

Conversations with God

Spiritual Mentoring Program

Month #1: Mastering Change

Topic #4: Where You Are

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

Discussion

One of the reasons that so many people cannot accept and embrace Who They Are is that they wonder, “If I am God, then what am I doing in this place? Why would I put my Divine Self in a space of such ugliness, of such violence, of such anger, of such suffering? Who, if they were a god, would do that?”

They come up with this answer: “No one.”

They, therefore, conclude: “I am *not* God. I am not Divine. And it is a dangerous delusion to think that I am.”

This is the Moment of Denial. This is a self-imposed, self-created Separation. This is the Oneness fractured. The Unity divided. The All dismembered.

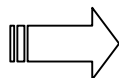
The irony of this self-imposed Separation is that we say that God imposed it on us. We tell ourselves stories, like the myth of the Garden of Eden, to explain to ourselves how and why this happened. We say that God *did* it to us because He was displeased with us. We imagine, then, that we have to find a way to please God once more in order for Him to let us come back into Heaven and Oneness with Him.

We have created entire myths around this idea, and we call them religions.

And all of this—*all* of it—has arisen out of a simple and basic misunderstanding of Where We Are.

We think we are in a place of learning (a school), and we are not. We think we are in a place of testing (a proving ground), and we are not. We think that we are in a place outside the Kingdom of Heaven, and we are not.

That is the biggest mistake human beings have ever made.



We think we are in a place outside the Kingdom of God, and we are not.

We are in the Realm of the Physical (also known as the Realm of the Relative), having come here from the Realm of the Spiritual (also known as the Realm of the Absolute), having come from—and now going to—the Realm of the Spiriysical.

Spiriysical is not a word in any human language. It is a combination of the English words *spiritual* and *physical*. It denotes the Realm of the Absolutive—which is a combination of the Realm of the Absolute and the Realm of the Relative.

The Realm of the Spiritual might also be known as the Realm of Knowing. The Realm of the Physical might also be known as the Realm of Experiencing. And the Realm of the Spiriysical might also be known as the Realm of Being.

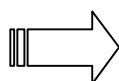
There are three Aspects of Divinity. These are: Being-Knowing-Experiencing. The All is Being-Knowing-Experiencing itself as All Things, All the Time.

You, as an *individuation* of this All, are either Being, Knowing, OR Experiencing—depending upon your point of view; depending upon your perspective. You sometimes can express your Self as two of those three. And sometimes (rarely, given your present state of consciousness), as all three.

The Great Misunderstanding

Most people do not understand that there are three realms in the Kingdom of God (“In my kingdom there are many mansions.”) They believe that we have been thrown *out* of the Kingdom of God, and that our job is to find a way to get back *into* it.

The truth is, you never left the Kingdom of God—and you could not do so if you wanted to—because there is no place else *but* the Kingdom of God.



You are in Heaven right now. You have always been there, and you will always be there, for the simple and exquisite reason that there is no other place to be.

Some people believe that there is a difference between the Kingdom of Heaven and the Kingdom of God. They believe that God’s Kingdom is larger than Heaven itself, and that there is Someplace Else. They call this Other Place...hell. Or Hades. Or by whatever name it pleases them to refer to it. Some have also believed there is a Third Place, calling it Purgatory. Some have believed that are seven places, and that the highest and best place is called Seventh Heaven.

Yet the good news is that the Kingdom of God is *all* places. There is only the Kingdom of Heaven, and there is no other place. God is all there is, and Heaven is not a “place” in the sense of a location. Heaven is *an experience*. Indeed, it is an experience, a knowing, a being--*simultaneously*.

There is no word for this in our language. There is no phrase that can adequately and completely and accurately and fully describe this. And so we have agreed to refer to it as, simply, “heaven.”

Yet it is important to understand what “heaven” *is*. It is not *part of* What Is. It *is* What Is.

Heaven is *The Isness*, and there is nothing else *but*.

LESSON #4: THE PHYSICAL WORLD IS PART OF THE KINGDOM OF HEAVEN

The Myths Abound

Yet is it the myths that abound about heaven that have created our understanding of it—and hence, our understanding of life on earth as a process we have to go through in order to get *back* to “heaven.”

These myths inform our collective reality, and thus produce our collective experience of life on this planet. Knowing these myths, exploring these tales that we have told ourselves for centuries and millennia, can be very beneficial—and especially helpful if we wish to separate ourselves from them.

TODAY'S ASSIGNMENT:

1. Carry a clipboard, with a small digital recorder taped to it, to the shopping center, or to a busy corner in the town in which you live, and take a quick survey of 50 people, asking them the following questions:
 - A. Is there a place called Heaven?
 - B. If so, how do we get there?
 - C. If not, where do you think such an idea came from? And what *is* there after death?
2. If you are getting a lot of the same kind of answers, make a real effort to approach people of different cultures (insofar as you may be able to identify them) with the questions. Do not assume that you know what their answers are going to be. They may surprise you.
3. Come home and enter in your *Notebook* the various responses you have received.
4. Check to see how many of these line up with your own response to these questions. Make a note of what all of that tells you.

Please Note

*It is important...it is very important...to do these assignments,
and to do them in a timely fashion. Each one is built upon
the other, and they are made to follow sequentially.
Failure to do this 'homework' will reduce
significantly the benefit you receive from this program.*

Conversations with God

Spiritual Mentoring Program

Month #1: Mastering Change

Topic #5: Why You Are Where You Are

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

Discussion

It's all very well and good to say that Heaven and Earth are One, and that All is the Kingdom of Heaven, but any thinking person would have to ask, "If this is Heaven, why doesn't it look or feel like it?" Indeed, a cynic would put it more bluntly: "If this is Heaven, I want nothing to do with it."

So why *is there* such ugliness, such violence, such anger, such suffering here, if this is "paradise?" As we asked earlier, who, if they *were* a god, would create *this?*"

The answer is, we would—and have. And why? Well, we have mostly done so unwittingly. That is, without knowing what we are doing. Once we know what we are doing, and why, we can do it in a different way. That is the point and the good news of the book *When Everything Changes, Change Everything*.

So...let's start at the beginning.

Why We Are Here

We are here, in the Realm of the Physical, experiencing life on earth, for a particular reason having to do with the Mission of the Soul. The Journey of the Soul (from the Realm of Being to the Realm of Knowing to the Realm of Experiencing and back to the Realm of Being again) facilitates that Mission. It is an eternal journey; a process that never ends.

Yes, it is more of a *process* than a *mission*, in the true sense of those words. It is what is going on. It is what is happening. It is what is occurring. It is God, "godding."

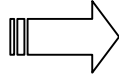
CwG tells us that there is only one thing that God wishes to do (to put it in human terms): Know Itself in Its own Experience.

God is not a Super Being, up in the sky, with likes and dislikes, joys and sorrows, things that make Him angry and things that make Her sad. God is a

process. God is Life, expressing Itself as Itself through Itself. So, too, *you* are a Process. I know that you think of yourself as a “person,” but, in fact, the “person” that you are is simply a Process taking place in a particular form at a particular time.

Yet the fact that you are a process does not mean that you are without intelligence or self-consciousness. This is a new way to think about yourself, and a new way to think about God, but imagine this, if you can: God is a Process of which Awareness is a part. That is, Awareness is a part of Who and What God IS.

That’s an important enough statement to highlight here.



God is a Process of which Awareness is a part.

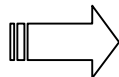
God is Life, *aware of Itself.*

There is no part of Life that is not “aware of itself” at some level. This is what is meant when the statement is made that all of Life contains intelligence. Life is an expression in energy of Intelligent Design. The process by which that Design is expressed is called Evolution. Therefore, the argument over whether Life on earth is a result of Intelligent Design or Evolution is specious. *Both things are true.* Evolution IS Intelligent Design, *in motion.*

So...God is Life, *aware of Itself.*

This is also a perfect definition of you. You are Life, expressed. No one would argue with that. You are an expression—and a very sophisticated one—of Life. And you are certainly aware of yourself.

Life is aware of Itself in differing degrees. These Degrees of Awareness are called Levels of Consciousness.



The Process that is God is conscious of Itself.

The Process of God godding is a process by which That Which Is not only *knows* Itself, but also *experiences* what it knows of Itself.

To pick some examples...

It not only *knows* Itself to be, shall we say, “love,” it also *experiences* Itself as “loving” by *expressing* love. It is through both the Knowing *and* the Experiencing that It gets to BE “love.”

It not only *knows* Itself to be, shall we say, “compassion,” it also *experiences* Itself as “compassionate” by *expressing* compassion. It is through both the Knowing *and* the Experiencing that It gets to BE “compassion.”

It not only *knows* Itself to be, shall we say, “wise,” it also *experiences* Itself as “wisdom” by *expressing* wisdom. It is through both the Knowing *and* the Experiencing that It gets to BE “wise.”

And so on.

It not only knows Itself to be, shall we say, “everywhere present,” it also experiences Itself as “omnipresent” by *expressing* Itself in everything. It is

through both the Knowing *and* the Experiencing that It gets to BE “everywhere present.”

There is a circle here. God is eternally BEING what God IS.....KNOWING what It is BEING.....and EXPERIENCING what It is KNOWING.

So we see that *knowing* leads to *experiencing* which leads to *being* which leads to *knowing* which leads to *experiencing* which leads to *being* which leads to *knowing* which leads to *experiencing* which leads to *being*...forever and ever, and even forevermore.

Yet Why Different Realms?

In the Realm of Knowing (which is also called the Realm of the Absolute, or the Realm of the Spiritual), things are absolutely what they are. All things exist in their absolute stage. There is no Time or Space. There is only WhatIsRightHereRightNow.

This is wonderful...AND...God chooses to know Itself in its own experience. You can understand why. This is the Divine Impulse, and it exists in you, and in everything. You can know yourself to be love, but if you do not experience yourself being loving, all you have is a concept about yourself. You have no *experience* of it.

It is one thing to know yourself as something, it is another to experience yourself AS that. Yet you *cannot* experience yourself as what you know yourself to be *if there is nothing else*. You must, therefore, find a way to experience something *other than* What You Are.

Since there IS nothing other than What You Are, the only option is for You to break yourself down into your constituent parts, so that each *part* of You would be less than The Whole, without being in any way separate *from* The Whole, or other *than* The Whole.

Rather like a drop of the ocean is in no way separate *from* the ocean, or other *than* the ocean.

To use another example, you can know yourself and conceive of yourself as big, but if *everything* is big, then the concept of “big” has no meaning. You have to *experience* yourself as “big” in order for the concept to have any meaning at all. Yet how to experience your Self as “that” in a realm where *All Is This*...?

Simple. Create a realm of “This” *and* “That”—where the experience of “Big” is possible because there is something that is “Small.” Thus the physical universe...called the Realm of the Relative. Thus, *you*...finding yourself *in* the Realm of the Relative, that you might experience Who You Are, after the knowing of it. Yet you cannot “know” of something that is “not,” and so first you must “be” it.

Thus, the Process:

Being-Knowing-Experiencing/Being-Knowing-Experiencing/ Being-Knowing-Experiencing...continuously through all eternity.

THIS is why you are where you are. You came to the earth (to the Realm of Physicality) so that you might Experience what you Know your Self to Be.

LESSON #5: YOU ARE WHERE YOU ARE SO THAT YOU MAY EXPERIENCE WHO AND WHAT YOU ARE

The Kingdom of God is divided into three Realms, and some religions have tried their best to capture the essence of this Triune Reality in their doctrines and dogmas. In mainstream Christian theology that truth is translated into what is known as the doctrine of the Holy Trinity—a three-in-one Deity named God the Father, God the Son, and God the Holy Ghost, or Holy Spirit.

Souls—or the Essence of God broken down into individual elements—migrate back and forth between the three Realms of God’s Kingdom, moving from Being to Knowing to Experiencing and back to Being again, to start the journey once more.

They are really in all places at once, but what moves is their *attention*. It is what the Soul is paying *attention* to, what It is *focused* on, in the Eternal Moment of Now that places its Presence in that Realm. It is focus of the omnipresence of God that creates the illusion of Time and Space.

The Soul could be described as an individual thought of God. Thus, what has been called the *transmigration of the soul* is nothing more than an individual thought of God, focused in a particular way. This is the Process Itself, the Method by which that which we call God comes to know Itself in Its own experience, thus to be that completely. Or as the late science fiction writer Robert Heinlein would put it, to “grok it in fullness.”

Consciousness is the Key

The many and countless Elements of God are not all imbued with the same level of Consciousness. Consciousness is the word we have given in human language to the expression and the experience of Self Awareness in anything that exists. All things that exist are Elements of God. Not all things that exist hold the Consciousness to be aware of this. Not all things have an Awareness of Self.

What causes one Element of God to be “conscious” and another not to be? Further, what determines the *level* of Consciousness that a sentient being may attain?

These are two very good questions, and I am not certain that anyone has the definitive answer to them. This mystery seems to be a part of the process of evolution. Awareness of Self appears to be a condition that All Things—how to put this....*grow into*.

If this is true, then All Things That Exist hold the possibility of attaining God Consciousness. It is not a matter of *whether*, it is merely a question of *when*. And, of course, *how*.

TODAY'S ASSIGNMENT:

1. You are here in the Realm of the Physical (also known as the Realm of the Relative) to experience Who and What You Are. The first step in this process is *deciding* Who and What You Are *right now*.

You are ALL of Who You Are ALWAYS, yet you *experience* only that *part* of the ALL on which you place your focus right now.

As your assignment today, please answer the following question: What Part of the All do you wish to place your focus on in this portion of your life?

Begin your contemplation by listing below at least ten ways of being that you would personally define as qualities of Godliness, or aspects of Divinity.

QUALITIES OF GODLINESS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now choose one, two, or three of those aspects (depending upon how spiritually ambitious you are feeling right now!) and write a paragraph in your *CwG Spiritual Mentoring Notebook* telling which qualities you now intend to focus on and express through you, as you.

Then, write a second paragraph describing how you intend to do this, and what this would “look like” in your daily life.

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.

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Month #1: Mastering Change

Topic #6: What You Choose to Do

This lesson written by Neale Donald Walsch
based on the information found in
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Discussion

When Everything Changes, Change Everything tells us that there are Four Fundamental Questions in Life:

1. Who am I?
2. Where am I?
3. Why am I where I am?
4. What am I choosing to do about that?

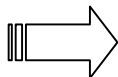
Your Assignment following Lesson #2 was to answer those questions. I deliberately asked you to answer those questions before moving on to Lessons 3-6 because I wanted you to take a look at your own responses before we moved into what the CwG writing and the WECCE text has to say about them.

By completing the Assignment just above, you have already answered Question #4. What I want to make clear here is that this part of The Process of God *godding* is a continuing undertaking. It is an ongoing procedure, a forever in-the-moment endeavor.

Becoming God is an utter transformation, yet “transformation” is not like getting your tonsils out. It is not something you do once and then you’re done with it.

Transformation is a moment-to-moment experience, occurring in every nanosecond out of each thought we have and each choice we make with regard to that thought. It is lightning fast and it is utterly complete every time it occurs.

Sooo....just because you completed the Assignment in Lesson #5 doesn’t mean that you are finished with your spiritual mentoring program. Indeed, it means that you have really just begun.



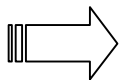
Transformation is always occurring.

The question is not whether you are being transformed, but what are you being transformed *into*. What aspect of All That Is are you changing into now?

Can You 'Backslide'?

This raises an interesting question. In the process of transformation, can you go backward? CwG tells us that evolution moves in only one direction: forward, forward, ever forward. Does this mean that once you attain God Consciousness, you never lose it? You never go backward? You never find yourself where you once were—experiencing a lesser degree of Awareness?

Anyone who has been on The Path already knows the answer to that question. There is not a single spiritual master who has not ever gone over “old ground.” Yet covering old ground is not the same as going backward. And this is important to understand.



Covering old ground is not the same as going backward.

A person who is walking in a circle cannot be said to be going backward at any time, yet will inevitably walk over ground that has been walked over before. If evolution moves forward, forward, ever forward, then evolution must be *a circular process*. It is not a straight-line journey. Indeed, there are no straight lines in the Universe. Ultimately, everything curves in on itself.

So Does That Mean We Never 'Get There'?

This has to bring up another question in the mind of any thinking person. If the process of evolution is circular, if transformation is a constant going over of “old ground,” does that mean we never arrive at our destination?

No. But our “destination” is not a particular place, it is a particular state. And the state is one of bliss. We choose to enter the state of bliss by knowing and experiencing Who We Really Are. Bliss is what I call a *beingness*. It is a State of Being.

What you choose to do as you cover old ground is what creates this State of Being.

LESSON #6: BY YOUR CHOICES DO YOU EVOLVE

Going over old ground is nothing new. You may have experienced it in your own life a number of times. We call this “living a pattern.” Bliss is achieved by the speed with which we complete any given cycle.

The faster you move around a circle, the more often you will encounter old ground, over and over again. Yet you do not have to move over that old ground in

the *same old way*. The next time you encounter old ground, you can *alter your pattern*. And the faster you move around any circle, the easier it will be to change your way of doing so—if for no other reason than that you are now very familiar with the territory.

The motion picture *Groundhog Day* captured this idea wonderfully, creatively, and humorously. If you haven't seen that film, I urge you to do so. I consider it one of the most spiritually insightful movies ever made.

So we see that “getting there” is about moving into a State of Bliss, and that bliss is the *beingness* of what you know and experience regarding Who You Are. It's about going around a particular circle in your life so fast that you do so very often, to the point where you, in a sense, “finally get it right.”

I use the words “get it right” in a figurative way here, simply to illustrate. There really is no “right” or “wrong” in these matters, but this figure of speech allows you to get close to knowing what I really mean.

Do not, therefore, ever berate yourself for “making the same mistakes over and over again.” This is, in fact, a sign not that you are slipping *backward*, but that that you are *moving forward* on the path of evolution, traveling around a particular circle faster and faster, until you encounter the same old ground in a brand new way.

How do all beings grow into God Consciousness? Through the making of new and different choices. At the beginning, Choices lead to Consciousness. After a while, you will find that Consciousness leads to Choices.

TODAY'S ASSIGNMENT:

1. Please obtain and read the book *Conscious Evolution*, by Barbara Marx Hubbard. (It should be available from Amazon.com.)

2. Write a short Book Report on the text in your *CwG Spiritual Mentoring Notebook*. (Actually do this, even though no one will read the “book report” but you. It turns out that committing ideas and impressions to memory—and thus to ongoing use—is enhanced by *writing them down*. Putting someone else's insights into your own words is an amazing tool, increasing exponentially the depth and the speed at which you absorb and utilize that wisdom. It is a way of making it your own—which if, of course, what the writer intended and hoped that you would do!)

So go ahead, read *Conscious Evolution*, by Barbara Marx Hubbard, then place a short Book Report on what you have read in your *Notebook*.

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