

A New Way To Make A Difference

Be A Part of The Change

Dear Friend,






Many people are willing to be Part of the Change they wish to see in the world. People often ask the Question: *“What can I do?”*

For this reason Neale Donald Walsch wrote this powerful down-loadable book that answers this question in a profound manner. Through this book Neale is reaching out to people everywhere, letting them know that they are not alone in their desire and their attempts to change life for the better on earth.

Reading the booklet will give you ten wonderful tools with which you can equip yourself as you seek to become the change you wish to see in the world.

It contains many powerful exercises and practical steps - “as simple as A-B-C.”

Through this book you will learn how we can all:

-  *Announce ourselves to each other*
-  *Agree with ourselves about each other*
-  *Align ourselves with each other*
-  *Stop separating ourselves from God*
-  *Begin living the truths we say we believe*

... & 5 more powerful tools that you'll find in the booklet itself!

I hope that you will take a moment now to explore this powerful book now

Part of the Change

Your role as a spiritual helper

by
Neale Donald Walsch

Visit

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Spiritual Legacies

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Your Role as a Spiritual Helper

Part of the Change



Neale Donald Walsch

Author of Conversations with God

Preface

Glories Awaiting

This is the most extraordinary time to be alive in the history of his planet.

Do you know that?

I said, this is the most extraordinary time to be alive in the history of this planet.

And you are here, alive, now, not by accident.

Do you know that?

I said, you are here, alive, now, not by accident. What are you doing here? Do you have any idea?

Yes, you do, or you wouldn't be reading this. And that's the best news this planet has had in a very long time.

Wow, grab hold of that. Hear that thought, and grab hold of it.

You are the best news this planet has had in a very long time. You're good news because you are about to change this planet in very important ways. And the planet needs changing now, in important ways, more than it has in a very long time. In fact, if those changes don't take place now, in the nearness of our short-term future, our long-term future may not be assured.

I am sure that I do not have to tell you that life as we once knew it no longer "is" on our earth.

And life as we will know it "is" not yet. So we are living the In Between Time-what social scientist Jean Houston calls "the time of the parenthesis." We are no longer one thing, and we are not yet the other.

This is the most wonderful and exciting time to be alive, because this is time; Time of Pure Creation. There is no other time like it, and such a time comes along only once every several hundred years.

In fact, it would be argued without much refutation that the kinds of changes we are going through now come along only once every several thousand years. And, to be totally accurate, we have never had a time like this on the earth-because the changes we are now about to make could not have been made before. We are entering not only a new era, but a new experience-one never before known by our species. This is the Time of the Enlightenment. There are glories awaiting. Glories we could not even have dreamt of just a few decades ago.

Those who come after us will live these changes-but we will create them! And THAT is the wonder of this moment. For this moment holds for us the chance to experience ourselves as few humans have ever experienced themselves across the span of Time.

We are going to experience ourselves as the Changers and the Changed. Indeed, we are doing so right now. And so the question before us now is not, will there be massive change? The question is, what will be the nature of that change? And....what role will you play in creating it?

Now, as exciting as all this is, there's one condition; there's one catch. You've got to decide now. The questions won't wait. They are going to be answered, because the rush of events and the speeding up of time is going to require that they be answered. They are going to be answered by decision or by default. Which one is up to you.

Years ago the questions would wait. In the time of my great-grandfather, change occurred very slowly. In fact, my great-grandfather lived his entire life without seeing even one of the major underpinning thoughts in his belief system challenged in any serious way. Things were they way they were, and they pretty much stayed that way. In the time of my grandfather, the speed of change had increased to a crawl. He could live 50 to 60 years of his life without seeing any of the major underpinning thoughts in his belief system challenged.

For my father, that time was dramatically shortened. Cut in half, in fact. He could not live through 30 years of his life without seeing the major underpinning thoughts in his belief system challenged.

In my lifetime (and I am 61 years old at this writing), the speed of change has increased again, cut by more than half. I have not been able to get through 10 years of my life without seeing my major assumptions challenged and overturned.

My children have witnessed the rate of change increase exponentially yet again. They have not been able to move through more than 2 or 3 years over the past two decades without seeing everything they thought they knew about how things are challenged, and in some cases completely dismantled.

Now, as we move into the second half of the first decade of this New Millennium, the rate of change has reached dizzying speeds, like a downhill roller coaster. Science, medicine, technology, philosophy, even theology-that slowest of all tortoises-bring us new mental and physical constructions, new realities, every year, sometimes every month.

What we thought we knew for a fact just a breath ago now cannot be counted on. There is no reliable past data anymore. We don't even have the luxury of seeing where the changes that are occurring are taking us, because the Changers and the Changed have become one. This means we have to decide, now, not only Who We Are, but Who We Choose to Be, both individually, and as a species. We need to decide Right Now.

Chapter One

The first step in becoming a spiritual helper is to:

1. ANNOUNCE OURSELVES TO EACH OTHER

The first thing we have to do if we are going to change the world is to let the world know that we are here. We have to tell each other about each other. We have to "announce" ourselves to each other. One of the biggest reasons that people do not see themselves as "world-changers" is that they imagine themselves to be standing alone against overwhelming odds.

The earth is populated with people who believe that they are the only ones who think the way they do, who hold the viewpoints they hold, who want to do what they want to do. It is as if we are all living by some Silent Agreement. The Agreement is to keep our views largely to ourselves and to remain unknown to each other.

This is not an agreement that we are keeping because we want to. It is not even an agreement that we are keeping consciously. We are keeping this agreement unconsciously, without even knowing that we are doing it. We keep this agreement by "going along," by "giving in," by "accepting" life "as it is," without raising a peep of serious protest. This is an agreement that the human race is keeping by default. And we are keeping this agreement because we think we have to. We believe that it is the only way we can be happy-and maybe the only way we can survive.

Then, every once in a while, something fascinating happens.

Every once in a while we chance upon a meeting, we hear of a gathering, we learn of an assembly or a conference of some kind, or we see a small write-up in the local newspaper about some group or association or non-profit organization that is focusing its attention on exactly what we have been thinking about-but about which we have said little or nothing to others.

And maybe we go to that meeting or attend that gathering, and we are startled to find that there are actually other people-perhaps many other people-organizing around just the ideas that we have been tossing around in our head. We find that someone agrees with us. This is an important moment. This is the moment that real action can begin, that real progress can be made, that real solutions can be put into place.

Our Silent Agreement about religion.

A survey of Americans by the Harris polling organization prior to the presidential election in 2004 produced an interesting answer to the question, What do you consider to be the biggest obstacle to peace in the world today?

The answer of fully 69% of respondents? "Religion." Nearly three-quarters of the American people understand perfectly well what is causing the world to be dysfunctional-yet no one is doing anything about it.

This is not because most people would not like to see a change in this condition, this is because most people have no idea how many other people agree about the source of the problem. And even when they do discover how many others agree, they do not know how many people also agree on a solution.

When large numbers of people come to know that they agree on both the source of a problem and the solution, that solution is usually not very long in coming to the forefront of public discussion. This is what is known in popular parlance as "an idea whose time has come." It has been said that

nothing is so powerful as to be able to stop such an idea. The question is, how can we all become aware that an idea's "time has come" if we are all holding the same idea, but keeping that a secret from each other? And the answer is, of course, that we cannot.

What we must do now if we truly yearn for change I cannot tell you how many times I have heard people ask me through the years, usually following one of my lectures or retreat presentations: "**What can I do?** I want the whole world to get this message, but what can I do?"

I always tell them that "the first thing you have to do is stand up." And often it is amazing how hard it is to get them to stand up right there in the room. To heck with doing anything in public. They won't even stand up right there in the retreat room or the lecture hall. They won't even hold a microphone. I ask them to use the audience mike so that others can hear them and they decline. "No, no, that's okay," they say. "I just wanted to hear your answer. I was just wondering..." And their voice trails off.

Ladies and gentlemen, I have an enormous secret to share with you. Ninety per cent of life is just about showing up. You have to "suit up and show up" if you want to be on the team. It's as simple as that.

"But what about people who are shy?" I can hear some people asking. "Isn't there something we can do? Not everyone is a born leader, you know. Some of us feel more comfortable working in the background. That doesn't make us unworthy to be on the team."

Yes, yes, I agree. Not everyone is a Martin Luther King, Jr. or a Mahatma Gandhi. In fact, very few people are. The majority of people are not likely to get up in front of a crowd and, with a wave of their arm, shout "follow me." But they are at least willing to stand up and be counted. They are at least willing to speak their piece when invited and encouraged and given permission to do so-to say nothing of being requested to do so-by the room.

Actually, I tell people that we are all leaders. It is just a question of what form our leadership takes. Is the person who sits in the back of the room quietly stuffing envelopes and getting out mailings and handing out flyers and working the telephones and contributing hours of time and energy any less of a leader than the person in the front of the room waving his arms and issuing a call to action? No. So we are all leaders, and some of us do different things and excel in different areas than others. BUT....we must at least be willing to stand up and be counted when the tally is taken. We must at least be willing to make ourselves known so that those who are in the front of the room can have a sense of how much support there is in the space for what is being proposed. And we must at least be willing to speak our mind if speaking our mind is what breaks the ice and gets the energy moving around a particular idea. We must be willing to be uncomfortable, for at least a little while, if we want to help create a life that is comfortable for all of us for a long while.

I say to people in my workshops, retreats, and lectures: "Life begins at the end of your comfort zone." The last ten per cent of ninety per cent of life is showing up, what is the other ten per cent? It's about taking a risk.

It is about being a bit uncomfortable. It is about being willing to "look bad" or to "fail." It is about knowing that "failure", in fact, does not exist, that it is an illusion, a figment of our imagination.

It is about forgetting the self and putting the highest good of the largest number at the top of our priorities. It is about being able to be counted on. It is about forging ahead, pushing on, even when the bramble covers the path. Especially when it does.

It is about understanding Who and What You Really Are, and determining to express and experience that. It is about knowing why you are here, and what life is really all about. And then it is about announcing that.

Hellen Keller famously said, "Do what you can do." That last ten per cent is about doing what you can do. Nothing more, but absolutely nothing less.

Some practical ways to take Step One:

Taking this first step in becoming a spiritual helper is as simple as A-B-C.

A. Get clear on what is true for you. This is the beginning of everything. Clarity precedes action, and sustains it. Indeed, clarity produces action where confusion stalls it. You must, therefore, commit to getting clear about what is true for you...

.. About Who You Are

.. About What You Choose

.. About How You Will Demonstrate That

B. Find out what is already being done, and by whom. There is more going on in the world than most people are aware of. Causes and movements with which you agree need your support. These days, with Internet search engines such as Google.com and Ask Jeeves, you can find just about anything and anyone you are looking for-including groups of people who a goal in common with you.

C. Create what you cannot find. If you really can't find anything out there that speaks to the issue of your concern or that is doing what you want to see get done, create it. Stop waiting for some other group to form or some other person to stand up. Form a group or organization of your own. Call a meeting. Hold a rally. Raise your flag and see if anyone salutes.

Now let's take a look at how you can do this.

This booklet assumes that you have already read one or more of the Conversations with God books. If you have not, one of the fastest ways to get clear about Who You Really Are, and about your right relationship to the universe, is to read Conversations with God-Book 1 (Putnam Publishing) Indeed, the entire opening Trilogy in the CwG series is highly recommended.

(This original Trilogy, by the way, is being published this year-the 10th Anniversary of the release of the first book-under one cover. This is the first time the full text of all three books has been made available to the public in this single-book format. Titled THE COMPLETE CONVERSATIONS WITH GOD, this special collector's Gift Edition may be obtained from the Conversations with God Foundation (www.cwg.org) at its online store.)

Everything in the current booklet is based on the messages in those books and in the dialogue books that have followed, including:

Friendship with God
Communion with God
The New Revelations
Tomorrow's God

This booklet is also heavily foundationed in the material found in my 2005 book, What God Wants. Getting clear on who you are and what you want is not as difficult as it may seem. I have created a program designed to help you do exactly that. It is an intensive (and highly enjoyable and exciting) retreat called ReCreating Yourself.

The intent of the retreat is to provide a space within which you may recreate yourself anew in the next grandest version of the greatest vision ever you held about Who You Are. It is offered in two formats, a five-day and a three-day, the five-day version offered once a year as a year-end retreat that concludes on New Year's Day and the three-day versions offered during the rest of the year.

Many people who have participated in this program have told us that they have reached a level of personal clarity about themselves, their relationship to God and to Life, and their life purpose, that they never thought they would ever achieve.

You may receive more information about the retreat, and conveniently register online, at www.cwg.org. Click on "Retreats and Educational Programs." ***It is important to understand that you must be in-the-moment clear about Who You Are and about your true relationship to the universe, to all of life, and to each other, before you can become maximally effective as a spiritual helper.***

There are many programs and opportunities in the world opening up the space for you to do this. Ours is only one of them. Find a personal growth and spiritual development program or activity that you feel best suits you and that resonates with your current sense of self, and undertake that activity with commitment and deep caring.

If you do, you should be able, in relatively short order, to know and to declare:

- * **Who you are.**
- * **What you choose.**
- * **How you will demonstrate that.**

Embark on a reading program as well. At the conclusion of this book is an opening list of Recommended Reading for persons seeking a greater awareness of themselves and the world around them. Check this list out, and decide to read at least one book a month for the rest of your life that supports your personal growth and spiritual development.

Remember that the New Spirituality that is talked about in the CwG books is based upon the following assumption:

There is something we do not now fully understand about God and about Life, the understanding of which can change everything. The process of seeking, obtaining, and sharing wisdom is what will bring us closer to that understanding. This should be a lifelong process that is never ending.

That is why I speak of "being" in-the-moment clear" about who we are and what we are doing here. All true clarity is in-the-moment clarity. That is because there is nothing else but the moment. "Now" is all there is, and everything else is an illusion. Yet even if we accept the terms of the Illusion, tomorrow, for all we know, a flying saucer could land here and change everything we ever thought we understood about life.

You think I'm kidding? I'm not. So use whatever tools are available to you to get clear on what is true for you. Another one of those very practical tools is meditation-and we will talk more about that when we discuss Step Four of the Ten Steps to Becoming a Spiritual Helper.

More practical suggestions

After getting clear on Who you Are and What you Choose, there is another very practical thing that you can do to implement fully:

Step One: Find out what is already being done, and by whom. Make it your business to learn more about the world in which you live. Watch the news. Read the paper. Follow the Internet. Keep up with what's happening. A lot of people in the new age community seem to feel it's a good idea to avoid the news, to remove yourself from this "negative energy." I disagree. I follow the news closely every day. Energy is what you call it. Or, as William Shakespeare famously noted, "Nothing is evil lest thinking make it so."

I want to know what's going on in my world. I want to understand the issues of the day, the matters of concern, and the daily developments on our globe that co-create our collective experience. Perhaps more important, I want to discover who, if anyone, is gathering energy and doing something about the challenges we are facing, who is putting together a plan or a program, who is launching what effort to accomplish which goal.

I want to know this because I want to connect with these people. I want to use these resources. I want to increase my effectiveness as a spiritual helper by joining with others who are holding the same ideas I am nursing, and who are moving in the same direction I am going.

Now in the case of readers of CwG there already is a "game plan" for those who have taken the messages of these books to heart. The game plan is to create the space of possibility for a New Spirituality to emerge upon the earth. This does not mean to proselytize or to start trying to "convert" everyone, and it certainly does not mean the creation of a new religion.

The message of CwG is clear on this point. What the world needs now is not another religion, but an expansion, an extension, rejuvenation, and a refreshing of the thoughts and beliefs of our present religions. What the world needs today is a new form of spirituality, one that will allow us to express our impulse toward the Divine in a way that does not make others wrong for the way in which they are doing it.

This would eliminate all of the religious conflict in the world-and as we have already stated, religious conflict is the greatest obstacle to peace on our planet today. Now if you agree with this purpose, if you feel aligned with the effort to help create the space of possibility for a New Spirituality to emerge upon the earth, you will be very happy to know that there is a well organized group already working toward this goal.

That group is called Humanity's Team, and it has established local Teams in cities, towns, and villages in over 30 countries. HT is focused very much on creating and providing opportunities for people all over the world who may be searching for, and yearning for, an alternative form of spiritual expression-who are tired of the conflicts and the sense of superiority and the doctrines of judgment and damnation that are built into many of today's religions.

Among its other activities, HT sponsors Study Groups in the New Spirituality, and even sends out a guide for first-time facilitators so that they can feel confident in what they are doing. It offers other activities as well, all revolving around the kinds of messages found in Conversations with God.

Humanity's Team is not part of, nor is it connected in any administrative or fiduciary way with, the Conversations with God Foundation. It is entirely separate from the Foundation, operating as

a free-standing non-profit organization. I was pleased and honored to have been asked to serve on its board of trustees, a position which I accepted.

Information on the work and activities of Humanity's Team may be obtained by going to www.humanitysteam.com

So the point here is that there is at last an answer to the question, "What can I do?" There is already in place a group of people who have read CwG and asked the same question, who share with you the desire to place that message into the world, who agree with you on the desirability of doing that, and who will support you in moving forward your own agenda.

Some final practical ideas:

Now it is true that there may not be a local Humanity's Team in the place where you live. Or, you may find that the work of Humanity's Team is not close enough to what you choose to do, and how you wish to express yourself in the world.

So here is the final suggestion that I have for you if that is the case. It is a good idea to implement in any situation in life:

Create what you cannot find.

If there is no Humanity's Team in your community, create one. If HT is not doing what you want to be doing in the world, then create your own way to do that.

My motto is: If it's not there, put it there.

Start a Study Group in your home once or twice a month. Form a local chapter of Humanity's Team in your city, town or village. Create a mutual support group for person's seeking to apply the principles of the New Spirituality in their lives, but having no one to talk with about that. Don't let yourself be stopped because what you want to do is not now being done stop you. Let that be all the more reason for you to plow ahead, moving your personal agenda forward.

The last word on Step One:

Above all, announce yourself, announce yourself, announce yourself! We must announce ourselves to each other. If nothing else, put an ad in the Personals column of the Classifieds section of your local newspaper:

LOOKING FOR others who agree with the ideas expressed in the Conversations with God series of books, and who want to talk about how those concepts may be made part of our every day lives, and of the life of this community. Do whatever it takes (within reason!) to get noticed, to announce yourself, to let others who share your ideas know that they are not alone.

A Study Group may be started in exactly the same way. Just re-word the ad. Put up posters at the local health food or co-op outlet. Ask the owners of the new age bookstore if you could post something on their bulletin board. Stuff flyers into the local newspaper or the free shopper's papers that can be found in many towns in street-corner paper boxes. There are LOTS of ways to spread the word.

(I know of one person who simply zeroxed little notices of her Study Group and announcing her desire to connect with others interested in CwG, cut them down to the size of the book pages themselves, then went into every bookstore in town and quietly slipped them into all the Conversations with God books on the shelves!)

Finally, you can go to www.nealedonaldwalsch.com and post a notice on the HEY, I AM HERE! page of my website. There you will find people from all over the world who want to connect. Whatever you choose to do to announce your presence in the world as a person wishing to help co-create the New Spirituality, do it now. Don't wait. Don't procrastinate. One of the great secrets of all effective people is that they do it now. So.....DO IT. NOW.

Chapter Two

The second step in becoming a spiritual helper is to:

2. AGREE WITH OURSELVES ABOUT EACH OTHER

It is important that we come to a new and larger understanding about each other. We are not each other's enemies. We are not each other's obstacles. We are not even each other's competitors. We are each other.

Did you hear that? Did you understand the implication of that?

Don't be offended by these questions. Every day I have to act as if I never heard that before.

Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? I mean it goes in one ear and out the other. I've heard it so often it's like I've never heard it at all. So I have to bring myself to it as if it were brand new.

So let me ask you again, did you hear that? What I SAID was...we are each other. The implication of that is enormous. Because if we see each other, if we can finally come to a place where we can really see each other, as simply Another Version Of Us, we will suddenly understand many things-not the least of which is our unlimited potential to create anything we choose on this planet.

A neat trick if we can do it I have to believe that most of the people reading this booklet right now would agree with the above statement, conceptually. The idea that We Are All One comprises the core of the CwG message. Indeed, it is the earliest message of Conversations with God-Book 1, it is the central focus of the latest book, What God Wants, and it is the through-line of all the other books in between.

Having said that, I notice that even readers of CwG have a challenging time living that truth. I do, too. All people do. Except when they don't. What makes it less challenging to live the truth of our Oneness and to see ourselves as each other, is understanding. Without deep understanding, it is not going to be easy to overcome the Illusion of Disunity.

This idea of disunity is very powerful in our experience. It emerged from the first two Illusions of Humans; the Illusion of Need and the Illusion of Failure. These Illusions are explained in wonderfully illuminating detail in the astonishing book Communion with God, which outlines the mental cosmology of life as we know it.

"Disunity" proceeds directly out of the idea of "failure," just as "failure" proceeds directly out of the idea of "need." These are the first three Illusions. There are ten in all.

As Communion with God explains it: Our species reasoned that if creations were separate from the Creator, and if the Creator allowed the creations to do whatever they pleased, it would then be possible for the creations to do something that the Creator did not want them to do. Under these circumstances, the Will of the Creator could be thwarted.

God could want something, but not get it. Failure could exist. Disunity produces the possibility of Failure, and Failure is only possible if Need exists.

One illusion depends upon another. The idea that Disunity Exists has proven to have extraordinary impact on human affairs.

The feeling of separation from God makes it extremely difficult for people to relate to God in any meaningful way. They either misunderstand God, or fear God, or they supplicate with God, begging for God's help - or they deny God altogether.

In so doing, humans have missed a glorious opportunity to use the most powerful force in the Universe, subjecting themselves to lives over which they imagine that they have no control, under conditions they think that they cannot change, producing experiences and outcomes they believe they cannot escape.

The feeling of separation from God does not allow humans to use God, to call upon God, to have a friendship with God, to harness the full potential of God's creative and healing power, either to end suffering, or for any other purpose. The feeling of separation from each other allows humans to do all manner of things to each other that they would never do to themselves. By failing to see that they are doing it to themselves, they produce and reproduce unwelcome results in their daily lives and in their planetary experience, over and over again.

The most significant outcome is that your belief in separation leads to your idea that there is "not enough." When there was only One Thing, and you knew that you were that One Thing, there was never a question of there not being "enough." There was always "enough of You." But when you decided that there was more than One Thing, then (and only then) it could appear that there was not enough of "the other thing."

This "other thing" that you think that there is, is the stuff of Life. Yet you are Life and that which Life IS - which is God, Itself. Still, so long as you imagine that you are separate from God, you will imagine that you are something other than what God is - which is Life Itself. You may think that you are that which lives, but you will not imagine yourself to be Life Itself.

This separation OF Itself FROM Itself is what you have called, in one of your mythologies, the casting out from the Garden of Eden. Suddenly, where once there was eternal life, now there is death. Suddenly, where once there was abundance, now there is "not enough." Suddenly, it seems that there are many Aspects of Life competing for Life Itself. This is impossible in Ultimate Reality, but not in your imagination.

You can even imagine that you are in competition. With the birds, with the bees, with every other living thing, and with all other human beings. You can create a nightmare in which all that supports your life seems not to support your life at all, but to limit it. Thus, you will actually attempt to subdue that which supports you.

There is a way that we can get over this Illusion of Disunity and the idea of Separation. There is a way that we can agree with ourselves about each other-that we can see and experience ourselves and each other as Who We Really Are.

The path to that experience is the path of comprehension and awareness. Deeply understanding, deeply changing when we really comprehend, when we deeply understand, not only the nature of life's cosmology, but the reasons for it, we can make deep changes in our experiences of ourselves and of life.

If we created everything (and CwG, of course, says that we did, and do), then we created the Illusion of Disunity, the idea of separation. But why? Why would we do such a thing? The mind begs to know this; otherwise it cannot believe that the separation it sees all around itself is not real.

Again from Communion with God...

If everything is experienced as unified, then nothing can be experienced as unified, because "unity" does not exist as a discreet experience. It is not something that can be known. Yet it is our wish to know Ourselves as Who We Really Are. Thus, we must first create the experience of Who We Are Not. Since we cannot create this experience in Ultimate Reality (reality is what reality is), we must do so through Illusion.

In this way, we can rejoice in what is Really So, and know it. In this way we can experience Who We Really Are.

The All of It.

The One and Only.

We are The Collective, the Single Reality in Multiple Form - having taken Multiple Form that we might notice and experience the glory of our Single Reality.

This is a simple explanation of the purpose of relativity that has been given you now many times in the CwG dialogue. It is repeated here, so that you may understand it thoroughly; so that you may awaken from your dream.

Until you awaken from your dream, the Illusion of separation from Life will create the perceived need to "survive." Before separation, your survival was never questioned. You simply "were," and it never occurred to you that you would not always "be." Only when you stepped away from Life (God), and imagined yourself as separate from it, did Life itself become that of which there was "not enough." You began to make decisions about what you felt you had to do to "survive" - to have more "Life."

This became your primary goal, and your new basic instinct. You even began to think that the reason you coupled with others was to guarantee your survival as a species. You lost sight of the fact that you coupled in response to the only real instinct, which is love.

You have called your new basic instinct "The Survival Instinct," out of your idea that you might not survive. This idea is false, for your survival is guaranteed, forever, and even forevermore. Yet you do not remember this, and so do not think there is "enough life," given that there are so many aspects of life competing for it.

And, indeed, that is how you see it. You imagine that you are in competition with all the other "stuff of life" for Life Itself. You are competing with your very Self for more of your Self, but you do not know it.

Your belief in insufficiency has even led you to conclude that there is not enough God. Not only is there not enough life (which you translate into a belief in death), not only is there not enough of the stuff of life (which you translate into a belief in lack), there is not even enough of That Which Created Life (which you translate into a belief in a limited God).

Because all of these things are limited, you must compete for them - this is your belief, and you are destroying your planet and yourselves because of this belief. You are even destroying yourself

in your competitions for God, which you call religions. You have been killing yourselves, and seeking to annihilate entire civilizations, in your insane competition for God.

You do not admit that you are doing these things, because to admit it would be to acknowledge that there may be something inaccurate about the way you view life and the world - and particularly about the way you view God - and this you have not been able to do.

Such an admission would require enormous humility, and humility is not presently a large part of your planet's philosophy or theology.

I have already told you this secret, but I did not identify it as "the secret," and so, you may not have understood that this insight is the key to everything.

Here is the insight again. Here is the secret:

Disunity does not exist.

This insight can change your entire experience of life. This insight translates into a simple statement that, if it was lived as your day-to-day reality, would turn your world upside down:

We Are All One.

What this would really do is turn your world right side up! For when you realize that there is One Thing, and only One Thing, One Reality and only One Reality, One Being and only One Being, then you comprehend that, at some level, the One Being is - and must be - always getting Its way. In other words, Failure does not exist.

And when you reach this level of clarity, you see clearly, too, that, in the absence of failure, the One Being is without nothing. Therefore, Need does not exist. Suddenly, with enlightenment, the dominoes fall backward. The construction of your illusions caves in upon itself. It is not the Illusions themselves that crumble, but the constructions they support. That is, the Cultural Stories upon which you build your life.

These stories, from the story of what you imagine it takes to make your life work right here and right now, to the story of how you imagine that it all began, have all been myths, having nothing to do with Ultimate Reality.

For you to now advance in your evolution as a species, there must be a disconnection from these stories. Now you understand. And now you know what it will take to truly become a spiritual helper. It will take you, setting aside your cultural stories. If we continue living inside of these stories, we can never agree with ourselves about each other. For our ancient cultural stories tell us myths about each other, give us ideas about each other that are not true. Chiefly, the idea that there even IS someone called "the other."

Once we have established through our myths that there is something out there other than "us," we begin to delineate what that "other" thing is by describing it in ways that differ from "us." The next step on this dangerous path is to imagine that the "other" is not only different from "us," but "less" than "us." In other words, we are "better."

This idea of "betterness" thrives on, and can only have its being in, the idea of "disunity" or "separation." Obviously, a thing cannot be superior to itself. And so, the idea of superiority (another of the Ten Illusions of Humans) emerges from the idea of separation. It's all very simple when you understand it.

Some practical ways to take Step Two:

Taking this second step in becoming a spiritual helper is as simple as A-B-C.

A. Learn about the Ten Illusions of Humans.

This is a breathtakingly clear outline of the mental cosmology of human life. Once you understand these illusions, you can play with them, as a magician plays with his own tricks. You can become a spiritual helper because you can help people understand the spiritual nature of things, and the illusions of physicality.

B. Begin to heal your thoughts of separation.

It can be done, but it takes commitment and a real determination to begin seeing the world around you in a new way.

C. Talk to each other.

This may be the most courageous thing you have ever done. It involves something stunning in its impact: telling the truth.

Now let's take a look at how you can do this. As mentioned before, the Ten Illusions are described eloquently and discussed fully in *Communion with God*, a book that is must reading for anyone seeking to fully comprehend the entire message of the CwG body of work.

If you have not read this book, add it to your library immediately. If you have read it, read it again-and this time take notes. If you took notes the first time, go over those notes again, and take notes on your notes. In other words, become thoroughly familiar with this deeply insightful material. There has never been anything quite like it placed before the human race. It explains everything with such exquisite clarity that it is worth reading at least twice a year, or however often you find it necessary in order to pull the mind out of its illusory state-and keep it out of there.

More practical suggestions

Look at each other, smile at each other, and touch each other.

In the lectures that I present around the world I talk about. Three simple tools that can break down the barriers between us, helping us to begin to heal our thoughts of separation and to agree with ourselves about each other. We have to, we absolutely must, come to a new understanding of Who We Really Are, and of Who Everyone Else Is, if we are going to become spiritual helpers.

Tool #1: Look at each other.

This is not always easy to do. In fact, our human cultures train us not to look at each other. We are not to catch anyone's eyes and hold that connection for more than a second or two. In some places on our earth we are told that we are not to catch anyone's eyes at all-especially if we are women. We are to look downward when another approaches. We are not to make eye contact. Because we are trained not to look at each other, we go through our entire lives without ever really being seen.

All we want is to see and be seen, to love and be loved, yet this is the very thing that is denied us. Our cultures tell us not to make this connection.

In the lectures, I give my audience an exercise. At the intermission, practice encountering people in the lobby or the back of the hall and look them straight in the eye. Hold that eye contact for more than a count of "1". Give yourself permission to actual "be with" another person's eyes for a breath or two more. Feel the deeper connection that looking into someone's eyes immediately creates.

Do you know why the simple act of looking into someone's eyes creates this connection? Because the eyes are the windows unto the soul. When we look deeply into someone's eyes we see past the exterior of things, peering deeply into the interior of being. At this deep interior level of being we find nothing but truth. We find our "other". And, we find love. That is why the act of simply looking someone in the eye is an act of bravery. It is when the soul becomes naked. It is when all differences and separations disappear. It is when everything is seen, and everything is seen to be the same.

Tool #2: Smile at each other.

If you think that looking took courage, imagine the courage that it will take to smile. Yet do it anyway. Look at another, and smile. Smile for no good reason. Smile simply because the other exists. Smile at the beauty and the wonder of Life Expressed in this extraordinary way, in the form of the person before you.

Why smile? Because a smile will make both you and the person at whom you are looking feel great. A smile signals to the other person that you are feeling good about what you are seeing. And a smile signals to your self that you are feeling good, period.

In fact, the very act of smiling can make you feel good. Smiling is the medicine of the soul. It actually produces physiological changes in the body that, through the release of endorphins, produces better health! Did you know that?

Thich Nhat Hanh, the wonderful Buddhist monk, says that you can brighten your spirits and actually bring yourself better physical health if you smile five times a day for no particular reason.

And when you smile at another, it improves the mental and physical and spiritual health of all who see that smile and, by extension, of the world entire. A smile sends a vibe, and a vibe sends a message. It is very hard to become angry with someone, or to remain angry with someone, if you are looking them right in the eye for more than a single breath, and smiling. That is why, when you are having an argument with someone, you have to look away. And that is why, when you are making love, you look at each other and smile. (At least I hope you do!) So make love now to the whole human race. Look at each other, and smile.

Tool #3: Touch each other.

Everyone wants to touch and be touched. It is natural. It is instinctual.

Because touching literally puts us in touch with our own existence, our own reality, confirming for us that the world exists and so do we. And that we are not alone.

Some people have gone years without being touched in a gentle or loving way. They yearn for a gentle loving touch, and they never receive it. You can touch others in ways that are entirely appropriate and socially acceptable. You do not have to worry that you are going to cross a line or break a boundary. A simple, but really sincere, handshake can mean everything. A non-intrusive, gentle light touch on the arm or the shoulder can mean the world to someone.

I remember when I met one of the most unforgettable people in my life, former U.S. President Bill Clinton. I was attending a private reception with about 25 other people, and the former president walked into the room in which we were waiting. My heart jumped. I can actually say that I was truly impressed with the simple appearance of another human being in my space.

I suspect that no matter what your politics, no matter what your thoughts about his presidency might be, it would be hard for most people not to be at least a little impressed in the presence of someone who has been that famous and that powerful.

But here is what impressed me the most about meeting and talking with Bill Clinton. As he was being introduced to me he stopped the man offering the introduction short, saying, "Oh, you don't have to tell me who this is. I know exactly who this is." Then he looked me directly in the eye and said, "I've read your books." With that he smiled very sincerely and did something that astonished me. He put his arm around my shoulder as we posed for a photograph and he began talking to me earnestly- which gets us to our next point. But before I go there, I want, I just want to express to you how incredibly impacted I was by the president's actions. He knew exactly how to open the moment to every possibility. He looked. He smiled. He touched. And the impact was electric.

Some final practical ideas:

Item "C" above seems almost too simple to be worth dwelling on. It says that one very practical thing that we can do to take Step Two of the Ten Steps to Becoming a Spiritual Healer is to talk to each other. Now that seems pretty obvious, doesn't it? I mean, isn't that what everybody does?

No.

In fact, more often than not people brush past each other in this life without saying a word. And, when they do say a word, rarely is it a completely, utterly truthful and honest one. We have not learned to be honest with each other; in fact, our world has trained us to lie. We have been trained to lie (either by omission or by commission, for a "lie" can be something that is said or that is left unsaid...) by learning that if we tell the truth, very often we are not rewarded, but, in fact, we are punished by life.

The result is that many people go through life weighing every word, silently assessing each situation, looking at every moment and at what it seems to require, and trying to figure out how we can say what we need to say and get what we want to get in order to survive with our happiness intact. We try to do this without compromising our integrity too terribly much, but most of us will give up our integrity if we think that our survival-or something that we really, really want-is at stake.

So when I say here that one practical way that we can take Step Two-agree with ourselves about each other-is to talk to each other, I am not referring to the simple exchange of words from one or two of humanity's languages. I am talking about truth telling, from deep within the human heart.

This is not the kind of talking we are used to. This is not the kind of communication that most people would call normal. It is the kind of communication that most of us wish we could engage in, but most of us are afraid to do so. And so we don't do it very often, and we don't do it with very many people at all.

CwG says that there are Five Levels of Truth Telling.

Level 1: Tell the truth to yourself about yourself

Level 2: Tell the truth to yourself about another.

Level 3: Tell the truth about yourself to another.

Level 4: Tell the truth about another to that other.

Level 5: Tell the truth to everyone about everything.

I'm not going to get into a huge discussion and description of these Five Levels of Truth telling, because I think that for the persons reading this booklet that list speaks for itself. (If you do want a more detailed look at all this you'll find a wonderful overview in Conversations with God-Book 2.)

What I have discovered about total truth telling-or what my friend Brad Blanton calls radical honesty (he has written a book by the same name which is well worth your reading)-is that it rarely produces the outcomes we fear, which are rejection, loss and non-acceptance. In the moments when I have gathered the courage to actually tell the truth and the whole truth to someone, either about myself or about them or about the two of us, I have almost always been met with an amazing moment of release and self-acceptance, and an almost always present willingness on the part of the other to accept me as I am, and forgive me whatever foibles I may have deliberately or inadvertently exposed.

I am telling you that truth-telling works. And it is only when two people can sit down and speak their truth to each other that they can ever hope to get to a place where they can come to an agreement about each other-that the other person is not really so bad...and is, in fact, quite a bit like us.

The last word on Step Two

We must find a way to agree with ourselves about each other. If I am going to be any kind of a spiritual helper on this planet I have to be willing to suspend judgment about others. I have to understand at a very deep level the message in Conversations with God that even Hitler went to heaven.

I have to look closely again at all the teachings I have ever heard about redemption and forgiveness and salvation. I have to think once more, perhaps more deeply than ever before, about What God Wants. And I have to search as honestly as I can within the inside of me, to see if I can truly find any sin that has been committed by another that I, myself, have not committed, at least in some form.

I have to agree with myself that I am a part of God, that I am Divinity being expressed right here, right now, in the Life Form that is "me," and that every other person is likewise an aspect and an expression of Divinity.

I believe it was Robert Heinlein, the wonderful science-fiction writer and author of A Stranger in a Strange Land, who had the characters in his book greet each other with a three-word salutation upon every meeting: "Thou art God."

Yes, yes, there are those who use the Sanskrit term Namaste in the same way, but Namaste means, literally, I bow to you. And, loosely, it has been translated to mean The light in me recognizes the light in you, or God in me recognizes and honors God in you.

None of these meanings, however, carry for me the impact of saying, in simple, direct terms, in one's own language, "Thou art God."

Imagine if you said that as you met, or before you talked to, anyone. Do you think that might change the emotional and spiritual context of your very next interaction? And even if you can't say it, if custom or some sense of social awkwardness will not allow it, there is nothing that says you can't think it. So give yourself permission to think this thought-"Thou art God"-prior to every encounter or conversation with another. Make this a part of your inner discipline. See if it changes the tone and the nuance and the content of your next experience with that other person- whoever it is. I am betting it will.

Chapter Three

The third step in becoming a spiritual helper is to: 3. ALIGN OURSELVES WITH EACH OTHER

This step goes past recognizing that the other person is "us" and raises the level of consciousness to an awareness that we all share the same desires.

Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new. So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?

What I SAID was...we all share the same desires. The implication of that is enormous. Because if we see each other, if we can finally come to a place where we can really see each other, as simply Another Version Of Us, we will suddenly understand many things - not the least of which is that, since the inner agenda of every human being is identical, there must be a way to connect our outer agendas as well. There is. Ending the tug of war.

The first step in connecting outer agendas is, in fact, the awareness and the embracing of the truth that has just been revealed: the inner agenda of every human being is the same. Knowing this and honoring this, holding this deep inside the self in a way that creates a particular nuance in our relationships with others, is the first part of the process of aligning ourselves with each other. This is not the same as Step Two, in which we agree with ourselves about each other, but it is a close cousin. It is good to notice that both of your feet are both part of the same body. Now it's about getting them both to move in the same direction.

To be in "alignment" with each other means that we seek and find the place of harmony between all the disparate parts of us, then use our energies to expand that harmonious vibration, so that we may make beautiful music together.

The place of harmony that already exists is not an insignificant one, and not very difficult to find. It is the place of our highest aspirations and our grandest dreams. Here we discover identity, and we learn that we are not only united with every other living thing physically, we are also united in our desires. It is interesting that the words "identity" and "identical" are nearly the same. Our True Identity is revealed, and can only be experienced, when we see that for all of us, it is Identical. You should not miss the symmetry here. We are beings of Identical Identity.

Each human soul comes to the body with the identical agenda, and that is to uncover our identity. To UNcover is not the same as to DIScover. To discover is to find something that you did not know was there. To uncover is to reveal or expose that which we knew was always there. We do not need to find our True Identity, we merely need to reveal it. Those are two remarkably different activities. The Master is the one who knows the difference. We all yearn to know ourselves in our own experience. We want to express and become Who We Really Are. Now we may not put it that way, but that is our innermost desire.

All of us seek happiness, and the highest state of happiness is achieved when we live in the fullest expression of Who We Are. It is as simple as that. And Who We Are, of course, is love.

So it could be said that all of us seek to express and experience love. That is what all of us choose, and when we have that, all of us are happy, peaceful, and joyful. Love, peace, joy—these are the things all of us desire for ourselves and for our loved ones.

We cannot have these experiences when we see ourselves as separate from each other, because separation produces the imaginary need to compete, and competition cannot by its nature create love, peace, and joy. It does not even create love, peace, and joy in the winner, who, following his victory, then has to defend himself against the losers every time. Even in sports, you're only the winner until the next competition, the next round, the next match, and the next season.

You can't rest. You can't have peace. In fact, the fastest way to lose peace is to be a big winner, because then everyone else is coming at you. As soon as we see that we all want the same things, and as soon as we realize that it is impossible for all of us to have these things if we insist on seeing ourselves as separate, we begin to sense that alignment is the next part of the process of evolution. In that moment, cooperation replaces competition. All of us grab hold of the same end of the rope, and all of us start pulling in the same direction. The tug of war is over.

Connecting outer agendas. Once we understand that our inner agenda is identical, we begin to search for ways to use our co-created outer experience in order to achieve it. It is a circle. Alignment inwardly is a prerequisite to alignment outwardly, and alignment outwardly produces an even greater sense of alignment inwardly. It is like two people making love. When you both want the same thing at the deepest part of your being, the alignment of your outward expression becomes easy. And when you both are moving in harmony in your outer expression, your inner desires are realized and experienced even more profoundly.

Many books have been written on connecting outer agendas. One of the best I have ever read was written well over a half century ago. *How to Win Friends and Influence People* was authored by Dale Carnegie. Here is the write-up about it from Amazon.com...

This grandfather of all people-skills books was first published in 1937. It was an overnight hit, eventually selling 15 million copies. How to Win Friends and Influence People is just as useful today as it was when it was first published, because Dale Carnegie had an understanding of human nature that will never be outdated.

Financial success, Carnegie believed, is due 15 percent to professional knowledge and 85 percent to "the ability to express ideas, to assume leadership, and to arouse enthusiasm among people."

He teaches these skills through underlying principles of dealing with people so that they feel important and appreciated. He also emphasizes fundamental techniques for handling people without making them feel manipulated. You learn how to make people like you, win people over to your way of thinking, and change people without causing offense or arousing resentment. For instance, "talk about your own mistakes before criticizing the other person." Carnegie illustrates his points with anecdotes of historical figures, leaders of the business world, and everyday folks.
-Joan Price.

If you truly wish to become a spiritual helper, the art of connecting outer agendas is one to which you will want to pay particular attention. It is not as difficult as it sounds. In fact, most people do it naturally when they are excited about something at a personal level.

The Carnegie formula works like magic, because it is simply about you causing another person to see that you both share the same interest; that you both have a vested interest in producing the same outcome.

This is another way of saying all that I have said just above. When we see that our inner agenda is identical, the alignment of our outer agendas becomes almost automatic.

Some practical ways to take Step Three.

Taking this third step in becoming a spiritual helper is as simple as A-B-C.

A. Open yourself to your desires.

Most people don't know what they want. That may sound strange, but it's true. The first part of Step Three, then, is opening yourself to your own desires. This includes:

- * Your inner world desires
- * Your outer world desires

B. Share your desires with others.

We are not used to telling others, blatantly, what we want. No wonder it is so difficult to get it!

C. Celebrate the commonality of your agendas.

- by replacing competition with cooperation. This single shift in our way of relating to each other can change the world over night. Now let's take a look at how you can do this. Opening yourself to your desires is not that difficult, but it may require a bit of rearranging of your thoughts around worthiness and possibility.

If you think that you are not worthy of receiving what you want, or that there is simply no possibility that it can happen, there is not much point in going further. You're not likely to experience it. The issue of worthiness can be approached very effectively by taking a look at what it is that makes you feel unworthy, and embracing that.

There is a "shadow side" of all of us, and this is very often what makes us feel unworthy. It is when we embrace this shadow and lovingly acknowledge it as part of us that we begin to heal our sense of "not being okay" and not being worthy of getting what we want.

*Some practical suggestions for accomplishing this: read any of the wonderful books by Debbie Ford, including *The Dark Side of the Light Chasers*, *The Secret of the Shadow: The power of owning your story*, and *The Answers Are Within You: Unveiling life's greatest secrets in the shadow of your soul*.*

Then, sign up for Debbie's Shadow Process Workshop. I know Debbie Ford very well. Several years ago we collaborated on a workshop that we did together. Her work is remarkable in restoring the heart and soul to its original place of love and wonder, and in repairing the mind's idea about the Self. To learn more about Debbie and her work, go to www.debbieford.com

And while we are on the subject of some really healing reading around the issue of self worth, I want to strongly recommend *How Good Do We Have to Be?* A new understanding of guilt and forgiveness; an extraordinary book by Rabbi Harold Kushner.

Something else you can do: get coaching. I want to make sure that this booklet contains lots of practical advice and offers plenty of practical tools to make these *Ten Steps to Becoming a*

Spiritual Helper more than just a lot of fluffy talk. Well, here is one of the most practical tools I could ever give you: If you are having a challenge with either (a) worthiness or (b) possibility thinking, find a Life Coach and begin work with that person immediately.

This is something that all of you can do at once, and many Life Coaches work right over the telephone, meaning you don't even have to leave your house. Coaching is different from counseling. It is not the same as going to a psychiatrist or a psychologist. Coaching is not a therapeutic intervention. It is a motivating, inspiring, uplifting, and terrifically encouraging and empowering experience.

If you would like to learn more about integrative life coaching, or if you wish to work with a Life Coach right now, one place you will find what you are looking for is at www.cwgcoachingservices.com There are other sources out there as well.

Dealing with negative thinking.

Finally, here is a wonderfully practical suggestion if your challenge happens to be getting into a positive frame of mind. Get going in changing your attitude by reading some of the truly wonderful books now out there about how to get your life moving again, and, specifically, how to alter your thinking with regard to what you imagine in possible.

The most powerful book I have seen on this subject is Ask and It is Given, by Esther and Jerry Hicks. Also, pick up Ask and It is Given: The Processes, an audio CD by Jerry Hicks that can lead you right through personal process work that can really change your thinking. Finally, pick up a copy of The Daily Planning Calendar: The Science of Deliberate Creation, also by Jerry Hicks and Esther Hicks.

Also, back to the work of Debbie Ford, try reading The Best Year of Your Life, and then obtaining The Best Year of Your Life Kit.

And I believe that everyone should read, at least once, the book that really started it all-The Power of Positive Thinking, by the Rev. Dr. Norman Vincent Peale.

Other resources you may wish to consider:

The Gift of Change: Spiritual Guidance for a Radically New Life, by Marianne Williamson.

The Power of Intention: Learning to co-create your world your way, by Wayne W. Dyer.

The Success Principles: How to get from where you are to where you want to be, by Jack Canfield.

Attitude is Everything: 10 Life-Changing Steps to Turning Attitude into Action, by Keith Harrell. As Keith says in his remarkable text, "Your attitude determines whether you are on the way or in the way."

I love that! I just love that remark, because it says it all. So let me highlight again here for you, with thanks and recognition to Keith Harrell: Your attitude determines whether you are on the way or in the way.

Get started in your reading and healing today. You can begin your new life course in recreating yourself right now. All of the items that have been mentioned here are one click away at www.Amazon.com You can have them in your home tomorrow.

In other words, there is no reason to delay in the overcoming of any self-worth and attitude challenges you may have. And, before you start feeling bad about having them, you should know that all of us have them. I have never met a person who did not at least occasionally fall back into patterns of lack of self-worth and limited possibility thinking. It happens to me all the time. And when it does, I turn to the wisdom of others to remind me of my own. I look again at the wonderful writings of people like Marianne or Debbie or Wayne. Even if you've already read all of those books, keep them on your near-at-hand shelf, so that you can dive right back into them on a moment's notice. The insights in books such as those are marvelous gifts. We are all here to remind each other. We are all here to lead each other back Home.

And that brings me to my final thought about how to open yourself to your desires: Open someone else to theirs. As I said earlier, most people don't know what they want. Or if they do know it, they can't admit it to themselves. Be a sounding board. Create a safe space for others to reveal themselves to you and you will find that they will reveal themselves to themselves.

"You know, I've never told anyone that before," will become a common thing for you to hear. Others will also say things to you like, "Gosh, I never knew that about myself until I just said that to you just now. Hmmm."

So develop the ability to become a good listener. Learn all about how to do that. Here are some more suggestions for your library as you move into that:

Listening: the Forgotten Skill-a self-teaching guide, by Madelyn Burley-Allen.

Effective Listening Skills, by Art James and Dennis Kratz.

The Lost Art of Listening: How learning to listen can improve relationships, by Michael Nichols.

The Good Listener, by James E. Sullivan.

More practical suggestions:

The fastest way to get what you want is to cause another to get what they want. And if what you want is to become more clear about what you want, help others to become more clear about what they want.

As you give, so shall you receive. Or, as the new age community puts it, what goes around comes around.

The second part of Step Three is item B above: Share your desires with others.

This, for many people, is not easy. Even people with a wonderful sense of self-worth and with a very positive attitude of possibility thinking can sometimes feel reluctant or uncomfortable about sharing their desires with others.

Yet sharing what it is that you want can be a very powerful tool in the manifestation of your desired reality. Especially when sharing is declaring.

When we share in such a way that we make a firm statement of our desires and intentions, our declaration is an extremely powerful tool in the process of creation.

Heart Circles

One of the best ways that I know to go about doing this is in Heart Circles. Joanna Gabriel, of our Conversations with God Foundation, writes about that here...

The concept of Heart Circles came to us from a member of the faculty of the Life Education Program (LEP) of the CWG Foundation, Tej Steiner, who staffs the Warrior Monk training. It is part of a training that Tej is designing for conscious community which we have found to be a profound expression of the concepts of CwG.

A Heart Circle is a vehicle for a deeper awareness of and connection with the Self. It is an out-picturing of the soul's experience of itself through resonate connection with others. From the time we are small children, we learn to choose our experience based on what we are "supposed to" do or not do. We choose based on what we are told is "right" or acceptable. We learn to avoid what is "wrong" or unacceptable based on somebody's rules. Consequently, we learn early on to squelch or ignore the urge or call of our inner knowing...our heart's presence.

CwG tells us that all of Life is vibrational energy. The more highly evolved an expression of life is, the higher or faster the frequency of vibration. Conversely, slower, denser expressions of life have a slower vibrational frequency. For example, our minds vibrate at a higher frequency than our bodies. Our Spirit vibrates at a higher frequency than the mind. You may notice that when we grasp a new concept, we will "get" it spiritually first, then in the mind, and the body will integrate it last. It's the frequency of vibration that determines the speed of integration. (Of course, there are blocks and fears that get in the way of integration and they also vibrate at slower frequencies.)

A related characteristic to this vibration of Life that we all are is resonance and dissonance. Energies that vibrate in harmony, that is, that are comfortable with or are attracted to one another, are resonant energies. Energies that vibrate in discord, or are uncomfortable with or are repelled by each other, are dissonant energies.

You are probably familiar with the experience of walking into a room and feeling very attracted to what or who is present there and you may also be familiar with walking into a room and feeling repelled by who or what is there. This is an experience of vibrational frequency. As we stated before, all forms of life are vibrating at some level of frequency that is talked of in several places in the CwG material. If you are drawn to a person, place or thing, you have a vibrational frequency commonality, harmony, or resonance. If you are repelled by a person, place or thing, there is a vibrational discord or dissonance. You can also have a feeling of neutrality. That is, you're not drawn or repelled, which may mean that the vibration is exactly the same as your own. We can use vibrational frequency to support our growth.

CwG tells us that the purpose of Life is to grow, to choose and become the next grandest version of Who We Are and Who We Choose to Be. Both resonant and dissonant energies provide opportunities for growth. In the absence of that which we are not, that which we are is not. So we are always growing through the choices we make.

That's why there are no "wrong" choices. However, even as we remember that a choice cannot be right or wrong, we are still able to ask, does it serve us, given what it is that we desire to be, do, or have?

This is where conscious growth comes into the picture. That heart presence we mentioned, that connection with the All That Is, **that connection with the God presence, has another name as well: Joy.**

When we are feeling connected with our heart presence, our God presence, the All That Is, we feel and experience Joy. We feel Joy because we are vibrating with our true essence. It's who and what we truly are. We are vibrating in harmony with the Universe. All things are possible when we connect with this truth of ourselves. It's as if we are saying, "Yes, God, be God as me." When we make choices from what we are supposed to do, or not do, based on somebody else's ideas, rather than from our inner knowing, or our heart place, we may miss an opportunity to experience Joy. In fact, many of us have created our whole lives around rules and expectations that have nothing at all to do with our inner knowing, or Joy. We then experience feelings of lack, loneliness, depression, fear, and resentment.

We're not connected with our essence of Life, so how could we possibly feel or experience its blessings, its richness, its peace, its Joy? How do we live from our Joy? How do we allow God to be "godding" through us? How do we create a life that is about growth with resonant or harmonious energy?

We live from the heart presence. We drop into the heart to see what we feel and what we "want." We use the word: "want" advisedly here; because we all know that CwG tells us we cannot have what we "want." So the word here is used as a figure of speech, to indicate "desire." We are not talking about the kind of "want" that describes a lack of something. We are using the word to describe the desire that leads us toward our next step. It is our heart's desire that draws us forward. It's a lack of connection with our heart's desire that keeps us stuck.

Many of us have rarely connected with our heart's desire because we've been caught up in living a life prescribed by someone or something other than our own essence. We have not lead with our heart. We have not used vibrational resonance to guide us forward. What am I attracted to? Does this call me?

What does my heart feel about this choice, this opportunity? Am I drawn? Am I repelled?

For many of us, these are strange questions to ask, and yet, these are the questions that support our growth from the essence of Who We Are and Who We Choose to Be.

Heart Circles are a wonderful laboratory for practicing leading with the heart. A Heart Circle is formed by a small group (4-6 people), the members of which are attracted to one another energetically and operate from shared agreements that all participants resonate with, or agree from the heart on.

One of the shared agreements common to any Heart Circle is that the intention is to lead from the heart. Participants encourage and support each other in dropping into the heart to feel the heart's desire. What do you want? This question instantly encourages you to drop to a deeper level of self-awareness. It takes you out of the "story" of the head and connects to the truth of the heart. In that moment you are invited to become aware of where you are resonating.

Through Heart Circles we practice conversations with the God of our own essence and we support it in each other. We practice "coming from the want" - and when there are opposing wants in the space, we practice going deeper to find a resolution or resonant point.

This practice feels like a new paradigm and it is! At the same time, we are aware that this is the most natural beingness...coming from the essence of Who We Are and Who We Choose to Be...rather than recreating previous choices based on outer expectations, historical requirements, or a belief about what we've been told that God wants. Heart Circles are CwG in action! You can form a Heart Circle today and it is one of the things that I believe Spiritual Helpers are going to do What God Wants .We also need to become aware of what causes us to want what we want, and to get what we want.

To what extent are we influenced by our thoughts about with other people want as we gather our own thoughts about what we want? And to what extent are we influenced by our religious and spiritual beliefs? (In other words, how many of us "want" or "don't want" a thing because of our understanding of "what God wants"?)

One of the most practical things you can do to determine the latter is to pick up a copy of What God Wants if you have not already done so, and read it cover to cover. But be prepared. This is a dangerous book that could challenge your most basic beliefs.

To see just how much you are being influenced from sources outside yourself as you come to clarity about what you truly want, do the Desires Process that I am creating for our personal growth and spiritual development retreats:

Take out a sheet of paper and turn it the long way, so that you are writing on it horizontally, not vertically, from left to right. Now, on that paper make six vertical columns.

Label the first column: What I Want.

Label the second column: What Makes Me Want That.

Label the third column: What Has Kept It From Me So Far.

Label the fourth column: What I Think My Chances Are of Getting This.

Label the fifth column: What Will Happen If I Give This To Myself.

And label the last column: When I Will Go For It.

Now, take a moment and write in Column 1 at least three things that you want right now. These can be three big things in your life, or three small things. It doesn't matter. Just make them three things that you want.

Maybe it's a love partner who really understands you and is in harmony with you and has the same tastes as you and wants the same things out of life. Maybe it's a life work that truly reflects who you are and allows that to emerge. Maybe it's to lose 20 pounds, or gain 20, or heal your relationship with your parents, or sell your house, or buy a house, or own a red convertible or whatever...

Now complete the form by filling in the rest of the columns. You will find this a fascinating process. When you are done, you may wonder why you have mortgaged so much of your life to "waiting."

All this may bring up another question for you: How does the universe work, anyway? How can I get what I want? Is there a God? If so, does God say "yes" to some people and "no" to others, or

"yes" to some requests and "no" to others? On what basis does God do this? What do we have to do to curry God's favor? What does God want?

If you have not already read *What God Wants*, the latest CwG book, read it now. If you have read it, read it again, and this time take notes. No, I'm not kidding. I mean it. This time, take notes. This is the most important book you will ever read in your life. Read it over and over again, and take copious notes in a separate notebook.

Start a class. Do whatever it takes to undertake a deep study of the material. This book can liberate you forever.

Some final practical ideas:

This is a long chapter, so you may have to track back a bit to figure out where we are. We have looked at some practical ways to take Step Three of the Ten Steps to Becoming a Spiritual Helper.

These practical ways included...

A. Open yourself to your desires. Most people don't know what they want. That may sound strange, but it's true. The first part of Step Three, then, is opening yourself to your own desires. This includes:

- * Your inner world desires
- * Your outer world desires

B. Share your desires with others. We are not used to telling others, blatantly, what we want. No wonder it is so difficult to get it!

C. Celebrate the commonality of your agendas by replacing competition with cooperation. This single shift in our way of relating to each other can change the world over night. So let's look now at letter 'C' above...

The action suggested here is really easier than one might think, even on a societal level. Tomorrow's God speaks to this issue directly. My first practical suggestion, then, would be to read this book again, or, if you have not yet read it, to get it immediately and review its contents carefully. Pay particular attention to the material dealing with tomorrow's economy, and how we will undertake commerce in the future.

*Additional very valuable reading might include these two powerful books: *Reworking Success*, by Robert Theobald; *Spirit Matters*, by Rabbi Michael Lerner; *Voluntary Simplicity*, by Duane Elgin; and *The Next Evolution: Making the world work for everyone*, by Jack Reed.*

*You might even find it fascinating to read the extraordinary 19th Century novel *Looking Backward: 2000-1887*, by Edward Bellamy.* This classic look at the future has been translated into over 20 languages and was the most widely read novel of its time. It tells the tale of a young Boston gentleman who is mysteriously transported from the nineteenth to the twenty-first century--from a world of war and want to one of peace and plenty. This brilliant vision became the blueprint of utopia that stimulated some of the greatest thinkers of our age.

These are powerful books that speak of a new age and a new way to conduct life on this planet, without competition.

By now you may be getting just a little ragged with book titles being thrown at you. You are right, however, if you assume that to be a Spiritual Helper you really need to know what is going on in the world, and have many points of view about that. ***So what I will wind up suggesting to you in this booklet is a short course in Present Time Awareness. It's sort of a college course in what I might call Sociological Spirituality.***

Getting some exercise

Now look into your own life and let's exercise your new spiritual muscle. Take part in the Competition Elimination Process I have devised. **The first part of the process is the Competition Assessment:**

Take a quiet, inner survey of your entire life as you are now living it. Explore every nook and cranny in your mind's eye. Your relationships, your life work, your money situation, your sexual expression, or spiritual experience-everything. Now, look to see where, if at all, you feel a sense of competition with anyone else-or with yourself. Make a note of that in a private notebook. It could look like....

I feel like I am secretly competing with a co-worker. I feel as though I am in some sort of quiet competition with my love partner. I feel competition around the experience of money-how much I have, how much I earn, how much others earn, how much I "should" be earning, etc.

I feel a sense of competition with other religions, or with other economic systems not endemic to my own country, or with other cultures or with those holding other political or social views.

I sometimes find myself in a Red States/Blue States mentality. I sometimes feel it is "them" versus "us." Be honest with yourself about these feelings. Nobody is watching but you. Give yourself permission to tell the truth to yourself about yourself.

Now turn the page in your notebook and write an essay about what you think would happen if "they" won. What are you assuming will occur if your co-worker "wins," or if your love partner "wins," or if the guy over there makes more money than you do forever, or if the Blue States never capture another election...

This is where your fear lies.

And this is the heart of the matter. CwG says that all of us come from only one of two places in everything that we think, say, or do: Love or Fear. The only way that you will ever end the competition in your life and begin the cooperation is if you change the idea that you have about yourself in relationship to all the rest of your world.

Who are you? What can hurt you? How can you be damaged or destroyed? What is required for your survival? When the answer to the last question comes up, "nothing," you have triumphed. The competition is over. There was really only one competition all along-the competition of ideas in your mind. You have entertained competing thoughts about WhoYou Are, and about what Life is, and about what is going on here.

These thoughts, all of them, were abandoned by the masters. That is how they got to BE masters, and that is how they set an example for the rest of us in how we might live life anew, without "winners" and "loser" and without competition in any form. This single shift in our way of relating to each other can change the world overnight. I wasn't kidding before.

Now...how do you end competition? Simple. Place everyone at your holiday dinner table.

The secret of family.

No one sits at his dinner table at holiday time with his family beside him and hogs all the food. No one jumps up and races for the buffet table to grab the largest piece of dessert before anyone else gets to it. No one stabs the hand of the family member next to them as they reach for the potatoes.

Why?

Because everyone at the dinner table is family. Or, friends who are thought of as family. And for family, there is always enough to share, and no need to compete. There is a different attitude among the people at the holiday table. What's mine is yours.

All we have to do, then, to remove the sense of competition for our lives is to think of everyone as family. Everyone IS family, of course. That's the wonder of it. We don't even have to tell ourselves something that is not true. It goes further than that. Everyone is more than family. Everyone at that table is us. And so, competition with Self is what we are talking about here. Of course, many people compete with themselves, but when they finally stop, they begin at last to live peaceful lives, healthy lives, happy lives.

So the answer here is to stop competing with yourself-your Localized Self and your Universal Self.

There are two ways to do this; one of which I have just mentioned (make everyone your family). The second way is even more effective. Notice that there is enough.

This is the second principal truth of Conversations with God. In the very first book these three truths are spoken:

1. We are all one.
2. There's enough.
3. There's nothing we have to do.

If it has been a while since you've looked at that material, I invite you to review it again.

The last word on Step Three :

Becoming a Spiritual Helper is easy. All we have to do is follow the steps here-and this third one is not only simple, but enjoyable. That is, it brings joy to everyone. When we align ourselves with each other, everyone has fun. I know a man, a Korean spiritual teacher named Ilchi Lee, who goes around the world sharing a very simple message: Let's all just play together. Ilchi has it right. It was German philosopher Frederick Schiller who said that play is the time when the whole person comes out, because play has no profit motive. The reward of play is play itself, and so the motivation to do it is pure.

Think about it. Play requires nothing outside of itself to give it value. Most everything else we do in life produces its value after we are finished doing it. Play produces its value before we are finished doing it. Indeed, while we are doing it. The process is holistic, in that Doing and the Being is experienced at the same time. This is as close as we are ever going to come to merging

ourselves into wholeness in this relative experience called life on earth. Making love also presents us with this opportunity-but that, of course, is also a form of "playing". Schiller said:

"Only play makes the man whole and unfolds both sides of his nature at once. Man only plays when he is in the fullest sense of the word a human being, and he is only a human being when he plays." The trick, of course, is to see everything in life as play. The whole thing is a dance. It is all, in some sense, "the game of the gods." I don't mean to trivialize the pain and suffering that life has brought to many people, but seeing our lives as the perfect "playing out" of events leading to our ultimate joy (all events lead to ultimate joy, because joy is another word for growth, and growth is the process that life IS), is the recontextualization of our experience that moves us to mastery.

Every time I hear Ilchi Lee tells his audience, "All we have to do is play well. Let's all just play together," I am struck by the elegance of this message, and by its simplicity. Often at this lectures Ilchi will sit down on the floor of the stage and start playing musical instruments. First the flute, then some percussion instruments, then he might just start tapping on his body. He's up there having fun, and he invites the audience to capture the rhythm and to go with the flow of the energy, and the entire room is soon swaying and moving and finding the beat and feeling wonderful.

Then Ilchi will get up and start dancing. It's always a silly dance, something that makes you smile, not something complex or difficult. It's just movement. Then he leaves the stage and comes down onto the auditorium floor and he invites people in his audience to come forward and dance with him, and with each other. He teaches them a simple dance, what he calls the Ilchi Dance, and he proposes something almost crazy, something absolutely nuts:

"If we all just did this dance with each other the minute we see each other, the minute we meet, on the street or in an office or anywhere, we would find it impossible to feel anything but good vibes, impossible to fight with each other, and we would produce world peace."

Wow, can it be that easy? Yup. All we are doing here is the dance of life anyway. Why not dance that makes us smile?

Chapter Four

The fourth step in becoming a spiritual helper is to:

4. STOP SEPARATING OURSELVES FROM GOD

This step goes past recognizing that the OTHER person is "us" and raises the level of consciousness to an awareness that GOD is "us." This awareness produces a new perception: There is no difference between the Will of God and the Will of You.

Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means.

Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?

What I SAID was...there is no difference between the Will of God and the Will of You.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, not merely intellectually, you will suddenly understand many things-not the least of which is that it is impossible to offend God.

This does not mean that you will no longer ever feel regret for anything you do, but it does mean that you need no longer feel guilt. The difference here is enormous.

Yet why would any of us feel regret if nothing we have done offends or contradicts or violates the Will of God? We would feel regret if we observe that any of our thoughts, words, or actions creates an experience of ourselves as less than Who We Know Ourselves to Be. For it is the desire of all that lives to express Itself in its utmost form. Put simply, we seek to be and to experience Who We Really Are. And we know Who We Really Are.

There is no secret about that. It is not a mystery to us. It is an inner knowing, a physical, cellular experience, that we cannot ignore. Thus it is that-whether we have had religious instruction or not, whether we have been raised within a cultural expectation of morality or not, whether we have been given a specific list of do's and don't's or not-we find ourselves "feeling bad" when we do things that we intuitively know are not representations of our Highest Self.

Regret vs. guilt: noticing the difference

The important thing is not to let that natural feeling of regret escalate to a feeling of guilt. CWG says that "guilt and fear are the only enemies of humanity," and that is a statement of profound truth.

Remember this always: Regret is the great healer. Guilt is the great wounder.

This wound created by guilt is not merely psychological. It is physiological. It is cellular. I am saying that the cells of your body react when you violate your inner sense of Who You Really Are and do not or cannot forgive yourself. Indeed, this is what causes illness and death.

When a person no longer carries a single thought about herself being unforgiven, that person never again finds herself speaking a single word, or doing a single thing, that violates her own highest sense of Self. Self-forgiveness produces self-realization. Then that person is no longer sick, ever, and that person becomes immortal.

This is the secret of The Resurrection of the Christ-and it is the formula for the resurrection of the Christ in all of us. It has to do with a shift in consciousness, the raising of consciousness to a place of guiltlessness. This new awareness of our true self overcomes our personal identification with physicality and death. We become non-physicalized, and we live forever. Indeed, we live forever under any circumstance, but in a state of elevated consciousness, we know it. If our consciousness is not elevated, we live forever and may not know it. We are among the walking dead.

This is hell. This is the hell of which religion speaks. It is not the fire and brimstone of certain Scriptural interpretations; it is not the everlasting damnation of the forever condemned. Indeed, there is no pain involved at all. There is simply the emptiness, the utter vacuity, of a life without God. That is, a life without Union with the Divine. Yet even this condition is not eternal, but ends the very moment it is rejected and abandoned, the very instant it is not chosen.

One cannot experience union with that which one does not know exists. Because you are God-or, if you are more comfortable saying it this way, a part of God-you cannot experience what you do not create, and you cannot create what you cannot conceive, and you cannot conceive what you consider inconceivable. The cycle-and this is truly a vicious cycle-is complete.

Yet you can break this cycle. All it takes is a change of perception. Consciousness can be elevated at any time that you want it to be. The very act of choosing to elevate consciousness causes it to be raised immediately, and the level to which it can continue to be raised is without limitation.

The reason that Consciousness is elevated by the very act of seeking elevation is that what you seek you become, what you desire you create, and what you choose you experience. Ever it has been, ever it will always be. In the moments after your death (that is, what you call "death" within the limited understanding of your earthly perceptions) you will experience what your consciousness calls forth-including a complete awareness of everything that your consciousness has previously called forth. You will go over these creations of consciousness one by one, moment by moment, reviewing in this way your entire life. This will all happen in an instant.

If your consciousness suggests that you then need to be punished for something you have done in your life, or for the way in which you have lived it, you may go ahead and punish yourself. The choice will be yours-as always. Yet even if you choose punishment, you will feel no pain, for your consciousness after death will have risen past the point where you can even conceive of such a thing. You will not be able to create it, because you will find it, quite literally, inconceivable, given who and what you are.

Nevertheless, you will be able to understand that there was a time when you could conceive of pain, and so could others, and so you will watch on the movie screen of your mind the story of how you and others experienced pain, how you caused others to do so, and how they caused you

to do so, and you will watch this as you would watch a movie, knowing that it is all totally unreal, simply a story having no basis in reality whatsoever, but a series of pictures and images flickering in two dimensions of a vastly multi-dimensional reality.

And because you will understand that even though pain-both emotional and physical-is impossible in the Realm of the Absolute, it can seem VERY real in the Realm of the Relative, you will do doubt determine, in order to grow as a spiritual being and move closer to experiencing your True Identity, never again to think, say, or do those things which created the illusion you are seeing on the screen. The moment you do this, you will have made a choice to stop separating yourself from God. For the decision to stop creating the illusion of pain in the illusory world of our present experience is nothing more than a decision to act as if we and God are one-in which state suffering is impossible.

It is Oneness that eliminates all suffering, and it is the consciousness of Oneness that makes the experience of Oneness possible. That moment can occur before death as well as after it. When it does, one moves toward Mastery in Living. With this movement, we render ourselves eligible to become a true Spiritual Helper on the earth, for we are no longer concerned with our own dramas, nor our own suffering, but with the dramas and suffering of others, to the degree that we actively seek to free them from it.

This is, in fact, all that the Buddha sought. It was the call of Moses to set his people free. It was the motive behind everything that Jesus did. It was the compassionate cry of Muhammad. Indeed, it has been the signature activity of every saint and sage, all of whom would become our Savior, rescuing us from the abyss of our own ignorance and illusions.

Some practical ways to take Step Four.

Taking this fourth step in becoming a spiritual helper is as simple as A-B-C.

A. Look deeply at what causes suffering.

Most people think that pain and suffering go hand in hand. They do not need to, and when this link is broken the chains that bind us fall away.

B. Notice that when suffering ends, compassion begins.

First, compassion for the self, and then compassion for others. True compassion. The compassion that turns thoughts and feelings into action.

C. Allow true compassion to open the way to true Oneness with the Creator.

This single shift in our way of relating to God can change the world over night.

Now let's take a look at how you can do this. Fascinatingly, there is not much reading that can be done on the subject of suffering that does not fall into either the Judeo- Christian or Buddhist thought system. If you are looking for "new thought" writing on suffering you may have to suffer through a long search...

The Judeo-Christian thought around all of this seems to be that suffering is good, in a sense, because in the end it leads to our own perfection (tempering steel by fire, and all that), thus preparing us for heaven's reward, which is an eternal life where suffering no longer exists.

The Buddha took a different approach, suggesting that suffering need not exist on earth, either. Yet he said that the cause of all suffering is desire, and that the solution was therefore to simply eliminate all desire, and here I disagree with him.

So what is needed is a New Thought on this subject, embracing neither the Buddhist nor the Judeo-Christian tradition. If such a book is out there, I do not know what it is. I went to Amazon.com and typed "suffering" in the search engine and all I came up with were Christian or Buddhist writers, in the main, all coming from those aforementioned points of view.

Such is the dearth of new thought on this subject that I am half thinking about writing a book of my own on the subject, Forbidden Conversations About Suffering, or some such thing, because apparently this is one of those areas where points of view that are off the beaten path are simply not tolerated, and thus not widely expressed.

This is one of the reasons that humanity has had such a difficult time ending its separation from God. We simply cannot understand why, if there is a God, he would allow or permit suffering-and we certainly can't understand how, if we are all one with God, we would create and allow ourselves to suffer.

It just doesn't make sense, and so the only thing that does make sense is that we are NOT One with God-and that's the thought that sticks. It has stuck now for quite some time, and it is the main impediment to our full understanding of God and to our complete embracing of a God who is not separate from us. Suffering is manifestly evident all over the world. All of us have experienced it in our own lives, and all of us have seen it in the lives of others. Indeed, suffering seems to be the chief evidence that God and we are not One, because, to **restate the essential question: If God and we are One, why would Him/Her/Us/We do this to ourselves?**

That's a good question-an amazingly "on point" question. It is a question that deserves an answer.

The answer.

Suffering is not something that God wants or needs. Let's get that straight at the outset. Let's also get clear that suffering is not something that earns us "points" or gathers us "credits" as we seek to somehow increase our worthiness to experience paradise. Indeed, there is no virtue in suffering whatsoever.

None. Period. End of sentence.

So much for the Judeo-Christian ethic.

Now, to the Buddhist question. Is the simple elimination of our desire the simple way to end our suffering?

No.

Nice try, Gotama, but not quite it.

Desire, says CwG, is the primal energy that powers the Process of Creation. Desire is another word for Love, and if we eliminate desire, we eliminate love. I don't think any of us want to create an I-don't-give-a-damn-about-anything life. To desire something is not the same thing as to need it. The explanation of this in What God Wants is wonderful, and I hope you will all read it. **An even longer "take" will be found in A Handbook to Higher Consciousness, a truly extraordinary, life-changing book by Ken Keyes, Jr.**

So no, do not eliminate desire. Keep desire intact. Eliminate need. It is an illusion. To learn more about the Illusion of Need, read Communion with God.

Getting some exercise

Now do the following exercise:

Think of something that you fervently desire right now. Perhaps it's a relationship that truly works. Perhaps it's a career that is really "you." Perhaps it's a new level of income that allows you to escape from your stress and worries. Maybe it's all three. Pick one. Or pick something else, not on this list.

Okay, now hold the thought of that desire strongly in your mind. Focus on it and place your attention on it. Close your eyes and do this, and when you have really focused in hard, just open your eyes and keep reading here.

Pain is an experience. Suffering is your point of view about it. Pope John Paul II was said to have had many illnesses toward the end of his life, much pain. But according to those closest to him, he showed no signs of suffering. This was because, insiders say, of his attitude. The Pope had an idea about his discomforts that sustained him during his experience of them. His idea was that it was perfectly all right with him to have the conditions that beset him. When he left his body at the end of March, 2005 he offered the whole world an example of what it means to die with dignity.

This does not mean that all people everywhere must accept their discomfort without complaint and allow themselves no respite, comfort, or withdrawal from the pain. Appropriate pain management and keeping oneself as comfortable as possible is obviously part of any humane end-of-life protocol. And sometimes a little complaining is good. A grumble here and a gripe there can do much to release pent up negative energy. What it does mean is that it is very often possible to rise above our physical or emotional discomforts in more of our moments than not, experiencing them fully but without anxiety or undue suffering. Mothers giving birth can attest to this.

In emotional situations in particular, suffering is the result of unmet expectations in nearly every case. The obvious and immediate solution to this is to simply move through life without expectations. Ah, easier said than done, you might say. But is it?

When we look deeply at the cause of suffering, we see that in far more instances than we might have previously imagined we can eliminate suffering by simply changing our mind about what is going on. If we really want to end our separation from God we can start here, at the experience called suffering. We can begin by understanding that God does not suffer, and God does not want us to suffer. You can depend on that. I promise you it is true.

Many people pray when they are suffering, and their prayer often sounds something like, "Please, God, bring an end to this suffering." Such a prayer presumes that God is creating it. We imagine God to be separate from us, and we think that perhaps just the right word from us will convince God to stop the torture. Of course, the wonder of this kind prayer is that, if we believe that just the right word from us will cause God to end our torture, our torture very often will end. Depending on the level of our belief, so will it be done to us. Yet it is not really being done TO us, it is being done THROUGH us. The mechanism is internal, not external-both in the producing of our suffering and in the ending of it.

The wondrous part of this process is that you can undertake this portion of it out of order and produce the same result. In other words, you can reverse the order of A. and B. above.

You can seek to end the suffering of others through bringing them greater understanding and, in so doing, deeply explore the cause of suffering and end your own.

The circle of life

Most of life's processes are circular, as is Life Itself. Indeed, the main reason that most healers work to heal others is to heal themselves. This is true whether they know it or not. It is true because there is only one of us in the room. What we heal in ourselves, we heal in another; what we heal in another, we heal in ourselves. The effect is circular and unending. What leaves the front of you touches the back of you. What goes around comes around. You cannot heal something in yourself without it having a salutary effect on others. It is impossible. Similarly, you cannot heal something in another without it having a salutary effect on you. It is impossible.

All healing is universal. Thus it has been written: when one person opens once again to God, all the heavens rejoice.

Knowing, as you do now, that the processes of life are circular and reversible, here is something practical that you can do right now to end your separation from God. End the separation from God of another.

When you do this you end their suffering. Or, you can end their suffering and you do this. Ending suffering ends separation, which ends suffering, which ends separation, which ends suffering. Compassion naturally arises out of such a cycle, and it is ours but to notice it, and then express it with everyone whose lives we touch. Compassion is the beginning of healing. Compassion is the medicine for suffering. Awareness is the healing, but compassion is the medication. Only when compassion is present in the moment of suffering can awareness arrive.

So notice that when suffering ends, compassion begins, and that when compassion begins, suffering ends. The circle presents itself again.

Some final practical ideas

Part C of Step 4 is to allow true compassion to open the way to true Oneness with the Creator.

This single shift in our way of relating to God can change the world over night. Yet one more time we see the circle in evidence. Compassion opens the way to Oneness with the Creator, which opens the way to understanding the causes of suffering, which opens the way to compassion, which opens the way to Oneness with the Creator.

And once again we notice that the circle may be entered at any point. It is not necessary (nor is it even possible) to "start at the beginning," for where is the beginning of a circle?

So we see that Oneness with the Creator may be achieved without starting with an exploration of the causes of suffering. It may be achieved by simply starting with compassion for others, whether we understand the causes of suffering or not. Or it may occur as a standalone, profound experience, stimulated by whatever (perhaps during a moment of meditation, or while making love, or when simply contemplating an orange-all points made elliptically by the film Zen Noir.)

Part C here suggests, then, that you do whatever you can to achieve and experience Oneness with the Creator. There are many, many avenues and approaches here. For millions of people, meditation is one of them. Conversations with God suggests that we meditate fifteen minutes in the morning and fifteen minutes in the evening every day.

Many people shy away from meditation as a practice because they may have been frustrated in early attempts to do this, or because they simply do not feel they know how, and don't know where to begin.

Recently I received an email from a woman named Kimberly who sent me a wonderful poem that she wrote about her connection with God after reading CwG. She then asked me if I had any suggestions on how she should approach her "inner self."

Below is the email I sent back to Kimberly. I did not intend for it to be, but it turns out that this is a wonderful little treatise on the art of meditation. If I had sat myself down to write an "article about meditation" I do not think I could have produced such clarity. However, when our intention is purely to seek to assist another, I believe we open access to enormous wisdom. Here is the email that resulted...

My dear Kimberly...

First, thank you for sending the poem. It is a wonderful expression of your feelings and your inner truth after reading the CwG material, and it was a very special gift to receive from you.

As to your request for individual guidance on how you might approach your inner self, I believe that you have done so with your poetry. This is one of many ways that our higher Self speaks to us, and I do hope that you will continue to put pen to paper in this way whenever you feel inspired to do so. A collection of such verses may one day serve humanity.

To prepare for such inspirations, I want to make the already predictable suggestion (so predictable, in fact, that you may already be doing this) that you practice quiet, sitting meditation at least twice a day. Please do this for at least 15 minutes each morning and 15 minutes each evening. Try, if it is possible, to set a standard time when you will do this. Then try to keep to that time. Yet if you cannot keep such a schedule, know that any time will do, so long as it is at least twice a day, early and late.

Find a place where you can be absolutely private and alone. It works for me to be naked, because that removes for me any sense of "closed-offedness" from the universe, if that makes any sense to you. So I sit naked, but that is not a requirement, Kimberly. It is just something that helps me to achieve a state of mind. If sitting without any clothing on in any way produces discomfort in you, or creates a state of mind which is not totally open and joyful and at peace, then wrap yourself in something loose and flowing. But try to not dress in something that binds or constricts in any way, making you conscious of something other than your holy self.

When I meditate, I sometimes sit outside, if it is nice and warm, allowing the morning sun to bake down upon me, or the stars to sparkle above me. Inside, I sit by a window and let the dawn sun pour in and the night sky enclose me. There is no "right way" to do quiet sitting meditation. (Indeed, there is no "right way" to do anything.) One may sit in a comfortable chair, or on the floor, or upright in bed, for that matter. Choose what works for you. I sit on the floor, usually with no back rest but occasionally against a wall or something, because floor sitting keeps me more "present" in the space. If I am too completely comfortable, as in an overstuffed chair or on the bed, I tend to doze off or fade away from the moment.

When I am sitting on the floor, or outside on the grass, this rarely occurs. I am totally mentally "present." Once sitting, I begin by paying attention to my breathing, closing my eyes and simply listening to myself inhaling and exhaling. I am in blackness and I pay attention only to what I am hearing.

When I have "united"---that's the only word I can find that fits here---with the rhythm of my breath, I begin to expand my attention to what my "inner eye" is seeing. Usually at that point this is nothing but darkness. If I am seeing images-that is, "thinking thoughts" of something and seeing that before me, I work to fade those thoughts out, like a "fade to black" on the movie screen. I turn my mind to blankness. Focusing my inner eye, I peer deeply into this darkness. I am looking for nothing in particular. I am simply peering deeply, allowing myself to search for nothing.

Soon, in my experience, what appears to be a small, flickering blue "flame" or burst of blue light pierces the darkness. I find that if I begin thinking about this cognitively---that is, defining it, describing it to myself, trying to give it shape and form or make it "mean" something---it disappears immediately. The only way that I can "make it come back" is to pay it no mind. I have to work hard to turn my mind off and just be with the moment and the experience, without judging it, defining it, or trying to make something happen or figure it out or understand it from my logic center. It is rather like making love.

Then, too, for the experience to be mystical and magical, I must turn my mind off and just be with the moment and the experience, without judging it, defining it, or trying to make something happen or figure it out or understand it from my logic center. Meditation is making love to the universe. It is uniting with God. It is uniting with Self.

It is not to be understood, created, or defined. One does not understand God, one simple experiences God. One does not create God, God simply is. One does not define God, God defines one. God IS the definer and the defined. God is the definition itself. Insert the word Self wherever the word God appears in the above paragraph and the meaning remains the same.

Now, back to the dancing blue flame. Once you take your mind off it, all the while keeping your focus ON it, without expectation or thought of any kind, the flickering light may reappear. The trick is to keep your mind (that is, your THOUGHT PROCESS) off it, all the while keeping your focus (that is, your UNDIVIDED ATTENTION) on it.

Can you imagine this dichotomy? This means paying attention to what you are not paying attention to. It is very much like day dreaming. It is like when you are sitting in broad daylight, in the middle of some place of great activity, and you are paying attention to nothing at all, or to everything all at once. You are expecting nothing and requiring nothing and noticing nothing in particular, but you are so FOCUSED on the "nothing" and the "everything" that someone finally has to snap you out of it (perhaps by literally snapping their fingers), saying, "Hey! Are you DAY DREAMING?????"

Usually, one day dreams with one's eyes open. Meditation is "day dreaming with your eyes closed." That's as close as I can come to explaining my experience.

Now the dancing blue flame has reappeared. Simply experience it and do not try to define it, measure it, or explain it to yourself in any way. Just...fall into it. The flame will appear to come toward you. It will become larger in your inner field of vision. This is not the flame moving toward you at all, but YOU moving into, and inside of, the experience of it.

If you are lucky you will experience TOTAL IMMERSION in this light before your mind starts telling you about it and talking to you about it. If you have even one instant of this mindless

immersion, you will have experienced bliss. This is the bliss of total knowing, total experiencing of the Self as One, with all of it, with everything, with the Only Thing There Is.

You cannot "try" for this bliss. If you see the blue flame and begin to anticipate this bliss, the flame will disappear instantly, in my experience. Anticipation and/or expectation ends the experience. That is because the experience is happening RIGHT NOW, and anticipation or expectation PLACES IT INTO THE FUTURE, WHERE YOU ARE NOT.

Hence, the flame seems to "go away." It is not the light that has gone away, it is you. You have removed yourself from the moment of Now by placing your thought into what you call the Future. This has the same effect on your inner third eye as closing your outer eyes has on your experience of the physical world around you. You quite literally shut it out.

In my own experience, Kimberly, this experience of bliss comes but once every thousand moments of meditation. Having known it once is both a blessing and, in a sense, a curse, because I am forever wishing for it again. Still, there are times when I can retreat from the wishing, remove myself from the hope, desert my desires, reject my expectations, and place myself totally in the moment, utterly without anticipation of anything in particular. This is the mental state I seek to achieve. It is not easy, but it is possible. And if I achieve it, I have achieved mindlessness. Nirvana. Bliss.

Now, a moment ago I referred to the experience of making love. I did this for a reason. This can be a wonderful training for those who find it difficult to undertake the journey to mindlessness in quiet meditation. If you have an intimate partner, you may find that the experience of sexual union is an extraordinary opportunity to experience the beginnings of the journey to bliss, or mindless oneness.

In your sexual encounter you must retreat from the wishing, remove yourself from any hope, desert any desires, reject any expectations, avoid or ignore any unconscious comparisons, and place yourself totally in the moment, utterly without anticipation of anything in particular. It is not easy, but it is possible. If you achieve it, you will have achieved mindless oneness. This is nirvana. This is bliss.

Then, knowing that such a state is possible, your next step on the journey is to achieve this state not through physical union with another, but through metaphysical union with the Self. This same bliss may be experienced in silent meditation. Having experience this identical state of bliss, you will come to know the REASON that the experience of bliss through physical union with another is identical to the bliss experienced through union with the Self..

*There IS no one BUT the Self. There IS no "other." Totally loving, non-expecting, non-desiring, non-needing sexual union with another confirms this. Totally loving, non-expecting, non-desiring, nonneeding metaphysical union with the Self confirms this also.
Hugs.....Neale.*

There are other ways to come to know the Creator, and to end our separation with God. In addition to meditation there are physical disciplines, regimens and trainings that can get us in touch with our true nature, such as yoga, Dahn Hak, and others.

Studying is another way to end your separation from God. Many people have done so after reading the Conversations with God books. There are, of course, thousands of books on this subject.

For a basic understanding of the world's present theologies and what they tell us, read just about any book by Huston Smith and/or Karen Armstrong, among them...

The World's Religions: Our Great Wisdom Traditions, by Huston Smith
A History of God: The 4,000-Year Quest of Judaism, Christianity and Islam, by Karen Armstrong
The Battle for God, by Karen Armstrong

Here are some other titles you may find helpful as you expand beyond traditional parameters:

How to Know God: The Soul's Journey into the Mystery of Mysteries, by Deepak Chopra.
The Seat of the Soul, by Gary Zukav.
Illusions: The Adventures of a Reluctant Messiah, by Richard Bach.

And, of course, if you have not already read it: What God Wants: A Compelling Answer to Humanity's Biggest Question, by Neale Donald Walsch

The last word on Step Four

The Hindu religion teaches that there are four paths to God.

These are, loosely...

- The Path of the Intellect (thinking things through and getting there through a mental process)
- The Path of Service (finding the true self through selflessness, in giving to others)
- The Path of Devotion (praying and honoring through sacred ritual and deep, heartfelt love and dedication to the Divine)
- The Path of Discipline (rigorous and often ritualized physical routines that use the body to, ironically, cause our sense of ourselves AS the body to fall away) No path is more "direct" than any other path; none is more "correct" or effective. Indeed, most people find God by walking some combination of these paths-although there is often an emphasis on one path or another, given a person's individual proclivities. Do whatever you can to end your sense of separation from God. Look into a baby's eyes. Smell a bouquet of lilacs. Swim naked in the ocean along a roaring beach at midnight. Eat anything juicy.

Or simply breathe.

Breathe in the wonderful air around you. Go outside and get some fresh stuff. Better yet, leave the city and head for the hills and breathe in the air there. Stand by a waterfall and breathe in the air. Bury your face in the shoulder of someone you love. Breathe in the love. Feel the essence of that person, and of you, and of the oneness, the closeness, you feel.

Tell me then that there is no God. Tell me you feel separate from God and from Life. I don't think you will be able to. I don't think so.

Chapter Five

The fifth step in becoming a spiritual helper is to:

5. BEGIN LIVING THE TRUTHS WE SAY WE BELIEVE

This is a big step, because this step brings us out of the closet in an even bigger way. It is one thing to announce ourselves to each other (Step 1), it is quite another thing to show ourselves to each other (Step 5).

Your truth means nothing until you live it. Did you hear that? Did you understand the implication of that?

Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."
So let me ask you again, did you hear that? What I SAID was...your truth means nothing until you live it.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, not merely intellectually, you may want to change your entire life. Not many people are living their innermost truth. Not many people even know it. The first step in living your truth is to know it. Heart Circles are wonderful for this. They allow you to get in touch with the deepest desire inside of you-and make no mistake about this: your deepest desire is your deepest truth.

Truth does not exist as an exterior reality. There is no such thing as Objective Truth, nor is there such a thing as Absolute Truth. Truth exists as the prime experience of relativity. In the Realm of the Absolute truth as we know it cannot exist, because there is nothing else but what is So. In the absence of that which is Not True, that which is True cannot be known as being True. It can merely be known as What It Is. That is sufficient, of course. A thing is sufficient unto itself. It needs nothing else to prove its existence. It simply is, whether anything ELSE is or not. Yet it cannot be known as what it is it cannot be experienced, unless and until that which It Is Not appears somewhere in time and space.

This concept is explored many times in the Conversations with God material and is mentioned here only to reinstate and reinforce it within the context of the present discussion. Your life has created a context within which you can know That Which Is Not True about you. Think about this. This is a grand awareness. This is an important insight. Think about this.

Your life has produced the events it has produced, brought in the people it has brought in, for the simple and explicit purpose of allowing you to know That Which IS True-about you, about God, and about everything else. So bless, bless, and bless all that has happened and all that is yet to occur, seeing it all as Perfect in the Process of Life, which is the process by which we come to know ourselves in our True Identity.

Are you in 'uncovery'?

So as you seek to live your truth, you must first seek to know it. This is accomplished through a process of deep self-uncovery, for we have hidden ourselves from ourselves in this experience called human life.

"Self-uncovery" is a new term that I have coined. It is the only accurate term that I can come up with to describe the process of which I am now speaking. Life is not a process of discovery. CwG tells us that early on.

Nor are we in REcovery, as might be a person who has fallen ill or who has lost something and is trying to recover it. Both of those positions are positions of weakness - and weakness is everything that is OTHER THAN Who We Really Are.

We are in a process of UNcovery. Who we are has not been lost, nor are we ill or diminished in any way, nor reduced in any of our capacities (though we may think that we are). Similarly, who we are is not something that does not now exist (We therefore do not have to "create it.") Nor is it something that we have to go out and find. (We therefore do not have to "discover" it.)

Who we are is who we ARE. We don't have to go looking for it, we ARE it. We don't have to recover it, we HAVE it. All there is left to do is UNCOVER it. So life is a process of pulling the cover off of what is now there, has always been there, and always will be there.

Again, for emphasis: Our magnificence is not waiting to be discovered, it is waiting to be uncovered. The glory and wonder of who we are is not there for us to recover, it is there for us to reveal. It is there for us to reveal.

This, then, is The New Revelation.

The process of self-revelation, of uncovery, in a step-by-step process that begins with the Five Levels of Truth Telling mentioned in Chapter 2. To review them, without making you have to page back...

Level 1: Tell the truth to yourself about yourself

Level 2: Tell the truth to yourself about another.

Level 3: Tell the truth about yourself to another.

Level 4: Tell the truth about another to that other.

Level 5: Tell the truth to everyone about everything.

Once you engage this process fully, making a part of the way you live and the way you are, you will be well on your way to living the truth that you say you believe.

Some practical ways to take Step Five.

Taking this fifth step in becoming a spiritual helper is as simple as A-B-C.

A. Identify your truths. Many people don't know what their truth is. The first part of Step Five, then, is opening yourself to your own truth.

B. Share your truths with others. We are not used to telling others, blatantly, what is true for us. No wonder it is so difficult to experience it!

C. Live your truths no matter what. This single shift in our way of relating to each other can change the world over night.

If it starts to sound as though I am repeating myself here it is because I am. These steps to becoming a Spiritual Helper soon start folding in on themselves. One leads to the other in a never-ending circle, until we begin to see that, in some fascinating way, one step IS the other. **There is really only ONE STEP. We'll give that step a name: Love.**

So, how to become a Spiritual Helper comes down to a simple thing: act lovingly. All of these steps that I have delineated here are simply ways to do that. Now let's take a look at how you can do this.

There are a lot of ways that you can open yourself to your own truths-about yourself, about life, about God, about almost anything, yet there is only one decision. You must decide to commit to the process.

As we consider at Step Five I want you to know that commitment is everything. If we are not committed to, first, knowing, and then living, our truths, we will never do it fully. Commitment is the only antidote that I know to risk.

Life feels unsafe enough as it is without us risking even more by getting deeply involved in all this truth stuff. Most of us have gotten used to hiding our truth, even from ourselves. Others of us wouldn't know our own truth if it smacked us in the face. We've heard the truths of others for so long, we imagine them to be our own. This is particularly true in religion and politics, but it shows up elsewhere, too.

One of the first things I want you to do, once again, is a bit of reading. **Reading up on truth-knowing and truth-telling can be very inspiring**, I have found. **Here are some wonderful books with** which you may want to start:

Blue Truth, by David Deida. The product description of this book on Amazon.com says..." You are deeper than your life shows, and you know it. You are more loving than your relationships allow, more brilliant than your career suggests. In your secret depth of being, you are infinite, creative, boundless-and utterly unable to press your full glory into the world. Or so it seems.

In Blue Truth, David Deida presents insights for uncovering your true heart of purpose, passion, and unquenchable love...Knowing the truth is fairly useless; feeling it is profound; living it makes all the difference," says David Deida. With Blue Truth you have an unprecedented guide for living your own deep truth, and awakening "as the bare openness you are, in the free offering of love to all."

Also...

Radical Honesty: How to Transform Your Life by Telling the Truth, by Brad Blanton

Getting Real: Ten Truth Skills You Need to Live an Authentic Life, by Susan Campbell.

After you're done reading...

This really is like a short-course in spiritual awakening. So yes, there is a lot of reading that I am recommending. I really hope you will dive into these books. It is not, incidentally, about agreeing with everything you see written in them. It is about beginning the internal discussion. It is about finding out what is true for you after hearing the

thoughts of some others. So please don't get the idea that what I am saying is that these books that I have pointed you to here have the Best and Final Answer to everything.

They are really meant to simply be "starter-uppers" -something to get your engines going. Now, when you've finished your reading about Truth as a way of life, here is an exercise I'd love for you to try.

Getting some exercise

On a piece of paper write down five people, circumstances, or situations that are occupying your mind right now. Leave plenty of space beneath each listing. For instance:

1. My mother
2. Marilyn
3. This week's project at work
4. Our money situation
5. My sex life

I just made all that up. It's an example of what such a list could look like. Now look at the list that you have made, and under each heading write down, as fast as you can, the first thing that comes to your head as you complete the following sentence...

My truth about this is...

Important clue: DON'T THINK ABOUT THIS. Just write the first thing that comes to your head. This will be your truth. The rest is all that you are "thinking" about it-which may even include the idea that you shouldn't feel that way about it. So don't "think" too much. In fact, don't think at all. Just listen to your stomach when you see those headings, and write the first thing that you feel deep inside. No one is going to see this paper, so let yourself tell yourself the absolute truth-even if it is one you are not proud of, even if it is one you don't want to hear.

You should like this exercise very much. It should feel stimulating and, in a sense, relieving. Because it may be the first time that you have been that clear even with yourself in a long while. If you did enjoy the exercise, give yourself a day off (rest from the emotional impact), and then do it again, with five new headings. Do this every other day for a week.

Think of things you are concerned about that day. They may be repeats of what was on your first list, or, by the end of that time your headings may become a little more general, or a little more distant from you. They will nevertheless be things you are thinking about these days.

This might be something like...

1. The next presidential election
2. Death with dignity, and end-of-life decisions
3. The culture struggle in America: ultra conservatives vs. progressive liberals
4. Gay marriage
5. Religion, and what God wants

By the close of the week you will have identified multiple areas of interest or concern to you, and you will hopefully come a lot closer to knowing what is true for you about those things.

Now you might think, "This is silly. I already know my own thoughts. If I didn't, I couldn't put them down." But hold on. This may or may not be true. Sometimes people just don't want to look

at what they don't want to look at. This little exercise will force you to confront yourself and to ask yourself, what am I really feeling about this now?

Again, it is important not to think about any of this too much. Remember, you are not really interested too much in what you are thinking as you are in how you are feeling. There is often a vast difference.

More practical suggestions.

The second suggestion for implementing Step Five is to share your truths with others.

Once you have written down your own feelings about stuff that's on your mind right now, find someone to share them with. Form a Heart Circle and have a meeting two or three times a month, using this forum as a space in which you can share what is going on with you right now-about anything, really-and talk openly about what you choose right now.

Then get more "people specific." Try this process:

More exercise.

Take out three sheets of paper. One the top of each, about half an inch down and a little further in from the left margin than seems natural, write the name of a living person who is very important in your life right now.

Good. Now, in front of the name on each of those sheets, write the word "Dear...", so that what you now have is what appears to be the beginning of a letter. Now, please write the following as the first sentence in each of those letters...

What I am afraid to tell you is.....Then...complete the sentence. What comes out may surprise you. Now finish the letter, elaborating on that first sentence. Next, gather the courage to actually send or deliver the letter to the person whose name is at the top. This will be a powerful exercise in truth sharing.

Some final practical ideas.

The last suggestion here as you embark on Step Five of becoming a Spiritual Helper is to live your truths no matter what.

This takes great courage. There is always the fear that you will be rejected. Or denounced. Or marginalized. Or simply misunderstood. You have to risk it all.

Remember:

You cannot have it all unless you are willing to risk it all. Make a list-WHAT I AM WILLING TO LOSE. This could be the most important piece of writing you have ever done. This single exercise has been known to change lives. Sometimes, over night.

But now, don't get discouraged. If you find that you cannot live your truths no matter what, that some things you still feel you need to withhold, this does mean that you cannot be a Spiritual Helper. It simply means that, on the list of people who are going to help, is you. As you seek to assist others in identifying, sharing, and living their truths, you will find that you are talking to yourself.

Keep helping, keep bringing this message to others. Ultimately you will realize that the whole process was intended for you. Then you can really help others, because you will have become doubly motivated.

So do not worry about whether you have achieved total mastery before you become a Spiritual Helper. Yet be worried for sure if you have not even embarked on the path. You cannot show someone else a path that you have not even found. You do not have to be at the end of that path to lead another to it, but you surely must be at the beginning.

Chapter Six

The sixth step in becoming a spiritual helper is to:

6. COMMIT TO BEING KNOWN, COMMIT TO BEING FREE

This is another big step, because this step brings us to the attention of the world at large. This is different from Step 1, in which we announced ourselves to each other. That step involved finding people of like mind, and then saying to them, "I'm with you." This step involves stepping out of the crowd and saying, "Are you with me?"

It is about freeing yourself of who you thought you were, and being known, widely, as who you now are in your wonderfully recreated version of yourself. Even if you live your truth, you cannot help others unless they know you are doing it. Did you hear that? Did you understand the implication of that?

Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means.

Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that? What I SAID was...even if you live your truth, you cannot help others unless they know you are doing it. The implication of that is enormous. Because if you see this and embrace this and accept this wholly, nor merely intellectually, you will find yourself "stepping out" in ways that you might never before have imagined.

This thing called freedom. Before you allow yourself to be widely known, you must allow yourself to be free. First, you must be free of all your false thoughts about yourself. Then, you must be free of all your false thoughts about others. Finally, you must be free of all your false thoughts about God.

You can take these in reverse order if you wish, it doesn't matter. What does matter is that you free yourself before you try to free others. Like the hero in those adventure films who's running down the corridor of the torturer's prison swinging the cell doors open and letting all the prisoners out, you must first have the key before you can open the door for others.

Now once in a while you're going to drop the key. That's all right, as long as you're willing to look for it and to pick it up again. But if you try to open those doors without the key, you're going to discover that you can't do it. Once you get free, it will seem like the most obvious thing in the world to let yourself be widely known (even if you're uncomfortable with "fame" in the beginning), because you will be like a person who has just won 40 million dollars in the lottery. You will want to share it. You wouldn't keep it all to yourself even if you could. And in order to

share it, people need to know you have it. So you have to tell somebody. And once the word is out that you won 40-mill in the lotto, I promise you, everyone is going to know about it.

In just the same way, once the word is out that you have found a deep understanding about God and Life, and that you have become a messenger of the New Spirituality, a lot of people are going to know about it. And, as far as you are concerned, the more, the better, if you truly want to be a Spiritual Helper.

Some practical ways to take Step Six.

Taking this sixth step in becoming a spiritual helper is as simple as A-B-C.

A. Practice moving to the edge of your comfort zone.

You can help some people anonymously, but if you really want to have an impact on the world, you are going to have to "put it out there" that you are doing that. This may require that you go to the edge of your comfort zone-and beyond it. You will need practice.

B. Systematically review your current thoughts about God, about Life, and about others.

This is work that you have already been doing, or you certainly wouldn't be reading this.

Now it's time to take that work to the next level.

C. Prepare the articulations of spiritual freedom.

Be ready to speak into the moment and to place into the space, the message of hope and help that the New Spirituality offers. Now let's take a look at how you can do this. Allowing yourself to be widely known as a spiritual helper may be challenging for you, especially if you are not used to being "out front."

Make a third column, How I Feel When I Overcome My Discomfort With This.

Now fill out the form and see what it tells you about yourself. In column one, jot down five things, the doing of which has made you uncomfortable in the past. "Allowing myself to become widely known, behaving in a way that draws attention to me," might be one of them.

After you have identified five things, move to the next two columns and just write into those spaces what is true for you. If you have never done any of the things that you wrote down in column one, ask yourself, "is my discomfort around doing this so great that I intend to avoid this for a lifetime?"

Now, as the final part of this process, take one of those five things for each day of next week and go ahead and do it. If, as a practical matter, you can, then go ahead and do it. Feel the discomfort and do it anyway. THEN fill out columns two and three on the form, and see what this tells you about yourself.

Now, as a matter of lifestyle, practice pushing past your comfort zone at least once each week in some area of your life. Maybe it will be around money. Or perhaps it will have something to do with sex. Or maybe it will involve something as simple as eating a new food, or telling the truth to your mom, or buying a see-through (I mean, really see-through) negligee for yourself or your lover-whatever. The point of it all: do something that pushes you past your Comfort Zone every week. Practice, practice, practice!

Some final practical ideas.

If you truly wish to become a Spiritual Helper you will not only need to be willing to step up and step out, but also to speak up and speak out.

This means that you will have to not only have the heart for this work, but the communication tools as well. Fortunately, these tools are obtainable, if you feel that you do not already have them.

If you want to sharpen your public speaking skills, look up Toastmasters International in virtually any community in the world.

Making effective communication a worldwide reality, Toastmasters is a wonderful way to improve your communication skills. They'll help you lose any fear you may have of public speaking, and learn skills that will help you be more successful in whatever path you've chosen in life.

This non-profit group can assist you in learning to

- Deliver great presentations
- Easily lead teams and conduct meetings
- Give and receive constructive evaluations
- Be a better listener

Check out this extraordinary organization at: www.toastmastersinternational.com

If you want to pick up additional skills related to sending the specific messages of CwG and the New Spirituality, there is also a program to help you do that. It is the Life Education Program (LEP) of the Conversations with God Foundation.

Also a non-profit organization, the Foundation has moved people from all over the world through this program. Formerly known as the Leadership Education Program, the LEP drives to the heart of the Foundation's mission, which is to support evolutionary transformation in individual lives and, therefore, the world.

The Foundation is passionate about the value of this program, which centers around 3 principles that will create revolutionary shifts in you and the world in which you live: Education, Spiritual Discipline and Community.

Conversations with God, along with other New Spirituality material, has affected many people's lives in very positive ways. The truth that emanates from these teachings offers the opportunity to transform our experience of ourselves, each other, and the planet. Education is about learning how Life/God/Universal Energy works. The word "education" comes from the Latin: educere which means to draw out, that is, to draw out from within the wisdom and understanding that already exists; bringing it forth that we might have a deeper awareness of how we create our reality and how our choices impact our own lives and the world around us. This goes much further than just reading the books and gaining an intellectual understanding.

There are many questions that come up after reading books like Conversations with God when you are attempting to move into a place of living these principles in everyday human experience. Each program module gives you the opportunity to explore these empowering concepts, to delve deeply into your own growth challenges and to freely ask questions to access more clarity and vision. Neale Donald Walsch, along with other spiritual teachers and facilitators will be there to share their wisdom, insight and passion for this work as you participate.

Spiritual Discipline is about practicing a new way of BEING. Change does not usually happen overnight. A worldclass musician doesn't become that without commitment, discipline and practice. Through tools, exercises and trainings you will call forth and practice the awareness of how you are BEING in this moment and evolve into the BEINGness that you choose. At whatever level of spiritual awareness you are, we encourage you to keep stretching, keep expanding your thoughts, words and beliefs, so that the world itself can expand.

Community is the most dynamic and heartening part of this life-changing experience. This program creates a nurturing and positively challenging bond between facilitators and participants that is truly a unique experience. Community emerges in a space of safety for honest and authentic expression when people are challenged with their innermost fears, insecurities and very often their potential for success. The staff is there to support you in manifesting your dreams while you step into a grander sense of self, thus allowing your unique contribution to the world.

The Life Education Program consists of 4 basic modules: Life Skills, Process, Empowerment and Group Dynamics. For more on the LEP go to www.cwg.org and click on "Retreats & Education."

The last word on Step Six.

If you really, really wish to become a Spiritual Helper you are going to have to come out of the closet. No more hiding out, no more placing your light under a bushel. You've got to choose to be known, and choose to be free **The New Revelations, an extraordinary dialogue** book in the CwG series (by the way, if you haven't read it, it is a must), says this:

Everything you think, say, and do is a message. Your whole life is your teaching. If you thought that others, tomorrow, would walk in the path that you have taken today, would you take the same path? You may think that people do not look to you, but they do. More people than you know. Everyone, in fact, whose life you touch is touched by your example.

You are giving them data about life. You are telling them how it is, how things operate, how things are, and they will emulate you, they will copy you, and they will take your data into their world and make it part of their own lives... Everything starts with you.

Chapter Seven

The seventh step in becoming a spiritual helper is to:

7. COMMIT TO BEING A LEADER AND FORGET THE OUTCOME

This is another big step, because this step not only brings us to the attention of the world at large (Step Six), but catapults us into the position of leader in the world at large. This is different from all the other steps, because now we are not merely talking about finding companions on the journey, not merely assuring that others who are not on the journey will see us and know that we are there—we are now talking about choosing to lead the journey, to show the way.

This is about forgetting outcomes and moving into a new experience of yourself in which the experience itself is the outcome. It is about leading the way by showing the way and showing the way by leading the way. It is about completing the circle and having it all become one.

A Spiritual Helper is always a leader, showing others the way, reminding others of who they really are, giving others back to themselves.

Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means.

Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?

What I SAID was...a Spiritual Helper is always a leader, showing others the way, reminding others of who they really are, giving others back to themselves.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, nor merely intellectually, you will find yourself assuming the mantle of leadership in ways that you might never before have imagined.

This thing called leadership.

Let's take a look at what I mean by the term "leadership." On this planet there are two kinds: temporal leadership and spiritual leadership. I am talking here about spiritual leadership. Alas, suddenly everything clears up! Now all of us can become a leader.

Even though spiritual leadership is at one level much harder, much more challenging, than temporal leadership, it is also much easier. That is because everybody can step into it, without any physical or psychological skills required. You don't have to be a good speaker.

You don't have to be a good organizer. You don't have to be a lover of the limelight or the "life of the party." You can be shy or bashful, retiring or quiet of personality.

This does not mean that you will not make yourself known as Who You Are. This does not mean that you will not self identify. You will.

You will follow Step One and Step Six ("Announce ourselves to each other," "Commit to being known, commit to being free"). But you will do it in your own way, with your own particular style, in your own manner. Yes, you may pick up some temporal leadership skills. You may learn a bit about public presentation, you may explore more deeply the material of the New Spirituality and learn how to present that material clearly and effectively.

You may pick up some coaching skills and learn about ways that you can most profoundly be of help to others as they face personal challenges. But you will not be required or even invited to change your personality, to become something that you are not. Indeed, just the opposite will be true. You will be invited to become something that you are.

Your true identity.

What spiritual leadership is about is adopting your True Identity. It is about knowing Who You Are and claiming it. It is about living from the space of your soul's grandest awareness. Spiritual leadership is about showing the way by being the way. ("I am the way and the life. Follow me.") It is about assuming a new role.

As an actor, both on stage and in films, for many years, I am familiar with a phrase that is used to describe the person who holds the feature role in a production. When I hold that role I am said to be "playing the lead."

William Shakespeare said, "All the world's a stage, and the people, the players." Spiritual leadership is about understanding that, and playing the lead. All of us can do this. It takes no special preparation. All of us come equally prepared, equally equipped, equally capable. Whether you know it or not, whether you believe it or not, whether you experience it or not, you are, at this stage of your life, ready to assume a lead role.

Read that last sentence again if you missed the double entendre. "At this stage of your life" is a common turn of phrase. There is more meaning built into it than most people seem to realize. The first thing you do when you arrive at this Theatre Called Life is what all actors do—you go into make-up. You put on the face that you choose for people to see, and it is important for you to understand that you are making it all up.

There is one difference, however, between the Theatre of Life and your local community theatre. As some wag pithily observed a long time ago: "Life is not a dress rehearsal." This does not mean that you have no time to practice. You do. It's just that you're practicing in front of an audience.

There isn't an actor in the world who doesn't practice his or her art in front of an audience. Actors are very used to doing that. They will experiment, they will improvise, they will try something new, and they will stretch to see where they can go and how far they can go with the character. They have learned the art of making "mistakes" in front of an audience and not being intimidated by it or embarrassed about it. If they don't like how they were in a particular performance, they examine what they did wrong and they change it the next time they play those scenes. There's no "guilt," there's no recrimination, there's no shame and there's no punishment.

There's the show, the show, and only the show. Actors live for The Show. The biggest show there ever was. It's a Barnum & Bailey world, and your life is The Greatest Show on Earth. Your "act" is an act of self-definition. Each day you are defining yourself, choosing who you wish to be and creating yourself as that. When you become a spiritual leader you are choosing to go one step higher with that process. You are choosing to look at yourself as you have just created yourself,

and to recreate yourself anew in every golden moment of Now in the next grandest version of the greatest vision ever you held about Who You Are.

This invites a constant asking of yourself of the greatest question ever posed by anyone who is interested in personal transformation: What would love do now? Then it invites you to live the answer.

Some practical ways to take Step Seven.

Taking this seventh step in becoming a spiritual helper is as simple as A-B-C.

What do I mean by a "spiritual practice?" Well, praying is a spiritual practice. Meditating is a spiritual practice. Certain physical rituals, routines, and disciplines can make up a spiritual practice. Devotion is a spiritual practice. Work is a spiritual practice. Indeed, even reading can be a spiritual practice.

I would recommend all of the above in some measure. I would hope that a little of each of these activities could show up in people's lives.

In this very booklet I have recommended a large number of very good books that I hope you will read. I hope that you will take time each day to nourish and to expand your mind. I hope that you will start (if you have not already started) some kind of regular physical discipline, or exercise program. It could be yoga. It could be Tai Chi. It could be Dahn Hak. It could be 40 minutes a day at the gym, or a 20 minute walk each evening after dinner, or 15 minutes on the treadmill morning and night. But get your body moving.

I hope that you will take time each day to connect with your soul. This could look like meditation in the morning and in the evening, it could look like prayers on a regular basis, it could look like chanting or drumming or Sufi dancing. It could look like any one of a number of things, but whatever it is, it happens regularly, and on some sort of schedule.

I hope you will take pains to straighten out your diet (if you have not already done so). I hope you will eat healthily, cut down on foods that are simply not good for you, and bring some discipline to your food consumption. I hope that you will allow any personal indulgences that do not serve your health or your personal or spiritual growth to fall away. This would include smoking, excessive drinking of alcohol and drug use. I hope you will create Right Livelihood and be one of those of whom it is said, "she has chosen to make a life, rather than a living."

I hope that each week in your life you find a means of experiencing spiritual devotion. That is, a deep expression of love for life and for God as you best understand God to be, in a way that brings out pure devotional qualities. These qualities, or energies, are healing. They drive away anger. They cure resentments. They settle upset stomachs and upset psyches.

What does devotional activity "look like"? Well, it may be a simple prayer of thanks over a meal. It might be going to church or synagogue or mosque once a week. It could mean creating a personal altar in your home, on which you place photographs or remembrances of teachers, or messengers who have particularly inspired you, as well as flowers, candles, precious objects, even stones or twigs or miscellaneous items that have some personal meaning to you.

Perhaps you stop by this altar once a day or once a week and simply, quietly, contemplate the meaning and the feeling invested in all that you have placed there. Perhaps you allow yourself to silently, in your own private way, express gratitude to these teachers and messengers- and to life

itself (which means, of course, to God) for all that you have and all that you are and all that you will yet come to be.

Of course, we show people who we are every minute of every day, with everything that we think, say, and do. Committing to becoming a spiritual leader simply means that we do it deliberately. It means that we do it with a thought in our mind ahead of time about Who We Choose to Be. Being a spiritual leader means picking the highest thought that we have about that in any given moment, and living it. And it means picking the highest thought about others that we ever had and we telling them about that thought, inviting them to make it real in their experience. Spiritual leaders are people who lead. The lead others back to themselves, returning everyone whose life they touch to the most wonderful idea they ever dared to hold about themselves.

Everyone has an idea about herself or himself. For most people, that idea has shifted from their earliest thoughts to what they have come to agree with themselves about as time goes by. Rarely is this thought as elevated as the original notion. Your job as a spiritual leader will be to return people to their original notion about how wonderful they are.

It is all as simple as that. This is what CwG means when it talks about "giving people back to themselves." Yet here is an important note. In order to do this, you are going to have to return to your own original notion about how wonderful you are. You cannot see anything in another that you do not see in yourself. Indeed, all that you see in another is what you see in yourself. (This is because there is no "other," merely endless individuations of oneself.)

Now here is some startling news. It doesn't matter who you are. You are a spiritual leader. You are leading the spirit of everyone whose life you touch somewhere.

It is not a question of whether you are leading the spirit of another, but where.....and that choice is yours. Making the choice real Now, as you move through your day to day life, ask yourself at the critical moments of your personal interactions,

"What would I think right now if I saw my thoughts as leading this person's spirit to the highest place it can go? What would I say right now if I saw my words as leading this person's spirit to the highest place it can go? What would I do right now if I saw my actions as leading this person's spirit to the highest place it can go?"

Again, in order to lead another to their highest place, you must be in your highest place. You must be "coming from" your highest self.

Say, then, at these moments:

Highest Self, guide me now in all my thoughts, words, and actions. Choose these thoughts, words, and actions, and make your choices real by demonstrating them in your life.

Practice this as a Stopping Meditation. Watch yourself more closely. See yourself as you move through our day, experiencing your interactions with others. Even if it isn't outwardly obvious, trust that you will have an inner sense of when a particular moment or encounter is significant.

In that time of larger awareness, simply stop yourself. Stop whatever you are doing, saying, or thinking. Stop if only for a moment (in fact, that's all you have to stop for) **and ask yourself the Triune Question:**

What would I think right now, what would I say right now, what would I do right now, if I saw my thoughts, words, and actions as leading this person's spirit to the highest place it can go? You

need not make an arduous task out of this. You can do this inwardly, quickly. After a while, it will become second nature.

Some final practical ideas:

The most crucial part of this whole process is to let go of any need for results. Forget the outcome. You will find this very difficult to do if you believe that you are doing what you are doing in order to produce an outcome. That is not why you are doing it, nor is it why you are doing anything, but it can sure look that way.

CwG says that the only reason human beings do anything is to have a direct experience of Who They Are. Interestingly, most people do not know this. That is, most people have not examined their own innermost motive. The result is that they believe themselves to be doing whatever they are doing for other reasons. Or, sometimes, they don't even know the reasons, and do they walk around asking themselves, "now why did I do that?"

The purpose of all "doingness" is "beingness." WE do what we do in order to experience ourselves being what we are being. There is no other reason to do anything, and, indeed, no one does anything for any other reason. Some people find it difficult to admit this, because they have been told that such a motive is selfish, and they want their motives to be selfless. So they go about doing what they are doing for reasons exterior to themselves. They call these reasons results, or outcomes. They place the purpose of their doingness outside of themselves, often convincing themselves that it has nothing to do with themselves. This is a spiritual impossibility and an intellectual lie, but it is a mental conceit that 95% of the human race engages in nonetheless. To be fair, they do not know that it is a conceit. They believe it to be true-for it is what they have been taught.

And so, people go around doing this and doing that, doing this and doing that, and all they wind up with is a great big pile of do-do. If they are invested in exterior results, if they need their doingness to produce a particular outcome in the world around them, and if this does not occur in fullness (it rarely does, by the way), they become "burned out," - disappointed, disillusioned, disaffected, and disengaged.

Only the person who does what she does for the deep inner satisfaction of simply having done it can avoid such burnout. This deep inner satisfaction is the feeling that comes from accomplishing what we came here to accomplish- which is to know who we truly are in our experience. This is our pure intent in coming to the body: to use the body as a tool, and all of life as well, in the creation and the expression and the experiencing of Who We Really Are.

This is our true motive, but most people, by not understanding this, keep their true motives hidden from themselves. They actually think they are doing what they are doing for someone else. This false idea is the root cause of all resentment. Masters never feel resentment, because masters know they have never done anything for anyone except the self.

Here is some startling news:

Selfless motives are impossible. Everything you do, you do for you. And this is how it should be. This is how it was designed to be. I know that this idea violates everything that most of us have ever been told, but this is, nevertheless, the natural order of things.

Self-interest is the only interest. This is because the purpose of life is self-fulfillment. It is to recreate ourselves anew in the next grandest version of the greatest vision ever we held about who

we are. It is to know who we are in our own experience. We are God, "goddling." God seeks to know Itself, through us. For Life is the physical manifestation of God. There is really no mystery about this. The only real mystery is, how do you define "self"? Ah...here is where Masters and students separate on the path. Masters define the Self in one way, everyone else defines the self in another.

Spiritual leaders have observed how Masters define the Self, and spiritual leaders begin to shift not only their behaviors, but the reason for them, as a result of this expanded awareness. The reason for their leadership changes.

The last word on Step Seven.

You are now moving through the process of such changes. You are expanding your awareness and altering your raison d'etre. The very fact that you are reading this booklet is an indication of that. The very fact that you understand it is evidence that you have already moved in consciousness to a new level. This is the only result that matters.

Yet the beauty and the wonder of this process (which is called, by the way, evolution) is that as you alter the reasons for your behaviors, your behaviors themselves, intended to produce an inner result, produce an outer result as well. In short, the world is a better place for your having been here.

Masters are never concerned with exterior outcomes, yet Masters produce exterior outcomes that astound the rest of us. The behaviors of all beginning students on the journey of life are all directed toward ensuring survival. The Master knows that survival is always assured, and this is what opens the Master to seeking a higher reason for her behaviors.

As a student, then, know this: Eternal survival is a given, it is a guarantee, it is the state of things. This awareness will allow you to walk through the world with a whole different set of priorities, declaring a whole different set of truths, creating a whole different set of experiences, and appearing to function within a whole different reality.

It is possible to achieve a new reason for being in this lifetime. The fastest way to move toward it is to lead others to it. That is what spiritual leaders do. That is what being a Spiritual Helper is all about. Yet whether others get there or not is beside the point. Be the change you wish to see in the world. Do not be discouraged (and for heaven sake, do not stop) if others do not change as you have changed, do not see what you have seen, do not become what you have become.

Walk in truth, and love, and light. Then, let each person walk their path. Say, "I am the way and the truth and the life. Follow me." Then keep walking, whether they do or not.

Chapter Eight

The eighth step in becoming a spiritual helper is to:

8. DEAL WITH DISAPPOINTMENT AND REDEFINE FAILURE .

This is another big step, because this step allows us to keep moving, keep moving, always keep moving, in the face of every evidence that our movement is getting us nowhere; to keep changing, keep changing, always keep changing, in the face of every evidence that nothing is changing at all; to keep growing, keep growing, always keep growing, in the face of every evidence that we are not growing, but dying.

A Spiritual Helper is one who understands that all growing feels in some ways like dying, and that death is, in fact, the greatest sign of growth. Did you hear that? Did you understand the implication of that?

Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new." So let me ask you again; did you hear that?

What I SAID was...death is the greatest sign of growth. The implication of that is enormous. Because if you see this and embrace this and accept this wholly, not merely intellectually, you will find yourself facing disappointment, obstacles, and even the end of your life in ways that will astound you-and heal the world. And that is, of course, what Spiritual Helpers do. Spiritual Helpers help to heal the world.

Understanding disappointment and death:

Disappointment is the indulgence of the young. The Master understands that the feeling that others call "disappointment" is merely a signal from the soul that it has undertaken a course correction heading us back to exactly where we wish to go.

That is the most astonishing piece of information that most people have ever received, and so I am going to repeat it here. I want you to really take this in, really drink this in. Indeed, I want you to reprint it in large letters on a separate sheet of paper and put it on your refrigerator door.

The Master understands that the feeling others call "disappointment" is merely a signal from the soul that it is heading us back to exactly where we wish to go.

This one understanding can change everything. This particular awareness, this singular insight, can shift the consciousness of any individual to the level of Mastery within minutes.

You must understand that you are a three-part being, made up of body, mind, and spirit. It is the spirit of you-what you would call your soul-which has the agenda. Your mind and your body are merely the tools of your soul. Your body is not you, it is something you have. Your mind is not

who you are, it is who you think you are. Your body, mind, and soul is who you are, and, as in everything, the Whole is greater than the sum of its parts.

When you respond to the soul's agenda, which is the only True Agenda, rather than to the false agenda of the body or the mind, you take your first step on the path to mastery.

To many, this will seem like death. The end of your serving the agenda of your body (physical desires and indulgences) and the end of your serving the agenda of your mind (mental conceits and comforts) will seem like the end of your life itself. This is because your life itself has been focused on these indulgences and conceits.

When you move to the agenda of your soul, it will feel for a moment as if you are leaving your body and your mind behind- and this is exactly the feeling you have at the moment of your death. And so this will feel like death to you. Yet it will be not death, but life, and life as you have never known you could live it. You will live life and you will live it more abundantly. You will live it in a new way.

This is exactly what happens, by the way, at the moment of your physical death. It, too, will be not death, but life, and life as you have never known you could live it. You will live life and you will live it more abundantly. You will live it in a new way. When a person (or anything) "dies," it has really been born again into a new life. Death is a portal from this life to the next, and all death is a birthing.

This is true of everything from the death of the biggest stars in the heavens to the death of the tiniest cells on earth. The cosmos is playing out an identical process at every level of its expression.

This is difficult for the mind to believe and the body to express. Our experience of the world teaches us otherwise. We are called, then, to "judge not by appearances." This is the path of the spiritual seeker. It is the role of the spiritual leader to show us that path. That is what a Spiritual Helper does. That is why this is the eighth step in becoming a Spiritual Helper. It is an important step. Indeed, it is a crucial step.

Some practical ways to take Step Eight.

Taking this eighth step in becoming a spiritual helper is as simple as A-B-C.

- A. See feeling and emotion for what it is.** These are not things that we cannot control.
- B. Use feelings as creative tools.** Most people use them as reactive agents.
- C. Step into the Illusion of Failure.** Do not seek to avoid failure, but to embrace it for what it is.

Now let's take a look at how you can do this.

Feelings are things you are making up. The day you get this will be the day your life will change. Conversations with God says that "feelings are the language of the soul." This has led many people into thinking that feelings are the way that our soul is trying to communicate with us. In this they have misunderstood everything.

Feelings are not the soul's tools of communication; feelings are the soul's tools of creation.

Whoa. Now THERE is something big. There is something for you to remember always. Stop looking to your feelings to see what it is you think your soul is trying to tell you, and starting looking to our feelings to see what it is you are now creating. Then, if you do not like what you are creating, choose again. Do this by changing how you are feeling.

Now wait a minute, you might say, how can I change how I am feeling? I'm feeling how I'm feeling! How can I change that? You mean, just ignore it? Set it aside? Sublimate it? Repress my feelings?

No. I mean none of these. I mean change your feelings, one at a time. Do not repress them, do not sublimate them, do not simply set them aside. Indeed, do just the opposite. Move into the fullness of them. As you do, you will find that these feelings are not Who You Really Are. You will remember that your feelings are simply things that you are making up. AND, more importantly, you will remember WHY you are making them up!

You are making up your feelings in order that you might set up the energy patterns that are required to produce the experience of Self in physical form that your soul chooses to experience. Feelings are energies. Nothing more, nothing less. They are fields of energy, and you can feel them. That is why they are called feelings. They are physical manifestations. They create other physical manifestations in the physical world.

There is so much to say on this topic and this little booklet can't be in any way a thorough exposition of that. Please let it be sufficient for me to note here that what you there is for you to remember about that can change everything in your life. And if becoming a Spiritual Helper is truly what you wish to do, you absolutely must read every word there is to read on this subject. You can start with the wonderful explanation of this found in **Chapters 25-28 of What God Wants**. If you have already read that book, go back and re-read those chapters again. They are well worth absorbing a second time. They could open a door for you to the rest of your life.

Then, be sure and be certain to **read Ask and It Is Given, by Jerry and Esther Hicks**, as well as **The Power of Positive Thinking by Rev. Dr. Norman Vincent Peale**.

Finally, to learn of a practical, hands-on way to deal with your feelings and to change them, immediately read *The Sedona Method*, an extraordinary book by Hale Dwoskin.

In this book Hale explains in very clear language how you can release any unwanted feelings with which you may find yourself beset from time to time, thus achieving emotional freedom.

To me emotional freedom does not mean that you are free of feelings. It does not mean that you will have no feelings, but that you will have the feelings of your choice. Since feelings are the soul's tools of creation, this is no small matter. When you consciously choose the feelings that you have, you become the master of your own destiny, for your inner experience is now what you say it is, no matter what is happening outside of you.

Remember how we said in an earlier chapter that the intention and the purpose of your soul has nothing to do with exterior results? All of this now comes together!

Much of what I am now sharing with you is presented experientially in the Being It retreats created and presented by the Conversations with God Foundation. Shades of it were found in the early ESTt Trainings created by Werner Erhard.

Much of it has been *enhanced and expanded in the Avatar Training, the Warrior Monk Training, and in The Sedona Method (which is an on-site training as well as a book)*. Truth is truth no matter what the source, and these programs and others have captured the essence of this truth and put it out there in ways that can be understood and experienced by ordinary people without long years of esoteric training.

More practical suggestions:

So, see feeling and emotion for what it is. Check out the difference between "feeling" and "emotion" as presented in the CwG material. Then use these tools in the act of pure creation. The moment you feel that you would like to create something in your exterior world, in order that you might know and experience Who You Really Are interiorly (remember, you are using your exterior world as a tool for the purpose of interior experience), decide to feel the way you would feel if this experience was your reality.

Remember, it will not make a difference whether it really IS your exterior reality. (That is what is meant when we say that exterior results or outcomes are not the issue.) All that will matter is whether you have managed to feel the feelings that would go with such an exterior experience. If you can, you will have had the interior experience of Who You Really Are in relationship to that other person, place, or thing-and that is all that your soul is after.

Yet-and once again here is the miracle of the process- the very having of those feelings sets up an exterior and very real physical energy field that is capable of producing manifestations and outcomes in your exterior world. So, begin to use feelings creatively rather than reactively. Most people experience feelings as something they are having in reaction to something else. This is an invitation for you to experience feelings as something that you are having in creation of something else.

How can you "have" a feeling that is not a reaction? Simple. Merely call it forth. You can call forth any feeling that you wish at any time that you choose.

This is not something that is widely known or widely understood. It is not widely accepted. When it is, the world will change. When it is by you, you will change.

Change your feelings, change your life. Let that be our motto for today.

Use feelings creatively by choosing to feel how you know you would feel if what you want to have happen has happened. You may do this any number of ways, including visualization of your desired experience, as well as acceptance of what is.

The power of acceptance as a creative tool is not largely understood, but it cannot be overstated. CwG says, "What you resist, persists" Therefore resist not "what is," but accept and embrace what is as the greatest blessing of your life. Do not move against it, but move with it to your next best idea.

Use what is as your vehicle to carry you to what you choose. Never see it as an obstacle, but always as a bridge. Remember this always: What IS is a BRIDGE. Yes? Isn't that great?

Now be sure to read all of those books I have mentioned, and do not be daunted. The additional reading I have been suggesting here will take you but a matter of days or weeks, and it can change your entire life. Make the investment. Do it.

Some final practical ideas:

It will no doubt seem to you from time to time as though you can't "do it.", or that you have tried to do it, and you have failed.

Please come to a full understanding of the truth that failure is an illusion. I am going to ask you to please study very carefully the Ten Illusions of Humans as found in Communion with God. This

explains to you better than I ever could here in this booklet what the Illusion of Failure is all about, and how to use it to create the experience of Self that you choose.

As you undertake your study, know this: Every scientist goes into the laboratory yearning for failure. For scientists know that what other people call "failure" is nothing but success in disguise. You cannot know and experience That Which Is except in the face of That Which Is Not. That Which Is Not is therefore always encountered before That Which Is, is uncovered.

Celebrate, celebrate That Which Is Not, for it is merely the other side of the coin of the realm of your innermost experience of your uppermost truth about That Which Is.

The last word on Step Eight.

Failure will surely seem to plague you until you understand that it is blessing you. You must recognize "failure" for what it is. Remember what Conversations with God tells us. To "recognize" is to RE-COGNIZE. That is, to know again. And this is exactly what re-mem-bering (becoming a member once again of the body of God) is all about.

You cannot be a Spiritual Helper unless you know again that what you call failure is but an illusion, and unless you see again what disappointment really is. In the absence of these understandings you'll be stopped at every juncture, blocked at every turn. It is what is inside of you that is obstructing you, not what is outside of you.

For the experience you seek is inside of you, not outside of you. So long as you think otherwise, you will experience everything in life as being inside out. It will seem crazy-making. It will appear insane. And you will not know why, or what to do about it.

This is where most people are. This is why they need Spiritual Helpers. And this is where you come in.

So, post this observation everywhere that you will be sure to see it during the course of the day. On your bathroom mirror, on your refrigerator, on the dashboard of your car:

The Master understands that the feeling others call "disappointment" is merely a signal from the soul that it is heading us back to exactly where we wish to go.

Your soul knows when your body or your mind (or both) have taken you off course. The "course correction" that your soul instigates is cause for celebration, not consternation, for encouragement, not discouragement.

Whenever you are tempted to feel disappointed I invite you to feel re-pointed instead. You have simply been pointed in a new direction-the direction in which you have really chosen to go. The outside of you may not know this, but the inside of you does. So it may feel differently on the outside than it does on the inside. This may produce an experience of having "torn feelings" about something. Part of you is sad that it didn't work out, and part of you knows that is probably for the better.

Now get this: It is not probably for the better, it IS for the better. Knowing this will soon change your feeling about everything, and allow you to feel excitement again about the future. This, in turn, will produce the future about which you are excited!

Whoa. The circle is complete! "Failure," what a laugh.

Chapter Nine

The ninth step in becoming a spiritual helper is to: 9. GET REAL, GET PRACTICAL, GET GOING

This is another big step, because this step allows us to know who we are every inch along the path, and to put that beingness into place in the space of life in every moment. It is this and only this that can empower us to recreate ourselves anew.

A Spiritual Helper is one who understands all that has just been said, and practices it. "Getting real" means understanding what is really true for you in any given moment, and sharing that. In other words, it means telling the truth. "Getting practical" means putting your truth on the ground in a functional, real world way.

"Getting going" means doing it now, not on some undetermined tomorrow. What is not True and Now is pointless. Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all.

I have to really focus to bring myself to such tidbits as if they were brand new. So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?

What I SAID was...what is not True and Now is pointless.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, not merely intellectually, you will find yourself telling your truth and living your truth openly and consistently. You will become congruent.

And congruence is essential for a Spiritual Helper - The congruent person - Congruence is a special quality. It is a quality not found in many people. Most people think one thing and say another. Most people say one thing and do another.

People do not tell their truth, much less live it. (We've already discussed this in Chapter 2 and again in Chapter 5.) They live lives that are very incongruent. A synonym for congruence, in my way of using the word, is integrity. A structure that is built well, on a solid foundation, is said to have integrity. In a terrifically strong windstorm, or an earthquake, that construction will behave in a certain way.

People, too, are a construction. They are built out of the thoughts within their own minds, out of the words they speak, and out of the actions they take. If their structure is well built, on a solid foundation, it will have integrity. Through the windstorms of life, and its many earthshaking events, that construction will have integrity.

Windstorms are inevitable. People sometimes wish that the windstorms of life would go away. But it was Elisabeth Kübler-Ross who said, "Should you shield the canyons from the windstorms, you would never see the beauty of their carvings."

The true beauty and integrity of people is visible during the windstorms and the earthquakes of life. Likewise, a lack of integrity will also reveal itself during such times. Even though not very many people-myself included- have achieved it, I believe that congruence can be achieved by everyone. All it takes is telling the truth. That is why you have seen such an emphasis on truth telling in these 10-steps to becoming a Spiritual Helper.

The naked truth

It is time to get naked with each other. If not physically (although there is not a reason in the world not to), at least psychologically and emotionally naked. I made a wisecrack on my Internet blog once that pretty soon no one will be able to travel anywhere by air unless they are willing to fly in the nude. I mean, now they are taking our lighters away from us. I don't smoke, but I have always carried a small lighter in my travel bag. You never know when you want a little flame for one reason or another (lighting a take-along aroma candle in a hotel room for a romantic evening, even though you're on the road, comes to mind...)

Then I said something about, well, traveling in the nude may not be such a bad thing. It's very difficult to lie when you're naked. People tend to be a bit more real when they've got nothing on.

Oh yes, yes, I know. A lot of lies have been told in bed. But I mean, as a rule. There's always the exception that proves the rule, but as a rule, one of the fastest ways that I know of to get right down to the bare truth with someone is to sit in a hot tub with them, naked, and start talking. Marvelous stuff happens.

Wonderful intimacy occurs. People start being real. Thirty years ago I was introduced to a little parlor game called The Naked Truth. I was at a cast party for a play I had acted in with our local community theatre group, and when the gang dwindled down to about 7 or 8 of us, our host invited us to end our evening with a game of The Naked Truth.

All of us were to take our clothes off, sit in a circle on the floor, and ask each other questions. Anyone could ask anyone else any question whatsoever, and the respondent was required by the honor code to tell the truth, the whole truth, and nothing but the truth. Each person was allowed one "pass" per night, if there was a question he/she just did not choose to answer. Two "passes" and you were out. Put on your clothes and go home.

It was a wonderful evening, actually. It started out as kind of a dare, kind of a "naughty" thing to do that we thought we were doing just for the titillation of it, but it turned out to be an extraordinary time that went on until 4 in the morning, and those 8 people became friends of incredible closeness for the next 20 years.

Nothing even remotely sexual occurred, in case you are wondering. I think that a few people might have been hoping that it might, but very soon after the "game" got started we all understood that we were in for quite a different experience- something that many in the room were not ready for, but which everyone welcomed with a deep and true joy, once things got started. It seems everyone was relieved just to have created a safe space for such openness and honesty and authenticity. It's pretty difficult to be inauthentic when you're naked.

I've since played Naked Truth many times. It's a wonderful experience. Hot tubs are good places in which to do it. People need excuses to take their clothes off, and for many, hot tubs are socially acceptable reasons for doing so.

We have such hang ups in our society, and nudity is certainly one of them. In fact, it's such a hang-up that I debated whether to even put this passage in this booklet. There's some discussion of this in What God Wants, remember? It talks about the mother who was scandalized because she found out that her 14-year-old daughter slept in the nude. The mother wrote to Dear Abby asking the advice columnist whether she thought it was all right. Abby replied, of course it's all right. Be happy. She's saving on the laundry.

Let's get real. If we find someone who matters, really matters, to us, but we can't bring ourselves to be physically naked with each other quickly, can we at least be mentally and emotionally and psychologically naked as soon as possible? Can we hide nothing, show everything, and just be authentic, down to our toes? God, I hope so. Because if we can't, where are we going here? What are we up to? Isn't that what we are trying to do here? Aren't we trying to get to know each other? Aren't we all also trying to know ourselves?

Isn't that the First Assignment? And can you think of a better way to truly know yourself than to reveal yourself completely to another?

This is all about getting real, getting practical, and getting going. You can't get real as long as you are holding something back, you can't get practical as long as you are not getting real, and you can't get going as long as you are not getting practical. The path is connected, and one thing leads to another. Getting practical means doing something on the ground that begins to make a difference. It is about physicalizing the state of being from which you are choosing to emerge and create.

Getting going is about getting off your duff and creating your intended experience right here, right now. It is about discontinuing the delaying, the procrastination, all the "preparing" that you may feel you have to do before you can actually move into the experience that you say you desire.

Some practical ways to take Step Nine.

Taking this ninth step in becoming a spiritual helper is as simple as A-B-C.

A. Decide to get real now. This is easier done than you might think. But it does take a true commitment, and a little courage, especially at the start. Pretty soon, courage is no longer required. Just persistence.

B. Do what works. Getting practical involves making an assessment of "what works" in the real world, and doing it.

C. Give yourself a deadline-and stick to it no matter what. Don't let "tomorrow" slip and slide until months have passed. Give yourself a Date Certain that you're going to become a Spiritual helper. Promise yourself that you'll emerge as that on that date-and keep your promise.

Now let's take a look at how you can do this.

I have a great tool for you to use in getting real now. **Yes, it is one more book for you to read, and a seminar that you can take.** But again, it could truly change your life.

The book and the seminar go by the same name: **Getting Real. The author and seminar facilitator is Susan Campbell, Ph.D.** The information in Getting Real dovetails very nicely with the narrative of **The Sedona Method.** In fact, the two books could have been written by the same author.

In the second book Hale Dwoskin talks about stopping the resisting of what is, and of how you are feeling about it right now. In the first text Campbell invites you to see the differing between what is and your ideas about it, and about relating authentically by valuing what is over what you imagine should or could be.

Dwoskin also says that one very effective way of dealing with unwanted feelings is to dive deeply into them. Similarly, Campbell says, "when you go deeply and patiently into an experience, feeling it fully without escaping into a control pattern, it changes! I'm not kidding. **The way out is to go deeply in.**"

These techniques are demonstrated in the training seminars produced by each of these wonderful teachers, and similar approaches are demonstrated in the **three retreats produced by the Conversations with God Foundation, called ReCreating Yourself, Emotional Freedom, and Being It.**

(Information on these retreats may be found on the web at www.nealedonaldwalsch.com Click on Retreats & Schedule.)

In the Emotional Freedom retreat that I facilitate-usually a three or five-day affair-participants have an opportunity to experience all this, and I explore at length something that has been said here:

What is not True and Now is pointless.

This is because it is not you. "You"-that is, the You that you really are-exist at only One Time: Now. What is True about You is only what is True Now. Everything else is in your imagination. Your feelings, your thoughts, your fears-none of these are real. You're making all of that up.

These wonderful books and programs that I have been telling you about can help you get in touch with that in a very powerful way. They can show you how to use that awareness as a tool for personal transformation, and for transformation of the planet.

For now simply know that anything that is not You in all of your authenticity is pointless, because the whole point of life is to know, to experience, to express, and to fulfill Who You Really Are.

You begin that process by "getting real" now.

More practical suggestions:

Don't try to do something in the exterior world that simply will not work. At least, not at the start. It was Albert Einstein, I believe, who said, "If it is not impossible it is not even worth attempting," or words to that effect, and I love the sentiment, but I do not advise this as a beginning energy.

Let's be real. Try as you may to redefine what you once considered "failure" as a success, it is far more motivating in the early going of any venture or undertaking to rack up some experiences that are judged a "success" even by inaccurate, but very much in place, old world standards.

So look to see what being a Spiritual Helper means to you, and how that "looks." Make a list of the kinds of things you would be and do if you were experiencing yourself as that.

The Life Education Program of the Conversations with God Foundation offers some very real and very practical suggestions on that.

This is much you can be and do. You can decide to be more peaceful each day, to be more patient and kind of loving and caring and concerned and considerate and useful. On the "doingness" side, you can choose to start a simple study group in your home two nights a month, or to volunteer with your local hospice, or to offer to become a peer counselor at your church, or to offer free time at the local battered women's shelter or youth home. Or simply put a classified ad in the newspaper: "Spiritual counseling, based on the messages in Conversations with God. A fee is not required. This is God Work we are up to, you and I. So keep on."

It might be useful to find a coach or helper who could walk you through your first few weeks or months in the new role that you have assigned yourself. If you don't know where to find such a coach, go to www.cwgcoachingservices.com

Some final practical ideas.

Once you decide what is true for you, take at least one step right now to make that 'real' for you as a practical matter. I know a lady who has been saying for four months that her job is wearing her out and that she just "knows" she is going to make Big Changes in her life work and move into her life mission in 2005. She said this before the bell tolled midnight on New Year's Eve and not a thing has happened with regard to her living what she says is her true mission as it now approaches May 1.

Often we talk ourselves into thinking that something is happening, or is just about to happen, because we are doing so much talking about it. To really start things going in a very real sense, I suggest that everything undertake the **Getting Practical Process** that I have developed for my retreats.

Take out a sheet of paper and write down three things that you have said you choose to be, do, and have in your life. Making a column next to that list, write down when it was that you can first remember making that declaration. One more column over, write down where you are now with this decision. And in the final column write down a Date Certain when you will have accomplished what you chose to be, do, or have.

Look at this chart every day or at least three days a week and keep track of your progress. If it begins to drag into months, as it has done in the case of this lady friend of mine, then it may be time to ask yourself, "What is stopping me from making this real? What am I afraid would happen if I did? How much more time am I willing to lose until I do? Do I really and truly want this, , is this just something that sounded good at the time, but that I no longer choose for me now?" Be honest with yourself in this process. Tell the truth. Get real.

The last word on Step Nine.

You are near the final step in the 10 Steps to Becoming a Spiritual Helper. If you have done, or intend to do, all that has been suggested here, you will be ready to take the tenth and final step.

This is a big decision. This is a big choice. Do not make this decision unless you intend to really be what you say that you wish to be. Once you declare yourself as a Spiritual Helper (even just privately, in your own heart) people will begin to approach you, asking for this help. This is just

what happens. You put that energy out there and the world responds. **This means that you must be fully response-able. You must be responsible.**

I am sure that you act responsibly in your life, and so you don't need to be told things like this. Still, as a Spiritual Helper myself, I am required to tell you everything that I know on this subject. There is a big level of responsibility here. It need not be "heavy," as in a burden, but it is large, as in magnificent. This can be your "magnificent obsession," but it cannot be something that you will be able to take lightly. You will see.

And you will be glad. You never intended to take it lightly, or you would not have read this far. You intend to experience the wonderful lightness of this joyful activity-that expression of love which we call enlightenment-but you never intended to lightly pass over its duties and responsibilities.

So welcome. Welcome to the group of Spiritual Helpers on our planet. You have a final step to go, but it is clear you are already there.

Chapter Ten

The tenth step in becoming as a spiritual helper is to:

10. NEVER TAKE NO FOR AN ANSWER.

This is your final step. This step allows you to stay on the path you have chosen, to go exactly where you say you wish to go, and, in a very large sense, to take much of your world with you. A Spiritual Helper is one who hears only a single word from the Universe. A Spiritual Helper is one who knows that there is only one word in God's vocabulary. That word is yes.

Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?

What I SAID was...there is only one word in God's vocabulary. That word is yes.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, not merely intellectually, you will find yourself at the center of an experience of your own creation-and from that place be able to assist others to find their way to the center of theirs. And that is what you came here to do.

Your choice on Earth It is now time to address the only question that really matters: What am I doing here? Who am I and why am I on the earth?

This is the singular inquiry of the human mind. It is all that any of us really want to know. Your final step in becoming a Spiritual Helper is a short one. It is the answering of this question. But remember this: No matter how you answer this question, God will always say yes.

Some people believe they are here for no reason at all; that life is just a case of random selection and chaos in action and that their chief assignment is simply surviving. If this is our idea, life will show up that way, because God only says yes.

Some people think that life is about getting the guy or getting the girl, getting the job or getting married, getting the apartment and getting the kids, getting the promotion and getting the house, getting the retirement fund and getting the grandkids, getting the gray hair and getting the illness, getting "right with God" if they can, and getting the hell out. If this is their idea, life will show up that way, because God only says yes.

Some people have the idea that they have come here for a larger purpose, that their life is not about themselves, but about everyone whose life they touch, and that, while they will do many of the same things that other people will do, they will undertake the "doing ness" of their life in such a way as to change the prevailing notion of who and what we are, and so, change the world. If this is their idea, life will show up that way, because God only says yes.

What is your choice here on earth? It is whatever you say it is. Life has no pre-assigned purpose. Life is a process, and that process is called evolution. How we evolve is up to us. The universe has no preconceived notion about this. Nor does it have a preference. It is all up to us.

If you truly wish to become a Spiritual Helper, make, with your life, a statement of Who and What you are by making a statement to everyone else of Who and What they are-and never take no for an answer. Remember that if you hear "no" as an answer, it is a figment of your imagination. It could not possibly be the real answer, because God only says yes.

Think of God as the big copying machine in the sky. Whatever you put in, God duplicates. Your thoughts are the original documents, and the events of your life are the reproductions of them. It is as simple as that.

Some practical ways to take Step Ten.

Taking this tenth step in becoming a spiritual helper is as simple as A-B-C.

A. Decide who and what you are. Be clear that you are the only one making this decision.

B. Decide who and what everyone else is. Understand that people will show up in your life, ultimately, exactly as you see them-no matter how they showed up at first.

C. Refuse to believe any evidence to the contrary. Work inside of the Law of Opposites, do not let that law control you.

Now let's take a look at how you can do this.

How you experience who you are is a choice, not an assignment. You have not been given a task or presented with a mission. But-and this is important to understand-Who You Are is not a choice. You are Who You Are, and you have no choice but to be that. You DO have a choice with regard to how you experience that. The living of our life is the expression of that choice.

Yet the wonder of life is that you have an unlimited number of lives in which to give expression to your choice about how you wish to experience Who You Are -and that you may change your choice at any time.

That, too, is an important statement. That, too, should be posted all over your personal world, so that you can encounter it over and over again.

The wonder of life is that you have an unlimited number of lives in which to give expression to your choice about how you wish to experience Who You Are and that you may change your choice at any time.

Who You Are, of course, is God. Don't let anyone tell you any different. You are the only one making this decision about Who You Are. Make that clear to yourself. No one else has the right or the authority to make this decision for you. Please don't let anyone do that. And do not voluntarily transfer the power and the authority to decide Who you Are to someone else. Not to any other person, not to any organization, and not to any exterior source whatsoever.

Indeed, do not transfer that authority to me, either. If you do not experience yourself as That Which Is Divine, do not simply take my word for it. Always go with your own interior experience- of this, and of everything.

It is my experience that you and I are a part of That Which Is Divine. I believe You are Divinity Itself, in physical form. This I know from my Conversations with God. I am aware that this is an idea that is difficult for many people to accept. It might be made easier if we substitute the word Life for the word God. For a wonderful exploration of this notion, please refer to What God Wants.

More practical suggestions.

The key here is to see everyone else as an expression of Divinity in physical form. Indeed, everyone and everything else. Often it is easier for people to see the world around them, and the people in it, as part of the Divine than to see themselves in that light. Yet once we begin to see everything that our eyes take in as Divinity Expressed, we soon cannot escape the image in the mirror, and we have to take in that Part of the Divine, too!

A very effective first step in this is cultivating the ability to see yourself in everything you look at. Spend 20 minutes each day walking down the street and, as you observe everything you look at, silently announce to yourself:

"I am that."

This is an extraordinarily powerful exercise, and can bring you an incredible inner experience. Do it every day for a year and it will change your life! But be sure to say it to, and about, everything you see-and everyone.

The street person with his bottle of Four Roses as well as the well-dressed business person on the way to work; the mud and dirt flowing down the curbside as well as the flowers and the trees lining the streets. Experience yourself as One With Everything.

Then, experience Everything as One With God. You have now "made the connection." Now you understand. Remember that people will eventually become in your life exactly what you think they are; they will show up exactly as you see them, no matter how they first appeared.

Even the villains of your life will become saints if you simply change your point of view about them. You can perform this miracle of transfiguration regardless of what they have done to you. You can see people as you wish to see them, no matter how they wish to be seen. In so doing, you can change the world.

This miracle of transfiguration is exactly the miracle that Jesus performed as he moved through his life. It is said that he merely looked at a person and that person began to see herself as Jesus saw her. This is, in fact, the story of Mary Magdalene.

She was, of course, a prostitute. But Jesus saw her differently, He saw her as an angel, a spotless soul of beauty and wonder. And she became that, right before his eyes.

This part of the Jesus story is lived out in the stories and myths of countless ages since. One of the most famous is the tale of Don Quixote, who saw a simple barmaid (and another prostitute) in his own eyes as a beautiful and pure maiden, whom he insisted on naming Dulcinea.

The touching and magical story of Don Quixote and his ability to live in the world as he saw it stands as one of the greatest stories of all time, and reminds us of the power of our vision to create our reality.

Some final practical ideas:

Of course, the moment you decide anything about anyone or anything at all (including yourself), everything unlike it will come into the space. This is the Law of Opposites playing its effect. Do not believe anything you see through this veil. Judge not by appearances. The Law of Opposites is at the heart of all physical reality.

It is based on the principle that, in the absence of That Which Is Not, That Which IS, is not. Simply, in the absence of cold, warm is not. In the absence of bad, good is not. In the absence is down, up is not. Our astronauts and cosmonauts found this out soon enough as they ventured into outer space and discovered that, without standard points of reference, all prior information and experience was invalidated. What was "up" was now "down"-or, worse yet, neither "up" nor "down," but, rather, simply "over there."

More about the Law of Opposites and how to negotiate life by using it as a tool, rather than having it be an obstacle will be found in the Conversations with God material, notably in Book 1 and much of the original Trilogy.

Learning how to deal with that which is opposite to what you have chosen to experience is the highest art of the Spiritual Helper. Looking into the face of every evidence to the contrary and refusing to take no for an answer is the strength and the power of every master.

It was George Bernard Shaw who left us a remarkable statement, paraphrased here:
"Some people see things as they are and ask, why? I dream of things that never were and ask, why not?"

The last word on Step Ten.

A Spiritual Helper sees things as they could be. She dreams of things that never were. And he says, why not? A Spiritual Helper never takes no for an answer, because a Spiritual Helper knows that there is only one word in God's vocabulary, and that word is yes. Therefore, if a Spiritual Helper hears no, he knows that this reply must be coming from within his own imagination. The master knows that she's making it all up.

He can experience the no or the yes of things. Like Don Quixote looking at the ragged barmaid and seeing the beautiful Dulcinea, he can see things as he wishes them to be, and by the power of his vision, transform them.

Afterword

At the outset I promised you ten simple steps to becoming a Spiritual Helper. I said they would be simple, but I did not say they would be easy.

Taking the steps here is not easy, but it can be done, and it can be done relatively quickly. What is required is determination, deep commitment, and absolute intention. CwG says, Life proceeds out of your intentions for it.

Did you hear that? Did you understand the implication of that? Please don't be offended by these questions. Every day I have to act as if I never heard that before. Every day I seek to bring myself to a new understanding of what all of that means. Sometimes I can hear something and "not hear it," know what I mean? And sometimes I have to say the same thing over and over again to myself to stop it from going in one ear and out the other. I've heard some things so often it's like

I've never heard them at all. I have to really focus to bring myself to such tidbits as if they were brand new.

So sometimes I sound like I'm repeating myself, but that's not always bad. 'Cause it gives me a chance to hear the same thing over again, and hear it "brand new."

So let me ask you again, did you hear that?
What I SAID was...life proceeds out of your intentions for it.

The implication of that is enormous. Because if you see this and embrace this and accept this wholly, nor merely intellectually, you will find yourself experiencing more power, more joy, more creativity, more abundance in every form, more peace, and more love than you ever imagined. You will discover yourself recreating yourself anew in every Golden Moment of Now. And that is what you came here to do.

I am so grateful to you for coming to this material. I know that I have given you, here, a lot to do. Lots of reading and even a few programs that you might venture to undertake. If you will follow through with even some of these suggestions, you will be well on your way to becoming a true Spiritual Helper on this planet. And that is so exciting me, because the world could really use you right now.

And so, I am grateful to you. And the world is grateful to you, too. The world may not know who you are just yet, but soon it will. Yet even now, before you have made your presence known, the world can feel your energy. Your choice, your determination, your decision to make a difference is already making a difference, because simply establishing the energy pattern of that difference begins to create it.

Yet always remember this: there is only one reason, ever, to do anything: to announce and declare, express and fulfill, know and become Who You Really Are in your direct experience.

For this you do not need exterior results, you only need exterior circumstances, you only need exterior conditions. No conditions exist within you that are unlike you. For this you must turn to the exterior world. Indeed, that is why you have created it. When you understand this, you will no longer judge or condemn the world of your creation. You will merely change it as it suits you to, in your quest to know and experience Who You Really Are.

The question, therefore, is not, why is the world the way it is, but what is the way you choose it to be? The question is not, who are you, but who do you choose to be?

To be or not to be, that is the question.
Thank you for making the inquiry. Thank you for standing in the question. Thank you for undertaking, with me, the unending search for the eternal truth.

I love you.
Neale Donald Walsch
Ashland, Oregon
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