Conversations with God
Spiritual Mentoring Program

Month #1: Mastering Change
Topic #1: What Change Is

This lesson written by Neale Donald Walsch
based on the information found in
When Everything Changes, Change Everything

**Discussion**

I have found, in working with people, that the most challenging aspect of dealing with unexpected, unwelcome Change in one's life is the fact that most people do not understand it. That is, they do not understand:

- What Change is
- Why Change occurs

Most people experience Change as an interruption in the flow of their lives. In fact, Change is the flow. It is the flow being demonstrated.

A river flows not by remaining static and unmoving, as does a pool, but by moving and changing all the time. Life is a river, it is not a pool. And like water in a river, it is going somewhere. It is heading for reunification with the All—even as a river heads for and becomes one with the lake or the ocean.

Change is what life IS.

“Life” is the word that we give to energy, moving. Everything in life moves. Every-thing. Even so-called inanimate objects, like rocks, when examined under a microscope are found to be made up of energy particles that are constantly in motion.

Motion is, of course, Change. Anything that moves, changes.

So we can equate Change with Movement, and Movement with Life.

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Now, *Conversations with God* says that the words “God” and “Life” can also be interchanged, for God IS Life, and Life IS God. The two cannot be separated from each other. If this is true (and it is), then we come up with the this equation:

GOD=LIFE=MOTION=CHANGE

This produces the following:

GOD=CHANGE

*Conversations with God* also brought us the startling statement: *God is a Process.*

Nowhere in all of the spiritual literature that I have come across have I read anything like that before. Never has God been described to me or defined for me in those terms by any priest or rabbi, minister or ulama. The idea simply does not tumble from the mouth of the clergy.

It took the spiritually revolutionary *Conversations with God* texts to open me to this idea. I now want to open you to it, in fullness.

**God is a Process, and that Process is called Life, and that Life is called Energy in Motion, and that Motion is called Change.**

This remarkable insight produces a whole new idea for human beings to consider when they encounter Change. Is it possible that this is God, showing up in our lives? It is conceivable that this is Divinity evidencing Itself?

So here is the Lesson I want you to get from all of this. It is Lesson #1 in the CwG Spiritual Mentoring Program, and it may be the most important lesson you ever learn in your life:

**LESSON #1: CHANGE IS GOD**

That's right, we are talking about God here when we are talking about Change.

Change is one of the Gifts Of Divinity

Understanding this can rearrange our whole thinking about the alterations that have occurred in our life. This places everything in a brand new context. We are not victims of events that are randomly occurring, caused by a runaway process over which nobody and nothing has any control.

This is important to remember...and important enough to repeat.

**We are not victims of events that are randomly occurring, caused by a runaway process over which nobody and nothing has any control.**
We are participants in the process of God “godding.” Others might call this process Evolution. We will look more closely at why Evolution proceeds the way it does—at why Changes occur the way they do—in just a moment, but for now it is important to just rest with that. Just rest with that information.

Okay, so we now understand what Change IS. It is God, godding. It is Life going on, in a particular way for a particular reason. God is a Process, and the Process is called Change. Everything is changing all the time. All things are changing in any given moment. Change never stops. Change is occurring constantly. Everything is changing all the time. Remember that.

The question is not whether they are changing, the question is how? And, of course, why?

The Why of Change

I said earlier that most people do not understand what Change is or why Change occurs. Now that we understand what Change IS --- that it is God, in the act of godding, Life in the act of “Life-ing” --- let us look at why it occurs.

Change occurs because it must occur for some system to remain operational. Change occurs because it must occur for some condition to remain operational. Change occurs because it must occur for some situation to remain stable.

The irony of this is that for many people in many moments Change is precisely what makes things appear to have become unstable. Only a long-range view would reveal the truth. Sometimes things need to be shifted in order for them not to be changed (so to speak). Sometimes you have to shift your weight from one foot to the other in order for the body to remain balanced.

Conversations with God tells us there are three Basic Principles of Life. These are:

- Functionality
- Adaptability
- Sustainability

These three principles are what allow Life to continue. Everything in life, everything, is Functional, Adaptable, Sustainable.

Whenever a system or a circumstance threatens to become dysfunctional (that is, when it appears that it will no longer be able to “work” as it has been
working), it will adapt. This adaptation will continue to occur until it becomes sustainable in its new form. Forms change, content does not.

Many people’s lives are about form and not content. It should be the other way around. Life is about content, not form. Let me repeat that.

Life is about content, not form.

The tragedy is that we think it is the other way around. This is something to very seriously think about. Many people go through their entire lives and never ask, “What is my life about?” “Why am I here?” “What am I trying to do? In a larger sense, what am I trying to do?”

These are the larger questions of life, and when these questions are asked and answered, the Changes that occur in our lives begin to be seen in a different context. We observe a larger process taking place. We see a bigger agenda being served.

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TODAY’S ASSIGNMENT:

1. Create a CwG Spiritual Mentoring Notebook. You will be using this notebook over the next three months to enter your assignments, to keep track of your observations, and to keep your personal notes on our calls, on these assignments, and on your personal process as you move through this material.

2. In your Notebook make a list of all the things in your life that have never changed. Enter the names and descriptions of the people, the situations, the circumstances, and the conditions that have never changed.

3. Now, make a list of the things in your life that have changed. Enter the names and descriptions of the people, the situations, the circumstances, and the conditions that have changed, and make a note of how they have changed.

4. Study the two lists carefully, and be prepared to discuss these lists on our first Group Call in the Mentoring Program.

Please Note

It is important…it is very important...to do these assignments, and to do them in a timely fashion. Each one is built upon the other, and they are made to follow sequentially. Failure to do this ‘homework’ will reduce significantly the benefit you receive from this program.
Conversations with God
Spiritual Mentoring Program

Month #1: Mastering Change
Topic #2: Why Changes Occur in Certain Ways

This lesson written by Neale Donald Walsch
based on the information found in
When Everything Changes, Change Everything

Discussion

We know now what Change is. Change is God. And we know now why
Change occurs. Change occurs because Life is adapting itself in order to sustain
itself and continue to render itself functional. Either that, or we live in a Universe,
in a system, which is out of control.

I do not believe that. I believe that everything makes sense in God’s world,
that everything happens for a particular reason and a specific purpose, that
nothing occurs that does not move the process of evolution forward, and that the
problem we have in life is that we think the process of evolution should move
forward in a particular way—whereas evolution Itself understands exactly what
It needs in order to evolve.

Yes, I believe that Change occurs because Life is adapting in order to sustain
itself and continue to render itself functional. That is why Black Holes exist in
space and gobble up entire galaxies and solar systems, that is why earthquakes
rumble and shift the ground beneath our feet, and that is why conditions and
circumstances within the day-to-day experience of human beings are often
dramatically altered.

LESSON #2: CHANGE OCCURS FOR LIFE’S SAKE

A set of beliefs such as mine requires an unshakeable faith in God. First, that
there even is a God; second, that God wants only what is best for us; and third,
that God understands more than we could ever possibly understand about why a
particular alteration in our circumstance or condition is best for us.
The reason that most human beings don’t understand what is best for them is that most human beings do not know what they are doing here.

How can you know what is "best" for you if you do not know what you are trying to do? How can you know which is the best way to turn on a highway if you do not know where you are going? How can you know which is the best outfit to wear if you do not know what you are dressing for? How can you know which is the best thing to say if you do not know what you are trying to express?

What Are You Doing Here?
Most people move through their entire lives and never ask themselves where they are going and what they are doing. Even those who do ask themselves those questions and give themselves answers are often mistaken. This is because most people do not know who they are. They also do not know where they are, or why they are where they are. They have no concept or construct about what is going on here. On the earth, I mean. In this lifetime.

Do you?
How you experience your entire life will ride on your answer.

It is all well and good to say that Life changes in order to sustain Itself, but is there only one way to do that? In a given situation, is there only one outcome that will produce a particular result? What makes Life change this way and not that way? Is there really some rhyme or reason to it all?

Why the World is the Way It Is
There is actually a tremendous reason that the world is the way it is, and that Life is the way it is, and that your life is the way it is.

The reason your life is the way it is, the reason that the changes that have occurred have occurred in the WAY they occurred, is that this is the very best way for you to achieve what you set out to achieve when you came here.

That is important enough to repeat. That is important enough to maybe even commit it to memory.

   The reason your life is the way it is, the reason that the changes that have occurred have occurred in the WAY they occurred, is that this is the very best way for you to achieve what you set out to achieve when you came here.

Of course, if you do not know what you set out to achieve when you came here, you cannot possibly comprehend and will never understand why things happen the way they happen.

Therefore, the key to your life will be, not in coming to understand why things happen the way they happen, but, rather, what you set out to achieve when you came here. And this is something you decide, not something you discover. And THAT is something that very few people know.
Creating vs. Discovering

*Conversations with God* says that “Life is not a process of Discovery, it is a process of Creation.” What this means is that we have not come here to learn something, we have come here to demonstrate what we already know. What we have always known. Namely: Who We Really Are.

We *decide*, in the present moment, what we set out to achieve when we came, so many years ago, to the earth, to the body, to physicality. And we can *know* everything about that decision in one of two ways:

A. By remembering it
B. By making it all over again, right now

Yes, it’s true. You can *re-make* your decision about what you set out to achieve during your time in physicality. You can re-make it *any time you wish* and *as often as you choose*. And every time you re-make it, that *becomes* your decision. Your current decision supercedes all previous decisions. It overrides them. It replaces them.

Yet you cannot, and will not be able to, *know your decision or re-make* your decision about what you set out to achieve when you came here if you don’t know who you are. That is, if you are living a Case of Mistaken Identity...

...and most people are.

Your Identity Crisis

Three people come upon the scene of an apparent accident. A man is lying at the bottom of a flight of concrete steps outside an apartment building. He appears to have tumbled down the stairs. He is moaning. One person is a rabbi, a woman of the cloth, a member of the clergy. The other person is a doctor, a healer, a man of medicine. The third person is a cop, a protector, a solver of crimes. Each is doing something different at the scene of the accident. Or was it an “accident”?

How do any of these three people know what they want to achieve in that moment? They know what they want to achieve because they know what they are doing there. And they know what they are doing there because they know who they are. They are not confused about their identity. One does not think he is a milkman. One does not think she is a dentist.

If you don’t know Who You Are, you will have no idea what you are trying to achieve in your life. You must be clear about Who You Are. Then you will become clear about where you are and why you are where you are. And then you will be able to decide in a very powerful way what you wish to do about that.

No Need to Be Confused

Who You Are is not a mystery. It is not something you have to spend your life in confusion about, or devote years to seeking to discover. Who You Are is,
also, something you decide, not something you discover. That is the great paradox. You already are Who You Are, but you cannot, and will not, experience it until you actively decide it.

Let me give you a practical example of how this process works; let me offer you an illustration.

Let us say that you just got married and are very much in love. Everything is wonderful. You can’t spend enough time with each other, and you can’t keep your hands off each other. It is paradise.

Then as time goes by and the experience of newness recedes, and more and more of the day-to-day “foibles and faults” of the other person (all of which are your “stories” and imagined labels and have nothing to do with the soul of the other person—to say nothing of why you fell in love with them), you begin to lose that intense feeling of love and joy.

Now more time goes by and if you are not careful you may even be tempted to start looking around for someone else—or at least a different experience (which is usually called an “affair”). One day you meet someone to whom you feel attracted. Something happens. Something snaps. Suddenly, you want that other person. You want to be with them. You want to experience them. You cannot do it without betraying your spouse…but you lose all track of your priorities and promises. You have forgotten Who You Are. You have forgotten that you are a married person.

What has “snapped” in that moment is your eternal connection to the person that you married. You think you are a single person again, and not part of a committed partnership, not “one” with the Larger Self that you and your spouse created at all.

This has been the ruination of more marriages than you can imagine. But wait. All need not be lost. You can…before you do something that you will regret, you can…remember who you really are.

Yet if you remember it simply as a fact, you may resent it (“Oh, yeah, I forgot. I’m married. Darn it.”) and then reject it (“Well, I don’t care. I’m going to act like I am not that.”) If, however, you remember who you really are by deciding to be it again, you will not resent it, but rather, experience a recommitment, and the joy of that.

M. Scott Peck, in one of the most wonderful books I ever read, called The Road Less Traveled, wrote something that I will never forget. He said: “Love is a decision.”

This is a radical departure from most people’s understanding. Most people think that love is a reaction. They think it is something that you either feel or you don’t. Yet what if love were a decision? A choice? Something you decide to feel?

It would change everything.

People decide to feel love by opening themselves to something they felt and knew before. People decide not to feel love by closing themselves to what they felt and knew before. What causes them to make such a decision is the question—but there is no question about the process.

It is the same way with your True Self.
What “snaps” in so many moments of your life here on earth is your eternal connection to the Self that you really are. You think that you are a “single” person again, by yourself again, alone again, that not “one” with your Larger Self at all.

This has been the ruination of more lives than you can imagine. But wait. All need not be lost. You can...before you do something that you will regret, you can...remember who you really are.

Yet know this also: “Who you are is a decision, not a discovery.”

You decide Who You Are! That is God’s gift to you! You get to decide, and then to experience, your own identity.

Your identity is something you choose, not something that is forced upon you. Yet it exists, it is the truth about you, whether you choose it or not. You cannot not be Who You Are—but you can fail to experience it.

Most people on the earth are at present failing to experience Who They Are.

Many do not know, some know but do not believe it, some believe it but do not know how to be it, and some know exactly how to be it and nevertheless choose not to be it. They make this choice moment by moment, hour by hour, day by day, year by year, until their whole lives have gone by without them ever experiencing, even once, Who They Really Are.

Are you such a person?

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TODAY’S ASSIGNMENT:
1. Please answer the following questions, in writing in your Notebook...
   A. Who am I?
   B. Where am I?
   C. Why am I where I am?
   D. What am I choosing to do about that?

Please Note

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Month #1: Mastering Change
Topic #3: Who You Are

This lesson written by Neale Donald Walsch
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Discussion

Every reader of Conversations with God knows that it tells us Who We Are. We are, says CwG, Individuations of the Divine. We are Singularizations of the Singularity. We are Aspects of the All, Elements of the Essence, Parts of the Creator.

Let me put this in simple language.

We are God.

We are Divine.

I know that this is easier to read than it is to live—which is saying a lot, because for many people it is not even that easy to read. I mean, to many it sounds like blasphemy. Yet it is true. We are, each of us, out-picturings of Brahman, elements of That Which Is.

Even organized religions, most every one of them, agree that "God"—or "Yahweh," or "Allah," or "Jehovah," or by whatever other name they refer to Divinity—is the All-In-All, the Alpha and the Omega, the Beginning and the End, the Unmoved Mover.

Likewise, all religions agree that God is everywhere present—and where everything starts. It is That from which Everything has sprung.

Now, if God truly is the “All-in-All,” the Alpha and the Omega, etc, as religions claim, then for you and I to not be God, we would have to be something other than the All, standing somehow outside of Everything. In which case Everything would not be “everything” at all, but would be everything except You. That would make You...(how can I put this?)...really expensive real estate.

Do you see that it is the height of arrogance to think of yourself as something Other Than God?

If this were true, it would mean that God "created" us, but is not in any way part of that which He created, having no connection or identity whatsoever with
that which She produced. Yet the cells of the parents are in every child. And so, too, the essence and the energy of God is in every one of us.

And in everything that exists.

**LESSON #3: YOU ARE GOD**

*The Implications of Your Identity*

The fact that you are a manifestation, in a particular physical form, of The Creator carries with it enormous implications. Here are some of the ones that come immediately to mind:

- *Nothing can happen to you against your will*
- *You are choosing/co-choosing your entire experience*
- *You are not the victim of anyone or anything*
- *Everything that occurs inures to your benefit*
- *Your choosing occurs at many levels*
- *You are here, in physical form, for a particular purpose*
- *Your purpose may have nothing to do with what you think you are trying to accomplish in this life*

This list, I must say, is a doozy. The realization that these things must be true if the initial Axiom on which they are based is true, is what pushes most people away from the original Axiom itself.

People find it easy to believe that they are all Flowers in the Garden of God, or Drops of Water in the Ocean of Divinity, but they find it far more difficult to believe that one flower IS the garden, individualized—that gardens are made UP of *nothing but flowers*. They find it far more difficult to accept that one drop of water IS the ocean, individualized—that oceans are made UP of *nothing but drops of water*.

*Everything Changes*

Once you understand, accept, embrace, and begin to demonstrate Who You Really Are—once you begin to function in the world as one who is Divine—everything changes. What you do changes. Why you do what you do changes. How you do what you do changes. When you do what you do changes. Everything changes.

Everything.

That is why this is such an important decision. People who have made this decision (that is, people who have embraced their Divinity) become, in a sense, different people. Those around them may not understand what has happened to them. Those who don’t know them may wonder who they think they are.
You have to be ready for this. You have to encounter even this as one who is Divine.

You, yourself, will not know yourself in the way that you used to. You will not act the same, be the same, look the same, walk the same, talk the same. You will undergo utter and complete transformation. You will eat different food. You will wear different clothes. You will listen to different music, read different books, watch different movies, make different friends, create different experiences—and feel different feelings. About everything.

Most important of all, your “story” about who you are and why you are the way you are will change. Indeed, it will drop away completely, seen as the myth it really is, to be replaced by the Truth of Your Being. This is very important to understand.

The process of adopting your True Identity will result in the dropping of your Story.

If you do not understand this, the process of adopting your True Identity could feel a lot like a person who has given up smoking. You know it’s for the better, but you feel like you’ve lost a friend.

In truth, you will have made the Best Friend You Ever Had—your own Divine Self. You will have a true Friendship with God.

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TODAY’S ASSIGNMENT:

1. Enter in your CwG Spiritual Mentoring Notebook all the Stories you can remember about who you thought you were, and why you thought you were that way.

   (i.e. I am a lonely person who is continually abandoned by those who say they love me. I am this way as part of a pattern, which began when my parents were divorced when I was three.)

2. Decide anew your truth about why you experience yourself in this way, and write that in your Notebook now, beneath the original Stories.

3. If you do not know the truth about why you are the way you are, make one up. Create a New Story about Who You Are, and Why.

4. Review this story every day for a week, then every week for a month, then every month for a year, and give yourself permission to change this story whenever you wish and however you choose. Create a New You, with whatever characteristics, qualities, proclivities, and reasons for being that you prefer. Write down your New Way of Being in your Notebook. Give yourself a description of it in as much detail as possible.
(i.e. I am a person who gets up every day at or before 6:30 a.m. and meditates for 20 minutes. I am a person who speaks in a soft, low voice. I am a person who never criticizes another, or chooses to notice their foibles. I am a person who speaks and communes with God every day. Etc., etc.)

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