Dictionary Of Commonly Used Words

"TBC" was our (Diane's and mine) shortened name for The Buddha Consciousness, which was the in-Spirit aspect of the historical Buddha 'channeling' through Diane as their only global human channel at that time. At least the only 'channel' until an event they called the "Infusion" after which she was only referred to by TBC as 'the vehicle.'

Because of the potential for a number of books from the many presentations and private readings TBC made, introducing some new words and obviously applying their own interpretations to some existing English words, we asked them to compile a list of definitions. This document is the result.

At one point, TBC realized that Westerners (for some odd-ball reason) had some fear factors about the name "Buddha" and temporarily changed their name, specifying that with Diane's transition they would again regain their original name. (For such a spiritual presence, human-assigned names are strictly for human reference.)

I'm sure that whomever they are "coming through" today they are using a different name, unless, of course, their coming through in a Buddhist-friendly country. ☺

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DEFINITIONS FOR ALL BOOKS

by The Buddha Consciousness

Order is the substance of ***abundance***. Abundance does not come to a disorderly soul. If the house of the soul is not in order true abundance cannot come. We are not just speaking of material things, we are speaking of All Abundance. We are speaking of well-being, relationship happiness, good health and the totality of the soul. Abundance is in spirituality. Abundance does not come to disarray. (Book # 1)

Let us redefine abundance for you in this meditation and say that abundance is the feeling of well-being and the wellspring of God which flows through you. Abundance is well-being. It is the ability to look at yourself as light and love... to know that light and love, if kept alive in the heart every day, can only guide you to its highest resonation... and that reflects as good, beauty, prosperity, health and well-being in the life. (Book # 2)

Attunement, vibration and ***adjustment***, how are they related? Adjustment is the first phase of attunement. Even for those Masters who lived in a masterly way, adjustment of their vibration, of the heart chakra and of the third eye took place. In other words, a soul is always adjusting to the vibrational attunement about it, surrounding it, uplifting it and enfolding it. Many who are in illness do not understand that. They do not attune their vibrational adjustment, they are out of sorts with the vibrational atmosphere about them and so there is illness.

Adjustment is the beginning of understanding what is in your heart. ***Attunement*** opens the door to what is in your heart. ***Upliftment*** allows you to let that flow forth.

Adjustment is about release, forgiveness and attuning to the memory of yourself as a spiritual being. That is an adjustment in itself is it not... to sit back and look at yourself, to realize that you are a spiritual being, that you came onto the earth plane to live out a life on this planet as an uplifted spiritual being? (Book #4, Chap 4)

All-That-Ever-Will-Be

All-That-Ever-Was

All-There-Is You are always uncovering. And, because God is infinite and eternity is beyond All-There-Is, you will always be knowing yourself and uncovering more of the self. So, even in Spirit, you must be self-empowered and in touch with the self. (Book #4, Chap 3)

You are an aspect of All-That-Is and All-That-Is is God. (Book #4, Chapter 7)

...spiritual energy, which is the essence of all things and which contains the beginning, the middle and the end, the essence of All-There-Is. (Book #4, Chapter 11)

When we say '***Almighty***' we are speaking of A-l-l M-i-g-h-t-y. All things are mighty. When we say you are Almighty we are saying you are all powerful. If you use that powerful essence of the self to bring about negativity, you are doing yourself and your planet a disservice.

If you are Almighty, you want to be expressing yourself in the mightiness that is proper for your spiritual nature: in love, harmony and balance. Almighty can be thought of as 'all right,' as balance, as in-tune, and as ***At-Onement***.

Live in the moment. You are living in peace, you are living in tranquility. At this moment do you have all you need? Yes! Then, at this moment you are in perfection, you are in holiness and you are in At-Onement with God. You are Almighty and all things are available to you. It is within your own recognition, then, that what is in the Universe is non-attachment, upliftment, At-Onement and peace. (Book # 1)

You are ***At-One***, not only with what you have manifested, but with the Universe itself.

As you give thanks, you send out a message of peace.

Now you are At-One. This is the secret of actualization, At-Onement with Spirit, mind and body, At-Onement with the acknowledgment of God's grace in your life and At-Onement with your own personal sense of well-being.

As you feel grace imparting itself to you and as you feel the beauty and the spirituality of the Universe, you are At-One. (Book # 1)

Attitudes are your belief in yourself, your life and your consideration of how your life should be. Your attitude is how you function on a daily level. (Book # 1)

Attunement is recognition of the spiritual activity of God in your life and of movement and events in your life. It is that recognition of Presence, which may be experienced as physical movement through the body, as tingling of the hands and face, of the knowingness, the knowledge or the perception of a Presence, or an intuitive and creative flow expressing itself as Presence. Attunement, then, is your realization that there is another Presence that protects, guides and fulfills in your life and BEYOND, for the world. Attunement is that personal recognition of Spirit. (Book # 1)

Begin to attune. ***Attunement*** is simply the willingness to open forth briefly each day to acknowledge your own spirituality and to deal with yourself less punitively and more lovingly. Begin to attune yourself. Begin to adjust to your own spirituality. Listen to your heart and your intuition. Be uplifted by that gift that you give yourself of purpose and centeredness in your life. (Book # 4)

What is ***authority*** but knowledge and understanding. Authority is not one who powers over you, it is not one who is superior or more schooled than you are. Authority is your own knowledge and understanding of your spirituality, of yourself and of God, so you have all the power and authority you will ever need if you will see them and use them. Authority comes from a dimension that goes beyond human comprehension. It comes on the day when you understand that you are never separated from God and you understand it so fully that it is

part of every aspect of your being. Authority is part of that leap of faith going beyond what you can see, feel, touch and hear and it occupies that vacuum of the self which is the unknown. Authority speaks of your own inner nature, your own understanding of who and what you are and your own grasp of your goals, ideals and concepts about how your life should be.

Inner authority demonstrates itself through faith and belief. It speaks for itself because, through your own inner examination of yourself and your own inner efforts at contacting, absorbing, assimilating and living your own spirituality, you have created knowledge of who and what you are. This is authority. You are the author of your destiny, you are the authority and you are powerful through your spirituality and your understanding of God in your life.

Human power and human authority often create negativity and negative concepts in the life. So many souls of great spirituality and great light on your planet, even today, forget to take a hand in their own authority and power, so the life seems to lag, even though they exhibit great light. (Book 4, chapter 13)

Beauty is a word on your planet that has many connotations. Again, expectations arise when we say 'beauty in the life.' Let Spirit fulfill your dreams and then see what real beauty is. Look to your inner self and see your own beauty. Then you will know what beauty is, beyond what your human ideas about beauty are. Do not give up your power to human ideas of how things should be.

Many individuals operate on ***beliefs*** that were given to them as children, or beliefs that have been given to them by others, but their feelings and their attitudes about those beliefs and about the circumstances of their lives is projected with energy because feelings are those things that you express every day with emotion, whereas beliefs are those things that are often intellectual. (Book #2)

The concept of karma, of ***cause and effect***, must be understood in its proper context, again, as a law of cause and effect for your use and benefit, not something that works against you. It only works against you if you are not self-empowered, if you are not positive in your thoughts and if you are not careful of how you put out your thoughts, words, actions and deeds. If you are responsible, the law of cause and effect works for you mightily and effectively... it brings about greater continuity in the life. (Book # 4, Chapter 2)

Techniques: Centering - *Let us begin this section with a discussion on the importance of being centered. Centering is not merely an aspect of the self obtained through Yoga or meditation, rather, it is the aspect of self that is connected to God. Centering is a recognition of that part of self that loves God and recognizes the divinity within. Centering is the PROCESS of getting in touch with your heart's messages, with your deepest needs and those things which need to surface for you. In this way, the life begins to go forward from a course of PURPOSE rather that from a course of scattered ideas.*

How to center yourself is of primary importance. Centering the self occurs through the recognition of the divinity of God within and of your own divinity. Divinity is to be recognized as a part of your personal essence, that is, as YOU. Once you separate yourself from your own divinity you have stepped behind your own good.

To be on course, to be centered is to be still. To be centered is to understand that there are always messages from your intuition, from your heart, from Spirit, itself, that flow through your very being. And that is the PURPOSE of centering. In other words, as you become still, as you hold your hands and palms uplifted, as you close your eyes, as you envision your heart as a rose, opening, asking the universe for the messages that you need to hear that day, you become centered.

Centering is the PROCESS of becoming still and listening for the inner messages. If that is too difficult, then we can say that centering is the process of being still, closing the eyes, sitting in silence for a moment or two and disciplining yourself to listening to the inner voice that is spirit.

That is also the purpose of **prayer**, *to bring individuals into communion with God and with their inner selves. But, since prayer has largely been altered to be a rhetorical exercise, then* **meditation**, *for many, has replaced prayer. That is the purpose of ALL occupations that demand that you sit still... that you be still, and that you enter into a communion with the higher self, with the spiritual self, that allows you to shut out the world.*

So, part of **centering** *is stepping away from the world for a moment so that you become focused on your spiritual development, focused upon the messages from the heart, and focused on the PURPOSE of your life, rather than the FUNCTIONS of your life, such as work or play... so that you are focusing on the PURPOSE of your BEING, as opposed to the focus of external stimulation. It is important for people to understand HOW to center, HOW to become an aspect of that spiritual communion that they are looking for. (Book # 2)*

Channeling *is simply the process of attunement of one vibrational level to another and a meeting of that energy level into one. It is the verbalization of energy that is supplied through a vehicle (the channel) from a higher resource. There is nothing mysterious about channeling, per se, and anyone is capable of doing it to one degree or another. (Book # 1)*

What is **co-creation**? *CO-CREATION IS ASKING. Yes, that is all. You go to lectures and they say you are a co-creator with God. How many of you have thought, "What is that?" What does that mean, how do I co-create with God? You are agreeing to be spiritual essence in action, you are agreeing to use that universal energy which flows through you. This is co-creation. Co-creation involves visualization, agreement, purpose, intent, sincerity and coming from a place of loving and treasuring the self. You are acting in concert with the Universe. You are asking for the vastness of the Universe in spiritual upliftment and benefit, not just for the detriment of another so that you can 'have.' Co-creation is of the finest thing you can do for yourself. But you must guard your energy, you must guard your thoughts, you must be purposeful and by that we mean, you must focus on yourself.(Book #2)*

This is what the expression 'co-creating with God' means. It is a metaphysical phrase, but we will define it for you spiritually. It means that you are totally void of ideas about how your life should be. Co-creating is you in cooperation with Spirit... to let that intuition, the newness of

intuition flow through you. (Book # 3, chapter 9)

THIS is what confirmation is about, the element of God's grace pouring upon you and through you. You sit in this lotus position, with your hands out and palms up and allow the grace of God to be experienced in every fiber of your being.

Confirmation is your word to the Universe that you expect your good, you are open to your good and that you are conferring that good upon yourself as you open to God's grace. You are literally conferring good upon yourself. Confirmation is to confer, to bring about a recognition on the soul level of what it is you have determined you need in your life. However, as we have stated, you must always remain open to the highest good and to the opportunity for Spirit to enliven and energize you. (Book # 1)

Consciousness *is an inner recognition, an inner discernment or awareness of everything that is. It is the ability to recognize what is behind what you see. It is the fiber of the Universe. Love is God, essence is All, but consciousness is the fiber of the Universe. Consciousness holds it all together. It holds the pieces together so that there are objects for your use, for your enjoyment and there are ideas for your edification. Consciousness is the fiber. Use that aspect of your being to the fullest. (Book # 1)*

Like it or not, consciousness is comprised of energy. So you are in charge of your own consciousness through the use of light and energy in your life. (source ?)

What are core changes*? They are those changes which emanate from the center of your being... that is, from God's love for you and from your love of self and others. It results from a fundamental understanding that you are God in action, that you are light in action and that you must become 'plugged in.' You will find that, as core changes take place, selfishness, greed and lack fall away from your life.*

Core changes are significant. They are not minor changes in the life. They are changes that occur from the depth of the soul and take place as the soul grows. They are experienced at a soul level, are propelled by growth and normally occur only once or twice in a given life. In other words, an individual who comes onto the earth plane comes in with a given set of promises. However, the soul has free will... even the soul experiences free will. The soul envisions eternity, which your personality does not. Your soul is always in touch with eternity and it is through eternity that a core change begins to manifest itself. (Book # 2)

Techniques: *Creativity - Many of you are quite psychic, many have strong intuitive natures and many are vastly creative. When we say 'creative' we are not just speaking of artistic endeavor. Creativity involves the concept that All flows through you. Ideas are creativity. Willingness to change the life is a big aspect of creativity. You cannot be creative and be stuck.*

Creativity is more than being a painter. It is indeed art, but it is beyond that. Creativity is being able to create your lives, to conduct your lives in a focused way, in a purposeful way, in a harmonious way. This is accomplished through the understanding of light and energy, of positivity in the thoughts and through the law of cause and effect. Until all these

elements are brought into balance, the effect can be uneven, unbalanced, and displeasing. As you learn to be pleased with yourself, with the self that is of divinity, so will you be more pleased with your lives. (Book # 2)

When we speak of shaping eternity, we are talking of letting go of this materiality and of beginning to open up the panorama in your life to the point that, when you are in meditation, you see the vastness of the Universe. It may even present itself to you as darkness, because in darkness there is always light and in light there is always darkness... they are one side of the same thing. If you find yourself perceiving a nothingness in meditation then you are seeing perfection, you are seeing that which truly is.(Book #3)

Devotion *to the self that is divine - transcends faith. For humanhood has it exactly backwards, faith is the doorway to devotion. It requires that you give up all your human-made concepts and devote yourself to truth. Faith hints that there is truth and that your beliefs could be correct, while devotion KNOWS it. So, devotion is also the axis of All. (Book # 1)*

Discipline *is the act of taking charge when you have negative thoughts and of uplifting yourself into the positivity of your highest ideals. Self-abuse is blaming yourself for negativity and feeling badly about it. (Book #3, chapter 13)*

The concept of discipline is that it is used in specific ways with specific laws and understandings. It is not something to be missed or to be abused. Discipline is the key to power and authority. Without discipline, the law of cause and effect is difficult to employ and one's spirituality does not usually flourish well. It takes active and concrete action in your life every day to continue to renew your own flow of God. This takes activating that flow, working with your personal color and acknowledgment of yourself as a spiritual being. Simple as these tasks are, they require a certain degree of discipline and so does the use of power. (Book # 4, Chapter 13)

Discipline is the act of taking charge when you have negative thoughts and of uplifting yourself into the positivity of your highest ideals. Self-abuse is blaming yourself for negativity and feeling badly about it. (Book # 4)

Through a new avenue that has come about, we are going to be dotting the world *in the not-too-distant future with people who will be sending back, through many languages, their light of love to you as you send your light of love through other avenues unknown to you at this time. As you send your light of love, of forgiveness and compassion, you are sending the light of God and altering lives, you are uplifting souls you have never met. Your turn will come, for other souls are uplifting themselves throughout the globe and, even at this time, they send their message that they will be doing so with great strength and great numbers, in the not-to-distant future. (Book #3)*

When we speak to you of personal management, we are speaking in terms of a program of efficacious *living. By the word 'efficacious,' we mean one that is filled with spirituality, with intuition. Efficacious living is living from*

the soul. Efficaciousness has more to do with the spirituality of your inner being, of your heart, of the creativity and the wisdom that flows through you than merely being honest or ethical. Those are truly human terms and, for the benefit of your civilization, they are most important. But we wish to speak to you on efficaciousness of the soul, of the management that goes forth when you live from that well-spring from within, the spontaneity that reaches out to the Universe and brings in positivity. That is what the efficacious approach is about, bringing in every element of positivity into your life; dispensing with as much negativity as possible and allowing your heart, your soul, your life to fill with that sense of God which lifts you beyond being a person of worth. (Book # 3, Chapter 12)

Ego *is that which drives you. Not free will, ego. Ego is that which can motivate you, which can bring you into distinction as a person and which can drop you into the lowest source of humanity. Why is that? It is directly related to beliefs and attitudes.*

Most of you think that beliefs and attitudes stem from the personality, but we wish to make the distinction that ego absorbs a great level of negativity and a great deal of the attitudes and beliefs which can be connected to negativity. That is not to say that the ego cannot be trained for positivity, but that the ego is of the lower self. The ego is of that self that wishes to aggrandize the self, which wishes to preen and admire itself. But the ego is also that side of self which strives for recognition, whether it is positive or negative.

So it is important to train the ego, to work with the ego, and to present to the ego your beliefs, attitudes, actions, thoughts, feelings, words and deeds in the most positive frame. This is of the utmost importance. We have talked about all these matters previously (Ref. 'Living Life Radiantly...'). But let us connect it a little further and say that with the proper training, that is, with you regularly inputting positivity and motivation for the highest good, encourages your ego to work on your behalf. (Book # 2)

Let us redefine energy. *Let us say energy is creation, energy is eternity, energy is being 'in the flow.' So, when you speak of your energy level, think of it differently. Think of us coming through you and know that it is an example of energy, the transmission of creation. If this can be done, what else can be done then? Many things. You are in charge of that simply by understanding the concept that there is no beginning, no end and, therefore, nothing is impossible, for all things already exist. They must only be seen and understood and then the reality can be brought forth. (Book #3)*

Question : I would like to ask if controlling the energy, especially negative energy, can be done by detachment. (from NONATTACHMENT)

Let us say, rather than calling it 'controlling', let us use the word 'dissipating' that negative energy... by seeing all situations for what they are, temporary, and with a view of life that says that there are other things in life and in God than such negative energy. This is why we teach nonattachment, which is to empower you personally by your understanding of God, but knowing that the power, the authority and the nature of the universe still rests with God. You are God, yes, but the final business of power and authority rests with the Infinite One. So we say to you, when you are dealing with those forces in your life which feel negative, it is most wise to rise

above the problem in your meditation and look upon it. You will see for yourself so often that what seems so significant, truly is not, and by that realization negativity is dealt with and you see the insignificance of things.

In addition, there is another method in the literature that you will read. We teach that you can call back negativity. We teach some physical things that you can do to call your negative thoughts back; if you want to feel that you are handling your negativity... that you are dealing with it until you can move to the other steps of really spiritualizing your thinking so that you are rising above the level of negativity and looking upon it. That is, to call back your negative thoughts, to erase these thoughts, to put them into the ground, whatever is comfortable, but to systematically keep a clean Universe (Ref. Book # 2, Living Life Through Self Empowerment).

But, by rising above all of this and viewing yourself as Spirit from the within and the without, all of that dissipates and falls away, for you recognize your Oneness with God and this is our message to the planet. Oneness with God, self empowerment, that through your own understanding of yourself as spiritual, through your own dealings with light, energy and vibration, and through understanding that others are also light, energy and vibration, the life can alter. This takes away the concept of the personality that one is good and one is bad. To see others as Spirit, energy, light and vibration can mean only one thing, they are God, they are light... even though the personality overlay may be offensive.

*When we say '**essence**', we are describing the component of the Universe itself. Spirit is all. We will use one word to describe Spirit. It is not technically correct, but in our vocabulary we do not find a word that would fit your needs, so we will use the word 'love'. **Love** is the essence of energy and energy comprises the Universe, but the essence of love is God.*

If you were to truly see what we see, you would see that walls and objects are really a configuration of energies, which is essence, which is love, which is God. All of these things are simply put in place for your convenience, your learning and your use. (Book # 1)

*Know that **expectations** essentially set up the personality, ego and intellect to react in a specific way to each situation, rather than opening to your highest good. Again, we are speaking of extreme and of masterful steps for this series and we want that carefully understood. On your plane of action it is acceptable to have expectations. On our plane of action we live infused with God and have no need for expectations. And so, we are coming to teach you to live on your plane of action a little more as we do and a little less than you are accustomed. So yes, the problem that develops is that you are not presently living for your highest solution, the spiritual answer. Expectations cut off creativity and intuition. So those are the problems you encounter. It does not mean that bad things will come out of your expectations, it simply means that you are limiting the window of opportunity. (Book # 3, chapter 10)*

*We describe **peace** as that which the Universe hangs upon, but the axis that predicates all that goes on in the Universe, is **faith**. Without faith, there is, literally, no understanding of divinity, of God, or for that matter, of any of the scientific concepts that are proposed and then proven. Before any given concept becomes a reality, there is faith and belief that such a possibility exists. So faith closes the gap between the reality of God and the*

possibility of God. Without faith, there is only a possibility of God. With faith there is the reality of Spirit.

Faith is more than the system of belief of organized religion, it is what comes about when you understand that where you stand is holy ground, when you understand your divinity, and when you learn to use your lights and energy for your good, your upliftment and your healing. This will cause faith to emerge into such a state of reality that it is no longer appropriate to call it faith. In other words, it is possible to step beyond faith by using light and energy, and through the techniques we have described. (Book # 1)

Faith is the belief in God and says that, if you trust enough, all your needs will be met. (Book #3)

Fear is probably your greatest enemy. It takes your power, saps your strength and energy, immobilizes you and keeps you from achieving what intuition and inspiration would tell you that you can do. Fear is that set of beliefs that have been imposed upon you by what others think and by the standards and conditions the world sets on you. So, fear becomes a living thing in your life, taking your power. (Chapter 12, Book #4)

Your fears are those thoughts you have with strong feelings behind them. Feelings are those aspects of any situation or circumstance which are intensified by emotional involvement. Feelings are those things that may or may not express objective understanding. They arise from memories, positive and negative experiences and they can even be generated from ideas, for feelings and beliefs can seem very similar to people. But feelings have more power behind them because they are so FULL of emotional content and intensified on the human plane. (Book # 1)

A body that is focused is a physical body that is in accord with all of the universal movement. We have spoken of personality and ego being in accord with that which you are trying to bring about and in accord with co-creation. A body that is focused is in attunement with that. In other words, it is a body that is responding to spirituality, with a physical expression of spirituality. A body that is focused, is a body that is in movement toward health, resilience and experiencing spirituality in the cells.

So, a focused body is one that is 'walking the talk' of spirituality so that there are not just WORDS coming out of the mouth about spiritual living. The body, too, has a focused expression. It is as if all the elements are moving into At-Onement within a physical body. A body that is NOT focused is one that seems to be unaware of the spiritual activity within it.

It is not necessarily to be expected that all of these elements will come together immediately, or at once. As each of you have seen in your own growth, things come about in stages.

These two definitions are very similar, but as attunement takes place, the body desires it, as well. There are also steps that can be taken to attune the body through absence of meat, alcohol, holistic health measures... it is as if the body is seeking a lightness of being along with the spiritual unfoldment, or attunement, that is taking place WITHIN the physical body. This is part of the concept of eternal living that must be grasped... that the body falls away at death and so there is the SENSATION... that there is a LIVING ESSENCE within the body that can grow beyond what the body is expressing. But

as the body, itself, becomes more in focus, it, too, begins to radiate, to be in better health and to FLOWER as a physical expression of what is going on inside it. THAT is a focused body. (Book # 1)

World peace will not just come through words, it will come through an upliftment and exchange of vibrations. This will occur when souls live through love and inspiration and realize that each one of you, and those throughout your planet, are moments in eternity. Therefore, in the eyes of God, you are not only equal, but there is no forgiveness necessary.

All things, as you would say, come out in the wash. That is to say, the law of cause and effect brings about the balances so there is no forgiveness necessary. Forgiveness was a concept that was put forth to teach you to love yourselves more fully, to allow man to be less punitive and to teach everyone to be more loving to their brothers. Forgiveness was offered to the world for the benefit of world peace, to bring about greater upliftment from that very dark consciousness that existed when Christ came onto this planet.

Inspiration takes you into that joy that teaches you that in the great framework of things, even though large problems loom now, they are miniscule, for all is pardoned. Then forgiveness is not necessary, for there is nothing to forgive.

So, continue to use the technique of forgiveness. Do not set it aside, for it is a technique and a tool for your use to lift you above the punitive aspects of mankind and to help you every day to be more gentle with the self and more loving with others.

As this attitude change takes place on the planet, a great vibrational change will occur and world peace will establish itself as an aspect of eternity. This can only take place as each soul puts forth an effort to realize itself as an aspect of eternity, to understand the recognition of God's love and to know that, in unconditional love, there is no need for pardon or forgiveness. That puts each soul on an equal plane. That puts you looking at your fellow man quite differently does it not? (Book #3)

FORGIVENESS (from NONATTACHMENT)

Question : Can you give us a simple exercise for extending compassionate forgiveness to others?

Let us say, take that person into your third eye. You may also use the vortex. But what we would say is envision that person in the third eye. See that person and then let that person dissolve and know that in the nothingness that you see you are seeing that person as spirit. In other words, give up the idea of flesh and of personality and see that person as infinite. As you see yourself as infinite, so too, will you begin to see others. The greatest thing we can say to you in your efforts to see others with love and compassion and forgiveness is to apply those tools to yourself and, as you do so, you will have no other choice for that love will flow out of you and you will begin, with love in your heart, to treat others differently, to see them differently and to experience them differently.

When we speak of frequency, that describes the volume of energy that is passing through your meditation and the solution to your problem. It pulsates. (source ?)

The nature of God is light. The projection of God is love. The formation

of all in the Universe is energy and peace, which is what holds the whole composition together. This is the formulation of the Universe. (Book # 1)

God is not some off-in-the-distance deity, but an aspect of you, a living energy that flows through you every moment of every day, flowing through you while you sleep and caring for the Universe through mercy and grace. You are part of all of that, but you must see that for yourself. We can only tell you the way to do it, but the inner vision must come from you, through your own efforts at understanding your own inner nature and then seeing yourself as part of All-There-Is, as part of all the positivity, all the love, all the forgiveness, all the mercy, all the upliftment and as part of All Consciousness. (Book #4, Chapter 11)

To sit in a state of grace and to confer that grace upon yourself is to give yourself an acknowledgment of love, of respect, of dignity and empowerment. All these things are an activity of receiving grace. Although many do not feel worthy to receive it, grace comes to them anyway. It is important to acknowledge it in your life, to let it enliven you and to bring your dreams to fruition.

You were not sent here to live a life of bleakness and sadness. you were sent here to live a life reflecting the glory of god. That glory is to live in a state of grace.

So, confer that state of grace, which is always flowing through you, on yourself with great dignity, great respect and acknowledgment. (Book # 1)

When you think of God as love, do not think God loves you more than your neighbor. Think of God as all-loving. That is where the word grace stems from... the love that God has for all things.

When you think of God as love, think of God as grace and know that grace flows through you. Indeed, you recognize grace as a Christian term. But what we wish to say is that it is a universal concept, which is why we are using it tonight. Give up the idea of partiality in love and think of love as all-encompassing. Think of love as a universal component that flows throughout all galaxies, including your planet, for the upliftment, beauty and benefit of all things. God does not just love one thing, God enfolds and blesses all things. So love is a component of eternity, as are consequences, as are moments, as is authenticity and consensus. This is the framework that creates eternity... and love is what weaves it together. (from Book #3)

In order to change your reality, you give up expectations, open the void that expectations traditionally fill and let that which is of wisdom and grace flow through you. This is what Christ's disciples and Christ, himself, described as grace, living spiritually, living from your connection to God, rather than your connection to ego and intellect. Faith is a step toward spirituality. Faith teaches you to honor, love and trust, but spirituality enfolds you. Spirituality is your within and without and your knowingness that your needs will be met. (Book #3, Chapter 10)

Think of God as all-loving. That is where the word grace stems from... the love that God has for all things. When you think of God as love, think of God as grace and know that grace flows through you. Indeed, you recognize grace as a Christian term. But what we wish to say is that it is a universal concept, which is why we are using it here. Give up the idea of partiality in love and think of love as all-encompassing. Think of love as a universal component that flows throughout all galaxies, including your planet, for the upliftment, beauty and benefit of all things. God does not just love one thing, God enfolds and blesses all things. (Book #3, Chapter 16)

Grace is the peaceful state of reliance upon the Father. (Spiritual Heart, Chap 1)

The Father is far purer, by the very nature of Divinity, than man can ever know. It is this purity that is the essence of grace, the essence of your good, our friends. (Spiritual Heart, Chap 6)

You were created in the image of our Divine Father. That is, you were created as a spiritual entity, as an entity with grace expressing itself individually as God. (Spiritual Heart, Chap 8)

In no way can mankind understand the fulfillment of grace, for it often comes in unexpected ways (Spiritual Heart, Chap 9)

Know that grace is always in action, always available, and always of great abundance. It is nearer than your hands and feet and closer than breathing. For within yourself is a temple of the Living God, and it brings forth, through meditation, prayer, forgiveness, through an attitude of listening and of knowing yourself for yourself, a greater way for each individual. Let us say that it is far easier to take on the personal responsibility for one's spiritual development than to run through one's incarnation in a scattered condition, at the mercy of the winds that blow you about, scattering you in many directions, sapping your energy and your peace. (Spiritual Heart, Chap 11)

Peace is the essence of a **harmonious heart**. *How do you achieve a harmonious heart? It is achieved through the daily activity of noticing how you are at each moment of your day. It is not only a heart that is love filled, but a heart that also lives by truth and is in touch with intuition. A harmonious heart listens to that side of the self which is attuned and is connected with your guides and to that energy which is God. Listen to your intuition. As you arise in the morning you will find that if you will listen to intuition, your days will be employed for you and you will in charge of each day. (Book # 2)*

Let us define **ideals**. *Ideals are those concepts by which you would wish to live. Many have ideals, but set them aside as they live their daily life, for their ideals and philosophies sometimes seem too hard to reach. The ideal of loving God, of forgiveness and acceptance of others is your highest. But, on the path, the ideal of living your life as a blessing, instead of as a lucky event, is possible. (Bk # 4)*

Intellect *is that which holds all of your ideas together and can be called intelligence. Intellect is that which in a sense is the network of all which creates your concepts, ideas and attitudes. It is that which comprises all of the other elements that are not emotional. The emotions come through personality. Intellect is your beliefs, attitudes and your thoughts. So intellect is that quotient, that part of yourself which might be called your brain, that part of the self that analyzes. Creativity on the other hand, KNOWS and flows through you, so there is a different process at work. (Book # 2)*

Intuition *is your higher self, the flow of the Universe through you and an activity of grace. As such, it can only bring you your highest good and the*

truth of your path, the truth of what is necessary for you. (Book # 1)

Intuition is that connection with all of the knowledge in the universe that pours through you. It is almost your ability to see the future, the past and your ability to know yourself. Intuition is that which pours through you constantly.

Intuition stands for itself. It comes to you as truth and as facts. When you try to discern whether an idea, creative or otherwise, will work for you, we say that if it is intuition it is truth and it will stand by itself. In other words, it will have more pluses. It will show itself as valid because you are connecting with your past, your future and your present. You are drawing all that forward in intuition. So you have many resources available to you daily to guide your life and you have intuition constantly available. You only need to develop the ear for it.

Intuition actually comes through the ear. Many think it comes through higher consciousness or through something in the breast, but it actually flows through your ear and this is why we are constantly telling you to listen. Intuition literally flows through those canals to make itself audible. This is a gift to you. This is of divinity. God in wisdom and love and unconditional grace, did not give you something you couldn't recognize. Intuition is recognizable and what you need to do is to develop the ear for it. (Book # 2)

Let us clarify the difference between intuition and **inspiration**. *The difference is slight, but important. Intuition leads to inspiration. As you open forth, as you open your vortex, as you hold your hands out, as you are recognizing intuition... you are pushing the button, using your spiritual tools, you are opening the flow to intuition, which is all the universal energy, wisdom and knowledge. But beyond that comes that silver lining in every cloud that takes you beyond the usual... that experience of At-Onement and joy. Beyond intuition, beyond psychic knowledge, beyond the every-day aspects of what you grasp as spiritual and usual, comes the breath of inspiration. The breath of fresh air in your life that you have been waiting for is inspiration. The information that takes you out of your difficulties very often is intuition. It comes in, as we have spoken, from the right... ego, personality, speaking to you from the left... and now inspiration pours on you and flows out of you. Inspiration surrounds you... as does eternity.*

Inspiration is that aspect of living eternity that you can get in touch with every day. Then you will know that each moment in time that you experience is a moment in eternity, rather than a moment in a narrow life. It is a moment that goes beyond what you understand to be reality... a moment that takes you into the essence of God, the essence of life, the essence of vitality and spiritual energy and into that opening forth of the self that sees your own individuality, your own spirituality and your own importance. You are not merely a cog in the wheel, you are a participant in spiritual eternity, in moment-to-moment living and in all of the cosmos.

So then, inspiration leads you out of the usual aspects of your life and allows you the opportunity to view yourself as living moment-to-moment, as a moment in eternity. That is done primarily through acknowledging inner joy. It is not necessary to go into deep meditation to experience inspiration. Rather, inspiration is an unfoldment that comes from within. It flows through you, uplifts you and teaches you... teaches you about love and what is beyond intuition, it comes to guide you out of your problems. (Book #3, Chapter 13)

The concept of karma, *of cause and effect, must be understood in its proper context, again, as a law of cause and effect for your use and benefit, not something that works against you. It only works against you if you are not self-empowered, if you are not positive in your thoughts and if you are not careful of how you put out your thoughts, words, actions and deeds. If you are responsible, the law of cause and effect works for you mightily and effectively... it brings about greater continuity in the life. (Book # 4, Chapter 2)*

When we speak of a relationship, what we are saying is that you are then experiencing that you are already with God and this creates the conduit. This knowingness *creates the conduit that allows universal energy to flow through you. Through this knowingness, faith and devotion increases and so does the positivity of the attitude and one's relationship with Spirit. (Book # 1)*

Life *is the Spirit of God. Without God there is no life. Without God nothing exists. Your only purpose on this planet is to open your eyes to the fact that there is a God, that God flows through you and that that is all you need. You are sufficient in all ways. Your happiness, eternity, and grace flows through you as God, light, energy, action, and love. All these things are yours. You are not limited. (Book # 1)*

We speak to you of light *in a very concrete sense. We are not speaking of some spiritual esoteric mystical light, we are talking about a light that is visible on other dimensions and that we directly see. We read your light in terms of density, of color and of purity. We are keepers of the classification of light and see where your light is in the ongoing range of growth. (Book # 2)*

This is an activity, plugging in your light, *that we have talked to you about previously. It is an activity of letting your light shine, of letting the beauty in your soul literally flow forth from you. As this light pours down on you and you are receiving, you are also sending out, you are blessing yourself and every member of the planet. (Book # 1)*

Limitation *is simply the idea that all things are solid and that you can be stuck in circumstances. It is a feeling, an emotion. Those are things that you want to begin to move out of your life... the temptation to give into those feelings and emotions that cause you to set up anxiety blocks and to fall into desperation, when, in reality, you are always spiritually supported.*

Luck *is a matter of vibration, energy and frequency. It is a matter of attunement to the inner self and, really, about knowing your deepest desires. In order to be what you would refer to on your earth plane as 'lucky' it is important to very honestly examine the self, to examine your ideas and ideals. (Bk # 4)*

Luck *is comprised of several things; an upraised vibrational attitude, a*

positive expression and an inner connection to the self regarding what it is you wish to produce in the life. All things occur as consequences of events in moments of eternity. As such, a 'lucky break' is a consequence of an event. It is a consequence of thoughts, actions, words, deeds and feelings. It is not an aspect of the Universe that accidentally happens to fall into your lap. There are no accidents, there are only your thoughts, your projections, only what you are thinking. (Bk # 4)

MASTER (from NONATTACHMENT)

Question : Would you define by what you mean by a Master?

One who lives as a Master uses the method of praying unceasingly and let us define that differently for you. It does not necessarily mean that you are constantly praying but that the life is lived as a prayer. The life is lived from the within and the without as spiritual. A Master knows that God is inseparable. The Master is unattached to himself as a personality. A Master loves unconditionally and forgives. So with all of these concepts that we are teaching each of you can live your life as a Master even if only part of the time. You are also, we see, looking to those Masters, the Buddha, Christ and others who walk the earth plane on a very high level and it has been given that only a few could achieve such a state, and what we wish to say is, that is not entirely true. If you see yourself as light and energy, if you experience yourself with the spirituality of the Father flowing through you that we are discussing, you are living your life as a Master; and as that spirituality flows through you, compassion and love for mankind grows spontaneously, and so you are living your life as a Master.

Miracles are performed through understanding the temporary aspects of everything and of understanding that there is only the overlay or the aspect of the illness... that light, energy and frequency compose the body. It is difficult for some to see that, but the Masters' spiritualized eyes show them that, and this is what you are working on now.

When we say spiritualized eyes, again, you are living in that grace, you are honoring yourself as spirit, you are honoring others as spirit and, in that act, you become a Master and those mysteries of the Universe begin to unfold. Living in the knowingness, living in the now... those of attributes of Masters.

Miracles are, very simply put, that which exceeds what you expect. Miracles occur every day and you will find other channeled information very similar on miracles. Miracles are the solution to your problems for your highest good. So look for those solutions each time a problem arises, but look to them through using light and energy. Know that your problems are not concrete nor are you stuck with your problems. Know that they can be moved through your own conscious efforts. (Book # 1)

Miracles are the result of being in charge of the law of cause and effect and of understanding that what you put out is returned to you, that all things are fluid and that nothing remains the same. (Chapter 12, Book #4)

The ***multiplicity of possibilities*** is that vastness of the Universe that does not see limitation, that knows that there is more than one answer to a problem and that highest good works in your favor through the intuitive and creative processes. All these spiritual tools are inherent in opening your

heart to the multiplicity of possibilities. (Chap 12, Bk #4)

The ***natural way*** consists of living your life through a spiritual unification with God and through opening the self as an avenue to allow Spirit to maintain the substance and the continuity of your life, to create, in effect, all of the continuous, effective problem solving that you look for on a daily basis. (source ?)

We prefer not to use the metaphysically oriented term referred to as 'New Age.' We consider our material as a body of spiritual teachings with such a scope that it can be passed down from generation to generation for the upliftment of mankind through the next millinnium. As such, we prefer to use the term '***New Millinnium***.' (retrieved out of context from Book # 4)

Order is the substance of abundance. Abundance does not come to a disorderly soul. If the house of the soul is not in order true abundance cannot come. We are not just speaking of material things, we are speaking of All Abundance. We are speaking of well-being, relationship happiness, good health and the totality of the soul. Abundance is in spirituality. Abundance does not come to disarray.Order is the substance of abundance. Abundance does not come to a disorderly soul. If the house of the soul is not in order true abundance cannot come. We are not just speaking of material things, we are speaking of All Abundance. We are speaking of well-being, relationship happiness, good health and the totality of the soul. Abundance is in spirituality, it does not come to disarray. (Book # 1)

Peace is available in a very casual way. You can reach out and bring yourself peace. It is not necessary for you to struggle through meditation. You are at a time in history where consciousness has an opportunity to greatly uplift itself. You are at a time in history where your Godself is more available to you than ever before, for many Masters are coming onto your planet to speak to you, to empower you and to offer you all blessings. Reach out and accept your peace and know that you can do that daily. Know that you can view your personal color. Know that you can reach out and bring peace to you. It is a very simple activity. It is the activity of the heart. (Book # 2)

Personality is that which defines your individual characteristics. It is the emotional coloring that you give to your world view and to how others see you. It is that which you put forth to the world, your 'view facade,' your choice to be charming, gracious and uplifting... or the alternative, at the extreme, unpleasant and nasty. Personality is that which is displayed, but is motivated by and works in concert with ego. Personality is that aspect of yourself that you come to cherish and that can lead to great attachment.

Ego can be harnessed but personality must be released. For it is not ego that attaches you to the world plane, it is your personality. It is that which grasps at humanhood. Personality loves the collection of objects around you. It loves the connection with the world and is reluctant to give itself up at the door of death, or transition. And personality changes with each incarnation, although, from the standpoint of attachment, similar traits from

lifetime to lifetime can often be found. For man tends to love his personality more than he loves nonattachment and some love their personality more than they love God.

Personality is that which endears you to others. It is that which you use as a vehicle. So, if at all possible, personality must be understood and dealt with from a level of objectivity on your plane of action. True transition into a life of spirit that will be ongoing and not require return to the earth plane requires that you give up attachment to the personality, to the self that you look at in the mirror and to the self that you wish to go on. (Book # 2)

Power is that element within you which enables you to draw upon your own inner resources at any time and use them for your highest good. That does not describe the power of the world, one who seeks to have power over others or to subjugate others. There is a big difference. (book 4, chapter 13)

So, your own ***power*** is a great treasure that is given to you as your birthright. The power to evaluate yourself, to understand yourself spiritually and to put forth your spiritual ideals in action. That is power. Living your life as a spiritual aspect of God, through the proper use of cause and effect, with your spiritual tools at hand and managing your life for its highest good, is using power in its most basic form. In other words, power is dropping your expectations. (Bk # 4)

'Powerful' is a frightening word to many for it implies the possibility of greed, lust and less-than-desirable human qualities. But it is important to understand that, if you are not willing to be powerful for yourself, then you are giving away what you already have to your negative thoughts and to that side of self which would keep you believing that you are 'stuck.' Your own power is a great treasure that is given to you as your birthright. The power to evaluate yourself, to understand yourself spiritually and to put your spiritual ideals in action. That is power. Living your life as a spiritual aspect of God, through the proper use of cause and effect, with your spiritual tools at hand and managing your life for its highest good, is using power in its most basic form. In other words, power is dropping your expectations.

Power is taking charge of yourself through living in the moment, living in a specific spiritual way every day so that your life unfolds for you as miraculous rather than mundane, and as beauty rather than negativity.Keep your power as one of your spiritual tools, as an asset of your own self-empowerment, of your own understanding of the natural aspects of living spiritually, of living from your heart, of living through your intuition and inspiration and of listening to the voice of God as it speaks to you. That is your power. That is your power against the negativity and fears in your life. That is inner authority. (Chapter 12, Book #4)

Prosperity is that aspect of health, well-being, happiness in relationships and financial abundance. In other words, it is the continuity of good flowing through your life that you are able to continuously manage through the use of light and energy. (Chap 11, Bk #5)

Psychic ability allows you to extend yourself further than intellect and concepts will let you. It launches you forward, opens you to channeling on the earth plane and allows you to make decisions based upon the information that

comes to you on the airwaves of intuition. Suspending judgment and belief about how one's life should be lived allows the highest good to flow through and this is what we are stressing to you at this time. (Bk # 4)

How is ***psychic ability*** developed? We have discussed intuition many times, but we will briefly repeat ourselves to say that for those of you who are on the earth plane, psychic ability is the centering of self. Intuition comes in on the right, information from the ego very clearly comes in on the left and can be heard from the left side. Psychic ability is primarily attained through the opening of the third eye. It is attained through being centered in meditation, opening the third eye and suspending judgment about the information that comes forth. Psychic ability is not magical, it is simply receiving the energy frequencies that flow around you all of the time. In other words, you are attuning yourself to that information which is always available to you from Spirit, which energizes the airwaves at all times and offers you the most complete answer to any of your difficulties. (Bk # 4)

Psychic development, what is it? It is the skill that steps beyond reason, intellect and, concepts. Psychic development is the willingness to set aside concepts. (Bk # 4)

Psychological development is that of the personality, what you would see your counselors on earth for. It is the development of personality, ego and the behavior, and we will even say, genetic aspects, that all encompass what the human form seems to be. We are not going to discuss that at length at this time, except to say that the psyche, the psychological development of personality and ego are very important in terms of the spirituality of your own development. It is essential that psychological development move toward an opening forth of the heart and a forgiveness of the self. We feel that many psychologists on your planet work diligently toward that effort, to teach you to be less punitive to the self, to be more willing to be open to the true self within and to be willing to understand the impact of family, behavior and environment upon your psychological development. (Bk # 4)

Reality is not the material world that you perceive every day. Reality is beyond your perceptions. Reality is that nothing is stuck, that you are eternal and that all things are temporary, change and truth. That is quite a different definition than you experience daily. What you experience as reality are the thought forms you project on the Universe and what your deepest beliefs and expectations are. (Book #3, Chapter 10)

Resonation is that aspect of self which responds to vibration, which responds in a physical way to an energy source that you are receiving, whether it be from another person, an idea, or from yourself. The physical body, then, becomes a tuning fork, if you will, an aspect of the harmony of the Universe. So, as you experience resonation to different things that are happening in your life, you have an opportunity to judge the nature of things from your physical body. (Chapter 20, Book # 4)

Salvation has to do with your own efforts to forgive, to bless, to co-create with spirit. Salvation is not someone saving you, it IS you, through personal attunement and self-empowerment, saving yourselves. The only thing

you are saving yourselves from is being afraid of yourself and your fears. (Book # 3, Chapter 12)

This is what we are coming for on your plane of action, to provide a balance on the human plane that will allow for a living out from the soul of spirituality and peace, which will surround your globe and bring in world peace. It will bring about the level of consciousness which will unfold in each of you as The Christed Buddha, as The Christ Consciousness, as The Buddha Consciousness, or as you call it on your planet, the ***Second Coming***.

The Second Coming is the upliftment of consciousness toward spirituality, toward the view of yourselves as eternal and toward good will and world peace... inter-galactic peace. So it is important that each of you, on an individual basis, be in charge of yourselves as spiritual adults. This means that you are in charge of yourselves, your ego and your personality and that you prudently deal with free will. (Book # 2)

Discipline is the act of taking charge when you have negative thoughts and of uplifting yourself into the positivity of your highest ideals. ***Self-abuse*** is blaming yourself for negativity and feeling badly about it. That is not discipline and is not necessary, for you are still a human being living through a human experience. (Chapter 12, Book #4)

Self-empowerment is that aspect of your development that teaches you to view yourself as empowered through your understanding and use of the law of cause and effect. (Chap 11, Bk #5)SELF-EMPOWERMENT IS THE CAPABILITY OF ALTERING THE ENERGY BEHIND THE SCENES FOR POSITIVITY. In other words, of dealing with cause and effect from a perspective of positivity and upliftment. (chap 11, Bk #5)

Personal ***self-worth*** is the basis of understanding, for yourself and your place in the Universe. Self-worth, being centered in the self... which is to be distinguished from selfishness. Selfishness is being self-centered. Centered in self, centered in spirit, centered in the breath of God is being aware of the understanding of cosmic energy that is you.

Personal self-worth relates to far more than just self confidence. It stems ffrom the deep realization of your personal worth to God. As you experience yourself as loved and treasured, it becomes easier to maintain self-worth without selfishness. Self worth without selfishness is far more productive as it greatly reduces many conflicts that selfishness causes. As you understand how meaningful you are and how important your life is, self-worth becomes a part of your spiritualized relationship with God.[book #3]

Soul Essence - The essence of your soul is your light. The essence of your soul is your connection with Spirit and your divinity. This is what we say is self-empowering, being in touch with that and letting that energy flow through you. (Book # 2)

And now, what is ***Spirit***? Spirit is beyond the concept of consciousness.

The idea of consciousness still is limiting. Spirit is beyond that. This is difficult to frame in words, for what happens when we say that Spirit is beyond consciousness and that Spirit is All, is that the human mind still wants to put it into a box, categorize it and play with it. What we would like you to do is to let the concept of Spirit become something you feel and know rather than receiving a physical description. Let it become an EXPERIENCE in your life, a knowingness in your heart, and let that validity of knowingness teach you more about God than we can offer in any lesson we give. For, as God flows through you, as you acknowledge the presence of God in you, AS you, and around you, then the mysteries of the Universe begin to unfold. By that we mean the understanding of compassion, forgiveness, peace... the mysteries of the Universe that every human being toys with... the mysteries of eternity. All of these begin to unfold, but they begin to unfold on an inner level. (Book #3)

It must be understood that these things can take place separately of one another, until there is finally an integration of ***spirituality*** and the physical aspect of life... in a sense, a melding of all. There is a GREAT DEAL of growth that is occurring as the body comes into that expression, a great deal of growth. Many misunderstand and feel that, if the body is not expressing spirituality, you are not spiritual. We disagree. We feel that GREAT spirituality can take place, but the body must be awakened to the IDEA of following that spirituality. So a GREAT DEAL can be occurring without the physical, unless the body is awakened... and it may be awakened through the things we have described. In other words, there needs to be a SHIFT in the life that causes the body, itself, to desire change. When that occurs, the body will change and seek new ways of enjoying the spirituality and participating in it. (Book # 1)

Spirituality is that aspect of the life that is lived as light, frequency, energy, vibration and attitude. Attitude being the basis of your beliefs, your reverence to the glory of God in your life. In metaphysics, the attitude is 'what you sow, you shall reap.' We have given classes that have instructed you to live by spirit, to live by your beliefs in the nature of divinity. That is what spirituality involves, living by the nature of divinity and understanding that your prayers are heard. (Book # 2)

Spirituality is that aspect of God which flows through you and nurtures you. Attachment to the earth plane, to the personality, to objects, actually blocks that merging with Spirit, that effortless breath as you take your last breath and move into the dignity of eternal peace. (Book #3)

Spirituality is God flowing through you, it is the essence of your being. (book 3, Chap 12, Health)

Spirituality comprises your entire vision of the Universe and its contents. All are aspects of the light, love and great good-will of God. Everything is comprised of love, of good-will and great charity. Let us not forget to have charitable thoughts in our hearts for others and for ourselves. Let us not forget to be significantly loving to all each day as it is an opportunity for each of us to participate in our own spiritual expansion.

Spirituality emanates from the soul. It speaks of your connection with All-That-Is, All-That-Will-Be and All-That-Has-Been. It is that which cannot be defined. Spirituality goes beyond faith. Faith is the belief in God and says that, if you trust enough, all your needs will be met. That is true, but spirituality steps beyond faith and even steps beyond devotion. Spirituality is living in At-Onement with Spirit, living in the moment, living in that

aspect of divinity which knows that reality is everything, and the understanding that EVERYTHING is spiritual. Consequently, even the tinniest atoms and molecules are spiritual. (Book #3)

(For example,) when we speak of unification, we are speaking of the spiritual unity flowing through all things, through all plants, through all animals, through all human beings, through all objects. Spirituality is a living aspect. It flows, it moves, it has density, it has mass, for all things are comprised of spirituality, including the objects that you are seated upon. It is simply a collection of molecules for your convenience. So the masterful soul, living in the moment and accessing spirituality each moment of the day, sees through the collection of molecules, to the truth behind everything... that the only duty you have is to honor God in the life, to let the life unfold for you and to know that all solutions will present themselves. (source ?)

Spirituality flows through you for your own use. That is a different concept, but spirituality would not be provided to you unless there was a purpose for it. The purpose is that you use it to manage your life to its fullest degree so that this particular incarnation becomes a fulfilling, gratifying and mystical experience for you. You have the ability to look deeply within yourself and to come to terms with your spiritual self at any time of the day. Through that, you have the ability to become acquainted with your own power. (Book # 4, Chapter 13)

Spiritual Darkness - Aspects of fear, jealousy, doubt and self concern are those aspects that are not just part of a particular personality, they may well be part of a total spiritual way of looking at things. If you have this negative way of looking at things, if you are concerned about the morrow and do not live in the moment, then know that you are working from spiritual attitudes that have been with you for some time and that the moments that you have experienced happiness have also been with you for some time. The greater scheme of things is that very often your lights vary from incarnation to incarnation. There is the loop, then there is usually a period of stability where a person will be in a substantial light for quite some time as the soul is able to carry on that function. Then the process starts again. (Book # 2)

Spiritualized thinking has to do with how your life goes. Spiritualized thinking will understand the nature of cause and effect, that what you think, what you believe, and how you act, goes out into the Universe and returns to you abundantly.

We can not emphasize enough that, if you are abundant and prolific in your positive thoughts and you are responsible for yourselves by being responsible for your thoughts, you will be growing into spiritual adulthood. You will be growing into that sense of being in charge of your life. You will be growing into that aspect of the self which knows that it is an aspect of God. You will be growing into that aspect of the self that cleanses its light, raises its vibrations and, by exuding gracious light, allows those other lights on the planet to communicate, experiencing one another. The world of tomorrow, with integrity and responsibility, will be a light-filled planet. Spiritualize your thinking. See the God in others. Be responsible for your activities and thoughts. (Book # 2)

What we see for humankind in the world of the future is a ***spiritual world***. It is comprised of those who live in spiritual discernment and ethical behavior, who understand the nature of cause and effect, and that their thoughts, actions, words, deeds and feelings are what make up the body of the universe. What you put out is what you get back. The world of personal empowerment, the world of personal peace, the world of tomorrow is the world of spiritualized thinking. How you view yourself, how you agree to start the day, how you view your brothers and sisters is how your world will be and how the world will be for those generations to come. (Book # 2)

SUMMARY - So, with the aspect of well-being, positivity and the proper use of cause and effect, your spiritual tools become quite simplified. Much of what we have said boils down to this: Understanding your cellular nature as spiritual, living in positivity and proper use of cause and effect, combined with the understanding that all things are in motion and that nothing is fluid, allows you to have the basic tools of mastership at hand all of the time. Your spiritual tools, then, are available at any time for your use through the thoughts that you project, the upliftment of your consciousness and your willingness to become familiar with the inner and outer self.(Bk#4?)

Let us also speak to you of ***truth***. Truth is at the basis of all. Truth stands alone. When you examine the lack of peace in your life it does not stand alone, and so you realize for yourselves that it is man-made, that it is not of God. Peace stands alone. Peace stands without discussion and without having to actually understand it. Peace can be experienced, it can be felt and it can be translated from one soul to another. (Book # 2)

A ***universal view*** is that which deletes the particulars of a given situation. It is a very broad view of whatever your life situation is that you are working on, while allowing Spirit to fill in the details. The platform of universal view is understanding yourself as a participant in a global effort toward world peace or as a participant in a galaxy that is in fluidity, in motion. In other words, the universal view is that which allows you to be, to see and to experience yourself as beyond the physical, into limitlessness and into infinity. (chap 15, Book #5)

Most people look to ***upliftment*** as that which occurs in a state of pious or serious meditation. However, that is not necessarily true. Upliftment occurs through one's consciousness as happiness, through congeniality, camaraderie, through the visualization of the white light and through surfacing your cares. That is, rising above them and skating upon them with joy in your heart. This brings you into attunement with the joy and exaltation of God. (Book # 1)

Open ***the vortex***... your seventh, or crown chakra at the top of your head, the vortex that you are and your primary connection with the Universe. Feel the energy, the white light and the Universe flowing through you in such a way that you are able to take what it is you wish to manifest into the white light. (Book # 1)

Not just to create the best life for yourself you can, but to go beyond that, to go beyond creating and manifesting, to living through your eyes as a spiritual soul. In other words, living your life through the concept of intuition as it flows through you on the right, through allowing the ego to drop away and through understanding that, as you live your life from that creative vortex which flows through you at all times and which you may open forth at any time for yourself, to open the hands and to let that white light flow down. To visualize any situation you have through that vortex at any time allows you to be, again, in the flow, in the majesty, in the purpose, in the perfection of the universe... and through that is flowing that vortex of energy.

VORTEX (from UNDERSTANDING YOURSELF IN THE UNIVERSE - PART I)

Question: Please describe or define vortex and tell us what is the best method of opening a vortex.

Now, what we refer to as a 'vortex' is a swirling body of light that flows forward and is comprised of a great deal of energy. We are asking you to see it flowing forward, but there is a great deal of energy in figure eights and in linear lines. There is a great deal of energy coming through to you. We feel that, for the benefit of meditation, it is better to view it as a flow coming forward.

To open the vortex is simply to open your hands. That creates the vortex, simply to open your hands and to spread them out. You can make that choice. We teach you this (hands in a V) but holding the hands out is most acceptable. A soul needs to be ready to decide how much light they are ready to take in. This is certainly an issue, for too much light can cause a great deal of physical discomfiture initially. So, yes, initially we say, to start here (in a V, with the heels of the hands together), to move your vortex out and to let that vortex flow in and bring you your good, uplift you and fulfill you.

VORTEX (from UNDERSTANDING YOURSELF IN THE UNIVERSE - PART I)

Question: Where does the vortex go when you allow it to come in?

Now, when you allow that vortex to come in, when you receive it, it flows through you... it is a circle. But let us also explain that it is encompassing you and flows through all of your chakras. It flows through you. It is also an opening forth of all of the chakras. So a lot happens when you open the vortex. A lot of light is received, a lot of upliftment and a lot of adjustment and attunement takes place. It's a very powerful tool and allows you an opportunity to view circumstances and situations to obtain a different perspective on them, to view yourself in a different light and to see the truth. It allows you to see a situation as it is rather than as it appears. [End of question on VORTEX]

At any time you can view a situation or, better yet, view yourself through that vortex, through the eyes of intuition, and you will be amazed what you begin to see. You will begin to understand your place in the Universe. Viewing yourself through white light, through the opening of the third eye, teaches you your true nature in a way that we cannot express in words for you.Another method for you to understand the self is to see yourself through the eye of intuition. One of the great tools that we are beginning to teach is an aspect of problem solving, by viewing the self thorugh what we call a vortex. That allows you to look into the cosmos, to bring the cosmos to you, to look at your problems, look at yourself and to understand the voice of intuition very clearly.

With this method, you open your hands as you sit in meditation. Hold your hands open. You may do this gradually as you open forth. You open the

third eye, you open your hands. Hold your hands out in the proverbial 'V' as we shall call it. See a vortex and see it filled with white light. We understand that a vortex on your planet is described as a cone-shaped swirling energy field. We can tell you that this energy comes in in figure-eight vortices. But for the benefit of meditation, we want you to see the vortex open and filling, filling you with light, filling you to the extent that you are totally light-filled. As you experience yourself as light-filled, we ask you to see yourself in physical form through the vortex. Look at that through the third eye. As you do so with concentration, you will begin to see the spiritual evolution of your actions. You will begin to see the body fall away and what is revealed is the light, the radiance and the beauty that truly is you. (Book #3)

Well-being is the cornerstone of your life and your spirituality. It is that sense of wellness which permeates every pore, that sense of wellness that takes you from moment to moment with a sense of joy and accomplishment. Many successful individuals on your planet can attribute their accomplishments to a foundation of well-being.

Well-being... wellness of being, consider that for a moment. What does well-being mean? The word 'well' implies depth, or, if you will, an object that holds something precious, such as water. So, well-being holds the body within it, if you will. It surrounds the body in almost a tubular fashion, holding the precious body in a sense of wellness, in a sense of continuity with the life and with Spirit. (Chapter 25, Book # 4)