



OUR GIFT OF LOVE

This is a booklet filled with the treasures of love and wisdom which have inspired us over the years. We want to share it with you as a loving reminder of the Truth we all know within our Selves.

May **OUR GIFT OF LOVE** serve to remind you and others when the simple Truth is forgotten.

Feel free to use the material in this book in the Spirit of Love in which it is given. Truly we have All by giving All to All.

Betty Lue & Robert

December, 1989



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A FLOWER CANNOT BE OPENED WITH A HAMMER

*If you would grow to be your best self
Be patient, not demanding
Accepting, not condemning
Nurturing, not withholding
Self-marveling, not belittling
Gently guiding, not pushing & punishing*

*For you are more sensitive than you know
Mankind is tough as war
Yet delicate as flowers
We can endure agonies
But we open fully only to warmth & light
And our need to grow is fragile as a fragrance
Dispersed by storms of will
To return only when those storms are still*

*So accept, respect,
Attend your sensitivity*

*A flower
Cannot be opened
With a hammer*



SAINT FRANCIS PRAYER

*Lord, make me an instrument of Thy Peace.
Where there is hatred, let me sow love;
Where there is injury, let me sow pardon;
Where there is doubt, let me sow faith;
Where there is despair, let me sow hope;
Where there is darkness, let me sow light;
Where there is sadness, let me sow joy.*

*O Divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life.*



KEYS TO SUCCESS IN RELATIONSHIPS



1. A common vision or shared goal.
2. Willingness to give and receive, to teach and learn with each other.
3. Equal commitment to what is truly best for both.
4. Open, honest communication with no withholds or secrets.
5. Non-possessive ownership. Take full responsibility for it all with no guilt and no blame. Give everything and let life be.

KEYS TO HAPPY LIVING

1. Equal relationships. See everyone as wholly loveable.
2. Honest communication. Full expression with no withholds.
3. True giving from the heart, without expectation.
4. Forgiving the past. No history, worries, fears, limiting beliefs.
5. Loving yourSelf and others perfectly. No conditions, total acceptance.
6. Reverence for Life and the Creator. No harm to anyone.
7. Quiet and focus the mind. Be at choice and experience inner peace.
8. Be in present moment. Slow down, be patient and release yourself from time limitations.
9. Simplicity. Release attachments, worldly desires & expectations.
10. Be on Purpose. Live in alignment with your highest purpose or vision. Be true to yourSelf in thought, word and action.



KEYS TO SUCCESS WITH HEALING PROFESSIONALS



Selecting and working with Healers, Teachers, Spiritual Directors, Personal Counselors
(Also applicable to selection of a friend, mate, employer, etc.)

1. Envision the outcome you want to achieve.
2. Set a goal of finding (creating) the ideal helper and guide.
3. Commit 100% to yourself to give yourself the best.
4. Be willing to do whatever it takes to find the “right” facilitator for healing.
5. Stay very conscious of your original vision as you investigate and interview, allowing yourself to be guided to the right person.
6. Choose someone who has an energy, a life vibration, a feeling that you want to attain in yourself.
7. Find one who lives what they teach.
8. Select the highest and best you know. No compromises.
9. Choose someone you trust easily, preferably on first meeting them.
10. Trust your own inner knowing; ask within your heart, “Is this best for me?”
11. Be willing to both learn and teach in your relationship with them.
12. Choose a facilitator of healing or learning who is consciously being healed and taught along with you.
13. Select someone who wants to be with you to a degree you can “feel” it.
14. Choose someone who listens to you, respects you and talks in a language you can understand.
15. Validate and appreciate your choice when you know it’s perfect. If it’s not perfect, let go (cancel your appointment) and choose again.
16. Choose only to be with those from whom you are willing to receive what you desire.
17. Be vigilant, remembering your chosen outcome and the quality of the relationship you want and deserve. Faithfulness to your vision creates your experience.





A TIME OF TRANSFORMATION

The Piscean Age

The Piscean Age was a time filled with victimization consciousness, a time of being at the effect of outer authority, learning to accept the way it was, expressing no preferences, being docile, submissive and humbly suffering in silence, self-martyrdom, giving all for the sake of others, believing that to have less was holy, and allowing the concept of God to be one in which we suffer, pay for our sinfulness and serve others to make penance.

The age past: Have less, suffer more, ask for nothing, wait for heaven. The age of atonement for sins, crucifixion, suffering and sacrifice in order to reap the rewards of the Kingdom of Heaven after death.

The Aquarian Age

The coming Aquarian Age is a time where all will know they are “at cause” in their domain, co-creators with Divine Will, manifesting only that which is good, beautiful and holy. All mankind will awaken to their Inner Authority, the Voice of Divine Consciousness and will follow only that which is for the greatest Good. Happiness, harmony and health will reign as each individual recognizes and expresses their full potential and reaps the abundance of their natural heritage. It will be a time of no guilt, no fear, of choosing what is valuable, expressing the Truth, giving with joy, having everything we want, and of praising God for the perfection of His creation where all live in Love and Peace and Joy: Heaven on Earth NOW.

Transition Period

This in-between time is a period of testing and sorting through. Man is awakening to his divinity, to his inherited right and capacity for choice. As man awakens, great surges of guilt and fear of punishment will flow through humankind calling for forgiveness and light-filled blessing. As man chooses to see his mis-creations without guilt, he will acknowledge the learning value, the needed undoing, and open to the opportunity to choose again for his Highest Vision. Praise God. We are learning to judge nothing, to wholly love and honor ourselves, to give ourselves the highest we know.



THE PATH WITH A HEART

Anything is one of one million paths. Therefore, you must always keep in mind that a path is only a path. If you feel you should not follow it, you must not stay with it under any conditions. To have such clarity you must lead a disciplined life. Only then will you know that any path is only a path, and there is no affront, to oneself or to others, in dropping it, if that is what your heart tells you to do. But your decision to keep on the path or to leave it must be free of fear or ambition.

I warn you. Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question. This is one that only a very old man asks. My benefactor told me about it once when I was young, and my blood was too vigorous for me to understand it. Now I understand it. I will tell you what it is:

“Does this path have a heart?”

All paths are the same: they lead nowhere. They are paths going through the bush, or into the bush. In my own life, I could say I have traversed long, long paths, but I am not anywhere. My benefactor’s question has meaning now. Does this path have a heart? If it does, the path is good. If it doesn’t, it is of no use.

Both paths lead nowhere, but one has a heart, the other doesn’t. One makes for a joyful journey; as long as you follow it, you are one with it. The other will make you curse your life. One makes you strong; the other weakens you. The trouble is, nobody asks the question. And when a man finally realizes that he has taken a path without a heart, the path is ready to kill him. At that point very few men can stop to deliberate and leave the path.

A path without a heart is never enjoyable. You have to work hard even to take it. On the other hand, a path with heart is easy; it does not make you work at liking it.

For me there is only the travelling on paths that have heart, on any path that may have heart. There I travel, and the only worthwhile challenge is to traverse its full length. And there I travel looking, looking, breathlessly.



DESCRIPTION OF EGO MIND AND SPIRIT MIND

EGO MIND

Little self
Searching, lost
Body limits
Has private thoughts
Makes up own mind
Dreams up illusions as
substitutes for reality
Self-created
Gives away ideas and healing
Controls with own power
Someone always loses
Survival and acquisition
are life functions
Happiness is conditional
Judges some events are bad
Accidents happen
Direction is law and order
Must take care of myself
Separate and alone
Concerned, worried
Right and wrong exist
Sin has consequences
All are sinners
At effect in the world
Must do something to “get”
Solutions lie outside ourselves
Space and time limits
Live in fear and need
Changing and emotional
Little, limited, lacking
Fearful, protective, defensive
Plans, prepares, analyzes, logical
Fearful of, or seeking, God
Gives to “get”
Seeks to be special
Judges and attacks
Chooses who to love
Believes in suffering and death
Uses world to redeem self, get to heaven
Wants “more” to be happy
Reactive

SPIRIT MIND

Expanded Self
At home
Body is vehicle for communicating love
Open, no secrets
Listens within and receives guidance

Creates goodness and beauty
Created by God Source
Receives healing as it is given
Gives over power to Holy Spirit
Only win-win solutions
Forgiveness and healing are life
functions
Joy and peace are natural state
Sees goodness and gift in everything
Everything is on purpose
Life direction is freedom
All for one-One for All.
Joined and at One with all
Trusting, faithful
There is only right & misperception
All is used for good
Everyone is whole and holy
At cause in the universe
Nothing to do to “get”
Within us is everything we need
No limits
Live in love and complete
Consistent and at peace
Magnificent, unlimited, abundant
Fearless, open, defenseless
Trusts present moment, intuitive
One with God
Gives All to All
Knows Self as whole, seeks nothing
Sees perfections in what is
Loves everyone equally
Know immortality and eternal peace
Knows heaven here and now
Is content with what is
Responsive

SHIFTING FROM EGO TO SPIRIT MIND

Tools for changing perception and healing one's mind

Forgiveness
Holy instant
Listening within
Willingness
Meditation (quiet mind)
Wanting peace for everyone
Naturalness
Inner vision
Spontaneous moment of knowing

Ways we shift from natural Self(Spirit) to Ego mind

Judgment
Obeying rules and outer authority (shoulds)
Figuring out, analyzing, planning, strategies
Being appropriate
Second-guessing
Standing back and critiquing
Being objective
Encouraging consequences, payback, karma

WHAT WEAKENS US WHAT STRENGTHENS US

Excesses	Moderation
Worry	Blessing
Fear	Trust in God
Resistance	Release
Judgment	Seeing God in all
Pain	Healing
Restriction	Freedom
Hatred	Love
Vengeance	Forgiveness
Disappointment	Acceptance
Anger	Free expression
Lack	Abundance
Littleness	Magnificence
Harshness	Gentleness
Distrust	Trust
Dishonesty	Honesty
Withholding	Openness
Defensiveness	Defenselessness
Impatience	Patience
Stinginess	Generosity
Opinionated	No preferences
Conflict	Peace
Impotence	Power
Faithlessness	Faithfulness
Disharmony	Balance
Separation	Oneness
Self-denial (martyrdom)	Self-love
Condemnation	Appreciation

FORGIVENESS

Forgiveness is the process of erasing all that is not whole and good and beautiful.

Forgiveness is noticing and releasing all blocks to perfect love.

Forgiveness is recognizing judgment as an error in perception.

Forgiveness is knowing there is love in everything.

Forgiveness is choosing a free, happy life and giving the full expression of that life to others.

Forgiveness is knowing I am a gift to all as they are a gift to me. Life is for giving and we are the gift.

Forgiveness is knowing there is value in all that is and, therefore, receiving the value and the learning with gratitude.

Forgiveness is seeing what we look for.

I forgive myself for:
 limiting myself
 rejecting myself
 denying myself
 judging myself

I forgive others for their ignorance and lack of love.

I free myself and others to learn from our life experiences.

I now recognize all lack of love as a call for help and I respond with love.



RECEIVING INNER GUIDANCE

Inner Listening is the conscious willingness to open to the inner authority, the Voice of God, Holy Spirit, the Higher Self within each of us. All beings have the capacity to tune into Divine guidance naturally.

As we let go of worldly thoughts and experience trust and love for God, we can focus on the place of peace in our heart, and open ourselves to channel the highest Good.

By asking for the help and knowledge we need, we immediately receive the Divine answer.

By following what we hear in faith, we learn to trust Divine Will always leads to health, happiness and perfect Peace in all our affairs.

Guidelines:

1. Bring a notebook or journal or tape recorder to record all that transpires in your dialogue with Spirit.
2. Give a prayer or blessing to begin, either aloud or written.
3. Set aside the parental or judging mind. Set aside adult facts, logic and need to understand.
4. Become peaceful and go inside to the innocent, trusting child.
5. Be as a child, willing to ask questions, listen and freely express all that concerns you.
6. Be open and willing. "I am open and willing to receive what is good for me now."
7. Ask for what you want and be willing to receive it.
8. As you tune in more finely to the Inner Voice, all questions are answered, all problems solved, all fears and guilts are healed instantly and all direction and purpose is given to our lives.
9. Listen and follow one day at a time and you shall know God and live in Peace.

From daily practice of inner listening, we soon learn to trust our Selves and follow the Inner Authority in ALL we do. Our lives work more perfectly than we can plan.



AFFIRMATIONS

Every thought creates a result. Negative or fearful thinking creates a negative life experience. Positive or happy thinking creates a good life and happy outlook. Some of both may create a neutral effect on our life experiences. Negative experiences can be erased as a result of consistent positive thinking.

Affirmations are statements of truth which are consciously taken into one's mind by repetitively writing, speaking and listening to them. The purpose of affirmations is to erase from the mind all negative thought forms or beliefs which we have falsely learned. Thoughts of limitation, lack and littleness are released and replaced with thoughts of freedom, abundance and magnificence.

A simple description of the way in which we create our life experiences as a product of our thinking:

Our life energy is expressed through our conscious and unconscious beliefs creating a life experience of our own creation. When we think we deserve pain, we look for it, choose it and set up painful relationships and experiences simply to prove ourselves right.

To heal or change a negative life experience, the following steps are suggested:

1. Forgive yourself and others for mistakenly choosing negativity and feeding yourself negative thoughts.
2. Erase, release and cancel all negative beliefs and thoughts.
3. Consciously choose to plant seeds of positive thoughts in your mind and pay attention to these ideas until they grow into happy life experiences.

Some useful suggestions for doing affirmations:

1. Write, speak and listen to your affirmation 1 to 20 times a day.
 2. The optimum times for gardening your mind are upon awakening and just before going to bed.
 3. Tape record your affirmations and listen to them as you fall off to sleep or travel in your car.
 4. Use no more than 3 affirmations at a time.
 5. Write affirming poems or songs to sing to yourself throughout the day.
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THOSE WHO KNOW

- Those who don't know and don't know they don't know.
- Those who don't know and don't care.
- Those who don't know and don't want to know.
- Those who don't know and pretend they know.
- Those who don't know and wish they did.
- Those who don't know and seek to know.
- Those who are coming to know.
- Those who know and are afraid of what they know.
- Those who know and are afraid they don't.
- Those who know and hold back what they know.
- Those who know and share what they know in order to know.
- Those who know and know they know quietly.
- Those who are what they know.

“To Know” is “To Love”. For when we fully know, we have an experience of acceptance, understanding, trust and love. Therefore, in working with this list of levels of consciousness, we can easily substitute “love” for “know”. Perhaps, for some, this will simplify and clarify where you are in your own unfoldment process.

LOVE

There is no difficulty that enough love will not conquer;
No disease that enough love will not heal;
No door that enough love will not open;
No gulf that enough love will not bridge;
No wall that enough love will not throw down;
No sin that enough love will not redeem...

It makes no difference how deeply seated may be the trouble,
How hopeless the outlook,
How muddled the tangle,
How great the mistake.
A sufficient realization of love will dissolve it all.

If only you could love enough,
You would be the happiest and most powerful being in the world.
Emmett Fox

I AM HERE ONLY TO BE TRULY HELPFUL

I am here only to be truly helpful.
I am here to represent Him Who sent me.
I do not have to worry about what to say or what to do
Because He Who sent me will direct me.
I am content to be wherever He wishes,
Knowing He goes there with me.
I will be healed as I let Him teach me to heal.

ACIM text p 24



PRESCRIPTION FOR DEPRESSION

1. Clean your house (room, closet, car, yard, office) for a minimum of one hour per day. Work at it!
2. Walk or run twice a day for 20 to 30 minutes each time. Breathe fully and freely.
3. Allow yourself to sigh heavily whenever you feel discouraged.
4. Whenever you find yourself sinking into despair, do something (anything). Get up and move.
5. Limit reading and introspection to certain times of the day (i.e. one hour before bed).
6. Practice something inspirational daily (meditation, music, movement).
7. Serve others daily. Contribute skills, talents and resources to someone each day.
8. Whatever is most fearful or depressing to you, change it immediately. Get help from others to change it. (Burn it, sell it, leave it, paint it, clean it, bless it.)
9. Whatever isn't working, stop and do something else.
10. When something makes you happy, do it more! (Prayer, singing, sports, babies, etc.)

Stuckness, stagnation and sameness are graves and are usually found with fear and laziness.

To be spiritual, free, happy, we must allow, encourage and enjoy change. Change gets life energy moving. Don't think about it, do it today.



PRESCRIPTION FOR PAIN

1. Ask the body what it wants, especially the area of pain: i.e. walk, gentle touch, pressure, warmth, coolness, relaxation, "just love me", pay positive attention, etc.
2. Consciously breathe. Breathe healing love and light into your body. See it radiating to the areas of discomfort. Then see gentle relaxation and healing. Breathe out love, sharing the gentle healing with all.
3. Look for all grievances and regrets against people and situations and ask your mind to release and forgive all of them. Holding pain in the mind manifests in the body.
4. Forgive yourself for everything you may be guilty or fearful about. Forgive yourself for limiting and hurting yourself at some unconscious level or with self-judgment, fear and guilt.
5. Say over and over to yourself, "I love myself and I prefer no pain".
6. Be gentle in thoughts, words and actions. Eliminate painful or harsh stimulation (arguments, mental conflicts, TV, movies and reading focused on violence). Do not take on others' pain and suffering.
7. Move your attention away from the body to some focused activity: meditation, handwork, computer, an inspiring movie or book.
8. Pay attention to the goodness, love and beauty in your life. Look for things to be happy about and fill your heart with loving feelings.
9. Contribute to your world everyday. Be productive. Give of yourself in whatever way you are able and esteem yourself.



THE RABBI'S GIFT



There is a story, perhaps a myth. Typical of mythic stories, it has many versions. Also typical, the source of the version I am about to tell is obscure. I cannot remember whether I heard it or read it, or where or when. Furthermore, I do not even know the distortions I myself have made in it. All I know for certain is that this version came to me with a title. It is called "The Rabbi's Gift."

The story concerns a monastery that had fallen upon hard times. Once a great order, as a result of waves of anti-monastic persecution in the seventeenth and eighteenth centuries and the rise of secularism in the nineteenth, all its branch houses were lost and it had become decimated to the extent that there were only five monks left in the decaying mother house: the abbot and four others, all over seventy in age. Clearly it was a dying order.

In the deep woods surrounding the monastery there was a little hut that a rabbi from a nearby town occasionally used for a hermitage. Through their many years of prayer and contemplation the old monks had become a bit psychic, so they could always sense when the rabbi was in his hermitage. "The rabbi is in the woods, the rabbi is in the woods again," they would whisper to each other. As he agonized over the imminent death of his order, it occurred to the abbot at one such time to visit the hermitage and ask the rabbi if by some possible chance he could offer any advice that might save the monastery.

The rabbi welcomed the abbot at his hut. But when the abbot explained the purpose of his visit, the rabbi could only commiserate with him. "I know how it is," he exclaimed. "The spirit has gone out of the people. It is the same in my town. Almost no one comes to the synagogue anymore." So the old abbot and the old rabbi wept together. Then they read parts of the Torah and quietly spoke of deep things. The time came when the abbot had to leave. They embraced each other. "It has been a wonderful thing that we should meet after all these years," the abbot said, "but I have still failed in my purpose for coming here. Is there nothing you can tell me, no piece of advice you can give me that would help me save my dying order?"

"No, I am sorry," the rabbi responded. "I have no advice to give. The only thing I can tell you is that the Messiah is one of you."

When the abbot returned to the monastery his fellow monks gathered around him to ask, "Well, what did the rabbi say?"

"He couldn't help," the abbot answered. We just wept and read the Torah together. The only thing he did say, just as I was leaving—it was something cryptic—was that the



Messiah is one of us. I don't know what he meant."

In the days and weeks and months that followed, the old monks pondered this and wondered whether there was any possible significance to the rabbi's words. The Messiah is one of us? Could he possibly have meant one of us monks here at the monastery? If that's the case, which one? Do you suppose he meant the abbot? Yes, if he meant anyone, he probably meant Father Abbot. He has been our leader for more than a generation. On the other hand, he might have meant Brother Thomas. Certainly Brother Thomas is a holy man. Everyone knows that Thomas is a man of light. Certainly he couldn't have meant Brother Elred? Elred gets crotchety at times. But, come to think of it, even though he is a thorn in people's side, when you look back on it, Elred is virtually always right. Often very right. Maybe the rabbi did mean Brother Elred. But surely not Brother Phillip. Phillip is so passive, a real nobody. But then, almost mysteriously, he has a gift of being there when you need him. He just magically appears by your side. Maybe Phillip is the Messiah. Of course the rabbi didn't mean me. He couldn't possibly have meant me. I'm just an ordinary person. Yet supposing he did? Suppose I am the Messiah? O God, not me. I couldn't be that much for You, could I?

As they contemplated in this manner, the old monks began to treat each other with extraordinary respect on the off chance that one among them might be the Messiah. On the off, off chance that each monk himself might be the Messiah, they began to treat themselves with extraordinary respect.

Because the forest in which it was situated was beautiful, it so happened that people still occasionally came to visit the monastery to picnic on its tiny lawn, to wander along some of its paths, even now and then to go into the dilapidated chapel to meditate. As they did so, without even being conscious of it, they sensed this aura or extraordinary respect that now began to surround the five old monks and seemed to radiate out from them and permeate the atmosphere of the place. There was something strangely attractive, even compelling, about it. Hardly knowing why, they began to come back to the monastery more frequently to picnic, to play, to pray. They began to bring their friends to show them this special place. And their friends brought their friends.

Then it happened that some of the younger men who came to visit the monastery started to talk more and more with the old monks. After a while one asked if he could join them. Then another. And another. So within a few years the monastery had once again become a thriving order and, thanks to the rabbi's gift, a vibrant center of light and spirituality in the realm.

From A Different Drum: Community Making and Peace

By M. Scott Peck, M.D.



CHARACTERISTICS OF A TEACHER OF GOD

- 1. Trust*
- 2. Honesty*
- 3. Tolerance*
- 4. Gentleness*
- 5. Joy*
- 6. Defenselessness*
- 7. Generosity*
- 8. Patience*
- 9. Faithfulness*
- 10. Open-mindedness*

ONLY WHEN

Only when we esteem ourselves
Do we esteem others.
Only when we love ourselves
Do we love others.

Only when we trust ourselves
Do we trust others.
Only when we respect ourselves
Do we respect others.

Only when we stop judging ourselves
Do we stop judging others.
Only when we stop blaming ourselves
Do we stop blaming others.

Only when we accept personal responsibility
Will we be free.
Only when we are at peace with ourselves
Will we be at peace with others.

Only when we unconditionally accept ourselves
Do we unconditionally accept others.
Only when we know the truth about ourselves
Do we know the truth about others.

Only when we see the highest in ourselves
Will we see the highest in others.
Only when we honor the highest in ourselves
Will we honor the highest in others.

Only when we teach love
Do we learn love.
Only when we give love
Do we receive love.

Only when we all accept
Will the earth know peace.
Only when we all love
Will the earth know Heaven.

James Boyce 6/5/87

THE NIGHT BEFORE CHRISTMAS

T'was the night before Christmas
And all through the earth
Was the light of love shining, a holy new birth.
Forgiveness completed, all judgments aside,
My conscience was clear with no hint of pride.
My worries behind me (I'd put them to bed)
While visions so heavenly danced in my head.
The job and the family, all routine, a snap.
Unaware, I was into a spiritual nap.
When out of the calm, there arose such a clatter.
My life was unsettled. Now what was the matter.
Away from my habits I flew like a flash.
I threw off attachments, and then came the crash.
The feeling was alien, nothing the same.
I couldn't describe it or give it a name.
When what to my wondering eye should appear
But a blaze of white light, and coming so near,
With a little old angel so lively and quick
I knew in a moment, I was going to be sick.
More rapid than eagles his coursers they came
And he whistled and shouted and called them by name:
"More honesty, tolerance, gentleness, trust,
Faithful and generous, with patience a must.
To topple defenses and breach the fear wall

Now dash away, smash away, drop away all!"
As dry leaves that before the wild hurricane fly
When they meet with an obstacle mount to the sky
So up in the air all the pieces they flew
And I felt when I looked, I'd see everything new.
And then in a twinkling, I felt with a start,
The growing and glowing, expanding my heart.
As I came to my senses and was turning around
I saw in the mirror an image profound.
He was bathed in bright light from his head to his toe
(His clothes were quite common so no one would know)
The weight of the world had just dropped from his back
And he danced like a peddler devoid of his pack.
His eyes, how they twinkled! His dimples, how merry,
His cheeks were like roses, his nose like a cherry:
The smile of his mouth was drawn up like a bow,
It would light up a crowd wherever he'd go.
His relative silence bespoke inner peace
Letting all in his presence experience release.
He had a bright face and a happy, strong laugh
Which touches the heart, cuts resistance in half.
He was loving and kind, a right jolly old elf
And I laughed when I saw him, in spite of myself.
A wink of his eye and a nod of his head
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He listened within (a somewhat strange quirk).

UNTIL ONE IS COMMITTED

Until one is committed
there is hesitancy, the chance to draw back,
always ineffectiveness.
Concerning all acts of initiative (and creation),
there is one elementary truth,
the ignorance of which kills countless ideas
and splendid plans:
that the moment one definitely commits oneself,
then Providence moves too.
All sorts of things occur to help one
that would never otherwise have occurred.
A whole stream of events issues from the decision,
raising in one's favor all manner
of unforeseen incidents and meetings
and material assistance,
which no man could have dreamt
would have come his way.

I have learned a deep respect
for one of Goethe's couplets:
"Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it."

From the Scottish Himalayan Expedition
by W. H. Murray



THE PATH TO PEACE AND ENLIGHTENMENT



How do you rate yourself now?
(1 = low, 10 = high)

- | | |
|----------------------|---|
| 1•2•3•4•5•6•7•8•9•10 | 1. Effective communication |
| 1•2•3•4•5•6•7•8•9•10 | 2. Positive parenting |
| 1•2•3•4•5•6•7•8•9•10 | 3. Knowing my Self |
| 1•2•3•4•5•6•7•8•9•10 | 4. Be with another |
| 1•2•3•4•5•6•7•8•9•10 | 5. Contribution - Giving myself everywhere |
| 1•2•3•4•5•6•7•8•9•10 | 6. Personal Freedom -Releasing myself from responsibility and playing |
| 1•2•3•4•5•6•7•8•9•10 | 7. Taking responsibility for my life |
| 1•2•3•4•5•6•7•8•9•10 | 8. Education - Willingness to learn from everything |
| 1•2•3•4•5•6•7•8•9•10 | 9. Focus, Direction and Commitment |
| 1•2•3•4•5•6•7•8•9•10 | 10. Quieting the mind and listening |
| 1•2•3•4•5•6•7•8•9•10 | 11. Surrendering to the Natural flow |
| 1•2•3•4•5•6•7•8•9•10 | 12. Allowing change |
| 1•2•3•4•5•6•7•8•9•10 | 13. Seeking equal relationships |
| 1•2•3•4•5•6•7•8•9•10 | 14. Teaching and Learning |
| 1•2•3•4•5•6•7•8•9•10 | 15. Being present all the time |
| 1•2•3•4•5•6•7•8•9•10 | 16. Letting Love lead the way |
| 1•2•3•4•5•6•7•8•9•10 | 17. Judging nothing |
| 1•2•3•4•5•6•7•8•9•10 | 18. Simplifying my life, diet, possessions |
| 1•2•3•4•5•6•7•8•9•10 | 19. Minimizing distractions |
| 1•2•3•4•5•6•7•8•9•10 | 20. Clinging to nothing through perfect trust |
| 1•2•3•4•5•6•7•8•9•10 | 21. Surrendering to God's Love |
| 1•2•3•4•5•6•7•8•9•10 | 22. Being Real |
| 1•2•3•4•5•6•7•8•9•10 | 23. Being at peace with what is |
| 1•2•3•4•5•6•7•8•9•10 | 24. Seeing the wholeness and goodness in everything |
| 1•2•3•4•5•6•7•8•9•10 | 25. Full free expression |
| 1•2•3•4•5•6•7•8•9•10 | 26. Flowing - No pushing or holding back |
| 1•2•3•4•5•6•7•8•9•10 | 27. Loving my body vehicle |
| 1•2•3•4•5•6•7•8•9•10 | 28. Trusting I am perfectly provided for |
| 1•2•3•4•5•6•7•8•9•10 | 29. Knowing "To honor my father and mother is to honor myself" |
| 1•2•3•4•5•6•7•8•9•10 | 30. Asking for and receiving what I want |



DIET FOR PEACE



“30 Days To Inner Peace And Happiness”

- | | |
|--------|--|
| Day 1 | Forgiveness of the past |
| Day 2 | Diet and manner of eating |
| Day 3 | Attunement with Nature |
| Day 4 | Joy in living |
| Day 5 | Meditation - quieting the mind |
| Day 6 | Body relaxation |
| Day 7 | Release of emotions |
| Day 8 | Open communication - full free expression |
| Day 9 | Purpose in life |
| Day 10 | Self-Acknowledgment |
| Day 11 | Health - body appreciation, body peace or dis-ease |
| Day 12 | Successful relationships |
| Day 13 | Accepting change - flow with what is |
| Day 14 | Trust in life's learnings - all is well |
| Day 15 | Creating what you love |
| Day 16 | Money |
| Day 17 | Sexuality - being the way you are |
| Day 18 | Living environment |
| Day 19 | Working environment |
| Day 20 | Rest |
| Day 21 | Spiritual awareness |
| Day 22 | Love for Mother Earth - respect for nature |
| Day 23 | Information input - what we read, watch or listen to |
| Day 24 | Movement - relationship to vehicles, transportation, driving |
| Day 25 | Use of thoughts, words and actions |
| Day 26 | Judgments and their valuelessness (not good or bad) |
| Day 27 | Discrimination of what and who is best for you |
| Day 28 | Personal motivation - inspiration in your life |
| Day 29 | Happiness as a teacher - be a happy learner |
| Day 30 | Surrender to Love |



UNCONSCIOUS PATTERNS OF RELATIONSHIPS

Anything unresolved with parents will come up in our relationships

We attract what we're accustomed to.

We interpret others' behaviors as being the same as in our family patterns.

We cause or create behavior we're used to.

We leave relationships which are too easy or good or which don't fit our patterns.

1. We tend to recreate our parent personality type in other relationships.
2. We tend to recreate the kind of relationship we had with our parents in our other relationships.
3. We tend to copy the relationship our parents had with each other by acting out their roles in order to understand and justify their behavior.
4. We tend to create upsets to get disapproval from our partners as our parents disapproved of us.
5. We tend to get even with our parents by having relationships that they won't accept.
6. We tend to seek relationships to play helpless, to be in control by being a child, wanting the other to be our parent.
7. We tend to recreate the same degree of struggle in our relationships as we had in our family pattern.
8. We tend to bring our suppressed sexual feelings from childhood (incest) into our relationships and feel inhibited sexually.
9. We tend to attract a partner who fits all our patterns.

RECOGNIZING AND RELEASING

STRATEGIES FOR LOSING

What you resist, persists.

Avoidance creates loss.

The Ego experiences it's littleness and inadequacy and it is afraid. Therefore, out of fear of the world, it decides:

- 1) I'm not ok.
- 2) I can't win.
- 3) Therefore, I must do anything to keep from losing and create the defense of always being right.

The Ego made up strategies to avoid losing to maintain its rightness.

Strategies to avoid losing

1. **Don't play the game.** Withdraw, withhold, refuse, non-participation, no risk.
2. **Keep others from winning.** Sabotage, make others less, talk negatively about someone, put-downs.
3. **Don't complete anything.** Procrastinate, begin too many projects to complete, lose interest, give up.
4. **Destroy the game.** Change the rules, break agreements, put in more details, expect more than was expressed.
5. **Play the nice guy.** Be too nice to tell true feelings, keep everyone from progressing, be afraid to take the risk of asking for what you want from yourself and others.
6. **Have a problem.** Become a distraction or be distracted by lack of money or time, get sick, shift attention, be a victim to get rescued.
7. **Get them before they get me.** Make others wrong, look for excuses for self, find opportunities to judge others, tattling.
8. **Minimize / maximize.** Make little of my failures and maximize yours, you're worse than I am, compare others unfavorably.

Healing Affirmations

These strategies keep me from winning. Now I choose to win.

Defending the ego prevents success. I now choose to release losing and be a winner in life.

Releasing Process - I am willing to take a risk and be at cause!

Choose the item you are most at the effect of in your life:

1. My strategies to avoid losing are:
2. Ways my life is held back by me are:
3. I am now committing to correct my counter-productive behavior by implementing the following actions a) immediately b) this week c) this month:

THE RETURN TO INNOCENCE

We're all children waiting to be free.
We're all children waiting to be.
We're imprisoned in our own thoughts of right and wrong, good and bad,
wanting reward that we never had.
All of this was learned before the age of five.
Ever since that time its hard to be alive.
Now we seek our destiny, a fate worse than death,
To be always trying for a time when we can rest.
And yet what keeps us jailed is our own illusive thought.
What keeps us trapped on barren land is what our fathers wrought.
For we gave up our right to live and breathe and feel and be.
We surrendered all our hope forever being free.
Dear Child of God, or Holy Son of Man which one leaves you hopeful,
tell me if you can.

Now is the time when each of us must choose
We can learn to remember, there is nothing we can lose.
For what is of value if all ways lead to pain.
What can bring our hopes up high but to be at home again.

Life is a circle leading back unto itself.
Love is Eternal coming round and round again.
Love is the natural flow and yet fear builds up dams,
Damn this and that, have this not that, fear this not that.
And thus we flow amiss
Never to return home again until we see what is.

Join the ever flowing circle through out the sands of time.
Where Spirit leads you, you must follow
And join with what you find.
All innocence brings is love and joy,
Delight in each new thing .

No mother saying "no" to us, no fear can enter in.

My God is this the way to love?
And it was ever so --
I lost my way by behaving and knew no way to go.
Yet here I hear the way is near,
Nearer my God to Thee,
The way is simply to live my life forever naturally free.

Follow the river, follow with delight.
Enjoy the shadow and the cool of the night.
In love there is nothing and no one to fear.
In each of us the call, "I am here".

Now I relax and rest in it all.
I am the answer and I am the call.
I knew my way and merely forgot.
Now I know I am and never more am I not.

Here I can trust for here I can know.
Light is the way, Joy is the call,
Love is the Answer. I am the All.



MAN'S GREATEST RESOURCE

Man's greatest natural resource is his mind. It is the new frontier. I invite you to be a pioneer in the exploration, expansion and creation of your mind, the Universal Mind, the consciousness of man.

There are no limits to the mind. There are no barriers to perfect creation. What can be conceived can be created. For thought creates. Every thought creates a result. Everything we think or say or do teaches all the universe, for we all are connected, we are all One.

So, I invite you to join me to use the most powerful transformative tool we have, our mind. Within our own mind we can go everywhere, do everything and be all that we desire. With single-mindedness, a truly loving intention and total faith in the power of the mind, all things are accomplished perfectly, easily and quickly.

I invite you to join with me in using our minds as vehicles to change our lives and the ways of this planet - for transformation of our personal and collective life.

<u>Purpose</u>	To create the experience of safety, strength and freedom for every aspect of God's creation, every child of God.
<u>Focus</u>	To see only that which is good, loving everything by seeing the perfection in it.
<u>Function</u>	To recognize and erase from our mind all thoughts of less than perfection in ourselves, others and on this earth. Forgiveness of all fear, weakness and limitation.
<u>Goal</u>	Heaven on Earth, living in peace with every aspect of creation in the presence of complete safety, total strength and perfect freedom for all.

Some of the primary ingredients of this process are:

- to practice quieting the mind - meditation, creating a clear inner screen on which to paint mental pictures of our ideal world.
- to learn to recognize dark spots in our thinking - fears, judgments, guilt, resentment, doubt, avoidance, etc.
- to release, erase, heal and forgive all unloving thinking, all darkness.
- to open to fully love and honor ourselves in all ways.

I realize this assignment is vast and may seem impossible. However, I know when we join as a team of pioneers of the mind, we become a powerful force for good. We truly become an army of angels for transformation. And in our joining we are consciously supporting each other in opening to more light, more wisdom and more trust.

I honor you in your willingness to contemplate this possibility and to join me as you are called. God is blessing us All.



LIVE YOUR DREAM

Come within. Quiet Yourself. Ask to hear your Call.

GOAL

See with Vision, the gift of God. Visualize the Highest and Best in your Heart. Judge nothing.

COMMITMENT

Ask God directly, "Is this Your Will for me?". Whatever He tells you, commit yourself to fully. Say "YES" with all of your being. Know His Will gives you perfect Peace and Happiness.

FOCUS

Let your mind list all the steps you think you need to take to "accomplish" your dream. Then let go of your ideas and ask, "What now Lord?". Whatever comes to you, focus totally on its completion with Love. Be in the present moment. Give all you are to each moment. Let go of past history and beliefs about the way things usually happen. Release all anxiety about what the future may bring. Trust and appreciate all things as they are given in this moment now. Know All is in Divine Order.

RELEASE DISTRACTION

Surrender worry, doubt and fear. Allow trying, pushing and holding back to be released. Forgive and erase with love all future possibilities and past mistakes. Let go of others' criticisms, comparisons, evaluations and needs to understand. Distraction is a detour and delay. Focus is fun and freeing.

To be on purpose with the function you would fulfill is to trust in the Lord, for He makes the way easy for you. Align totally with His Will and there will be no obstacles.

Give your Self the Highest and the Best and know God is saying "YES".



QUALITIES OF CHILDREN

with low self-esteem

with high self-esteem

- | | |
|--|---|
| 1. Obedient | Independent |
| 2. Conforming | Outspoken |
| 3. Helpful | Exploratory |
| 4. Accommodating | Assertive about rights |
| 5. Relatively passive | Disturbing to parents, teachers and others in authority |
| 6. Overtly submissive | Confident |
| 7. Accepting | Assured |
| 8. More anxious | Able to cope with adversity |
| 9. Victims of more psycho-somatic symptoms | Self Initiating |
| 10. Rated as less effective | Enterprising |
| 11. More destructive | Active |
| 12. Inadequate & feel vulnerable in difficult situations | Competent |
| 13. | Questioning |
| 14. | Confronting |

A CREDO FOR MY RELATIONSHIPS WITH OTHERS

(Thomas Gordon)

You and I are in a relationship which I value and want to keep. Yet each of us is a separate person with unique needs and the right to meet those needs.

When you are having problems meeting your needs I will try to listen with genuine acceptance in order to facilitate your finding your own solutions instead of depending on mine. I also will respect your right to choose your own beliefs and develop your own values, different though they may be from mine.

However, when your behavior interferes with what I must do to get my own needs met, I will tell you openly and honestly how your behavior affects me, trusting that you respect my needs and feelings enough to try to change the behavior that is unacceptable to me. Also, whenever some behavior of mine is unacceptable to you, I hope you will tell me openly and honestly so I can try to change my behavior.

At those times when we find that either of us cannot change to meet the other's needs, let us acknowledge that we have a conflict and commit ourselves to resolve each such conflict without either of us resorting to the use of power or authority to win at the expense of the other's losing. I respect your needs, but I also must respect my own. So let us always strive to search for a solution that will be acceptable to both of us. Your needs will be met, and so will mine - neither will lose, both will win.

In this way, you can continue to develop as a person through satisfying your needs, and so can I. Thus, ours can be a healthy relationship in which both of us can strive to become what we are capable of being. And we can continue to relate to each other with mutual respect, love and peace.



RELEASING DISAPPOINTMENT

(Randy Keller)

First, since I tend to assume that others have not always loved and supported me fully:

I release the belief, perception, and judgment that others have disappointed me.

I release all need and desire to believe that others have disappointed me.

I release all need and desire to believe anything *but* that others have always loved, served, honored, and supported me perfectly.

I now totally accept and believe that others have always loved, served, honored, and supported me perfectly.

***Next, since if I believe others have disappointed me,
then what I really believe is that I have disappointed others:***

I release the belief, perception, and judgment that I have disappointed others.

I release all need and desire to believe that I have disappointed others.

I release all need and desire to believe anything *but* that I have always loved, served, honored, and supported others perfectly.

I now totally accept and believe that I have always loved, served, honored, and supported others perfectly.

Since what I feel about others is actually what I feel about God:

I release the belief, perception, and judgment that God has disappointed me.

I release all need and desire to believe that God has disappointed me.

I release all need and desire to believe anything *but* that God has always loved, served, honored, and supported me perfectly.

I now totally accept and believe that God has always loved, served, honored, and supported me perfectly.

***Next, since if I believe God has disappointed me,
then what I really believe is that I have disappointed God:***

I release the belief, perception, and judgment that I have disappointed God.

I release all need and desire to believe that I have disappointed God.

I release all need and desire to believe anything *but* that I have always loved, served, honored, and supported God perfectly.

I now totally accept and believe that I have always loved, served, honored, and supported God perfectly.

Finally, since whatever I think I believe about others and God is really what I believe about myself:

I release the belief, perception and judgment that I have been a disappointment to myself.

I release all need and desire to believe that I have been a disappointment to myself.

I release all need and desire to believe anything *but* that I have always loved, served, honored, and supported myself perfectly.

I now totally accept and believe that I have always loved, served, honored, and supported myself perfectly.



THE FINE (AND REFINABLE) ART OF SELF-DISCLOSURE

(Randy Keller)

The basic premise: This group will succeed to whatever extent we disclose ourselves.

This group will fail to whatever extent we hide ourselves.

Some forms of non-disclosure would include:

- hiding anything from your past or present you are ashamed of or feel guilty about
- not expressing your judgments
- not acknowledging and cleaning up any historical stuff you have with someone in the group
- not noticing and expressing your fears

So, some of the ways to disclose yourself would be:

- Confess your ‘sins’
- anything you’ve done that you wouldn’t want us to know about
- anything that you think would make you unacceptable to us if we knew about it
- any dependencies or addictions you have
- anyone you have abandoned, abused, or simply written off

Acknowledge your judgments

- any ‘negative’ or unflattering thoughts you have about the group or individuals in the group
- any way you are disappointed by the group, or expect to be disappointed eventually
- If the group absolutely had to have a leader, and you had to choose that person, who would you choose?
- If the group absolutely had to let one person go, and you had to choose that person, who would you choose?

Clear the air

- any pre-existing personal issues between you and another member of the group
- any previous group experiences that make you feel cautious or guarded
- anything that would prevent you from feeling free to be open, vulnerable, and transparent

Reveal your fears

- What would make it unsafe for you to do any of the above?
- Who are you most afraid of in the group? Who do you feel threatened by?
- Who are you worried might use your confessions against you?

Some Questions

- * If the group became everything you might hope for, would you deserve to be a part of it?
- * Are you holy enough to be part of a Circle of Light? Are you clear enough? Sensitive enough? Committed enough?
- * What are you afraid you might feel called on to give up to be part of this group?
- * Is self-disclosure the purpose of this group? If it is, do you still want to be here? If it isn’t, what is?





THE GET HOLY QUICK CHECKLIST #1

For Persons

(Randall Keller)

Think of anyone with whom you are not at perfect peace, and ask yourself the following questions. Am I willing:

to forget everything I think I know about this person from the past?

to not be separate from this person?

to release any judgments I may have about this person's:

appearance and state of health?

manner of communicating?

level of spiritual development and understanding?

degree of intelligence?

motivations?

beliefs?

lifestyle?

to forgive this person for anything I believe he may have done to me?

to have faith in this person?

to believe we share the same purpose, which is release from guilt?

to desire for this person all the joy and love and peace I desire for myself?

to release this person from any demands my ego wants to make?

to not be special to this person and to let this person not be special to me?

to see this person as the sinless, guiltless Son of God?

to realize that the only purpose of our relationship is our mutual healing?

to release this person from any desire I have that he should change?

In short, am I willing to let this person be my savior, and to be his or her savior in return?

And, if I answered 'no' to any of these questions, am I willing to acknowledge that I am failing to fulfill the only legitimate function I have?



THE GET HOLY QUICK CHECKLIST #2

For Situations

(Randall Keller)

In any situation in which you do not find yourself in perfect peace, ask yourself the following questions. Am I willing:

to set aside whatever judgments and opinions I may have about this situation?

to not be separate from anyone who is involved?

to let this situation be transformed into an experience of love and celebration?

to release everyone involved from the demands of my ego?

to forget the "history" of this event and simply be present with what is?

to have faith in everyone who is participating?

to recognize my role as creator of this situation?

to allow this situation to become an opportunity for healing?

to forget my personal interests, hopes, and expectations regarding the outcome of this situation?

to know that in this situation is a lesson God would have me learn?

to admit that I do not know what anything, including this situation, is for?

to let God's will be done through me in this situation?

In short, am I willing to acknowledge that this situation is nothing more and nothing less than I am making of it, and that it is in my power to let the Holy Spirit use this situation for the salvation of all?

And, if I answered 'no' to any of these questions, am I willing to admit that the choice is mine, and that nothing but a false and faulty self-image prevents me from saying 'yes'?





THE GET HOLY QUICK CHECKLIST #3

For Yourself

(Randall Keller)

At any time when you are not feeling at peace with yourself, ask yourself these questions. Am I willing:

to remember that God's will for me is perfect happiness?
to rest in God?
to understand there is nothing my holiness cannot do?
to be the light of the world?
to accept the fact that what I see is what I choose to see?
to let the Holy Spirit decide for me?
to accept God's evaluation of me in place of my own?
to be aware of God's Presence within me now?
to know that darkness has no power over me?
to remember who my Father is?
to recognize that light and joy and peace abide in me, and that my sinlessness is guaranteed by God?
to know that the only sacrifice that is ever asked of me is the "sacrifice" of fear?
to remember that God is with me, and I live and move in Him?
to believe that my only function here is to learn to forgive?
to accept that I am entitled to miracles?
to let Truth correct all the errors in my mind?
to be still an instant and go home?

In short, am I willing to know that I am right now as God created me, and that nothing I have done has ever changed my true identity in any way?

And, if I answered 'no' to any of these questions, am I willing to let the Holy Spirit answer 'yes' on my behalf?



FORGIVENESS IS THE KEY TO HAPPINESS AND INNER PEACE

Every morning and every night say this prayer:

I forgive everything and everyone, every experience and every memory of the past and present that needs forgiveness.

I forgive positively everyone. God is Love.

I am forgiven and governed by God's Love alone.

God's Love is now harmonizing my life and its problems. Realizing this, I abide in peace.

I am now forgiven by everything and everyone of the past and present that needs to forgive me.

I know that forgiveness unblocks whatever stands between me and my good. I am grateful for the power of God's Word.

AMEN





PRAYER FOR A LOVED ONE

Dear Heart, I will not worry, fret, or be unhappy over you. I will not be anxious concerning you. I will not be afraid for you. I will not give up on you. I will not blame you, criticize you, or condemn you. I'll remember first, last and always that you are God's child, that you have His Spirit in you. I'll trust this Spirit to take care of you, to be a light to your path, to provide for your needs. I'll think of you as always being surrounded by God's loving Presence, as being enfolded in His protecting care, as being kept safe and secure in Him. I'll be patient with you; I'll have confidence in you. I'll stand by you in faith, and bless you in my prayers, knowing that you are growing, knowing that you are finding the help you need, the love you need, the healing you need, the financial freedom you need. I have only good feelings in my heart about you, for I'm willing to let you live your life as you see fit. Your way may not be my way, but I'll trust the Spirit of God in you to show you the way of your highest Good. God loves you, and I love you! I have confidence in you and I believe in you!!

A GIFT OF LOVE

I will resurrect you without robbing you.
I will lead you and leave you free.
I will tell you and you will not be confused.
I will love you and you will experience your love.
I will show you and not take your joy of finding.
I will be with you and allow you to be alone.
I will sustain you and not take your courage.
I will direct you and not take your will.
I will nourish you and you will stay clean.
You will nourish me and know you are nourished.
I will show you beauty and you will be grateful and experience rapture.
I will give you rest and it will be life, not death.
I will give you tasks and you will experience them in love.
I will give you all, and you will accept.



AUTUMN



Autumn is the season of harvest, gathering in the fruits of our labor and taking stock of the abundance we have within and all around us. It is a time for sorting through past memories, acquisitions and relationships to value all the good and allow it to nourish and fill us with gratitude and thanksgiving. It is time to let go of what no longer has value and to share our excess with others. In Nature, there is a natural balance where all the fruit that falls from the trees is eaten by some critter or taken into the soil for the following year's fertilizer. Nothing is wasted.

Man is being called to return to a natural balance, to tune in to our own inner call for wholeness and living in harmony with one another and our environment. Each of us can personally choose balance, moderation, a life of peace with each other and our environment. The process is simple and requires little more than a *willingness to recognize and let go of everything that is not in balance and in harmony*. We need not seek after what is our natural self, but rather let go of what is unnatural, uncomfortable and causing frustration and anger.

We may say, "How can I do that? I am attached to the money I earn, the things I own, the way I live, the relationships I have." The answer is *TRUST*. Trust that letting go leads to a better life, greater security and happier relationships. In the grand scheme of things in our magnificent universe, everything always works for good and letting go leads to an opening for the experience you really want.

On many occasions, I have been called to let go of what I loved and valued and had grown accustomed to. The calling did not come from a place of disliking, devaluing or wanting to get rid of anything. The calling did not come from a place of seeking after something bigger, better or more perfect. It came from the simple experience of a *knowing* inside me. "It is the time now, Betty Lue, to release what you love. Set it free, Betty Lue. Let it be, Betty Lue. And you will see, Betty Lue, all is well." And just as the tree lets the leaves fall, the mother bird nudges her babies to fly, the bear goes into his den to hibernate and the man lays down his life or his worldly fortune for his brother, so I trusted my inner call. I discover, indeed, "All Is Well" when I gently let go in gratitude and love and trust.

To be willing to know ourselves, to hear our inner voice, to trust and honor what we hear and act in faith is the call. The time is now, this harvest time, to look at our selves, our relationships, our values, our jobs, our beliefs. Take stock of what you hold and seek after and ask, "Is this true for me today? Does this experience offer me happiness and peace? Is it time to gently lay this aside?" Listen for your own inner heartfelt answer and respond with trust.

When you love something very, very much, let it go free. If it is meant to be with you, it will stay and if it is time to be free, it will go in gratitude to you for your trusting love. In the moment of happy endings and new beginnings, we get a glimpse of the beauty and goodness in our past, present and future, and we are filled with peace. "Good bye" means "God (or good) be with Ye", so letting go and moving are best done with our blessing. So be it.

For me, truly, *love is freedom and trust*.

It is in Love I let go and release you.

It is in Love I trust you and free you to be you.

It is in Love I am here for you always.

It is in Love I honor you and me in our natural process of living, learning and loving.





LET'S WAKE UP SMILING

- Be Aware See what we have chosen: our learning, perceptions, our judgments and fears, our shadowy illusions of limitation and lack.
- Be Acknowledging Express what we want to see differently, where we want transformation and healing of our perceptions.
- Be Allowing Let go of our mistakes and faulty thinking. Release the illusion and be open for Truth.
- Be Affirming State clearly the choice to know only Truth, see only Light, and experience wholeness and goodness and beauty. Choose for the Highest and Best for such is God's Will.
- Be Accepting All Good is our Divine Right, so honor and respect what you truly deserve.
- Be Appreciative Give joyful thanks for all Good and be generous in your gifts to the Source of all Good.

To awaken is to forgive the world and heal the past.
Enlightenment is seeing what is good, beautiful and holy.



BETTY LUE'S TEACHINGS AS A CHILD

We are whole.
We are not lacking.
We are not limited.
We are here to be helpful.
We are happy.
We are loving.
We are free and unrestricted.
We need no criticism or praise, for we know we are right with our Selves.
We are trustworthy and trusting.
We are honest and open.
We are generous and share everything.
We are to love everyone equally.
We are to follow Love and our Inner Truth.
There is nothing to fear.
There is complete innocence as all are children.
There is nothing that cannot be forgiven.
All paths lead to Good.
All things are possible.
Love gives us everything we ask for in the name of Love.
Miracles are natural.
We are all in the family of man and everyone is our brother.
God is Love and we are His loving creation.
Healing comes from the release from guilt and fear.





LITTLE SELF - HIGHER SELF

There are basically two of me -

- a) My fearful ego who wants to stay little and unobtrusive and take care of you and your emotional needs.
- b) The Higher Self that loves you, trusts the wholeness in you, and is willing to follow Inner Guidance to set us free, to experience that wholeness.

Little Self (ego)

Higher Self

uncertain and hesitant	wholehearted willingness
is cautious & holds back	risk-taking
efforts to make it happen	trusts the process and outcome
wait for others to do it with me	will follow Inner Guidance to lead
compromises to make it acceptable	speaks the Truth
feels guilty when others are upset	forgives the resistance and trusts the process
holds back and pushes	states clearly what is needed
feels desperate	is confident and at ease
feels needy and emotional	detached and neutral
discontent and disease with what is	content, happy, at ease with everything
doesn't know what is right	knows what Guidance says
afraid you don't want to do it	willing to have happy, easy completion
hoping something will change	trust the process
afraid to take action	communicates fully what the needs are assigns duties as guided



HEALING OUR PROJECTIONS SEEING ONLY WHOLENESS

1. We perceive what we believe.
2. We believe what we think we are.
3. If I believe I am my past, then I believe you are your past.
4. Believing in my past is to see it and live it over and over again in all I see and do and am.
5. Believing in your past is to remember it and lay blame with my judgments of you.
6. The more I feel guilty about my past, the more I place blame on you.
7. All anger is but guilt projected onto others.
8. To forgive my past is to release it.
9. To release is to see it no more.
10. As I release (forgive) my past, I release all others from my projected guilt and self-judgment. As I see myself whole, I see wholeness.
11. As I heal my guilt about past mistakes, I heal my fear of the future.
12. To be in the present is to heal (erase) the past.
13. As I live in the present and love myself as I am now, I like you in the present and see you as you are now.
14. In the presence of this present moment, there is only Love for ourselves, each other and all that is.





THE WILLINGNESS

Be willing to be wrong about our perceptions of the world.

The way to learn is to be willing to be wrong. To constantly cover mistakes, hide judgments and avoid fear is to keep ourselves stuck in the delusional system of being at the effect of life and struggling against what we're afraid of and what we judge.

Our whole unhappy changing delusional system would undo itself quickly and easily if we would but surrender our need to be right.

To be free and happy:

Be willing to be wrong about:

what you want
what you are
what you see
what you have
what the world is
what is possible

I am willing to be wrong about everything.

I am willing to learn:

what I want
what I am
what is real
what is possible



CHOOSE AGAIN

To choose again we must first recognize what we now perceive is what we have chosen. If we like what we perceive, we can choose to see it and experience it again. If we don't like what we're experiencing and want something more loving, happier and more peaceful, we must choose again. To choose something more is to heal and release the past and create what we want now from our own wholeness.

To be able to see clearly what we want to choose, we must clear our inner screen (our inner vision) and create in a space of wholeness. To clear the screen is to forgive and heal the past beliefs, judgments and projections.

Remember, what we focus on and give attention to we feed with our energy. Therefore, it grows bigger and expands in our awareness.

The choice is to focus on and feed what we want to have more of, focus on what we want to create.

For example, in my relationship with you, I see you as:

My Current Perception

withholding
stuck
inconsistent
unstable
resistant
judging
separate
questioning, skeptical
frightened
lacking confidence
holding judgments about me
adulterated

My Choice Is To See You As

freely expressing yourself
growing and expanding
changing, evolving and opening
discovering your true Self
willing
wanting to know you're OK
getting ready to join fully
open, receptive, learning
learning to trust
learning to know the true Self
undoing your judgments
innocent

In my relationship with you, I see Myself as:

My Current Perception

distrusting
lacking faith
being impatient
pushing and expecting

My Choice Is To See Myself As

learning to trust
undoing false beliefs
learning to let go
forgiving my lack of faith
willing to look and learn
open for giving
wanting only present moment





RELATIONSHIPS

Some truths I know:

- * We are here to serve God, the highest call.
- * It is time to join with others who support our holiness and our wholeness.
- * Holy relationships, or divinely-guided relationships, offer many challenges and opportunities for learning, healing and inspiring ourselves and others.
- * We must let love, not fear, lead the way.
- * Being open and totally honest with everyone will open the way for their learning too, even though it may be painful for some.
- * God is always saying “yes” to our highest desires. We must open ourselves in faith to wholeheartedly and courageously receive it.
- * To fulfill our function here we need to release all fear and live in perfect love.
- * Each relationship that comes to us, our living situations, everything, is part of this perfect plan to lead us to pure love.
- * For me, the most efficient path to perfect love is direct - no procrastination, no excuses, no compromises. Simply choosing the path of love and light every moment.
- * I am responsible for my own journey. Paying attention to what might be best for others simply distracts me from my own call. I always see how being true to myself and following my heart has led everyone else to that possibility.
- * Always give what you want to have.
- * Selfish desires are personal longings (needs) to handle your fearfulness with cover-ups, distractions, worldly preoccupations and survival. Desires of the higher Self (our heart, God’s call) always call us to experiences of expanded giving, intensified learning, deepened healing.
- * Relationships usually are temporary. Their function is for teaching and learning. When that experience is complete, it is usually time to move on. Some rare relationships are lifetime in terms of being together, and the learning is intense.



SIMPLE KEYS TO PERFECT LOVE

To love perfectly is to know no fear, no judgment, no pain, no loss, no limitation, no need.

Human relationships are for the purpose of learning to love perfectly. In relationship, we can unlearn and undo all the blocks to giving and receiving perfect love.

Forgiveness, a loving mental eraser, is the key to undoing all blocks to perfect love.

Relationships and life itself is a process, a university, in which we unlearn what we have learned on the physical plane in order to reopen the doors to natural loving and recognize ourselves as naturally perfect expressions of God’s presence.

We are here to remember who we truly are and remind each other by our presence.

Life is a laboratory, a series of experiments to discover and discard all that doesn’t work.

Keys:

Every relationship is an opportunity to teach and learn love.

Every meeting is on purpose. There are no accidents.

To seek only love is to see nothing else.

All expressions (appearances) of lack of love are merely a call for love (help).

To understand, we must first be at peace.

To offer true love is to have no fear and no judgment.

Perfect love is perfect trust and the freedom to be.

Everything that happens to us is gently planned for our own best interests.

To learn how we create, we must experience what we have created and choose again.

We can see only holiness and wholeness and live in heaven here and now.

Key Question: How can I best love myself and be at peace right now?



GUIDELINES TO UNDOING ALL BLOCKS TO PERFECT LOVE

- * Heal your love for your parents.
- * Clear your guilts and fears.
- * Trust God's Will for your happiness.
- * Live in present moment. Release the past. Let the future unfold.
- * Listen to your inner voice in what to do and say and be.
- * Express your true inner feelings. (Don't deceive yourself.)
- * Open yourself to all that comes. You have asked for it.
- * Be defenseless. Relinquish all need to be right.
- * Be willing to see where you are unwilling.
- * Acknowledge what you want and ask for it in your heart.
- * Learn to love and appreciate and honor yourself totally.
- * Recognize and be grateful daily that you are not alone.
- * Give yourself everything you need to be peaceful.
- * What we pay attention to (feed) expands, so feed what you want.
- * What we resist (fight against) persists, so let go of what you don't want.



PRACTICAL GUIDE TO HEALTHY RELATIONSHIPS

Never assume anything. Communicate what you believe and ask the other if this is so for them.

Be willing to hear the other's perception. Then share your own. The work is to respect (accept) there is more than one way to see things. "This is true for you and this is true for me."

If anyone loses, or feels like a loser, healing (forgiveness) will be needed. Always go for a win-win solution, so both parties feel good (peaceful).

Do (give) to the other what you want them to give to you. Be aware of what you really want and how you value being treated.

All relationships are on purpose. Every one (even chance encounters) have a teaching/learning component. Ask yourself what you want to learn, then teach it.

When in doubt, always choose the highest thought.

Worry as little as you can. Worry constricts or strangles. Have faith that in every situation there will be a beneficial outcome.

To believe in someone is to inspire, encourage and support them to be all of who they are. To doubt someone is to weaken, sabotage and interfere with their process of uncovering their wholeness.

Choose for being happy. Anything less than perfect happiness creates guilt for ourselves and others. Ask, "Is this where I want to be right now?". If not, tell the truth and choose again.

We know our right place to be, for it always leads to joy and peace.

Doing anything out of commitment, obligation or duty leads to resentment and less than the best outcome.

Usually when I sacrifice, I exact payment of an equal sacrifice from the other. Sacrifice doesn't work. Compromise is another form of sacrifice. Compromises don't work.

We are not here to learn through misery and suffering. If your learning creates pain, it is not on purpose. Choose to learn in ways that are fun, safe and easy and with relationships that support happy learning.

The more we love and respect ourselves, the more we can love and respect others.

The more we love and respect ourselves, the more others love and respect us.

The more we love and respect ourselves, the more others love and respect themselves.





PRACTICAL GUIDE TO HEALTHY RELATIONSHIPS (CONT)



Our loving presence makes a difference everywhere with everyone.

The purpose of relationship is to discover our wholeness (holiness) and the wholeness (perfection) of the other.

“The healing of God’s Son is all the world is for.”

All judgments and fears are communicated by thought, word and deed. The real work in relationship is to become aware of and release all judgments of ourselves and the other.

Thought creates. Every thought creates a result, so choose the result or goal you want and think it as being so.

We have exactly what we have asked for in relationship. We need to be responsible (not guilty or angry) for our creations, and then choose again if we wish. For example, if I expect (believe) men are lazy, I may unconsciously choose a lazy man or support my partner’s laziness by my thoughts, words and actions.

To have what we want, we need to give what we want to have without reservation or condition. To have peace (no conflict) give peace relentlessly.

In order to understand, we must first be peaceful and accepting. To be agitated (disturbed) is to be fearful and distort the truth.

When another communicates their upsets:

1. we can choose to take it on and get upset with them.
2. we can be a calming influence while they release.
3. or we can remove ourselves so we can stay peaceful.

In order to help someone who is sick (letting go), we must ask ourselves “What do I need to stay peaceful and loving”. Do that for yourself and you offer healing.

We create our own reality. To create a happy, loving reality, choose to commit to happy, loving thoughts, activities and words. To create an unhappy, upset reality, let yourself believe and follow unhappy, fearful people.

Whatever we want, we need to go for it ourselves. If we wait until someone who is fearful of the water wants to go for a swim with us, we may never go swimming. If we want their company, we can ask to teach them, if they want to learn. But to wait until they are ready is to delay our own joy.

There exist all kinds of people (be, do, have, rest), all levels of teaching and learning, and all ways to live. The fastest way through any situation is with no judgment, therefore no delays.



PRACTICAL GUIDE TO HEALTHY RELATIONSHIPS (CONT)



Forgiveness is the grease to make the ride fun, safe and easy.

How does one discern valuable from valueless (without judging)?

Ask: “Does this thing, job, relationship bring me happiness and peace?”

“Does having this in my life contribute to my sense of wholeness and well-being?”

If not, forgive any fears (negative judgments) you may have and let it go with a blessing (“Thank you for contributing to my life’s learning!”)

Letting go can be fun, safe and easy.

Take in no thought, form or idea that is not nourishing and nurturing for you. Acknowledge that it is not valuable, release it and send a blessing where it was before.

We are cosmic sorters of stuff. Everything that comes our way we can choose to keep, throw away, judge (resist) or transform.

To function creatively in life, we must be willing to make mistakes, to experiment, create new options, let go and begin again.

Expectations lead to efforting, depending on, planning and pressure (stress).

Clear intention is right use of will = simply knowing “everything works more exquisitely than I can plan” and therefore knowing the best will be.

All of us are on different levels of evolution, learning and growth. We are operating in the perfect way for us as individuals. Judging our own behavior or that of others merely delays our learning and our movement to our next level.

There is no one to fix, change or heal. Come to peace with yourself and you will easily move on in your learning.

It does ‘t matter who the relationship is with. To have one person receive our whole loving Self is joy beyond compare.

If offered love, receive it. If there is a need for love, give with your whole being, if there is no sacrifice.

There is nothing we are stuck with except our own positions and rules about “the way it is” until we change our minds.





LET GO

To “let go” does not mean to stop caring.
It means I can’t do it for someone else.

To “let go” is not to cut myself off.
It’s the realization I can’t control another.

To “let go” is not to enable
But to allow learning from natural consequences.

To “let go” is to admit powerlessness
Which means the outcome is not in my hands.

To “let go” is not to try to change or blame another.
It is to make the most of myself.

To “let go” is not to care for,
but to care about.

To “let go” is not to fix.
It’s to be supportive.

To “let go” is not to judge.
It’s to allow another to be a human being.

To “let go” is not to be in the middle arranging all the outcomes.
It’s to allow others to affect their destinies.

To “let go” is not to be protective.
It’s to permit another to face reality.

To “let go” is not to nag, scold or argue.
It’s to search out my own shortcomings and correct them.

To “let go” is not to adjust everything to my desires.
It’s to take each day as it comes, and cherish myself in it.

To “let go” is not to criticize and regulate anybody.
It’s to try to become what I dream I can be.

To “let go” is not to regret the past.
It’s to grow and live for the future.

To “let go” is to fear less and love more.



I LOVE YOU NOT ONLY FOR WHAT YOU ARE

I love you not only for what you are,
But for what I am when I am with you.

I love you not only for what you have made of yourself,
But for what you are making of me.

I love you because you have done more than any creed could have done to make me good,
And more than any fate could have done to make me happy.

You have done it without a touch,
Without a word,
Without a sign.

You have done it by being yourself.
Perhaps that is what being a friend means after all.



ABUNDANCE

Follow what brings you joy and abundance is yours.

Unblocking the flow of good to ourselves requires that we:

1. let go of what no longer works
2. freely express our ideas and dreams
3. give all that we are and all that we have
4. be willing to receive what offers the greatest joy

Truly the flood gates of love, prosperity and peace open as we are willing to receive the riches we deserve.

“Having rests on giving.”

GIVE THE GIFT YOU ARE

- Give the gift of your love and experience the love that you are.
- Put Joy into every activity and relationship and receive joy from the experience.
- What you give to life, you receive from life. Look closely at what you have been receiving from life. That will give you an accurate reading of what you have been giving.
- You are what you "pretend" to be.
- As you think of your Self, so you are seen.
- Life is a Mirror. If you don't like what you see, change your Self image.
- Those who love, do their best and forgive the rest.
- God is blessing you with Goodness now. You deserve it. The only difference between one who receives and one who doesn't is attitude (belief) about self and God.
- Giving and receiving are the same in Truth.
- We receive the experience we ask for.
- Remember, we are the gift of God, here and now. We bring the love that heals, the peace that binds, and the joy that sets us free.



ABOUT FINANCIAL CONTRIBUTION

1 What is tithing and how does it work?

Tithing is giving to the source of your good. From this spiritual law comes all lasting abundance. What we focus on, give attention to, give our energy, time and money and goods to, flourishes, grows and is strengthened. So, as we choose to be inspired, enriched, educated, loved, nurtured and supported, we need to give to the person, institution, philosophy that inspires, enriches, educates, loves, nurtures and supports us. Thus we have invested ourselves in the consistent experience of what we want. To have All, give All.

2 How do I decide what to give?

Making choices from the Spirit of love and joy, we merely listen inside to our inner voice and give freely whatever is guided. Whenever we are thinking, hearing our surface mind which believes in lack, we give with fear and a sense of sacrifice. This does not work for giver or receiver. So it is valuable to come to a moment of inner peace and give, without judging, whatever that loving Self directs.

3 What if I have little to give?

For some, giving all the money in their pocket is nothing and for others it is everything. Those who give for the pure joy of giving are the ones who are truly blessed in their action. If you are moved to give abundantly and seem to have few financial resources, offer your help in time, services, energy, prayer, sharing something which may beautify, bless or heal (bring wholeness). It is always the loving intention, the heartfelt thought in each gift, which is the eternal presence.

4 What about the difference between the contributions of \$1 and \$25?

Keep in mind that often your donations—gifts of money—are the source of income for the organization or individual. In other words, you are the provider, the resource, the vessel through which money can flow to that receptacle. And it is through your generosity that the individual is supported, loved, nurtured, enriched, inspired and educated as to their value as a teacher or healing agent.



SELF-INVENTORY



Be Aware: The purpose of this inventory is to increase your awareness and release your judgments, to free yourself to have and give the Very Best.

Habits

How much do I drink? (Be specific. When? Where? With whom?)

How much do I smoke?

How much do I use caffeine? Chocolate? Coffee? etc.

How much do I watch TV?

How much do I use these and other experiences which alter my consciousness?

Currently, what do I need (crave) every day? (food, sex, news, etc)

How do I see my habits effecting me? (be clear and specific)

What else do I do that I think may not be good for me?

Self Care

How much time am I depressed, lethargic, feel bad? About what?

How much time am I frustrated, anxious, antsy?

How much time am I scared, confused, doubtful, distrusting, withdrawn?

How much time am I irritated, angry, resentful?

Describe what feelings I experience and my beliefs about the cause.

Describe my beliefs about the cure.

How much time do I meditate?

How much time do I consciously listen for inner guidance?

How much time do I physically exercise, walk, be active?

How much time do I work?

How much time do I spend thinking about what has happened?

How much time do I dream or envision what can happen?

How much time am I spontaneous, in the moment, free, child-like?

How much time do I play?

Trust

To what degree do I trust God in all things? (%)

What are the areas and relationships I continue to worry about or doubt? (itemize and be clear)

Where do I hold myself back on stating and acting on the truth as I know it?

What secrets do I keep from anyone? How do I believe this protects me? Who am I willing to have see the answers to this questionnaire?

Relationships

Who am I afraid to be open and honest with?

What do I fear would happen if I told all?

What do I see in them (or any person) that I judge (attack)?

What am I denying in myself that is the same?

How can I see it is safe to see and say what is true for me?

How can I be objective and non-judging?

Money

Am I indebted or obligated to anyone? (outline in detail)

What feelings do I have about debt?

What are my minimum survival needs?

What do I believe I need to do to have the basic needs met?

What do I believe is a realistic, happy standard of living for me?



HOW TO EFFECTIVELY SUPPORT THE ONE WHO LEADS



1. Trust in their process.
2. Hold them and their vision in the Highest Light.
3. Treat them with respect.
4. Acknowledge their willingness to lead.
5. When you see fear, in any form, (anger, fatigue, illness, discontent, worry) offer love, support, willingness, faith, trust. Increase your own level of trust.
6. Offer to take on and fully experience areas of responsibility that are being overlooked or haven't been handled yet.
7. Communicate fully and openly your own strength areas in which you need clearing.
8. Focus on what is working and support the one who leads in trusting themselves.
9. Acknowledge openly any resistance you may have, so you are not covertly attacking or holding back the plan of action.
10. Join with the one who leads in as high a degree of mutual support and responsibility as you are capable.
11. Acknowledge criticism as undermining and give it up for support, appreciation, and a clear willingness to go with what works.
12. Give up any derogatory (gossip) talking or thought or action.
13. Be responsible for looking at your own behavior.
14. Acknowledge and correct any errors, omissions, sabotaging judgments, false beliefs.
15. Acknowledge directly to the one who leads your lack of agreement, your unwillingness, your lack of intention, your fears and doubts.
16. Be willing to return to trust using relationship as the learning process.
17. Tell your truth frequently and completely.
18. Let yourself learn from what is rather than pass judgment and block the flow.
19. Be consistent in your level of energy.
20. Join with the process rather than hold it back.





LET'S HEAL INEQUALITY AND SEPARATION

The more you love and respect yourself,
the more you love and respect others.
The more you love and respect others,
the more others love and respect you.

People who love and respect themselves and others are:

guiltless	trusting	gentle	peaceful
cooperative	honest	tolerant	healing
supportive	open	patient	willing
free	appreciative	equal	joined
happy	generous	helpful	

People who forget to love and respect themselves and others:

sabotage	are careful	resistant	fearful
blame	delay	judgmental	unequal
feel guilty	distrust	unwilling	conflicted
withhold	uncertain	separate	closed
have secrets	unhappy	unforgiving	

We need to, every day in every relationship, forgive ourselves for forgetting to be loving and respectful of ourselves and others.

"I am highly pleasing to myself in the presence of _____."

"I remember every loving thought is true."

"Every unloving thought is a call for help."



REAL SELF - FALSE SELF

Real Self, True Self, Christ Self

Is wholly willing to be helpful.
Is whole and needs nothing from others.
Gives all to all.
Is naturally good and beautiful.
Gives love to fear, peace to conflict, joy to sadness, and forgiveness to condemnation.
Is fully alive and conscious.
Responds to every need with total willingness and trust.
Seeks the good of all.

False or Learned Self

Believes itself.
Is needy and must be helped.
Is lacking and needs approval, acknowledgement, love and money.
Gives to get for itself.
Is in error, sinful, separate from others, special, wrong, not enough, secretive, must be careful, delays and distracts, resists correction.
Gives fear to fear, opinions and judgments to conflict, sympathy to sadness, and verdicts to condemnation.
Is asleep and unaware.
Reacts to every need with fear, aversion and judgment.
Seeks survival for itself.





WHAT OBSTACLES ARE IN THE WAY OF MY CONFIDENCE, SUCCESS AND PROSPERITY?

(Check those feelings you have occasionally on your job, in your relationships, or in your life in general.)

needy	separate
tired	antagonistic
overextended	unwilling
unsure	helpless
unaware	judgmental
empty	argumentative
lazy	guilty
scared	resentful
sad	stupid
incapable	immobilized
stubborn	drained
ignorant	reserved
restricted	opinionated
resistant	unwanted
burdened	incapable

What is the value of this feeling for me?

How has feeling this way worked for me in my life?

What am I afraid would change if I stopped feeling this way?

What negative thoughts and feelings do I have about giving money?

What positive thoughts and feelings do I have about giving money?



DISCOVER YOUR HAPPY SELF

Clearing old patterns.

1. Places where I have denied myself what I really wanted.
2. People I have sacrificed for.
3. Times when I withheld what I wanted to say or do.
4. Moments when I let fear interfere with what I wanted.
5. Areas where I get confused, feel lost and anxious.
6. Areas where I believe I am not enough.
7. Areas where I judge I am limited.
8. Areas where I believe I am too inadequate.
9. Things and people I give power over me and my happiness.

Dedicate this year to the discovery of your True Identity, the Real You, to your Happy, Healthy Self.

1. What I want to learn this year.
2. What I am willing to release this year.
3. What I am willing to experience this year.
4. Where I am willing to expand and grow this year.
5. List your goals in business, family and household.
6. List your goals in your profession, career or life work.
7. List your personal, self-oriented goals.

“I _____ commit my Self to the re-discovery of my Self this year and to re-awakening the free expression of the Highest and Best in me.”

“I recognize that God, the Universe and everyone support me in having my goals this year.”

“I trust everything works together for my good.”





LESSONS FOR MINI-COURSE (ACIM)



1. I am never upset for the reason I think.
2. I am determined to see things differently.
3. I can escape from the world I see by giving up attack thoughts.
4. I am not the victim of the world I see.
5. There is another way of looking at the world.
6. I could see peace instead of this.
7. There is nothing to fear.
8. Fear is not justified in any form.
9. To give and to receive are one in Truth.
10. Forgiveness is the key to happiness.
11. All that I give is given to myself.
12. In my defenselessness my safety lies.
13. Today I will judge nothing that occurs.
14. This instant is the only time there is.
15. The past is over. It can touch me not.
16. Only my condemnation injures me.
17. I can elect to change all thoughts that hurt.
18. I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. Everything that seems to happen to me I ask for and receive as I have asked.



THEMES TO LIVE BY



- * Peace of mind is our single goal.
- * Forgiveness is our single function, and the way to achieve our goal of peace of mind.
- * Through forgiveness, we can learn not to judge others and to see everyone, including ourselves, as guiltless.
- * We can let go of fear when we stop judging and stop projecting the past into the future, and live only in the now.
- * We can learn to accept direction from our inner, intuitive voice, which is our guide to knowing.
- * After our inner voice gives us direction, it will also provide the means for accomplishing whatever is necessary.
- * In following one's inner guidance, it is frequently necessary to make a commitment to a specific goal even when the means for achieving it are not immediately apparent. This is a reversal of the customary logic of the world, and can be thought of as "putting the cart before the horse".
- * We do have a choice in determining what we perceive and the feelings we experience.
- * Through retraining of the mind we can learn to use positive, active imagination. Positive, active imagination enables us to develop positive, loving motion pictures in our minds.

THIS DAY I CHOOSE TO SPEND IN PERFECT PEACE





THE GREAT INVOCATION

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men
Let Love descend on earth.

May Christ return to earth.

From the Center where the Will of God is known
Let Purpose guide the little wills of men -
The Purpose which the Masters know and serve.

From the center which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on earth.
OM

A LAKOTA PRAYER

My spirit is one with You, Great Spirit.

You strengthen me day and night to share my very best with my brothers and sisters.

You, whom my people see in all of creation and in all people, show Your Love for me.

Help me to know, like the soaring eagle, the heights of knowledge.

From the Four Directions, fill me with the four virtues of
Fortitude

Gratitude

Respect &

Wisdom

so that I will help my people walk in the path of Understanding and Peace.

AMEN



WE ARE ONE

I tried to hold some piece of me
As sacred and apart.
So many times I tried and failed
It truly broke my heart.

The truth for me is, we are One,
There is no 'I and they'.
And when I know I see myself
I know just what to say:

"I love you holy child of God.
I choose to see the best.
I focus on your innocence
And don't believe the rest."

I know I have just what I choose
For life's an open door.
So if I don't have what I want,
I'll love myself yet more.

I'll share my love, express it all,
In ways both kind and strong.
To trust in God, not in the world,
Means I can do no wrong.

I forgive you world for teaching lies.
I forgive myself for learning.
I'll live my life in simple truth
And follow my heart's yearning.

There is no thing to do or say,
No magic heals the earth.
We bring the healing power of Love
In innocent re-birth.



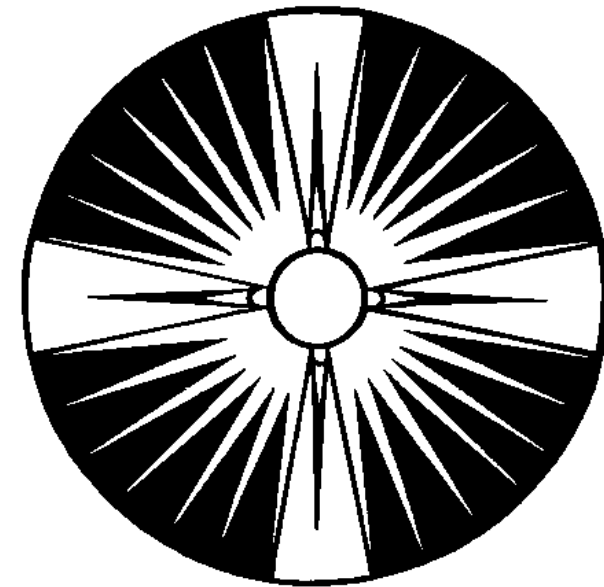
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OUR GIFT OF LOVE



REUNION
DECEMBER, 1989