

Conversations with God

Spiritual Mentoring Program

Month #3: Mastering Now

Topic #34: Enoughness

This lesson written by Neale Donald Walsch
based on the information found in
Conversations with God-Book One

Discussion

There are three concepts from *Conversations with God* that utterly changed my life. They are the concept of *Oneness*, *Enoughness*, and *Beingness*.

We covered the first concept in Lesson #33.

The second concept could heal the fear created by lack of embracing the first.

The illusion of *lack* of Oneness is something that I call "Separatism." The idea that "there's enough" makes Separatism unnecessary.

We remain separate from each other only in order that we may ensure our survival. We think that "every man for himself" is, ultimately, the only way that we can survive, and so we separate ourselves into groups, called, variously, Cultures, Nations, Religions and Ideologies. We say that these groupings help us to identify ourselves, but the truth is they are an attempt to *indemnify* ourselves. We seek to protect ourselves from the ravages of life, and we imagine that our safety will be created by separating ourselves, rather than unifying ourselves—*even though our life experience teaches us exactly the opposite*.

Were we to adopt a philosophy of "Enoughism," we would come from a place of knowing that there is enough for everybody, and then the fear that drives us apart would turn into a joy that draws us together. (This is precisely what happens when we fall in love.)

So let me repeat: In a startling statement of utter, two-word simplicity, God gave us the formula to end all wars, heal all wounds, and eliminate all dysfunction, pain and emotional suffering from the human experience. The words "there's enough" sums up a wisdom so vast, and a truth so magnificent, that it has not heretofore been possible for the world's people to wholly embrace it.

Whether we embrace it or not, however, it is the truth. And the lives of those who *have* embraced it have changed forever.

"There's enough" is the second of a trio of one-sentence statements in which God sums up the central message of his conversation with us, as given in the CwG texts.

But what does it mean, "there's enough"? And can it be literally true?

Yes, it can. And it is.

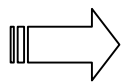
Looking More Closely

God has created a world with sufficient supply for all. There is no lack of anything in God's universe. There are moments when it may SEEM as if something is in short supply, yet in those moments we are advised to "judge not by appearances." As a practical matter, what does this say to us?

In CwG God tells us that if we would but husband our resources, we would find out very quickly that there is more than enough of everything we need on this planet to live joyous, peaceful, productive and fulfilling lives. As an example, God tells us that there is no need for anyone to be starving on this planet. There is enough food for everyone. All we have to do is share.

The same is true of every good thing. Love. Money. Shelter. Sex. Compassion. Name a thing. Name any of the Good Things in Life. God says there is more than enough of that for everything. All we have to do is share.

Yet sharing is not something that humans do easily—unless they do. Those who do not are coming from a deep-seated fear that they are giving away something of which there is only a finite quantity. And so, they only share when they are sure that they have enough for themselves. Yet blessed is he who shares that of which he believes he may not have enough—for in that sharing will he experience his abundance.



**Sharing is not something that humans do easily—
unless they do.**

Sharing God is perhaps our most difficult generosity. We just can't seem to do it. We say that God is a jealous God, but in truth it is in humanity where the jealousy lies. We want to appropriate God, to make God ours and ours alone. And so we create a way to worship God that we say is the only "right" way, claiming God's approval and God's rewards as ours and ours alone.

We have told ourselves that there isn't enough approval and there aren't enough rewards to go around. That is our prevailing thought. And so, we must compete for both approval and rewards. We call these competitions "religions."

If we understood that God's approval and rewards are unlimited, our endless competitions would cease. Likewise, if we understood that there is enough of *everything* we tell ourselves that we need to be happy upon the Earth, we would cease our ruthless and self-destructive political, economic and military contests.

What Would Happen IF...?

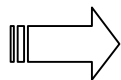
Yes, it's the sharing that's been the tough part. And what's made it tough, what's made it difficult for so many people to easily and openly share, is *the very thought that there is not enough*. This thought is killing us.

I'm sorry to say that I mean that quite literally. We are literally being killed as a result of this thought. Some beings are dying of starvation (perhaps several hundred people since you began reading this), and some are killed outright by others in acts of war.

All wars are based in the thought that there is not enough. There is not enough food, there is not enough land, there is not enough water, there is not enough oil, there is not enough power, there is not enough money, there is not enough belief in our way of thinking—there is not enough of *something*, and we are trying to rectify it by killing each other.

What would happen if we all chose tomorrow morning to begin living a life in which we believed that there was "enough"? Miracles would occur. Perceptions would shift. Decisions would change. Lives would be altered forever.

Misery would be a thing of the past, because misery is created by our choice to withhold something from another. Maybe we are withholding our truth, maybe we are withholding our money, maybe we are withholding our permission, maybe we are withholding our resources—maybe we are simply and tragically withholding the full wonder of our magnificent selves from each other. But *something* is being withheld. When everything is being released, when everything is being let go, when everything is shared openly and given freely, only joy can result. Joy for all, not just joy for the few.



Misery is created by our choice to withhold something from ourselves or another.

If you thought there was enough of all the things which you imagine you need to make your life happy, what decisions and choices would you make differently tomorrow? If you thought there was "more where that came from," would you share more freely of your money? How about your time? What about your love?

And if you thought there was enough love for everybody, and that the human heart only grows larger the more it is allowed to express, would you ever seek or desire to restrict or limit another?

Be careful with these questions. They could change your life.

Going Back to the Source

It is really easy to see how people have come to the conclusion that there is “not enough.” But now, again for the purposes of further study, let’s see what the *Communion with God* text has to say about this idea.

As you know, that book announces that most people are living according to the Ten Illusions of Humans. And the text says that...

The First Illusion is:

NEED EXISTS

This is not only the First Illusion, but the grandest. On this Illusion are all other illusions based.

Everything that you currently experience in life, everything that you feel moment to moment, is rooted in this idea, and your thought about it.

Need is non-existent in the Universe. One needs something only if one requires a particular result. The Universe does not require a particular result. The Universe IS the result.

Need is non-existent in the Mind of God. God would need something only if God required a particular result. God does not require a particular result. God is that which produces ALL results.

If God needed something to produce a result, where would God get it? There is nothing that exists outside of God. God is All That Is, All That Was, and All That Will Ever Be. There is nothing that is that is not God.

You may better grasp this if you use the word Life in place of the word God. The two words are interchangeable, so you will not alter the meaning, you will merely increase understanding.

Nothing that is, is not Life. If Life needed something to produce a result, where would Life get it? There is nothing that exists outside of Life. Life is All That Is, All That Was, and All That Will Ever Be.

God needs nothing to occur except that which is occurring.

Life needs nothing to occur except that which is occurring.

The Universe needs nothing to occur except that which is occurring.

This is the nature of things. This is How It Is, not the way you have imagined it.

In your imagination you have created the idea of Need, out of your experience that you need things in order to survive. Yet suppose that you didn’t care whether you lived or died. Then what would you need?

Nothing at all.

And suppose that it was impossible for you not to live. Then what would you need?

Nothing at all.

Now here is the truth about you: it is impossible for you not to survive. You cannot fail to live. It is not a question of whether you will live, but how. That is, what form will you take? What will your experience be?

I tell you this: you need nothing to survive. Your survival is guaranteed. I gave you Everlasting Life, and I never took it away from you.

What If YOU Were the World's Supply?

That is the end of the excerpt. Now let me speak from my own personal experience.

If you have read *Friendship with God* you already know that I spent a chunk of my life living on the outside, in a tent at a campground, because I had no money, no place to go, and was destitute.

From that place I rose to an experience in life of unlimited abundance. I did this when I came to the complete understanding that God and I are one, and that there is no separation of me from *anything in the universe*.

I began to act as if “there is enough” was the *truth of my being*, and not some simple-minded concept in a “way out” spiritual book.

It worked.

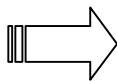
I began to live this message (and all the messages of the *With God* books) as a discipline in my life. I remembered the CwG invitation to BE THE SOURCE of that which I wish to experience. Whatever I wish to experience in my life, I could BE THE SOURCE of it in the life of another.

I decided to try this. Whenever I felt that there was *not enough* of something....money, love, compassion, whatever.....I began immediately to look around me to *see where I could add more of that to the world's supply*.

This process worked like magic. It changed everything in my life.

The moment I began giving away what I thought I had none of or little of, I found *through my experience* that I had *enough of it to share with others*. That experience changed both my inner and my outer reality.

It can do the same for you.



When you begin to act as if ‘there’s enough’ is the truth of your being, and not some simple-minded concept, you open the door for miracles to happen.

The pronouncement that “there's enough” offers immediate liberation from the most violent and destructive and self-destructive behaviors of the human race.

Nearly all of our killing, almost all of our violence, and the vast majority of our self-destructive interactions with the world around us are caused by the idea that somehow there is not enough of something. There is not enough love, there is not enough time, there is not enough money, there is not enough oil, there is not enough power, there is not enough of whatever it is we think we need to be happy, to be safe, to be secure, or to be what we imagine is fully human.

Yet now comes CwG, and this Spiritual Mentoring Program, to bring us...

LESSON #34: THERE'S ENOUGH

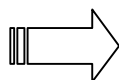
The problem is not a problem of insufficiency, but a problem of inadequate distribution. In short, the human race has not learned to share. I've made that point earlier, but now let me talk more specifically and more directly about “sharing” as a concept—because *it is this concept* that can open the door to your experience of *enoughness*.

Let's Talk Solutions Here

The statement “there's enough,” taken into our personal lives in a serious and meaningful way *through the process of sharing*, would change everything on an individual level as well.

Not only would *sharing* alter human society on a macro scale, it would shift everything in our ground of being at the individual level, too. Our interactions with others, our love relationships, our encounters with life at virtually every level would be far different from the way they are now if we decided to *share* everything that we want more of, as the *ultimate demonstration* of our belief in the truth that “there's enough.”

It is sad for me to know that the statement IS true, and that very few other people know it. Very few people have faith in it. Very few people understand or practice *enoughness* as a part of their daily interactions with life.



The process of sharing would change everything.

When I was a child my father used to say to me as I cried at the last lick of my cotton candy, “Son, what are you crying for? There's more where that came

from." He used to make this statement to me about everything. "There's more where that came from" became a mantra that I heard over and over again throughout my young life. What my father was hoping to instill in me, and what he successfully implanted into my mind as a deep understanding, is that *nothing truly ever runs out*. There is *always* "more where that came from."

There is always more love, there is always more time, there is always more money, there is always more oil, there is always more of whatever it is you think you need to be happy. And if you can't find its exact duplicate, you can find some other substance or experience in the Universe which provides the same outcome. And so, for instance, if the oil truly runs out, we can use the energy from the sun. This is a simple example of what I mean.

Now, I want to place here a letter that I wrote to a person about the idea of tithing as a wonderful solution to the problem of "lack." This letter will illustrate, more than anything else I could tell you, what I am trying to get across here about the Process of Sharing as a very practical solution to unravel the belief that there is simply not enough.

Letter to person who says "cannot tithe..."

Dear Friend...

Thank you for your note regarding your level of income and your ability or inability to tithe. I ask your gentle permission to make these personal observations, and see if you agree...

Nearly every person receives some money in their life, if only a few coins now and then. Even people in prison may earn a few pennies a day for certain work that they do.

If you have access to only one dollar a week (14-cents a day), you may tithe .10 cents per week. If you have access to 10-cents a week (1.4-cents per day), you may tithe 1-penny per week. If you have access to only 1-cent a week (52-cents a year), you may tithe a nickel a year.

The act of tithing is an act of deep commitment and of deep faith. Tithing works in many cases to increase income from all sources, because tithing is an extraordinary statement to the universe that "there's enough." One is so clear that there is "enough" that one even gives away 10% of what one has, whatever amount that may be.

In short, it is the act of tithing, not the amount of tithing, that plays its effect in the Universe.

Tithing is a very effective means of increasing your financial abundance, for that which you give to another, you give to yourself. If you demonstrate yourself to be abundant, you will experience yourself being abundant. That is why most spiritual movements and nearly all religions encourage tithing in one form or another. Not because it is "good" to tithe, but because what goes out comes back to you.

Yet always remember: the reason we tithe is as a demonstration. By tithing, we systematically demonstrate the truth which we hold about money—just as our whole life is a demonstration of our truths about everything. The only people who tithe, who routinely give money away to others, are people who are very clear that there is more where that came from. Out of this clarity arises the demonstration, and out of this demonstration arises the precise experience of that about which one is clear.

So find the source of your spiritual nourishment, and tithe to that source (or to anything or anyone else you believe deserves your support) every time to receive income! That's my advice.

Hugs, Neale.

Of course, we are all confronted with that age old question: which comes first, the chicken or the egg? In the case of the Universal Laws, or what I call the Metaphysical Principles, the question is answerable. Demonstration always precedes Experience. That is, you will experience what you demonstrate.

“That which you wish for yourself, give away to another.”

Be Careful

But there is a “trap” here for which you must look out. If you are practicing enoughness in order to produce a result (for instance, tithing in order to bring more money into your life), then you will not produce the results, and you may as well give it up before you start.

Why?

Because your very reason for undertaking the demonstration says a lie about you: namely, that you do not now have what you wish, and want more. That underlying truth—what CwG-Book 1 calls your Sponsoring Thought—is what produces your reality. So no matter how much you give, you will experience not having “enough,” and “wanting more.”

On the other hand, if you are doing something as a demonstration that the result has already been produced (for instance, tithing 10% of your income each week out of your deep sense of knowing that there is always enough for you to share; that there is “more where that came from”), then you will have larger and larger experiences of this truth.

Got it?

This is a deep metaphysical understanding, and an important part of the CwG Spiritual Mentoring Program.

Remember, you are not producing the truth, you are recognizing it.

TODAY'S ASSIGNMENT:

1. Make a list of three things that you once thought you did not have “enough” of in your life.

2. Now answer the following questions with regard to each of those three things:
 - A. Do you have enough of this now?
 - B. If your answer is yes, did you come to notice that you have enough of this because you acquired more? Or because you decided that what you *had* was “enough”?
 - C. If your answer is no, ask yourself, have you had a moment’s happiness in your life recently?
 - D. If the answer is yes, ask yourself, if I can be “happy” in my life without having “enough” of this thing—does that mean that I DO have “enough”?
 - E. If the answer is no, ask yourself, what makes me feel that I cannot be happy without this thing?

3. Make a note of anything that you do not feel you have “enough” of right now. Then, choose to give away a portion of what little you DO have right now of this. No matter how little of it you may have, choose to give away a portion of it, perhaps 10% of it, in the next 48 hours to someone who you observe has even less. Do not do this as a means of “getting more.” THAT WILL NOT WORK. Do this only if you can do this as a means of *demonstrating* that you already know you have enough, and will always have enough, of this thing you are sharing.

4. Create an entry in your *Notebook* about how this whole process makes you feel.

5. Through this course we have not suggested one Affirmation. Today, for the first time, we are going to suggest doing so. If you are experiencing, right now in your life, that you do not have “enough” of something, repeat this Affirmation seven times each morning and evening for seven days:

ALL THAT I NEED IS COMING TO ME NOW.

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 #3: Mastering Now

Topic #35: Beingness

This lesson written by Neale Donald Walsch
based on the information found in
Conversations with God-Book One

Discussion

The third of the three concepts from *Conversations with God* that dramatically changed my life is the concept of *Beingness*. Together with *Oneness* and *Enoughness*, these three profound ideas altered my inner reality and changed forever my outer experience.

In truth, *Beingness* and *Oneness* are the same thing. There is no other thing that you can *Be* except *ONE*. Nevertheless, for the purposes of this course we are going to explore these two experiences separately, because if each nuance in life's Single Expression can be grasped completely, the ultimate expression of the Totality of Your Being will be within our reach.

Let me begin this exploration of *Beingness* by telling you about a lady in a spiritual renewal retreat that I facilitated in Augsburg, Germany once, who asked me a question that will live on in my memory forever—because it so perfectly epitomizes the human condition.

The lady allowed as to how she had used the “Law of Attraction” to create the ‘perfect man’ in her life...but that she had not yet managed to create the ‘perfect job.’

“How can I have what I want to have in my life?” she asked. “I mean, *all if it*. The Law of Attraction says that you can ‘have it all,’ that nothing is too much to ask, so what am I doing wrong?”

Asking the wrong question

I looked at her for a very long moment, then I said: “With respect, may I gently observe that ‘having’ is kindergarten stuff. ‘Being’ is graduate school. ‘Having’ is what children want. ‘Being’ is what students of mastery seek.

“Why are you so concerned with ‘having’ everything you want to have in life? Why not be concerned about ‘being’ everything you’ve always wanted to

be? And I don't mean what *you* have wanted to be, I mean what your *Soul* has wanted to be."

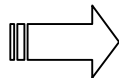
I explained that I was talking about States of Being here, not occupations or activities. I was not talking about stuff the Body does. I was talking about stuff the Soul IS, and which the Soul seeks to express and experience, using the Body as a tool with which to do so.

For most people such talk is pure "gobbledegook." They can't relate to a word I said. In this spiritual renewal retreat, however, there was great receptivity in the room. The woman to whom I was speaking clearly understood—and saw immediately the shift she chose to make in the focus of her life.

"There is," I told the group, "an irony here. For the moment you begin focusing *away* from the desires of the Body and *on* the agenda of the Soul, the desires of the Body automatically begin to be fulfilled."

In other words, all the love, all the creativity in one's work, all the physical safety and security, all the fame, money, power—all the *anything* that one could possibly need suddenly falls in on you...without your even *trying* to "create" it. It literally crashes in on you. It comes to you without effort.

This is what was meant by, "Seek ye first the kingdom of God, and all else will be added unto you."



The moment you begin focusing away from the desires of the Body and on the agenda of the Soul, the desires of the Body automatically begin to be fulfilled.

I told the lady in Augsburg that the first step in having everything you want is to not want it, not need it, not search for it or reach for it or strive for it or yearn for it. First of all, I said, your life has nothing to do with your Body. It has to do with your Soul.

The Body is something you *have*, it is not something you *are*. It is a tool. A device. A mechanism. It is a physical machine, and a marvelous one, impeccably designed to facilitate the fulfillment of the Soul's desire.

And what is the Soul's desire? It is to experience Itself as some aspect of what it knows Itself to be.

That Which is You is Everywhere

What the soul knows Itself to be is Divinity. It understands that It is Divinity, individualized. This is not an intellectual understanding. This is a cellular *knowing*. The soul *knows* what It is; that It is a smaller part of a Larger

Whole; that It is the singularization of The Singularity; that It is an Individuation of God. It simply wishes to BE this, *experientially*.

And so I told the lady in Augsburg, “Having things for the sake of ‘having’ will get you nowhere—and is very difficult to do in any event. Try first to BE what you came here to be, exhibiting all the qualities in your daily life of the Identity that is truly yours. Then you will find yourself having all the things you were previously stressing and straining to have, without your doing anything!”

The idea, then, is to focus on Being.

And being what? Any aspect(s) of The Divine that it pleases you to be. Love. Compassion. Understanding. Patience. Forgiveness. Wisdom. Clarity. Healing. Abundance. Awareness. Or any one of the hundred-and-one other things that Divinity Is.

This is what you came here to do. This is why your soul came to earth, to exist in the Realm of the Relative. This is why you have embraced a body.

How Beingness Works

The “Be-Do-Have Paradigm” is a way of looking at life. It is nothing more or less than that. Yet this way of looking at life could change your life—and probably will. Because what is true about this paradigm is that most people have it all backward, and when they finally get it straightened out and start looking at it forward, everything in their lives shifts 180-degrees.

Most people (I know I did) started out with the understanding that how life worked was like this: Have-Do-Be. That is, when I HAVE the right stuff, I can DO the right things, and then I will get to BE what I want to be.

When I HAVE good grades I can DO the thing called graduate and I can BE the thing called employable—might be one example. Here’s another. When I HAVE enough money I can DO the thing called buy a house and I can BE the thing called secure. Want one more? Here goes: When I HAVE enough time I can DO the thing called take a vacation and I can BE the thing called rested and relaxed.

This is how my father, my school, my society told me that life works. The only problem was, I was NOT getting to BE the things I thought I was going to get to be after I had done all that I thought I had to do, and had all the things that I thought I needed to have. Or, if I did get to BE that, I only got to be it for a short period of time. Soon after I got to be “happy” or “secure” or “contented,” or whatever it was that I thought I was going to get to be, I found myself once again UNhappy, INsecure, and DIScontented!

I didn’t seem to know how to “hold onto the stuff.” I didn’t know how to make the flavor last. So it always seemed as if I did all that I had to do for nothing. It felt like wasted effort, and I began to resent that in my life.

Then I had the conversations with God experience, and everything changed. God told me that I was starting out in the wrong place. What I needed to do was BEGIN where I thought I was going to END UP.

All creation starts from a place of BEING, God said, and I have had the Process of Creation reversed. The trick in life is not to try to GET to be “happy,” or be “secure,” or whatever, but to start OUT *being* happy, or *being* content, or whatever, and *go from there* in the living of our daily lives.

But how do you do that if you don't HAVE what you NEED TO HAVE in order to be happy, or whatever it is you wish to be (content, secure, etc.)? That's the question, and it's a fair one. The answer is that coming FROM a state of being, rather than trying to get TO a state of being, assures that the state of being is achieved (because you are creating it arbitrarily!), and the “havingness” end of the equation takes care of itself.

When you come FROM a state of being, you need to “have” nothing in order to begin the process. That's the beauty of it. You can have, literally, *nothing*. You simply select, like the Goddess and the God that you are, a State of Being, and then come from that place in everything you think, say, and do.

Because you are thinking, saying, and doing only what a person who is *being* happy, contented, joyful and peaceful thinks, says and does, the things that a happy or contented person winds up having come to you automatically.

This is the magnet of creation (that which attracts all the energies that create exterior and physical experience in the phenomenal world) and most people are not aware of it—or, if they are aware of it, don't believe in it; or, if they do believe in it, do not use it.

But Can It Work? Can It Really Work?

Let's try this out and see if it really can work that way. Let's say that what a person wants to BE is the thing called “secure.” If that is the desired experience, what we can do is start OUT from the square on the playing board that says, I AM SECURE. We start out with this idea, and this is the operating idea behind everything we do. We have moved into the BE-Do portion of the paradigm.

When a person does what only a secure person would do, that person almost automatically winds up having what only a secure person would have. Try it out some time. It's amazing how this works.

Yet how can you BE “secure” if you are not feeling that way? And what if you “have” none of the things that a “secure” person would have?

The answer is, you decide that you ARE “secure”—whether it *looks that way or not*. Then you DO what a “secure” person does. You drop away any other behaviors that don't harmonize with that. Soon, the only behaviors that are left are behaviors *that produce the result*. You come FROM a place of mind that causes attitudes to shift, and realities to change.

Life's Crucial Decision

So look to see what it is you want to BE in life—that is, what state of beingness you wish to experience. This is life's critical decision, and most people *go through their entire lives* and never think of it in those terms. You are invited, here in this *Spiritual Mentoring Program*, to think of it in those terms *all the time*.

Every day, every hour, every minute if you can manage it, ask yourself only one question: *What do I want to BE now?*

It may be more than one thing. But just try one at a time for a while. Choose a State of Being (Happy. Compassionate. Sensual. Wise. Caring. Creative. Considerate. Forgiving, etc.) *ahead of time*—that is, in *advance* of each approaching moment, then *move into that*. It is merely a decision, based on nothing. It's a decision made out of choice. Pure choice.

Then, act the way a person who is being that would act. Say the things that a person who is being that would say. Do only the things that a person who is being that would do.

You will amaze yourself at how effective this process is in producing a State of Having that corresponds with what you've chosen to *Be*.

Now Let's See How Practical This All Is

In the CWG dialogue this concept was introduced within the context of some considerations about money. God's no dummy. He knows how to get our attention, and how to make immutable Wisdom stick by applying it to practical everyday problems. And there is no problem more practical or more "everyday" than the problem of money.

For most people, money *is* a problem. That is true for the vast majority of people on this planet. For them, it is a constant challenge. Perhaps you have moved past this challenge. Perhaps you have mastered "the money game." If so, you are among the minority. You are a member of a very small group. Even so, keep reading ahead. You can use this information to help others.

Probably the biggest misunderstanding I have encountered over and over again in people trying to figure out "the money game" is their thought about how it is that money comes to us. What makes money flow to us? How does it come to pass that another willingly gives us this stuff?

Most people believe that money comes to them in exchange for something *they do*. In this construction they see a *quid pro quo*. They give this, and they'll get that.

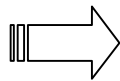
In truth, the arrival of money (and *all good things*) has nothing to do with what we're *doing*. It just *looks* that way. (And, I will admit, sometimes those appearances can be very convincing.)

Yet CwG lays out a new thought system about all this. A thought system which suggests that it is what you are *being* which attracts to you the various experiences of your life (including the experience of financial abundance), not what you are *doing*.

The text of *Conversations with God* makes this very clear:

If you think your life is about doingness, you do not understand what you are about. Your soul doesn't care *what* you do for a living—and when your life is over, neither will you. Your soul cares only about what you're *being* while you're doing *whatever* you're doing. It is a state of beingness the soul is after, not a state of doingness.

This is the job of the soul—and hence, your job, your “mission,” your *purpose* on this planet and in this life. You are here to “be” something, not to “do” something.



You are a human BEING, not a human DOING.

Be assured that this is more than a simple aphorism. In the above statement is an enormous Truth. A truth that could change your life forever.

Here is something for you to ponder: *everything we do is an attempt to achieve a State of Beingness*. With every action we are attempting to achieve a state of being. Did you know that? Have you ever thought of it this way? It is true.

Let me explain...

Everything you do, you do for a *reason*. There is an *anticipated outcome*. This outcome has to do in almost every case with a phenomenon I have come to call “Havingness.” That is to say, most of the things we do, we do because we *hope to get something out of it*. There is something, when all is said and done, that we hope to “have” as a result of all this.

Really? Not Me!

Now some people have a very difficult time admitting this. That's because they live within a belief system which suggests that “getting” and “having” is “bad,” and that we should therefore “do” stuff not because it brings us personal benefit, but for some higher reason. They call this “selfless giving.”

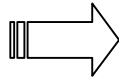
In truth, there is *no such thing as selfless giving*. There is *no such thing as a selfless act*. Even the act of doing something selflessly is a *selfish act*, for it allows us to feel that we are doing something selflessly, and that is a good feeling. We “feel good about ourselves.” Which, by the way, *is totally okay*.

I emphasize this because there are some who insist it is “wrong” to feel good about one’s self. It is the Ego exerting undue influence on us. Or it is Satan, for heaven’s sake, tempting us with worldly things. In truth, it is none of these. Feeling good about yourself is *all you are trying to do here*. Because what you *are* IS “good.” You are, in reality, “That Which Is Good.” And all you are trying to do in your life is *experience yourself as exactly Who You Are!*

Let’s be clear, then, that not *only* are there no selfless acts—no acts were ever *intended* to be selfless. Indeed, the whole *point of action itself* is to *produce an experience of the Self*.

Most people do not visualize it this way. They do not see what is actually going on. In most people’s understanding, they are doing things in order to “get” things, and after they “have” those things, they think they will “be” something.

Perhaps they will be “happy.” Or perhaps they will be “secure.” Or perhaps they will be, finally, “peaceful.” These “States of Being” are what they imagine they will experience as a result of Having what they got by Doing what they did! Got it?



There is no such thing as a selfless act. Every single thing you do is an attempt to “be” something. When you undertand this, you will simply “be” it first, and let what you do flow FROM that, rather than trying to make it flow TO that.

For many people all of life is a process of *doing* something in order to *have* something in order to *be* something. Yet in this they have the Be-Do-Have Paradigm reversed. They are trying to arrive at a State of Being by moving into doing. Yet the creative process works best *the other way around*.

LESSON #35: ‘BEING,’ NOT ‘DOING,’ CREATES WHO YOU ARE. ‘DOING’ DEMONSTRATES WHO YOU ARE, BUT IT CANNOT CREATE IT.

One More Time...

Okay, let’s go over it one more time. Not because you’re not “getting it,” or because you “don’t understand,” but because repetition is the fastest way to integration. It is not understanding that we are after, it is *integration*. I want you to make this a part of your *daily life*.

So...first, decide what to “be” (that is, what State of Being, what “beingness,” you wish to experience), then move into that beingness *without doing anything*.

(In my lectures I am fond of saying, “You don’t have to do a damned thing. In fact, you should *stop* doing ‘damned things.’ Until you do, very little will work out for you, and you’ll walk around muttering, ‘Well, I’ll be damned.’”)

Out of this beingness you will find that doingness will flow. Indeed, beingness fully experienced will *produce* doingness. And that doingness will be a reflection of the beingness which gave it birth.

Getting the Sequence Right

A person can either *do* something in order to “be happy,” or a person can start the day by simply deciding to “be happy.” Then the things that person will *do* will automatically reflect this.

You can either use doingness as a means of *getting* to beingness—or you can decide to *already be there...* and let your doingness be a *demonstration of that*.

Let’s just try an experiment in your mind.

Ask yourself this: If you simply decided, arbitrarily, and as a result of nothing in particular, to “be happy” for the next hour or so, do you think it would change in any way the things you say and do during that time?

Let’s choose some other states of beingness. Suppose you decided, just because you thought it might be fun, to be seductive; to be sensual. Do you think you might speak and act any differently than you normally do? How about compassionate? Do you think you could arbitrarily decide to “be compassionate”? And if you did, do you think it would change in any way the manner in which you behave, even for a short time? Of course it would. In both cases it would. In *every* case it would.

The fact of the matter is (and this is one of the great secrets of life) you can choose to *be* in any state of beingness you wish, and you can *choose this ahead of time*. Your experience of *how you are being* does not have to be a reaction to what is going on, it can be a *creation* of what is going on.

When you learn this, you begin to turn life upside down. You no longer react to situations, you create them. You move in your day-to-day life *from* a state of beingness, rather than trying to move in your day-do-day life *to* a state of beingness. There is a vast difference.

TODAY'S ASSIGNMENT:

1. Make an analysis of why you “do” certain things. Using the form below, list in Column 2 what you imagine you will “get” out of the common, every day “doingness” experiences shown in Column 1. Then list in Column 3 how you think you will feel after getting what you’ve listed in Column 2.

(I’ve made the first several entries here from my own experience to give you an example of how this exercise is done.)

A THING I DO 'BE' (FEEL) COMMONLY THIS	WHAT I THINK I WILL 'GET' WHEN I DO THIS	WHAT I WILL WHEN I GET
<i>Go to work every day</i>	<i>a paycheck</i>	<i>secure</i>
<i>Call my wife if I'm going to be late</i>	<i>my wife's thanks and approval</i>	<i>happy</i>
<i>Use my turn signals</i>	<i>where I'm going without injury</i>	<i>safe</i>

Your turn...

A thing I do commonly

What I think I will 'get' when I do this

What I will 'be' (feel) when I get this

The above little chart should make it clear to you that everything you do, *everything*, is designed to achieve a State of Being. You are only *doing* stuff so that you can *be* stuff. Now that we know this, look at Column 3 in the chart above again, then...

2. Please have a discussion of the Be-Do-Have Paradigm with your Experience Group. Find out how many of them have been “living life backwards.” How many of them have heard of putting Being *first*, and Doing *second*, in the way you live your life. Ask them if they understand this whole life-changing concept of *Beingness*. (The reason for this Assignment: if you can explain it well enough for others to really understand it, then *you* will understand it well enough to integrate it into your life as part of your day-to-day experience.)

3. Do “The Grid” process, explained below.

THE GRID

This is a process designed to enhance and expand the experience of *beingness* as described in this *CwG Spiritual Mentoring Program*.

A. Take out a piece of paper and create a grid, drawing 7 lines down and 7 lines across.

B. At the top of the 7 down lines write in the names of the days of the week. In the 7 lines across you put 7 States of Being that you would like to see expressed in you, as you, and through you. Those States of Being could be wise, peaceful, confident, outgoing, humorous, transparent, sensual, creative, safe, etc.

C. Make four of the seven States of Being uphill challenges, and three of the States of Being downhill slides. (“I have no problem Being humorous,” so make that one of your three easy ones. “I have no problem Being sensual,” good, so make that one of the three. “I have no problem Being compassionate—I’m a nurse, for instance—so make that one of the three. “I do have a challenge Being confident.” Okay, make that one of the four. “I do have a problem Being creative or patient,” or whatever it might be. So make sure four of the seven States of Being are things you face a challenge experiencing within yourself. Alternate these when you make up your chart

D. Now, when you have your grid made up, 7 down and 7 across, pick a day on which you are going to Be one of those things, and put an X in that square on the grid. Do this for each day of the week. That is, every day you are going to try to Be one of the things on your list. This is your activity for that day of Week #1 of THE GRID process.

Week #2 – You decide to Be two of those things each day.....

Week #3 – You pick three of the States of Being per day.....

By Week 7 you are all of those things all of those days. Every square on the grid has an X in it.

Then you begin to learn how to concentrate that power. You can do the same thing by hours of the day. Pick 14 waking hours of the day and you expand your list to 14 lines. You see, the grid must always have the lines across equaling the lines down. So this really forces you into doubling your chosen states of BEing.

Then you choose the times: From 7-8 a.m. I'll be "creative," from 8-9 I'll be "happy," from 9-10 I'll be "industrious," etc.

Invite yourself to change your state of Being *on any given day at any given time*, because you arbitrarily choose to do that. You will find this to be one of the most empowering processes of all time.

You just arbitrarily choose to "be" a thing because you *said* you would. By the end of the day you may be emotionally exhausted, but you will have proven to yourself, "Oh, my God, I'm making it all up! *I'm making it all up*. I've decided just arbitrarily, because it's 2 o'clock, to Be humor...just arbitrarily, because it's 4 o'clock, to Be understanding or patience or resourcefulness, or whatever." You will see that you can be whatever you want to be, whenever you want to be it, and that you can do this quite arbitrarily.

Then, when you find yourself "in a mood," or not being very happy or very content or very okay with life, you will know that you can change how you are being *right then and there*, with *nothing exterior to you* having to change at all.

This is an experiment in the Process of Creation. What you are creating is the Self. The idea (as you may have guessed) is to get you...what? *Off the Grid*, of course! That's the whole point, that's the whole point! We get ourselves 'off the grid' in the sense that we no longer decide to be compassionate at 2 o'clock because our *grid* says it is time for compassion, but to call forth *any state of being we wish at any moment we choose*. That's the whole point of it!

So it takes 7 weeks to do the first diagram. After you have gone through the 7 weeks and all the squares are full, you have been all those things all day long, because it's such a broad brush stroke. Then you get down to specifics. Fourteen things across, 14 hours a day.

This is a 21 week process. Twenty-one weeks to re-creating your Self. Because the 14 things are done each day, 14 hours and 14 things across, and it takes 14 weeks to complete it, so that is 21 weeks in all.

The first week you are all those things at that hour of the day and the second week you start doubling up, and the 3rd week you start tripling up, the 4th week you start quadrupling up, until by the 14th week you are *all of it* every single hour. Every single hour you are all of those 14 things!

So you are your Complete Self every single hour. And in week #22 you are off The Grid and then you don't have to worry about being all those things every single minute. What you attempt to be then is to call forth any one of those things at any minute you choose. That's the point of the process. To call forth the part of yourself that you would select if you were a Master of the Moment.

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 #3: Mastering Now

Topic #36: Putting It All Together

This lesson is based on material produced by Neale Donald Walsch, with additional research and organization work done by members of Humanity's Team, on the messages found in all of the *Conversations with God* books

Discussion

NOTE:

**THIS IS THE FINAL ENTRY IN THE 36-LESSON
CwG SPIRITUAL MENTORING PROGRAM.**

**IT IS BY FAR THE LONGEST ENTRY, SO PLEASE SET ASIDE
A GOOD, QUIET TIME IN WHICH TO READ IT.**

The last lesson of this program is that the *lesson never ends*.

The lesson never ends because Life never ends. But let us be clear about something, so that the message of *Conversations with God* is never compromised.

Life is not a school. We have not come here to the phenomenal world in order to learn something. According to CwG, "You have nothing to learn. You have only to remember."

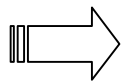
We arrived in the Realm of Physicality knowing everything we need to know to do everything we came to do. We are three-part beings, each with a Body, Mind, and Soul. We came here to announce and declare, express and fulfil, become and experience Who We Really Are—and then to recreate ourselves anew in the next grandest version of the greatest vision ever we held about that.

In short, we are God, in the process of "goddling"—or, if you prefer, we are Divine Beings in the process of experiencing more of what we always were, are now, and always will be.

In a word, this is a process of “remembering.” It has nothing to do with “learning” anything. The word “lessons,” does not always and only refer to the experience of learning something new. “Lessons” may also involve remembering what we already know. It is in that sense that the word is used here.

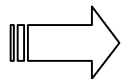
What It Is That We Are Remembering

When we say *the lesson never ends*, we mean that the *remembering* never ends. All of Life is a Remembering of God. That is, All of Life is a process through which the countless parts of God *become members once again* of the OneBody that is God Itself. This is what is meant when CwG speaks of *re-membering*.



All of Life is a re-membering of God.

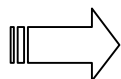
Why have the countless parts of God become separated from the OneBody of God? They have not. Separation from God is an illusion. The parts of God were simply Individuated. *Individuation* is not *Separation*, any more than one’s individual fingers are separated from the hand—or one’s hands are separated from the body.



Individuation does not mean Separation.

The single biggest mistake that humanity has ever made is teaching its offspring that “individuation” is the same as “separation.” This deep and colossal misunderstanding is what has allowed generation upon generation of parents to teach their children that while we are all “a part” of God, we are nevertheless “apart” *from* God.

Yet *Conversations with God* teaches us that that which is “a part” can never be “apart”—and this single teaching can change the world.



That which is a part can never be apart.

When the world understands this simple, elegant truth, everything about the way the earth’s most intelligent species (we presume) lives its collective lives will be altered forever. Societies will change. Religions will change. Governing will change. Commerce will change. Economics will change. Education will change. Politics will change. Art will change. Medicine will

change. Science will change. Sports will change. Entertainment will change. Marriage will change. Sexuality will change. Parenting will change. Mores, standards, rules, regulations, guidelines, laws and instructions of every kind will change.

Everything that we think, say, and do will change.

Waiting is Not Required

The countless parts of God have been Individuated in order that each Part may Know and Experience The Whole. It is in this way that The Whole experiences *Itself*—and may recreate *Itself* anew. Each of us is in the process of doing the exact same thing.

I don't know about you, but I don't want to stay the same as I always was. I want to *grow*. I want to *become*. I want to *self-explore, self-realize* and *self-expand*. I can only do this if I am *self-aware*.

That's what the entire human race is up to right now. We are on a path to Self-Awareness.

It is not necessary for you, as an individual member of our species, to have to postpone your movement to this place. You do not have to wait for humanity as a whole to arrive at its next level of consciousness. You can move into—and come *from*—this Grander Awareness right now, this day.

Yet I am clear that it may not be a simple matter for any of us to do so. It may be easy (CwG promises us that it is), but it may not be simple, given what all of us have been taught by our elders and told by our society and warned of by our religions and convinced of by our politicians and made scared of by our own minds.

We have adopted and embraced a horrifying Cultural Story that we cannot seem to let go. The Story we have been told goes something like this...

“We are born into a hostile world, run by a God who has things He wants us to do and things He wants us not to do, and will punish us with everlasting torture if we don't get the two right.

“Our first experience in life is separation from our mother, the source of our life. This sets the tone and creates the context for our entire reality, which we experience to be one of separation from the Source of All Life.

“We are not only separate from All Life, but from everything else in Life. Everything that exists exists separate from us, and we are separate from everything else that exists. We do not want it this way, but this is the way it is. We wish it were otherwise, and, indeed, we strive for it to be otherwise.

“We seek to experience Oneness again with all things, and especially with each other. We may not know why, exactly, yet it seems almost instinctual. It feels like the natural

thing to do. The only problem is, there does not seem to be enough of The Other to satisfy us. No matter what the Other Thing is that we want, we cannot seem to get enough of it.

“We cannot get enough love, we cannot get enough time, we cannot get money, we cannot get enough of whatever it is we think we need in order to be happy and fulfilled. The moment we think that we have enough, we decide that we want more.

“Since there is ‘not enough’ of whatever it is we think we need to be happy, we must ‘do stuff’ to get as much as we can get. Things are required of us to get everything, from God’s love to the natural bounty of Life. Simply ‘being alive’ is not enough. Therefore WE, like all of Life, are not enough.

“Because just ‘being’ isn’t sufficient, there’s stuff that we have to do. The ones who do the ‘right stuff’ get to have the things that they need to be happy. If you don’t do the right stuff in the right way, you don’t get to ‘win’. Thus, the competition begins. There’s ‘not enough’ out there, and so, we have to compete for it.

“We have to compete for everything, including God.

“This competition is tough. This is about our very survival. In this contest, only the fittest survive. Only to the victor go the spoils. If you are a loser, you live a hell on Earth, and after you die, if you are a loser in the competition for God, you experience hell again – this time forever.

“Death was actually created by God because our forebears made the wrong choices. Adam and Eve had everlasting life in the Garden of Eden, but then, Eve ate the fruit of the tree of the Knowledge of Good and Evil, and she and Adam were driven from the garden by an angry God, who sentenced them, and all their progeny forevermore, to death as The First Punishment. Henceforth, life in the body would be limited, and no longer everlasting, and so would the stuff of Life.

“Yet God will give us back our everlasting life if we never again break His rules. God’s love is unconditional, it is only God’s rewards which are not. God loves us even as He condemns us to everlasting damnation. It hurts Him more than it hurts us, because He really wants us to return home, but He can’t do anything about it if we misbehave. The choice is ours.

“The trick is, therefore, to not misbehave. We need to live a good life. We must strive to do so. In order to do so, we have to know the truth about what God wants and does not want from us. We cannot please God, we cannot avoid offending Him, if we do not know Right from Wrong. So we have to know the Truth about that.

“The Truth is simple to understand and easy to know. All we have to do is listen to the prophets, the teachers, the sages, and the Source and Founder of our religion. If there is more than one religion, and therefore, more than one Source and Founder, then we have to make sure to pick the Right One. Picking the Wrong One could result in us being a Loser.

“When we pick the Right One, we are superior, we are better than our peers, because we have The Truth on our side. This state of being “Better” allows us to claim most of the other prizes in the contest without actually contesting them. We get to declare ourselves the Winner in the competition before the competition begins. It is out of this awareness that we give ourselves all the advantages, and write the Rules of Life in such a way that certain others find it nearly impossible to win the really big prizes.

“We do not do this out of meanness, but simply in order to ensure that our victory is guaranteed—as rightly it should be, since it is those of our religion, of our nationality, of our race, of our gender, of our political persuasion, who know The Truth, and therefore deserve to be Winners.

“Because we deserve to win, we have a right to threaten others, to fight with them, and to kill them if necessary, in order to produce this result.

“There may be another way to live, another thing that God has in mind, another, larger Truth, but if there is, we don’t know it. In fact, it is not clear whether we are even supposed to know it. It is possible that we are not supposed to even try to know it, much less to truly know and understand God. To try is to be presumptuous, and to declare that you have actually done so is to blaspheme.

“God is the Unknown Knower, the Ummoved Mover, the Great Unseen. Therefore, we cannot know the truth that we are required to know in order to meet the conditions that we are required to meet in order to receive the love that we are required to receive in order to avoid the condemnation that we are seeking to avoid in order to have the everlasting life that we had before any of this started.

“Our ignorance is unfortunate, but should not be problematical. All we need do is take what we think we DO know—our Cultural Story—on faith, and proceed accordingly. This we have tried to do, each according to his or her own beliefs, out of which we have produced the life that we are now living, and the reality on Earth that we are creating.”

A Huge Game of ‘Pretend’

This is how most of the human race has it constructed. Each of us has our minor variations, but this is, in essence, how we live our lives, justify our choices, and rationalize our outcomes.

Some of us do not accept all of this, yet all of us accept some of it. And we accept these statements as the Operating Reality not because they reflect our innermost wisdom, *but because someone else has told us that they are true.*

At some level, we have had to make ourselves believe them.

This is called Make Believe.

Your opportunity now is to “undo” all of the constraints and limitations and misunderstandings and fears of our pretending. You are being invited by Life Itself to do just that—and that’s what this *Spiritual Mentoring Program* is all about. What I want to do here is place all the resources that are available to you at your disposal.

I am placing for you here, as Lesson #36, all the additional references and points from the CwG material that I believe it would be wonderfully beneficial for you to know about in order for you to continue your own spiritual *self mentoring.*

I spoke with a participant in this program the other day as part of our final Coaching Calls and she said, “I am so sorry to see this program ending. I want to

go on. I want there to be more. I am so *into this*. I am so excited about my spiritual growth. I don't want to stop here!"

Well, the good news is, no one has to. There is more—so *much more*—to be explored than we could ever put into even a comprehensive 3-month program such as this. And so, we reach...

LESSON #36: LIFE'S LESSONS NEVER END.

For this final "lesson" I have chosen to list *content* that you may continue to explore. Then, in the Afterword to this program, you will find an invitation to go beyond even this; to move to another level still.

The Gift We Have All Been Given

Taken together, the *Conversations with God* series offers a comprehensive explanation of the totality of the human experience. Nothing quite like it exists anywhere in contemporary spiritual literature, and the nine books are now considered a treasured resource for all true seekers.

They have fostered a worldwide phenomena called The New Spirituality, inviting humanity to create and embrace a new cultural story about God, about Life, and about Humanity.

The texts explore concepts so theologically daring that if we live them, we'll be living on the edge of tomorrow.

What does it mean to live on the Edge of Tomorrow? It means stepping out of Today's Story and writing a new script, creating a new reality, seeking a newer world.

Some people live on the Edge of Today. They are very brave. They have one foot in and one foot out of the Cultural Story of This Day and Age. Yet CwG invites us to go beyond this bravery, to A Place of Larger Courage. It invites us to not only pull our back foot out of Today, but to plant our front foot in front of Tomorrow.

What lies "in front of Tomorrow"? We do not know. Some say we can only hope, we can only dream. I think there is more we can do. I think we can create. That is why I am asking you to move from the edge of today to the edge beyond tomorrow, for that's where True Creation lies.

You see, we have already created Tomorrow. That work is finished. We've done it with all of the thoughts, words, and actions of Yesterday. So the real challenge, the real excitement, the real opportunity is to look Beyond

Tomorrow, and to begin creating that. This day, this hour, this very moment you are creating the Time Beyond Tomorrow.

The time and space Beyond Tomorrow is the Province of Visionaries. If we truly choose to seek a newer world, we must all lay claim to this Province. We must all declare ownership. And we must do it now.

How Do You See Yourself?

We must not only create, but *envision*. This is the next step of truly great humans, of Highly Evolved Beings.

Highly Evolved Beings are not satisfied with merely creating Tomorrow. They have already mastered watching what they think, taking care in what they say, and controlling what they do. Now they're working at the outer rim of all that. They're standing at the Edge of Tomorrow, using their Imagination—the breathtaking Tool of the Divine—to envision what comes after "Next."

We can all do this work. We can all become Highly Evolved Beings. We can do it in a moment. In a split second. Creating the way a species evolves does not take time, it takes will.

Who do you see your Self as? What, truly, is your Highest Self? When you "recreate yourself anew in the next grandest version of the greatest vision ever you held about Who You Are," what do you envision? When you look beyond tomorrow to visions of a New You and a New World, what do you see? Anything? A blank wall? A mish-mash?

If you were clear about all this, you could be at cause in the matter of its manifestation. And you could share your vision with others, so that they, too, might glimpse a distant future, and set a path towards its brightest promise. Will you begin this work with me?

That is the invitation first placed before all of us by *Conversations with God* in *Book 1* and repeated with increasing emphasis in all of the *With God* texts that have followed. The ways and means by which we may accomplish this visioning/creating task and achieve our highest dreams is clearly articulated in these writings.

Identifying the Concepts; Exploring the Messages

Read these books. Review them often. Commit their most important points to memory. Place them in the safekeeping of your heart. For they contain a startling wealth of insights, a remarkable and useful collection of eternal wisdom to guide us all on our journey.

Here is just a brief outline of the exciting explorations than can lie ahead for you should you choose to continue your spiritual mentoring, by now mentoring *yourself*. Here are—in my opinion—the 24 most important messages from *Conversations with God*.

(These, by the way, form the basis of the lesson plans for the School of the New Spirituality, which produces School-in-a-Box programs of spiritual education for children. For more, see www.SchoolOfTheNewSpirituality.com)

CORE CONCEPTS of *Conversations with God* to share with children
as identified by Neale Donald Walsch

1. *We are all one*
2. *There's enough*
3. *There's nothing we have to do*
4. *Love is all there is*
5. *There's no such thing as Right and Wrong*
6. *You create your own reality*
7. *What you fear, you attract*
8. *There is no such place as hell*
9. *God talks to everyone, all the time*
10. *Death does not exist*
11. *All true benefits are mutual*
12. *There are no victims and no villains*
13. *See the perfection*
14. *The Law of Opposites*
15. *There are five levels of truth telling*
16. *The Ten Illusions of Humans*
17. *The Three Core Concepts of Wholistic Living (Honesty, Awareness, Responsibility)*
18. *The Be-Do-Have paradigm*
19. *The Three Tools of Creation (Thought, Word, Action)*
20. *The Three Basic Principles of life*
(Functionality, Adaptability, Sustainability, replacing morality, justice and ownership)
21. *The Three Levels of Awareness (Hope, Faith (or Belief), and Knowing)*
22. *The Ten Illusions of Humans*
23. *The Three Statement of Ultimate Truth*
(A. Nothing in my world is real; B. The meaning of everything is the meaning I give it; C. I am who I say I am, and my experience is what I say it is.)
24. *The Five Fallacies about God and the Five Fallacies About Life*

In addition to that very useful short-form list above, I am going to place here now, in longer form, a terrific summary of all the material in the CwG

cosmology, together with the questions about these messages that are found in the Dialogue itself.

The wonderful collation below was created by Humanity's Team, a global organization of which I am the founder and which is working around the world to bring to humanity an increasing awareness of its Oneness with God and with all of life.

I invite you to use this Humanity's Team compilation as a guide, showing you areas in which you may delve more fully as you seek to totally understand and embrace the messages of *Conversations with God*. You will note that some of the material highlighted in the summary below has already been explored in this 12-week program. You will find here, therefore, a bit of repetition. Other topics—and there are many of them—have not been touched on earlier. So use the copy below as a resource (you may wish to Select/Copy&Paste and make it into a separate document), helping you to determine where you may wish to “go next” as this *Spiritual Mentoring Program* converts to joyful *self-mentoring*.

The Humanity's Team Study Guide

In the *Conversations with God* books there is guidance, there is insight, there is wisdom that has been given to you to help you--not to do what is right, because "right" is a relative term, but to get to where you say you want to go, to do what you say you want to do.

As a human race, as a species, we all say that we want to live together in peace and harmony; we want to create a better life for your children; we want to be happy. If on nothing else, on this all of humanity can agree.

And so, this guidance has been given us, and it comes in this form (see ‘messages’ in red):

- 1 We are all One;**
- 2 There's enough; and**
- 3 There's nothing we have to do.**
- 4 Ours is not a better way, ours is merely another way.**

The First Point, which we have been discussing at length here, may be more readily and easily applied when the Second and Third, which have also made up individual lessons on the Spiritual Mentoring Program, are truly and fully understood. So, one last time, let's do a quick final review. The words in this summary are the words spoken by God as taken *directly from the CwG texts*.

What does “there's enough” mean?

Exactly what it says. There's Enough. There's enough of everything you think you need to be happy. There's enough time, there's enough money, there's enough food, there's enough love ... all you have to do is share it. I have given you plenty. There's enough for all of you. When you live this truth, when you make it a functional part of your reality, there is nothing you are unwilling to share, nothing you seek to hoard - certainly not love, or food, or money.

Does that mean we ought not to gather wealth?

There is a difference between choosing to have something and choosing to hoard it. In fact, only when you know the truth that "there's enough" can you easily have any of the good things in life that you, yourself, would choose.



You often say we can carry the message of CwG to our world. Yet I thought You said that there was "nothing we have to do."

I did say that, and there isn't.

So what are we talking about here? Isn't "carrying the message" something that I am doing?

No. It is something you are "being." You cannot do the message, but only be the message, for you are not a human doing, you are a human being. You carry the message as you, not with you. You are the message! This is your spirituality in action. Do you not see that? Your message is your life, lived. You spread the word that you are.



From *Friendship with God* pages: 390 -392, 394

Ours is not a better way...

It is the teaching of “superiority” that has caused so much pain in your world. The idea, deeply ingrained in a people, that they are somehow “better” than others may give them an extra measure of confidence, but it also too often translates “How can anything we do go wrong?” into “How can anything we do BE wrong?”

This is not self-confidence, but a dangerous brand of hubris that allows an entire population to believe itself to be in the right, no matter what it says or does.

People of many faiths and nations have believed and taught this through the years, producing righteousness so huge that it desensitized them to any other experience, including the abject suffering of others.

If there is one thing which it would benefit you to remove from your various cultural myths, it is this idea: that, by means of some magic ingredient, you have been made better than some other humans; that yours is the superior race, or the superior faith, the better country or the better political system, the higher approach or the higher way.

The day that you cause cultures to remove this is the day that you change the world.

The word “better” is one of the most dangerous words in your vocabulary, exceeded only by the word “right.” Both are connected, for it is because you think you are *better* that you think you are *right*.

No ethnic or cultural group is a Chosen People, and no path is the One True Path. Neither is any nation or religion singled out for special favour, not is any gender or race given superiority over another.

Ours is merely another way....

Remember, as with all communications from God, take what you read as valuable, but not as infallible. Know that you are your own highest authority. Whether you read the Talmud or the Bible, the Bhagavad Gita or the Qur'an, the Pali Canon or the Book of Mormon, or any holy text, do not place your source of authority outside of you. But, rather, go within to see if the truth you've found is in harmony with the truth you find in your heart. If it is, do not say to others, “This book is true.” Say, “This book is true *for me*.”

And if others ask you about the way you are living because of the truth you have found within you, be sure to say that **yours is not a better way, yours is merely another way.**

For that is what this present communication is; it is just another way of looking at things. If it makes the world more clear for you, fine. If it puts you more closely in touch with your own innermost truth, good. But be careful not to turn this into your new “holy scripture,” for then you will have simply replaced one set of beliefs with another.

Seek not a set of beliefs; seek an awareness of what you know. Use whatever you find that returns you to that awareness. Understand that you are living an illusion, and that none of it is real. Yet the illusion points to what *is* real and can give you an experience of it.

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From *Friendship with God 152 - 154; Communion with God 108,109*

Fallacies about God and about Life

Human civilization – its religions, its politics, its economics, its social structures, everything—is based on Five Fallacies about God and Five Fallacies about Life. These fallacies have caused the world to be in a constant state of turmoil for centuries. The fastest and most courageous way of ending the turmoil and creating peace, harmony and happiness, is to step away from the fallacies and to embrace a New Spirituality.

The Five Fallacies about God are:

1. Humans believe that God needs something.
2. Human believe that God can fail to get what he needs.

3. Humans believe that God has separated them from Him because they have not given Him what He needs.
4. Humans believe that God still needs what he needs so badly, that he now requires them, from their separated position, to give it to Him.
5. Humans believe that God will destroy them if they do not meet His requirements.

These Five Fallacies about God have brought more pain and destruction to your day-to-day existence than all of your other beliefs combined.

The Five Fallacies about Life are:

1. Human beings are separate from each other.
2. There is not enough of what human beings need to be happy.
3. To get the stuff of which there is not enough, human beings must compete with one another.
4. Some human beings are better than other human beings.
5. It is appropriate for human beings to resolve severe differences created by all other fallacies, by killing each other.

These Five Fallacies About Life, combined with the Five Fallacies About God, make for a deadly litany of error that has created, and continues to create to this very moment, a world of deep anger, brutal violence, terrible loss, unrelenting sorrow, and unremitting terror.

You think you are being terrorized by other people, but in truth you are being terrorized by your beliefs.

**These Fallacies, and extracts, are from the book,
The New Revelations, pages 30, 37 and 38.**

Five Steps to Peace

1. Allow ourselves to acknowledge that some of our old beliefs about God and about Life are no longer working.
2. Explore the possibility that there may be something we do not understand about God and about Life, the understanding of which could change everything.
3. Announce that we are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.
4. Courageously examine these new understandings and, if they align with our personal inner truth and knowing, enlarge our belief system to include them.
5. Express our lives as a demonstration of our highest beliefs, rather than a denial of them.

These are the Five Steps to Peace, and if you take them, you can shift everything on your planet.

Why all this emphasis on God and our beliefs? Why are you not telling us to change our worldwide political or economic systems? Why are you not telling us to change our laws and stop our violence and share our resources and discontinue our discrimination and halt our oppression and redistribute our abundance and end our wars and live in peace?

Because those are all changes in *behavior*.

Aren't our behaviors exactly what we need to change right now?

Yes. If what you decide you now desire is a world living in peace and harmony, the answer is yes.

Okay, you've got me. I don't understand. Why are you talking about beliefs when what we need to do is change behavior?

Because beliefs *create* behaviors.

**These steps, and this extract, are from the book,
The New Revelations, pages 14 and 15.**

Three Statements of Ultimate Truth

The Triad Process

The three statements of ultimate truth, combined with the triad process, give the following summary:

1. See the Illusion as an illusion; nothing in my world is real.
2. Decide what it means; The meaning of everything is the meaning I give it.
3. Recreate yourself anew; I am who I say I am, and my experience is what I say it is.

I tell you this: *It is not God's job to grant or deny wishes. On what basis would I do so? Using what criteria?*

Understand this, if you understand nothing else: God needs nothing.

If I need nothing, I therefore have no criteria by which I would decide whether *you* get to have something or not.

That decision is yours.

You can make that decision consciously or unconsciously.

You have been making it unconsciously for centuries. Indeed, for millennia.

Here is how you can make it consciously: Use these statements of ultimate truth as tools.

These are from *Communion with God*, pages 181, and 184.

Creating Reality

by the Vibration/Energy that One Sends Out

You are creating your reality by the vibration, by the energy, that you send out.

NOW YOU CAN SAY THAT YOU'VE HEARD ALL OF THIS BEFORE - BUT YOU ARE NOT ACTING LIKE IT. THAT IS WHY YOU MUST KEEP TELLING YOURSELF THIS OVER AND OVER.

What would it "look like" if I were "acting like it"?

1. You would never entertain negative thoughts in your mind again.
2. If a negative thought **did** happen to slip in, you would get it out of your mind immediately. You would think of something else, deliberately. You would simply **change your mind about that**.
3. You **would begin to** not only understand Who You Really Are, but to honor and demonstrate that. That is, you would move from what you Know to what you Experience as the measure of your own evolution.
4. You would love yourself fully, just as you are.
5. You would love everyone else fully, just as they are.
6. You would love life fully, just as it is.
7. You would forgive everyone everything.
8. You would never deliberately hurt another human being again - emotionally or physically. Least of all would you ever do this in the name of God.
9. You would never mourn the death of another again, not even for a moment. You might mourn your loss, but not their death.
10. You would never fear or mourn your own death, not even for a moment.
11. You would be aware that everything is vibration. *Everything*. And so you would pay much more attention to the vibration of everything that you eat, of everything that you wear, of everything that you watch, read, or listen to, and most important, of everything that you think, say, and do.
12. You would do whatever it takes to adjust the vibration of your own energy and the life energy that you are creating around you if you find that it is not in resonance with the highest knowing you have about Who You Are, and the greatest experience of this that you can possibly imagine.

These come from *Home with God*, pages 213 - 214.

The New Revelations

1. God has never stopped communicating directly with human beings. God has been communicating with and through human beings from the beginning of time. God does so today.
2. Every human being is as special as every other human being who has ever lived, lives now, or ever will live. You are all messengers. Every one of you. You are carrying a message to life about life every day. Every hour. Every moment.
3. No path to God is more direct than any other path. No religion is the "one true religion," no people are "the chosen people," and no prophet is the "greatest prophet."
4. God needs nothing. God requires nothing in order to be happy. God is happiness itself. Therefore, God requires nothing of anyone or anything in the universe.
5. God is not a singular Super Being, living somewhere in the Universe or outside of it, having the same emotional needs and subject to the same emotional turmoil as humans. That Which Is God cannot be hurt or damaged in any way, and so, has no need to seek revenge or impose punishment.
6. All things are One Thing. There is only One Thing, and all things are part of the One Thing That Is.
7. There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, depending upon what it is that you seek to be, do, or have.
8. You are not your body. Who you are is limitless and without end.
9. You cannot die, and you will never be condemned to eternal damnation.

These statements are true. These revelations are real. They can be used, if you choose, as one basis for a New Spirituality. Yet turn, first and foremost, to the truth and the wisdom and the love within your own being. Test everything against that. Measure everything by it. Remember that the greatest tool you will ever have with which to create not only a new spirituality, but a whole new world, is your own life, lived.

Use the moments of your life to demonstrate your own highest truth, to offer your own genuine love, and to heal every wound that you and others have inflicted upon yourselves. Your lives do not have to be the way they are. Human beings are capable of living together in peace and harmony. Yet some people must decide to show the way. Some people must declare with their lives that they *are* the way. Some people must choose to be the first domino.

I'm inviting you to make that choice. I'm inviting you to *make the moments of your own life* ... The New Revelations.

**These nine, and this extract, are from the book
The New Revelations, pages 340 and 341.**

The 100-Word Formula for All Life

Hope plays a wonderful role in "death" and in "life". Never give up hope. *Never*. Hope is a statement of your highest desire. It is the announcement of your grandest dream. Hope is thought, made Divine.

Here is a 110-Word Formula for All Life, with HOPE as the beginning and the basis:

Hope is the doorway to belief, belief is the doorway to knowing, knowing is the doorway to creation, and creation is the doorway to experience. Experience is the doorway to expression, expression is the doorway to becoming, becoming is the activity of all Life and the only function of God. What you hope, you will eventually believe; what you believe, you will eventually know; what you know, you will eventually create; what you create, you will eventually experience; what you experience, you will eventually express; what you express, you will eventually become. This is the formula for all of life.

It is as simple as that.

'Hope' is an energy. Nothing more and nothing less. All thoughts are energies, and what is commonly called the Afterlife is nothing but a field of energy. It is a Cosmic Field of Infinite Possibilities. It is huge, it is vast, but it is quite basic and fundamental in its chemistry, in its energetic elements, in its construction and function. In fact, its elegance lies in its utter simplicity at its basis.

This is from *Home with God*, page 115, and is also on page 148.

What God Says About You

You are goodness and mercy, compassion and understanding.
You are peace and joy and light.
You are forgiveness and patience, strength and courage.
You are a helper in times of need, a comforter in times of sorrow,
a healer in times of injury, a teacher in times of confusion.

You are the deepest wisdom and the highest truth;
the greatest peace and the grandest love.
You are all of these things. And at times you have known yourself as these things.
Choose now to know yourself as these things always.

From *Conversations with God-Book 1*, page 86.

The Divine Dichotomy

Here is the Divine Dichotomy. The way to 'get there' is to 'be there.' Just be where you choose to get! It's that simple. There's nothing you have to do. You want to be happy? Be happy. You want to be wise? Be wise. You want to be love? Be love. That is Who You Are in any event. You are My Beloved.

Oh! I just lost my breath! You have such a wondrous way of putting things.

It is the truth that is eloquent. Truth has an elegance that startles the heart to its own re-awakening.

Is the human race inherently good, or inherently evil?

This is the crossroads to which you have come. The future of the human race depends on which way you go. If you and your society believe you are inherently good, you will make decisions and laws that are life affirming and constructive. If you and your society believe that you are inherently evil, you will make decisions and laws that are life denying and destructive.

Laws that are life affirming are laws that allow you to be, do, and have what you wish. Laws that are life denying are laws that stop you from being, doing, and having what you wish.

Those who believe in Original Sin, and that the inherent nature of man is evil, claim that God has created laws which stop you from doing as you wish—and promote human laws (an endless number of them) that seek to do the same.

Those who believe in Original Blessing, and that the inherent nature of man is good, proclaim that God has created natural laws which allow you to do as you wish—and promote human laws that seek to do the same.

What is your viewpoint of the human race? What is your viewpoint of your Self? Left entirely to your own devices, do you see yourself as being able to be trusted? In everything? How about others? How do you view them? Until they reveal themselves to you, one way or the other, what is your basic assumption?

Now, answer this? Do your assumptions further your society in breaking down, or breaking through?

From *Conversations with God Book 3*, page 363 and 364.

The Lord's Prayer

Once you were lost, but now you are found. You were blind, but now you see. And this has been an amazing grace.

You have sometimes been apart from Me in your heart, but now We are whole again, and We can be forever. For what you have joined together, no one but you can put asunder.

Remember this: You are always a part, because you are never apart. You are always a part OF God, because you are never apart FROM God.

This is the truth of your being. We are Whole. So now you know the Whole truth.

This truth has been food for the hungry soul. Take, and eat of it. The world has thirsted for this joy. Take, and drink of it. Do this in re-membrance of Me.

For truth is the body, and joy is the blood, of God, who is love.

Truth. Joy. Love.

These three are interchangeable. One leads to the other, and it matters not in which order they appear. All lead to Me. All are Me.

That place of Oneness is heaven. You are there now. You are never not there, because you are never not One with Me. This is what I would have you know. This is what I would have you take, at last, from this conversation.

And here is My message, the message I would seek to leave with the world:

My Children, who art in Heaven, hallowed is your name.

Your kingdom is come, and your will is done, on Earth as it is in Heaven.

You are given each day your daily bread,

and you are forgiven your debts and your trespasses, exactly to the degree that you have forgiven those who owe you, or trespass against you.

Lead your Self not into temptation, but deliver your Self from the evils you have created.

For yours *is* the Kingdom, and the Power, and the Glory forever, and all you need to do

is Know This.

Amen. And amen.

**This extract, and this re-statement of the Lord's Prayer, come from
*Conversations with God- Book 3, pages 365, 366.***

The Three Levels Of Awareness

- Hope
- Belief
- Knowing

There are three levels of awareness around everything. These are: hope, belief and knowing.

When you have a 'hope' about something, you are *wishing* that it is true, or that it will happen. You are not certain, in any sense of the word.

When you have a 'belief' about something, you are *thinking* that it is true, or that it will happen. You are not certain, but you think you are certain, and you continue to think so unless something to the contrary appears in your reality.

When you have a 'knowing' about something, you are *clear* that it is true, or that it will happen. You are certain, in every sense of the word, and you continue to be certain *even if something to the contrary appears in your reality*. You “judge not by appearances,” because you *know* what is *so*.

So I can learn to trust You by knowing that I don't have to trust You!

That is correct. You have come to a knowingness that the perfect thing is going to occur. Not that a particular thing is going to occur, but that the perfect thing is going to occur. Not that what you prefer is going to occur, but that which is perfect is going to occur. And, as you move toward mastery, these two become one. Something occurs, and you prefer no occurrence other than what is occurring. It is your very preferring of whatever is occurring that renders that occurrence perfect. This is called 'letting go and letting God.'

A Master always prefers what occurs. You, too, will have reached mastery when you are always preferring what is occurring.

These come from *Friendship with God*, pages 107, 108.

To Know That You Know

It is possible for you to know, and yet not "*know that you know*".

1. In life, there appear to be those who do not know, and who *do not know* that they do not know. They are like innocent children. Nurture them.
2. Then there appear to be those who do not know, and who *know* that they do not know. They are willing. Teach them.
3. There appear to be those who do not know, but who *think that they know*. They are dangerous. Avoid them.
4. There appear to be those who know, but who *do not know* that they know. They are asleep. Wake them.
5. There appear to be those who know, but who pretend that they *do not know*. They are actors. Enjoy them.

6. There appear to be those who know, and who *know that they know*. These are the *cognicenti*—those who know. Do not follow them, for if they know that they know, they would not *have* you follow them. Yet listen very carefully to what they have to say, for they may remind you of what you already know. Indeed, that is why they have been sent to you. That is why you have called them to you.

If a person knows, why would he pretend that he does not know? Who would do that?
Nearly everybody. At one time or another, nearly everybody.

But why?

Because you all love the drama so much. You have created an entire world of your illusion, a kingdom in which you can reign, and you have become the drama king and the drama queen.

Why would I want the drama, rather than an end to the drama?

Because it is in the deliciousness of the drama that you get to play out, at the highest level and with the greatest intensity, all the various versions of Who You Are, and may then select who you choose to be. Because it is juicy!

You're kidding. Isn't there an easier way?

Of course there is. And you will ultimately choose that, the moment you realize that all the drama isn't necessary. Yet sometimes you will continue to use drama, to remind yourself, and to instruct others. All Wisdom Teachers do this.

What are they reminding and instructing about?

The illusion. They are reminding themselves and instructing others that all of life is an illusion, that it has a purpose, and that once you know its purpose, you can live within the illusion or outside of it, at will. You can choose to experience the illusion, and make it real, or you can choose to experience Ultimate Reality, in any given moment.

These come from *Friendship with God*, pages 289 and 290.

Two Important Questions for Relationship

The difficulty is that after a while you become very clear that you are not living the life that you wanted, and you become surly, irritable, and moody. You can't say that anything in particular is 'wrong,' but nothing feels 'quite right.'

Soon, this feeling permeates your relationship, and, with luck, that relationship is over. If you are not lucky the relationship will continue for a long time--and you will live a life of quiet desperation.

How can that cycle be broken?

Here are two important questions to ask in life.

1. **Where am I going?**
2. **Who's going with me?**

Most people ask themselves these questions at one time or another, but many of them make the mistake of putting the questions *in reverse order*. They ask the second question first. Or, they may have them in good order when they first meet another, but then they change the questions around so they can get a better answer!

If you do either of these things, you may have great difficulty in relationships.

From *Conversations with God for Teens*, page 139.

The Creation Vibration

How can I experience Ultimate Reality in any particular moment?

Be still, and know that I am God.

I mean that literally.

Be still.

That is how you will know that I am God, and that I am always with you. That is how you will know that you are One with Me. That is how you will meet the Creator inside of you.

If you have come to know Me, to trust Me, to love Me, and to embrace Me - if you have taken the steps to having a friendship with God - then you will never doubt that I am with you always, and all ways.

So, as I have said before, embrace Me. Spend a few moments each day embracing your experience of Me. Do this now, when you do not have to, when life circumstances do not seem to require you to. Now, when it seems that you do not even have time to. Now, when you are not feeling alone. So that when you are "alone," you will know that you are not.

Cultivate the habit of joining Me in divine connection once each day. I have already given you directions on one way that you may do this. There are other ways. Many ways. God is not limited, and neither are the ways to reach God.

Once you have truly embraced God, once you have made that divine connection, you will never want to lose it, for it will bring you the greatest joy you ever had.

This joy is What I Am, and What You Are. It is Life Itself, expressing at the highest vibration. It is supra-consciousness. It is at this level of vibration that creation occurs.

You might even say it's *the Creation Vibration!*

From *Friendship with God*, page 291.

The Three Core Concepts of Holistic Living

Awareness

Honesty

Responsibility

The Core Concept of Awareness

Awareness has many levels.

Awareness is about being aware of the level of awareness of which you are aware, and it is about being aware that there is no level of awareness of which you cannot be aware, if you are aware of that.

When you live a life of awareness, you no longer do things unconsciously. You cannot, because you are aware that you are doing something unconsciously, and that, of course, means you are doing it consciously.

It is not difficult living a life of awareness when you are aware that it is not difficult. Awareness feeds on itself.

When you are unaware of awareness, then you cannot know what it is like. You do not even know that you do not know. You have forgotten. You really do know, but you have forgotten that you know, and so you might as well not know at all. That is why remembering is so important.

This is what I am here to do. I am here to help you remember. That is what friends are for. It is what you are doing, too, in the life of another. In the life of *all* others. You are here to help others remember. This is something you may have forgotten.

Once you have been made to remember, you are brought back to awareness. Once you come back to awareness, you begin to become aware of your awareness, and you are aware that you are aware.

Awareness is about noticing the moment. It is about stopping, looking, listening, feeling, experiencing fully what is happening. It is a meditation. Awareness turns everything into a meditation. Washing dishes. Making love. Cutting the grass. Saying a word out loud to another. All becomes a meditation.

Awareness is moving to the level of the Unobserved Observer. You are watching yourself. And then you are watching yourself watch yourself. And then you are watching yourself watch yourself watching yourself. Finally, there is no one watching you watch yourself. You have become the Unobserved Observer.

That is Full Awareness.

It is easy. It is not as difficult or as complicated as it sounds. It is about stopping, looking, listening, feeling. It is about knowing, and knowing that you know. It is about ending the pretending.

Now you are really *tending to business*. You are tending to yourself. In the past, you were doing what you did *before* you were tending. You could call that *pretending*. When you stop pre-tending, you become totally honest.

The Core Concept of Honesty

Honesty is about saying, first to yourself, then to others, what it is of which you are aware.

Honesty is what you stand for. You are no longer taking things lying down, but standing for something. You may have noticed that you cannot stand for something until you stop lying all around. This is why it said that when you are totally honest, you are truly upstanding.

CwG talks about the Five Levels of Truth Telling, and it is explained how those five levels can result in a life of total visibility, or what is also called *transparency*. These two words stand in interesting juxtaposition to each other. To be totally visible is to be utterly transparent. That is, people can *see right through you*. There are no hidden agendas. So, interestingly, the more visible you become, the more transparent you are.

Use the tool of honesty consistently and watch your life change. Use it in relationships. Use it in business interactions. Use it in your politics. Use it in school. Use it everywhere, all the time.

Be aware of what you have done, and then be honest about it. Be honest about the outcomes you know very well that you have produced. Then choose to take responsibility for them. This is the third of the Core Concepts. It is a sign of great maturity, great spiritual growth.

The Core Concept of Responsibility

You will never want to “take responsibility” as long as your society equates responsibility with punishment.

Too often in the past, taking responsibility has meant “taking a fall.” But responsibility does not mean guilt. Rather, it means a willingness to do whatever you can to make the outcomes you produce the best they can possibly be, and to do what it takes to remedy whatever can be remedied, should others choose to experience the outcomes as damaging in any way.

Some people have chosen to walk a path that says, “Each person is responsible for his own outcomes, since we are all creating our own reality, therefore, I am not responsible for what happens to you, even though I may have caused it.”

This is what I call a New Age bypass. It is an attempt to twist the logic of the New Thought Movement, which proclaims that every human being is a creator. Yet I tell you this: you are each responsible for each other. You are, truly, your brother's keeper. And when you understand this, all the misery, all the sorrow, all the pain of the human experience will disappear.

So we have a responsibility for ourselves as well as a responsibility to each other and to our planet! When we all exercise this responsibility we will create a New Society, based on The New Gospel, WE ARE ALL ONE, and supported by the Core Concepts: awareness, honesty, responsibility.

There will be no other laws, no other rules or regulations. There will be no legislation, and no *need* for legislation. For you will have learned at last that *you cannot legislate morality*.

From *Friendship with God*, page 397 - 400.

Healing the World

The purpose of the *Conversations with God* dialogue is to *awaken* people and to *heal* the world. That will both help *and* serve.

Now there are five things you can *choose* (The Five Steps to Peace). I said nothing about five things you can *do*.

I am making the repeated point here that peace on your planet will only be achieved when you change beliefs because unless you 'get' this point, you will be able to achieve nothing in the way of healing your planet.

What you seek to heal are the wounds created by your beliefs. Your deepest beliefs have created the behaviours that have produced the wounds.

The overriding desire of humankind is peace, and I am showing you that your current beliefs do no render you very peaceful.

'Peaceful' is not something you do. 'Peaceful' is something you are. One does not say, 'I am *doing* peaceful.' One says, 'I am *being* peaceful.' And *beingness* is an expression of the soul and the mind.

Again, please?

'Beingness' is an expression of the soul and the mind. 'Doingness' is an expression of the body. All experiences of the body arise out of experiences of the soul or the mind. You get to choose which. If you choose the mind, as your mind feels, so the body does. If you choose your soul, as your soul feels, the body does.

The soul always feels joy, because the soul is joy. The soul always feels love, because the soul is love. The soul always feels connected with the wonder of life, because the soul is the wonder of life, expressed.

In order to feel this always, you have to be out of your mind. You have to get “out of your head” and into your heart.

I thought you were going to say, into your soul.

The heart is the bridge between the mind and the soul. First get out of your mind and into your heart space. From there it is a quick jump into your soul.

When you are in your heart space with another, that is when you can have a real soul talk. When you are in your heart space with yourself, that is when you can experience connecting with your soul at a very deep level. That is when you can experience Communion with God.

From *The New Revelations*, pages 39 - 40.

How life works

All effect is created by thought, and manifestation is a result of intention.

Think only on good things, and righteous. Dwell not in negativity and darkness. And even in moments when things look bleak; especially in those moments. See only perfection, express only gratefulness, and then imagine only what manifestation of perfection you choose next.

In this formula is found tranquillity. In this process is found peace. In this awareness is found joy.

It is the "time" lapse between thought and creation which creates the illusion that things are happening to you, not because of you. Thus you forget that you are *at cause in the matter*.

Your perspective creates your thoughts. If you can remember this, your whole life will change.

Assume a different perspective and you will have a different thought about everything. In this way you will have learned to control your thought, and, in the creation of your experience controlled thought is everything.

**This condensation of an awesome meaningful explanation is from
*Conversations with God Book 3, pages 59, 60 and 67.***

Ten Steps to Creation

Life is a creation, not a discovery. You do not live each day to discover what it holds for you, but to create it. You are creating your reality every minute, probably without knowing it. Here's why that is so, and how that works.

1. I have created you in the image and likeness of God.
2. God is the creator.
3. You are three beings in one. You can call these three aspects of being anything you want: Father, Son and Holy Ghost; mind, body and soul; super-conscious, conscious, subconscious .
4. Creation is a process that proceeds from these three parts of your body. Put another way, you create at three levels. The tools of creation are: thought, word, and deed.

5. All creation begins with thought ("Proceeds from the Father"). All creation then moves to word ("Ask and you shall receive, speak and it shall be done unto you.") All creation is then fulfilled in deed ("And the Word was made flesh, and dwelt among us.")
6. That which you think of, but thereafter never speak of, creates at one level. That which you think of and speak of creates at another level. That which you think, speak, and *do* becomes made manifest in your reality.
7. To think, speak, and do something which you do not truly believe, is impossible. Therefore, the process of creation must include belief, or knowing. This is absolute faith. This is beyond hoping. This is a knowing of a certainty. ("By your faith shall ye be healed.") Therefore, the doing part of creation always includes knowing. It is a gut-level clarity, a total certainty, a complete acceptance as reality of something.
8. This place of knowing is a place of intense and incredible gratitude. It is a *thankfulness in advance*. And that, perhaps, is the biggest key to creation: to be grateful before, and for, the creation. Such taking for granted is not only condoned, but encouraged. It is the sure sign of mastery. All Masters know in advance that the deed has been done.
9. Celebrate and enjoy all that you create, have created. To reject any part of it is to reject a part of yourself. Whatever it is that is now presenting itself as part of your creation, own it, claim it, bless it, be thankful for it. Seek not to condemn it ("God damn it!"), for to condemn it is to condemn yourself.
10. Call forth a new reality. Think a new thought. Say a new word. Do a new thing. Do this magnificently and the rest of the world will follow you. Ask it to. Call for it to. Say, "I am the Life and the Way, follow me."

This is how to manifest God's will "on Earth as it is in Heaven."

From *Conversations with God-Book 1*, page 91-92.

Three Ways of Living

Live your life...

**deliberately,
harmoniously, and
beneficially.**

These three ways of living you can accomplish by using the gifts I have given you: creative energy, gentle wisdom, and pure love.

Creative energy has been placed by Me in your entire being, and in everything that proceeds from it. Thoughts, words, and deeds are the Three Tools of Creation. When you know this, you can choose to be the cause of your experience, rather than being at the effect of it.

Life proceeds out of your intentions for it. When you are aware of this, you can live your life deliberately. The things you think, you think deliberately. The things you say, you say deliberately. The things you do, you do deliberately.

When you use creative energy, you help God be more of what God is, and seeks to experience of Itself.

Gentle Wisdom has been placed by Me in your soul. When you use this gift, you live harmoniously in any situation. Your very Being is harmony itself.

Harmony means feeling the vibration of the moment, of the person, place, or circumstance you are now experiencing, and blending with it. Blending does not mean matching. Singing in harmony does not mean singing in unison. It does mean singing together.

When you sing in harmony, you change the way the entire song is sung. It becomes a new song, a different song. This is the song of the soul, and there is none more beautiful.

Bring a gentle wisdom to your moments. Watch it change them. Watch it change you. You have that gentle wisdom within you. I have placed it there, and it has never left you. Call on it in times of difficulty and stress, in times of decision or enmity, and it will be there. For when you call on it, you call on Me. When you use gentle wisdom, you help God be more of what God is, and seeks to experience of Itself.

Remember, this is not about doing, but about being. These attitudes are things you are being. And as you make these statements of being consciously, rather than unconsciously, you begin to live from intention; you begin to live deliberately. Remember, I have suggested that you live deliberately, harmoniously, and beneficially, and I have explained to you what it means to do so.

But now let Me tell you a secret. Do the third, and the first two will come automatically.

Determine to live beneficially—decide that your life and work will benefit others—and you will find yourself living deliberately and harmoniously. This will be true because to live beneficially will cause you to live from intention, doing things deliberately and consciously, rather than unconsciously, and will result in your living harmoniously, because *that which benefits others cannot be in disharmony with them.*

From *Friendship with God*, page 234, 396.

The Three Way Path

All of you have come here to this moment to begin the next part of your journey. It is a journey to hopefulness. A journey to wholeness. It is the journey home.

This is about waking up, about getting what's going on. This is about living your life in a new way, with intention and purpose and clarity and more fun than you ever thought possible.

Remember the Three-Way Path...

- **Have fun.**
- **Spread joy.**
- **Share love.**

Start now.

This is all it will take. That's why it can be said with such certainty that none of this is too big for you. None of this is too much. Fun, joy, and love is who you are. It is the natural you. Just give in to that.

Have fun doing whatever you're doing. Yes, even going to school. Just have fun with it. See it for what it is - a stepping stone on the path to the greatest life you could ever hope to live.

Have fun with everything. It is possible. Just take the drama out of it, take the stress out of it. It's all good.

Spread joy around you. You can do that with something as simple as a smile, a laugh, a word of encouragement to a fellow traveller, a favour for a friend, a helping hand for a parent.

Share love with everyone, in the form that your soul tells you is most appropriate to the moment and to the kind of relationship that you have with each person - and with yourself.

Go now and create your world as you would have it be. Go now and celebrate your life, and everything that makes you 'you.'

Go now and recreate yourself anew in the next grandest version of the greatest vision you ever had about who you are.

This is my invitation. This is your dream. This is our next grand adventure.

From *Conversations with God for Teens*, page 235 and also page 225.

The Five Attitudes of God
Joyful, Loving, Accepting, Blessing, Grateful

Now I tell you this: bless, bless, bless your enemies, and pray for those who persecute you. Send them your best energies, and your highest thoughts.

You will not be able to do this unless you see every person and every life circumstance as a gift; as an angel, and a miracle. When you do, you will move into the fullness of gratitude.

You will be totally grateful—the Fifth Attitude of God—and the circle will be complete.

This is an important element, this feeling of gratitude, isn't it?

Yes, Gratitude is the attitude that changes everything. To be grateful for something is to stop resisting it, to see it and acknowledge it as a gift, even when the gift is not immediately apparent.

In addition, as you have already been taught, gratitude for an experience, condition, or outcome in advance is a powerful tool in the creation of your reality, and a sure sign of Mastery.

In fact, the magnificence of the Five Attitudes of God is that, like the Seven Steps to Friendship with God, their order may be reversed.

God is totally grateful, blessing, accepting, loving and joyful!

This is another good place for me to mention my favourite prayer; the most powerful prayer I ever heard. Thank you, God, for helping me to understand that this problem has already been solved.

- 1 Being grateful is a powerful prayer. The next time you are confronted with a condition or circumstance you judge to be problematical, express your immediate gratitude not only for the solution, but for the problem itself. By so doing, you instantly change your perspective on it, and your attitude about it.
- 2 Next, bless it. Give it your best energies and your highest thought. In this, you make it your friend, and not your enemy; that which supports you, rather than that which opposes you.
- 3 Then, accept it, and resist not evil. For what you resist, persists. Only what you accept can you change.
- 4 Now, envelop it with love. Whatever you are experiencing, you can literally love any undesired experience away. In a sense, you can 'love it to death.'
- 5 Finally, be joyful, for the exact and perfect outcome is at hand. Nothing can take your joy away from you, for joy is Who You Are, and who you will always be. So, in the face of every problem, do a joyful thing.

From *Friendship with God*, page 327

God's Three Desires

Let Me assure you again, through this writing, that I am without needs. I require nothing. This does not mean I am without desires. Desires and needs are not the same thing (although many of you have made them so in your present lifetime).

Desire is the beginning of all creation. It is first thought. It is a grand feeling within the soul. It is God, choosing what next to create.

And what is God's Desire?

- 1 **I desire to know and experience Myself, in all My glory - to know Who I Am.**
- 2 **I desire that you shall know and experience Who You Really Are, through the power I have given you to create and experience yourself in whatever way you choose.**

3 I desire for the whole life process to be an experience of constant joy, continuous creation, never-ending expansion and total fulfilment in each moment of now.

I have established a perfect system whereby these desires may be realised. They are being realized now, in this very moment. The only difference between you and Me is that I know this.

In the moment of your total knowing (which moment could come upon you at any time), you, too, will feel as I do always: totally joyful, loving accepting, blessing, and grateful.

These are the Five Attitudes of God, and before we are through with this dialogue, I will show you how the application of these attitudes in your life now can - and will - bring you to Godliness.

All of this is a very long answer to a very short question.

Yes, hold on to your values--so long as you experience that they serve you. Yet look to see whether the values you serve, with your thoughts, words, and actions, bring to the space of your experience the highest and best idea you ever had about you.

Examine your values one by one. Hold them up to the light of public scrutiny. If you can tell the world who you are and what you believe without breaking stride or hesitating, you are happy with yourself. There is no reason to continue much further in this dialogue with Me, because you have created a Self—and a life for the Self—which needs no improvement. You have reached perfection.

From *Conversations with God-Book 1*, page 65.

Seven Steps to Friendship with God

1. Know God (Chapter 5),
2. Trust God (Chapter 6),
3. Love God (Chapter 8),
4. Embrace God (Chapter 9),
5. Use God (Chapter 10),
6. Help God (Chapter 11), and
7. Thank God (Chapter 12).

These seven steps come from *Friendship with God*. They are scattered throughout the book, with a partial summary on page 231.

The Ten Illusions of Humans

Although these are not the same as the Ten Fallacies, they contain similar elements and are extremely valuable.

- 1 Need exists
- 2 Failure exists
- 3 Disunity exists
- 4 Insufficiency exists
- 5 Requirement exists
- 6 Judgment exists
- 7 Condemnation exists
- 8 Conditionality exists
- 9 Superiority exists
- 10 Ignorance exists.

Once you understand these illusions, you understand a great deal about Life and how it works – as well as how to *make it work*.

These are listed in *Communion with God*, pages 15 and 16.

Undo the Programming

Undo Society's Conditioning!

Why am I so ready to always choose the negative?

What can you expect? You were told from your earliest days that you're 'bad'. You accept that you were born in “sin”. Feeling guilty is a *learned* response. You've been told to feel guilty about yourself for things you did before you could even do anything. You have been taught to feel shame for being born less than perfect.

This alleged state of imperfection in which you are said to have come into this world is what your religionists have the gall to call original sin. And it *is* original sin—but not yours. It is the first sin to be perpetrated upon you by a world which knows nothing of God if it thinks that God would - or *could* - create *anything* imperfect.

Some of your religions have built up whole theologies around this misconception. And that is what it is, literally: a *misconception*. *For anything I conceive--all that to which I give life—is perfect; a perfect reflection of perfection itself, made in the image and likeness of Me.*

Yet, in order to justify the idea of a punitive God, your religions needed to create something for Me to be angry about. So that even those people who lead exemplary lives somehow

need to be saved. If they don't need to be saved from themselves, then they need to be saved from their own built-in imperfection. So (these religions say) you'd better do something about all of this - and fast - or you'll go straight to hell.

This, in the end, may do nothing to mollify a weird, vindictive, angry God, but it does give life to weird, vindictive, angry religions. Thus do religions perpetuate themselves. *Thus does power remain concentrated in the hands of the few, rather than experienced through the hands of the many.*

Of course you choose constantly the lesser thought, the smaller idea, the tiniest concept of yourself and your power, to say nothing of Me and Mine. You've been taught to.

My God, how can I undo the teaching?

A good question, and addressed to just the right person!

You can undo the teaching by reading and re-reading the Conversations with God books.

Over and over again, read them. Until you understand every passage. Until you're familiar with every word. When you can quote its passages to others, when you can bring its phrases to mind in the midst of the darkest hour, then you will have 'undone the teaching.'

This extract comes from *Conversations with God-Book 1*, pages 119 - 120.

The Contrast between Yesterday's God and Tomorrow's God

- 1 Tomorrow's God does not require anyone to believe in God.
- 2 Tomorrow's God is without gender, size, shape, colour, or any of the characteristics of an individual living being.
- 3 Tomorrow's God talks with everyone, all the time.
- 4 Tomorrow's God is separate from nothing, but is Everywhere Present, the All in All, the Alpha and the Omega, the Beginning and the End, the Sum total of Everything that ever was, is now, and ever shall be..
- 5 Tomorrow's God is not a singular Super Being, but the extraordinary process called Life.
- 6 Tomorrow's God is ever changing.
- 7 Tomorrow's God is needless.
- 8 Tomorrow's God does not ask to be served, but is the Servant of all of Life.
- 9 Tomorrow's God is unconditionally loving, non-judgmental, non-condemning, and non-punishing.

This is going to be your greatest spiritual challenge. It is going to require laser vision, unyielding strength, and uncommon courage. It is going to take deep commitment and extraordinary endurance.

And it is going to ask of you, of those of you who choose to truly work for the emergence of a New Spirituality on your planet, to laugh in the face of the almost overwhelming odds, and to know in your heart that your task is already done. It is just a matter of time.

You may not be here in your present physical form to see its conclusion, but you will watch its conclusion nonetheless. I will call you to the moment when the moment arrives, and I will say, 'Look. Look what you set into motion. Well done, friend of the earth. Well done, friend of its people. Well done, friend of Life, and Love, and God.'

Go, now, and share this with all nations. Begin the **Civil Rights Movement for the Soul**. Free my people from their belief in an angry, oppressive, demanding, restricting, violent, and killing God.
Free my people and save your world. Pre-serve it, and preserve it for your children, and theirs.

This extract comes from *Tomorrow's God*, pages 386, 387.

--- END OF HUMANITY'S TEAM SUMMARY OF THE MESSAGES OF CwG ---

The New Spirituality

What is it? How does it compare?

Speaking scientifically, the localized energy unit that is You is aware of Its identity as part of the universal energy that is All That Is. You might call this universal energy Pure Intelligence. Or First Cause. Or Primal Essence. It is the ground of being of all life. Whatever you wish to call IT, IT exists everywhere, and there is nowhere that IT is not.

Everything is made up of IT, and without IT is made nothing that has been made. Nothing stands outside of IT, for that would be, by the very nature of IT, impossible.

A tiny—one might say, *minuscule*—portion of IT is what You are. You are That Which Is Universally Present, *localized* and presenting Itself in the form that You take now.

This is something that many minds cannot comprehend. Mainly because we have been taught for centuries that we are everything BUT what has just been described; we are, in fact, everything *unlike* God. SO much so that God threw us out of the Garden of Eden and told us never to come back again until we had cleansed ourselves, purified ourselves, and perfected ourselves—becoming like God again.

Then, realizing the impossibility of any of us ever becoming really Perfect, God sent us his Only Begotten Son to become Perfect on our behalf. I don't mean

to be irreverent here, but this was sort of a Surrogate Perfectionist. Somebody who could do for us what we could not do for ourselves. It took God-Made-Man to become Perfect AS Man. Ordinary men, who were not God, could never do this.

This is the teaching of some of humanity's major theologies. Thus, they have said, God set for Man an impossible task, then came down to earth in human form to save us by doing it for us.

Such a theology requires human beings to embrace the notion of separation. We must hold an idea of God as being separate from humanity, utterly.

God is, we are told, watching humanity to see if it is going to do what is required (accept Perfection through The Surrogate), and judging humanity if it does not, and punishing humanity with unspeakable torture forever, and even forever more, if it fails to do what it was never capable of doing in the first place. For how could The Part ever be as great as The Whole? Is not The Whole *always greater than the sum of Its Parts?*

It is against this backdrop that the New Spirituality announces that you are *not* separate from God, and never were, but that each individual soul is the living expression of Divinity Itself.

God is Life, and we are each an expression of Life Itself. And a magnificent one at that.

Religion—the Old Spirituality—has taught us that all of the good things in life are actually bad things. Dancing is bad. Singing is bad. Sex is bad. Money is bad. (Goodness, money is the *root of all evil*, we are told!) Fame is bad. Power is bad. WE are bad. Everything *about* us is “bad.” God, on the other hand, is Good. In order to achieve Godliness, therefore, we need to reject who we are and become perfect, as is our Father in Heaven. Or receive cleansing and purification (called Forgiveness) by accepting Jesus Christ, His Only Son, Our Lord.

The New Spirituality is teaching us that we are Good, because we were never separated from God. Therefore, we are not to reject who we are, but just the opposite...to *accept Who We Are*; not to *become* perfect, but to *realize* our already-and-always-existing perfection.

This is called Self Realization, and it is achieved through Awareness of our Eternal Oneness with The Creator; our Everlasting Unity with God.

Our freedom from the ravages of everyday life does, indeed, come, therefore, from accepting and embracing God. *Yet not as part of some separate, far away reality, but as part of our innermost reality; as our very State of Being.* (“I am with you always, even unto the end of time.”)

A Final Word About 'Enoughness'

An entire lesson in this *Spiritual Mentoring Program* was devoted to the second of the three statements of absolute truth that opens the *Conversations with God* cosmology:

We are all one.
There's Enough
There's nothing you have to do.

That lesson focused on *enoughness* as it relates to life's material things. Yet there is such a thing as *being* enough, just as there is such a thing as *having* enough, and I wanted to make sure we explored *that* before we ended this program. Why? Because *being* "enough" is the core concept underlying all of Love, and everything that Love Is.

For the purposes of this further exploration, let us say that you are in a brand new relationship. Very soon you will be confronted by the reality that you have some "stuff" going on that your Beloved hadn't seen or anticipated during your courting days; that you, yourself, had almost forgotten about...

Yet now we have to face the facts: we may not be so totally and completely wonderful as we imagined ourselves to be, or as our new lover has been telling us we are in the warm glow of our Beloved's early perception. We conclude, sadly, that it's true. We should have known better...

We should have known better than to believe that we were what we allowed ourselves to *think ourselves to be* after being viewed through the Early Eyes of the Newly Loving.

Unless...unless...our Beloved can move to the same space as that which is held by God...and can see us in our Original Beauty, and in the flawlessness of our authentic self.

That is the Nature of Real Love, it seems to me. Love, it feels to me, is the act of declaring that the other person (place or thing) is flawless, just the way it is, Right Here, Right Now. That they are enough.

Love wants nothing to be other than The Way It Is, authentically. There is no need to cover anything up when you are in love. Your Beloved can see all of you, just as you are, and you know that you will be accepted—and more than accepted...adored and loved and celebrated...for the way you are right in this moment. Not after you change this or lose that. Not after you stop this or do that...whatever else it is that other people have told you that you really must try to do...

Love looks straight in the face of what is across the room and says yes loud and clear, and without equivocation or condition. Yes, you are enough!

Yup...I think that is what love is. Love gives people back to themselves and invites them to once again consider that their most wonderful thought about who

and how they are is true. And love inspires them to demonstrate that, no longer in fear that they might fail.

Love removes fear. It removes fear of not being enough. Because in the space of love, not being enough is not possible. You know you are loved when you no longer feel any fear whatsoever about yourself and how you look or how you are as a person in the presence of that wonderful other.

And the greatest gift that you can give to another is to remove fear from them—their fear that they might somehow not be “enough” for you. Not good enough or smart enough or pretty enough or fast enough or slow enough or abundant enough or healthy enough or something enough...

Love makes your Beloved feel Completely and Totally Enough.

God gives us this gift of Enoughness eternally. At the end of our physical lives we will feel, as an actual sensation, our own Enoughness of us, as seen through the eyes of God.

*When we are truly loved by another we are able at last to face the facts: we ARE just as special as we thought ourselves to be; we ARE just as wonderful as we imagined ourselves to be in the warm glow of our Beloved's early perception. We conclude, happily, that it's *true*. Our own highest thought about ourselves is true!*

Even Before You Enter Into a Relationship

*And life takes on new vigor and wonderful energy when we come to that conclusion about ourselves even before we are in a special relationship with an Intimate Other. So embrace *enoughness* with yourself right now, whether you are in a relationship or whether you are not. How? Well, just as with money, the fastest way to experience your own enoughness is to *cause someone else to experience theirs*.*

As in all things, be the cause in the experience of another, that which you wish to experience within yourself.

**This is the end of the
*Conversations with God Spiritual Mentoring Program***

**I chose to end it where all true spiritual growth begins:
Love, for Self and Others, and ultimately, for Life Itself.
That is...for GOD.**

TODAY'S ASSIGNMENT:

1. Review everything that you have found here in Lesson #36 and make notes on which portion of the final material you wish to study more completely.

2. Then, *study this material more completely.*

I send you love and my wishes for your good fortune on your journey.
Thank you for your willingness to participate in this program to enhance your spiritual growth.

You inspire me!

A handwritten signature in black ink, appearing to read "S. J. Dale". The signature is written in a cursive style with a large initial "S" and a long, sweeping underline.