it very much but after a while he started crying. And he cried a lot and prayed to the rainbow for a very long time. And after that, he started talking about his higher life and we were very much astonished and excited about it.

B: Alright. But you see, this is not uncommon for children at all. Children have not forgotten as much as adults teach themselves to forget. It's very natural for a child to remember all the other connections that they have, especially the ones that are important to them in this life. The rainbow was a symbol representing this life being the last physical life necessary for that individual; the last physical life they will need. Also, the idea of being born physically to assist in the transformation of this planet in very bold ways, as a writer, as a speaker and to assist many through great service in these and other ways.

Q: Yes, I understand. This child also seems to have intimacy with robots and computers, just like he has intimacy for animals.

B: Yes. There is no difference in the mind of a child. Differentiation is taught; not natural. Now that your society is differentiating less the child does not have as much to forget. Your society is allowing there to be less differences. Then the child does not have to learn so many differences—and therefore does not have to unlearn so many differences. A child has an affinity for everything.

Ralph

Q: My question tonight is actually from my ten-year-old daughter Allyson. For about the past three years she's had an "entity" sort of hanging about who identifies himself as "Ralph." And Allyson asked me to ask you, since she couldn't be here, where "Ralph" is from and what he's here for, and the purpose of his existence in her life at this point?

B: The basic fundamental agreement between them at this time, in allowing that entity to function as a guide, as a playmate if you will, is to simply continuously reflect the childlike qualities so that it will be known by Allyson that she can retain those childlike reflections, those childlike energies, into what you call "adulthood" upon your planet.

To know that this communication from physical to non-physical reality, between different levels of consciousness, is not something that must end because you go into different phases of your physical life. It is something that can change, something that can transform, something that can be given new meaning, new depth, new dimension. But it is a recognition, as it is for many children upon your planet—especially now in this transformational age—that there are many more levels of consciousness that have openness and accessibility to all of you. It is quite a natural thing to speak with levels of consciousness that are not physical.

So "Ralph" provides a reflection, a mirror, an understanding of another portion of herself that she now knows that she need not sacrifice in order to grow up. There will be many other things that this particular guide will reflect, will mirror, throughout her life. Not that this individual needs to be followed but simply it is willing to reflect for now as a friend.

It has many ideas it will share and whisper and talk with her about in dream reality, about the agreements that she has made for this particular physical life. It is a gentle reminder of some of those avenues and paths that she has chosen. It is a "soother" in that way; it is an equal in that sense, someone she can really relate to in many different ways since there are many things about physical reality that she chooses not to relate to.

So in that way this being can give her some standing and some understanding, to let it be all right to let certain physical ideas come in that seem to want to come in because this being reminds her she can in fact deal with them easily,

very smoothly if she's willing to. Not in an impertinent way but in a loving way, to make a game out of the whole thing. Does this make sense? "Ralph" is there for a playmate. She has interacted with "Ralph" many times before. Now, whether this may or may not be confusing in a negative sense we do not mean it to be so. Some of the energy you are referring to, some of that consciousness also has connections into "animal consciousness" within Nature. And from time to time there have been and may be yet again projections of that consciousness in animal form for Allyson to interact with to have as a physical symbol in her life.

Q: Okay. She feels that this entity is from Sirius.

B: There is some of that connection. But for now it is not, let us say, putting itself in a specific format because the true energy of Sirius is a very open and generalized one and has a lot to do with being very playful. That is also why the dolphins upon your planet have such a strong connection with Sirius. Trust and allow Allyson to play with that connection. Trust that she knows what she is doing and that her guides know what they are doing.

Natural Anger

Q: I think one of the most creative things is to raise a child.

B: Yes.

Q: And I think kids' vibration are wonderful but sometimes it doesn't match with mine and we struggle.

B: Yes.

Q: I like my kids and I do my best to be a wonderful parent but sometimes I get angry, raise my voice and spank them.

B: Anger. Alright. Anger. Now first, natural anger does not last more than 10 to 15 seconds. If it lasts longer than that, it is denial; it is definition; it is criticizing; it is punishing; it is expectations. It is all sorts of other things but it is not true anger. True anger is clarifying, it is aligning. It aligns you so you know, "All right. This is my reality. This is the reality I prefer. What I'm seeing is not representative of the reality I prefer." Yet, as you choose the reality you prefer, you can still respect that another's choice of the reality they prefer in no way has to impinge on what you need to accomplish in your reality.

So, what is it within yourself that you are not coming to terms with? What is it that is touched within you in those circumstances? What anger do you have within you? Are you simply reacting to belief systems that you also bought into when you were a child and think that you should pass on? Are you angry the child might remind you of things within yourself that you yourself do not prefer? I ask a lot of questions, don't I? Can you answer any of them in any way?

Q: Well, I have my own pace and if I don't finish my work for today, then I won't be able to sleep tonight.

B: Why?

Q: Well, the next day I have to work. I have to do my laundry today. So I can't just take care of my kid.

B: So what you are saying, as I suggested, is that what you are angry with is fitting into a schedule that is not a schedule that you prefer, a schedule that you believe you have to buy into. You understand?

Q: Yes.

B: So, once again the question is, regarding your job, "Are you doing what excites you the most?" Or are you only making ends meet? Because if you do what really excites you the most you will automatically create a schedule that will allow for the perfect pacing for everything that is truly important in your life to occur.

Is there something that excites you that would allow you to work out of your home, so that you can be with the child in the way you wish to be? Is there a situation that would excite you the most that would create a schedule or attract someone into your life where the child could be, while you go and do what you need to do? All the components of whatever schedule you create will work together in perfect harmony if you are doing the thing you truly love to do.

But if you are forcing yourself to do something that is really not representative of what excites you, then of course the only schedule that's created will be a schedule that does not work for you. If a schedule doesn't work for you smoothly and effortlessly that's a sure sign that it's not your schedule, but someone else's schedule buried in your subconscious teachings. It might be the schedule of your parents, might be the schedule of your society, but if it doesn't work for you it isn't your schedule. If it's not your schedule you will never have enough time. If it is your schedule everything will happen in perfect timing. Is this a clear concept to you?

Q: Yes. You're right on. I think the kid cannot really resonate with me so I have to resonate with his vibration. But is there any way that I can be on his level?

B: You are missing the point. The child chose to be born to you. Whatever the true vibration of the child is, whatever the true vibration of you happens to be, is automatically synchronized if you are being the true you.

100% Trust

Q: I've been wanting to ask a question about the ego. There's a part of me that wants to express myself and there's another part of me that wants to interfere with it.

B: Nope.

Q: That doesn't want to let me do it?

B: Nope. There is not a part of you that wants to do this and a part of you that wants to do that. Either the whole you does this or the whole you does something else. So you're either doing it, or not doing it. But you are not made out of parts. Not really. To think of yourself as "parts in conflict" will create much frustration and tiredness within you. What is it you wish to do that you're not doing?

Q: I think the true self that I would like to be is the self without the part interfering with me.

B: What makes you think that something is interfering?

Q: A sense of shame and anxiety.

B: About what? Shame and anxiety about doing the thing you want to do?

Q: I can't trust myself 100%.

B: Oh, no, no, no. You always trust yourself 100%. You always trust yourself 100%. It is not possible for you to not trust yourself 100%. The difference is whether you trust yourself 100% in a reality you prefer, or trust yourself 100% in a reality you don't prefer. But you don't have to learn to trust yourself 100%. You're doing that all the time automatically because you can do nothing else. If you did not trust yourself 100% all the time you would not have an experiential reality. You are always trusting 100% in something. Even if it's what you don't prefer. That's why nothing can actually interfere with you because an interference implies that there has to be two things going on at the same time and there can't be. There can only be one thing happening at once.

So if you're not doing what you prefer it is because the reality that you trust in 100% is not defined in the way you prefer it to be defined. It is not an interference. It is that the reality you are creating 100% is not the definition you prefer it to be. When you define the reality you prefer and then that is the reality you trust 100% no other reality can interfere with it—because it is a 100% trust all the time. There's no room for any other extra percentage to come in and mess around with it. Do you understand the fundamental difference between your definition, your description and my description?

Q: I'm confused.

B: Alright. Let's make this very simple. What is it you would prefer to do? Do not qualify it. Do not analyze it. Just tell me what it is you would be most excited doing that you are not doing now. Keep it simple. A simple answer. What excites you the most? What would you like to be doing? Right now. What do you wish you were doing that could be the most exciting thing you could be doing?

Q: To live with other people happily.

B: Specific other people? Or other people in general?

Q: People close to me.

B: You mean the ones sitting next to you?

Q: The people who are living with me.

B: Ah. Living with you. Close in what way?

Q: My relatives, my colleagues.

B: Yes. Close in what way? How do you define the word close?

Q: People who have more involvement with me in my life.

B: You define close as having more involvement. More interaction. Is that what you mean? Do you mean by close, your frequency of interaction? Is that what you mean by involvement?

Q: I'm sorry, I don't understand.

B: Are you defining "to be close to someone" as a frequency of how many times you interact? Is that what you mean by being close? That you interact often?

Q: Not so much how often I interact.

B: Then what? What do you mean when you say you want to be close to them?

Q: To my family and my blood relatives.

B: But you are just telling me who you want to be close to. You are not telling "me how you want to be close. Do you mean you want to feel that they love you? Is that what you mean? Or do you want to feel that you love them? Is that what you mean?

Q: Well, mutually. Maybe mutual trust among us.

B: Mutual trust. Alright. Well let me ask you this. Do you trust yourself? Do you love yourself unconditionally?

Q: I'm on my way to be there.

B: On your way. Well then, maybe they are on their way to love you. Now, which do you prefer? That they are on their way to loving and trusting? Or do you prefer that they love and trust you?

Q: The latter.

B: Then do you prefer that you love and trust yourself, or that you remain "on the way" to loving and trusting yourself?

Q: The latter.

B: So when will you start loving and trusting yourself?

Q: Right now.

B: Is that a question or a statement?

Q: It's not a question.

B: Then do you believe that there is anything at all that really prevents you from loving and trusting yourself unconditionally from this moment forward? Do you believe there really is something that prevents you from doing this? You mentioned shame before. Is there really any reason to be ashamed? Be honest. If you feel ashamed, what are you ashamed about?

Q: I think it's more like fear.

B: Fear of what? Not being loved?

Q: Fear of being judged.

B: Judged by whom? Who can judge you but yourself? If others judge you the only way that you can feel the effect of their judgment is by the acceptance or the creation of their judgment by you on yourself. May I give you an example? Yes or no?

Q: Yes.

B: Thank you. "You are a rotten person." Now, do you believe me? Yes or no?

Q: [long pause]

B: You have to think about this?

Q: No.

B: You are not a rotten person, is that what you are saying?

Q: Yeah, right.

B: How do you know? How do you know?

Q: Well because I don't think I'm a rotten person.

B: Alright. So in other words you do not accept my statement of judgment on you. Correct?

Q: Yes.

B: "Well, now you have hurt my feelings. Poor me. You don't accept my judgment, but you accept everyone else's judgment. So not only do I think you are a rotten person, I think you are not a fair person." Now, you know I am playing with you. But thank you for allowing me to illustrate a point. You have no reason to accept the judgment of anybody. If you feel the effect of the judgment in your life it is because you believe that you ought to be judged and then you judge yourself. What you need to feel is the unconditional love within your heart that allows you to understand the following thing: if another person does choose to judge you, they are truly only judging themselves. It is their fear of themselves that is speaking.

Allow yourself to feel compassion for people who might judge you. Their judgment of you only means it is they who are afraid. Love them. They need your love. In a loving way explore why they should choose to judge; what they are afraid of? Allow them to know they do not have to fear. And then you can transform their fear into self love which will then extend also to you. Not that you have to change them, you can allow them to change. You never have to be ashamed of being who you really know you are; no one else truly has the ability to make any kind of judgment upon you.

Old Blocks

Q: I have a question that particularly relates to a special relationship. It's with my husband of almost 29 years.

B: Alright. And what about this special relationship?

Q: It's good, though I feel it could be more. I feel some block or something.

B: Blocking you from what?

Q: From experiencing a really full exciting, loving interaction.

B: Do you feel that you experience a really full, exciting, loving interaction with yourself?

Q: I'm beginning to, more and more.

B: As soon as you begin experiencing that, it will leak out—into everything you experience in your reality. You understand?

Q: Yes.

B: What is it that prevents you from fully loving yourself? Deal with yourself first. Anything you wish to see change in your reality, all you need to do is change yourself and you will see it reflected.

Q: I know this intellectually.

B: Yes, intellectually. But you see, this is exactly the point. You have a habit in your society of saying that knowing it intellectually and knowing it on any other level is a different thing. That belief in and of itself, that definition in and of itself, keeps you from knowing that you know it on all levels. In fact, it keeps you thinking of yourself in terms of "levels." If you know it, you know it. And if you really know it, you ACT like you know it. If you don't act like you know it, you don't really know it.

Q: So it's the intention and the action together.

B; Yes, the desire, the willingness to know it. When you say "I know it intellectually" what you are saying is, "I desire to know it...but I'm afraid to act on it."

Q: Yes, that's exactly what I feel.

B: So, you don't really know it yet because if you did we wouldn't be having this conversation. The idea is to know it through what you do, through the action, through the attitude, through the language that you use to communicate with yourself. Now, I'll go back to a fundamental. I trust none of you are tired of this question yet. Are you doing what excites you the most in life? Yes or no?

Q: Sometimes.

B: Sometimes. Alright. Why not all the time?

Q: I seem to evolve rather gradually, in a slow spiral.

B: Moving in your life slowly does not mean you cannot be doing at any given moment the thing that excites you the most in that moment. So do not use the desire to pace yourself as an excuse to not do what excites you. There is absolutely no reason why you cannot experience joy and peace at every moment of your life, no matter how fast or slow you want to learn something. You understand?

Q: Yes.

B: No reason at all why you should deprive yourself of feeling absolutely fulfilled, even in the middle of a process. If you understand that the process is the thing itself, then you will not create an impatience with where you are now, assuming that where you're going is somehow better than where you are. Being in the moment with where you are fully, is exactly, the only way, to be anywhere else. Because if you don't use what you have, then you don't make room for what you want. You have to live completely with what you are and love completely who you are, no matter what your process is, before you can change into what you desire to be.

Responding / Reacting

So, the blockages you may be experiencing may simply be your assumptions, old beliefs, old habits about how you relate to yourself in the moment and what you're going through. You need to learn to look at things in a different way and respond—now pay attention, pay attention, very important distinction—and this can apply for many of you: you need to learn the difference between "responding" to something and "reacting" to something. Response is positive. Reaction is negative. You need to learn to respond to your reality, not react to your reality. Do you understand?

Q: Yes. That does connect with what I've been experiencing.

B: Yes. Response is simply the willingness, the willingness to believe that everything that happens in your life happens for a reason and to approach it that way and to give it that meaning, whether you intellectually understand how that could be so or not. But to trust that it is so and thus act as if it is so. When you act as if it is so, you will get the reality that shows you it is so.

So, the idea is to learn that if you RESPOND to a situation, what you are putting out is the vibration that says, "I trust that this situation belongs in my reality; that I am the co-creator of this situation; that I will learn the thing that will help me best in the situation; that I know it is therefor a positive reason and I will act as such."

Whereas if you REACT to a situation you are saying, "This has nothing to do with me, why is this here now? I am impatient to get out of this. I don't understand why this is here. I'm afraid to look at it. I'm denying, denying, denying that this has anything to do with anything I should know at this particular moment; I just want to get away from it and get on with something else." Then you are not using your life, you're not living your life, you're not living in the Now—which is the only place you exist.

If you don't live in the Now, if you don't live in the only place you exist, you have no power to do anything. You have to be where you are to exercise your power because Here and Now is your point-of-power. It's where you are. If you're "over here" or you are "over there" you can't affect your life. You have to be Now. Here and Now. And being Here and Now means knowing, knowing, KNOWING that whatever happens is happening so that you can decide what will happen next. Therefore, it can always be looked at as a positive thing. Understand?

Q: Thank you, yes. It's becoming clearer to me.

B: Yes. Ask your guides for assistance as well. They will help you in your dreams to help clear out some of these "past" issues that hold you back. All right? Does this help you?

Q: Thank you, Bashar, it does help me.

B: Well thank you very much for your sharing.

Melting Yourself

Q: As to my question, I seem in my lifetime to be attracted to unavailable men. I would like to know why. As a result, I'm here by myself.

B: Alright. Perhaps you are an unavailable woman.

Q: Well, I never thought of that.

B: Alright. Again, the idea is always to understand this from a couple of different perspectives. One is that your situations in life are generally reflective of who it is you are at that moment. Now this does not mean anything positive or negative. It just means that you have chosen to reflect to yourself certain understandings and ideas about your path in life, your chosen path, that always reflects back to you the things that are most important for you to understand in this life. In no way, shape or form are we saying that you cannot have the idea of companionship but you must also look at the things that have been impressed upon you in your upbringing with regard to your ability, and your availability, with regard to interaction on certain levels with other members of your species. I will ask you a question. In the interactions that you have allowed, as far as you have allowed them, what kind of issues have come up?

Q: Oh, I'm not quite certain of that. I only know the interactions are good but they are not exactly long lasting.

B: Alright. I have another question for you. If you were using your imagination for a moment, just play, just play—no judgment, no qualification—just play. If you were to imagine that you were to attract, as you say, an "available" individual. After you have done that what would be your strongest fear? Let's say you have done it. Now, what is your strongest fear?

Q: That it might not last, I guess.

B: And why would believe that? What has happened in your life to reflect that idea to you? Have you seen examples of that which have impressed you?

Q: Yes, the relationships that I've had... have not lasted.

B: Before that. Younger.

Q: Younger, I didn't have too many meaningful relationships.

B: How about with your parents?

Q: I feel that was good.

B: In what sense?

Q: In that I knew I definitely was loved.

B: What was your first relationship where you extended yourself to someone else and found a lack of availability in response? What is the first time you remember that happening?

Q: Well, it was while I was married.

B: Yes.

Q: I fell in love with someone else that I thought had fallen in love with me.

B: Someone other than the person you were married to?

Q: Yes.

B: Alright. And?

Q: The agreement was that we would first divorce our spouses and then be together.

B: And how did you feel about that?

Q: I thought it was the most wonderful thing that ever happened to me.

B: And what happened?

Q: I got my divorce and he didn't.

B: Oh. Where did that lead you? Hanging?

Q: Hanging, yes.

B: Alright. Why would it be surprising that you would not want to make yourself available for that fear again? You are afraid because you see it as a risk. You have in that sense been stung in your estimation and you do not want to go through that pain again.

Q: Then why do I keep involving myself with...

B: Because there is always the desire for love. That is more overriding but in a sense you have created a mental pattern within yourself that is sabotaging your expression of love. Because there is always the loop imprinted upon you that you will always be left hanging. That you will extend and the extension will not be reflected back. That is very strongly impressed within your emotionality and your mental pattern. That is what you need to dissolve. Now, the idea of having felt the way that you felt for that other individual and you extended yourself in that direction, and the other individual did not—what was the other person's reasons for not doing so, or did you ever know that?

Q: The most obvious was loss of his money.

B: Loss of his money?

Q: Yes.

B: I see. So what you are saying is that you found out that individual had a greater love than his love for you.

Q: Right.

B: I see. Well that is no surprise that hurt you. It hurt you very deeply. May I ask you another question?

Q: Yes.

B: How are your abundance issues?

Q: Oh, they come and they go.

B: They come and they go. Alright. You have many interesting things entangled with many other things in this one experience: abundance issues, love issues, abandonment issues, risk issues. All these ideas are tied up in that one particular incident within your pneumatic patterns. One moment. I wish you to open your imagination now and as you open your imagination also open your heart. Just envision them opening up. Right now for this moment, you are safe. Alright?

Q: Alright.

B: Now, imagine a time in what you call the future; it can be a day; it can be a week, a month, a year, it is up to you. Whatever feels comfortable. Imagine a time when you are looking into the eyes of another being and that being is loving you back in the way that you prefer. You have your love reflected to you. Can you imagine this?

Q: Oh, yes, I imagine that all the time.

B: Can you now feel what that would feel like?

Q: What it is? What, that feeling is a remembrance of what it was?

B: As you remember what it was, you are generating that feeling in the present. You're feeling it now, yes? You're not feeling it "back then." Remembering is feeling now; by recreating in the now. So do you feel what that feels like?

Q: Yes.

B: Alright. Look into that person's eyes; see that person looking into your eyes, feel that person's heart. Feel that person feeling your heart. Feel joy at being together. Feel light in that you support each other and reflect to each other,

mirror to mirror, face to face, heart to heart. Feel these feelings now. Feel the vibration now. Just allow yourself to bathe in that energy for a moment and as you do so, as you feel these things and see these things as we have described them to you, feel yourself changing, relaxing, melting into that idea.

If a little fear crops up here or a little fear crops up there, that is all right. Invite them in. Invite them into your crucible and let them begin to relax and melt knowing that they no longer have to be cast out into the cold isolated on their own, cut off from the central source of being, but invite them back in to relax in a warm, glowing, golden rosy liquid. Feel that liquid gold within you. Melt them.

See all those fears, like dark lumps of coal lying on the surface of this golden liquid; see them become red hot. See them melt, melt, softly, gently, releasing, releasing their shape, releasing their rigid form. Melting and softening until they are slightly different discolorations of the pool of golden liquid, until there is no difference anymore. Feel that. Know that you deserve that. Know that is your birthright.

Allow your vibration of the golden liquid to become white, white, white hot, burning with passion and joy and excitement and creativity. Burning with sharing, beaming, beaming into the other person as it is reflected back to you, as you reflect back to him, as he reflects back to you. Carrying yourselves both higher and higher as light beings, light bodies, ethereal forms, until you become both transparent, clear, floating upon the clouds in the blue bright sky together as one crystal, as one idea, as one reflection. Distinctly a couple but one idea. Sharing, reflecting, being, loving, breathing as one. Release this energy into the universe. Allow your higher self to know that you now know you deserve this ecstasy. That it is what you are made of—unconditional love. Put it out there into the Universe and let it go.

Now just reawaken as yourself and as you gather yourself back together as the "you" you now know that is more like the "you" you prefer to be. You are a different person now; not the same. Every change is a complete change. You are not the same person that began this discussion. She is another. You are different. She has her own history. You have another history. She is she. You are you. You have put it out there for your higher self to take care of the details. Relax. Feel the joy every day in your life and without expectation allow your higher self now to bring back to you the reflection of the joy the new you knows you are made of. Alright?

Q: Alright. That was beautiful.

B: So are you. Thank you for sharing.

Which One?

Q: I've been keeping myself away from a relationship—especially in terms of my relationship to, or with, myself.

B: One moment. Alright. For a moment that did not translate, for that is quite impossible. You always have a relationship, no matter how you define it.

Q: Yes.

B: Proceed with the definition of the relationship you are creating.

Q: In other words, what I am not creating is a male/female relationship.

B: Alright. We assume you mean in a specific way.

Q: Correct. In a more romantic way. Last week.

B: Last week?

Q: Evidently I created three rather extraordinary men. Each successful, powerful, wealthy, interesting, who all seemed to be wanting me in their lives for the rest of their lives.

B: Alright. So?

Q: So, I was told by another person that I carry a certain energy, one that triggers something in a man that makes him think that I am "the one." And so it leaves me feeling a bit strange.

B: Alright. What you are basically carrying with this idea, is that you are attracting individuals who you are then giving an opportunity to begin to open-up and recognize the changes going on in your world. You are beginning to realize you are all married to each other.

Q: Ha, ha, ha. Yes.

B: And the idea of relationships does not have to be mutually exclusive to each but can be enhancing.

Q: Alright. That was the next thing. I wanted to see what the purpose was of this situation coming into my life.

B: That is one of them.

Q: Okay. The other part is, two are in the film industry; one of them is a star and the other a producer. My feeling is that I am supposed to be joining with them or serving them in some way to bring something larger than just the personal relationship there. I feel that a personal relationship is not what I'm supposed to do.

B: We understand your definition. Proceed simply with your feeling. Do what is integrated for you. Be who you are, and you will allow them the best opportunity to learn who they are.

Q: Do you see a larger sense of purpose? In other words, is there a film that I

will bring to one of them, or...?

B: A film is a larger sense of purpose—than learning who you are?

Q: When one makes a film, that produces an impact on many people.

B: We know. Impact, yes. It is highly probable. However, not unless you are being yourself and allowing full communication within the entire relationship that you are to allow them to understand who you are, truly who you are, honestly. Communication will be critical in these endeavors. If they do not believe they can interact honestly then you may create difficulty in any form of impact.

So you must be honest about who and what you are, and what you are attracting. And if you recognize that what you are attracting is representative of who and what you are, then make the assumption that it is mutually enhancing, not exclusive. And that they themselves are connected in many ways or they wouldn't be connected to you.

Q: Ha, ha! Oh great! So you're saying, maintain these three relationships.

B: I am not telling you what to do; I am suggesting that you follow your cleanest and clearest, most integrated instincts and allow things to be natural. Not normal, natural. You follow me?

Q: I think so.

B: Alright. Do not necessarily impose or superimpose the particular frame of sociological reference upon these ideas that your society may want you to impose sociologically. Understand that if you have attracted them all, there is a reason for it.

Q: Do you think I should maintain a non-sexual relationship with them?

B: That is up to you and your feelings. I cannot guide you in this; I cannot tell you what to do. It is your life and you have the capability of trusting your instincts. You have the capability of knowing why you are doing what you are choosing to do. But first and foremost in all endeavors, it is our suggestion that the lines of communication about what you are doing be absolutely clear between all involved so that all know where they stand.

Q: Yes, I'm doing that, except with one.

B: Alright. "I'm doing it except with one." All—except with one. What a fascinating language you have.

Q: Yes. [laughing]

B: Complete the triad. Make it all. Relax; enjoy; take it easy. Observe; act with trust. Do what represents who you are, don't do what represents who you are not. Period. That's all there is to it. It's that easy. You have been together many

times before, all of you.

Q: Aha!

B: You are simply playing out a dance; let it be a smooth one. It does not have to be a struggle. The old patterns don't have to come into it. You follow me?

Q: Yes. But this one I'm with tonight in particular really wants an exclusive marriage relationship.

B: You will understand tonight.

Q: [laughing hard] Okay. All right. Thank you.

Coming and Going

Q: I would like to discuss a troubled relationship that I'm in.

B: Trouble. Oh goody! All right. Proceed.

Q: I'm in a relationship with a woman. We have been on again off again for several years. We've been living together for about the last year and a half. And it seems to have gotten to a threshold where a physical separation again seems inevitable. The paradox seems to be that we both love each other, but on a day-in and day-out level we can't seem to really connect with each other in a way that is mutually empowering.

B: Let us discuss this idea of relationship specifically. The notion that you love each other deeply doesn't mean in and of itself how the relationship ought to be played out. The notion that you love each other deeply simply means that you have brought yourselves together in a relationship to reflect to each other whatever it is you need to learn about yourselves from each other within the relationship.

The fact that you are drawn into relationships through love is simply the mechanism that gets you there—to allow you to be open to whatever it is you need to learn about yourself and in order to choose from what you learn in the relationship about what you really prefer for yourself. Sometimes the reality that you recognize yourself to be or the reality you prefer doesn't necessarily synchronize in all the details with the reality that the other person in the relationship needs for themselves.

That doesn't mean there is not love in the relationship just because it may not flow in the expected direction or the direction you have been taught to expect it must flow in. Love is still there because love is bringing you together so you can learn what you need to learn. And sometimes what you may need to learn is simply that your vibration and their vibration are not necessarily synchronized in the way that will allow you to remain interacting in the way that you think but may choose other ways to interact—by being more yourself in a

certain direction, by allowing that other individual to be more themselves in a certain direction. Being true to yourself is paradoxically, as you say, the way to "stay" in the relationship. But that doesn't necessarily mean that you will actually physically stay together. You understand what we are saying so far?

Q: Very well. Thank you. Yes.

B: The idea is to really be true to who you really are to allow yourself to grow and learn what it is you really want, what your life should really be for you, and for the other person as well. Because if you're not being true to yourself, if you're not really being who you are, if they're not being true to their self and being who they really are and having the life they really want—then you're not in a relationship with each other anyway. You're in a relationship with someone who you think they are; they are in a relationship with who they think you are. But if it's not the real you then you are not trusting that the true you, whoever that may be, and the true other person, whoever they may be—you're not trusting that the true you has a real relationship unto itself. Whatever the definition of that relationship may be you won't find out what it is until you allow yourselves to be the true you that you each need to be. You follow along?

Q: Yes, I do.

B: Does this help you?

Q: A lot.

B: Is this clear enough? Or is there some other aspect of this you feel needs clarifying or would like to discuss before you feel you have what you need?

Q: Well, the implication of what you're saying, in the specifics of my situation, sounds like if we don't feel we can truly be who we are, in what we consider to be the form of the relationship that we've been taught, as you put it...

B: Yes.

Q: ...uh, then what we should be about is creating a relationship in which we can be the best of who we can be, whatever that relationship looks like. Is that an accurate reflection?

B: In a sense. Yes. What we are more specifically saying is that you should be on and about creating the relationship that you need to be with, that you need to express yourself as. And if for some reason that means you cannot physically be with that person, then that's what it means. But it really will not matter to either of you. Because if you're being your true self you're going to attract whatever people need to be in a relationship with you and they will feel like the right people and you won't really care who it is. Because it will feel correct.

However, again paradoxically, when you each allow yourselves to be the real people you need to be then there really is no reason why you can't continue to interact with each other throughout your life in some way, shape or form,

because you're being honest with each other about who it is each of you needs to be. And therefore there's no fear. There's no threat. There's no arguing. There's no conflict between you. Because you can still love each other for who you are. You can love the relationship for whatever form it takes. And you can communicate with each other because you know that you are helping each other really be who you need to be, even if that means helping you be with someone else, if that's who you need to be with in a specific way. That's unconditional love. Does that help clarify the issue further? Does that answer your question sufficiently?

Q: Yes, it does, very much.

B: Well thank you very much for sharing this aspect of your being with us.

Rejection

Q: Yes. This is my first experience with you and I feel overwhelmed with all the information you have given. I'm concerned with the fact that as a person, I withhold. I don't allow myself to give freely in relationships.

B: Alright. But again, relax. You will know what you need to know when you need to know it. Not one second later but not one second sooner either. Relax, knowing that you know what you need to know. Now, in what specific way do you feel you withhold?

Q: Intrusting. I have a great tendency to build walls to shut people out.

B: And what is it you are afraid they will find?

Q: That I'm not sure of but I feel I would be rejected by them.

B: Rejection. Alright. May I ask you a question?

Q: Yes.

B: If you were to go up to any particular person in the group that you are with would you expect that person to suddenly rip off one of their arms and throw it away?

Q: No.

B: Then why would anyone want to reject another part of themselves, even if it is represented by you?

Q: I don't know.

B: Alright. Maybe because they do not see you as a part of themselves, that might be one reason. But if they do not then that is their limitation, not yours. Do you understand?

Q: Yes.

B: If a person acts as if they are rejecting you what they are doing is actually rejecting a part of themselves. There is something about themselves perhaps they do not wish to look at. But at the same time it may also be a reflection that you are also rejecting and in this way they serve you, by mirroring your fear and giving you an opportunity to learn to love yourself as you are.

You may have been brought up in your reality buying into, soaking up, absorbing a lot of belief systems that make you feel—L.W.T.— less worthy than. But all you really need to do is understand that you are unique for a reason and that your uniqueness exists for a reason. And, if you exist then you deserve everything you can imagine within that existence, within the recognition and understanding of your natural self—you deserve it because you exist. If All That Is, or what you may wish to call the Creator, if the Creator obviously believes you deserve to exist then obviously you are worthy. And If All That Is didn't reject the concept of you then obviously you are worthy of anything. If you are worthy of All That Is why not treat yourself with the same respect that All That Is has for you in having created you? Why argue with Creation? "Well I understand Creator that you think I'm worthy to exist, but I want to argue the point." Well the Creator loves you so much that the Creator allows you to argue the point. That's how much you are loved. You are all so loved that the Creator allows you to forget that you are loved, that's how loved you are. Now, think about how loved you are and then make an attempt to compare any other concept of rejection against the ultimate acceptance that the Universe has for you and it will pale by comparison. How does that feel? Do you feel a little more worthy?

Q: Yes.

B: A little more deserving? A little more of a right to be?

Q: Yes.

B: Has this helped you?

Q: Yes, it has.

B: You know what?

Q: What?

B: We love you, All That Is loves you...all ways...always.

Q: Thank you. I love you too.

B: Thank you for your sharing. Pleasant dreams to you.

Difficult Relationships

Q: Bashar, I'm having a very difficult personal relationship.

B: How exciting. Yes?

Q: What lessons am I supposed to be learning from this?

B: What have you learned about yourself so far? What have you learned about what you do prefer and what you don't?

Q: I learned that I don't like unhappiness and difficulty.

B: Oh, alright. Will you decide to make changes that are more in line with what you prefer? Will you stand up for who you know you are?

Q: Yes.

B: Will you allow changes to occur trusting that when you change in the direction you prefer you will always attract other individuals who will be more representative of the changes you have made within and that it won't matter whether you are dealing with the same individual or not?

Q: Yes.

B: Are you sure? What else have you learned by being in this relationship? And may I also ask you, what are you defining as difficulty? Take your time.

Q: We don't see eye to eye on anything.

B: Alright. So you prefer one idea, one expression. That individual prefers another idea, another expression. So what is difficult about this?

Q: It doesn't make for harmonious living.

B: Alright. So what's so difficult about that? The idea is that this individual is giving you an opportunity to decide what you prefer. If you recognize that what they prefer is not what you prefer, move on. What's difficult about this?

Q: It's not after you've explained it.

B: Then the next time you feel that you are in a difficult situation hear in your head your knowingness explaining it to you. And explain it to yourself. Then you will know that you also have the ability to transform "difficulty" into something you prefer it to be. Understand?

I do not wish in any way, shape or form to make light of the situation. I am not making light of your feelings or all the experiences that you go through but it really is this simple. Honest. It really is. I'm not saying you can't be a compassionate being. I am not saying in any way that you cannot feel for what another person might be going through or that you cannot in any way feel that

you are connected to another person, even though you may not prefer who they are. But the idea is that loving them truly is really being willing to let them be who they really want to be, who they are choosing to be and at the same time choosing what you prefer. THAT'S true love. Sometimes the kindest and most loving thing you can do for another individual is let them find who they would really rather be with.

Q: True.

B: Does that help you?

Q: Yes it does. I love what you said about guilt. What was it? Being the opposite of...?

B: Love.

Q: Of love. Great. Thanks.

Lost and Found

Q: For about three years now I've been suffering from a loss of a love that was very traumatic. And it seemed that a lot of things in my life fell apart because of that. My phone service was shut off, I lost my home, my business fell apart, and so on. It caused me a lot of soul searching.

Q: Well, I desired to be in a relationship of common support.

B: Alright. Then in that sense, what you are saying is, if that person was not exhibiting what you preferred to be in a relationship as an equal sharer, then that was not a relationship you preferred.

Q: Right.

B: Then if that should change, why are you in pain?

Q: Well, it did need to change and what I think happened is this event was a catalyst for me to experience other painful stuff I had never allowed myself to feel or even remember.

B: Alright. Then it has served you in a positive way. Have you explored these other issues that have created pain within you? Have you dived into them?

Q: I've been working really hard. Yeah.

B: "Really hard." Alright. You don't have to really work too hard. You can just be consistent about it. That is really all it takes. Willingness and consistency. You do not necessarily have to struggle with the idea. You don't have to feel badly about yourself in that sense, just because these issues may have come up. You have not lost anything in that sense.

You have utilized the relationship in exactly the way you intended to. So you could allow yourself to become more integrated by discovering all of these fragments that you have created within your consciousness. And in that sense, the other person in doing what they did, in co-creating the separation with you, actually did the most loving thing they could have in the situation because it served you by putting you in touch with other issues which may have been interfering with your creating the relationships you truly do prefer. You do not have to define it as a loss because you gained a greater understanding of yourself from the interaction. Understand?

The fact that you exist is a sign that you deserve to exist. Creation has not created any superfluous things. Everything that exists belongs and deserves to know that it deserves to belong. You are no exception. You deserve everything that you can imagine and desire. You must, however, be in touch with the belief systems that you have because you are the creator of your experiential reality, both in physical terms and even on some levels of what you would term non-physical.

Room of Mirrors

Q: Bashar, I have two girls whom I'm fond of.

B: Oh, alright. I have many. One moment. The ideas that we are discussing here have to do with what your society thinks relationships ought to be and what relationships can be, naturally. Do you follow along? The idea to understand is that relationships happen for a reason. If relationships do happen naturally then you can learn many things from them. In other words, if certain things go on that seem difficult and they are not the product of running away from something then they can serve a positive purpose. If the situation you are in is not the product of denial it can be something which results in much expansion for all involved.

Are you measuring your present situation against a particular idea you think ought to be happening instead? Is there difficulty being experienced in your situation? And if so, what type?

Q: The difficulty is I want to decide on just one.

B: Why?

Q: Why??

B: Yes, why? This may seem like a strange question to your society but it is not a strange one to me. What we are suggesting here is that the idea of your desire may simply be the result of an expectation rather than a natural act. So, why? Are you suggesting that things would be easier if you could make a decision?

Q: [silence]

B: To please your parents, alright. Then do me a favor. Tell them to live your life for you. Because obviously you don't want to live it for yourself; you want to live it for them.

Q: That's true, yeah.

B: Yes. Do you not know that you can really mean it when you say, "I really do love you Mom and Dad—AND I'm going to do what gives me joy." You know you can mean it. You do not have to feel you're not loving them, that you're not respecting them, just because you want to be who you are.

Q: This is true.

B: Yes, it's true. Now, what is the most exciting version of the thing that excites you the most that you want to do?

Q: Well, I wanted to ask you, I'm exploring gratefulness in my life. B: Yes.

Q: I just feel it very deeply; it's overwhelming but not in a bad way. And I just want to explore "what" to be grateful to?

B: To All That Is.

Q: Yes, I am.

B: And to yourself, which is of course, All That Is. The One is All, the All is One. Gratitude in that sense is simply a vibration. It is one of the ways to express the concept of excitement. Remember again, excitement is simply the reflection of being aligned with All That Is and it can be expressed and felt in many ways.

The concept that you are calling gratitude is one of the manifestations of simply being aligned with All That Is and allowing yourself to truly feel the Unconditional Love in which you were created, from which you were created—what you are made of—the Unconditional Love that constantly pours forth from All That Is. When you align with that, that is the feeling you call gratitude. You understand?

Q: Yes.

B: That you reflect that love—is the expression of gratitude.

Q: Okay, do you personally say, "Thank you All That Is?" Or do you break it down in different ways? Like, do you suddenly feel grateful? Or is it just going on there all the time?

B: There are always a variety of expressions but we recognize that all of the expressions are different forms of the same thing.

True Romance

Q: Okay, that kind of leads me to the second part. I was wondering about romance. Do you guys get smitten and romantic or are you just generally all in love?

B: Smitten?

Q: Yeah.

B: There can be what you might term an instantaneous recognition of a particular alignment or a connection to another being. And if you wish to say that is being smitten, then yes. I suppose that is possible. But simply, All That Is is an instant recognition of an alignment of vibrations, in a sense. You understand?

Q: I know you are unconditionally loving but I wonder if it separates into a romantic love like we do?

B: In a sense, that can be an expression. We do not really see that so much as a separation but simply another creative way of expressing the unconditional love.

Q: So you do it... how?

B: Again, what you might call romantic love for yourself might be an extremely different concept from what you would recognize occurring in our world.

Q: Yeah, I was wondering about that, if you had romance that... well, do you know what romance is here? I was wondering if you had a form of it there? Romantic love?

B: Will you define one expression for me that you would refer to as "romantic love?"

Q: Well, I guess it's when you completely forget about yourself and you're constantly thinking about the other person.

B: That's romantic?

Q: You do crazy things. That's a tough question. I guess it wasn't fair to ask you that.

B: Oh, it's always fair to ask anything. I think I will put it this way. I begin to understand a little bit about what you mean by that. Once again do remember, even in our romance we are children. And thus, in a sense, we are always in love. If you wish to call that being romantic then by all means go ahead. But I do not necessarily think that you would see exactly the same kind of expression that you might call on Earth romantic love, except in certain circumstances. Not everything that you might think of as being romantic love would necessarily

actually be being in love.

However, we are constantly in love. We are very spontaneous about it. We can serve the other person unconditionally and fully. As for the concept of forgetting about ourselves we can never really do that but I understand what you mean. Since we trust absolutely, implicitly and unconditionally, in that sense, yes, we do not have to think about it. We simply do it. We are not self conscious in the sense that you usually mean it. So yes, I suppose you could say it is a free flowing spontaneous romantic love. Constantly. Does that help?

Q: Yes. Thank you.

Allow yourself to relax into this recognition, a recognition of synchronicity. No one, no one comes into your life before or after they are ready to. You enter no one else's life at an inopportune timing. All timing is flawless, perfect and absolutely representative of whoever it is all the individuals in that meeting are at that given moment. So you don't have to rush through anything. You don't have to try to convince anyone of anything. You wouldn't be together if they didn't have something to learn from you and if you didn't have something to learn from them.

Allow yourself to stand back. Here's your meditation: truly observe the reflections that are going back and forth. See what it is you are doing as a service for each other. What is it they are learning from you? What is it they are seeing about themselves by looking at you that they need to see? What is it you are seeing about yourself in them that you need to see to learn who you want to be? Stand back from the idea of communication in the way you're used to looking at it and understand that the relationship of you and any other being is not two different separate ideas. It is one whole event of which you and other people are reflections. Let yourself see what the whole event is and let the relationship be what it is for; not what you think it ought to be.

Allow yourselves to remember you are not the same people you were before we started today. You are now ready to create creative relationships. Not that your relationships have not been creative, but now they can be creatively positive and you can apply this to any relationship in your life; you can apply this understanding to expand on anything. If you already have an ecstatic relationship then simply let us play together. There is always more to learn and that means we can all play together forever. I don't know about you but that kind of relationship makes us very happy.

Getting Hitched

Q: Including myself, many people have reached the age to get married but many of them are not married yet. It's almost becoming a trend.

B: Yes. And so? What do you think it is a trend of?

Q: There's a fear within me that my marriage might not work. And I don't want

to get a divorce right after the marriage; I see so many people doing that nowadays.

B: Perhaps a different definition of marriage might be necessary then. It is true that some individuals have attracted themselves into a certain relationship that they do need but they may just be assuming that the ritual has to be attached to it. Every member of my society is married to every other member of my society. We are all in a marriage. If we then interact with different individuals in the span of our lives all of those interactions take place within the overall marriage. Now some individuals may meet and may interact in a specific way with only each other for the duration of their lifetimes. Many other individuals may interact with several other individuals in much the same way throughout the lifetime.

But there is no right and wrong way that "should" occur. I am not saying that your society must adopt the system that my society uses but there are aspects of the energy of your society that are heading in that direction. It is a re-evaluation of what the whole idea of a relationship is supposed to be for. While we are having this conversation, you and I, for the duration of this conversation you and I are married. In a sense you can say you and I all of you and us will always be married, even though the definition of the relationship may change. If —IF—it is natural that the relationship should change form then it is only wise to allow it to do so in love. We do not place in our society any expectation on the duration or style of any particular relationship since they are all cherished and all created in unconditional love.

Now the paradox is when you allow a relationship to exist from unconditional love without expectation, it will then have a tendency to change and last a long time together. But if you worry about the concept of change before you even attract the relationship, then you are divorced before you are even married. So you are in a sense "divorced" right now, because you are worrying about divorce; you are divorced before you even get married. Relax your definitions of continuity in this matter. One does not have to come before the other. Relationships are for the purpose of serving each other to allow each other to be the fullest person you can each be. If this is truly done with unconditional love for each other then any change that occurs will be a change made in love and will not in any way, shape or form have a negative effect in your life. Do you understand this concept?

Q: Yes.

B: Say, "I do." Say it. Q: Yes. I do.

B: I now pronounce you married to yourself. Which is the first and primary marriage that must occur before you can feel that you are married to anybody else. You must love yourself unconditionally and trust what you attract into your life so that you can share as an equal. At the same time, I also pronounce that you are now married to every single person in your society. However, the relationships which occur in your life, be they single or multiple, will all be within the definition of The Marriage that your society is together. You may prefer one particular style over another but if you do—prefer it from your

natural self, not from the ritual that society says you should be expected to do. After all, you don't want a normal marriage. You want a natural marriage. Understand?

Q: Yes.

B: Thank you very much.

Q: It's nice being married to you too, Bashar—but I'd still like to attract one human being on this planet.

B: Then if that is your preference, as we have already said, it can happen that way. But first—you must be unconditionally in love with who you are. Understand?

Sign Off

Q: I'd like to say that you've been a great inspiration to us all.

B: Well, all of you have been a great inspiration to us as well.

Q: So I want to thank you for that.

B: And we thank you. Allow us to remind you that the entire purpose for sharing these perspectives and points of view with each and every one in your civilization is to remind you that you have the ability to do in life what excites you the most...you have the ability to live your passion and to live your dreams.

When you choose to know this and when you choose to do this that's when you can see the kinds of changes upon your planet which you thought would not be possible to occur in such a short period of time—transforming your planet as if overnight, historically speaking—and allowing many different kinds of magical, miraculous occurrences to take place. When you choose to know this you can transform and change the things in your lives you don't prefer to the things in your lives that are reflective of who you now know yourselves to be, individually and collectively.

There are no obstacles, no impediments, no barriers that stand in your way—except perhaps some of your assumptions or beliefs or what you have been taught to "buy-into" in your life; perhaps something you fear to face about yourselves. But all you can ever discover is only another aspect of the Self you already are. And since it is only yourself, there is no reason to fear, no matter how unexpected, no matter how surprising your discovery may be, it is only another aspect of you. So do not fear; you are only meeting yourself.

And when you expand by being willing to meet more and more of your self, your physical reality can do nothing but expand along with your new perspective. Guaranteed, guaranteed, guaranteed. Go ahead with your joy, go ahead with your passion. Do those things, do them with integrity. They will

support you, guaranteed. But only when you act on them 100% then the Universe in turn supports you 100%. It is up to you. You are in control. Only you. Explore, explore, explore!

Meet Yourself

Yes, your world is changing rapidly and will change even more rapidly now in this new decade. I can absolutely guarantee that even within what you call the next three years your world will find itself in many different areas "turning completely upside down." Be prepared for a ride. There are many things that are going to take even the most open-minded of you by complete surprise. But enjoy it. Because you are doing it. It is only more of you revealing more of yourself to you. The bubbling-up of your consciousness to the surface so that you can choose the reality you prefer, so that you can become One, absolutely One, and yet absolutely the individual that you uniquely are.

You already work. You already function perfectly. Just remember that; just act like it and your life will reflect it. Absolutely. And, if there is a process involved in discovering this accept and acknowledge the process as who you are. It is all beautiful. It is all wonderful. It is all miraculous. Love yourselves, all of yourselves. You deserve it. Absolutely. You deserve it. Guaranteed.

Q: I've never experienced the energy that I have felt here tonight. Can you tell me if I have a connection? And also, how can I maintain this energy and focus?

B; Understand that what you are feeling is your own energy. When we connect in this way we give-off a particular frequency, a particular vibration. But you match that frequency in order to perceive it. We radiate it but you have to respond to it in order to feel it in your physical structure. Therefore, you are showing yourself that you have this level of energy available to you all the time. And, it is your own energy. It doesn't come from us even though we might "key it" for you. So, how you maintain the energy is knowing that it is not something that you "have to maintain" as if with an effort. It is yours. You can create it any time you wish to feel it; just call it up and it is there. Knowing it is your energy to begin with can make it very easy for you to do this.

In recalling the energy what is actually happening is you are creating that energy in the present. Understand, memory is created in the present. And when you recall, "Oh yes, I remember how it felt" that is a trick of your language. If you remember how it felt, you are feeling it right now. So all you have to do is remember how that energy feels. And what you're actually doing is creating that energy for yourself right now. Recognize it is your energy; you can use it in whatever way, shape or form your imagination desires to create your own reality that excites you the most. Isn't that wonderful?

So yes, in this way, we are assisting with the acceleration of your world but it is your planet; it is up to you. We will always assist by sending different

orchestrations of energy, different vibrations of energy that will prepare and assist in your planet's acceleration towards creating a world of peace, harmony and joy. Do remember, do remember, we are always radiating energy to you; there is always communication and information going on between us. Whether expressed verbally to us or not does not matter.

Also remember that in these conversations we are having with you there are many levels of this conversation which you are receiving other than the one you are hearing with your ears; you did not hear everything with your ears. Pleasant dreams to you. And never assume that the things we discuss with any of you "end" when the discussion is over. The conversation always continues forever in all the ways, shapes and forms that it needs to. Things will "leak in" when you open a door, if you choose to open that door. Some of the conversations we have had with you most likely will start to come out in your dream realities when you let your consciousness relax and stop analyzing so much.

Let your intellectual selves relax and assume that you have absorbed exactly what you need to absorb and that you are changing in ways that are absolutely in-line with the ways you prefer to change, and at the pace you prefer to change. Allow yourselves to assume that there are no parts of your consciousness that will "sneak-up" on you; there is no outside. Assume that you are not a collection of parts, but rather, One integrated whole. And as you decide, so shall the whole of you be. There will be no part left out for you are not a collection of parts; that is an illusion. You are a 100% Whole Being—always.

As You Wish...

Remember: be open. Only those things that serve you best will be absorbed by you because that's what you say you want. The things that have nothing to do with what you desire, the things that have nothing to do with your positive growth, won't be absorbed. Why? Because you say so. It is no more complicated than that and no more difficult than that because you are the Creators of your own reality; because you were made in the image of God. What you say goes. The vibration you are is what you get.

We are exceedingly grateful to all of you to be allowed to interact with your civilization in this way. It has expanded us in many ways and you have given us a great gift. You have allowed us to experience the gift of your consciousness in its unique manifestation and that enriches us as well. Believe me, we take what we learn from you and apply it in many different areas that help many other beings other than those on your own planet. You are very powerful teachers for many other civilizations because you have chosen to "do it the hard way," by exploring negative limitation to an amazing degree and therefore, another civilization might look at you and say, "They still find their higher consciousness? Even through all that!?! Well, if they can do it...I can do it!" [audience laughter]

We thank you ALL, very much. We thank you for strengthening the relationship that we and you are together. And we thank you for allowing the relationship to be so creative, for all of your sharing. You are a gift to us. We thank you for visiting all the other versions of yourself and for allowing more aspects of your own consciousness into your life—so you can grow and grow and become one big happy family. Thank you very much for that.

Know that interacting with you allows us to see that many more ways that the Infinite can create Itself to be, and thus, expands our understanding of Creation. We thank you for this opportunity. We are most excited to interact with you. All the beings that are telepathically connected to me that are sharing this endeavor send their love as well.

We thank you for functioning as representatives and ambassadors of your society and for allowing me to function as a representative and ambassador of mine. Bit by bit, day by day, such interactions will co-create a conducive atmosphere in which we can meet as equals, face-to-face, in which we can share in joy and love, in the exploration of the expansiveness of All-That-Is. We thank you for this opportunity. We are overjoyed to know that you may allow yourselves to create a day wherein we can all play together as you would and explore Infinite Creation together.

We remind you that you are dreaming right now. Wake up and live the dream you prefer. Understand that you are always making choices. That's your free will. If you do not prefer what you are choosing, redefine it; choose something else. Then lock the new choice in by acting as if the new choice is now the real reality. Do not play "what if—play "what is."

Be bold. Be who you are. Be in joy, and enjoy yourselves. Believe in yourselves. You are all there is to believe in. Live now, it is the only time you will ever exist. No matter how many lives, even though you are Eternal Beings, it is always only going to be NOW. Create the NOW you prefer. Remember, you are dreaming right now. "Go to sleep and wake-up in your dream." And live the dream you prefer. It's always your choice.

And, we thank you for allowing us to play together. For we, you, all beings, all aspects, all expressions, all dimensions—all are children of the Infinite. Remember to have allowance for yourself and others.

Can this be sufficient for you and can you absorb the rest on your own for now? There will be more. Always there will be more. Will that do for now?

Q: Yes, I will do that. Bashar...thanks for everything.

B: Thank *you*.

Epilogue

Q: So, how can I assist and make a difference in the world? I can't talk to my

mom about this stuff. And even my children don't seem to show much interest either.

B: You can assist in the elevation of your world if you are willing to apply what you actually do already know; by acting upon the ability to create that in your world. If you act upon that endeavor you will find that you actually already do know far more than you may think. And that is one of the reasons why if you act upon that you will assist your world in understanding what it needs to know to understand. You follow me?

Q: Sort of.

B: You are assisting with the transformation in your own chosen way. Continue to do so in whatever way excites you the most that can be done through your integrity. The things that excite you the most are the indications of the path you chose to be of assistance in this transformation. That's why excitement exists: to let you know what the things are that represent your purpose in this life, and how you can be of best assistance by being the fullest "you" you can be. So that is why we say, acting upon what excites you the most—that is having an equal conversation with us. Not just talking; acting. Doing! Creating your planet to be one that has an equal vibration to our world, so we can interact face-to-face. But you do not have to; it is up to you.

Q: Is this something I should share with her? I'm just wondering if I should just suggest to her that we have a picnic and try?

B: It's up to you. In whatever way you sense she will comfortably be able to share in the information, do that. If you sense it would not be comfortable for that individual then simply share it from whatever level you understand she would be comfortable with. Alright? Take the initiative; create the initiative. It is coming from you anyway. Simply because we have suggested it does not mean it is not your creation. You follow me?

Q: Yes.

B: Can you create an idea in your letter form communications that would allow them to begin to share with each other a new kind of cohesiveness? An exploration of new ideas, new inspirations, to allow them to know that they really can do whatever they wish to in life? Can you generate this kind of momentum, this kind of spark, this kind of thrill, this kind of electric shock-wave through all of them? By some creative act on your part that you can initiate?

Q: I can try.

B: Everyone is interested in understanding that they can have a life of ecstasy, that they can do whatever it is that they desire—with integrity. Everyone is interested in knowing that they can create the reality they want. You have more than enough ability to be very clever about how you say and share these things.

Published in 1997

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