

Tearing The Veil That Blindfolds

How I freed myself from the Matrix
of Beliefs that kept me bound in
limitation and misery.

Patricia Ramphal

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The Veil
That
Blindfolds.

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That bound me in limitation and misery.

Author: Patricia Ramphal

Open the gates of wisdom.
Tear the veil of ignorance.
Enter the abode of divine bliss.

Rest in Peace forever.

-Sathya Sai Baba.

“All of your present beliefs, fears and limitations
are weights that bind you to your present level of
consciousness.

If you would transcend this level you must leave
behind

all that is now your present self,
or conception of yourself.” – Neville Goddard

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Namaste.

The Chakra Chart 1.








The chakras, wheels of life or energy centers of the human body.

Also called Jacob's Ladder in The Bible.



The Chakra Chart 2.

See what chakra your issue is related with and what you are transmuting. The first 5 chakra issues block the third eye and true seeing.

Deals with pure cosmic energy	7		CROWN	Is blocked by earthly attachment
Deals with insight	6		THIRD EYE	blocked by illusion
Deals with truth	5		THROAT	Is blocked by lies
Deals with love	4		HEART	Is blocked by grief
Deals with willpower	3		SOLAR PLEXUS	Is blocked by shame
Deals with pleasure	2		SACRAL	Is blocked by guilt
Deals with survival	1		ROOT	Is blocked by fear

Foreword

Beliefs are like chains, or ropes tying you to a stake that is non-existent. A baby elephant is tied to a stake for the first three months of its life. It would pull and roll on the ground to get away from the rope that tied its foot but to no avail. After 3 months the little elephant gives up. For the rest of its life it would never again think of being free of the rope. As an adult elephant, it is now bigger and stronger and could pull a house down or a tree. But as soon as a rope is tied to the foot of this very strong animal, it thinks, "Rope on foot. Can't do anything. Got to stay here." The rope or restraint that it was trained by as a child have immobilized its mind and made it feel powerless. For the rest of its life that belief will hold him captive and he does not know that he can change that in an instant.

Baby people are the same way. It is said in the Bible that if you train up a child in the way he should go, then when he is older he will not depart from it. How have you been trained? Are you happy with what these training have brought you? They can be changed if you are not happy with them. This book shows you how to identify them. Just the fact that this book showed up in your life shows that it is time to make the change from limitation to greatness and happiness. Get to work. I love you and I know you can do it. The Universal Creator has made it very easy for you using my story. Namaste and blessings.

Introduction.

Everyone is born into a belief system. There are different belief systems as there are cultures on Earth. Beliefs are important in our lives as they help us in our evolution and our involution. We are born in a specific culture that instills in us the specific beliefs that are assigned to us even before we were born in order to complete our purpose on Earth. Beliefs are not to be resisted. They are to be changed by us when we realize they don't work for us anymore. They are to be changed by transmutation (or other techniques) so they can be brought into balance.

Our beliefs serve as weights to keep us anchored on the earth realm so we can have earthly experiences. The experiences of each individual are exactly what are needed for him and her to complete their specific life cycle, one lifetime at a time. There are many life cycles that complete both evolution and involution. As we complete our evolution and are ready for our involution, we get dissatisfied with all we have learned and experienced and we start looking for something better. This leads to transmutation of the beliefs and lightening the "weight" that keep us anchored. As the weight is lightened and we get lighter and lighter with all the beliefs lessened, then we are ready to have the experience of oneness with the true light of love. It is important to do the exercise of anchoring the light that is mentioned in this book. This way, we will be anchoring in the earth as our Spirit expands into the light. Like a tree that has its root deep in the earth and its branches grow high in the air, we are growing up in Spirit and we must anchor deep into the earth to gain stability. This way, as we get lighter and lighter, we will not fly away into space or leave the body but be able to have conscious and aware experiences in the body rather than the unconscious ones we are having presently.

It is man himself who has placed the obstacles in his way to success. Only he can remove them, for it is only he that can recognize them. Infinite Intelligence/Higher Self or God or by whatever name you may call it, is helping all along the way. At this point in time, if you cannot recognize what are these obstacles, it will be revealed in this book. It is simple and easy. The obstacles are simply beliefs that you are holding that you do not recognize as obstacles.

This is a book of most of the transmutations of beliefs that I have done in the space of eleven years. I realized that it was meant to be published but I was not aware of it at the time I started taking notes of the clearing of my beliefs (also known as the garbage heap of beliefs that are piled upon our true self). I transmuted everything that came up in my feeling that was not good-feeling and I took notes of them. As I dedicated myself to taking notes, my issues showed up faster to clear. At times I felt frustrated that I was clearing and clearing and all this garbage wasn't coming to an end. Now I understand that the issues had to be cleared one level at a time since they went very deep.

I was frustrated but I did not give up. I could do nothing else. I felt deeply that if I quit, then I would not have a reason to be living, so I kept on clearing. I knew, because I had already learned, that “in a twinkling of an eye” all would be changed if I persevered and not lose faith. At times I felt like I wanted to die but learned later, after many sessions of these, that it was my old self that felt like dying because it was dying. (This is what I recognized as “dying to self that I may live for God”).

My Real Self was finally waking up out of its deep sleep (the sleep of death) and was giving up the world and everything in it (meaning its belief system, for that is what makes up the world and everything in it.) As I cleared the beliefs, I fed myself with the wisdom of many esoteric/spiritual writers and Masters whose books and audios/videos showed up and helped identified issues I needed to clear. These kept my spirit enlivened and built my faith that I was doing the “good work”. It has been confirmed over and over that by sharing my transmutations, you who read it will be assisted in your own and not take as long as I did to have them show up to clear and thus set you free from the limitations of the unconscious mind.

Please note: Some words in this book that may seem incorrect are actually creations of my own and are used just as they are for the sole purpose of creating a new mindset.

Chapter 1: The Mirror.

My mirror is a perfect reflection of myself.

Thoughts and feelings that upset us are beliefs that hurt and the first thing we do is try to make them go away. We fight and hurt ourselves and others, and even run away to try to make the pain go away, but we find that it follows us wherever we go. That is because we take our beliefs and thoughts with us when we leave the “seeming trouble makers” behind. We try also to make others change their ways and do things just the way we do it so that we can be comfortable around them. This does not work since we are all unique and perfect in our own expression.

Our children, partners, friends, neighbors, co-workers, etc. are all perfect in their present expression. They are in the perfect place doing the perfect thing to help us see the beliefs we hold that need to be changed. As soon as one recognizes that they are looking at their own behavior and transmute (or change) it, the reflection disappears. If you have never heard of this before then you might reject it first off. Yet, it is true. Some people I know have heard of this and they reject it outright. They are not ready and willing to see that people are our mirror and they reflect back to us what we hold inside ourselves. They were not willing to accept that what they see in one way or another may be their own behavior reflected back at them.

It takes honesty and humility to allow one-self to go through this process for it is quite necessary to be free of the beliefs that block our freedom to be, do and have all we dream of, a freedom that we all seek after. Seeking “after” it means this freedom is always ahead of us and out of our reach. This brings on frustration and therefore conflict within ourselves and is then projected outward to others. Here the blame game starts.

If what we are looking at is not mirroring our own actions in any way, then it is mirroring our judgments. We may be in judgment about the good, bad, right and wrong about ourselves and others and their beliefs and actions. Judgments of this reality are man-made. What we judge we will become or one day practice the same, as this may be the only way we will be free of the judgments. We are told, “Do not judge what you do not understand” and “judge not or you will be judged.” What we do to others will be done to us. This is the law. This is the law that is called Karma, the law that every human being is under.

We are masters of projection. We love to make the other responsible for what is happening. If it is good it is our fault. If it bad it is the other’s fault. We love to look good in others eyes and our own too, so we fool ourselves into believing that we are

right and the other wrong, this way we can live with ourselves. If we are not right and we can see that, we tend to beat up on ourselves (and the ones closest to us) and become depressed and dis-eased. This we have learned to do and now we have to unlearn it and learn a new way. The old ways do not work anymore and we have to change it and learn a new way that will work for us.

This life is not personal. Infinite Intelligence is doing a grand work in and through us, yet we believe it is personal and we fight to keep our personality at all cost. It is our personality that causes havoc in our lives and relationships, one personality always fighting against another and vice versa. This is the story of personalities. When we come to realize that all this conflict is for a purpose and nothing happens without a perfectly good reason, then we will be a little more open to believing that people really are our mirrors and they do have something to offer to our process of returning to the awareness of the perfection that we are. Without the help of those that reflects us, we would never look at ourselves and see what's going on in us. I believe this is one of the reasons that we cannot see our own face without a mirror. Everybody's face is my own. This is what I can see easily.

We have come into a world where there is a collective consciousness that feeds our personality in every moment we live. This is the 'race mind". Our minds are all connected. The way we were taught to think, see, learn, speak, and feel are of this collective consciousness. As we allow ourselves to be influenced by this collective, we are living in a trap that keeps us enslaved to this consciousness. *A better word would be unconsciousness since we really are not conscious or aware of what is really going on.* Our job is to free ourselves from this collective so we can be who we really are. Who we are is not about struggle or anything we call negative. This is of the collective that is hypnotized to be in the state of struggle. It serves the agenda of the very small minority who wish to remain in physical wealth while the rest of humanity remains in poverty. Sounds like a conspiracy? It very well could be. Yet this is not about blame. It is meant to be this way, for those who are "made in the image and likeness of God" must free themselves from this wonderful game of challenge (even though it may not seem so wonderful at the moment!) He or she then becomes a *Master or Christ-like, or Krishna-like, or Buddha-like, etc.* when they have succeeded. It is our Destiny.

WE are Love. We are Joy. We are Peace. We are Power. But the world says we should not be what we are but be what we are taught to be. Every child was forced to not be themselves and they grew up to be adults who are not themselves. Those who are the extraordinary people of this planet are the ones who have questioned what they have learned because they could not find the happiness that they expect to be theirs by being obedient to the laws they were taught to obey. What they found

was, no matter how obedient they were to these laws, there was always some struggle they were going through.

We are promised by some of these laws that if we are obedient to the laws that we will be given what we ask for. I know I struggled to have enough and I was upset enough to question the struggle. It was a struggle to live in peace and enough, which equals happiness to me, and I came to a point where I had enough of the struggle and looked for something new. I am now grateful for all the “bad” things that happened in my life that caused me to question what I was being taught and which brought me to this path of seeking and finding of my true self. I am grateful also for all those who before me have written what they have so I could be inspired by their journey and insights that made my life bearable and gave me hope and faith that all is well. All be and are blessed!

It’s been many years since I first saw “The Secret”, a documentary. I was excited and thought that was the beginning of a life of abundance for me. I did not know then that my beliefs would keep me in “lockdown” and not allow me to be in abundance, for my beliefs were established in poverty mindedness.

I am a mother of four who almost died at the hands of a drug abuser husband. I was raising my children with faith in God and an advent church goer. I was a member of the Christian church for 13 years when my husband tried to kill me. During all those years I had faith that God would change him and we would have a good life with the whole family going to church together. I was in for a shock and it almost cost me my life. My then husband tried to kill me but God had other plans for me. I had asked that God protect him and change him. After a while, I asked that God do whatever it takes. God took him out of my life after he tried to kill me. I started searching the Bible deeper and stronger for God’s truth because I was finding contradictions in the teachings of the church and that in the Bible. I asked God to guide me in understanding His word because His teachers and preachers could not answer my questions.

I was raised by my mom who was innocent and naive and a dad who was an alcoholic and tried to sexually molest me. I did not know then how much that experience would mess up my mind and emotions and make my life a living hell. I hated my dad with a vengeance and consequently did not trust men, period.

In 16 years of research into the true nature of things, I have come a long way and my questions have been answered. But it wasn’t easy getting these answers and I had to do a complete overhaul of my mind and how I was programmed to think and operate. I had a mental idea of how to get what I want from what I learned from “The Secret” but I could not get it to work for me as I thought it would. That was because I was not aware that I had blocks to receiving all I “wanted” and I was feeling more and more frustrated as time went by but for some reason I did not give up.

All those on this path know that giving up is not the answer. If I gave up then what was there left to do? I just could not bring myself to imagine a life of futility so I kept on. Then one day I decided to make an investment and bought a program that taught me how to clear beliefs. That made somewhat of a difference and I started noticing opportunities open up for me a little. Since I am not a person that sticks with anything for too long, as soon as I completed that program I was onto another. This helped but I noticed that something was still missing and I was not getting the results I expected. This was because I had issues/beliefs that were personal to me and I needed to understand the what, when, how and why's of what was going on in my life.

In the meanwhile, the program called for me to buy another level of it so I can get better results. This was even more expensive than the first and it gets worse. I could not afford to buy another program at the price they were asking so I continued doing research on my own. After doing that for a while, I noticed that I was being called away from family life. My children were grown and all independent and now I was free to go on my own but I was stuck on them. I was so practiced in taking care of them that I did not want to leave them on their own. I felt guilty that I would not be there to make sure they got their meals when they were home even though I taught them to cook and do everything for themselves. I was reluctant to leave.

God (or Infinite Intelligence which I prefer) took things in IT's own hands. It then became a struggle on my mind, body and spirit to keep living that same old life that was my comfort zone. The people I held onto and did not want to leave started opposing me in every way and doing things that made me very upset. I got the message these experiences were giving me and I finally gave in and did what my heart was guiding me to do.

I moved to a new location that was available to me and there I met a Master (not in the flesh, but in a book), someone I never thought I would ever have the need of, for I never saw the necessity of having one (and truly never believed in them at that time in my life.) He was the one that called me to this new place for it is here that I learned of Him. Through His grace I am now getting ready to publish my first book. He showed me the need to get these clearings out to the world for people needed them to be free from their own mental programs as I did.

We can visualize and say affirmations all we like but it won't make a difference until we clear our mental and emotional impressions of our life's experiences. Yes. Impressions. Or beliefs. That's what they are. Beliefs I knew of but when it was called impressions by Avatar Meher Baba, then it made perfect sense in a way the word "belief" couldn't. That which has been impressed upon us as children is still running our lives as adults today. It does not work for adults, but we are still using those impressions as we did as children and do not see it for what it is. This fulfills the command "train a child up in the way to go and when he grows up, he will never

depart from it". If we were trained to be religious, religious we will be. The things that we were taught will forever be etched on our minds and only we can change them. When our lives do not work as we wish it to, then those teachings need to be changed in us.

All that we were told to do and not do by our parents and teachers as children was meant to protect us to not get into "trouble". We were trained to stay out of trouble and do what we were told, only then would we be "safe" in our parents mind. That was okay for the child but the adult has to grow out of that and into his and her own rules and guidance. This is where his/her Higher Self also known as God, comes in. "Ask and it shall be given".

We are still trying to be "safe" today as adults. We are so afraid to get into trouble that we do not allow ourselves to think for ourselves. We depend on others to tell us what to do. This is what has been impressed upon us. We were born into this dependency as a baby cannot do anything for itself and feel helpless. This is the root of all co-dependency behavior. Like I said before, it is all designed to be this way. These impressions/beliefs have to be transmuted eventually for the Laws of the Universe to work for us.

We are not only taught by others. Most of our impressions came from our own childish interpretations of what was going on around us. They were not accurate but we did not know that then and still to a vast extent do not know that now.

After about four months being guided and assisted by the Master, He showed me that he really is not the body and I must not honor him in his body while he was here but honor God in myself, for he and I is One.

Chapter 2: Resistance.

What we resist will persist.

The above statement says a lot about the conditions surrounding us today. We are all in resistance to what we do not like and it is growing. As long as we keep resisting what we do not like, what we do not like will keep coming to us. This is what the “evil” side wants us to keep doing. It feeds them and causes their agenda to be fulfilled (which is also our own secret agenda.) This world has an agenda and we were trained by it. This agenda is hidden and it is our destiny to find it out, the starting point being our own self. Keep in mind that this “evil” is translated “energy-veil” and our ego personality represents this. It is our Earthly training as humans also known as our beliefs. It is here to oppose we who are “made in the image and likeness of God” so we will find it hard to find the truth and let the “truth set us free”. Of course, all are made in the image and likeness of God, but do we really understand what that means?

Religions are built to keep us in resistance. Look how we fight to be right about God! Religion is built to keep people not accepting things about themselves and others that they do not like. This is the kingdom of this world. Yet, the teaching of each religion holds truth that is being interpreted negatively. The ego sees only false. The Spirit “guides into all truth”. Again- “Ask and it shall be given”. To have our world change into the ideal of Heaven on Earth, we first have to “seek the Kingdom of Heaven”. The Kingdom Of Heaven is built on Divine Love and with Divine Love. ***And this Kingdom is Within You.***

We hold to our respective religions and beliefs systems and we can look at the condition of our people today and see where they are because of this. All religions preach separation. Divide and conquer is the rule here. The church goes do not know this. Each one say they are the right one and the others wrong. Those who hold to this do not see that God is the Creator of us all and It created us with the same material- Spirit- or Infinite Intelligent Energy. This “divide and conquer” rule is serving the purpose of those who wish to see the people of God go wrong and stay there for it makes them rich. This is also a reflection of something in us that wish the same thing.

The point here is that if we wish to see change in our world for the better of ourselves and all humanity, then we have to begin at home in ourselves. Each individual is responsible to play his and her own part in this. None is exempt from this. It is not a few doing it for all but all doing it as one. As I heal my pain and suffering, I help to heal the rest of humanity’s pain in a certain degree because we are all connected. Whatever little I do makes a difference, a little bit at a time. What I feel is vibrated

outward and affects all, everywhere. What I feel, think, say and do goes out and returns to me seven-fold. As I keep sending out what I have received in divine love, it multiplies for myself and everyone. The opposite of this is also true. What we send out be it positive or negative, it will be multiplied and we will receive what we have sown, sevenfold. What we repeat over and over again with belief becomes our mantra. It will manifest in our reality.

The process that will change our world into a heavenly one teaches that to change our world, we have to change how we think, what we think, what we believe and how we use what we believe for the betterment for ourselves and all humanity. Instead of believing in separation and letting that rule what we think and do, let us see and feel the oneness of all. After all, the same breath that made the human that God created alive is the same breath in us all. It is the same with the flesh. He did not bake one in the oven and put one in the freezer. We were all made the same way.

The belief in separation is not from God. This is the teaching of this world and it is far removed from God's true teaching, the knowledge of Infinite Intelligence. This truth is above all, through us all and in us all. This is why we don't have to look anywhere else for truth but in our very own hearts. Within our heart is all we need to know the truth and nothing but the truth. We are made in the image and likeness of Infinite Intelligence. It is inherent in us. It takes re-learning how to be once again, like everything else we learn.

In our own hearts we also find the false beliefs that do not work for us. In fact, they work against us. We try to protect ourselves from pain and fear by placing barriers of hate and rejection around our hearts. This does more harm than good for it keeps out the bad as well as the good. In our search for truth, we must look for the false as it shows up in ourselves and clear them. This is what others show us because we cannot see it in ourselves. The mirror shows us what we fear, what we hate, what we judge and what we are being in the moment. Look into your mirrors and as you see what you do not like, change it.

When we received the teaching of the world starting first with our parents, then the truth of our own divine intelligence was partitioned off inside us. This was necessary so that we learn the ways of this world that we came to play in. The perfect plan of Infinity is working, no doubt about it. It may seem otherwise at times but know that all is well no matter what it looks like.

To be in separation we had to believe in the lie the world told us. We had no clue it was a lie but we held to it with all our might. To return to truth we have to let go of the teaching of the world and take hold once again of the Infinite Intelligence that has been partitioned off. Our mind and body has lived without our heart's (tool of Soul or Infinite Intelligence) involvement in our life for a long time. Now we must allow our heart's feeling to guide us once again. The mind, body and spirit must be in agreement/alignment to access the Infinite Intelligence within.

It is said to love God with all your heart, mind, soul and strength. I am made in the image and likeness of God. God is the unseen while I am the seen. Therefore, I must love myself with all my heart, soul, mind and strength. Loving one's self is activating the heart of man. It is the first requirement to returning to the heavenly teaching from within. Only Divine Love can open the door to the Infinite Intelligence that is locked in. Acceptance of all that is (including myself) no matter what it looks like, is how I am able to return to this love in myself. Resistance/rejection will keep me from infinite intelligence, for it supports separation. All is One in God and God is One in all.

Resisting a thing is a want to be separate from it. Separation is the belief that all is not one and all is not God's, yet God says in Ephesians 4:6- "One God... who is above all, through all and in all". It is said also that God's foolishness is wiser than men, I Corinthians 1:25, yet men has been telling us for ages what "God said" and the blind gets caught in the trap of the blind because they were taught by men to interpret the scriptures and not by God. Now there are two types of teachers that preach the scriptures. There are those of Spirit who teach the truth because they have experienced it. Then there are those of the flesh who teach as they have been taught by the teachers of the world. They repeat what they have been told. They are lead astray and lead others astray not knowing the whole truth. This is the blind leading the blind.

It is not the love of money which is the root of all evil but the love of power that money causes one to believe he has, that is the root of all evil. When one feels powerless, he uses money to feel powerful. This is false power. It is only the ego personality that has learned this way of being that thinks it needs this power.

Religion is used to control the masses and those who follow religion do not see it. They have been programmed so well with the words in their holy books that they refuse to see anything else. This is called tunnel vision- seeing only one way. I have been there and done that, therefore I cannot lay blame or judge in a negative way but only point to that which was revealed to me. I give thanks for the part religion has played in my life for me to know the truth today. It is a necessary foundation for most of us. Yet we are not meant to get stuck in religion but to find our own way to God Within. The holy books themselves point to this but the interpretation of men has clouded the true meaning hidden therein.

If we allow ourselves to see from our brothers and sisters point of view and relate it to our own, we will have less conflict. Conflicts that show up have to be transmuted in ourselves. It will first show up as conflict with another. If we allow ourselves to see that the other is simply showing me what I need to look at in myself, then we can change ourselves and thus the world. When I clear my energies of negative vibrations, then there will be nothing to be in conflict with others about.

All that shows up around me that I am not happy with, represents what is going on in me, every time. Whether we believe it or not, we have to be willing to look at it and ask to be shown what it is about. If we refuse to believe that others reflect us, then we will get nowhere fast. Our parents reflect us. Our partners reflect us. Our children reflect us. Our “enemies” reflect us. Our neighbors reflect us. Our governments reflect us, our boss, workmates, etc.

Conflict anywhere is conflict in here. You can fix it. It is easy to do but feels difficult with all the beliefs attached to it. It takes 3 simple steps. Accept it, embrace it, transmute it. Three steps to be free of the prison mentality. Three steps to your awakening and the world's. Once a person is willing to do this, he/she will be assisted all the way. Infinite Intelligence fills all, and is in all. Are you ready to receive it? Are you ready to believe it? You can only do this when you are ready and nothing happens before its time in your life.

Those that are not yet ready, they will be in time. All are called and all will answer. Not one shall be lost. Love in wisdom will bring us all home for we are all that. Love in Wisdom has called you to the information in this book. We are made in the image and likeness of love in wisdom and we all know that God is love. God is both Love and wisdom yet only Love is mentioned mostly. To those who are ready: Love/Wisdom has been waiting for you to know yourself. Did you know that you are love/wisdom? You looked for it in everyone and everything and didn't know it was in your own self all along. Now you know. And you will have your own personal experience of this love/wisdom for it is the experience of yourself.

Chapter 3: Beliefs.

According to your Faith (belief), so shall it be unto you.

Our eyes are the windows through which light shines on all we look at. The Light of the body is in the eye. This light is the reason we see anything at all. When we look at that which is hidden in our mind, we shed light on it and we “enlighten” or lighten it for they are very heavy to our mind and body which is made of light itself. This is what is called “burdens hard to bear”. Practicing clearing beliefs lightens this burden and makes our life easier to live and clears our vision to see better. This seeing is the seeing of the inner eye and this is true seeing.

Your personality will resist this at first for it does not understand it. Yet if we should depend on our personality to be enlightened, then we would never be enlightened. Our personality is not what we are. It is what we have been taught to think we are. Our mind/personality is made up of all we have been taught and our own interpretations of what went on around us. Our minds must not be allowed to get in the way of our mental, emotional and spiritual freedom for it wishes to keep us imprisoned in its mindset. It is a learned way of thinking and being and we are told that we must give up the world and everything in it to gain the kingdom of heaven. The world and everything in it is our beliefs about the world and everything in it. This Kingdom of heaven we are told is inside us. How can we find the kingdom “Within us” if it is all covered up with the beliefs of this world?

The worldly way of thinking and believing is what we must give up for our thoughts become the things. The things and experiences that show up can attest to that. What is showing up in your life? Is it pleasing in your sight? There is no shortcut to this. We must clear the garbage heap of beliefs that block out our true light before our life can shine in all its glory and the Kingdom within is experienced.

Some say we must be careful of the negative energies that is around us that influences us. The truth is that the only energy around is Infinite Intelligent Energy and it influences us according to the level of our personal evolution and involution. The only negative energy that exists is in our beliefs. This has populated a world and we are all influenced by it as it is a necessary process of evolution. What we believe we receive and what we receive influences us to make changes accordingly. We must not remain stuck on what we receive at any time, be it negative or positive. We must be in constant growth all the time.

With the help and guidance of a Perfect Master, we are taken on this path of growth in a perfect way. Not everyone wishes to have a Master. Most people have Christ as their Master or some other Great One who has walked the planet in the past, or one who is here right now. Meher Baba has taught me that they are all One

and the same. He picked me and revealed Himself to me. In fact, I chose Him when He was Christ. I just didn't know He came back! After all, do we really know the form he came in and would we recognize him when he shows up? (He comes in all forms to all peoples of all nations according to what we will accept.)

I was seeking for truth on my own for many years when I met my first Master. I never believed in masters until I answered an urge inside myself that just would not leave me alone. I was living in frustration and just could not seem to get out of it. I answered the call to move into a new location that had opened up for me (the same one I was resisting leaving my grown children for) and 3 days later I picked up a book off the bookshelf that got me hooked into its stories and interested in the writer. It was a book that helped me see creation in a new perspective and took me beyond creation also.

It is called "The Nothing and The Everything" by Avatar Meher Baba and I was very intrigued. I figured that He is the one who is here to assist me the rest of the way into total enlightenment and my consequent experiences after meeting Him confirmed this. My life has been easier and less complicated since then and I am more peaceful and happier than before. I am more accepting of what happens around me and I know that nothing happens without reason. Our purposes are all the same (to find The Kingdom Within) but we choose to experience and express in different ways. This is the beauty of how Infinite Intelligence works. It is a joy to be alive on planet Earth, and no matter what, it is all unity in diversity.

Everything that happens that I do not like has showed up for transmuting and that's what I do with it. Sometimes I forget and get caught up in the emotions of fear and struggle but it does not last long as I am reminded of the purpose of the upsets. I always gain from these moments and times. There is nothing to lose from going through them but the stress that they come with. We must transmute all our impressions and this way clear our energy field within and around us so the fullness of pure Infinite Intelligent Energy can flow freely. We allow this to occur by allowing ourselves to go through the process of clearing, willingly. Then will Infinite Intelligence impress us with Itself fully. After all, we are made up of this Infinite Intelligence.

According to The Avatar, there are 14 levels of creation- 7 levels of evolution and 7 levels of involution. These are the levels that the clearing statement in this book is used on. We have to clear all the impressions that we have received from all our levels of evolution as we go within ourselves on the inner path of involution. We go within to clear out that which we have received from without. This is what is meant by "give up the whole world and everything in it". It is not "things" that we give up, but our beliefs about these things that we must give up. Our belief about a thing gives us the exact same experience of the thing. Change your belief about that thing and watch your experience of it change. According to your faith, so shall it be unto you.

Most of us have faith in the negative more than the positive. This is because of the impressions we received as kids. We were taught to be afraid of almost everything and that we cannot have all we want. (Of course, we did not come to have it ALL! What will we do with it?!) But we can have most of which we believe is not possible to have. We have to change these impressions and one of the ways to do it is by transmuting it- (or changing it).

Another word that is used is “repent” as in the Holy Bible. To repent means to change. We must change/transmute it into Pure Spirit which is Divine Love in Wisdom. We are made in the image and likeness of this Love/Wisdom, yet we use it for negative purposes. What we focus on, It will bring to us for God is All and God is Love/Wisdom. This Love in Wisdom, wishes for us to have all we give our focus on, whether it be good, bad, nice or ugly. Nothing is as it appears to be.

The clearing process:

There is a statement used in this book to transmute anything.. Transmutation is a cancelling out of all the beliefs we have inherited and allowing our mind to be retrained by Divine Love/Wisdom also known as Divine Intelligence or Infinite Intelligence, or simply God.

My belief is an investment. What do I choose to invest my belief in? The belief I hold vibrates out like a magnet to attract to me what I send out. It will come back to me seven-fold. What do I wish to have returned to me multiplied? What does not bring me peace and happiness I will transmute.

My beliefs are not my own. It was inherited from my ancestors. I must clear for them as I clear for myself. After all, we are all in this together. As we clear for our ancestors of the past, we also clear for the present and future generations. This is so lovely and it gives me joy to just know it.

Doing the transmutations for myself alone was more difficult as I had to do more of them. Doing it for my ancestors also at the same time made it so much easier as it does it all in one shot! I’m so grateful for this insight. I am blessed to be sharing it with you!

The Clearing Statement:

All that this is in me(issue that is showing up) and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks. (Feeling of gratitude.)

Note 1: As you say, “And so it is!” feel your whole self/cells agree with you in pleasure. This is the sign that it is accepted and agreed upon by your wholeness/Holiness.

Explanation of the clearing statement:

This statement clears every aspect of the issue that is showing up. It leaves nothing out. It is total and complete. It covers all 7 chakra levels of your being starting from the root chakra up to the crown chakra. The levels of our transmutations are

14 total, 7 of creation and manifestation of the physical where the vibration is brought from a high level to the lowest level of form, and 7 of involution where you are returning back to the state of the highest level by rising back up the 7 chakras. This is the stairway to heaven that is mentioned in many places of scripture.

Divine Love is Divine Intelligence. We are changing the beliefs that don't work for us anymore into Divine Love or Divine Intelligence. This is its highest state that we can ever change it to. The "residues transmuted also" is very important as this clears all that the Tachyon energy field holds to. (A **tachyonic field**, or simply **tachyon**, is a quantum field with an imaginary mass. It holds memory of mass.) Tachyon is the energy form of the issue that holds the memory and residues about the form and if not transmuted also, will form back into the issue cleared.

As we clear the chakras of the beliefs of this world that we hold to which holds fear, guilt, shame, grief and lies in place (all illusions), the creative energy that is latent in us rises through the chakra points we have cleared and flows into our Divine Awareness. This Divine Awareness then bathes our whole Self in its Peace and Wisdom. Awakening into the true awareness of Self happens in this state of being. This is the ultimate experience that all seekers are seeking. Clearing our energy field is vital to receiving this experience. Keep in mind that Divine Love/Wisdom is Divine Intelligence and it will never fail. Therefore, what we clear we are bringing home to Infinite Intelligence or Infinite Love/Wisdom. We are told to give it all to God. This is what we are doing here.

As you transmute the beliefs/impressions that show up, you will notice that the same thing may come up over and over again to transmute. Do not fear or get upset at this for it is only coming up to be changed at another level of the seven. Doing a clearing on an issue 7 times will often do the job. Sometimes an issue will have grown attachments. These will show up after the main issue is cleared.

At times, after I had done the clearings and things had not changed, then it was a message (that I had to confirm from within) to remove myself from the situation and move on. The feeling was strong and I felt great relief after making the decision, every time.

Make sure you feel what you are clearing. The words alone would not do the clearing for you. You have to feel them as you did when you first felt them. You have to re-live the feeling associated with the situation that it occurred in and then clear them. At times, you will observe others being in a situation that upset you. That would have mirrored a clearing for you. Use it to clear the upset.

If an issue is intense, stay with it if you can. You can. It is just a feeling that needs to be noticed and once you accept it and the lesson it has brought you, it will leave you in peace. All negative seeming issues are blessings in disguise. They have brought you a lesson from your Higher Self, the One Self that you truly are. If you cannot stay with an issue the first time, let it go and allow yourself some rest from it.

Take note of it, ask it to reveal the lesson it has brought, write down the question and let it go. Do not worry about it. It will reveal itself to you in its own time.

An impression that I keep that helps me get this clearer in my consciousness is to see my Self as my cells. Myself = My-cell-ph. My cells must be in their ph balance for me to be in balance. My cells know their tasks and balance is definitely not what my programmed personality was offering. As I clear my cells of the impressions that I hold in them that does not work for me, they work more effectively to keep me functioning in balance. After all, we are made up of our cells, which at their core is pure energy, Infinite Intelligent Energy.

Guide to recognizing upsets and clearing them. The process:

- a. Notice the upset.
- b. Ask "What is the lesson for me here?" And then listen with your attention focused on your heart.
- c. Allow the answer to come to you. You will recognize it for it will feel like the perfect answer and your heart will feel glad. This is your inner self rejoicing that you got Its message.
- d. Accept and embrace what is showing up. (Not accepting is rejecting the truth about the situation and it cannot be cleared effectively without your acceptance of it. Rejection is separation so make sure you bring all feelings home to be healed by acceptance and embracement of it.)
- e. Say the transmutation statement. Repeat it until you feel better.
(It is very helpful to take notes of your questions and what is showing as you read this book and do your transmutations. When you leave your mind to do it all, your mind will drive you nuts. When you take notes and allow the answers to come to you, your inspiration from within will guide your mind and reveal all that is hidden. More is revealed when one writes.)

How to ground yourself before practicing transmutations.

Stand with both feet at shoulder width. (It is best to do this with bare feet on the Earth. If not, anywhere will do.) Breathe in a few times and relax. When you feel ready, breathe in from the center of the Earth (see this in your mind's eye as a sun in the center of the Earth), breathe in all the way into your body and out through your head into the imaginary Sun above you. Relax. Then breathe in from The Sun above you, all the way into your body and out to the center of the Earth. This will feel really good. Repeat the process 3 times. Enjoy. For every clearing you do, this process helps to bring balance and great feeling to it. You can do it before and after each

transmutation or after a few as needed. Or you can just do it when you feel like it. Follow your feeling every time.

The Chakras.

The 7 levels of evolution is equated to the 7 chakras in the body. For those who do not know what chakras are: They are 7 energy centers in our body that spins continuously. These 7 centers are where Spirit moves in and out of the body and keeps it functioning. They are called the Wheels of Life. We came into this world with clear chakras and as we learned from this world its knowledge, these centers become clogged, for the teachings of this world is not the whole truth. These are the beliefs of others that have been passed down from generation to generation. This is necessary for our evolution. These are the beliefs that ground us to the Earth and keep us evolving into different personalities. These beliefs are what must be cleared for the Spirit of truth to be revealed in the body, soul and mind. Evolution needs beliefs for the life experience of duality to occur and continue. These beliefs are in place all the time and we make them real by believing them strongly.

Involution will only start after evolution has been completed in a person. Transmuting the beliefs is quite essential to clear all the chakras in this process.

The transmutations are done as upsets show up. (The book itself reminds me of a pregnant woman. At the end of the pregnancy a new birth occurs.) This has been my experience. As one issue show up to be transmuted, another that is connected to it reveals itself. Using my own beliefs and experiences, anyone can recognize his and her own beliefs that need transmuting. The first 60 transmutation statements have been completed. The rest will be continued by the reader using the same statement. Keeping a record of your own journey will help a lot in revealing what in you need to go.

A blessed journey into yourself and all the best to you!

Chapter 4. The Transmutations

“Happy is he that condemns himself not in the thing which he allows himself.” Romans. 14:22.

I first heard that I had beliefs that were sabotaging my life in 2006 from a new friend. I had just started seeking for answers and the truth about God because what I had learned so far wasn't working for me. Books showed up that taught me new things and people had started showing up too who were seeking just as I was.

I learnt that there were three major beliefs that were holding back my happiness and success, and many minor beliefs that were built on them to establish the three. The three major beliefs are:

1. Something is wrong with me.
2. I'm not good enough.
3. I'm on my own.

After many years of looking at these and noticing the what, how, where, why and when about them, I was able to set myself free from their influence, but not after getting the help of the Master of Love Himself. He helped me more than I can say and showed me the truth about my life here on earth and what it is about. This helped me let go of all my expectations and see that my life was not about appearances, that there was so much more.

I found out that as earliest as possible after I was born, I felt:

1. That something was wrong with me. No one could understand me and I was saying so much! I was speaking the psychic language and no one else around me could understand it. I didn't understand that and so I came up with: “Something is wrong with me. “ That made me feel sad and all the experiences I had from then on would fuel my belief that something was indeed wrong with me. Then my brother was born when I was 3 years old and I felt that:
2. I was not good enough for mom so she had to get a new baby. I had no idea that having babies were normal. In my little child's mind that already believed something was wrong with it, it now feels it is being replaced. So now my baby self has two issues to deal with. Not having anyone that understands me and mom paying more attention to the new baby than she did me, caused crying sessions. I would cry and cry for mom's attention and all I got was discipline. That helped to confirm that something was indeed wrong with me even more and I was not good enough.

3. Automatically, the last conclusion came into play. I felt that I was alone and I started being a rebellious child to protect myself. I was disciplined severely for it. As I grew older, the discipline intensified and the more rebellious I became. Of course, my parents didn't know much about discipline and they gave their children only what they themselves had received: a good beating.

So there it is: The foundational reasons why I hated and distrusted myself and everyone else around me. To make those more real and give myself reasons to make them true, I lived them over and over again, using everyone and everything that showed up in my life. I made every man my dad and every woman my mom and I did not know it. Everything I learnt from my mom and dad I made my own and all their beliefs, attitude and ways of being I adopted. I came into the world empty and all I filled myself with was what I saw, heard and felt. (Just one way of putting it.)

It would take many years of work on my own and my adopted beliefs before I could clear out the garbage heap of accumulated beliefs to be free of their influence in my life. They have wreaked havoc and caused so much misery in my life and those of my loved ones. Yet, they were all necessary experiences for all concerned, for we are here to get our lessons from these experiences and be better human beings for it. Sad to say, some became worse after bad experiences and lost their way.

I had almost lost my way when I heard a voice telling me to give my present partner a chance. There was no doubt that I heard it and for some reason I trusted that voice. I obeyed and I can say now that I am happy I did. He came after I asked for an easier way to get my lessons. He challenged me in ways that drove me nuts all the way to the end. It was only after three years with him that I finally let go of my rebellious and distrustful attitude and started trusting again. He is patient and quiet—just what I needed to let go of my resistance. I am grateful he came into my life.

Now for the transmutations.

1. The belief that “something is wrong with me” and all this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I'm grateful. Nothing was ever wrong with me. God made me and called me good. He placed his Kingdom within me. (Luke 17:21) The world told me otherwise. I believe God over the world. Now I must seek and find this kingdom within myself. I give thanks for God's help in this endeavor. As I remove the blocks/beliefs, the kingdom is revealed.

2. The belief that “I am not good enough” and all this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I’m grateful.
I am good enough. I have always been good enough. I believed that I was not. That is a lie. Now I give up the lie for the truth. I give thanks.
3. The belief that “I am on my own” and all this is in me, I now transmute it all into Divine Love and light in all levels of myself. All its residues be transmuted in totality. So be it and so it is. I’m grateful.
I am never on my own. The whole Universe also known as God is with me at all times and never leaves me, no matter what. I can count on that. Whatever I may do be it good, bad, right or wrong, God never leaves me. It is a present help in time of need and guidance. All I have to do is ask and trust. God is a forgiving God always and forevermore and will point out my wrongs so I can correct them.
4. All power that I have given to anyone and their beliefs and word over the power of my own word and all that this is in me and my ancestors I now transmute into divine love in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
5. All issues with my mom that I hold onto and all that this is in me and my ancestors, I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
6. All the guilt I feel about treating my children the way I perceived my mother treated me and all the judgments I hold against myself and her for this because I knew no better, all that this is in me, I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
7. I believe I always have to be doing some “work” or other and if I am not, that I am wasting time and I feel guilty. My mom would not let me play or have fun in any way. She was constantly saying to “stop wasting time and come do this”. All that this guilt is in me and my ancestors I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
8. I do not like to “do work”. All I want to do now is “rest”. All that this is in me and my ancestors I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
I am now ready to do my “job” that is assigned to me by my Creator. I give thanks.
9. I grew up eventually judging those who do not work. All that this is in me and my ancestors I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
10. All doubt that I hold and all it is in me and my ancestors, I now transmute into Divine Love and Light in all levels of ourselves from infinity to infinity of ourselves . All its residues be transmuted in totality. So be it. And so it is. I give thanks.

11. All resistance to doubt that I hold and all that this is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
12. The belief in resistance and all it is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
13. All fear that I hold and all that this is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
14. All resistance to fear that I hold and all that this is in me and my ancestors I now transmute into Divine Love in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
15. All that happened while I was in my mother's womb that I took upon myself and is holding back my expansion, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
16. As a child I was reprimanded severely for mistakes I made. I was not corrected for my mistakes nor was anything explained to me. I was just disciplined for it and told that it was bad or wrong or "don't do that!" I hated myself for making mistakes and felt I could do nothing right. I was also told that I could do nothing right and this has helped to sustain the belief that I was not good enough. Now I know that the persons that inflicted the punishment on me knew no better, for that is how they were raised also. All that this is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
17. All fear of making mistakes that is in me and my ancestors I now transmute into Divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I am so grateful.
18. All that I hate about making mistakes and all that that is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
19. All that I fear about seeing in deed and in truth and all that this is in my ancestors also, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted also in totality. So be it. And so it is. I give thanks.
20. All resistance to limitation and lack that I hold and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.

<< Nothing is bad or wrong with anything or any way of being that I clear. My way of being must be brought into balance and not be purely negative or positive. This way my chakras are cleared of its accumulations and come into balance. >>

21. My experiences with my ex-husband while I was married programmed me with what I am doing in relationships presently. And before that, I watched what happened between my mom and dad and everyone around me. My dad and mom cheated on each other and my ex cheated on me. I do not trust relationships! All that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
22. While I was married, my husband cheated on me. He was only reflecting what I was doing on myself. I was cheating myself by not letting myself have what I wanted. I was looking after the home and family and leaving myself out of the equation. All that this is in me and my ancestors I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is.
23. I was mostly alone all my life. I feel lonely for someone to love and be loved by. Yet I am keeping this from happening because I don't trust relationships. This is both wanting love and afraid of having it. All that this is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
24. All that pride is in me and my ancestors I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
25. All that prejudice is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
26. I asked for things when I was a child but did not get it. After a while I stopped asking because I knew it was a waste of time and now I believe I can't have the money I would like to have, the things I wish to have and the love I wish to have. This includes success and everything else. All that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise for this.
27. I hate lies with a vengeance. All that this is in me and my ancestors, I now transmute into Divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I am so grateful.
28. As a child, I believed that I was weak and helpless and I could do nothing for myself. I grew up into an adult and was living the same belief. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
29. We judge this child we have become. We are weary of children's ways. The way a child demands attention, we are in a hurry for them to grow up so we can be free

of the burden of child-raising. What we do not see is that they are a reflection of how we feel about our own selves. We feel burdened by our own selves. We are so split apart that we tire ourselves out and then blame it on another. We reject the child we are and the child we see in others. We are in a rush to grow up and not stopping one moment to enjoy being a child. Or an adult for that matter. All that this is in me and my ancestors, I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is! I give thanks.

I allow myself to hug the little child in me. I embrace her and kiss her. I say beautiful and loving things to her. I do this every day until her fear and pain is gone. I am grateful for this.

30. What did perfection/Infinite Intelligence come here for but to be this little child? Did it not choose to forget its perfection to come play in misery? The Divine Feminine is like a child. She does what she is told not to do and gets into trouble. Yet because of her childish disobedience, duality has a playfield. And who else plays in the playfield but children? All resistance to this in me and my ancestors, I now transmute into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is! I give thanks.
31. I believed that I was “a sinner and have fallen short of the glory of God”. This meant to me that I cannot have happiness, success and love because I am bad and God is mad at me, so I don’t deserve these things to be happy. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks and praise.
32. I have fallen short of the glory of God indeed because I am holding on to the beliefs of man and am not allowing God to bring me the truth. Yet he is not mad at me. He never was and never will be. It is I who is mad at myself. I have closed my heart so I don’t hear his voice speaking to me and I believe what the world and everyone says instead. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
33. I worry and worry. I believe that if I worry enough that things will change. I believe that if I worry about things then I am in control. I worry because I feel afraid and if I am not worrying then something is wrong and I feel afraid of that too. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
34. I beat up on myself because I am the reason Christ was crucified (or so I was told and I believed it.) I hate myself for it and keep myself in misery so God will be sorry for me and have mercy on me even though I am saved. I could not see this contradiction before. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.

35. At times, many times, I felt like I wanted to die. It was hard to live in poverty and struggle. This is my “death wish”. All that my death wish is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks
36. Not living my dream makes me feel guilty. I like feeling guilty because the Bible says I am and therefore if I feel guilty then I am pleasing God, even though I am saved. (Laughter!) All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
37. When I was a child I cried to have my needs met. I still do this today and it does not work as it didn’t work back then. All that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of myself. All its residues be transmuted in totality. So be it and so it is. I give thanks,
38. As a child I did not get enough of my mom’s attention and I was jealous of my little brother who had all her attention. This jealousy is showing up in others around me and I see it is showing up for me to clear. All that this jealousy is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
39. I believe that I have to prove myself worthy to be loved. All that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
40. All that I believe about myself being unworthy and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks! This one was big! I had to do it several times!

**<< I cannot see what I am doing. I need you my reflection to show me even
though I might
refuse to see. >>**

41. All that “upset” is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks! This one also was big!
42. All resistance to things old that I hold and all this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
43. All seeming pain I received from others and gave to others that I hold in me and all that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.

44. All resistance to pain that I hold and all that this is in my ancestors also, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
45. All hidden beliefs in “curses” that my ancestors and I hold, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
46. All negative judgments on all pain I received from others and gave to others that I hold and all that this is in me and my ancestors I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
47. All resistance to my childhood home that I hold in me and all that occurred there, and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
48. I was around 8 yrs old when I was introduced to sexual touching. I liked the touching because it felt good but when I learned that my dad wasn’t supposed to touch me in that way, I hated him with a vengeance. All that this is in me I now transmute it all into Divine Love in all levels of myself. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
49. All resistance to sexual abuse that I hold and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
50. All hate for sexual abusers and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves . All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
51. All resistance to my dad and what he represented in my life I now transmute it all into Divine Love and light in all levels of myself. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
52. All the judgments, shame, hate and fears attached to “sexual abuse” and all that is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
53. All the hate and rage I hold against my dad because he touched me where he shouldn’t have and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.

I hated my dad with a vengeance! He was supposed to protect and take care of me. I trusted him so much that I believed everything he said with my little child’s mind. For many years I cried and lamented my abuse by my dad. I blamed him mostly for everything that was wrong in my life. It would take many more years to heal from it but I did it and I am grateful.

54. All the hate and rejection of my dad because he abandoned his wife and children and all that this is in my ancestors also, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
55. All the hate and rejection I felt for my dad because he used most of his money on drinking instead of on his family and all that this is in my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves . All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
56. All my hate for drug addicts and alcoholics and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
57. All hidden beliefs about sex that I hold and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
58. All my resistance to being touched sexually and all that this is in me and my ancestors, I now transmute it all into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks.
59. All my hate and distrust of men and all that this is in me and my ancestors, I now transmute into Divine Love and light in all levels of ourselves. All its residues be transmuted in totality. So be it. And so it is. I give thanks and praise.
60. I have done many transmutations on my sexual abuse. It kept coming up again and again to be cleared because it was so hard to accept that my own dad molested me. I kept asking over and over again "Why?" "Why me?" "Why my dad?" I cried and cried and hated him over and over again. I even hated myself for letting him touch me. I hated myself so much. I hated the flesh of man/woman. I questioned God this last time after many years of clearing and this is what He said: "You were potentially dangerous to yourself, for you had the ability to grow too fast in knowledge without wisdom and I had to put a stumbling block in your way. You had to learn wisdom in humility and this is the one thing that stopped you from the path of destruction you were heading on in the pride you were being raised in. You were going to be programmed with too many beliefs that you had to shed in the way that was appointed for you. You did it after all this time. Did it not bring you good?" Yes it did. It made me search for the truth and I found it. All remaining resistance to this I now transmute into divine love and light in all levels of myself. All its residues be transmuted in totality. So be it. And so it is. I give thanks.

<< We do to others what we are already doing to ourselves. This is projection. >>

61. The path of destruction I was headed on was to put men in jail for their wrongs against women without a chance. I wanted to be a lawyer just so I could do that. God made sure I did not finish school for this very reason. I was mad at God too for all this. All that this is in me and my ancestors, I now transmute it all into divine love and light in all levels of ourselves. All its residues be transmuted in totality. So be it and so it is. I give thanks.
62. My belief in struggle that I hold and all that this is in me and my ancestors...
(please continue transmutation statement here and for the rest of the statements. Thank you.)
63. All resistance to my mom and dad, to God and myself that I hold and all that this is in me and my ancestors...
64. All resistance to my belief in struggle that I hold and all that this is in me and my ancestors...
65. All resistance and doubts to creating for myself that I hold and all that this is in me and my ancestors...
66. I don't create for myself because I was taught that men have to provide for women. All that this is in me and my ancestors...
67. Perfection= perfect action. When we follow the guidance from within ourselves that leads to pleasing results, we call that perfect action. All resistance to performing perfect action and all that this is in me and my ancestors, I now...
68. I hated the word "manipulation" It meant to me that people use other people selfishly. It can be used to mean better things. All that this resistance is in me and my ancestors...
69. All resistance to my own self that I hold in me and all that this is in my ancestors...
70. I believe that I am a failure. All that this is in me and my ancestors I now ...
71. I have a tendency to see everything that happens in a negative light. I recognized this in my mom. All that this is in me and my ancestors...
72. All resistance to understanding anything in truth and all that this is in me and my ancestors...
73. All resistance to words and their meanings in the English language that I hold in me and all that this is in my ancestors...
74. All that "pleasing other people" is in me and my ancestors...
75. All resistance to "people pleasing" and all this is in me and my ancestors...
76. All expectations that I hold in myself of others and myself and all that this is in my ancestors also, I now...
77. All resistance to expectations I have placed on myself and others and all that this is in me and my ancestors also, I now...
78. All guilt that I hold and all that this is in my ancestors...
79. All resistance to guilt that I hold and all that this is in my ancestors...
80. All that resistance to loving sex and wanting sex is in me and my ancestors...

**<< When I point my finger in blame at another, look at how many of my own
fingers are pointing back at me. >>**

81. All my judgments about sex I have received from others. All that my judgment of sex is about and all that this is in my ancestors...
82. All my resistance and judgment on men wanting sex that I hold and all that this is in my ancestors...
83. I believe that all men want from me is sex. All that this is in me and my ancestors, I now...
84. We cannot beat up on ourselves into submission to change what we want to change in ourselves. Our parents did that. We don't have to keep on where they left off, if they have left off at all. It seems that we try to please our parents no matter how grown we are. It is that little child in us still looking to our parents for acceptance. It is time we give that up for our own acceptance of ourselves. All that looking for acceptance from my parents is in me and my ancestors...
I accept myself as I am now and I chose to change what I am not comfortable with. So be it and so it is. I give thanks.
85. All my hate for humanity and their weakness that I see including my own, and all that this is in me and my ancestors...
86. All that I do, think, feel and believe that are signs of seeking my parents approval and all that this is in my ancestors, I now transmute...
87. All my resistance to males and females that I hold is a reflection of me hating myself. All that this is in me and my ancestors, I now transmute...
88. All my resistance to duality that I hold and all that this is in me and my ancestors...
89. All my resistance to humanity and their sorry state that I hold and all that this is in me and my ancestors, I now transmute ...
90. All resistance to selfishness that I hold to and all that this is in me and my ancestors, I now transmute ...
91. All selfishness that I hold to and all that this is in me and my ancestors, I now transmute ...
92. All insecurity that I hold and all that this is in me and my ancestors, I now transmute ...
93. All my resistance to insecurity that I hold and all that this is in me and my ancestors, I now transmute ...
94. All that wanting security is in me and my ancestors, I now transmute ...
95. All my resistance to having millions of dollars and all that this is in me and my ancestors, I now transmute ...
96. All my fears to having millions of dollars and all that this is in me and my ancestors, I now transmute it ...
97. Wanting millions of dollars and all that this is in me and my ancestors, I now transmute ...

98. All resistance to myself being fat (or too thin) that I hold and all that this is in me and my ancestors, I now ...
99. All my fears to having a fat belly that I hold and all that this is in me and my ancestors, I now ...
100. I spend all my time resisting all these that I am now transmuting and have no time to focus on being clear and hearing the voice of Spirit as it speaks to me. No wonder my life is messed up and I cannot make it work for me! All that this is in me and my ancestors, I now ...
I give praise and thanks to my Almighty Self who shows me all this!

<< Everyone is my mirror. I see only myself everywhere.>>

101. All resistance to cooking and taking care of others all the time and all that this is in me and my ancestors, I now ...
102. All resistance to spending all my time doing what I would rather not do and all that this is in me and my ancestors, I now...
103. We end up distrusting even our faith that we are supposed to have when things don't work out as we expect them to. All resistance to faith that I hold and all that this is in me and my ancestors, I now ...
104. All resistance to my body that I hold and all that this is in me and my ancestors, I now ...
105. All resistance to divine love (it seems to be so elusive!) that I hold and all that this is in me and my ancestors, I now ...
106. All resistance to food and eating that I hold and all that this is in me and my ancestors, I now ...
107. All resistance to death that I hold and all that this is in me and my ancestors, I now ...
108. All fears of death that I hold and all that this is in me and my ancestors, I now ...
109. All resistance to my life on Earth that I hold and all that this is in me and my ancestors, I now ...
110. All the reasons why I hate my life and all it is in me and my ancestors, I now transmute...
111. All resistance to debt that I hold and all that this is in me and my ancestors, I now ...
112. All belief in debt that I hold and all that this is in me and my ancestors, I ...
113. All resistance that I hold to my ex-husband and my marriage to him I now ...
114. I want to know everything and I can't seem to know enough. I'm in a hurry to know. All that this is in me and my ancestors, I now ...
115. I have been killing myself slowly with all the pressure of figuring out how to get a home and a successful business for myself and children. All that this is in me and my ancestors, I now ...

I now allow the Universe to bring to me what is best for us. So be it and so it is. I am grateful.

116. All that wanting approval is in me and my ancestors, I ...
117. All resistance to responsibility that I hold and all that this is in me and my ancestors, I now ...
(My dad ran away from his responsibilities. No excuse for me to do the same.)
118. All resistance to acceptance of all that I judge as bad and wrong, and all that this is in me and my ancestors, I now ...
119. All resistance to weakness that I hold to and all that this is in me and my ancestors, I now...
120. All resistance to my children and their behavior and attitude that I hold and all that this is in me and my ancestors, I now ...

<< What I focus my attention and feeling on I get more of. >>

121. All that I have said and done that caused my children's resistance to me and all this is in me and my ancestors, I now ...
122. All resistance to my home (where I lived in and out of marriage) that I hold and all that this is in me and my ancestors, I now ...
123. All resistance to living in my parent's home and all that this is in me and my ancestors, I now ...
124. All resistance to my present job and all that this is in me and my ancestors, I now ...
125. All resistance to my life and my negative life experiences and all that this is in me and my ancestors, I now ...
126. All resistance to Christians and their teaching that I hold and all that this is in me and my ancestors, I now ...
I was born a Hindu and raised a Christian. Most of my religious knowledge came from the Bible. I knew that well. After many years of anger at Christian teachings that limited me, I finally saw that the teaching it offered me was a necessary step for what I am here to do. I give thanks for Christianity and what I received from it when I needed it.
127. All resistance to violence that I hold and all that this is in me and my ancestors, I now ...
128. All that violence is in myself and my ancestors, I now transmute...
129. All resistance to another person's point of view that I hold and all that this is in me and my ancestors, I now ...
Another person's point of view is just another perspective of God's point of view. After all, Infinite Intelligence/God's perspective is infinite. I accept this now. I'm grateful.

130. All resistance the birth of my brother brought forth in my life and all that this is in me and my ancestors, I ...
131. My spirit in my flesh is weakened by fear because of worldly ideas that caused fear to grow. All resistance to weakness that I hold and all that this is in me and my ancestors, I now ...
132. All resistance to being in a body here on planet Earth that I hold and all that this is in me and my ancestors...
133. I feel tired of life here on planet earth. It feels so difficult to be living in struggle. All that this is in me and my ancestors, I now ...
134. I did not want to be alive on the planet because it feels like so many struggles one has to bear with. It is only struggle when I allow it to be so. It can be a lesson instead and this requires acceptance of the appearing struggle. I accept this now. I allow it to bring me the lesson that brings me more and more freedom. I give thanks.
135. All fears to having my new home and all that this is in me and my ancestors, I now ...
136. All fears to having a motor vehicle and all that this is in me and my ancestors, I now ...
137. All anger, hatred and insanity/rage that I hold and all that this is in me and my ancestors, I now ...
138. All resistance to anger, hatred and insanity/rage that I hold and all that this is in me and my ancestors, I now ...
139. I hold to anger and rage for all the "seeming" atrocities committed against me. I hold to this rage because I feel it protects me from further hurt. This is impossible for rage cannot protect me. I only hurt my cells when I am in rage. All that this is in me and my ancestors, I now...
140. All that I hate about money and all that this is in me and my ancestors, I now ...

<< I am made in the image and likeness of God. My ego is my personality and is not made in the image and likeness of God. It is my ego that feels insecure. >>

141. All that I love about money and all this is in me and my ancestors, I now...
142. All disapproval of myself and all that this is in me and my ancestors, I now ...
143. All resistance to intelligence that I hold and all that this is in me and my ancestors, I now ...
144. All resistance to stupidity and foolishness that I hold and all that this is in me and my ancestors, I now ...
145. All resistance to having all I wish to have and all that this is in me and my ancestors, I now ...

146. All resistance that I hold towards all that happened between me and my best friend and all that this is in me and my ancestors, I now ...
147. All my resistance to exercise and laziness and all that this is in me and my ancestors,, I now ...
148. Want Want Want Want Want Want. This is my problem/challenge. I only want and want and want. I want a home of my own. I want a car of my own. I want a lot of money of my own. I want ownership of everything I want. So I want want want. And I am not having because I want. I am trying and trying to be rid of it but this want thing keeps showing up over and over again. Let's look at other things I want. I want my children to love, respect and honor me. I want them to succeed just as I want myself to succeed. I want the very best for everyone. I want to be loved unconditionally and romantically forevermore by my lover. I want to wake up fully as Christ. I want want want and you can name everything under the sun. Under the sun...hmmm. Why not above the sun or in the sun. In the Sun sounds very nice! In the sun indeed! All that this wanting is in me and my ancestors, I now ...
149. I now give up wanting all these things and more that I am not even aware of that I want. All that this wanting is in me and my ancestors, I now... I now allow myself to HAVE all that is required for the fulfillment of the purpose of my life and my pleasure. IT IS DONE! I give thanks!
150. Males hate themselves for all the pain they caused females in the past, unconsciously. Females hate themselves and the men too. All that this is in both males and females, I now ...
151. I unknowingly hated myself for being female and an inheritor of the curse of eating the forbidden fruit and all that it is said to have occurred because of this. True or false, all that this belief is in me and my ancestors, I now...
152. I hate dishonesty with a vengeance. All that this is in me and my ancestors I now ...
153. I hated dishonesty and others who practice them and judge them, even myself. Sometimes the information I had was incorrect. I have learned that I must not judge what I do not understand or have correct information about. All that this is in me and my ancestors I now ...
154. I believe that I am not free to be, do and have what I wish for. All that this is in me and my ancestors I now ...
155. Unconsciously, I wanted my parent's permission to be, do and have all I want. This is because they told me what I could and could not have as a child. All that this is in me and my ancestors I now ...
156. I am afraid to be free to do, be and have all I wish. Why? Because then I will have to be responsible to take freedom into the world and I don't feel I have the ability to do that. All that this is in me and my ancestors I ...
157. I am laughing because I now see how guilt has served me. I hated to feel guilty yet loved it because we are taught that we are sinful and guilty and can never measure up to God's standard, and we have to constantly repent to gain

God's forgiveness. This is what my "trained to think like this world" mind believed unconsciously. So if I feel guilty, then God will feel sorry for me and forgive me. Then again, if I am guilty, I cannot then have anything I want because God gives us everything and I can only have anything if God forgives me, which may never happen because I have fallen short of his glory and I make mistakes every day. I can fall from grace anytime. So I can only hope. Yet here I am, hoping that God would make me wealthy and that will prove that He has forgiven me. Contradictions! All that this is in me and my ancestors I now ...

I now know that guilt does not make me acceptable to God. Only Love and Peace does. I'm grateful.

158. I loved my mom so much that I had to hate her to hide the pain of her seeming rejection of me. She stopped paying attention to me after my brother was born 2 and half years after me. All that this hate/pain is in me I now ...

It is amazing that even after we have grown into adulthood we still hold childhood impressions that hurt. This is why the need for transmutation.

159. I tried unconsciously to be unsuccessful like my care-givers and at the same time I was doing my best to not be like them. All that this is in me and my ancestors I now ...

<<My ego knows only the past and nothing else. It cannot tell me my future. It can only remind me of my past and if I believe the story of the past ten I will recreate it in my future. I am always choosing. >>

160. I hold a belief that the Universe does not support me because I am living in struggle to have enough. I believed this of my mom and dad. All that this is in me and my ancestors I now ...

I know I am supported by the Universe every step of my life and in all experiences. I give thanks for this.

161. I allow myself to accept the love of my Higher Self and I allow myself and give myself permission to feel this love. All that stands in the way of this I now ...

162. I chose to come here on planet Earth to have experiences. My Creator gave me everything I would require to fulfill my purpose and bring me back home when I am ready. I can and do access all my help now. I ask and I receive accordingly. All doubts about this and all it is in me and my ancestors I now ...

163. While holding the poverty/helpless mindset, I wanted a rich, intelligent man to take care of me but I believed that I was poor and un-intelligent. I had no faith in myself. This tells me that I had no faith in God whom I am made like. I was trained to depend on a man. All that this is in me and my ancestors I now...

164. I wanted a rich, intelligent man in my life yet I was scared to have that him. Having him was not a problem. I did not believe I was good enough. All that this is in me and my ancestors I now ...

165. The above issue reveals that I believed I was not good enough for God's love either. All that this is in me and my ancestors, I now...
166. Even though I wanted a rich man to give me everything in life, I was afraid to have him. This is because my ex in the past had said that it is his money and he can do anything with it but I can't because I don't work. All that this is in me and my ancestors I now ...
167. I believed that women are helpless and they have to get a man who is strong to be strong for them. Wow! Really? I believed this all this time? All that this is in me and my ancestors I now ...
168. I married an ignorant man and I hated his ignorance. I too was ignorant. So I attracted a mirror to show me my beliefs. And my judgments too. All that this is in me and my ancestors I now ...
169. Now I am with a man who doesn't have much, yet what he has is priceless. He has a love that is outstanding. He loves me totally and treats me like a queen. He is faithful, loving, patient and kind. He is humble and quiet and a perfect example to me on my journey to remembering of my true Self. This is the true riches I really ever wanted in a man. I have it now. And I'm keeping him. The amazing thing is, I was not planning on settling down until a voice said from out of nowhere to give him a chance. I listened and I am happy I did. Yet my ego is playing its past recording to have me doubt this relationship. All that this is in me and my ancestors, I now...
170. I feel so broken in my heart. I feel miserable because I have been killing my children's spirit with my harshness. Now I wonder why I ever did this. It was never my intention to do so. I was just too strict. I believed that was how I was supposed to be as a parent. I hear of people killing each other all around the country and it hurts. That woman poisoning her children – I see now that I do no better than her. She poisoned them and herself with a substance that is physical. I poison my children with my words. All that this is and have caused I now ... Note to myself: Every time I see abuse in any form, I allow myself to transmute it in myself for it is I that am seeing this, and as long as it upsets me, it is in me to transmute.
171. To repent means to change. To change the story. To change the story now! This feels better to me now. I now transmute the story of me killing my children's spirit. I did not kill their spirit. I caused it to be locked away like mine was and it was all I knew. It was a clear case of the blind leading the blind! All that this is in me and my ancestors I now ... I now bless my children with interaction in wisdom, love, joy, peace, pleasure and honor with all of life and all to the glory of the life in them. So be it. And so it is. I give thanks.
172. Many parents beat down their children and instilled in them their own values. It was all they knew. It was done to them too. We had to die to our own self/cells to live for theirs. I hate mine. I hate it totally. Even to this day parents are fighting to keep what they instilled in us their children. I see it all the time. I

have resisted mine long enough. I have been mad at them for long enough. What my parents gave me I acknowledge as beneficial while I needed it and I now gave it all up. All that this is in me and my ancestors I now ...

173. All my mom's beliefs I took and made mine. I see it each time I interact with her. It upsets her when I try to show her what belief is outdated and it upsets me because she does not understand. Now that I see it, I can clear it. And I can give up trying to enlighten her or anyone. All that this is in me and my ancestors I now ...

My mom does not have to change to please me. I allow her to be her own self as she knows best. She is comfortable with what she knows and I know how hard it is to change. I let her be in love. I will love her no matter what!

174. I felt angry at my mom again and could not let it go. She is in judgment of me leaving my adult children and going and live on my own. I was mad at her because I believed that she abandoned me to a madman that tried to kill me and expects me to be guilty about my actions and not seeing her own. I know that whatever choices I make in the moment is in opposition to what I was forced to make in the past. I now free myself of all this. All that this is in me and my ancestors I now ...

175. I see now that I have been blaming my mom for my failed marriage. It was not her fault and I quit judging her for getting me married off early by arrangement. (This is what East Indians do with their children in the past. Some still live that way, sad to say.) All the blame I laid on my mom (and others) and all this is in me and my ancestors I now ...

176. All the guilt I feel about treating my children the way I perceived my mother did to me and all the judgments I hold against myself for this because I knew no better, all that this is in me and my ancestors, I now...

177. I do not like people telling me what to do. This has to do with me being forced by my relations to do what they wanted. That was the way it worked in the family tree. I was controlled and I hated it. My ex tried to control me and I would resist any sign of control that showed up no matter where it came from. I see I am living in resistance to this even now. I remind myself that I am not being controlled by anyone now except myself. All that this resistance to control is in me and my ancestors, I now ...

178. I am afraid of the masculine. I fight with my mom because I have a fear of this masculine energy which my mom supports and reminds me of. She wants to be in control at all times and when she seems to not be in control, she freaks out and gets violent.

I practiced that for a long time also. I resisted all men including my sons and their dad and I recognize my resistance to my partner at times, even though he is not controlling. I am looking at my resistance to him because I have no reason to resist him. He is male and so I guess I am relating his masculinity to control.

My brother is also of this masculine dominating energy. I remember in the past my brother held my two hands and I could not move. I was in a rage and was quarrelling with my then husband. It was as if he held me helpless and I went insane with rage. I did not like the feeling at all. I resisted a very close male friend for the same reason. He was mentally trying to hold me in a place he wanted me. All these people were showing me this judgment and only now I see it. I am also of this controlling attitude. I'm grateful I can see this now. All that this is in me and my ancestors, I now ...

179. All fear and resistance to playing and playfulness that I hold and all that this is in me and my ancestors, I now ...

180. I judged myself harshly for punishing my children the way I was punished and I'm keeping myself in poverty and suffering to punish myself. This way I am causing to suffer the same children I wish to take care of. This is insanity! All that this is in me and my ancestors, I now ...

<< Let us hold compassion for ourselves. We do so much for others and rarely enough for ourselves. Balance everything. >>

181. All that darkness/ignorance is in me and my ancestors, I now ...

182. I judge everything that happens that I don't like and I judge the people that do them as wrong and bad too. Again, I must not judge what I do not understand nor have all information about. Even then I must not judge. All that this is in me and my ancestors, I now...

183. In my past lifetimes I had given up love, joy and peace for material wealth. I had chosen earthly security in place of spiritual security because I had no faith in God as such. Most of the world is doing this and don't see it. I had begun to do it again in this life but after my experience with my ex-husband and money I did not make that choice again even though there were so many times I wanted to and the opportunities showed up.

It is not easy to struggle to have enough and not be tempted to go after the things of this world. Fortunately, my inner guidance lead me away from that and I was able to make a new choice this time around. I am so grateful for this. All fears of material wealth and all it represents to me and my ancestors, I now...

184. All that guilt is in me and my ancestors, I now ...

185. All the fear that shows up in me whenever my ex-husband shows up around me and all that this is in me and my ancestors, I now ...

186. I seem so determined to continue in the things that don't work for me, the old habits! It feels so difficult to hold to belief in the things promised, the new things I must practice. Why is this so hard to hold to? Why are my old habits so hard to break? All that this is in me and my ancestors, I now ...

187. All that the belief in separation is in me and my ancestors, I now ...

188. My parents did not allow me to make decisions on my own and neither did the man I got married to. So did the church I joined. This is showing me that this is about control. Now that I am on my own, I am struggling to make decisions. This feeling of not knowing what I want is a result of not being allowed to do as I please. All that this is in me and my ancestors, I now...
I now allow myself to be guided by my Higher Self to make choices that are good and wonderful for me. I am grateful for this.
189. I wish to know what true love is. How do I know what I feel when it comes to loving someone when all I do and experience here is according to my perceptions which are inaccurate in every moment? All that this is in me and my ancestors, I now ...
190. Adversity is our greatest teacher. So is shame and fear. We try to hide from them but all we are doing is hiding from our greatest blessing. Nothing happens by chance. All is ordained by God. Would we reject God's gift to us? Of course not! Not intentionally, that is. Yet we do not see that God's greatest blessings to us are the same things we try to run away from. Our experiences are lessons. No wonder we are asked to not try to change anything but to accept and embrace it all. Transmutation is bringing it home to love to heal. All that I fear about adversity and all this is in my ancestors also, I now ...
191. All that I have taken from anyone, by healing or helping them in any way that stands in the way of my expansion, I now redeem it all from where ever I stored them and transmute them all into Divine Love and light in all levels of myself...
192. All that I believe about me not being good enough in any way and all that this is in me and my ancestors, I now ...
193. All decisions and intentions that I have made in poverty consciousness and all it is in me and my ancestors, I now ...
194. All the reasons why I worry about material things and all that this is in me and my ancestors, I now ...
195. Impatience and intolerance hides something. All that impatience and intolerance is in me and my ancestors, I now ...
196. I beat up on my children, myself and others for mistakes we make. All that this is in me and my ancestors, I now ...
197. Sometimes I feel like dying. I feel tired of everything and feel that I don't want to be here. All that this is in me and my ancestors, I now ...
198. Not trusting means I'm not open to receiving. So I can't receive if I am not trusting. All that this is in me and my ancestors, I now ...
199. So I'm hearing from within myself that I'm holding on to the parts of myself that I have given away. These are my children. Sounds like a generational thing. I notice my mom is still doing it. Yet I have only given them away to the Creator who is able to take care of them better than I ever can. All that this is in me and my ancestors, I now...

200. I am also holding on to this house that has been my home for many years. I have made it my comfort-zone. All that this is in me and my ancestors, I ...

<<The only way to find truth is to remove untruth. >>

201. All my mom's fears and beliefs that I made my own as a child and all that this is in my ancestors, I now ...

202. All my dad's fears and beliefs that I made my own as a child and all that this is in my ancestors, I now ...

203. I am programmed to give my faith to the negative. All that this is in me and my ancestors, I now ...

204. I hated being held back in my relationships. That is the reason I did not want to keep a relationship for long. While I was married to an abuser, I was held in a tight grip at times and could not move. I hated it with a vengeance. I see now that I did not hate him, I hated what he represented in me. I am the one that held on tight to that relationship even though it was not working. I did not want to be a failure so I held on. I was also holding to my parent's belief that you stick with your husband no matter what. All that this is in me and my ancestors, I now ...

205. I see now too that I was the one holding myself/ my-cellphs back from my greatest Self. I am a Cellph that is made up of billions of cellphs that are at my service. And I am also a Cellph that is in service to the greater Cellph that is made up of Cellphs like me. So cool! I give thanks and receive what this represents in me. All that "holding myself back" is in me and my ancestors, I now ...

206. All fears of being held back or left back and all that this is in me and my ancestors, I now...

207. I was raised to be a housewife (how is a woman ever the wife of a house I cannot understand!) and so I married a man that had a good job that paid well so he can take care of me and our children. This marriage was arranged by my parent and other relations. I did not marry for love and I did not know what love was in the first place. The marriage failed. I made a decision afterwards that I am now ready to let go of. I did not want to get rich before I met my love-partner because he may love me only for the money. Now I see this is because I married for the money as expressed above. All that this is in me and my ancestors, I now ...

208. I also judged others that did not marry to be well taken care of financially. My mentality was naive and disgusting. All that this is in me and my ancestors, I now ...

209. When I learned how naive and foolish I was, I hated myself immensely. All that this hate for my naïve, foolish self is in me and my ancestors, I now ...

210. I hold a fear of men who has lots of money. I was married to one and he tried to keep me under his control. He also treated me without respect. Because of that I hated men like him and unconsciously did not trust any man that has a lot of money or earns a lot of money. All that this is in me and my ancestors, I now ...

211. All that hate is in me and my ancestors, I now ...
212. All contradictions that I hold in myself and all that this is in my ancestors, I now...
213. All beliefs/impressions that I hold that does not allow all the support that is available to me to be manifested in my life and all this is in my ancestors, I now ...
214. I now receive all support unto myself from the Universe. I give thanks.
215. All that I took from my mom and dad and passed on to my children and anyone else and all this is in my ancestors, I now ...
216. All the ways that I was dishonored for telling the truth and all this is in me and my ancestors, I now...
217. In high school I was blamed for taking something that I did not take. It messed up my mind and my life because I felt so much shame over the situation. I see now that I had done the same to another in my past lifetime and Karma was doing its work pretty well. All that this is in me and my ancestors, I now...
218. All the resistance I hold to being dishonored and all this is in my ancestors also, I now...
219. All pride and disdain of anyone and anything that I ever expressed in my life and all that this is in me and my ancestors, I now ...
220. All the ways I have dishonored anyone and anything in all my lifetimes and all that this is in me and my ancestors, I now ...

<<My life is connected to yours and yours to mine. We are all connected.>>

221. All pain and discomfort in my body that I feel now and all that this is in me and my ancestors, I now ... (I also name the specific part that is in pain or discomfort.)
222. All belief in curse and negative polarity in my family vibrations that we all hold, I now ...
223. All bindings that I have ever placed on anyone at any time in all my lifetimes and all this is in my ancestors, I now ...
All that I ever gave to anyone outside myself, I gave it to myself also. Setting them free is also setting myself free. Gratitude!
224. All that I love about my life and all that I hate about my life I now ...
225. All that I believe and have created that is in opposition to what I am here to be, do and have and all this is in my ancestors, I now ...
I now call forth the creations of I Am That I Am to myself and allow its manifestations. So be it and so it is. I give thanks for this.
226. All resistance to my own ignorance that I see reflected to me from all around me and all that this is in my ancestors, I now ...
227. All that the need to justify anything at all to anyone is in me and my ancestors, I now ...

228. I hate all that a certain female represents to me. It reminds me of all that I am now working on transmuting and clearing out of my system. All that this is in me and my ancestors, I now...
229. All that wants and needs and wanting-ness and neediness is in me and my ancestors, I now...
230. All that I hold onto and would not let go of, known and unknown, even though it desires to leave, and all that this is in me and my ancestors, I now ...
231. All blame that I have placed on another at any time in all my lifetimes and all that this is in my ancestors also, I now ...
232. All resistance to my mom and her belief system and all that this is in me and my ancestors, I now ...
233. Every negative thing that was ever projected to me as a child I have used to attack myself and others. All that this is in me and my ancestors, I now ...
234. I once believed that I was a victim of one thing or another. All that this is in me and my ancestors, I now ...
235. All that my belief in "burdens hard to bear" is in me and my ancestors, I now ...
236. I hate money so much! I never have enough of it so I hate it. This we do with just about anything else we don't seem to get enough of. Calling the grapes sour? Laughter! All resistance to money that I hold in me and all that this is in my ancestors, I now...
237. Another point of view: The resistance that shows up when money is mentioned is not really the hate of money at work but the wish that money was not necessary because in this world it is so hard to get even though it is necessary for almost everything. So it is hate that money is a requirement in a world of limitation and lack. All that this is in me and my ancestors, I now ...
238. This is not a world of limit and lack but a world that "believes" in limit and lack. All the faith I have given to limitation and lack and all that this is in my ancestors, I now ...
239. All resistance to receiving money and things from men and other sources that I hold in me and all that this is in my ancestors, I now ...
I now receive freely and easily from all sources all things in ease, joy, peace, pleasure and glory. So be it. And so it is. Thank you thank you thank you!
240. I am noticing my own selfishness. All that selfishness is in me and my ancestors, I now ...

<<Nothing happens by chance. There is a reason for everything under the sun. >>

241. All that "reacting in a violent way to situations" is and ever was in me and my ancestors, I now ...

242. All negative thoughts, beliefs, feelings, actions and words that I have let loose in this universe, all that it has caused that does not support the highest good of all, and all that this is in me and my ancestors, I now ...
243. All that doubt is in me and my ancestors, I now ...
244. All resistance to “work” that I hold and all that this is in me and my ancestors, I now ...
245. All that “tired of it all” is in me and my ancestors, I now ...
246. All resistance to all belief systems in this world that I hold and all that this is in me and my ancestors, I now ...
247. All my resistance to my perception of the way things are in the intellectual, spiritual and the physical realms and all that this is in me and my ancestors, I now ...
I know not the truth about these realms and therefore have no authority to judge them.
248. I am in resistance to humanity’s struggle and God’s allowing of it all. Judgment = resistance. All that this is in me and my ancestors, I now...
249. All resistance to all that causes my heart to be in fear and all that this is in my ancestors, I now ...
250. All resistance to people, places, things, and towards myself also - all that this is in me and my ancestors, I now ...
251. All resistance that I hold in me to honoring anyone and anything above myself and all that this is in me and my ancestors, I now ...
252. I look at my body in the mirror and I see it is showing signs of aging. I worry that I am beginning to look old. All resistance to growing old and all that this is in me and my ancestors, I now ...
253. All judgments on covetousness that I hold and all that this is in me and my ancestors, I now ...
254. All that faithlessness and doubt is in me and my ancestors, I now ...
255. All that “wanting what belongs to another because I don’t believe I can have my own” is in me and my ancestors, I now ...
I was unaware of this until it was revealed to me. Some things just pop up and you recognize it because you have seen it in the ancestral history.
256. All resistance in all its forms and all that this is in me and my ancestors, I now ...
257. All my belief that men are good for nothing other than servicing women with sex and all that this is in me and my ancestors, I now ...
258. All that “I can’t” is in me and my ancestors, I now ...
259. All that my unwillingness to receive is in me and my ancestors, I now ...
260. All resistance to being alone and all that this is in me and my ancestors, I now ...

<<Running away from our problems will not solve it. Looking at it and getting the lesson from it will. >>

261. All that wanting to be alone is in me and my ancestors, I now ...
262. All that denial of the truth is in me and my ancestors, I now ...
263. All resistance to loss/loosing that I hold and all it is in my ancestors, I now ...
264. All that fear of failure is in me and my ancestors, I now ...
265. All resistance to fear of failure that I hold and all that this is in me and my ancestors, I now ...
266. All that defeat means to me and my ancestors, I now ...
267. All that fear of defeat is in me and my ancestors, I now...
268. All that resistance to hearing correctly is in me and my ancestors, I now ...
269. After many years of being single, I finally am in a relationship that I love. Yet still I am being bitchy to my partner. I see myself treating my partner with suspicion. This means I have not let go of my past. All that this is in me and my ancestors, I now ...
270. I was feeling happy being in a relationship that satisfied my emotional needs. My partner loves and adores me. He babies me with his gentle touch and I felt good being with him. All the love I ever wanted I received from him. Then after 4 months I started feeling bored. This I have noticed is becoming a pattern. I get bored only after a few months in a relationship. I have been so long on my own and so comfortable in it that I want it to remain so. Yet I keep looking for another as soon as one is ended. This time it hurts to let this wonderful guy go. All inside me is saying no to this. I am listening to myself. All that this "being bored" is in me and my ancestors, I now ...
271. All my resistance to having a successful relationship with the man in my life and all that this is in my ancestors, I now ...
272. All resistance to my partner, all about him that I find fault with and all that this habit is in me and my ancestors, I now...
273. All that contradictory thoughts, beliefs and actions are in me and my ancestors, I now ...
274. I Am perfection at its best! I am happy, healthy, wealthy, strong, vigorous, loving, kind, beautiful, young, confident, successful, infinite intelligent, powerful, wise, Love and Truth. I Am Wonder-full! I give thanks! All that keeps me from having faith and confidence in what I am and all this is in my ancestors, I now ...
275. Suddenly, I noticed my mind becoming blank and it felt empty. I felt a sudden fear and rejection of this. I have been seeking this a long time and when it finally happened, my ego personality freaked out! All that resistance to empty space is in me and my ancestors, I now ...
276. All that rage is within me and my ancestors, I now ...
277. I hold a fear of speaking to authority figures. I attracted a job where people have the same fears. All that this is in me and my ancestors, I now ...

278. All physical and emotional pain that I hold in myself and all this is in my ancestors, I now ...
279. All resistance to physical and emotional pain that I hold and all this is in my ancestors, I now ...

<<Each and every thing that happens to an individual, happens by design. It is a lesson from the soul.>>

280. All that disappointment is in me and my ancestors, I now ...
281. All resistance to disappointment that I hold and all it is in my ancestors, I now ...
282. All that resistance is in me to stubborn, blind people, and all it reflects in me and my ancestors, I now ...
283. I rejected my own behavior and attitude therefore I fear the rejection of others. All that this is in me and my ancestors, I now ...
284. All fears that I hold to disconnecting energetic cords to and from myself that tie me to others and all this is in my ancestors, I now ...
285. All that energetic cords are to and from me and all this is in my ancestors, I now ...
Insight on transmuting hooks: Do not cut the cords that are connected to your energy field. Just unhook them in your imagination and re-connect them to Source!
286. All that boredom is in me and my ancestors, I now...
287. I did not finish high school. I blamed it on my dad who left us as I started high school. I blamed it on dad's sexual abuse of me and his abandonment. I hated myself for not having an education that would have made me more intelligent. I felt insecure because of all this. I felt undeserving of all beautiful and wonderful things in life because of this. All that this is in me and my ancestors, I now ...
288. We who have had a hard life once believed that God has abandoned us. Those who are struggling now do believe this, truly look at your feelings about this and see for yourself. All that this is in me and my ancestors, I now ...
289. My relationship with my parents and what I believe about them I believe about God. I could not see this before. All that this is in me and my ancestors, I now...
God/ our Higher Self have never abandoned us. We were taught that God is not with sinners and since we believed we were sinners, we believed the lie. God is always and forevermore through, around and within us.
290. We judge others and then fear being judged. Everyone and everything is an aspect of our own body, mind and spirit. When we judge anyone or anything, we are judging parts of our own selves. These parts hurt when we do that. All that judgment is in me and my ancestors, I now ...

291. I hold fears and judgment about money. I now accept and embrace my fears and judgments on money. All that this is in me and my ancestors, I now ...
292. This self of my personality that this world's belief system and I have created to help sustain the lie about life, all that this is in me and my ancestors, I now ...
293. All energies in my body and energy field that are interfering with my success and all that this is in my ancestors, I now ...
294. All the pain that I have caused anyone with my hands, my feet, my word, my thoughts and my actions and all that this is in my ancestors, I now ...
295. All pain I have caused myself and all that this is in me and my ancestors, I now ...
296. All guilt I feel about the hurt I have caused others and all that this is in my ancestors, I now ...
Notice we do not ever feel guilty about hurting our own self.
297. All that I love and all that I hate about what I Am being now and all that this is in my ancestors, I now ...
298. "TO CONDEMN A MAN WHO HAS LOST HIS WAY IS TO PUNISH THE ALREADY PUNISHED." Neville Goddard. This statement has helped me in giving up my condemnation of my ex-husband. I was having a hard time forgiving and forgetting his atrocities against me. I recognized them as blessings in disguise. Yet, resistance would show up time after time against him. Now I see that what I give to another no matter whom it is, I am giving to myself. "Do unto others as you would have them do unto you. As you give so shall you receive." These are statements I must learn to abide by. I wish not to punish the already punished. I forgive totally and completely. I forgive him in all levels of myself. And I now ...
299. All that I held against my ex and all that this is in my ancestors, I now ...
300. I felt foolish for letting my ex deceive me. All that this is in me and my ancestors, I now...

<< We must know the lie before we can know the truth. The truth already knows us. >>

301. I had cleared the "I'm not important" belief many times. This time I saw I needed to clear it once more. It is not about being important to other people. It is about being important to my own self. How important am I to myself? All doubts about my own value to myself and all that this is in me and my ancestors, I now ...
302. I was afraid to love totally because I have been taught to not be attached to anyone or anything. That means I am afraid to love anyone or anything strongly. And that means also I am afraid to love MYSELF/God strongly. All is God and therefore I can love all strongly. Love the lord your God with all your heart, mind, soul and strength.... All that fear of love is in me and my ancestors, I now ...

303. In every relationship I have had, I wonder if I have made another mistake since the first one. All that this is in me and my ancestors, I now...
I receive of Myself that which I Am have given to Myself. Love, Peace, Wisdom and abundance of every wonderful thing in life. So be it and so it is. I give thanks.
304. I am still trying to find a reason to quit my present relationship even though the issues are minor. All that this is in me and my ancestors, I now ...
305. My partner made a joke about my ex that sent me into a rage. So I feel mad again. The reason? Nothing I did was good enough for that man. I had a belief that I was not good enough. He was just reflecting it. I see I had not cleared that resistance so it had to come up again to clear. I let it go now to be transmuted. That is the wheel of recurrence again. Damn! So what? I am clearing it. All praise and thanks be to God Almighty! All that this resistance is in me and my ancestors, I now ...
306. What I did was not good enough for my mom. That was the root of my "not good enough" belief. Now, what I do is still not good enough for her. It doesn't matter anyway. At most, I'm not unhappy like her. I am happy in my joy. She is happy in her misery. We're not in the same boat so what she sees and thinks is of no concern of mine. I let go all my attachments to my mom and her points of view now. I now transmute ...
307. All that the stench of humanity's belief system is in me and my ancestors, I now...
308. When I asked, "What is the fastest, easiest and best way, in ease peace, joy and glory, for me to have my new home now? I give thanks for this." This happened: I saw that which was blocking my way. I wanted a beautiful home of my own in the place I grew up and lived my whole life in and which would have kept me stuck. I now live in a beautiful home in a beautiful place in ease, joy, peace, comfort, pleasure and glory and I am growing in expansion faster and easier than before. I give thanks for this.
309. All the desire to stay in control by wanting to have things my way without compromise, and all that this is in me and my ancestors, I now ...
310. I wanted riches but would not let myself have it because I wanted God Himself. I have condemned riches because it is said in one of the holy books "The love of money is the root of all evil". I equated money with riches. Thing is, God is riches. God is wealth. God is all that is. And God is all that I am. I have condemned myself/God. How can I want God and hate Him/Myself at the same time? I am made in His image and likeness so I must love myself like I say I love Him. All that this is in me and my ancestors, I now...
I now allow my wealth/riches to be restored to me. Let I AM THAT I AM be restored to me. So be it. And so it is. My Wholeness/Wholiness is restored to me indeed! I give Gratitude.
311. Challenges show up and knock me off my focus for a moment. I lose my cool and say what I feel and then I see what is going on. I then clear and trans-

mute it. My faith in myself is then restored. All that losing my cool is in me and my ancestors, I now ...

312. All that discouragement is in me and my ancestors, I now ...
313. I now take back all the power I had given away to anything outside of myself and I now transmute it all ...
My power is now restored to me. I am grateful.
314. I now take my responsibilities and fulfill them in power, wisdom, love, joy, peace, pleasure and glory. I give thanks. I AM made in the image and likeness of Infinite Intelligence and I now claim my birthright. I now call forth to myself all that I gave myself here in this life to live in ease, joy, peace, pleasure and glory. The will of Infinite Intelligence be done in my life. And I now claim this for my children that came forth from within me also. The will of Infinite Intelligence be done. And so it is. I give thanks and praise.
315. I now let go of and transmute into divine love and light the power I gave to anything that seems destructive to humanity. These are alcohol, cigarette, drugs that make people feel on a high and words that seem to hurt. And anything else that I do not recognize as yet as such. I give them all up to be transmuted into Divine Love in all levels of myself. All its residues be transmuted in totality. So be it. And so it is! I give thanks.
316. All that I did not allow myself to be, do, have and give because I had all these beliefs holding me back, I now allow to come into my life and prosper in me. And all that I still do not allow myself to be, do, have and give because of limiting beliefs and all that is in me and my ancestors, I now
317. Because of my fear of men, I asked for a partner that was a true and faithful Christian. I believed then that only a Christian would make a good husband. Many years later I received him but I was not a Christian anymore and it was difficult being with him because he believed the stuff that I did not believe in anymore. I have learned much from him and I have also transmuted a lot of the judgments and hate that came up for the teachings of Christianity which I knew kept my mind imprisoned.
Being with him has taught me tolerance and acceptance at another deeper level. He loves me very much and is very patient with me while I get my lessons. His presence in my life has brought much good. Yet I wish to get the lessons over and done with because I do not wish to hear the Christian point of view again. I have been there and done that and it did not work for me to bring the change I wished for. This is resistance again. All that this is in me and my ancestors, I now ...
318. I was listening to my student bring gossip news to me. Some of it made me laugh and some made me mad. Gossip had crept back into my life unnoticed. All that this is in me and my ancestors, I now ...
319. I see one of my sons doing things that displease me. I did the same thing at one time but had no one to challenge or correct me. The belief in controlling another was the norm. Now I know better and I must first correct myself. I now

give up all the judgment and control I placed on all those I did in the past. All that this is in me and my ancestors, I now...

320. I condemned riches because the scripture said seek not after the riches of this world. To me that meant physical things. This is not the case. The riches of this world are its beliefs. All that this condemnation of riches is in me and my ancestors, I now ...

<<Ignorance is weakness. Knowledge is power. Seek after knowledge. It will set you free from weakness. You have freedom of choice. Choose wisely.>>

321. I condemned the rich also. All that this in me and my ancestors, I now...
322. I now recognize that I believe God would not be pleased with me if I wanted money and wished to be rich because the love of money is the root of all evil. So if I don't want money then I am in control of how God feels about me and what he does with me, which is either punish me or reward me. All that this belief is in me and my ancestors, I now ...
323. This is so funny now! Love of money is not the root of all evil. Lust for money and the power of control that it brings to the person who wish to wield it, is the root of all evil. All that I believed was true about money and is not, and all that this is in my ancestors, I now ...
I now trust myself to use all riches that comes to me from now on, with wisdom and love. So be it. And so it is. I give thanks.
324. I wanted money to look good in my own eyes and the eyes of others. This tells me I don't feel good about myself, that I am not good enough because I don't have enough money. All that this is in me and my ancestors, I now ...
325. My subconscious mind knows everything and sees and hears everything. My conscious mind only hears what it chooses to hear and see. My conscious mind blocks out what my subconscious mind wishes me to see and know. All that this is in me and my ancestors, I now ...
I allow myself to see and hear all that my subconscious mind sees and knows. It is safe for me to see and hear all that my inner guidance shows me. So it is. I give thanks.
326. My parents could not afford to give me the things I asked for when I was a child, so after a while I stopped asking. I did not believe that I could have what I ask for. Now I'm an adult and I still believe this. All that this is in me and my ancestors, I now ...
327. We give our thoughts and feelings to our subconscious mind to create. We are always doing this whether we know it or not. What we believe, we feel strongly about and this is taken by our subconscious mind and brought into our reality. All that I give to my subconscious mind unknowingly to bring into my reality, that which does not bring peace and harmony in my life, and all that this is in my ancestors, I now ...

328. All that I believe about myself not being qualified to work at a job which require worldly qualifications and all that this is in me and my ancestors, I now ...
329. I felt rage and resistance to others not cooperating with me. All that this is in me and my ancestors, I now ...
330. Any time at all that I ever took anything that did not belong to me and all that this is in me and my ancestors, I now...
331. I still have a desire to please others. I am told to not try to please. Be pleasant instead. To please another is to enslave one self. My desire to please stems from my desire to be accepted. This means I believe that I am not accepted and if I do something I will be accepted. Do I accept myself? All that this is in me and my ancestors, I now ...
332. I accept and embrace my desire to please and my fear of rejection also. It is a part of me and I accept all of myself. All that this is in me and my ancestors, I now ...
333. This belief of mine that "I don't know and don't remember" is unloving towards myself. All the other beliefs that I hold also that are not good-feeling beliefs and all that this is in me and my ancestors, I now...
334. I am being unloving to myself when I remain sad about a thing that I caused to happen that was not loving to myself or anyone else for that matter. Saying I don't have enough is being unloving to myself. Saying I am not enough is being unloving to myself. Being in frustration and trying to push it away is being unloving to myself. Worry is an unloving feeling. Fear is unloving. Hate is unloving. Anger is unloving, etc. All the reasons why I am being unloving to myself and others and all that this is in me and my ancestors , I now ...
335. My fear of speaking to intelligent people is an unloving feeling. I believe that I can't say anything good or smart enough to them, so I feel intense fear of public speaking. This was all hidden in me. As I clear what is showing up, what is hidden is revealed so I can clear that too. All that this is in me and my ancestors, I now ...
336. My feeling of fear of intelligent, rich people and not being at ease around them represents the fear of Infinite Intelligence or God that we all hold. All that this is in me and my ancestors, I now ...
337. "Blame game" drives me crazy, especially when people are trying to blackmail me into doing something. This may be showing me that I'm doing the same thing in some way. All that this is in me and my ancestors, I now ...
338. Every problem or issue is an opportunity to teach and be taught. All that I reject about problems/issues and all that this is in me and my ancestors, I now ...
339. I was being selfish and could not see it until a friend mirrored it back at me. I got upset and then paid attention. Upsets are a sign that I need to pay attention to what I don't like. It comes from within me and therefore the issue is within also. All that this selfishness is in me and my ancestors, I now ...

340. I feel tired, tired of doing things all the time. It seems like I have been “doing” for too long and now I feel tired. All that this is in me and my ancestors, I now ...

<< My ego is a liar. I cannot ever trust it to tell me the truth. It was built on lies so it cannot do any better. >>

341. I held a judgment on obedience. Being obedient to anyone keeps me from the things I enjoy especially when they say I must not do it. I was in resistance to my parents and the church for telling me what I could and could not do. All that I hold against obedience and all that this is in me and my ancestors, I now ...

342. I gave up money and the love of it to be a good Christian and caused misery for myself and family and I hated myself for that decision. All that this is in me and my ancestors, I now ...

343. I held on to guilt for a long time to punish myself for choices I made that was not in the best interest of myself and loved ones. Now I am shown that some things must happen to get our life’s lessons. Our loved ones came to have them too, that is why they came into our specific family. They and I have similar lessons to learn and we have the opportunity to do it together. All that holding on to guilt is in me and my ancestors, I now ...

344. I was obedient to the teachings of the church and it did not help my family stay together in happiness. I expected the God they preached about to keep his promises but he didn’t. I was mad at him but then He brought me to the knowledge of the truth, not the church’s truth but His One Truth. All resistance that I held during this time against the church and all that this is in me and my ancestors, I now...

345. Obedience means to follow my heart’s guidance, not other people’s own. I followed my heart and questioned the church’s teachings and they didn’t like it. They rejected me because I was not in harmony with their teachings anymore. I was angry with them and all churches, even the teachings of the bible. All that this is in me and my ancestors, I now ...

346. I hated God for not giving me what I wanted. All that this is in me and my ancestors, I now ...

347. I disapproved of myself and hated myself for not giving myself what I wanted. All that this is in me and my ancestors, I now ...

348. Our parents gave us only what they had, yet we expected them to do more. This is because I believe that something is wrong with me and my parents did not do such a good job of raising me so I could excel. This means I feel like a failure and I am blaming my parents for it. Thing is, I came here on planet earth with all the information necessary for me to be a success and it is all asleep within me. Nothing is my parents fault. They were just supposed to give birth to me. All that happened after that was for me to live and learn about the big lie of this

world and then to change it in myself. So all the blame I laid on my parents and all that this is in me and my ancestors, I now ...

I bless and give thanks to my parents.

349. All remaining issues with my parents that I still hold to and all that this is in me and my ancestors, I now ...

350. My dad said he will not let anyone hurt me but what he did hurt me more than anyone else. All my hate and resistance towards him and all that this is in my ancestors, I now ...

351. I felt afraid of other people's displeasure. This reflected my fear of my parent's displeasure. All that this is in me and my ancestors, I now ...

352. I believed I was stupid and didn't know anything. Yet I knew I was smart. But I believed the first lie more because I had not finished high school. I felt ashamed every time I said or did anything that reflected this stupidity. All this belief and shame and all that it is in me and my ancestors, I now ...

I did a great job playing stupid. I got an A+ and now have graduated. (Laughter!)

353. All the shame I felt about not being educated enough belongs to my past generations and I inherited it. One of my uncles died because he was so intelligent and did not complete school to be what he wanted to be. He drank himself to death. All that this is in me and my ancestors, I now ...

354. All choices that I have made that are contradictory in nature and all that this is in me and my ancestors, I now ...

355. All that is contradictory in me and my ancestors, I now ...

356. All grief over the things I have lost over the years (love, money, my home, loved ones, friends, playmates, etc.) and all that this is in my ancestors, I now ...

357. "A good name is to be chosen rather than great riches". I have always chosen a good name (in the eyes of the world) over great riches. It is good. But this belief is causing me to give up all my own riches given to me from within. It is even causing a people pleasing attitude. All that this is in me and my ancestors, I now ...

A good name and great riches are now pleasing in my sight. I can have both. I allow myself to have both, now. I am grateful.

358. I didn't trust people to use their own stuff wisely. I wanted to give advice, similar to adults who took their children's stuff for safekeeping and wished to tell them how to use it. All that this is in me and my ancestors, I now ...

359. I saw I was projecting on my partner the issues I had with my dad. I was getting upset at being touched by my dad and after he kept coming after me I got mad and told on him. I wished he would stop. That was the first time I remembered feeling bored or tired about anything. And now I feel bored/tired in this relationship and all it is reminding me of that I do not like. The past is still running me. All that this is in me and my ancestors, I now ...

360. I hated my sexuality. I hated being a girl. I hated being the one who was molested. I hated being a woman who men want to take advantage of. I saw it

everywhere. I disapproved of being a woman. All that this is in me and my ancestors, I now ...

Now I allow myself to love myself and enjoy being a woman. I am a beautiful woman, a goddess, and I love and adore myself. So be it and so it is. I give thanks.

<< I don't have to choose one or the other. I can have it all. >>

361. Dissatisfaction. This belongs to my dad. He cheated on my mom while she was pregnant with me their first child. His feeling of dissatisfaction in the relationship led him to cheat on her. I picked up his dissatisfaction and made it my own. Till now I feel a sense of this in my relationship even though I do not cheat. All that this is in me and my ancestors, I now ...

362. I now see how I keep myself from receiving any kind of satisfaction because of this. All that dissatisfaction represents and all it is in me and my ancestors, I now ...

363. My mom felt abandoned by my dad. I felt it too in her womb. I made it mine and felt abandoned by my mom when my brother was born and then by my dad when he abandoned mom and his 4 children. Then my ex abandoned me. After then, I did the abandoning. I would abandon a relationship in short time because I did not want to be the one abandoned. All belief in abandonment and all that this is in me and my ancestors, I now ...

364. I believed that God had abandoned me because my life was a mess. I see I was projecting on God! My dad's abandonment of us I was using to project onto God. Everything I judged my dad for I judged God for. The heavenly father and my father is same father, so my childish mind figured. A child does not discriminate. Father is Father and it's the same thing. I see I still believe what my childish self believed. All that this is in me and my ancestors, I now ...

365. Parents can be insane. At least I think so now. I was one. I transmuted her insanity and now she's a friend and I love and appreciate her. All my insanity as a parent and all that this is in my ancestors, I now ...

366. The truth is, our parents are programmed to behave just as they do and the whole world is too. The awakened are here to change this in themselves and we are quite capable. All judgments on my parents and anyone else that I hold in me and all that this is in my ancestors, I now ...

367. Say "thank you" to all things, no matter what is showing up. You will be surprised! All resistance and fear toward this and all it is in me and my ancestors, I now ...

368. I had a tendency to protect my abuser. I did it as a child with my parents. They were my first abusers. Then I tried to protect the abuser I was married to. I let go of protecting my abuser now. It was a desire to be protected. All that this is in me and my ancestors, I now ...

369. I now see that my own limited ego personality is my own abuser of myself. I have protected it and its beliefs long enough. All that this is in me and my ancestors, I now...
370. From childhood we have been disapproved of. No wonder we want approval so much! Approval made me feel safe. All that this is in me and my ancestors, I now ...
371. All that safety issues are in me and my ancestors, I now ...
372. I felt afraid of my mom. I felt afraid of her punishment when I didn't do what pleased her. I was afraid of dad too. Pleasing them saved me from their punishment. That was the fear of God indeed! As a child, dad and mom were the power in my life. As an adult now, that child's fears and beliefs still run the show in my life. All children who were punished severely by their parents (by beating, etc.) still hold this fear as adults. All my rebelliousness came from fighting my fear of my parents. All that this is in me and my ancestors, I now ...
373. I rebelled against God too because I wasn't happy with what was going on in my life and I was such a faithful Christian. This led to my search for God's real truth and consequently finding it. He took me around the world into all belief systems and right back to the bible where He showed me that although some things are missing from it, all teaching is one teaching, only in different languages and they are interpreted differently by different people. All this rebellion in me and all that it is in my ancestors, I now ...
374. Opposing desires. We have many. I wanted a rich man to give me everything and at the same time I wanted to give myself everything. I did not want to depend on another who might abuse me or say I'm a burden. I was abused in the past by the ones I depended on and I did not want that to happen again. All that this is in me and my ancestors, I now ...
375. I now see that I was afraid to depend on God, for fear of one is fear of all, God included. All that this is in me and my ancestors, I now ...
376. I notice I'm having communication issues with others. All that this is in me and my ancestors, I now ...
377. Most of my life I have fought with God because I did not know how to communicate with him. I did not know how to ask questions and get answers. I was taught to not question God by the church. And I was taught to not question my parents. Is it any wonder then that I resisted both God and my parents? No wonder I had a communication problem! All that this is in me and my ancestors, I now ...
- I now allow myself to communicate and be communicated with in ease, peace and pleasure. So be it and so it is. I give thanks.
378. I have a tendency to not listen when my inner guidance speaks to me. It speaks so quietly and softly that I dismiss it. I noticed that I have done this many times and have regretted it. All that this is in me and my ancestors, I now ...

379. "Not enough love in childhood equals not enough anything else" to a person. Love is everything. I believed I did not have enough love as a child. All that this is in me and my ancestors, I now ...

380. Darkness. I fear darkness and what it hides. To me, darkness represents ignorance. So the world teaches. All that this is in me and my ancestors, I now ...
Darkness is where light came from for darkness was all there was in the beginning and God was the darkness. So it is alright to enjoy the dark.

<<Love is everywhere. Love is what I am made of. Love is I Am.>

381. What do I really believe or have faith in? All the fears that I hold that I am afraid of. Laughter! All that this is in me and my ancestors, I now ...

382. I have a brother that loves to judge others. I dislike this about him. I enslave my brother to his "act" as long as I see him in the "wrong". I enslave my mind also to hold him in the place I put him. All that this is in me and my ancestors, I now ...

383. I hold a fear of not having my own home. All that this is in me and my ancestors, I now ...

384. I hated rules and the control that rules bring. All that this is in me and my ancestors, I now ...

385. I feel frustrated that I am working with 3 persons who are my superiors and they are all giving me instructions which oppose the other. All that this represents in me and all it is in my ancestors, I now ...

386. Now I see that the 3 parts of my self- my mind, body and Spirit are divided and cannot work as one. All that this is in me and my ancestors, I now ...

387. When I "see/imagine" the world that I wish to give myself and others, then will it manifest for us. All that is stopping me from doing this and all that this is in me and my ancestors, I now ...

388. Like seeds scattered abroad, some will grow and bear good fruit and some will not. What seeds do I plant in my mind? Are they the good seeds of love or bad seeds of hate? What kind of ground is my mind? Is it good ground, open and receiving or is it bad ground, closed with unbelief? Is it hard ground or soft and well prepared? All that this brings up in me that is not of love and light, and all it is in my ancestors, I now ...

389. Whatever ground I am being that is not conducive to Spirit and its free flow in me and all that this is in my ancestors, I now ...

390. I have allowed myself to be the dumping ground of others. All that this is in me and my ancestors, I now ...

391. All the effects that resulted from my use of other people's garbage and all this is in me and my ancestors, I now ...

392. No matter how many visualizations and affirmations I did, I realized that I had blocks to manifesting. Doing these clearings has removed the blocks in my mind so I can manifest effectively. With all the negative beliefs in the way of my faith in manifesting for myself what I wished, it was no surprise that I took as

long as I did to be successful at it. I recognized also, that I wished above all things, to have the experience as One with my true Being. This is my priority and it is part of the reason I did not care too much about manifesting riches.

This has to do with believing that if I stay poor then I will inherit the Kingdom of God which is within me. And He did say “Blessed are the poor in spirit, for they shall inherit the kingdom” and “Seek ye first the kingdom and all things shall be added to you” right? (Laughter! I did seek the kingdom as I was told and did not receive the promise!) All that this belief is in me and my ancestors, I now ...

393. Oh, okay! So after I have my experience as Oneness, then I can have the wealth and riches! This is what I have been saying to myself all this time! All that this is in me and my ancestors, I now...

394. I am having the oneness experience of God Now! In every moment I am one with God whether I know it or not. I am rich in every moment. My joy and happiness is my riches. My peace and love is my riches. And most of all, knowing that all is provided is riches indeed. All the reasons why I believed that I am not rich and all that this is in my ancestors, I now ...

395. I held a judgment on people who treat other people better when they are rich. All that this is in me and my ancestors, I now ...

396. I believed that I did not have the freedom to be, do and have all I wished for. All that this is in me and my ancestors, I now ...

397. I have noticed that no matter how great a relationship starts out, after a while, the other party changes and becomes a nuisance. This is because he has now started reflecting me to myself. I only get upset because what I see is in me. I have noticed this and I am using it to transmute my old beliefs. It does help. All that “nuisance” is to me and all it is in me and my ancestors, I now ...

I’m grateful for my partner and our relationship.

398. I have been putting pressure on my partner to do his inner work. I now see that I’m projecting on him. I judged all men who did nothing. I felt anger at their laziness and rejected them for it and I rejected myself for the same reason. I now see that this is linked to my mom being upset at me for “doing nothing” and always making sure I was doing some “work” all the time. Whether it was outer work or inner work made no difference. It all came under “work”. All that this is in me and my ancestors, I now ...

399. While I was married, my then husband had disrespected my mom in speech. I now see that this reflected my disrespect of her. All that this is in me and my ancestors, I now ...

400. I always wanted to establish a church that teaches the truth that I have now learned. It has been a lifelong dream and I am still no closer to it than before. All that this is in me and my ancestors, I now ...

<< I honor and respect other people’s choices, even the ones closest to me.

What I give I receive back in good measure. >>

401. All that I believe that my identity is and all that this is in my ancestors, I now ...
402. I wanted to forget some things and I wanted to have a great memory. How crazy is that! It is a contradiction in me. All that this is in me and my ancestors, I now ...
403. All that I judge about my memory and all that this is in me and my ancestors, I now ...
404. I now see why I have not allowed myself to have the car I wished to have all this time. I held a fear that I would not be able to upkeep it financially. And also I that might get into an accident. All that this is in me and my ancestors, I now ...
405. The elitist agenda and all their atrocities in this world against the planet and humanity is a reflection of my own covetousness that I hide. They are feeding off our fears and we are picking up theirs. We are connected to the whole of humanity and they are a part of it. I transmute what I feel and do and I assist humanity at the same time. All that covetousness is in me and all that it is in my ancestors and all humanity, I now ...
406. Sometimes what I feel is not coming from within myself but is coming from outside of me. At these times I would feel that the emotion showing up is not mine and I have no reason to feel this way. I then ask, 'To whom does this belong?' Right away I would feel at ease. Then I say, 'I now return this to sender with divine consciousness, peace and wisdom attached. So be it and so it is. I give thanks.' It works very well for me.
407. All that I fear and hate and judge negatively in any way and all that this is in my ancestors, I now ...
408. All these fears and doubts that rise up in me that does not allow me to trust Myself, and all that this is in my ancestors, I now ...
409. All the fears and doubts that I have inherited from my ancestors and all that this is in me and them, I now ...
410. I get distracted a lot from the most important things. All that this is in me and my ancestors, I now ...
411. All beliefs of limitation and lack and all that this is in me and my ancestors, I now ...
412. I speak loudly when I need to be heard. Speaking loudly does not get the message through. In fact, it brings up resistance, in myself and the other. All that this is in me and my ancestors, I now ...
413. I noticed that my friend of many years does not listen, truly listen to what is said. This reflects me. I don't really listen because I have something to say that is more important I believe. This is not nice, nor acceptable. I must listen and then I will be heard when my time comes. I must first honor and then allow myself to be honored. All that this is in me and my ancestors, I now ...

414. I treated persons with disrespect and dishonor when I had much money. I was blind and could not see and now I judge myself for it. All that this is in me and my ancestors, I now...
415. I feel much grief that I do not have enough to share with my children. This says that I believe they “need” things to be happy. This now reveals that I believe that “I” need things to be happy. All that this is in me and my ancestors, I now ...
416. All that the feeling of disgust is in me and my ancestors, I now ...
417. All that my unhealthy eating habits are and all this is in my ancestors, I now ...
418. In the past I was judgmental and had no compassion. All that this is in me and my ancestors, I now ...
419. I was a Christian fanatic many years ago. I met a woman that I had taught and she was just as fanatic. She reminded me of myself and the energies that need to be cleared. All that this is in me and my ancestors, I now ...
420. I believed, like almost the whole world does, that self-praise has no value. This is not so. Self-praise is of great value to oneself. We need not look to another to praise our good works. We need to praise ourselves as we are made in the image and likeness of the one we praise. All that this belief is in me and my ancestors, I now ...
421. All fears that I hold in me that I cannot take care of myself (I wasn’t working at the time and this is also a childhood fear), and all that this is in my ancestors, I now ...
422. I feared not having my own home and secretly blamed my partner for not having his own. I felt angry that I cannot depend on him. All that this is in me and my ancestors, I now ...
423. In the past I judged those who had no home of their own. I thought they had made foolish choices. Now I am in the place I judged. I know that whatever we judge we become. I am grateful for this experience that teaches me to not judge. All that judgment is in me and my ancestors, I now ...
424. Fear means I do not trust myself therefore I am not trusting God I AM completely. Remember, I have to surrender totally to allow God I Am full reign in my life. All that this fear is in me and my ancestors, I now ...
425. All that I have blamed myself for and all that this is in me and my ancestors, I now ...
426. All that blame is in me and my ancestors, I now ...
427. I felt fearful when I thought that I may never have a home of my own. It feels horrible. I accept and embrace this feeling. All that this is in me and my ancestors, I now...
428. All my resistance to numbers and using them and all that this is in me and my ancestors, I now ...
429. I am afraid to trust God. How hilarious this is! In my fear I am not allowing God free reign in my life. Yet I wish to be free to be, do and have what I will to. It

is God I Am that wishes this freedom in myself. And my personality is standing in the way holding on to fear. All that this is in me and my ancestors, I now ...

430. I imagine “Nothing” and its presence in my life. It feels scary. I must let the “Nothing” nurture me. This feels repulsive to me. I know the nothing is “the everything” and empty space is not empty, yet I feel so scared of emptiness and nothingness. All that this fear and repulsion to nothingness and emptiness is in me and my ancestors, I now ...

431. At one time in my life I did not care about anyone. Many others are reflecting this to me now. All that this is in me and my ancestors, I now ...

432. All that I ever replaced God’s will in my life with and all that this is in my ancestors, I now...

433. All this time I was afraid of my very own Self. How can I be afraid of that which I Am made of? My cells, my intelligence, my God, my power, my strength, my will, my love, my everything, I Am this! How can I ever be afraid of what I Am? I Am is the provider of all my life’s sustenance. It is what I really and truly am. Then why the fear? I fear so I can live in limitation and stay in my addiction to fear because I have been living in it for so long. My cells have gotten used to my death wish and they continue to serve me in this capacity. All addicts out in the world reflect this to me. I rejected them because I rejected my own addiction. All that this is in me and my ancestors, I now ...

434. All that my death wish is and all it is in my ancestors, I now ...

435. I couldn’t trust my parents, my teachers, the system, the church nor anyone else, even the God I learned about. I believed it was myself I couldn’t trust. They are not myself and never were. They are only reflections of what I was taught to believe. All that this is in me and my ancestors, I now ...

Now I know I can trust myself because I Am what I Am. I Am all there is and ever was. I will always be. And I love and trust myself in totality. So be it. And so it is. I give thanks. And now I feel better and all the anger is gone. Wow! What a rush! It is good to be free!

436. I judged others who did not have stuff of their own. I was not seeing that I had not much of my own. I knew that I did not care for anything and therefore was keeping everything I wished to have from myself.

I’m now looking at the contradiction and judgment over a thought/belief. All that this is in me and my ancestors, I now ...

437. I have a resistance to the word “elevation”. To me it means “better than” and “above all”. This I have interpreted as better than and above others, which keeps people in separation. No matter the words we use, it does not change the truth that we are all ONE, and Oneness wins in the end. So it is pointless for me to hold resistance to anything. All that this is in me and my ancestors, I now ...

438. I did not want to stay at the new job I had because it is a corrupted environment. I did not want to be in the world because it is a corrupt environment. It seems to be reflecting my corrupt mind and personality. Of course, all personalities created by this world corrupt the truth of Infinite Intelligence in us all. All

this corruption that I hold in me, all my resistance to it and all this is in my ancestors, I now ...

439. All that pride and vanity is in me and my ancestors, I now ...

440. All that I wish to have in my life that is not for my highest good and all that this is in my ancestors, I now ...

<< Knowing what I am and what I'm about are riches that have not been told to me. It is something I must find out on my own. Seek ye first the kingdom...If the kingdom was so easy to find- and have been found already as so many say- then we would not be asked to seek. >>

441. All insecurities that I hold in my mind, body and spirit and all that this is in me and my ancestors, I now ...

442. My fear of money and all that this is in me and my ancestors, I now...

443. My fear of having much money and all that this is in me and my ancestors, I now ...

444. My fear of being around and handling other people's money and all that this is in me and my ancestors, I now ...

445. Whenever I am being rushed I feel nervous. All that this is in me and my ancestors, I now ...

446. It is my own mistakes I am angry at when I get angry for another's mistakes. All that this is in me and my ancestors, I now...

447. All judgments that I hold against any race of people on this planet or elsewhere and all that this is in me and my ancestors, I now ...

448. All that I fear about being locked up and all that this is in me and my ancestors, I now ...

449. Nothing that goes on here in this world is personal, yet I take things personal. All that this is in me and my ancestors, I now ...

450. All that I believed about things being hard and all that this is in me and my ancestors, I now ...

451. All that I have been dishonest about in the past and all that this is in me and my ancestors, I now ...

452. Everything I experienced at work was my own self reflected. All those dirty attitudes reflected my own some time ago. All that this is in me and my ancestors, I now ...

453. I did not trust anyone in the past. I did not trust myself either. All that this is in me and my ancestors, I now ...

454. All that is toxic in me and my ancestors and all it is about, I now ...

455. I made a decision to work hard for what I want. All that this is in me and my ancestors, I now ...

456. All that pride and vanity is in me and my ancestors, I now...

457. I experience low blood pressure every once in a while. Lack of iron in my blood represents lack of willpower within me. All that this is in me and my ancestors, I now ...

458. I resisted success because I thought it would take away my freedom to be at ease and relaxation. All that this is in me and my ancestors, I now ...

459. My fear of confusion and all that this is in me and my ancestors, I now ...

460. I hold a fear of being crowded with too much work. All that this is in me and my ancestors, I now ...

<<Acceptance of where I am, what I have and what I am going through is necessary to balance my Karma quickly. It is never easy and I do not expect it to be. The more I transmute what is showing up in my life, the easier my life becomes. >>

461. All my resistance to oppression, repression and depression, and all that this is in me and my ancestors, I now ...

462. All that I fear about being replaced and all that this is in me and my ancestors, I now ...

463. All that indecision is in me and my ancestors, I now ...

464. All that I believed I needed from the people around me, from childhood till now, and all that this is in me and my ancestors, I now ...

465. All that I fear about losing my personality and all that this is in me and my ancestors, I now ...

466. I feel hate and fear of God for what He is putting me through! This is not my own feeling. It is the feeling of the others that I am picking up on. I can sense it totally. I now return it to sender with consciousness attached. All in me and my ancestors that attracted this, I now...

This will sometimes happen and one has to be tuned into their inner self to know their own feeling from that of others.

467. I felt hate for God and the struggle He was allowing in my life. I blamed him for it. All that this is in me and my ancestors, I now... Now I know that all that happened was meant to happen for me to find the truth in myself. I'm grateful.

468. All in me that is causing dis-ease in my body and all it is in my ancestors, I now ...

469. All hate that I have ever expressed for anyone or anything and all that this is in me and my ancestors, I now ...

470. All that rejection of myself is in me and all it is in my ancestors, I now ...

471. All that self-sabotage is in me and my ancestors, I now ...

472. All that I have wanted in the past that was not meant for me, all that I wish to have in the present that is not meant for me and all that this is in my ancestors, I now ...

473. All acts of violence against myself and humanity and all that this is in myself and my ancestors, I now...

474. Cells are pure infinite intelligent energy. They do not age. It is my belief that all people everywhere age, not seeing the truth of the cells, which we are all made up of. All that this belief is in me and my ancestors, I now ...

475. I hold a fear of conflict and yet I enjoy a good fight with words. All that this is in me and my ancestors, I now ...
476. I hold a fear of being seen in a bad light. All that this is in me and my ancestors, I now
477. I hold a fear of being the wrong party. All that this is in me and my ancestors, I now ...
478. I hold a fear of being wrong. All that this is in me and my ancestors, I now ...
- I allow myself to be wrong. It is okay. It is just an experience that I wish to have the feeling of. I accept and embrace it in totality. It is all right. It is okay.
479. I feel sorrow when others are feeling hurt. All that this is in me and my ancestors, I now ...
480. All that my ego is and all that it is in my ancestors, I now ...

<< My imagination and my self- talk .These two things I use to destroy myself or build myself up. >>

481. All that I have condemned in the past and all that I condemn in the present, knowingly or unknowingly, and all that this is in me and my ancestors, I now ...
482. No matter what my partner believes, it is how he sees and it is his point of view. I resisted this too long so now I allow this. All that this resistance is in me and my ancestors, I now ...
483. No matter what anyone believes or thinks about me, it is how they see and it is their point of view. All that I resist about this and all this resistance is in my ancestors, I now ...
484. I saw others as less than me when I was still asleep in my ignorance. All that this belief is in me and my ancestors, I now ...
485. I did not allow myself to have all I wished for because I had a belief that I am not worthy. All that this belief is in me and my ancestors, I now ...
486. I have a tendency to be looking at a thing I have been searching for and not seeing it. Why is this so? All that this is in me and my ancestors, I now ...
487. No damage has ever been done to me. All that I went through was to make me this wonderfully loving and compassionate person I am today. All that this belief in damage is in me and my ancestors, I now ...
488. I remember the time when individuals asked me for things they needed. I usually gave but after a while became annoyed that they were depending on me to provide for them. All that this annoyance is in me and my ancestors, I now ...
- I could have told them lovingly that I couldn't do it anymore but I said nothing and judged them.

489. I don't like being called names that I dislike. I have called other people names in the past that they did not like. All that this is in me and my ancestors, I now ...
490. We identify with this or that or the other to keep an identity. When we have awakened out of the dream, we find that we are none of that which we have identified with. All that belief in identity is in me and my ancestors, I now ...
491. All that holding on to my identity is in me and my ancestors, I now...
492. "Whatever you do unto another, you do it unto me". This was said by Christ and all the Masters that has walked the planet. The "me" means him and myself also. So what are we doing to our self and one to another? This is a personal question. What am I doing to another? And what am I doing to myself? What I am secretly doing to myself (that I do not even know or recognize) I am also doing to another. I project what I do to myself unto the other and all that I hate about myself I will point out to the other because I can see their faults easily but mine I cannot and most times, will not see. All that this is in me and my ancestors, I now ...
493. All that I have said and done to others that is not of Divine love and light all that this is in me and my ancestors, I now ...
494. All that I have said and done to myself that is not of Divine love and all that this is in me and my ancestors,, I now ...
495. All that I ever stood for that is not in harmony with truth and all that this is in me and my ancestors, I now ...
496. All that I ever stood against that is not in harmony with truth and all that this is in me and my ancestors, I now ...
497. All my beliefs about "hard-earned money" and all that this is in me and my ancestors, I now ...
498. I get into a rage whenever I am feeling helpless. All that this is in me and my ancestors, I now ...
499. The opposite of this I do also. I cry when I feel helpless. All that this is in me and my ancestors, I now ...
500. Every act of distrust towards me by another is an act of distrust of myself by myself, or a judgment towards myself, or judgment of another. All that this is in me and my ancestors, I now ...

<< I allow myself to say what's on my mind and I allow myself to be heard. >>

501. I hold a judgment against myself that I cannot express myself properly and I cannot get my point over clearly and precisely enough to be heard and understood. All that this is in me and my ancestors, I now ...
502. At one time I believed that no one understood me. This is because I did not understand myself. All that this is in me and my ancestors, I now ...
503. All the reasons why I would fight others because they did not understand me and all that this is in my ancestors, I now...

504. All the times I would not forgive someone and all that this is in me and my ancestors, I now ...
505. All that I have believed, said and done that supported lack and limitation and all that this is in my ancestors, I now
506. Nonsense is acceptable. I could not accept this before. Nonsense would not exist if it was not acceptable. All that is unacceptable has been placed into form until it is accepted. All this world's belief systems are nonsense. Yet it all leads to sense. It is inevitable. Duality leads back to non-duality. All my resistance to nonsense and all it is in me and my ancestors, I now ...
507. I have been dishonoring my body with thoughts and emotions that are not for its highest good. I get upset at others for saying, (or not saying) and doing things I don't like. This is a fight and flight response. I allow myself to feel the upset and transmute it. All that this is in me and my ancestors, I now ...
508. All thoughts, emotions and words that I have released into the world that is toxic to it and myself, and all that my ancestors released also, all that this is in and around us, I now ...
509. My body hurts in several places. All the hate and anger that I have projected out into my reality through my body has made it a toxic place to live in. All that this is in me and my ancestors, I now ...
510. I am not my personality. It is my personality that holds fear, etc. My real Self does not hold grudges, fear, etc. All that my personality thinks has been done to it is not real or true for my personality is not real. It is made up. It was made up to help me live and experience this world. All that I believed that has been done to me and all this is in my ancestors, I now ...
511. Most of my life I felt sorry for myself and gave up when I thought I didn't have a choice or couldn't do anything about what was going on that I did not like. Heart broken, sorrow, hopeless, etc. these are all feelings that are about powerlessness. All that this is in me and my ancestors, I now ...
512. All that I have condemned myself for and all that this is in me and my ancestors, I now ...
513. All the reasons why I employ negative emotions in my cells and all that this is in me and my ancestors, I now ...
514. All that "dumb" is in me and my ancestors, I now ...
515. All that rejecting is in me and my ancestors, I now ...
516. All that the belief "I can't live with this" is in me and my ancestors, I now ...
517. All the reasons why I do not like to do my accounting and all this is in me and my ancestors, I now ...
518. I hold a belief that it is better to have a man come visit me rather than have one that is with me always to stay. All that this is in me and my ancestors, I now ...
519. All that fear of limitation is in me and my ancestors, I now ...

520. All unbalanced karmic issues in me and my ancestors and all that they are in us, I now ...

<< I came into this world to accept and embrace the unacceptable to transform it all. Love the unlovable. >>

521. I have a tendency to speak even before a person has finished speaking. All that this is in me and my ancestors, I now ...

522. I expect people to please me and when they do not it makes me angry. This is also why I wish to please people, so that they do not get angry with me. This is a childhood issue. It is what I saw as a child growing up. All that this is in me and my ancestors, I now ...

523. All the hate and anger I have projected into my reality that is my world, I have made into a toxic place to live in. My body is telling me this right now. It hurts a bit in several places and is drawing my attention to what I have done and am still doing. All I have released into this my world that is poisonous to it and all this is in me and my ancestors, I now ...

524. All that I hold to that is poisonous to my mind, body and spirit and all this is in me and my ancestors, I now ...

525. Because my position is greater than yours, I treat you like less and because your position is greater than mine you treat me like less. This has been my experience with myself and others. All that this is in me and my ancestors, I now ...

526. I feel vulnerable at times and I try to hide it by fighting. I now accept and embrace my vulnerability. All that fear of vulnerability is in me and my ancestors, I now ...

527. All that I have believed and done that caused me to be in the position I am in right now that I do not like and all that this is in my ancestors, I now ...

528. All the negative things I have said about others in ignorance and all that this is in me and my ancestors, I now ...

529. All that is causing disharmony between me and my partner and all that this is in us and our ancestors, I now ...

530. I hate myself for not having an excellent memory. As I feel the hate for myself, I feel my cells tremble and feel like crying at the intensity of my hate. I did cry. All that this hate is in me and my ancestors, I now ...

I love myself so much now! Nothing is worth hating myself for. I love myself dearly! I hug and kiss myself. I embrace myself, faults and all! I thank my self for loving myself.

531. All the reasons why I believe I do not have a great memory and all this is in me and my ancestors, I now ...

532. All the reasons why I attract conflict to myself and all that this is in me and my ancestors, I now ...

533. All that I feel threatened about and all this is in me and my ancestors, I now ...
534. I like to “fire” people from my life when they do not please me. This was reflected at a place I worked at. All that this is in me and my ancestors, I now ...
535. I do not like people asking me for anything. This reflects that I believe I do not have enough to give. All that this is in me and my ancestors, I now ...
536. All the times I have been blamed for things I did not do and vice versa: All that this is in me and my ancestors, I now...
537. All the times I have judged others as less and not enough, including myself, and all this is in me and my ancestors, I now ...
538. At one point in my life I disliked it when other people laughed and was happy. This was because I was unhappy and did not know how to laugh. All that this is in me and my ancestors, I now ...
539. All my want for money and all that this is in me and my ancestors, I now ...
540. Yesterday, I learned that 7 persons reflected my way of speaking. I could not see it even though I was getting more and more upset with these persons. I only saw it when someone pointed it out to me. It’s really funny how blind we can be at times. This is why we need mirrors to reflect back to us what we cannot see in ourselves, or even what we refuse to see as ourselves. What an adventure in mirrors all around! It is hilarious really. All that my “bossy” way of speaking is in me and my ancestors, I now ...

<< Consciousness is fully matured to realize reality only after it is nurtured by the apparent awareness of the false. >>

541. I intend that every word I speak from now on is heard by all as beauty, peace and pleasure. According to the highest good of myself and all concerned, so be it and so it is. I give thanks. All that is stopping this, I now ...
542. I am being short-tempered and easily upset. This is a sign of dissatisfaction with my life. All that this is in me and my ancestors, I now ...
543. I see reflected in others my attitude of not wanting to listen to another’s point of view or at least making an effort to understand. How is it that I have reached here? The truth is, I have been doing this all my life with all my loved ones and it has now come up to be cleared from my vibration. All that this is in me and my ancestors, I now ...
544. All that defensiveness is in me and my ancestors, I now ...
545. I was raised in an insane belief system and I became insane. I came out of my insanity and still have to deal with the insane. I see this is showing me how insane I was, how and why I could not see it, and what I did in my insanity. I accept and embrace the insanity I encounter on a daily basis. All that this is in me and my ancestors, I now ...
546. Who can get through to a person that believes they are always right? I used to be that person. I believed I was right in any argument that I had with an-

other. Of course, there would be no argument if it was not a case of right or wrong. Everybody wants to be right. All that wanting to be in the right is in me and my ancestors, I now ...

547. My thoughts get stuck in the past. All that this is in me and my ancestors, I now ...

548. I see that I have found fault with others so many times. This is what the ego personality does so it can feel better about itself and hide its own faults. All that this is in me and my ancestors, I now ...

549. I remember the days when I was blind and could not see. I did a lot of things being so blind like the people I see around me. Some of them are trying to blame me for what I am not responsible for. I did that too. All that blindness and ignorance is in me and my ancestors, I now ...

550. I see negatively most of the time. Even though I've grown a lot on the spiritual path, I still engage my mind on negativity. It is a hard-to-break habit. What else did I expect? I was raised on a constant diet of negativity. All that negativity is in me and my ancestors, I now ...

551. All the times that I had been impatient and thought I knew what I really did not know, and berated someone for it, all that this is in me and my ancestors, I now ...

552. At times I dismiss people, places and things. God is all and I cannot dismiss any without dismissing myself and the all. All that this is in me and my ancestors, I now ...

553. While I was playing deaf, dumb and blind, I wanted to be rich so others can look up at me and honor me for my riches. I did not want anyone else around me to be rich. I wanted to be in the spotlight. I did not know about the ego and its insanity back then. All that this is in me and my ancestors, I now ...

That was so disgusting! I have to clear it again!

554. I was so selfish and power-hungry! Even desiring spiritual gifts was about this. All that this is in me and my ancestors, I now ...

555. I repent (change) of all of the judgments I placed on my loved ones for making choices that contradict mine. All that this is in me and my ancestors, I now ...

556. I hold a fear of being bored. All that this is in me and my ancestors, I now ...

557. I keep new information to myself. I also keep new inspiration to myself. I see what needs to be done and I don't do it. Reason: I was never listened to as a child. My ideas fell on deaf ears and no one was interested or paid any attention to me. Then I decided to keep it all to myself. Now I see there is no need to keep living this way. All that this is in me and my ancestors, I now ...

558. I was so judgmental of so many things. I was mostly judgmental of dirty things. Or people. All that this is in me and my ancestors, I now ...

I was a "saved Christian" who had all this garbage hidden in me and did not know it! (Laughter!)

559. I was very judgmental of the church – any church- and their teaching for many years. I was very upset with them when I learned some things I did not know. Religions serve a purpose, and it is through religion that I learned about God, correct or incorrect as it was. This does not matter as my faith is what God requires to make of me what IT wills. This goes for all. All that my anger and disrespect for religion is, in me and my ancestors, I now ...
560. I have been blind in many situations and saw what I wanted to see only. I made negative judgments because of this. All that this is in me and my ancestors, I now ...

<< I accept the challenges that show up in my life. They bring me a blessing. I ask for and look for these blessings. >>

561. All of life that was dishonored by myself and my ancestors in our blindness, I now ...
562. I'm noticing that many things I do, I saw my mom do as I was growing up. Even while I was in her womb, I was learning from her and those she interacted with. One that just came up is one I had been doing for many years. Many couples do this. I would get upset at my partner for some reason or other and when we go to bed, I would turn my back on him. I would stay with the upset all night and continue next day. All that this is in me and my ancestors, I now ...
563. From the womb I picked up from my mom that she could not trust my dad. Then I grew up and couldn't trust the man I married because he did the same as my dad. Then I am told that God is a man and I tried and tried to trust this man called God and did not do such a good job. No wonder I could have expressed the anger at him (God) the way I did. All that this is in me and my ancestors, I now...
564. All my life I wanted to be taken care of and never allowed it. I was the one who took care of people and things. I wanted it to be this way. This made me responsible in a controlling way. All that this is in me and my ancestors, I now ... I now allow myself to be taken care of in divine love and excellence. So be it and so it is. I give thanks.
565. I thought I knew everything. As soon as something is said by another, my thoughts will flow even before they could finish what they were saying and I would interrupt the speaker. That was my insecure ego doing its thing, All that this is in me and my ancestors, I now...
566. I have expectations of my partner. All that this is in me and my ancestors, I now ...
567. I have expectations of my children. All that this is in me and my ancestors, I now ...
568. I have expectations of myself and even God! All that this is in me and my ancestors, I now ...

569. I have expectations of everyone everywhere. All that this is in me and my ancestors, I now ...
570. I have noticed that when I'm crying and stressing out over a thing, my mind is blocked to solutions. Then when I agree to run away like my ego wants me to, I go into a peaceful state and the wisdom flows. I see my Spirit is using this to deceive my ego and calm my emotional (chemical) upheavals so it can get me my message. I am so grateful for this.
571. I feel stuck in my relationship at this point. Everything is going downhill. My partner does not understand me and is not cooperating with me in any way. I am feeling frustrated. I know it is time to let it go but I seem unable to. It grieves my heart so much! All that this is in me and my ancestors, I now...
572. I am afraid that if I continue to be in grief that my body will get sick. All emotional upheavals and its adverse effects on my health and well-being and all this is in me and my ancestors, I now ...

*Here is where Mooji and Sri Ramana stepped in and took me to the next level of awareness. I had started listening to Mooji on youtube lately and my ego went crazy after I let go of my personality and kept reminding myself that I am not my personality. My personality is built to keep my ego alive and kicking. Literally. I learned from Mooji how to let go of person(ego) and practice being in Presence. I drop everything and believe nothing. I allow myself to be Presence and this feels so good. I'm so grateful for this. My mind is doing whatever it takes to keep my attention on it. It wants to keep my true Self imprisoned forever. **The most deadly weapon it uses is separation and negative beliefs.** The thing is, negative is nothing, so it is using nothing to keep my attention. This is so funny and makes me laugh. I am grateful to see this. These insights set me free one at a time.*

573. I interact with my partner with my ego. I do this all the time. I never let myself interact as Love. No wonder I let myself go through nonsense. All that this is in me and my ancestors, I now...
574. I have learned so much and yet after all these years, my ego is bombarding me with its negative antics. I allow it. It can do no harm anymore. My ego is a liar and if I keep on believing its lies, it will keep controlling me. I now let go of my ego and of the past it is bringing up. It brings them up so I can believe them and live in more doubt and fear. I choose to look to my true Self instead. I choose to feel the Presence of what I truly am and let it guide me into all truth. I now focus on my Presence. I am Presence. I am that which looks at it all and is not bothered by any of it. I am Peace. I am Love. I transmute my ego into divine love.
575. We are "doing" love instead of "Being" it. All that this is in me and my ancestors, I now ...

576. My partner is showing me what I am rejecting about myself. This part that I am rejecting must be brought into love. All that I am rejecting about myself and all that this is in my ancestors, I now ...

577. I brought my old expectations and beliefs in my new relationship. I almost killed it doing the same old things and believing the same old things. I had to make myself over by giving up all the ways I believed a relationship "should" be. All that this is in me and my ancestors, I now ...

578. Love flows like water. It does not resist its container but forms itself according to its container. I allow myself to flow like water and resist nothing. There is a lesson for me in everything. I see it now. All remaining resistance to whatever is showing up in me, I now...

579. I feel sad and I want to cry. Then I realized that ego cannot have a relationship with God no matter how it cries and how many tantrums it throws. God is Love and Love responds only to itself. Tantrums and resistance has no effect on God. All that this is in me and my ancestors, I now ... My partner's behavior reflected this to me. My crying does not have an effect on him it seems. Of course, I judge him even for this! I know that the Universe is giving me pointers through him. (Laughter!)

580. I had felt like I did not belong in this new house that I am presently living in when I first came here with my partner a year ago. Now I see it is my ego that felt out of place here. All that this is in me and my ancestors, I now...

<< Let your thoughts flow without keeping them or holding to them. Holding-on blocks the flow. >>

581. I call upon love and light to saturate myself and my relation with my partner. According to the highest good of us both and the Universe, so be it and so it is. It is getting more and more difficult to stay with him now. Whatever this difficulty is in me and all it is about, I now ...

582. It is my own intimacy I seek with my God self and yet I try to seek it with another who is in resistance to this deep intimacy. I feel the distance between us even though we are physically close. All that this is in me and my ancestors, I now ...

583. The child that knows nothing gets scared. My ego knows nothing and gets scared because it is a child. All that this is in me and my ancestors, I now ...

584. The entire world I see has no meaning and I am trying to put meaning to it all. What a waste of time! This is a learned way of being. All that this is in me and my ancestors, I now ...

585. I gave myself nothing so I can struggle for everything in this world only to find that it all means nothing. All that this is in me and my ancestors, I now...
586. I'm trying to put a meaning to my relationship with my partner. I am focusing too much on him and not myself. He is noticing it too and point it out. And again I get mad at him. I see now that I am focusing in the wrong place. All that this is in me and my ancestors, I now ...
587. I am grieving a lot for this relationship for I do not want to let it go, yet I know it is leading nowhere and is standing in the way of my expansion. I have to let go but it feels so difficult to do. All that this is in me and my ancestors, I now ...
588. I have a desire to live alone. I have been alone most of my life and it feels comfortable. I am in my comfort zone and am afraid to be out of it. All that this is in ...
589. Making the decision to stay and be committed to my relationship is committing to myself. I have been giving my love and peace to fear and not allowing love to do its perfect work in me. I have been paying for fear with my love. This I see now. No more of this! All that this is in me and my ancestors, I now ...
590. All that the body of death (fear and doubt) is in me and my ancestors, I now ...
591. I just looked at my partner's way of being and I internalized it. I made it my own behavior and it suddenly repulsed me. His way of being is my own and I am feeling totally and violently repulsed by it! All this time I was going crazy over his behavior and trying to be unaffected by it and making peace with it. Yet the moment I made his behavior my own, I rejected it instantly. This is so shocking to me! This is so unexpected and I am accepting it and embracing it. It is only myself I see everywhere. All that this is in me and my ancestors, I now ...
592. I am noticing that I am taking care of the males in my life even though I would prefer not to do that. (I have a strong conviction that females should not take responsibility for males.) I was a little girl when I first had the desire to take care of my dad. Mom had left him and she sent his dinner with me for him. I saw him standing at the window looking all alone and I felt so sorry for my dad and I wanted to take care of him. I believed that he was alone with no one to take care of him. I can see now that this is how my mom felt and why she sent his food. All that this is in me and my ancestors, I now...
593. I now see that one of my ancestral belief is that young adult children must not be on their own, that they must get married to live by themselves. That way they have someone to take care of them. All that this is in me and my ancestors, I now...

594. All the physical pain that I have been giving to my body because of feeding on thoughts that bring me mental and emotional pain and all this is in me and my ancestors, I now...

595. I do not want to be rich, yet I am all riches. I do not want to be all I am? All that this is in me and my ancestors, I now ...

I am grateful that I am rich and I now accept and embrace my riches.

596. All the hate, anger and misery I have ever expressed in my life and all that this is in me and my ancestors, I now...

597. All that I ever did as an ignorant and naive child, I now accept and embrace in totality. It had served its purpose. All that this is in me ...

598. All is myself and myself is all. All that is happening in my life is myself doing it with myself. I give thanks to everyone everywhere for showing me my actions that are not pure and holy. All my actions that are not pure and holy and all this is in my ancestors, I now ...

599. In the beginning of the relationship he rushes home to be with her. He always wants to be with her. Then after a while she starts nagging. She feels his commitment to her has given her license to do and say what she wants to him. Her personality starts showing up with all her insecurities and he starts becoming less and less interested in coming home to be with her. She speaks rudely and her love is now overcome by fear.

She does not see herself until he starts doing the same things she is doing. Then she wonders why he is being this way. She wants to leave. Yet she knows that she must get her lessons. He was the easiest way she had ever gotten her lessons so far. It only seems hard when she is overcome by her own emotions. Yet she does not realize that her emotions are her death sentence and the death sentence of her relationship. All that this is in me and my ancestors, I now.....

600. Questions I need to ask myself: Am I at peace with (something or other) that I have done in the past? Am I at peace with what I did with (my hands or my feet or any part of my body) in the past? All that I have done with my (hands, feet, etc.) in the past and all that this is in my ancestors, I now ...

<<Allow. Allow everything to be just as it is being. I did not come to change anything. I can only change myself and how I see and what I believe. >>

601. In the past I judged myself harshly for giving myself sexual pleasure. Then I learned that self-loving is acceptable and is a requirement (as in tantric sexuality.) All judgments that I held against myself for giving myself sexual pleasure and all that this is in me and my ancestors, I now ...

602. All choices and decisions that I have made in the past that does not support my highest good and all that this is in my ancestors, I now ...
603. All that I judge negatively about ignorance, darkness and the lie and all that this is in my ancestors, , I now ...
604. I say all are one and all are equal, that we are one, and yet I refuse to honor my brother or sister (or other) as one in the image and likeness of God. I refuse to see them as their true Self. I was unwilling to do this which means that I am in judgment of them. And as long as I judge any, I am judging God and myself. All that this is in me and my ancestors, I now ...
605. A good name is better than great riches. That is what the Bible says and belief in it keeps us in poverty mindedness according to the interpretation one holds of it. I saw it as having only one choice and that is having a good name and giving up the riches. All that this is in me and my ancestors, I now ...
Now I know I can have both. (Laughter!)
606. A good name IS great riches. Is poverty good? The whole world is trying to get rid of it for god's sake! Does it give me a good name? I think not! Those who added that in the scriptures sure did a good job of programming us for failure! All belief in this that is in me and my ancestors, I now ...
607. All aspects of myself that does not align in harmony with the rest of myself and all that this is in me and my ancestors, I now ...
608. All that doubt of myself is in me and my ancestors, I now ...
609. I have anxiety attacks when I have to speak in public. All that this is in me and my ancestors, I now ...
610. We fear and fight what has come to bless us. All that this is in me and my ancestors, I now ...
611. I get upset when I am not understood. All that this is in me and my ancestors, I now ...
612. All my desire to be understood and all that this is in me and my ancestors, I now ...
613. All the reasons why I do not allow myself to be myself and all that this is in me and my ancestors, I now...
614. All the reasons why I don't hear clearly and all that this is in me and my ancestors, I now ...
615. All the reasons why I forget what I am to remember and all that this is in me and my ancestors, I now ...
616. All my rejection of certain people and things and all that this is in me and my ancestors, I now ...
617. All insecurities in the collective consciousness of humanity that are reflected in me and all that this is in us all, I now ...
618. Emotions are a challenge in themselves. Negative emotions (bad feeling) cause the release of poisonous toxins in the bloodstream. If the negativity is continued in and the lessons they bring are not received and transmuted, it causes

disease, rapid aging and death. Positive emotions (good feeling) cause joy, love and peace which releases health and well-being in the blood.

The blood, in which is our life force, is taken to all parts of our body and we feel energized and look good. It is very important to do what it takes to feel good. Releasing old beliefs that feel bad and replacing them with new ones that feel good does the job. All the need to hold on to negative emotions and all that this is in me and my ancestors, I now...

619. I am living with my ego which is unavoidable. My ego annoys me, or I should say that I am annoyed at my ego. It does not understand the ways of God and tries over and over again to dismiss the things of God and replace them with its own misinformed beliefs. Similarly, I am living with my partner and "it seems" he does not understand me. He tries to show me his way of seeing which I do not buy just as I am not buying what my ego personality tells me. This similarity is here to show me the course of action to take. Just ignore the ego. It has nothing I want. It will drop away by itself as it has nothing to "hook" onto in me. I am now using this for my good and his good too. All that this is in me and my ancestors, I now ...

620. When I am transmuting my ego I am transforming it into love. When I am transmuting what shows up in my partner I am transforming it into love. Therefore, I am loving aspects of myself that I couldn't love before and wanted separation from. I am grateful for this.

<<Everything is free. Then why am I making myself pay for it? This is wasting my energy. Love is free. Joy is free. Peace is free. And it all is in me! >>

621. When my last baby was less than a week old, his drunken dad wanted to take him out to the neighbor's at late at night. He insisted that he take him and I felt a rage and a protective instinct that would have me kill him. He saw that and gave up trying to take my baby from me. As the memory came back to me, I felt the rage just as strong as I did then, 16 years later! All that this is in me and my ancestors, I now ...

622. Once I saw my ex-husband face change into that of demon-like while he was on drugs. All the fears that I felt then and all that this is in me and my ancestors, I now ...

623. The mindset that caused me to take on "death" and all that this is in me and my ancestors, I now...

624. I was in high school and a classmate said she lost some money after lunch. I went to school that day with three dollars less than what she had lost. The class was called up one by one to see who had much money. I was about the tenth child called and I was honest and told how much I had. Right away the teacher

held me as responsible for taking the girl's money. That put me and my 13 year old mind in a state of shock. I could not think. I felt so embarrassed that I was being called a thief and that was very shameful to me. I was so focused on the feeling of shame that it paralyzed my mind and mental functioning.

The teachers at the school all looked at me as the thief. It was one of the top schools in town. They put me in a room all by myself and told me to give them a record of how I used my money. I got it wrong every time because I could not see what I was doing. Yet when it was all over, I saw that everything was right except that I was adding up wrong. I guess none of the teachers were trained in psychology back then or they would have seen it too. Now I can laugh about it even though that incident messed up my mind about money (and having it) for most of my life. All that this fear is in me and my ancestors, I now...

625. Because I was paralyzed by the feeling of shame (I felt the whole school was watching and judging me) I was not functioning as normal. I never did finish school. I was blamed for something I did not do. Now I understand why I had to go through all that. I accept and embrace it all and I now forgive all the teachers and myself for putting my little self through hell. And I forgive that girl that said she lost money for I have a feeling she never did because she was always doing something or the other to get money from the students of the school.

She would be on the steps with a friend during lunch hour or school break reading palms and offering other abilities for money. She was a mischievous child and may not even know till today the damage that was done to the mind of the girl that was blamed for taking her money. And really it does not matter at this point. That experience helped make me who I am today. All that this is in me and my ancestors, I now ...

626. I now see that I am not allowing myself to have a lot of money because of a hidden fear that I will be blamed for something. This makes no sense but then the ego is non-sense. It will always hold on to unfounded fears. All that this is in me and my ancestors, I now ...

627. All the reasons I do not allow myself to have what I really already have and all this is in me and my ancestors, I now ...

628. All that I believe that "I" am and all this is in me and my ancestors, I now ...

629. Nothing is allowed to happen that my Higher Self does not allow. Everything is a lesson contained. It is a wonderful thing to look at when you can truly see. I will not allow foolishness to be perpetrated in myself by my ego personality anymore. Foolishness is not a bad thing. It is just the opposite of wisdom. And we know this is a world of duality. There cannot be one without the other. This is

why we must embrace both to come into balance. All reflects hidden aspects of my own self. The whole reason I cannot see it easily is because it is hidden. My mirrors are everywhere indeed. They reflect the dark rooms in me that hide my fears and judgments. My acceptance and embracement of what I see in my mirrors, no matter how hard it may be to accept, is what shines light in these hidden rooms. Therefore, if anything upsets me, it is a dark room in me that needs the light of love. This I have to keep reminding myself of constantly. All the dark rooms in myself and all it contains that I hold to and am afraid to look at (and refuse to look at), and all that this is in me and my ancestors, I now ...

630. Love is forgiveness. It changes what the eyes see into that which the heart sees. The heart sends love to the eyes to see differently. If my eyes tell me a lie and I repeat it, then I perpetuate a wrong upon the world. A lie never feels good so one can identify it right away. Every time in the past and present that I opened my mouth and my words offended any, and all that this is in me and my ancestors, I now ...

631. I recognized why I believe I cannot stay in a relationship. I felt dishonored by my dad, the most important man/relationship in my life. Or so I believed. He dishonored me and I am projecting on every man I meet. I am projecting on my partner. I keep living in the expectation that "the man I love" will eventually dishonor me. And they all did. My expectation that this is what happens to me is what brought it in my life experience. All that this is in me and my ancestors, I now ...

632. I see now that I dishonored them (the men) first to honor my dad's dishonoring (practicing what I saw) and also to do it first to them so I don't get hurt again. All that this dishonoring is in me and my ancestors, I now ...

633. I was twelve years old and I was baby-sitting my little sister. In two days my dad was leaving for another country. I placed my eight month old sister on a bench to sit and I bent down to pick up something. In an instant my baby sister fell off the bench onto the ground and started screaming. Dad called me into the house and gave me the worst beating I have ever had in my life, with an electric wire. (I believed he beat me for telling on him.) Before that he used to stand up for me so I don't get mom's beatings. Dad was quiet while mom got upset for everything. After he went to the other country I never saw him again. All the fear that this beating instilled in me and all it is in my ancestors, I now ...

634. I was very afraid of my dad. He was an authority figure. I now see why I got jittery around authority figures. All that this is in me and my ancestors, I now ...

635. I see my fear of not pleasing others came from punishment from my parents. I hold a hidden fear that they will punish me in some way. All that this is in me and my ancestors, I now ...

636. I am not my personality. I am the image and likeness of God. I am made with God stuff therefore I am a one with God. All of my personality's arrogance and its influence of me and all that this is in my ancestors, I now ...

637. All cause of the lies that my personality tells me and all this is in me and my ancestors, I now ...

638. All of my personality's negative imaginings, its influence on my being, and all that this is in my ancestors, I now ...

639. One can hear it when a belief is speaking. Ask self: Is this what I learned from others or is this my own thought? It is not "I" or "them" that speaks in judgments. A judgment is made because of a belief. No judgment equal no belief. My Self has chosen to express a belief and I am at peace with what my Self chooses. I may choose to speak in beliefs until I am not satisfied with it anymore. My own real Self will make that choice with its own inspiration.

640. I am not dealing with a body called Jane, Jim or Jackie. I am dealing with Self here. And I am not dealing with me called "Patricia". I am dealing with Self called Life Itself. I accept and embrace all this and transmute all judgments on all persons that I have judged. All that this judgment is in me and my ancestors, I now ...

<< The things in my life that I regarded as negative and hateful have helped shape me for my life's work on Earth. It is all good no matter how bad it looked to the human mind that was trained to see and believe in the negative. >>

641. One can also feel a belief in operation. All that I believe about love and a broken heart and all that this is in me and my ancestors, I now ...

642. Beliefs are like hooks. I throw them into others people's energy field and feed off of them and they do the same to me. If they don't please me I get mad, and vice versa. If they do please me I give them a reward. All that this is in me and my ancestors, I now ...

643. I am noticing how my partner is still reflecting me. I don't like certain behavior of his. He is presently taking it upon himself to correct certain persons in the public. Oh how repulsive this is to me! I feel like vomiting again. It has been going on a long time and I have refused to look for the lesson and chose to play the judgment game on him. After many moons I saw it when I asked the question. In the past (and presently also) I too have taken it upon myself to correct others

in my perception of their errors. I could not see further than “my nose” as it is said, yet I was seeing other people’s mistakes and trying to correct them. How funny it looks now! All that this is in me and my ancestors, I now ...

*I choose to make decisions inside of Love. I will stay still when my love is knocked out of me by any outside incident. I will come back into love’s healing force, every time.

644. My partner is reflecting another issue that is showing up again at the same time. He refuses to do what I ask and it makes me so mad. I get upset and I feel so hurt I want to leave. I notice how leaving is the solution I choose every time I get into upset. My ego personality does not wish to see its impressions and let go of them so it keeps playing the blame game, only as long as I let it because I don’t see what is going on. All that this is in me and my ancestors, I now...

645. My lesson from this: My ego feels “not in control” when it does not get him to do what it wants. This habit sneaked up again and I did not notice it. I had believed that it was gone but I see now that it has just changed its modus operandi. My mirror is working perfectly and I want to break it! (Laughter!) All that this is in me and my ancestors, I now...

*I am so very grateful for my partner who mirrors me. How else will I see the junk that I have to shed to experience my pure wholeness?

646. I judged my dad for using money unwisely. I judged my ex for using money unwisely. I too have used money unwisely. All that this is in me and my ancestors, I now ...

647. I have judged other people’s expression. It was none of my business and I really should mind my own. What others do or say is between themselves and their maker. What I do is between myself and my maker. People are being run by a tendency to judge others. It is a learned habit and a nasty one at that. Everyone’s business is with God and no other. Judging them is judging their karma-what God Itself has ordained for them. All that this is in me and my ancestors, I now ...

648. When a man cheats on a woman (or vice versa) she feels like less than the best. After all she reasons (unknowingly mostly), if she was the best then cheating would not have occurred. All her insecurities as a child come up and she fights with him and wants to leave. The problem is, if she leaves, she takes her insecurities with her for it is still there, and she will attract others that will do the same thing again and again until she get the lessons. She has to clear the issue inside herself and replace it with the knowing that she is the best and she is worth the best. She must know and experience this in spirit and in truth. If she is not with her best presently, then that might well change and she has to be pre-

pared for that also. Accepting this is another challenge. All that this is in me and my ancestors, I now ...

649. To look at it from another perspective, she had nothing to do with what he did. He has a problem and she has hers. He is not satisfied in himself with himself and has to be acknowledged by another as the best. She wants to be acknowledged the same way. They do not say these things to each other and so there is a communication breakdown. Thus the cheating occurs. It does not matter whether it is done physically or not, once it is being thought of even, it is done as an act. A thing once thought of enough times becomes a reality. As you can see, they both have the same issue and therefore have attracted each other to help each other see the truth about their selves. All that this is in us both and our ancestors, I now ...

650. All the need to be acknowledged by another and all this is in me and my ancestors, I now...

651. A man or woman is hurt in a relationship and the relationship ended. He/she falls in love again after a while and all is sweet and carefree in the beginning, again. Then the fear of losing the loved one (or love) as happened in the past, rises up and starts up worry, distrust and all sorts of fear filled behavior. The past has come up to be transmuted. All my fears of losing love and all this is in me and my ancestors, I now...

652. All my fears of relationships and all that this is in me and my ancestors, I now

653. All my fears of being hurt in relationship and all this is in me and my ancestors, I now ...

654. When I was little, I talked so much that I was constantly being told to stop talking. At home and in school I was talking so much that I was told that I had parrot mouth. It did not matter to me then. At school I remembered, I just kept on talking as soon as I looked away from the teacher, because I had already forgotten him and what he said.

As I got older I noticed that it became personal when anyone laughed at me or got upset with me for saying what I wanted to say. I had so much to say and no one wanted to listen. Then I noticed that as an adult, I would get really anxious as I stood up in a gathering to speak. I would say what I had to say but I would feel a constriction in my body. It was all those years of being told that I must not speak and only speak when I'm spoken to. And I also believed that I had nothing 'important enough' to say that anyone would want to listen to me. All that this is in me and my ancestors, I now ...

655. The truth is, all those that told me to not speak had nothing important to say either. They were lost in their world of misery and selfishness that they had no time to listen to a child who came to make a difference by what she says to the world. Of course, the “distractor” (negativity and doubt) had to bum her down and make her feel unworthy so her purpose would not be fulfilled. Off with that! I am here to make a difference and this is what I am doing right now. So be it and so it is. It is done! I am a successful public speaker and I give thanks! All praise, Honor and glory be to God Almighty who is the One doing it all. My gratitude overflows...So it is.

Observation: I noticed that the children did not have any problem with my talking. It was the ones “in authority” (the teacher, parents and relatives) that had a problem with it. The Christ said that one must become as a little child to enter the kingdom of heaven. Interesting, isn't it?

656. Now I'm working on creating my reality and guess what comes to block it? The belief that I have nothing important to say of course! This belief is telling me that even the Universe that makes things come into form will not listen to me because what I have to say is not important enough! How absurd! Now I see why I had communication problems! This belief was showing up in all my relationships everywhere! All that this is in me and my ancestors, I now ...

657. What I have to say is important to the Universe because it is without any judgment at all. It will give us anything we ask for in faith and knowing of the truth of all things, for God is The All. Be like a child and trust the Universe for it wants you to have all things. It is “living and moving and having its Being” in you and therefore is giving Itself what it asks in you. I am so grateful for this. Inspiration is so sweet!

658. When I was younger, I could not speak what was on my mind. I could not let my feelings be known especially to those I cared about. I kept it all inside and it grew into intense hate, anger and resistance. Today I see my partner reflecting what I did back then but in a quiet way. All that this is in him, myself and my ancestors, I now ...

659. Christ said “take no thought for the morrow” and “be careful in nothing”. Man fears too much, are too anxious and too careful. All that this is in me and my ancestors, I now ...

660. While I was a church goer, I believed many things were wrong and bad. I was mostly living alone with my children while their dad worked at sea. Whenever the desire for sex rose up in me, I would resist it and it was tough to deal with. Other times I would give myself orgasms. It got worse when I divorced and was single for seven years. I had asked back then that this desire leave me. Now that I do have a partner many years later, I seem to have lost the desire for sex

even though it is a beautiful experience with him. My habit of giving myself orgasms stayed and this is the major reason why we are having problems in our relationship. (This I learned much later.) Time to reverse this. All that this is in me and my ancestors, I now ...

<<When I seek to help the helpless, I create the helpless. None is helpless. All is Creator. I assist without seeing helplessness.>>

661. I suddenly remembered this request and transmuted it. It caused me to laugh because it is stuff like this that we ask for and receive when we don't need them anymore. Shiva and Shakti is about love- making between two people. The lingam means penis and the yoni means vagina. The sexual act is divine and is to be done in a loving and honoring relationship. Anything less than this is falling short of the mark required for a happy relationship.

662. When a couple is in relationship, honoring each other and the sexual act is very important. They must cherish this sacred act and perform it as a ritual of the divine like they would do any worship service, for worship of love it is. Since God is love and Love is all there is, we keep it alive in us when we allow this feeling to be fed with our respect, honor and worship.

For those not in relationship: It is not wrong or bad to love yourself. Self-loving is a good way to release the frustration one feels when in desire and there is no partner there. I did not know about self- love for a long time. Men and women are taught to stay away from those things. Judgment and disapproval is the result if it is not adhered to.

This belief that a girl must stay away from the sexual act when she is young is not given with knowledgeable explanations and the girl grows into a woman with this belief that she must be a "good girl" always even after she gets into a relationship and gets married. This belief can do damage to her relationship if it is not changed. I have no idea what a guy goes through because of this. Maybe someone can share their experience with me so I can share it with the world. The above is my experience. All that this is in me and my ancestors, I now ...

663. All my judgments on sex and all it is in me and my ancestors, I now ...

664. My belief: Relationships are like cages. Because of expectations in relationships we tend to hold ourselves back from being ourselves and all we wish to be. My partner has been telling me this all the time and he repeated it again, "be in the relationship but be just as if you are single." Basically, he is saying that I must be myself and not put on a show for him and my worldly-ego mind, that I follow my heart and be nice to all persons and myself.

I had not been doing this because I felt that he or I may find as we speak to other people out there, that we might find someone more interesting than each other and lose the relationship we have. If this is so then it is meant to be so. If not, it can and only will strengthen our love and honor of each other. All the fears that I have been holding about losing my relationship and all it is in me and my ancestors, I now ...

665. My partner still inspires me and I see that I have not been getting all the lessons, only the appearing rejections. I promised my cell-phs that I will love, honor, respect and do whatever it takes to take care of our beloved cellph/Self. I had not been doing that. What I had been doing is trying to protecting my body and my mind by mentally fighting what is showing up, which does more harm than good. I got it all wrong. Now I am being shown this after I asked "what is it that I am not seeing from the messages from my partner?" "Why is it that all my clearings seem to not be working to better our relationship, "What is it I'm missing here?" All that this is in me and my ancestors, I now ...

666. The answer to the above question came after he said what he always says, "You got to know what you hearing". He is right, again. What I had been hearing is not what I'm meant to be hearing. I had only been hearing the way of the world. We hear with the mind as the small ego which has no self-esteem and what little it does have is insecure and is tossed to and fro with any little wind. All that this is in me and my ancestors, I now ...

667. Because I was constantly thinking of leaving my partner, I wanted him to be happy when I leave. I did not want him to suffer. It seems like I got my answer. He is not restless in his sleep anymore. I felt guilt for not doing our relationship the way the world says it must be done. He believes in that. I don't. It would have worked had I done it his way. My fear of relationships and struggle are reasons I did not marry him and have his child, or so it seems, and I felt guilty for it. Yet it is not my decision solely to make. It is and always will be God who is making the choices in me. All that this is in me and my ancestors, I now ...

668. I have chosen to give up the world and everything in it to have God and the knowledge of God. I don't know how it would have turned out but I know now that it is all for the best. I see also that the same things would have happened no matter what I had chosen. My partner would have insisted in giving the child his point of view which would have clashed with mine and that would have been another problem. I now see that we both want each other to become like each other. This is so funny! All that this is in us and our ancestors, I now ...

My Self said: Keep your thought here, now. Don't waste your attention on worry. Don't be anxious and definitely do not fear. You and your life are in good, capable, almighty hands.

669. Tithes and Offerings. What have I been offering my Lord or my imagination all night? I don't sleep at night when something (my relationship issues) is troubling me. What I see, think and feel I offer to the Universe to bring me more of. I have to get into the habit of giving only high and lofty things, things of love. All that this is in me and my ancestors, I now ...

670. I thought I wasted time being here in this new home with my partner. I am not wasting time. There is no time and it all belongs to God anyway. I give my time, my life, my faculties and my everything to My Greater Self- my larger aspect. What It chooses to do with Its life is perfect. I was upset that I had wasted my money to buy everything to come here when I could have done better with it. Even the money is not wasted. It was an investment and it is bringing me happy returns. I am grateful. I All the belief that I am wasting time and money and all this is in me and my ancestors, I now ...

671. I am here confirming what I had known for a while and I am learning to accept and embrace it in peace and understanding. Even though I think my life is my own, it is God who is speaking the very words. I Am, is saying my life is my own and I am doing whatever I wish. I accept this as my true self and allow all things to be as they are being moment to moment. The body may only be able to see each step that it takes at a time but The Wonderful One is in charge to where these steps take its body. I trust and I allow God to do what only God can do. God is perfect and therefore my life is now perfected. They will oh God be done. I give thanks.

672. Gambling means taking "a risky action." Risk: a dangerous action that may lead to loss. I don't believe I can win at any game I play because of the above. I was admonished to not gamble which means to not take a risk in case of danger of losing. Gambling is just a game and I must know that I can win at any game, especially the game of Life. I know that taking a chance at any given thing is a practice in perfecting a thing. I cannot know if I can do a thing until I have practiced it enough.

I did take a chance when I left the church. I was a bit doubtful but I knew that what I was looking for was not there. I am now going into a business and I am not sure how this will turn out. I can win at it or I can lose. It really does not matter to me since it is not my business but God's. I did not plan this. It came up by itself and was encouraged immediately. I totally trust what is happening. All that I fear about losing and taking risks and all that this is in me and my ancestors, I now ...

673. Debt = death. So I was taught by my good friend who wished me to keep that in mind. I took on death in a body to conquer it. Why should I ever be afraid of what I have already accepted? In my acceptance of death, I instantly conquered it. I have no fear of it anymore. All that the fear of death and the belief

that death has any power at all over me is, and all this is in my ancestors also, I now...

Of course, I will not knowingly get myself involved with debt.

674. Everything I am afraid of I get into so I can transmute it. I had to take on debt and go through this hard time just so I can see my fear of debt. So funny! (I had taken a small loan to start my business.) All that my fear of death/debt is in me and my ancestors, I now ...

675. All that I hate and judge about the male and his sexuality and all it is in me and my ancestors (a lot!), I now ...

Reminder: If an issue keeps showing up it means I did not get the message fully. It has come up again for me to see more about it. I allow this.

676. What do I see? What do I hear? What do I choose? I say I don't hear when my partner speaks because he speaks so quietly. This is a reflection that I don't hear what my Inner Guide is saying. I get upset with my partner when I can't hear him. I get upset at myself for not "getting" my Inner Guide's messages to me. All that this is in me and my ancestors, I now ...

677. My partner is true to himself. He is doing that which feels good to him. This is his way of keeping his promise to himself. It is more than I can say for myself. If he is using flirting to feel good it just means that he is not feeling good around me even though he loves me. He is picking up my resistance vibes and trying to undo the effects on himself. All males want is to give of themselves to females. The only way that they know how to do this best is in the sexual act. (Time to learn the new ways guys! A woman needs more than sex to stay happy and in love with her man.)

Women, on the other hand wants to receive. What happened that changed this? A wife is to receive of her husband and vice versa. It is not a one-sided giving and receiving. Infinite Intelligence flows through their merging. She is receiving the one thing she craves in receiving him. He is receiving the one thing he craves in receiving her. Divine Feminine merges with her Divine Masculine. I allow this to be so with my cell-phys now. All resistance in me to this and all this is in my ancestors, I now ...

678. So much was ingrained in us to make what was once natural become unnatural. Fear, doubt, anger, hate and all that is not of love happened. It is the person individually that has to change this in themselves. Find the cause and change it and the effect will change. Be aware of what you feel and change it. The feeling of resistance of what is showing up is to change direction of what you are thinking. Thoughts guides feeling and the feeling is a pointer to show if you're going in the right direction or not.

A good feeling says I'm going in the right direction with my thoughts. A bad feeling points to "you're off course". The thing is, we often get the wrong message every time we get a bad feeling. "God" wishes to be free in its creations and live and move and have its being in them freely without all the bindings they have placed upon themselves. False beliefs are the bindings that stand in the way of this. All that false bindings are in me and my...

679. I feel rejected when I'm having a conversation with someone and they don't understand me. I feel rejected when I try to show my loved ones something that will benefit them and us and they don't get it. I feel rejected when I wish to have something and I don't get it. This last one feels like I'm rejected by God Itself. All that this is in me...

680. Instead of getting the correct message that these experiences offer, we tend to misinterpret them and we get lost in the feeling. We then blame others for how we feel. We will never get on track as long as we choose to play this blame game. It is automatic and will take much effort and constant checking in on ourselves to break this automatic habit. All that this is in us...

<<I live in the now and will not look at my relationship with my partner in the past or future. I am here now. There is nowhere else and nothing else. I give thanks for this. >>

681. The closer I get to my total and complete freedom, the more distraction comes to draw me off course. I have been focusing on my physical relationship with my partner and not my spiritual relationship with myself that this relationship reflects. My personality that is concerned solely with my body is going crazy trying to hold on to its physical sense of self. It draws my attention and keeps it there and if I do not get into meditation I get lost in the grip of person. All that this is in me...

682. My personality is holding on to my relationship with my partner and it wants to be loved by him as a person. I had to get into meditation to see this. This, my person, does not wish to part from him and fears him going out and meeting other women. This person is so insecure! This can only be cured from the inside. All that this is in me...

683. I am not allowing my love to be released. This is a new level of clearing I'm noticing. This requires more trust and more love. My fear of letting my partner be free to do as he wishes has locked down my love. I am afraid that he will find someone new and I (person, the little child) will not be loved anymore and will be replaced. This person is not the true me. It is false and I need pay no attention to it. The only attention I will give to this self of mine is to laugh at its fears and allow my dear partner to make choices that are best for himself. All that this is in me...

684. The first time I had the fear above is when I believed I was replaced with another baby, my brother. This little child in me never gives up! (Laughter!) All that this is in me...
685. I watched a messiah movie with my partner. It is amazing that I don't have a desire to watch them and how as he watches them, I get the message by joining him. The wise men brought frankincense, myrrh and gold. This shows me that my offerings to The Universe, which returns to me what I send out, must be likewise. I have been offering the wrong things to my Savior with my imagination. Frankincense and myrrh are sweet smelling incense. They represent that which is pleasant to the spirit and senses. Gold represents the eternal things that never die, the feeling of peace that is eternal. All that I'm offering that is not a sweet smelling savor and all that this is in ...
686. All the negative thoughts that show up to gain my attention and approval keep me serving up bad smelling stuff to the Universe. Is it any surprise that I'm getting back the same in kind? All the outward things in this world really are distractions by influencing me in the negative. I must keep to my center and live what I now know. Practice makes perfect and my mind/my personality will try to make me forget this. My whole purpose is to keep to my center of love and serve my true self with Gold, frankincense and myrrh, a sweet smelling savor unto the Lord in My Self. All that I offer up to the Universe that is negative in nature and all that this is in me...
687. All that abuse is in all people everywhere and all beings everywhere, and all that it is in our ancestors, I now...
688. I learned abuse from in the womb. I see why I could only abuse, even when I felt and said I loved. All that this is in ...
689. I was trying and trying to "not connect" with my partner by finding so many things he was doing that upset me. This was reflecting what I was doing with my Higher Self. I was finding fault with myself so that I don't lose my personality by giving it up so I can experience my true self. This is a belief of my mind that fears it will lose itself. All that this is in
690. We have a tendency to distract ourselves from the most important things. What we want the most, we try not to get but pushing it away from us. It is the same thing we do in love. We want it so bad and yet are afraid of having it lest we lose it. We get it and then we fight it because we don't want all it brings. All that this is in...
691. I thought of the infinite energy available to all if only the worldly powers that be would allow it to be free. This is a reflection on each person here on Earth. We the Powers that IS are not allowing this free energy which is also

known as divine unconditional love to be free in, through and around us. We put so many restraints on our love and keep it from flowing freely. When I am single, I have no problem feeling this love for all and myself. When I am in a relationship, this inhibits my love with all the expectations placed on love by my mind and the world. All that this is in ...

692. My partner is right, again. I am not allowing my love to be free. I am love and I am not allowing myself its freedom. No wonder I feel like I am not free. There is no one doing this to myself and the world but me. I am the only one that can change this. I allow myself to change this. It is not as hard as I think it is. All I do is just feel it real. (From Neville Goddard.) I know how to let my love be free. I have done this for eternity. I allow myself to remember now. All the restrictions I have placed on myself and all it is in me...

693. I am the only one here DOING EVERY THING! (This made me want to cry. It felt lonely, yet how can Presence feel lonely?) It is my person, my ego's understanding or worldly understanding that felt lonely. My true Presence does not feel this. All that this is in ...

694. Last night my partner told me to be at peace with whatever is showing up, be it that which pleases me or that which does not. I felt this was good advice and I said so. I do appreciate him for the wisdom he shows at times. I can now allow myself to be at peace with everything. Did I have to wait until he gave me permission to do this? Seems like I need permission from others to do a thing. Why is this so? I was told by my parents that I must do nothing without permission. Seems like I have not realized that I am now fully grown and not a child anymore. All that this is in me ...

695. Request: Dearest Beloved Self, I need our permission to be, do and have all we wish to have and none else. How about it?

Answer: Yes my dearest one, we do have our permission to have perfect health and vitality, perfect beauty, abundant wealth, abundant joy and happiness, great success and true love. We have my permission to be wise and express our wisdom. We have our permission to be, do and have all that we wish, for it is I doing it as you. Our will be done. So be it and so it is. I give thanks.

696. I had this tendency to threaten my partner that I will leave him. I did this when I was married. I now remember that mom said the same thing to dad. I was and still am living my mom's belief. All that this is in me...

697. I do not trust that I will be adequately taken care of if I live by myself. All that this is in me...

698. I was blind as a bat and could not see! Well that is not true. A bat sees clearly in the dark! I could not see that I was in judgment to just about everything

about my relationship with my partner. I saw myself as inadequate and I saw him as inadequate. I saw our finances as inadequate and believed I cannot have a baby in this inadequacy. All that this belief in inadequacy is in me ...

699. Could it be that I am punishing myself for liking “sexual touching” and wanted more from my dad? I felt guilty for liking my dad’s touching me and for wanting more. I did not know that he should not have touched me that way and it was wrong. When I realized it was wrong, it was not my dad that I judged but myself. I hated myself for liking what is “wrong”. I felt I must hide it with anger and rage at my dad for what he did. And then I projected on my partners. All that this is in me ...

<<There is no such thing as failure. There is only learning. It is not the thing that is done that one must look at. It is the reason why it is being done that Spirit point to. >>

700. Someone asked Mooji Baba why they had to go through sexual abuse. Mooji asked, “What good happened because of it?” I can say for a fact that it gave me a desire to search for truth, to understand why life happened the way it did and why I was not happy. I wanted to change everything. I learned that I could, and I did. That was worth going through “hell” for.

Sexual touching is a heavenly feeling, yet I put myself through “hell” because my dad should not have made me feel this way. A child is free and only places the limitations of shackles on itself with the beliefs of its worldly guides. It is I who put MYSELF through this “hell” for a reason. My cells can now release this as I no longer have a requirement for “hell”. All that this is in me...

Mooji said, “Sometimes we have to go through some experience that propels us into the path we have chosen in this life. This path was chosen before we came to Earth.” He is right. I feel this in my being. If my life was all right with all things flowing nicely then I would not be doing what I am doing now to help myself and assist in the awakening of many who needs this kind of help on Planet Earth. I am doing my part as so many are doing theirs. Some have small tasks while some have large tasks. They are all equally important. I give thanks for this. Thank you Mooji!

701. Whoever played their part in bringing dissatisfaction to my life, I thank them. They have done well. Too many times we blame these same persons for what they have done to make our life miserable. We will never awaken out of our programmed living into greatness if we continue to blame. I set myself free by seeing differently. All that is holding back my seeing in spirit and in truth I now...

702. Looks like I have a masculine issue that I am yet to overcome. I am too masculine in nature (controlling) and I must come into balance. No wonder I get into conflicts with males. The male energy is clashing with the male energy.

There can only be masculine and feminine for there to be agreement or merging.
All that this conflict is in me...

703. You believe that you are older than him and this distresses you. What if he is truly older than you? What if the evidence of your eyes is deceiving you? Don't judge what you look at! All that this is in me...

704. When we remember the past with its wrongs and pain, we perpetrate a wrong against our self and against humanity. When we revise the stories(change the story to a positive one), we forgive our self and others. This is true forgiveness. It is after all, wiping out that which never was in the first place. Let love be the state of the day. Total unconditional love. All that incorrect seeing and believing is in me...

705. I saw that I was living and honoring the masculine energy and ignoring the feminine energy in myself. I was being controlling again and not seeing it. I wanted to be the "giving masculine" and not the "receiving feminine". My habit of using vulgar language to myself to have an orgasm reflected this and I could not see this before now. No wonder my partner was picking it up and resisting it. It was like a male having sex with another male. We know what he thinks about that! I was looking in the wrong direction for the answer. All that this is in me...

706. I give thanks that The Universe guides me into all truth. I'm grateful. I see why I could not receive anything from the Universe also. I was not being myself and therefore I could not have what was and always is mine. Some reading this book and all I have revealed here may think that I reveal too much. It has to be this way in all honesty if my experiences are to help set me and other people free. I am grateful for this.

707. Past does not exist. Neither does future. Now is all that exist. All that I believe about the past and future and all it is in me I now...

708. I want to be with my children and my beloved mate at the same time and I can't. This breaks my heart and I feel sorrow that I have left my children. This feeling comes up again and again. This is not me. This is my personality trying to pull me back again. It is also a belief from my ancestors that parents should stay and look after their children until they get married and leave. All that this is in me...

***Remember who sent you away from them. Remember who pushed you onward to where you're at today. He/She is the one in charge, of you and them. It is for the best for you all. Worry not, nor let your heart be troubled. Trust in the lord with all your heart, soul, mind and strength, for he is directing your path.**

I give thanks to infinity...

709. When I was a child I was playfully told that I am bad. I believed it and since bad means “no good” I really became bad. I was rebellious and rude. All that this is in me...

710. I am reviewing my book on clearings and I noticed a clearing on abandonment. I recognized that this time my abandonment issue is with my partner. I feel abandoned by him. This is a belief that my dad abandoned me. All that this is in me... This time I allow myself to enjoy it. This stuff is not real and I will fear it no more. Enjoy enjoy enjoy. Enjoy abandonment. I am.

711. All that I believe about discipline and punishment and all this is in my ancestors, I now...

There is no reason for punishment because all things are for edification. We learn from our mistakes by hit and misses. If adults teach their children about hits and misses then life would be easier for everyone. This is too easy!

712. I was thinking that my partner has given up on me too early. Had he continued to love me the same way no matter what, he would have eventually gotten what he wanted from me. Then I saw that I too had given up early too many times. I had lost faith when I should have held on to my faith in love. All that this is in me...

713. Then again, everything is happening just as it is meant to, for his behavior towards me is making me look at what I believe and do and make changes. It has worked for my betterment so far. I love the changes that are going on in me. I'm so grateful for my mirror.

714. I truly believe in Love. I have faith in love. Maybe it is I who has lost faith that Love can be the best thing that can ever happen to me from Within Myself and not him (the person) as I believe. All that this is in me...

715. I am love. I have lost faith in myself? All that this is in me...

I trust and have faith in Love. I let it have its perfect work in me. Gratitude...

716. I was knocked out of my center to transmute this issue with myself and the collective. It is a judgment on the young being in love relationship with the old. Many people do not like to see an older woman with a younger man and vice versa. That is clear. I am making the fear of other people's judgment my own. All that this is in me...

717. I believed that older men and women should not be in love relationship with younger people. Yet all the Mills and Boon and Harlequin books I read as a teenager says otherwise. It was always a young girl that fell in love with a much older (rich!) man. I figured then that young men and older women was taboo. I

watched the older folks around me judge those who were too old or too young for their partner and speak negatively about them as I was growing up. I am in relationship with a younger guy and it has been a great challenge being in this relationship, all because of these beliefs. All that this is in me...

718. We are told God loves those with a cheerful countenance. (Then when we cry in misery, does he not love us? Interesting point!) How can our countenance be cheerful when we believe that all are out to do us wrong? Even our friends we expect will someday do us wrong, and most times they do. Is this belief love driven? Remember we get what we believe in. All that this is in me...

719. I feel ashamed of being wild in abandonment in sexual pleasure. Really! My partner encourages me to be in abandon in my feminine self. It has been a challenge for me to do this as all the judgments about sex that I was raised on is still holding me in place. I have to break these chains that shackle me to this belief system. All that this is in me...

720. I am the eldest child in my family. I heard my mom tell my dad many times as I was growing up that she would leave him. Well, he left her after many years. I told my husband while I was married the same thing. Then I left him. Now I have been telling my new partner this and I can't leave him. I tried and tried and every time it was too difficult to do. I felt like this is something I must not do since it hurts so much! So now I accept it and I tell him these words no more. All that "I'm leaving you" is in me...

<<Regret. There is no need for regret for we will miss the mark until we hit the spot. >>

721. It is only my ego self that I ever wanted to leave all this time. I was projecting on my partner and everyone else. Not wanting to live with myself, I could not live with anyone else. I felt unworthy and projected this unworthiness on everyone else. What a mess! Now to clean this up: All that this is in ...

722. Why does my partner not want to do anything I ask him to do for me? Because he is showing me a belief that I hold. Why did it take me this long to see? Because I had to keep believing that I had to leave him so I keep giving myself reasons to do so even though it is false reasoning. He is showing me that I believe that I cannot depend on anyone and I should do everything for myself. This belief is strong in me and it stands in my way to receive from all sources, all that is coming to me. All that this is in me
I am very grateful that I saw this.

723. It is not me or him that does anything. There is no person here doing anything. It is life moving, living and having its being here. Life is learning to accept, embrace and love the parts of Its infinite Self that is unacceptable to Itself.

It has projected it out into forms to see and transmute into divine love. All that this is in me...

724. We are living one day over and over again. The past does not exist, this means the moment that has just gone does not exist either. If the moment that has just passed does not exist, then the thought that I had then is gone also? Or just the thought alone stays with me? My experience is that the thought brings an experience that is needed and then leaves.

725. The story that surrounds or inspires the lesson does not exist. It was just a helper to see clearly. The story is just a fabrication by the Self to give Itself in the flesh a message. So don't ever believe the story again. Just get the message. I'm grateful for this. I really have to drop everything. Everything is everything. All beliefs. ALL of them. All the beliefs that I still hold to and all it is in me...

726. All my children have this belief that they cannot depend on anyone for any reason. They inherited it from me and the collective. Thing is, I am all people everywhere and allowing them to do for me is also doing for myself. I believe in all people when I believe in myself that I can do all things for me. The belief in separation is what drives the belief that we have to do everything "on our own". All that this is in me...

727. After watching a sex-counseling program,, I realized that I was operating in the "you will love me only if I have sex with you" mode. I believed that about my dad. I felt my mom did not love me (because she beat me and hollered at me so much) and I gave dad permission to touch me if that will make him love me and protect me from her. All that this belief is in me and my ancestors, I now...

728. All the men in my life wanted sex from me. I rejected this every time. I was only rejecting my own dependency on others approval of me. I wanted approval from my dad when I did not receive it from my mom. I rejected myself basically. My real Self knows the truth about this and made it known by my feeling of rejection of it. I interpreted it as rejection of men and sex. All that this is in me...

729. It is incredible how we always get the wrong messages. We see only that which we want to see. So am I trying to get my partner's approval? I guess I am. This is what my Spirit is pointing me to. It goes all the way back to dad. Only now I can see this after 45 years and many relationships. All that this is in me...

730. I noticed that I am trying to be a caretaker of everyone. All that this is in me...

731. We are the only one putting pressure on our self. We "wear and tear" at our own power and strength with the belief that we are helpless and weak. We

undermine our own strength and power. This must stop now. All that this is in me...

732. My ego personality is that which is doing the wearing and tearing. It is struggling to survive and is desperately bringing up past memories to distract me from my center. All that my ego is in me and my ancestors, I now...

733. I believed that my mom and dad abandoned me and so I learned or chose to abandon myself. I don't know how to have a connection with my Self. All that this is in me...

734. As a child we could not handle pain. As an adult we still have not learned that we are not children anymore and can handle upsets (child's interpretation is pain) in a smart way. All that this is in me ...

735. The way my partner is being right now, how he rejects new teachings like that of Conversations with God is how I used to be in the past. I held to what I was told and would not let it go for fear of retribution. I even made a decision that I will die for what I believed was the truth. I did all right. I died to what I used to believe. All that this is in me...

736. All in me that is the cause of my desire to paint others in a bad light and all this is in me....

737. We all believe we deserve punishment because our sins are what caused Christ to suffer on the cross, so we suffer ourselves. All that this is in me ...

738. I felt an emotional response to the thought that all the males in my life don't want to provide for me. Going to the root of it: Dad gave mom only enough money to help us survive even though he was earning more than enough. Even then we had to borrow money for his travels to work every day as he drank out his money.

What is the belief here? I believe that men only give women enough money for food. I saw dad do that. With my children's dad I never had enough to last me the 6 weeks he was out at sea. He smoked and drank as much as he could. I used to take credit from the shop till he came home. My belief is there is never enough money to go around and men are selfish beings. All that this is in me I now...

Infinite Intelligence is the One who takes care of all of us. This I know now. All my expectations that I have placed on other people and all that this is in...

739. All things happen for a good reason be it good, bad, nice and not so nice. Get the good reason instead of stressing over what happened. Focusing on the negative will bring nothing but pain and misery for as long as you are "paying"

attention to it. All that I “pay” attention to that is not of peace and joy and all it is in me...

740. Be at peace with it my partner kept saying to me. I could not be at peace with not feeding people. I have to take care of them. I was trained to do so by example. It was so important that mom feed her husband and children. Everybody has to eat or they will not survive. I was not at peace leaving anyone without food, especially those I see myself responsible to cook for. I can look after myself and so can they. They have proved it. Of course, if someone chooses to go without food, it won't be the first time they have done so. That is why they would eat so much one time, just in case they didn't have anything the next meal. (Laughter!) Seems I believe in lack of food. All that this is in me...

741. All that I cannot be at peace with and all that this is in me...

742. My tendency to bring the past into the future and all this is in me....

743. I used to believe that I wanted “just enough” that I did not want to be rich. All this is in me ...

744. I cannot change anything from the outside. I can change all things as I see it only from inside myself. It is time for me to do this. Now God I Am made in the likes of, go ahead and do what has to be done. All that holds me back from changing my reality to what I wish it be and all this is in me...

745. All the reasons why I lock myself away from my own love and all that this is in...

746. All of my mind's interpretation within my energy field that is not of divine love and light, and all that this is in my ancestors also, I now transmute it all into...

747. I wondered why I was getting the same sex-issue in all my relationships. Now I see it. All my lives it seems I have locked myself and others away from love as soon as it hurts. My partner was reflecting the same thing. I saw he was locking himself away from my love which is his own because of the things I said to him. We say hurtful things to each other because we have not learned what pain truly is and how to handle it. I am grateful that I see this now. All that this is in ...

748. I judged other people's spelling and pronunciation and mine is now made public. (Laughter!) All that this is in me...

749. When I was a teenager, I had a lot of rage in me. I used to speak very rudely to guys. I was raised to be rude to them. Why? So they don't “trouble” me. Is this what I believed all these years, that guys are trouble? Wow! My parents certainly believed that and passed it on! No wonder most of what I get from them is trouble. All that this belief is in me...

750. I just saw that when I had to speak to my intended husband for the first time I had to swallow my rude speech. I never did transmute my rage that I had all these years. I just swallowed them and called it "bareface". (Laughter) All that this rage is in me...
751. All the guilt that I hold because of ignorance and all it is in ...
752. When I was a teen, I used to imagine a thing that made my ego feel good. After a while, the thing happened and it was devastating. I never truly believed it would happen. I have been afraid to wish or imagine since then because I am afraid that I will wish a thing that may bring more pain to me. Now I am older and wiser. That was a naive little girl doing all those things. I am not that girl anymore. All that this is in me and my ancestors, I now ...
753. All the energies in my children that is in support of the energies of my past, I now ...
754. All the energies of my children's father that they are honoring in themselves I now transmute into divine love...
755. Nothing means anything. All the meaning my ancestors and I have given to anything, I now
756. All the choices that I have made that has passed on energetically to my children, I now ...
757. I believed that men will only love and take care of me when I give them sexual favors. Dad only loved and protected me when I gave him sexual favors. He beat me really bad when I told on him. Insane idiot he was! (Laughter) All that this is in me...
758. I lost my phone and my ID card. This point to the ego's hijacking of my identity and communication. All the reasons why I am losing things and all this is in me...
759. We judge, but the truth is that all things are connected and what we judge has an opposite end that it is connected to. I see the men in my life as lazy and all this while it is I who was lazy. Even my astrological sign says so and I would not have believed it had it not said so. (Laughter!) All that this is in ...
760. My partner is smiling and chatting with everyone else but me in a friendly and jovial manner. Of course that makes me get madly insane and since my ego mind cannot handle it, it explodes in rage. I now see that this is how I treated my family when I was blind and could not see. We tend to be nice to everyone outside the family and treat our own with disrespect and impatience. I remember doing just that. Now when it is done to me I cannot handle it. (Laughter!) All that this is in me...

My ancestors could not do the transmuting for one reason or another. I guess it was just not time yet. I am the one here now that knows this and it is my duty and destiny to dissolve it. I am in a better place and have available to me vast resources that they did not have and I am so very willing now to do this for us all. I am very grateful to be the One. I invoke the help and assistance of all my ancestors along with the help and guidance of all Masters to assist me in this also. Thank thee Mother/Father for your presence and your help in my every moment in this endeavor.

Chapter 5: My relationship and its challenges.

Nothing I see means anything.

My partner is my person, my ego and he does not exist just as my person does not exist. I am playing a game using my reflection to get myself out of this maze. Since I loved the challenge of the maze just as I did the puzzles I fix, I can now recognize this game and complete it. My ego does not want to lose itself in my awesomeness for it shows its limit-ness, so it shows up as emotional fears. I see them and do not identify with none of it. I'm so grateful.

Everything I see, all that everyone does in this my awareness of this reality now, I have once done the same. I accept and embrace it all. I see only myself. I can awake now or I can still deceive myself and continue to play a game that I definitely have no desire to play anymore. Really, I feel bored with what I am being right now.

A difficulty is a belief about a thing that is believed to be difficult. Drop the belief that a thing is difficult and it becomes so. Our idea about a thing is how it manifests for us. This is why when one listens to a Master (one who have done it already), one sets oneself free.

I don't know myself therefore I believe that I am this person with all these limitations. I am not my body, nor my mind, and it is my body-mind that feels this. This is so funny now! Now I can laugh at what I thought were my limitations. It is not I but my body-mind that believes this and it is right. My body-mind is a limitation and it knows this. No wonder I could not get this feeling to leave. It doesn't have to leave anymore. I let it be for now I know it is not me. I am unlimited, omnipotent, omnipresent and omniscient, made in the image and likeness of God. I allow myself to be all I Am. I'm so grateful for this.

All is not going well in my love life as I wish it would. I see that I am holding on to my relationship as I hold to pain. I have a relationship with pain and suffering. Is it that I am telling myself secretly that I must suffer the pain that Christ did because I am him too? I see that I am also holding to this pain filled relationship because I am still seeking love. When has pain ever attracted love? Like attracts like and we know this yet we never put the two together. So my pain will only attract more pain. It is time for me to drop this. I will to experience the ultimate love and I allow this. All that holding to pain and suffering is in ...

<< My true wealth is Divine in nature. It is I. It is my all in all. I am grateful now. So it is! >>

I was trained to believe that when men talk to women, it is a bad thing. When I became a teenager, my mom and dad said if I talked to any boy I would get a beating. If a guy spoke with me as a teen I would feel shame. I would put him down just to be on the right side of my parents and uncles and aunts too. Even my aunts spoke bad about me when I spoke to a boy at their house. So all in all, girls talking to boys are wrong and bad. (That was back then and I know they don't believe that now. Laughter!) I don't believe that anymore but those impressions have to be cleared. There is a fear, a hidden one in me, that if my man spoke with a girl that he don't want me anymore and want her instead. This belief attracts to me the very thing I don't want. All that this is in me and my ancestors

Even though my relationship is so challenging, I have learned much about myself that I did not know before. I am grateful for this opportunity that is given to me so I can see and clear up my trash. It is all good and I do not blame myself for anything anymore. It was meant to be just the way it happens. I'm grateful.

I have learned to love truly being in this relationship by completely tearing the veil that blinded me to what love and life is truly all about. I am very grateful for this for it is the one requirement to awaken fully. Love and acceptance of all that is, is the key that opens the door. Use it well.

<< Everything as ego is a phase of life. >>

I see my partner judging others a lot and I naturally feel rejection of his judgments. Then I saw myself doing the same thing. I did it for so long and now I see it and feel resistance to it in another. All that this is in me...

I now accept and embrace all my judgments. I accept and embrace what this is all about and I lovingly allow others their point of view. I know mine has changed so much over the years and I am thankful to reach this point to see all this. I am grateful.

Again I see my partner's behavior as my own. I have a judgment somewhere on sexuality still. I am tired of this now. I really don't need this anymore. The ego personality wants everything and wants nothing. How much nonsense am I still willing to allow? Only as much as The Lord my Creator My Self allows. It's all in your hands now Dearest Infinite One. I allow Thee to be all thou will to be. Thy pleasure and glory is my will. Where there is ego, dissolve it into thy Being-ness. Where there is arrogance, dissolve that too. Where there is me, replace all of this "me" with you. I thank thee for my answered request.

I came not to be saved but to save. I've always known this deep inside me somehow. But first I must save myself before I can save any other. All my life I have been seeking to be saved. I see that I have been really fighting my destiny.

We have all been taught that we need a savior. The Savior Itself believes it has to be saved. How funny! It is like the fish looking for the ocean and knows not that it lives in the ocean. I am here in this dream, come to save myself and all I dream of.

Now it's time to do my job. All the misery I have put myself through so far is a rejection of my job, my destiny. I feel that I have to live single the rest of my life to serve my purpose and fulfill my destiny. I see that I was resisting this. After all, no earthly relationship is fully satisfying, so why get into it in the first place? It makes no sense to the ego. I have learned much from my relationships and I see that it only serves a purpose for a while.

Relationships and their expectations get in the way of true service. (All people are not the same so this is only about me and no one else.) The issues of the ego never stop and I have decided that I will not give my ego food for thought anymore. I empty myself of all crap and stay empty. I allow this in myself now.

I wanted to keep having sex because it feels good and saves me from the misery of feeling rejected. I needed to be desired and wanted. Being desired and wanted feels good while its opposite feels bad. Wanting one and rejecting the other is misery. I want to feel beautiful and sexy. I like attention. Who is this that wants these things? My true self is "All That IS" and needs nothing. That part of me that feels separated and undesirable is just an imaginary self. There is nothing there. I am upset because I see something that is not there. (A Course In Miracles.)

I have been in judgment of my partner that he only loves me when he gets sex from me. The truth is that I did that or am doing the same thing too. I get mad at him for not making love to me the way I want him to. I judged my husband for the same thing. Who is this "I" that judge? Definitely not I Am. All that this is in ...

I am feeling jealous because my partner is looking at other women with interest. All that this is in ...

All the reasons why I want love and devotion from others and all this is ...

I was trying again to get my partner to understand me and yet again he would not get it so I told him to shut up and not speak to me another word. He did. I was in a rage. I am really grateful for the part he's playing in my life. The more he gets me on my nerves the more I see what needs to change about myself. And the more I see why I must stay with him. Whatever happens, happens. I am not afraid of suffering.

So I remembered that if I can tell my partner, who represents my ego, to "shut up I don't want to hear anything from you", then I can do the same thing to my ego. My body and mind which makes up my ego is not I. I know I must see this

difference. So I started telling my mind to “shut up I don’t want to hear what you have to say. I don’t want to hear anything from you.” Believe me, this works!

My mind would constantly tell me things that bring distress to my heart. It brings up memory from the past and equates it to present events. This is what has happened all my life. Now that I consider myself “awake and aware”, I expected that this would be less somehow. The truth is, the ego got more intense. It used things that it knew was important to me and distressed me. So the moment I started saying to stop I don’t want to hear it, I noticed a difference. My mind actually shut itself up! (Laughter) Amazing, right?

Yes. I am grateful that I saw this. I choose to not listen to my mind telling me garbage anymore because I will only be creating more negative vibration for myself when I have worked so hard and long all these years to clear the ones I held for so long. So now I am reading Buddha’s words in the “Dhammapada” and I am encouraged and strengthened as I continue to live in the moment.

My ego is chattering again. No, I don’t want to hear it. It is none of our business and let us focus on peace and quiet within. Okay, So now I notice a trend. I can tell my ego what to do! I tell my ego what to do and it does it. WOW! Here I am, doing this right here and right now, telling my ego what to do and it obeys. Glory hallelujah! I give thanks. It feels profoundly happy in a quiet and peaceful way. This is confident power. I’m so grateful.

So I don’t give an owl’s hoot! You do what you want to do and I’ll be watching. I am not attached to you my ego anymore. I distance myself from you. I feel your pain but you have brought it upon yourself and I really don’t care much for it. I clear and transmute all those vibrations within you into divine love/light... So be it and so it is.

I’m discrediting my own creation when I argue with Christians about the beliefs of theirs, which was once mine also and may still be influencing me in ways I do not recognize. Discussing these things with my partner or another (even when I resist what they say,) shows me what I’m thinking that may hide secrets.

My partner is so reflecting my old patterns, things I once did that was done and said in ignorance of the whole truth. They whole way of being that I was living was like that. He reflects them so I can change them. Notice I could have said mistakes or “wrongs”. Instead of being peace personified in the way I lived and the choices I made, I argued my way around trying to get others to see and accept back then what I saw and accepted. I practically forced my family, my neighbors and many others to see my way. I accept and embrace that that was the incorrect way to be in my new state of being “Christian”. Even now in spirituality I do this. Yet I am not as intense as I did before. I now am in peace as I say

what I am inspired from within to say. All the reasons why I believed it was important that I preach and all it is in me....

All the beliefs that I held to that made me force my beliefs on others and all it is in me....

The only correct way of being is peaceful. Living quietly, in peace and harmony with all of life is essential to transcendence. In fact it is transcendence. What a wonderful way to be! This feels so wonderful.

I see only the past, therefore all I see, all I look at on a daily moment by moment basis, is the past and the past do not exist therefore I see what does not exist. I get upset by that which does not exist. This is so impossible yet we, believing we are human beings, are doing the impossible. Would I deny my true self if I go play the game of forgetfulness? Yes. I did. For a short while only which seems very, very long, of course! (Laughter!)

<< Emptiness- something is missing- loneliness- they all mean the same thing. >>

I believed that something was wrong about being empty. Emptiness is the natural state of being of Self. The personality that does not remember that emptiness is really full and it is made up of this full emptiness, feels something is wrong with it. The Self, having forgotten what it is, identified itself with the body. This identification has resulted in limitations, lack, false beliefs believed to be true and thus- suffering of the self. Yet, not all of the self- suffers and identifies with the body. I have always felt aloof even while I was going through the appearance of suffering. A part of me was watching it all and not being affected by it.

Now I know that the emptiness is very full. It never was "empty" as the earthly personality knows emptiness. All of me is right here right now ever present and full to the maximum. Nothing was ever missing and nothing will ever be. I am here now. There is nothing to look for, nothing to search for. I'm grateful.

I have been being with all things in my life except myself. I have not been being with myself mostly. In meditation (which is in my every moment), I allow myself to Be with My Self. So be it and so it is.

Love of the flesh is not true love. There is no flesh. There is only the vibrations of the cells that vibrate into and out of my form continuously. They vibrate according to my beliefs. The ego cannot attract true love to itself because it is not a vibration of love. It is a vibration of hate and fear. It can only attract hate and fear. The desire for true love comes from that which knows itself as love in truth.

That which is known by Spirit is desired to be experienced by Spirit, thus our pure and loving desires. That which is not of love desires the things of misery. My personality desires these things for it was created by it. Look at what your attention is on and see what is doing it, either Spirit or ego. From Spirit comes peace. From ego come fear and doubt and every worrying thing. All that my personality and its vibrations are, I now transmute into Divine love and light in all levels of myself. All its residues be transmuted with it. So be it and so it is. I give thanks.

My ego personality is none-existent as are the things I see around me. They are fake and I see them for what they are. My desires to be a part of this fakeness and all it is in me and my ancestors, I now ...

My thoughts show my investment in separation still. My desire to have all of my partner's attention on myself as the love of his life, reveals that I want to hold separation sacred and thus be private. Who wants this? My ego of course! He loves everyone and so do I. I knew this when we met and now I am living in opposition to this by playing with jealousy. All that this opposition and jealousy is in me...

I have created my partner to show me how much I love myself. He said he loved me and his love is true. Then I tested his love with challenges and he changed his feeling towards me. He is looking at other women with interest. Now how true is that love again? This is me projecting my own self as him and his actions. It is I doing this with myself. My ego personality doesn't want to accept this but I accept and embrace it. I am focusing on others rather than on myself. I say I love me and look to others for love. How true is my love for myself? I say I love myself and yet my attention is not on love for myself, it is on what I think others are doing to me. All that this is...

I saw myself as a child this morning and my innocence/naive-ness and how I don't know myself.

I am trying to 'get' another person to "validate" me. I need people to "make me feel important, loved and wanted, needed even." I am trying to replace the self I forgot with others. Oh my goodness! All that this is in me...

I started listening to Gangaji on youtube 2 days ago. Now I am including everything in myself. It is good to know that when I embrace something, I am including it in myself. This is quite necessary to be at peace with everything.

My partner gave me my freedom in our relationship. I loved it initially because it showed that he trusted me. At the same time, I was secretly and sometimes openly upset that he is not controlling me which will prove that he does not love me. I wanted freedom and control at the same time! So weird! It took a long time for me to see this. All that this is in me...

Next, I judged him as unfit to be my partner because I am “spiritually superior” to him. I saw him as not growing in my direction, which I thought would happen, and so I rejected him. All that this is in me....

My ego has hijacked my life. All I focus on is worldly cares and concerns. It is all about the body. My body needs this and wants that and when it cannot get it, it resists and rejects. When it gets what it wants, it then wants more of other things. It is never satisfied. This neediness and wanting-ness is not my own. I am ready to sacrifice my body and mind’s influence in favor of my own Infiniteness.

What I feared was commitment. Why? Why did I fear commitment? To me, commitment meant giving up myself to another and not be in control of what happens to me. It means allowing myself to be taken over by another. This is my ego’s fear of being annihilated and replaced by Infinite Nothingness. Now I know. Now I allow myself to commit to this relationship fully. I was holding myself back and this was driving my confusion. Making this decision has freed my mind from this confusion. I feel no more conflict. I give up every dream, every hope, every want and desire. I surrender.

Actually, it is only Infinite Nothingness which is my very own Self that I (or my ego personality) was afraid of.

My partner is right, again. I did not know what I wanted. And he kept saying I should surrender. The ego never knows what it wants. It is definitely a confused non-existent nothing. I give up the ego and all it is about. I surrender all. I surrender all. I surrender all. I’m great-full!

I hated myself for being “wrong”. I rejected myself because of all the “wrong” decisions I have ever made because it brought me misery. My wrong choices brought wrong results. I rejected myself for choosing wrong. All that this is in me...

Now I see that being wrong is alright, again. And again I include it in myself.

The story that appeared: My partner loved me truly and I hurt him by rejecting him (all because I am 13 yrs older than him.) I felt guilty for this “wrong” I did to him. All that this is in me...

I cried for one whole year for this. I could not believe that I hurt the one who loved me so much that he would not give me another chance to start over even though I asked. Now I wonder how true his love was for me. I know what it feels like to truly love now and that surely is not it! Love forgives. His did not. Then again, he was only sent to me to help me reach my goal (which is hard to accept but I know I must.)

I on the other hand, expected my love to leave me emotionally speaking. This is what happened every time. Now it has happened with my dearest and me. Now I see this is okay. It is okay also that my mom left me stranded without her love emotionally. I include and embrace this now. It is okay. It is okay. It is okay. If she had not done this then I would not have been in search of my one true love that is non-existent in this world even though the whole world wants to believe that it is here in someone else. This is so by design. I blame no one for anything anymore. What happens to us in life is by design. I embrace this now. I'm grateful. All that I believed about love and all the expectations I have on it, I now...

While I was thinking that I have to leave this relationship, I grieved so much that could not bring myself to leave. This went on for months. Then I saw that I needed to surrender to what I feared the most and that was commitment. So I did what I feared and the fear and grief went away.

Now let us see what he does with this. I guess he will see that he did not want this relationship after all. Do I want him to want our relationship? This is the real issue here. I am the one hoping that he will see he does not want the relationship because I do not want it anymore. We both are playing the same game. Or maybe it is I playing this game in my own mind. Of course, that is the only place it can ever be!

He is not playing the game of love the way I want it to be played and I don't want to play with him anymore. (Or anyone else for that matter, at this point). It really does not matter. What is designed to be, will be and is being so. I'm grateful! At least, (or most) I am at peace with it now.

Experiencing a thing to its fullness makes it a part of me therefore I feel as if I don't need it anymore because it has fulfilled its purpose of completing that part of me that was "missing something".

I see this is how I felt about my feelings with my partner. I felt complete in his love and wanted to keep it. Thing is, it has become a part of me and I am being it. There is no "Keeping" of anything here. One can only be it. Once one becomes it, that level is completed and one desires to grow a higher level. Now I see what had been going on with me and my desires for more from him. He simply cannot give me what I want. He is not growing with me and I know what that brings. It is not even I who wants anything but my ego that make use of nothing but bring one into a state of misery over "un-fulfillment." I am whole and complete as I am here and now and there is no "more" to "get" that can make me any better than I am right now. I am whole and complete in myself. Now! So it is!

So I had a fear of love. I was afraid of love because it hurts, or so I believed. I was afraid of myself. I am love. I was not being love. I was not being myself. I was

being everything but myself. I have failed to be myself. I have failed love/myself. And here I thought that my partner has failed love! My reflection again!

How do I feel about being a failure? Nothing. I feel nothing. I feel nothing because I know that I have not failed. I may have forgotten for a while but I have not failed. I may have failed to “get” love from another because there is no love anywhere else but here. I was looking for it everywhere else.

I surrendered to my relationship to put an end to my conflict. That worked. The hidden reason I surrendered was to “get” his love. I already have it and yet I am seeking for what I believe I don’t have. I am seeking for “myself” because I feel I don’t “have” myself.

There is no outside. There never was and there never will be. I am all alone here. This “alone” feels normal. Simply no response...

I sent a loved one to do my business and he went doing his own. I had not planned for that and so I got enraged. I noticed the lesson in it for me. I have been doing my ego’s business instead of my own. I have been “paying” too much attention to the outside world, a world made by my ego, a world of hate, dissatisfaction, fear, impatience, rage and pain. I have been doing the ego’s business. I now choose to stop wasting my precious moments and start doing my own business. My business is love and I choose to do this now. Love Love Love Love. This is what I am and this is what I am here to do. I am here to be myself. Love I am. Be Love. Be Love. Be Love. This made me cry. Surrender. Humble myself. Love it even when the ego says to hate it. Love it. Love it all. I thank my loved one for helping me see this even though I feel sorry for myself. (Laughing) Who feels sorry for itself? Ah! I am not sorry for myself. My ego is sorry for itself. It is dying. I am happy this is so.

Thought that just came to me, “My ego’s life is over. I have no meaning, no purpose.” This feels good. I feel light, as if a heavy burden has been lifted from off me. There is nothing to do and no responsibility to take care of. I am free. I’m grateful for this.

I thought “None of us has our first choice in a partner”. Why? Because since we all must be disillusioned to find the truth, one heart break after another is what does it. (Laughter)

That was never our first choice anyhow. We are constantly running after our first choice and it is nowhere to be found outside of us. It has always and will ever be that which is right here inside of us. It has always been the Love right here in my heart. First Love and Last. I have always known that Christ or Christ Consciousness as I now know it, has always been my first Love. From the day I first heard and fell in love with this Christ as I knew him, I have always known even as

a youth that He is my first love. I have had many loves since then but this my first love has always been and will always be my first and my last, My Self now and forever more from and to infinity. Today I know him as Christ or Krishna or Buddha Consciousness, my I Am consciousness, etc. I'm so great-full!

Myself: I am right here in your heart my love. I have always been here waiting for you. Welcome home. Welcome home my love. Welcome home. Joy and peace overflows.

No matter whom I've played with and who I am playing with, they have always been second best. Even the self I believed I was is also second best. Wow! Oh how I tried to make everyone I loved my best and have them make me their best. I got it for a while, and then lost it. I cannot ever lose my first love. (Laughter)

My partner is always saying to me to look at myself. I get upset hearing that over and over again. Who gets upset? My ego of course! I know. What he was pointing to was my heart. What is in my heart is MYSELF. My ego did not want to hear that. Now I can say thank you to him every time he says that for I know he speaks the truth. It's all okay. I am Home. Right here in my Heart. I am my greatest blessing. My blessing was always right here with me. I/Love, have always been here. Always. I can never leave nor forsake Myself. Christ and I are One, Christ-Consciousness, One consciousness.

**<< I go right back to my heart where you have always been waiting for me.
(Wonderful Loving Feeling!) >>**

Had I not surrendered my everything and given it all up, I would not be free as I am being in this moment. I knew and recognized that all I ever wanted was what my ego wanted and that I will never have them and even if I have them, the ego will never be satisfied with everything. It would always be looking for something else, something more exciting, something more and more and more. All I want to be is Myself. All I ever wished for was my REAL self and I could not see that. What I could see was, that all my wanting and needing and having and not having was only putting me through misery and I knew that my true and authentic Self is not the one doing any of this. So I gave it all up and surrendered to my relationship with my partner, something I was not sure I wanted to do.

Even my un-sureness was not of my true self and I recognized that. It was easy to give up all I ever wanted and needed when I realized that it was not true and not of my true Self. The first thing that happened was I stopped beating myself up for what I thought I did to my partner and was killing myself over. I did nothing to him. We both got what we believed about a relationship and it was

perfect. So that guilt and suffering is over and done. I am so great-full that my crying over it is over too.

Today I recognized that I was looking for a love outside of me that adored me to infinity. Today I realized that this love has always been with me, in me, through me and around me. Today I remembered what I am. I am great-full.

I am not living my life until I start living my light. Love is the Light. My Love is my Light/life.

“Beauty must love the beast. It is half of herself. She loves him already but she does not recognize her love for him in her fight with him. Or does she? She fights him because she wants him to become the love that she does not see in him. What she does not see she cannot have. Fighting does not create love. It creates the opposite. It is only love that creates love. Choose well.

Me: What is really going on in my relationship? Answer: Knowing yourself.
Me: Okay. Thanks.

I do not know. And I am very upset that I do not know. I hate not knowing. I really do hate it. I hate that I do not know and therefore am making mistakes all the time. I hate myself for making mistakes. I want to do and be perfect that I may be appreciated and honored and loved and respected. I don't have all these things and it makes me mad. Who does not have? Who wants these things and is mad? My ego of course. I am not my ego. Let my ego be mad. I will not respond. I stay in my peace and am not listening to my ego stories anymore. I feel at peace. I watch my ego and give its emotions no attention. The emotions leave as I laugh.

I am perfect as I am Spirit. I have all things since all things exist in me. My mind tells me lies and I listen to it no more. I embrace and accept not knowing. I allow myself to be in this not knowing. I include it since it is all in me. I'm grateful.

By Grace I am saved from my own suffering. By grace I am saved. Nothing I can do. I accept this. I know nothing. I don't even know what suffering is! What I thought I knew about anything is not so. (Laughter!)

Chapter 6: Total Surrender.

I give up! I let go. Nothing I can do anymore.

I am running from pain and misery. I am running from suffering. I don't want to suffer anymore! But what is suffering? What is this really all about? What are all life experiences all about? What is the truth about all this? What is the truth here?

I am feeling miserable that I am not loved by my partner like I want him to, again. I want him to love me no matter what I do. Can I live without his love? Yes I can. I can live without his love because I am in love with myself. For some reason this feels like my love is not enough. Oh my goodness! My love is not enough? What? Do I want the whole world to love me and idolize me before I feel love? Oh my God! My ego feels this, not me. My love is infinite and fills all eternity. My love is enough. It is more than enough. It is all there is. All that this is in me...

Who I am is what I have hated and rejected because I have believed that I was abandoned by Infinite Intelligence. It is this same Love that I am that is calling me home to Itself. I am making myself miserable because I know I am loved and I know I have judged my love and hated it and I feel guilty for doing all this and am still loved and being called home.

This feel like just thoughts. There is no feeling that come with it. I wonder what this is all about. I place no attention on this anymore. I now put all my attention on loving what and all I am being or not being. All I'm doing is fighting my God-self with my stories. I am giving myself reasons why I should not come home to my love. I am playing blame games with My Over-self/God-self. Oh! All that this is in me...

If I really am nothing and I don't exist then all the stories I tell myself are lies. What am I doing here then? What is the purpose of my stories that keep me in this mind-reality? What is really true here?

My misery is the burning away of the false beliefs. This is the fire that cleanses. It is not what I believed. I believe and am feeling afraid that I cannot feel miserable or out of ease because it brings on disease. The "not burning" away of all misery is the cause of all disease. It is keeping it all inside. I was afraid of what I did not understand therefore I was trying with all my might to not be in the "Burning". All that this is in me....

My demons are being liberated. My desires are my demons and they are being liberated. My partner is reflecting some of my demons. I let him. Let the God's free too. I am too tired to play this game anymore.

He woke me up in the middle of my sleep for sex and I got upset with him. (I saw that he awoke out of his dream and did not do it intentionally.) That's a demon of mine, a judgment and fear of what my dad did. I hated it when my dad would wake me up to touch me. My hate of this even now when it is not happening anymore shows me that I don't love myself and I am in judgment of myself still for allowing it then. I fight it even now. I'm projecting on my partner making him my dad. That's a demon I must face too. I accept this. All that this is in me...

The SEER cannot be seen. Yet I am trying to be seen with all my might. (Laughter!) All that this is in me...

<< Oh Atman of mine, My God My Self, show me what to do and how to live my life now that I know I cannot do anything to bring on my awakening to my true reality , my true self as formlessness. As the untruth is burned within me and I look inward to thee, assist me by revealing to me what to do now in my life since it now has no meaning to me. I give thanks and praise and honor to thy Glorious presence in Myself. OM. >>

Nothing is happening except a whole lot of noise that is trying to take me away from my peace and silence that I am already present within. (Laughter)

I honor and respect all. They have all contributed to make this life work just the way it was meant to. There is a purpose for everyone and everything. I totally appreciate their part in my life. This purpose is to have this life experience and come back to my true self. I am here right now and have always been here. I have projected myself out as all forms and with different forms and expressions. I now retract into myself to re-know myself or remember myself and see all I have done and accumulated. Then I empty myself of all my accumulations and remember what I am. This is so beautiful.

Love is a ruse used by the Universe to bring two people together to work out their own salvation. Hate is a ruse also to bring people apart. Love and hate are two extremes. What is the central meeting point? Acceptance of both. This is peace with it all.

Prayer is so important. Why did prayer not work for me before? Because I was being arrogant (word that expresses full of pride and ignorance). I thought I had faith but all I had was arrogance. My faith was weak and in the wrong place. I did not get my prayers answered, not because something was wrong with me

(nothing was ever wrong with me) but that something was wrong with the way I was seeing and what I believed in. I had faith in insecurity and could not see it. What stories I have created to hide this information from myself and how many challenges it took to get me to see them! (Laughter!)

Words that describe arrogance: (I just had to add them! This made such a vast difference at this point to me!)

Haughty, boastful, vain, conceited, self-important, supercilious, pretentious, proud, overbearing, snotty, high and mighty, presumptuous, imperious, insolent, vainglorious, superior, egotistical, snobbish, stuck-up, disdainful, overweening, cocky, uppity, pompous, dictatorial, domineering, scornful, cheeky, contemptuous, audacious, autocratic, hoity-toity, lofty, peremptory(tyrannical, oppressive, authoritarian), bold, brash, condescending, lordy, self-satisfied, brazen, cocksure, inflated, magisterial, impertinent, arbitrary(insolent, severity),... ***(How did I become all this, (crying) how did I become all this?) I became all this to get lost, that's why. I am just playing a game with myself. No sweat. (Oh God! How my heart breaks!)*** ...despotic, high-handed, highfalutin, immodest, saucy(insolent, mean, sharp), swaggering, cavalier(superior, disdainful, scornful, patronizing (haughty, conceited, bossy, bumptious(certain, sure, self-assured), derisive(insolent, disdainful, scornful), dogmatic(oppressive, tyrannical, authoritarian), overconfident, pushy(aggressive), authoritative(superior, commanding, overbearing), big(pretentious, exultant, bragging), brassy(rude, boastful, disrespectful), insolent, rude, offensive, egocentric(person, selfish), forward(rude, bold, disrespectful), masterful(authoritative), oppressive, prideful, narcissistic(selfish), assuming(cool, superior, smart), bombastic /bragging(pretentious, boastful, proud), defiant(insolent), impudent(disrespectful), sarcastic(nasty, mean), sniffy(conceited, stuck-up), assertive((dictatorial, unreasonable, unequivocal(leaving no doubt, unambiguous(not open to more than one interpretation or closed minded))), bid-headed/chesty, contumelious(disrespectful, rude, offensive), grandiose(superior, noble, disdainful), high and mighty, impolite, important, pontifical(pope), positive(severity(divide, separate), presuming, rude, self-assertive, showy, tyrannous, absolute(severity/divide), aloof, aristocratic (disdainful, haughty), commanding, complacent(superior, proud, vain)- (knowing in a vain way that you are right and they are wrong. That hurts!), consequential(authoritative, pride), cold/disdainful, discourteous, distant/unfriendly, draconian(tyrannical), insulting, self-applauding, self-confident, snobby, lofty, callous/candid(insolent), deterministic(tyrannical), discretionary/discrete(separate with prejudice), effective(authoritative), flagrant(boastful), irreverent, opinionated, ostentitious(superior, pretentious, conceited), powerful, sacrilegious(violate the sacred), sneering, strict, strong, sure, totalitarian(dictatorial), austere(severe/strict), disparaging(sarcastic, mean, sharp), fastidious(distasteful, disgusted, loathing), harsh, heavy-handed, ill-mannered, imperial, impressive, influential, insubordinate(insolent), lippy, loud,

offensive, outrageous, outspoken, parvenu(upstart), repressive, self-sufficient(vanity), aggressive, artificial, assured, belittling, bigitty, closed, biting, bitter, caustic, ceremonious(cold, stiff, modest), chaffing, challenging, coercive, cold-shoulder, convinced, cruel, cutting, cynical, daring, decided, defying, determined, disdain, disregardful, dog it, elitist, exacting, familiar, fancy-pants, feudal, flip, forceful, formal(dictatorial, stiff, cold), full of oneself, pompous, inappropriate, incongruous(offensive, bold, disrespectful), inquisitive, insociable, interfering, intrusive/obtrusive, ironic, jeering, know-it-all, meddling, mocking, nosy, obnoxious(unpleasant), obstinate, on an ego trip, on a high horse, out-of-line, overruling, prying, satirical, self-centered, stiff, suppressive, unmannerly, doubting, abrupt,

(Laughing...) Oh my God! Oh how I had to be brought down many notches! Thank you, Thank you, Thank you Dear Universe. Thank you so much for ruining all that arrogance in me. I am so very grateful.

Prayer is asking in faith, those who are overseeing our best interest and affirming that what has been asked for is received. Prayer is humbly asking for their help knowing that your life is in the right and proper hands. Their hands are my own. They are what I am before, after and now.

My life is your life, my ancestors and Masters. In me are you. In, through and around me is where you are. I am you. I am grateful for your guidance and inspiration in my life. Thank you for helping me see this now. It took quite a while! I am one with you and you are one with me. Be present with me here now. Be one with me in my life and let us as one fulfill our destiny here now. So be it and so it is. I give thanks.

I kept saying my partner has taught me to be humble and yet I don't act humble. I am still practicing arrogance and get impatient. I act as if he owes me plenty.

My partner said that our relationship cannot be fixed. So here is my answer to go. I'm only wasting my time with him. Let it be. The Universe said it is okay since it is the one doing it all. There is no me or him. It is all Infinite Intelligence. I surrender to AII. I let go of it all. So be it and so it is. All opposing forces within me be transmuted into divine love in all levels of myself...

<< Locking away my own all powerful love to live on the limited love that is not even there has brought us all so much misery. >>

I see that I was being a love-vampire all my life. We all do this on the planet. Of course, the world does not know this and is trying all sorts of solutions that they think may work. WE have to give up all judgments of our ancestors and ask our real Mother and Father to guide us into all truth. I was living on my partner's

love for me and he was supplying for both of us. I wanted more from him and he could not understand what was going on. I think his pointing to me that I must let my Shakti flow and be free was a way of telling me or pointing me to what I had done except that he could not communicate it clearly enough. It was meant to be this way since I must see for myself and not everyone can see for us.

The one and only thing that caused me to give up my hate and anger of sexual abuse in my life is knowing that I would have been lost and never find my Shakti within myself had that not happened. Nothing else came close enough to eradicating it from my heart, soul and mind. The reason for the “bringing down many notches” of my “arrogance” was for my salvation, my awakening as my true Self as Shiva/Shakti. The sexual abuse was a great distraction from my purpose. I am very grateful that I won over it. I give thanks for all my help and support from the spiritual realm.

What is the truth about jealousy? I am very aware of my jealous feelings yet it seems to not be my own. It belonged to my ancestors they tell me. This eases the pain but it is still here. I have to know what the truth of this is all about. I’m open to receiving the answer.

I hated everything I created because I could not access the One I truly loved. That One is within me but I did not know it. This world and all I created kept me from her Divine Love which is my own. I did not know this and so I fought with my creation. The battle of Armageddon and the Mahabarata! This love in the world is false love. True love is within. This is the awakening of Kundalini. Only real love will wake her up. Mother, come forth and do your thing!

I hate. I see it now. I hate all I have created. When I buried my love deep inside myself as a child, I peopled my world with hate and hateful things. I then rejected all that I have created. I feel a hate so intense I just can’t believe it! I hate it all! I spent a whole day allowing myself to observe this hate. It is incredible indeed! This is what showed up in my life experiences every day!

I had to gather clutter to play on my stage in illusory form. So I hate it all, all of duality. I hate everything I created in hate. I allow myself to love this hate. It is okay. I now bring forth my love from where I have locked it away to love and accept all the hate I have created. I bless it all. I love it all. It is just a play that I have enjoyed fully really. Oh yes! I have enjoyed playing the game of illusion so much that I felt it real. (Laughter)

<< Noise: Much ado about nothing. Everything is noise. All my thoughts are noise. >>

The thought brings on the noise. Desire is the root of all noise. As long as a desire shows up in me it will bring on the noise for the noise is the fulfillment of the desire. No wonder Buddha said that all suffering comes from desire. Noise cause suffering. It is a state of not being the silence that is perfectly natural. I let go of the noise. Even my neighbor's dogs are showing me the noise. (Laugh)

Good and bad, right and wrong, nice and ugly, in and out, all the thoughts of duality are all noise.

As long as I keep focusing on the noise I will continue to experience conflict. I have to plug my ears, or focus on the state beyond all being-ness of anything at all. This state is my true state. It is the stage where all the noise of the play is happening. Let go of the actors and forget the play. It is not necessary anymore. The purpose of the play is over. Disillusionment was its purpose all along.

I let go of the world to take hold of Christ which is my self- the Christ Consciousness. Now the stage is empty. There is no one to play with. Now I can rest in peace. I like to sleep a lot. This represents how I like being in peace a lot. This is the reason I sleep so much. Oblivion- this is what I seek in sleep. Yet seeking is also of duality. What I seek is already here. It is the state of myself. Sleep to hide from the play. I wish to not be involved in it anymore. I am bored of the act. It is the same story being replayed over and over again. Yet when I sleep, I go home to My Self. This is good.

Only now I see this? No wonder I feel so bored! I have been watching the same video over and over again! Different actors show up but the storyline is always the same. The different actors are an illusion. It is the same content in that which appears different. Since I am so easily bored, a different form has to show up to bring me the message I will not let myself get from the last form.

What is Love? It is the stage where all the play is happening. I am this stage. I am the source of all this. It is all happening in me and as me. This stage is the Light- The light that is love- the light which is the cells that I am made up of- the light that is me. Focus on the light. It is empty, yet full. It can only be experienced as Myself. I now choose to stop watching the players and focus on myself the stage. Empty the stage of all actors, even myself, and experience the stage.

So now I see that it is I that has a communication problem. Oh my goodness! All this time I was laying the blame on my partner! Okay. So this is scary! I talk so much and think I know it all and yet I am the one with the communication problem. Gosh! I have been hitting on him so much because of this. I even called him a hypocrite! I am the hypocrite here. Whatever I see about others is only about myself. No joke about it. Wow! I see why I couldn't leave all the times I wanted to. This is getting my lessons the easiest way possible.

All the hell in me is definitely coming out! I don't know how to handle issues that show up in a civilized manner. I only know how to fight to get my way, even if that way is misinformed! This is all I saw growing up, how could I know any different? This is my opportunity to change it all. Just seeing it is enough. No need to do anything. All that this is in me...

I Am here but it (my ego personality) will only know and experience my presence as itself when it has surrendered its thoughts to me. I am always guiding it in every way. The ego in its ignorance of Me, thinks itself as the most important thing on Earth and behaves as if everyone else should honor it. It knows a sense of importance for it is a piece of me. This is natural. Yet the ego will always be limited because it does not know the fullness of me. When it acknowledges that it is servant to the Most High which is its creator and thus itself, then shall it be dissolved back into its Creator. So be it and so it is. I give thanks.

It may seem as if we are not doing anything wrong when we judge, but the truth is that all things are connected and what we judge has an opposite end that it is connected to. I see the men in my life as lazy and all this while it is I who was lazy. Even my birth sign says so and I would not have believed it had it not said so. (Laughter!)

If I see myself as non-judgmental and another as judgmental, it is only myself that I see for my end is one with its opposite. We live and experience duality and do not recognize this. We wish to see instead only the good end and wish to be apart from the 'bad' end. The truth is, one line has two ends. It does not matter which is which, it is still one line. We simply cannot escape it.

Why it is that what another person does have an effect on me? Why should I be upset at what another does? This makes no sense! Oh yes it makes sense. I am upset because I see myself.

I'm buying the lies of my ego with my attention. Truly my partner is my helper trying to show me what I cannot see. He does nothing to me. I do it all to myself. My attention is my money that I buy all things in this world with. What am I choosing to buy? WHAT AM I CHOOSING TO BUY? I am wasting my money/attention. I am losing my money/attention on useless things. Now I see why I lost my phone. It showed me that my communication tool has been hijacked by my ego. My business lately has been putting my money/attention where it does not belong. All that this is in me...

All the reasons why I am losing things and all that this is in me...

<<Where you see beauty, it will show up for you. Spirit says everything is a helper. Ego says everything is a hindrance. My partner has been reflecting a lot of things to me to help me and my ego sees only the hindrance. >>

Finally he spoke with me and I understood. I had resisted this before. I was looking for reasons my ego was) to leave him: The games and fears of old still running the show. I thought that I knew it all and he could tell me nothing that could benefit me. My ego's words those are. He knew I felt this way so he said nothing. Who wants to speak words of wisdom to someone who thinks they know it all? He really is my helper and not my hindrance.

How can I leave him now knowing that I have to change how I communicate? How I communicate was the problem indeed! I was so blind I could not see. If I had left and not spoken with him I would not have known and seen what I was doing. He is right again. Now I must open my mind and check out what he is saying even when my ego resists. Especially when my ego resists! Thank you Baba for giving me a good helper in the man you placed in my life. Thank you for him. Help me to appreciate and love him just the way I wish to be loved and appreciated.

Baba/Myself said "Stop focusing on what he says and does. THAT IS THE DISTRACTION! Check on yourself. That is the most important thing and I am reminding you every time through. Focus on you."

In a prayerful posture that is ever present in me, I sit and give thanks for my lessons. I give thanks that I get the messages that my Selves are giving me. My mind keeps telling me "what about this he said, and what about that he did?" I am not concerned about that for I know it is a distraction. Getting my messages is what's important. I give thanks for this.

I was disrespecting my beloved partner. I really was disrespecting myself with what I thought I knew. I refused to listen to him and what he says because I thought I know more than him because I have read and am informed more than he was. My seeming intelligence disregarded what he was saying because in my mind, his intelligence was not up to par, or good enough to teach me anything. That was my ego mind resisting the truth in its ignorance. Ignorance is all my ego knows and all it wanted to keep.

I was unable to understand for a long time what my partner was saying to me. He kept saying to know myself and check my thinking. My ego did not want to hear that. It wanted reassurance. God is assurance. It does not want anything. It simply knows. My ego knows nothing and is insecure. Now I watch myself and focus on my own thoughts that show what I'm focusing on.

Do I wish to listen to my ego which knows only insecurity? Or do I wish to listen to my Spirit which is totally and completely secure? That is an easy choice right? (Laughter!) Everyone who listened to him speak these words to me saw like I did, the foolishness of it. Of course, he had to explain it to my ego before it was understood and accepted. All the time I was rejecting it because I did not understand. Now I do. I'm grateful for this.

He is a good man. My communication technique has to change to have great communication with him. This alone, being able to communicate in the correct manner is worth it all. I am in the right place to see my ego's reflection. Anywhere I go would be the same until all is changed. In an instant this will happen and I allow all that brings this on. I know my ego is trying to run away but I shall stay. If I am to be here I will be. Thank you Myself for this.

I watch this world (my ego does) and base all my judgments on "what will people think about this, and me". I don't care about this but ego does. I don't give a hoot what ego feels and thinks. I shall just watch it and laugh. I Am is always at peace. My ego never is. When I'm by myself I feel good. When I am among my challengers I feel not at peace.

Why is it that we tend to own and be possessive with our loved ones like they are a piece of property? We do treat people like they are a piece of property. We think we own them and they should do what it takes to please us. That should not be so. This is really being disrespectful to all concerned. Forgive me indeed, for I know not what I do! So I am now crying but there is really nothing to cry about.

Nothing is happening really. It is just a play and I am playing my part of getting the information and giving it to the world that needs it. If they cannot see what is going on they will have a hard time getting it. If they cannot see then they will remain blind. I am here to do a job and the only way to get it is to go through the experience of it. This is the only way it can be done effectively. I give thanks for my Cell-phs. I love us my cell-phs.

I see that I have to be rejected by the world. The only world that is important to my ego presently is my world of love with my partner and love-making. He is doing me a favor by giving me challenges to awaken to my true Self, really. If I am too comfortable with him then I would have no need to be my true Self. I would get into another comfort zone and stay in it. The Universe/My Cell-phs are taking care of me and bringing me home through my experiences. In fact, I am home. I just have to release all I hold to, to remember what and where I am. I am grateful. I accept this.

I accept that I am made of, surrounded by and enclosed with love. I accept that nothing in this world is worth separation from my cell-ph and I allow my cellph to bring me into my remembrance of my truth. So be it and so it is.

I listen to all but my cell-ph. I pay attention to what is going on outside of me rather than in, through and around my cell-phs. I let that go now. I listen to my cellph now and forevermore. My first love and my last are my cell-phs. I am my Infinite Intelligent Cell-phs. I Love, am all there is. So it is.

At death we drop the body and the mind. This is what we are asked to do now in full awareness while still in the body and mind mentality. Drop the body and mind and its influence. Go into pure awareness. Now.

<< We know the value of nothing when we have everything. And we know the value of everything after we have had nothing. >>

I had a dream that showed me that the “I” that I think I am, is not in charge of anything. The owner of this body is in charge here. I trust this and am in peace with it.

This is December of 2016. I am reading Sri Ramana’s book “What AmI? And strong desire to know what I am have taken a hold of me. One week later it is still here. I wish to know now what I am. Nothing else in this world will satisfy me. It is my will to know. I must know. I have no other desire but this.

Today is the last day of 2016. I see all thoughts as just thoughts and I give no meaning or belief to them, for it is my belief/energy that gives life to any thought. Thoughts are just thoughts. They mean nothing and serve no purpose except the one I give it. If I give meaning to a thought that just passes, I give it my energy and my belief which is one and the same, and I make it real. I have lived my whole life giving my energy to everything by giving it meaning. I have lived in misery because of this for my mind was created in fear and it knows only defensive thoughts and will act on them.

Now I am looking at the thoughts as they come by and even though they tempt me to pay attention to them and give them meaning, I pay no attention. All I do is put them in their place with my words of faith that they are nothing but thoughts. This is so freeing. This is my life and I make real whatever I choose. All of my years so far, I have been giving reality to that which is not real. Now I so get it. I am so great-full. And the help shows up for me to practice into perfection what I have received today. Gratitude overflows.

I would have called my help challenges. Now I see them for what they truly are. I am the way, the truth and the life of my own Infinite Self. I cannot come to the Infinite Intelligence but through the way which is my own self. This is why I am made in the likeness of God. Living and “paying” attention to the lie is giving away my energy to the false and death- the opposite of truth and life.

<< No subject, nor object can fulfill the desire to awaken or liberate. The purpose of doing and learning is to wear away the desire for doing. –Gangaji. >>

The things a person do is for him/herself alone. Their energy is all about them. When anyone's energy inspires a response in another, whether it is a positive response or a negative one, it is just a helping trigger. It has absolutely nothing to do with the person who triggered it. That person is just living their pro-

grammed life. I accept that whether it is spirit or physical, all are running a program. We are all living our programs and not really nor intentionally focusing on anyone else. This is so really true. It is all about self only. So let us leave the people alone and focus on the response to the trigger and fix that in our self before we start another fight that is nobody's fault but our own and is only inside our self.

When we think we are focusing on other people, we are only trying to get from them what we should be giving ourselves, and we are quite capable of doing it in all excellence too. Something we must know for ourselves.

Today I gave myself a high for the first time ever. I am 36 years old today (3rd January, 2017) and I decided it is time I try some marijuana. I used it in my juice and saw myself as golden electricity flowing through the veins of everything at high speed. I felt expansive for a moment and it was gone. Even the veins I was flowing through was me. I saw and felt this without an emotional response. My mind tried to hold it to understand it and it was gone. I understand the symbolism of what I experienced.

I got a terrible stomach ache for a whole week after using marijuana. I now know that I am allergic to the thing! (Laughter!) It served its purpose and I don't need it anymore. I know I was guided to use it at the right time for the right purpose.

No need to argue or fight over anything. It is all over now. It is I everywhere. I refuse to fight or argue with myself. I flow in my peace and allow all else to be what it wishes to be. I observe. There is nothing else to do. I give thanks. Now Spirit is the guiding force to what's next. Allow it and be wowed!

I have given myself all things to use. I now receive of myself what I have given to myself. All to the glory of Love! And so it is.

Chapter 7: My Awakening.

The Power Of love Is Peace.

Gratitude in Knowingness.

A baby does not beat itself up as it learns to do things as it grows. We know that is normal. It is the same with us. We do not know how to live life in a perfect way. We must learn how. It will take trial and error to get it right. The "right" that you get will be different from everyone else's right. That's okay since we are all so very different. The errors we and everyone else make is that we were taught how to live life by others and these others had standards that worked for them (or did not) and they wanted that we live by their standards either way. We must go through trial and error until we get it right, our way. This is how it was always meant to be.

Our inner guidance system is the measurement that we use to get it right. It is our own success mechanism and it works the best as we learn how to use it. I was looking at the outside to guide the decisions I was making on the inside. There is nothing on the outside that will ever guide me right. It is all inside.

I felt a sadness trying to rise as I woke up this afternoon. I wondered about it then remembered that I am Love. I used to beat myself up for making mistakes (normal occurrence as I go towards my goal) because the world said I should for it is a sin- a very, very bad thing that will send you to hell where you will- blah, blah, blah...! I transmuted it and watched it leave. I wish to let all know that mistakes are normal and they should be happy that they won't be making the same mistake again since they have learned the lesson from it. When we eliminate a program, we are one step closer to our goal.

<< There is a great blessing contained in what is considered a "curse". >>

I use what I see and feel inside myself- about everything I see outside myself- to guide my decisions. I see what I can take and what I can leave. It is not what I see on the outside that my decisions are based on. What I see outside can distract me from the truth. All my decisions must be based on the Love in Peace that I am. Any decision made without this pure, infinite, intelligent love and peace is an incorrect decision. My feelings always show me if I'm going in the right direction or not. Rejection is an incorrect interpretation of the guidance that is given to us I now see. The word or feeling of rejection can be replaced with "wrong turn", or, "look again- there is something else there that you're not seeing". The word rejection has messed up our interpretation of our guidance system. We are being guided correctly but we

are interpreting incorrectly since we believe in the interpretations of the collective. This is the world and everything in it that we have to let go of to hold to "God".

For many years I did not cry. I feel this was around 5 to 31 years of age. This was a long time of burying my pain/upsets. No wonder it is taking so long to dig them up again to heal.

I see my partner's behavior towards me as my own behavior towards myself over and over again. I have dishonored myself all my life. I have abandoned myself because I felt that I was abandoned by my parents and therefore was undeserving of anyone's attention. Yet I fought for the same attention. I put myself down and this child that did all these things is still trying to do the same thing in this adult body. It is time to put away childish things. Embrace everything.

All is a part of life and we have to embrace all of life. Go with the flow of what shows up and get the lessons. Never resist anything for resistance keeps you stuck. Nothing is here to harm us in any way so there is no reason to believe in protecting self. The only self that is present here is Infinite Intelligence. Anything less than this is not true.

I was shown that it is not I that rejected anyone. It was my true Self that was rejecting the lie its physical self was living. It rejected the world's teachings and beliefs that I had adopted and made my own. We never reject anyone, not even our self. What we reject is our own beliefs. They do not lead to truth. They block the truth from the real I Am. It is no wonder then that we doubt and fear, for it is doubt of what we are being taught is true when it is not. Our Spirit knows this very well even though our minds don't. The REAL I AM will do what it takes to restore itself to Itself. So I was never rejected and I never rejected any. That was all one big illusion. Now I get it.

Uneasiness... Every time I feel uneasiness well up in me it is not a sign of weakness nor guilt nor fear of any kind. It is a sign of another lesson coming up. This is so wonderful to know. I give thanks. It is my personality that feels uneasy.

Fight and Flight. I noticed that I used to live a "fight or flight" way of life. It took many years to really see what I was doing. I do not have to fight or run away every time I get dissatisfied with my seeming caregiver. (I tried that when I was a teen). I cannot seem to commit to a relationship. I am now totally willing to stay and get my lessons. I can see the reasons why I wanted to run away from it all. I have to do this differently for it is important that I do so. This life is about lessons, not about people or anything else. Everyone else is props. They are in the right place in the right time doing the right thing to help me get my lessons in perfect order. I am grateful for this.

Everyone has a story and these stories are for the benefit of all. We lose our way when we get attached to the stories and make it personal. This story is about God, the true identity of us all. We, not knowing any better, have made it personal, thinking we are persons. We must let go of this false identity to be free. This identity was given to us by the world and we must "give up the world and everything in it" to please our true Self. The only reason we hold on for dear life to our person is be-

cause we are afraid that we will disappear into nothing-ness if we let go of it. I know I was afraid of that. Nothingness is what bliss is all about. Why are we afraid even of that? ***Because we don't know what lies in it and what we don't know we fear.*** Everyone must find this out for themselves.

My lessons are my blessings. I give thanks for all the lessons I am receiving here and now. I give thanks.

Be anchored. All of Infinite Intelligence cannot come in all at once. That would be detrimental to the body. The body had to go through a certain heavy vibration to stay anchored on Earth so that Spirit can have a physical experience. Without this, Spirit would not be able to be in a physical form. As we change our beliefs that keep us in this heavy vibration and restore the truth that we naturally are, Spirit is anchored in the body one changed belief at a time. No need to be impatient. Just keep doing what you're doing and it will all fall right into place in its own time.

God so love the son that he has given him a world to live in. He wish the son take care of the world so that it perish not, for if the Earth perish, so will the form of the son which is also the Mother/Father's form.

Separation is a word that brings the feeling of pain when it is believed in. The correct thing that is going on is change. This brings acceptance of what is happening and it is what is truly in process. Change is a constant and it is acceptable when believed in over separation. In fact, there is no such thing as separation. Nothing is separated. All are connected. When the moment is right you will find that out for yourself. It is a freeing experience.

To myself and all others: It doesn't matter what game/role you play, you are God and I love you. Your way of seeing and believing is good just as my way of seeing is good. When all is put together it makes an infinitely beautiful painting indeed.

I was looking to my partner for his recognition of who I am and for his appreciation of me. I am done doing that. I now recognize myself for what and who I am and I appreciate myself fully. I give thanks. Just thinking about it makes me laugh. I had all these fears and judgments inside me and I was a "saved" Christian. My life did not work and it is because of all these fears and judgments that I could not see and it is because of that too that I went seeking the whole truth. No wonder Christ called them hypocrites. I was one! (Laughter!)

<< Notice your self-judgments. They are the only reason your life is not what you wish it to be. >>

I have always been here as my God-self and I have always been free. It is only these beliefs that stopped me from experiencing myself as Myself. I had to get them all out of the way before I could experience my real Self. They were the cause of my monkey-mind's chatter. God/Love is all there is. My mind tells me that I am separated from the rest of myself.

When mind became aware of itself it felt different. This difference was interpreted as separated. It had dropped below the awareness of the rest of itself and therefore felt alone, cut off. All parts of my body are different. It still is one body. So I became aware of my mind and its thinking process. The rest of myself is not yet

aware of itself, only a part of myself is. I embrace this and allow the rest of myself to come into full awareness in its perfect timing.

In the meanwhile, I feel my oneness and know that I am still one with my all. My mind had told me that I am not feeling love. This is not true. I am love and I feel myself. I am and will forever be one love, with all of my self. I feel this love I Am. It is I. (The truth is, here I was beginning to feel "nothing" in preparation for my awakening. This feeling of no emotion or nothing was just perfect for the Spirit of Truth to do its perfect work in me.) I only recognized this afterward.

I have been distancing myself from my partner because he was not being "the man" that I expected him to be. My expectations of him came from my learned way of being and thinking. I expected him to be a certain way and do certain things. (He expected the same of me.) When he would not be my puppet, I judged his love for me and rejected him for it. He also did likewise. This is how beliefs operate. I now transmute all that this is in me and my ancestors into ...

I made a decision to let go of all my inhibitions (which judgments kept in place) and saw myself in wonderful new relationship with my partner. I went to sleep with a relationship affirmation video playing beside me.

I thought that my relationship with my partner could be brand new and not what it has been so far. I opened myself to let it be what it may. I recognized that I was not letting my relationship be free and I was holding back on it. I opened myself to doing for my partner what I wanted him to do for me and at the same time I saw that I was only doing it all to and for myself. I had closed myself from feeling him in every way and could not see it until I made these decisions here being spoken of. I successfully reconnected back with my feelings and it had no attachment this time, to him or myself. I just allowed myself to feel the feeling of enjoyment, of pleasure. It worked so well that I had an orgasm with him the night and the morning right after, something that was very, very rare for me!

Judgments, and more judgments. False judgments are the issue here and now I allow myself to recognize them for what they are. Being free is not easy. It takes a lot of work to dig this tunnel through to real Self. Yet it is not a tunnel at all for I am always free and has always been but could not see for all the beliefs were like a garbage dump blocking my view of my true Self. Now I allow myself freedom in every way in my relationship. I allow and allow some more. I am enjoying this. I looked in the mirror and heard this just now. "You are my beloved and in you I am well pleased." Wow! I'm so grateful!

I know we all have to rise above our weakness no matter how hard it seems. I know that I have to accept the unacceptable and some things are so, so unacceptable to me right now. I forgave my dad after many, many years and many, many tears. I forgave myself and him, my judgments on him and myself for allowing him to touch me in my innocence. In my innocence I also allowed my youngest child to do whatever he wanted without knowing the danger it would bring. I taught him there was no right and wrong and so he acted accordingly. Thing is, those under the law must

be taught the law for their own safety. Training in right behavior and wrong behavior is quite necessary.

In the end, once an individual learns of the truth, this will set him free from the law. The Law is not here to condemn but to set free. This is each person's job. If this is taught to all and passed on then there would be less stress. It is a giving of permission to change a thing easily. So my freedom is not from myself but from the laws that bind me to the limited form.

Transcendence is all about rising up from under the law to above the laws of this world, mentally, emotionally and spiritually speaking. Quite necessary these laws are. Now I can appreciate them. This needs to be taught so many can know and understand this. Once it is known it will not be so difficult to understand and accept. Impatience may be present but that is normal. We are all in a rush to get back to our unlimited Self. We're all in a rush for just about everything!

I have learned the hard way. These lessons showed up to help me see things I needed to see and bring into the awareness of the world. I would not have known about them otherwise. So this is the good that came out of a seeming bad thing. I am grateful for my lessons.

We live in a world that is such, that if we do not know who we are and stay informed about our Divine Truth, we will be tossed and thrown by the selfish waves of negative influences all around us. I wish I had known these things a long time ago and raised my children on them. Yet, it is our Karma for it to be just the way it is all being.

I cannot change anything from the outside. I can change all things as I see it only from inside myself. It is time for me to do this. Now this God principle that I Am, go ahead and do what has to be done. Neville Goddard and Earl Nightingale (among many others) have proven that it can be done so now I do it.

All things happen for a good reason, be it good, bad, nice and not so nice. Get the good reason instead of stressing over what happened.

I was run by my ego. It kept me in misery and lack. I am now free of my ego's control. And I am now my Presence, the Presence of God I Am. This is true freedom. I thank Mooji for teaching me how to do this and helping me to be myself, my true self. I could not have what I wanted under ego's control. Now I can have it all for I am Presence.

It has been three years since I first heard Mooji. Because of his teachings I was able for the first time to come into a state of peace. Then my programs that were still there to be cleared led me to search for more. This led to my clearings and as soon as I had done enough of them, Mooji's teachings became interesting to me once again.

I recognized that this is where it was time for my real self to be home to stay and all that happened after I kept listening to Mooji has confirmed this. Transmutations will never be over until we allow a Master to assist us in coming home to our true self. This I learned from Avatar Meher Baba. He was the first Master that I truly believed in and who helped me see the great value of all Masters. He said that one

can take oneself only so far. The last step has to be taken with the guidance of a Master. Mooji and Sri Ramana has helped me to do just that and I am grateful. He shows us how to be rid of our ego's influence for good.

It has been 3 months since I read Sri Ramana's book "Who Am I?" For a whole week I no other desire but only to know "Who Am I?" I wanted nothing else. I needed nothing else. Then I continued on with my life's responsibilities and I did not notice when the desire went away. Three months after this I woke up one night and was in the awareness of my real self. It was nothing like I was expecting. Nothing I had read or heard prepared me for this. No one I had ever heard speak of it.

During this three months period, I had the greatest challenges from my mind. It kept bringing up past fears and issues. My relationship was the greatest challenge of all, for I wanted to be free to do as I wished and yet wanted to keep my relationship which was getting more and more difficult to be in. I kept remembering how sweet it was in the beginning and holding on to that. I kept on looking for the lessons and transmuting.

A list of beliefs showed for in the three months that it took between my reading of the book, "Who Am I?" by Sri Ramana Maharshi and my subsequent awakening/transcendence. (Most of them are recorded in chapters 5 and 6.) These beliefs focused solely on my relationship with my partner. I worked on every one of them and nothing changed in the relationship. I was hoping that it would. The feeling that I had to leave was getting stronger and stronger and one day I couldn't take the misery and torment I was putting myself through because of this relationship any longer. I decided it is time to go.

Exactly 7 days before I awoke out of the nightmare of my ego-challenged life, I made the decision that I was leaving. If I did not leave I knew that the grief that I was experiencing over my partner's seeming uncaring behavior was going to make me dis-eased in the body and I decided that that is not what I wanted for myself. I could have left right then but decided to see how I would handle it emotionally, since every time I tried to leave I would get into a state of intense grief and cry non-stop. I decided that I would leave the following weekend.

The instant I made that decision, my whole being felt a peace and ease that I had not felt in a long, long time. I knew then that I had made the correct decision. My mind became quiet and still. I was observing everything and yet there was this quietness deep inside that was not disturbed by anything. My neighbor's little 3yr old who was visiting us noticed and said. "Aunty is quiet." She said nothing else and continued watching her video. I smiled.

Exactly seven days later, I went to bed early that night. For the first time my partner did not go to bed before me. I was feeling very sleepy and we had not spoken to each other. Since I was being so quiet, not much was being said if anything at all. He does not speak much so it was perfectly normal. I went to bed and noticed that he was not there and thought to myself, "Oh well, let it be. Whatever happens happens. Let it be as the Universe wills. Then I fell into a peaceful sleep. I awoke two hours later and noticed that my partner was hugging me really comfortably. It felt good.

Then I moved a little and he turned away. My attention was on him for a moment because he had turned away from me.

Then I looked forward. I was still lying on my bed on my back but it felt like I was sitting up. I looked and saw NOTHING! I felt my eyes were open but I could see only grey in front of me. (Indeed my eyes were still closed but I did not know that then. I was seeing clearly with my eyes closed!) I did not see the bedroom or anything else. I just saw empty space. I could not hear a sound for all was really, really quiet and still. I did not feel my heart beat nor my breath. All was still and deeply quiet. No movement or sound anywhere. Then I my awareness went down to my heart area and I noticed a deep state of peace. I recognized it as the peace that passes understanding. It was Peaceful Quiet Stillness Free and light as in weightlessness. It was like everything that held me down had dropped away.

Except for this state of quiet stillness and deep peace, there was nothing else. I observed this for a while. Then I looked over at my partner without turning my head, with only my attention (or awareness). Then I heard, "I am even beyond love." It was loud and clear as if someone said it. Yet, I felt or saw no one. I felt the truth of that statement and accepted it as natural. Then a thought suddenly occurred to me, "Stillness Speaks!" I jumped out of bed to go online to look for a book I knew was called Stillness Speaks. I couldn't remember who wrote it and I needed to read it right away! I had just experienced this Stillness and It spoke! I saw nothing. I only heard and knew with an unquestioning knowing that it is true. I could not find the book that night but I saw that it was written by Eckhart Tolle, an author whose work I had not looked at before.

A week later I related the experience to my sister friend who listens to Mooji every day. She said, "Pat, that was yourself. You experienced your true Self. And I have the book."! I could not believe it. It had happened at last. It took 17 years and I was home. It was not what I expected and I almost missed it by labeling it an experience, just what my ego personality would prefer, so Mooji and Papaji said as I learned afterwards. I did expect a lot especially since I had read so much about awakening. It felt really quiet and still. Every day was the same after this, for a while, Quiet Stillness and No Emotion. Just a peaceful quietness and so much revelation! I just accepted this peaceful, restful state. I took notes as I always do. I enjoyed my new state of quietness and I loved Eckhart Tolle's book Stillness Speaks. It helped me understand my experience of Myself that night.

For one whole month after this I listened to Mooji Satsangs every day, 2 times per day. So much that he was saying was making so much more sense than before. I laughed and cried much during these Satsangs. It was a beautiful cleansing to go through on another level of my being. I felt so very grateful. Then after that month my mind was quiet again. This time my quietness felt like I was dead and buried. No emotion and no care or concern was present. I really felt dead. I recognized this state as the death and burial of my ego identity. I was experiencing what every son and daughter of the "I AM" has to go through when they are truly ready to know who they are in truth. I allowed it to be what it was being.

Four months later I came out of that state and started being interested in life again. I had dreamt the night before of 3 beautiful butterflies that were really flow-

ers on a tree. They were red, orange and gold in color. I knew what this meant and I felt grateful. I was born again. This made such a wonderful difference for I could now recognize the false from the true with a clearer seeing. I was seeing and experiencing life consciously and not unconsciously anymore. I felt grateful and I still am today.

I am grateful too for all that happened to bring me home. I bless all and I give thanks.

It is wonderful how we are taken on this Life's journey from without to within and how we are taken step by step to the right people, places and things that gives us the perfect experiences that makes for our perfection. It does not look like it while we're going through them but like the words themselves say, we are "going through" them and nothing is happening "to" us. It is all well and all is being taken care of. Just be aware of what is happening and see the true reasons behind them and you're in the freedom that you have always wished for.

Eight months later, I am sitting in my yard and being with Nature as I love to do. I am inspired with wisdom wherever I am and this morning the publishing of this book came up. I looked at the thoughts that came up and the possibilities available to my mind, which was not much. I said then, "Universe, You gave yourself this book in this your body. Now you take care of the publishing and everything about it. I give thanks." Then I just let it go.

After this, my thoughts went to my awakening moment and the words that were said in it came back to me. It felt like I was speaking to myself without words and those last words came loud and clear so that my ego personality should hear them also. For a while my mind did question the words I heard in my awakening experience that night. How is it that I am beyond love? Love, it is said, is the greatest thing on Earth. I wanted to ask Mooji this question so badly and one night he showed up in my dream. Telepathically he said to me "Pat, you know the answer to that. You don't need me to tell you." I smiled. I know that I know. My mind did not know and it was asking the question, not my real self. Indeed, I Am That I Am revealed Itself to Itself for the mind cannot comprehend this Self that I Am. The mind came after I Am and will never understand this. Only I Am can recognize what I Am.

I had to leave my relationship after my awakening for it felt like that was the next step required for something greater that was happening in and with me. The death and burial that I experienced myself as being in, I had to stay in that state for a while to complete the death of the ego personality. I had to really and truly be "dead to the world that I may live for and as Christ", for the scriptures says, "He lives in me".

The Christ, Krishna, Buddha, The Baba's and all the Masters who ever lived in a body, is One and the same. They all came with a different modality to suit the requirements of the diverse cultures and needs of every individual. This is awesome in itself and one of the reasons that I did and still do not hold doggedly to only one Master and guidance. All are One and all are myself. I know this with a knowing deep within. The Universe came to restore the true guidance to those (Itself in form) that are ready to return to the Truth and will always be coming in form to assist all who call upon it. Isn't this wonderful? It gets better and better, believe me!

Love and Light be unto all of creation and to you my beloved. Namaste. I bow to you with hands clasped.

I have given my good, my bad, my ugly, my nice, my wrong and my right to Divine Love and Light which is Divine Peace and I am asked to share it with you. I now Innerstand (understanding from Within). Divine Love Energy now supports me in my highest Mastery. It does for you too. It always has and always will. I give thanks.

Every light worker must remember to apply light and love to a situation to heal it. Even the light workers sometimes forget and react to ignorance when it shows up unexpectedly. We must watch and be aware all the time. We must remember that we are love, light, peace and wisdom and to apply ourselves according to what we are. This way we are doing what we are here to do and not it's opposite. We must be detached and remain detached from everything. We must focus on our own self and the messages from within to be in perfect peace, health and clarity.

One way I do this is by applying what I learned from Ottakara Klettke's book "Hear your body Whisper".

Everyone must find their own way. We must know the truth so the truth can set us free. If we were free in the first place, then we would have no need for the truth. This is why we must "study to show ourselves approved unto God". We do not study just one book for all is not contained in one book. The truth is likened unto a huge puzzle that is being put together and the pieces are scattered everywhere in every religion and Philosophy. The stories are allegories and not literal. They tell the truth about you. Yet only the Spirit of Grace can and will guide you into all truth and you must ask to receive. IT is waiting patiently on your request.

Waking up to the truth from Within is the only freedom that is worth having. Yet it is not a having but a Being. Be free now!

Peace, wisdom, joy and gratitude be with you in all your dealings. Blessings and Namaste.

I hope you have enjoyed reading this book. If it has benefited you in any way, I would be very grateful if you would consider leaving me a review. Please click here to leave me a book review:

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Thank you!



About The Author.

Hi, my name is Patricia Ramphal and I live in Guyana, South America. I have 4 children and two grandchildren so far. My life in an East Indian family was one of total dysfunction. Innocent and naive, I believed everything I was told until at the age of 29 I started questioning everything I was told by everyone- church and all.

I was born in the physical world on January 3rd, 1971. Forty six years later, I was taken into the "Beyond the Beyond" on the 3rd of March 2017. This event occurred after 16 years of questioning and searching for the truth that works, after my marriage fell apart. What I had been taught all my life was simply not working for me. I had to find out why. Now after my "Awakening into the Beyond it all", my questions have been answered and life is finally flowing freely and easily and better than before in each moment.

I have devoted my life to bring Wisdom as it is inspired from Within to all who will receive, so all can have the "peace that passes understanding" that I have experienced and which is our true inheritance. This book is not for everyone but only those who feel drawn to it.

Many great teachers and guides showed up along the way (through books and videos) and for them I give thanks. Just like the petals of the flower unfolds to reveal its glorious beauty, so let your life unfold to its perfect Infinite beauty. I share with you who reads this book the blessings that I have received and more of the Infinite Intelligence that we all live and move and have our being in.

Peace be unto you.

