

# **If God Could Write**

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*With thanks to all those who have enjoyed my books  
and passed them on to friends,  
encouraging me to make them  
more widely available.*



**Comments from readers of**  
*If God Could Write*

“I couldn’t put it down”

“I think it deserves to be a best seller!”

“Your book has really helped me”

“Full of inspired tips and insights”

“A valuable resource for those of us seeking spiritual  
meaning and direction”

“Very coherent”

“Neat”

“Liberating”

“Wonderful”



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## Preface

I'm a meditation teacher who has been practicing meditation intensively since the year 2000. Many of my meditation students are keen to know if, as a result of my time in meditation, I have any insights about God. This book is my best effort to capture the nature of God, should he exist. I've been distributing copies of this book to my students and clients for a few years with great results.

Formerly a scientist, I enjoy teaching practical meditation skills and promoting no-nonsense approaches to spirituality. I've opened a meditation centre in North East Tasmania (the Hillwood Road Meditation Skills Centre) to help cater for the growing demand for "spiritual but not religious" leadership in the fields of mental health and community well-being.

*If God Could Write* is a hypothetical letter from God, but it doesn't assume that you're already in favour of his existence. In Australia, about 70% of the population believes in God to some extent. But even among those who have some belief, many people have serious doubts, and many have abandoned the traditional portrayal of God by the religions. Clearly if God does exist, he is having some image problems, so serious that some people choose not to believe in him at all.

I believe that *If God Could Write* is a step forward in our speculations about God. In the past, religions

have been the primary source of teachings about God. But nowadays people are thinking more independently about what they want to believe, searching through ideas which are available on the internet from all over the world, and from historical records as well. There is a huge process of sorting through the material of all ages and places and allowing the best to rise to the top. Amid this process, we may stumble across ideas which help human consciousness to take a leap into greater intimacy with God, should he exist.

*If God Could Write* contains fresh ideas about God. Could you accept God – and could you find God – if he is different to what we have assumed about him?

This book suggests that God wants to apologise to you for the difficulties of the world. God is not about miracles, judgment, or recipes for rightness. God is about communication, inspiration and warm auras. How different life could be with just these comforts.

This book suggests that God craves a relationship with you but he also wants to respect your personal space. The trick to finding God is to show yourself to him and to listen. You don't have to master goodness before you get access to a mystical level of intimacy with God. You just have to be open, really open.

Even while I enjoy the ideas I have written in this book, I think there is no need for any system of thought to be accepted as an entire package. Your spiritual independence – your right to discover God (or

the lack of God) for yourself – is priceless and should be respected by everyone.

I wrote this book while I was in a somewhat altered state of consciousness – what you might call a mild trance. It is a state which is normal to me when I meditate. *If God Could Write* is phrased as if it was written by God. Did I indeed channel the book from God? Is it fact or fiction?

In my opinion, it doesn't matter. When we look at a painting, we don't worry about whether the artist was aided by God. We just view the painting and decide whether we like it. Does it make us feel something? Does the painting provoke ideas which we are glad to have?

*If God Could Write* is written as twenty-eight chapters, each flowing with abstract ideas in simple language, with a sense of spiraling upwards in wisdom as the chapters progress. Each chapter is digestible, but so deep that you can end up spinning deliciously after reading one or two. It's a book which can seem fresh each time you read it. Overall, the book mimics a loving relationship – discussing the feelings of both God and you, the reader, in a weighty and yet informal way, with plenty of sensitivity, esteem and support.

I wish you well on your innermost journey, and I hope that this book will help in some way to crystallise your ideas about what you do – or don't – want to explore in your life.

*If God could write to you,  
where would he begin?*

## 1. I owe you an apology

To put it into your language, I owe you an apology. I feel deeply sorry for your situation, the sadness in your soul. It's not your fault that you are detached from God, and I take full responsibility for the way that philosophy and religion has evolved for humans. As a species, you have done your best to understand your nature and your surroundings, and it was in your nature to come up with some wrong ideas and some desire to spread false ideas and become somewhat attached to false ideas. I can fully feel the pain of your ignorance and deeply sympathise with you for that.

At the same time, I do not judge you for your lack of wisdom, nor judge those people who have led you into false ideas. Nor do I judge you for adopting false ideas and sticking to them. This is all human nature, to come up with ideas, to want people with whom to share, and to become attached to things. Therefore it is all my responsibility, and I do not judge. You will always find this with me – that I am happy to take responsibility for everything which you see as wrong. I do not blame anyone for anything. I always offer a better alternative, but I never judge or blame you for where you are. This is my nature and, as you will eventually see, it makes sense throughout you as well, when you come to accept it for yourself.

I apologise for the way in which the world is flawed. I apologise that I am flawed. I apologise that people have tried to tell you that I am a perfect God. You humans get carried away with the concept of perfection, and turn it into a kind of fantasy. Look around you in the world. If you call the natural state of the world “perfect”, then I am perfect. If you deem that the natural state of the world is “flawed”, then I am flawed. I am the exact same standard as the nature of the world you see around you, and I mean human nature as well as the condition of plants and animals. You humans are entirely part of my creation – you are not aliens from the cosmos of another God. Everything that you are, including your mischievous and wasteful streaks, are part of your natural state, and therefore I am responsible. I am the one who is ultimately responsible for your wars, pollution, diseases, mental illness and experiences of unrequited love. I am responsible for all of this, because I am all creation, with all its diversity and nuances. Call nature flawed, then I am flawed, and for this I am sorry.

I am sorry that many people tried to tell you that there is a perfect God who makes things better than nature itself. I am sorry that people tried to tell you that I created everything but that I saved my best tricks in order so that I could give miracles to my favourites. This is entirely wrong. If I can give miracles, it is only under rare circumstances and you might as well forget about them. I do not play favourites; you are each entirely special to me. I am

sorry that people gave you the impression that you are supposed to learn unconditional love and yet I would treat you according to how loving or religious you are. What a hypocrisy that would be. I will have none of it.

I am happy to admit in all humility what I am, and what I am not. I am not a God who judges you for your actions. I am not a God who doles out rewards for good behaviour. I am not a God who can pull miracles at whim. I am a God of mistakes, misbehaviour, miscommunication and mishaps as much as I am a God of natural wonders, babies, twinkling stars and adventures. You must accept me for who I am. I am a God of bottomless intimacy when you learn to unlock your relationship with me. I am a God of infinite comfort and respect, when you learn how to receive my intelligence. I am the God of good ideas. This is what you can aspire to, if you want to open your heart to me. But wait. Do not try to start opening towards me until you have dropped some more of your misconceptions about me. We will do this in the pages to come.

## 2. How have I failed you, my love?

You see, I am keen to apologise to you, for all the discomfort which you endure as a human being, and for the fact that you and I have a great emotional gulf between us at present. It may strike you as odd that God wants to apologise to you. It strikes me as odd that people generally do not conceive of God as someone who would apologise or should apologise. Part of the problem is that people do not understand the nature of causality, and also do not really understand that apologies can exist without feelings of shame. My apology to you is totally heartfelt. I wish that things could have been otherwise, so that you could have suffered less. I want to acknowledge my responsibility and alleviate you of any fears that you may somehow have caused your own suffering, because of your character failings or misdemeanours. No, you are not to blame. I am ultimately responsible for everything as it has turned out in the universe. I hold myself accountable. And yet I do not feel shame, because there is no need to be ashamed of things being the way they naturally are. This is how I also want you to feel when you apologise for anything. It is okay to recognise that something stemmed from you, and to express your heartfelt sympathy and regret, but you should never be ashamed nor feel self-recrimination for your actions.

What have been the greatest trials of your life so far? Have you suffered from depression? Self-hate? Physical trials such as hunger or sickness? Do you have an addiction? All of these things are directly traceable back to your nature as human beings, and I am sorry that you have had to suffer these things. It is my fault that humans have evolved to be both susceptible to, and sensitive to, these kinds of discomforts. It is a regrettable combination. Other animals are susceptible to a lot of discomforts also, but they are not so susceptible to mental anguish, and they are not so sensitive to their discomforts, because they do not have a complicated mental cortex with which to perceive their trials. Therefore the human species suffers more than any other species on this planet, and I am sorry about that.

This is the point at which other authors might say, “God intended things to be this way so that you might learn,” or “Trials are good because they make us stronger,” or “You chose the trials of your life before you were born,” or “Trials are good because they make you appreciate all the things in life which are pleasant.” I do not subscribe to any of these views. It is just unfortunate that the human species is one which suffers. There is no BUT. The human species is prone to more suffering than any other species on this planet, and I am not going to rationalise this, make excuses for it, tell you it is your own choice, or try to minimise this fact in any other way. You have suffered, I am aware of

it, and this is a sad situation. Like I said, I am genuinely apologetic that this has been the nature for humans.

Why should a God be apologising and sympathising like an ordinary human being? You might wonder, shouldn't God be above such human behaviour and helplessness? I do not concede that I am helpless in this dilemma, but truly I do feel like a human being when it comes to apologising and empathising. Please do not be surprised that I have lots of psychology in common with you. After all, it is my intelligence which is riddled through you, so it should not be surprising that much of my emotional make-up is similar to yours. We will come back to this point later.

Other authors and teachers have been mistaken when they assumed that God would not want to admit to a badly designed human species. They often leap to my defence, saying things like "God intended for humans to be perfect but humans have brought disaster upon themselves by their bad behaviour." Or "God is trying to teach us to be better people." Please do not try to defend me. I don't want my design flaws to be covered up and excused in this way. I have no shame in admitting that creation has created some dilemmas for some species. Humans are not the only ones. Dinosaurs had some dilemmas, for example. All of the species which are becoming extinct have obvious dilemmas, and you surely do not think they are to blame for bringing disaster upon themselves?

You have to learn to forgive yourself in the same way that I forgive the foibles of nature. It is a “top-down” way of looking at things. If I can accept and forgive myself for all creation, then you too should be able to accept and forgive yourself for everything you are. How hard it has been for you to accept and forgive yourself for your imperfections when people were busy telling you that God, by contrast (and in contradiction to all the evidence), is perfect and doesn’t make mistakes, and hopes for you to be perfect too! How can you feel any affinity to a leader who has this kind of attitude, while you are deemed to be backward and undeveloped. Forget about all of that. I am your humble leader and we are all in this mess together. I will do my best to explain to you how we can work together and evolve as a single intelligence – with all our creative strengths and yet pockets of waywardness.

### 3. Don't be afraid of me

You must realise, in order to feel freedom in your spirit, that God is not to be feared. I am not at all frightening when you understand what I am. I am an expanded version of yourself. I am only to be feared if you are afraid of yourself. If you have something to hide inside yourself then naturally you will also be afraid of me. But if you are not afraid to see yourself clearly, and feel your inner self clearly, then you will also find that there is an amicable God around you, who can communicate with you freely and give you support.

This is not to say that I am simply the divine spark inside of you, nor that I am just you at your best. These ideas are promulgated by people who have no real desire to believe in a great God. I am over-arching and yet I am inside and accessible to you. I am responsible for much more than you could ever personally be responsible for, and yet I am also the same intelligence which runs through you. You are a part of me, but I am not a part of you. I am not subordinate to you, and I run through all of you. Those of you who like to think about harnessing the God inside you should be a bit more humble. It is I who would like to harness you, and not the other way around. You cannot use me for your purposes, but – if you will invite me to do so – I can use you for mine.

You must learn to trust that my purposes are good and are in common with the creative intelligence which runs through everything. My intentions are nothing more than what you are entirely used to in the world already – the unfolding of beauty with a margin of error, the constant progression of life, the continued advocacy of goodness and inspiration, and the continued suspicion surrounding darkness and untruth. You will find that my intentions are highly palatable and familiar. I am similar to a wholesome parent or an ideal social leader. You have nothing to be afraid of except your own lack of power when compared to mine. Yet when you are aligned with me, you too can be immersed in my power and experience complete fulfilment.

Now I am aware that I am going too fast for some of you, who will take some time to digest the enormity of what I am saying. Imagine this – Imagine that you and I were to sit down and have a conversation together about everything your heart feels and how I can help you. This would be a fair reflection of the type of relationship I can have with you. Imagine that you allow yourself freedom of thought at some point in every day, and you allow yourself to be open to good ideas and pleasant atmospheres. Then this would be a fair reflection of how I can help you. If you continue to respond to my inspiration and atmospheres, then the quality of the connection between you and me can improve, and I can send you more inspiration and good atmospheres. You would never feel alone or feel that

you are facing a problem without a solution. This is what I offer you.

On the other hand, there are many people out there who are encouraging people to think in an egotistical manner about their spirituality. Phrases such as “discover the goddess within” can mislead people into thinking that they can harness a power for their own use, and apply it to their personal goals, no matter how ungodly the goals. To some extent this is true, especially as you might harness the support of various ungodly occult beings, and you do have a great potential in your own aura. But there is a great difference between being open to my guidance and expecting the power to follow your own unguided path. There are many people who use the new age terminology wisely and in an inspired fashion, but there are others who encourage people to seek wealth, status and followers no matter whether their goals are inspired or self-serving. This is a poor choice.

I come to you to remind you that some of the ancient wisdom is good, but that many misconceptions about God have also developed. The ancient ideas of humility and service to God do have a value. But the idea of having to please God, to avoid hell and to avoid judgment are wrong. Humility and service are just ways of saying that you align with the overall intentions of creation, rather than making up your own agenda. Aligning with the intentions of the universe is a good idea because your body and soul are riddled with these intentions anyway. By aligning with my intentions, you

are aligning with the true intention of your body and soul. To choose your own agenda is to go against natural order, and can cause inner conflict and a delay of your intimacy with the greatest being of all. Therefore you will cause unnecessary suffering to yourself if you delay your alignment with God. There is no judgment, no hell, and no snobbery. Simply it feels bad to be going against the flow of your own nature.

Many false ideas about God have developed out of frustration. When people cannot hear me, they make things up. People often cannot hear me because their connection with me has been compromised for some reason or another. If you are embarrassed about being seen for who you are, you will reflexively close your channel with me. If you are afraid of what I might inspire you to do, you will reflexively close your channel to me. If you are worried about what other people think of me, you will also reflexively close your channel. And so on it goes. If you are fearless in your appearance before me, like a cheeky child, then I can talk to you freely, and you will taste how good it is to receive a constant stream of inspiration and comfort from God.

Please do not be afraid.

## 4. Do you want a God?

The question is simple – do you want the kind of God that I claim to be? Would you like to have an on-going stream of good ideas in your head? Would you like me to give you a good sense of timing for every task you undertake? Would you like me to send you vibes of comfort and words of reassurance when you are feeling low? Would you like me to send you other positive vibes which help you to grow as a person?

In return you will need to make yourself transparent to me. I cannot provide these things unless you open your aura to me. That is, you will need to allow me to see what you are thinking and feeling. If you feel at all ashamed of your thoughts and feelings, it is going to be difficult for me to see them. You will need to be willing to see them yourself first, and then to reflect upon those thoughts and feelings while also casting your awareness upwards towards me. If you are not willing to do this, your mind and therefore your life is inaccessible to me, and I cannot help you.

In order to receive my benefits, you will also need to be more open-minded about how your life is going to turn out. You would have to be willing to take my inspiration on board in preference to your pre-conceived ideas about where your life should go. You would have to ignore all your social training about what you should be doing and pay attention to my ideas

instead. I understand that it would take you some time to learn how to listen to me and to accept my style of guidance, but I also know that you will find it incredibly enjoyable to follow my ideas. They are designed with your best interests at heart (as well as mine).

You won't find it easy to open up to me initially. It is not common in your culture for people to open their heads to God. Even many of the people in churches keep their thoughts contained and just put a limited stream of their thoughts into prayers. Many people, including believers, try to keep a lid on what they feel, so they cannot even feel all the emotions within their own bodies. If you won't allow your aura to shake with your own emotions, then how am I supposed to see what's going on inside you? I can only help you if I have plenty of information about what you are experiencing.

The cost of accepting me may seem high to you. You would have to give up the feeling that you are in control of your life. Instead you would have to adopt a kind of softness, both in your aura and in your way of planning your life. You will need to allow all your thoughts and feelings to rattle around in your body in such a way that you and I can both hear them, and this means that you might feel more emotional pain. In the long term, I can help you address the pain, but in the beginning you have to feel the amount that has accumulated inside you, and that can be daunting.

Also, if you like to take credit for how your life is turning out, that would have to change. You can't

surrender yourself for God's help and then take credit for the results. You must understand that your life is a collaboration between me and you. You open yourself and give me information, and I will give you good ideas and energetic bonuses. Then we are a team, and our goals can only be goals on which we are both agreed. Therefore you must be humble in how you see your life.

Also you would have to recognise my superior ability to see what is going to work and not work. That is, you would have to give me credit for my greater ability to make decisions and to see what you should do. I never overrule your decisions to go your own way, but if you want the benefits of being intimate with me, then you would need to submit to my good judgment. You can take credit for the wisdom of choosing my leadership, but in all other respects you would have to see me as being superior to you in intelligence.

This is not as insulting as you might think. The intelligence of which I am composed also runs through you. It is the same intelligence which has created your entire being. Your conscious mind, however, is quite narrow when compared with my intelligence as a whole. Therefore your conscious mind is not a good tool to use for navigating through life, unless you also seek divine inspiration to guide you.

You can have me as your constant guide and companion without admitting it to your friends. I don't require you to advertise me to other people. Your relationship with me is entirely between you and me, and it is nobody's business. Unless I call you to be a

shaman or spiritual teacher, you don't need to mention a word to anyone about how you are taking advice from God. If anyone asks you how you cope with life, you can simply tell them that you keep an open mind, try to be aware of your feelings, and always stay open to inspiration. People understand that this is a wholesome, common-sense approach to life. And it is all that I am asking you to do. It is all that you need to do in order to have a connection with me.

You don't need to go to a church or temple, or join a group. You don't need to sing hymns or get down on your knees or have any rituals. If you want to accelerate your ability to communicate with me, you can learn to silence your mind and learn to listen more closely to your aura. That is enough. You don't have to worry about how to be moral or how to be loving. Love and morality will come to you automatically through your channel with me, depending on how strong it is.

And so I am asking you to forget all your preconceptions about God and consider the contract I am offering you. Would you like to open your mind, be soft and vulnerable towards me and receive my inspiration and warmth? You will need to give up your sense of personal control and pride, but you will not have to appear religious unless you wish to. Think about this.

## 5. There is no proof of God

Think about it – If God is in all things and never changes in this, then how can you find evidence of him? That would be like trying to find the existence of existence itself. In order to observe that something exists, you need to be able to see how it comes and goes, or how it is in one place and not another, or how it has consequences that would not be expected if that thing was absent. How can you demonstrate any of these things if I am everywhere all the time and always have been?

Some people say they have achieved a great closeness with God and claim that they can prove it with miracles or mystical effects. I say that this is just an illustration of the natural world. It does not prove that I am more present with that person than I am with anyone else. The fact that a person has achieved a high level of intimacy with me is something which can only be felt within that person's aura. It is not proven by what they can achieve. Some people can achieve miraculous feats and mystical effects without having intimacy with their loving God. They have learnt to harness certain aspects of nature, but are not necessarily intimate with my inspiration. These are two separate things – inspiration and mystical power. You can have one without the other.

The proof of my existence does not exist. You can, however, test the hypothesis that you can become more intimate with me. This is something which you would have to test for yourself. You can't just take the example of another person. Perhaps it is the case that what works for them might not work for you. You wouldn't know unless you tested it for yourself. Besides which, how can you take the word of someone else as evidence? They could be delusional or misinterpreting their experiences. I understand all of these scepticisms. In fact, my intelligence is responsible for your sceptical wit. I totally get it.

Therefore, there is no way for you to know if God exists. In fact, even the question does not make sense when you think about it. If God exists, things are as they are. If God does not exist, then things are still as they are. It makes no difference to the science of nature, or even to the science of human nature, whether God exists. Whether or not you know that God exists, you are still going to have doubts about how you should behave and what the future holds for you.

What do we know about human nature? We know that humans often have a yearning. Humans have ideas, dreams, hopes, and a desire for affection. Humans have relationships and trials. People are just starting to develop a comprehensive science for what really works and what really doesn't work for human mental health.

There are very few facts in psychology that we are entirely sure about. People vary in their sensitivity

and how introverted they are. People generally feel better if they meditate. Most people are not satisfied with traditional concepts of God. All these things are true and there is a good reason for them. Think about what these three things say about the relevance of an inward search towards God.

Finally (regarding this chapter), I want to say something to the die-hard bitter cynics who just can't swallow any discussion about God no matter how reasonable and noncompetitive it is. There is no need for you to hang on to your prejudice against God. You are not achieving anything by failing to think about God. Do not be afraid that your mind will fall into a pit of religious dogma and superstition. Allow yourself the freedom of a child to play with ideas without feeling that they are a lifelong commitment. Do yourself a favour and make room for debate inside you. You have nothing to lose except your arrogance.

## 6. Making your first steps towards God

I understand completely that it is very weird and uncomfortable for you to think about having a new relationship with God. Forget everything you have ever heard about God. I want you to think about this: Having a relationship with God is simply a new way of being inside your own head. You don't have to appear outwardly any different from before. You don't need to tithe (make payments to a church) or perform rituals or even say prayers. Having a relationship with God is simply a new way of exploring your own awareness.

This then is how you can proceed.

Firstly, you need to become familiar with how thoughts tend to stream through your head. Is there one single pattern all through the day? Are there times when your thoughts are racing and other times when your mind is relatively still? Are there times when your thoughts seem twisted and unpleasant, or repetitive and heavy? Are there other times when good ideas seem to flow, or happy thoughts and jokes pop into your head?

Have you ever played the game where you are looking for something and other people tell you that you are “getting warmer” or “getting colder” depending on whether you are getting close to, or further away from, the thing you are supposed to find? Well, when your mind is fairly quiet then you are “getting warmer”

in relationship to God. When your thoughts are happy and light, with frequent good ideas and spontaneous jokes in your head, then you are “getting warmer” in relationship to God. In contrast, when your thoughts are racing, heavy, twisted, repetitive or oppressive, you are “getting colder”. Therefore you can approach God by opening yourself to the warmer styles in your mind.

How can you steer away from the “colder” parts of your mind? It is not easy to steer away from something in your own head. What is more practical is to steer towards something and allow it to replace the thing which you don’t want to perpetuate. So if you bring your awareness to a cheerful and inspired level in your mind, you have automatically replaced alternative styles of thought in your mind.

Of course, the heavy ways of thinking will continue to interrupt and pursue you. There will be some stages of healing for you to go through, in order to be willing and able to let go of these persistent ways of thinking. This is all possible, and we will talk more about how to do this in the chapters to come.

For now, I simply want you to grasp the idea that God is an ingredient which is already inside your head in some measure. Do not believe that God is only for those who are baptised or converted. You don’t have to be born again. You don’t even have to believe in God for him to be present in your head to some degree. God is a kind of consciousness which is second nature to everyone, part of the time. To grow close to

God, to become truly inspired and comforted, simply means to cultivate this integral part of your nature.

I'm not saying that closeness to God is just ordinary and predictable happy thoughts. No, because if you do pursue a relationship with the Godly side of your mind, you will find that new layers of inspiration and joy become accessible to you. Your capacity to communicate with the divine will expand as you go, so the range of mental experiences which you can have will keep on increasing. You may become guided in a way which would be called psychic, mystical or saintly. Many doors will open inside your head.

So I encourage you to forget all doctrine and the heavy-handed ideas that closeness to God starts with faith and behaviour. Closeness to God starts with a journey into your own awareness, without any need to believe in anything. It is an experiment, firstly of getting to know your own thoughts and your own inner life, and then playing with how you can feel and think. You have much more control over your rambling thoughts than you have ever imagined.

Let us begin this journey together soon. I will be there, inside your happy curiosity.

## 7. My appeal

There is nothing to be afraid of. I am going to continue in my campaign to get you to recognise me and to recognise your deep yearning for me. You don't have to pay attention to me today or tomorrow, or any time during this lifetime if you don't want to. But eventually you and I will be reunited, and then you will realise that it is everything your soul has secretly craved.

You mustn't be afraid of those deep yearnings inside you. Do not be afraid to admit that life often feels lonely and you often feel alien even among those who love you most. Don't be afraid to admit that you are uncertain about the nature of your soul and the likelihood that you will survive after death. I know that human beings are dogged by these feelings and doubts all the time.

Moreover, in addition to all of that, you secretly yearn to be close to my wisdom and comfort. You are not alien to me. We are completely resonant in the intelligence and emotions which make us up. I understand you completely, and you will find all of me compatible with you, when you eventually discover my true form. Therefore I am your one and only soul mate. I am capable of being entirely intimate with what goes on inside your head and your body, and I can feed you with many wonderful energies and ideas. When you are ready.

There is no hurry, because there is no hell. Perhaps you have come to that conclusion already, or perhaps you are afraid of God's judgment still. There is no need to worry. I do not blame you for anything, not even if you persistently ignore my pleas to come close to me. Even if you hear me, recognise me, and still turn your back on me, I will not blame you nor judge you nor shut you out. You are entitled to your opinion and to do things in your own way. This always has been true and always will be true.

And yet, you cannot deny that there is a thread of me inside you at all times. Eventually, inevitably, this thread will call you home to me. As I have said already, I am already a component inside your mind. I am there in your positive thoughts and your warm, light moods. You can't exorcise me from your body. You can't banish me from your head, because I am a part of your normal intelligence and your everyday stream of consciousness.

Then there is also the feeling of pulling, which you feel in some quiet moments and some desperate moments. Every now and then you feel a little tug on your consciousness, as if your thoughts are being pulled slightly in one direction. When you gaze at a sky full of stars, you may have a sinking feeling or a rising feeling. When you get absorbed watching flames or waves, there can be a moment of clarity when you feel closer to something you can't define. All these experiences are signs of your relationship with me and its perpetuity. It

is there, even if you do not think of me as your God. I am your inner awareness, and you cannot get me out.

Let this be certain – that you do not have to struggle in your relationship with me. There is no time pressure. You don't have to please anyone either in a church, other religious institution, or in the heavenly realms. I am simply there to be discovered, like playing with the water in your bath. I contain no threats. I do not have any laws which you don't already know from your observation of nature. I am simply complete and belonging with you, and there is nothing more to add except your conscious intention to deepen our relationship. And then our similarities can unfold. Our intentions become one, and my capacity to bless you with good thoughts and feelings will increase many times over.

Don't be afraid.

Then again, I don't want to be compared to popular psychology which is fond of positive thinking techniques and recognising your inner power. This is not what I am talking about. I am talking about surrendering to something which is greater than your isolated self. I am talking about accessing new layers of consciousness by beginning with your inner relationship with the divine. I am talking about taking one step inwards, into normality, and then a thousand steps into a world which psychology has not charted. There is no need to stop with cognitive reframing and positive affirmations. Allow inspiration to enter you as well. If there is something else to receive, on top of what you

can do by re-stating your world, then you can really change into something new.

Don't hesitate, even though I don't mind if you do...

## 8. Your first step towards God

Look at it this way – My love can stay locked inside your intelligence, unheeded and unexplored for the rest of your life, or you can conduct your own mental experiments to see if you can find the consciousness of God inside yourself.

Again I say, I am not the same as the “God within you” that some spiritual teachers talk about. I am not the same as trying to enlarge your own personality, and making yourself confident and powerful. I am inside you simply because I am a seed inside everything. To discover me is not simply to discover yourself. To discover me is to discover a portal inside yourself, which leads to a far greater intelligence than that which could be stored inside your own body.

Be careful about making this distinction. It makes a great difference in some practical matters. For example, if you are trying to “harness the God within”, you might try to make your dreams come true by visualising that your dreams have come true. But if you are trying to receive God through the portal within, then you would have to let go of your ego attachment to your dreams, tell me all about them, but then wait and see how I inspire you to proceed. Another example – if you want to “discover your own divinity,” you might spend a long time exploring concepts of yourself

and protecting yourself from people who threaten your energy. But if you are opening yourself to a greater divinity, you can show me all of your self-concepts and your worries about people who threaten you, and allow my light to guide you in these personal matters.

In short, if you allow me to guide you, then your agenda is simpler. You don't need so many practices of affirmations, personal protection, and trying to manage energies with crystals and so on. Simply keep me well informed about what is happening in your life and in your aura, and I will make the decisions about what you need to keep you as healthy and happy as possible.

Note that I do not promise to make you happy and healthy as such. I will help you to find as much wellness as possible, but I will always balance all of your needs and the needs of everyone else, so I will not push you towards physical cures if they would create a large burden for your emotional health, for example. Also, I do not ordinarily arrange physical miracles for your health. You must learn to put up with many long physical complaints during one lifetime, but know that I will give you as much comfort and inspiration along the path as I can.

Physical miracles are not really within my control. They, like other patterns of nature, can only occur when a variety of forces come into play all at once. Then, riding on the crest of this happy coincidence, the normal laws of nature might seem to be overturned and something extraordinarily wonderful

happens. Actually, everything that happens follows natural laws, but the triggers of some amazing events have not yet been documented, and so they are called miracles as if they are spontaneous acts of God. They are not. My love and my help are very systematic and thorough, and given according to a predictable pattern. Open yourself to me, such that I can see easily into your aura and into your life, and such that I know you welcome my help, and then you will receive my help, regularly and to good effect.

You don't have much to lose in this adventure, except you will lose some time that you would have spent on less fruitful pursuits. You don't have to lose any friendships, because no one needs to know that you are taking this quiet journey within yourself. You don't have to lose your status in the community, because you do not need to appear outwardly any different, except a bit more inspired and content within yourself. You do not need to give up your mischievous personality or your inner fire. These are traits which I embrace and resonate with. These parts of your personality will feel at home with me, when you open yourself to the warmer parts of your consciousness.

Begin your journey by taking time to sit and observe your stream of thoughts and simply say to yourself, "warmer, warmer," and "colder, colder" according to whether your thoughts seem peaceful and enlightened (closer to God), or darker and more rigid (further away from God) in any moment. You will start to learn how your brain feels when it is closer to God,

and then this is a feeling which you will eventually be able to re-capture at will. This then is your first step towards God.

## 9. Misunderstandings from religion

Please understand that there is nothing to be afraid of as you approach God. Everything which I am is also in line with your best interests. Everything which I offer you is comforting and helpful. The only impediments to your journey are the misconceptions which have been spread about the nature of God and the misconceptions about how a person is supposed to behave in relation to God.

Let us look at some of the misconceptions which have been promulgated by traditional religions. First, there is the idea that some people are acceptable to God and some are not. This is false. It does not matter whether you have accepted Jesus Christ as your personal saviour, or whether you belong to the Muslim faith, or whether you have asked for forgiveness for your sins, or whether you turn a prayer wheel regularly, or any of these traditional markers.

You are acceptable to God just as you are. You are as acceptable to me as is a duck or a pansy. There is no reason that I should look down on human beings as less worthy of my love and acceptance than any other species. Your psyche, including your stubborn and wayward streaks, are just as nature made them to be, and I take full responsibility for this. I accept you with the same humility that I wish you to accept me, with all

the dilemmas that my natural laws pose for you. This is what is meant by mutual forgiveness.

Secondly, let us look at the idea that if you are to approach God, you have to perform more moral and charitable behaviours. I say that if you approach God, you will find yourself spontaneously performing more moral and charitable behaviours, without having to think about it. This is the way it should be. If you “eat” God through your aura, then you will be full of divine inspiration which will flow into all your decisions and behaviours.

You cannot manufacture good deeds by mental cunning alone. From your human perspective, you can’t be sure which behaviours are most moral and most beneficial to other people. Moreover, you will quickly get tangled up with issues of ego, becoming attached to certain ways of giving and behaving, according to what is socially popular and admired. Furthermore, you will not – by your own brainpower – be able to know what kindness I wish for you personally to enact, and would end up relying on social training about what it means to be kind and loving. Forget all that training and ego, and simply allow my inspiration to flow through you, and you will find that you are a good and kind person as time goes by.

Another set of ideas which has been promulgated by religions is that you should gather together with other people of the same faith and follow a particular church leader, and perform all the traditional practices of that religion. I say that these

ideas are totally redundant. In the past it was useful to gather together in groups to share ideas and inspiration, because face-to-face contact was the only way to mix with the wider population. Today, you can mix on-line. You have plenty of ideas to draw upon globally and plenty of ways of sharing your experiences in a way that can help to channel my support to each other. Therefore you do not need actual groups in the community. Yes, groups are a nice way to have fun and to meet real people who may change your life, but it is not a necessary part of being close to God. It is fine by me if the traditional religions wane in favour of a more global form of shared inspiration and spiritual education.

Finally, I take religions to task for the amount of prejudice which they promote, either intentionally or accidentally. It is not fair to tell other people that they are mistaken in their beliefs, or that they are going to hell, or will be worse off in an apocalypse. This is a form of vilification which is seen as socially acceptable because the religious person believes they are saying things which will ultimately help to save the soul of the person who is outside the religion. I think it is a form of bullying and I do not welcome any thought which puts down the right of another person to have a different point of view. I am inside the heads of all people, good or bad, religious or non-religious, and no one has to swear membership or recite a creed in order to access me. There is no required pace of spiritual evolution, and no one should try to measure their

development against the development of another person. To compare yourself with the spiritual advancement of others would demonstrate a fundamental misunderstanding of spiritual law and your unique place in the universe.

Perhaps you take heart from my strong words if you have always been suspicious of religions, but I warn you who dislike religions to be careful not to be prejudiced either. Every person is trying to make their own way to the best of their abilities, using their own personal experience, and their situation must be respected and accepted. If you feel uncomfortable about anything in the mix of religions, please tell me about your discomfort and wait to see how I inspire you to respond (or not respond).

Now, please continue to study the stream of your own thoughts. This time, as you observe your thoughts to be warmer, warmer or colder, colder, please imagine that a plate has been lifted from the top of your head, and I am observing your thoughts with you, without judgment.

## 10. Allow me to comfort you

Before we go any further, I would like to offer words of comfort to those who are wrestling with deep pain at this point in their lives. There is nothing I would like more than to be allowed to intervene and send you some heart-warming energies and some ideas for how to move forward in your life. These are things which I can realistically offer.

I regret to say that I cannot reorganise the physical world for you. I cannot bring back those who have died, or restore your finances overnight. Nor can I remove your cancer tumours at whim, nor change the physiology of your brain if it has a longstanding imbalance. I can, however, infuse you with good elements in your aura, which will ultimately affect the balance in your brain. Over time, you will feel a sustained improvement in your mood and in your health, if you allow me to affect your aura in this way. I can also feed you with many positive ideas about how to proceed in your life, even if it is just by giving you a sense of a light-bulb going off in your head when someone mentions an option, or a sense of a green light going off for a task which you already had in mind. When your connection with me is competent, you would also be able to hear my advice as words in your head, but this might take a few years for you to develop,

depending on the quality of your channel with me already.

I don't want to make any sham offers about parting the oceans for you or healing you of all your diseases. These kinds of claims about God have not done me any favours, because they can't be reliably or consistently reproduced. And yet, there are many ways in which I can affect your life which would be a great help to you. Subtle help, through my atmospheres and my intelligence, can make a huge difference to how your life turns out. I can also influence people around you, those who also have a channel open to me, and therefore my effect on your life can be multiplied to the degree that I can get other people to help you work towards our common happy goals.

So for this moment, I simply want to offer you the thought that there is a God who is concerned for your well-being. I can – to the extent that you reveal it to me – feel everything that you feel. I feel deeply sorry for every anguish that you feel, and I am ready to hold you in a warm atmosphere if you will permit it. If your channel with me is currently weak, you will not be able to feel it much at this point. But if you welcome me, time after time, and if you consistently show your thoughts and feelings to me, then your channel will grow in strength, and then my comfort will feel as real and strong as the comfort of a greatly loving friend.

I will leave you with another thought about your pain. You are a great strong soul which can never perish. In spite of all you experience now, there will be

other times when you feel refreshed and free. You will not always feel the same. Experiences come and go, while your soul endures. You may look forward to another time (and place) in which you will feel that you have graduated from your current experience. You will notice how much more compassionate you have become to others who are in pain. And you will find that your character is improved in some (perhaps many) ways. Please look forward to getting out of this dark valley. In the meantime, turn to me as often as you can, and we will make a path to each other through the fog of your brain, pebble by pebble.

## 11. Freedom

Each person should be free to make up their own ideas about God and the universe. It is okay to be there and share your experiences when someone starts looking around for ideas. But I don't encourage anyone to advertise their beliefs about God and the universe just so they can get a wider following for their own ideas. This is wrong. You should realise how fallible your ideas are, especially as you are a single small brain within an enormous cosmos, and you have limited personal experience. Secondly, you should realise that you are compromising the spiritual freedom of others if you imply that they should adopt your ideas. Thirdly, it is an important part of a person's relationship with God to make their own inquiries about the God within them. You should not get in the way of this.

Likewise, I don't want you to be pressured by anyone. It is important that you make your own experiments and seek God on your own terms. If someone sits next to you and tries to tell you about their own conversion experience, or encourages you to come to their temple, be cautious. This person probably does not have pure motives. They are probably trying to win favour with me or to gain greater respectability for their own beliefs. It is impossible to win favour with me, as I am already totally enamoured with each person. There is no point in trying to win greater respectability

for your own beliefs. You are either right or wrong, and your beliefs are not superior just because you get a lot of people voting for them. The right answer is the ultimate winner.

I am not going to pressure you either. Put down this book immediately if you feel that I have an agenda to persuade you to adopt a particular set of beliefs. That is not my intention. I speak if I am invited, and only if I am invited. You must seek me before I can be of any value to you. Therefore I don't want you to listen to me to the point of your annoyance or in such a way that you are simply building up animosity towards me. I don't need your loyalty and you are free to think whatever you like for as long as you like, without penalty against your name. Let us, therefore, only be together to the extent that you enjoy my presence. If you are enjoying the tone of this book, and getting some inspiration from it, or some sense of widening of your spiritual horizon, then I am happy. Otherwise, I don't want you to continue reading this. It is up to you.

And if you continue to read me, for the pleasure of it, then I breathe a sigh of relief. Despite everything I have said, I am drawn to you and committed to you, and I wish entirely to be deeply connected to you, as soon as you will allow it. Enough of my entreaty! Let us get on with some more adventures in the next chapter.

## **12. The happiness of compliance with God's will**

I wish to talk to you about Compliance. Here I am using the term “compliance” to mean the extent to which you comply with the will of God. Trust me, by the time I have finished explaining it, it will not sound like an onerous term.

Many people have thought that they should try to comply with the will of God in order to please God, or to make sure they will be saved from judgment or disaster. This is all back to front. You can't set out to comply with the will of God. Firstly, you don't know what the will of God is unless you have a very open channel with God. If your channel with God was so open, you would understand that you do not have to please God and that there is no judgment or disaster based on how well you comply with God's will. Secondly, God will not reward you for your degree of compliance with his will.

In order to comply with God, you must first learn to feel the will of God. I say “feel” because it is an internal process of running ideas through your mind until a certain idea feels right and holy. When you get a strong sense of peace around a particular idea, then it is quite likely it is the will of God. You will get better at knowing this as you get better at showing yourself to God and discerning the feeling of true peace.

Once you have felt the will of God, it is no trouble to comply. Because you feel a great sense of peace around ideas which are inspired by God, it is a pleasure to pursue them, and it is agonising to pursue anything else. Therefore, the will of God becomes your own will. It feels right to you, so you choose it. Over time you will also see that your best interests are served by those decisions which felt right. It is a win-win situation.

So you see that it is pointless to worry about complying with the will of God. You are either open to God or you aren't. If you aren't open to him, you have no hope of knowing his will. If you are open to him, it will be second nature for you to pursue his will. There is no struggle involved.

It is pointless to wish that you had the prestige of complying with God's will while you have no significant connection with him. Understand that there is no prestige in following God's will. It is an illusion, spread by certain religious people, that people are more admirable or superior if they are busy following the will of God. If you are able to feel the will of God, then you are doing what comes naturally. You have arrived at that point because you have stumbled across God by natural means. You are in a natural mix of people, with diverse talents and backgrounds. There is no prestige in being more compliant with God's will than the others.

There is no need to be jealous of those who are already complying with God's will. Yes, they are enjoying a peaceful flow of inspiration in their lives, but

they are also working towards a common good. God's will is for the benefit of all people, so if anyone becomes compliant with God's will there is going to be some kind of positive spin-off for you, to some degree, sooner or later. So you might as well rub your hands with glee when you see that someone else is compliant with God's will. All the more goodness for you, without having to give up your own spiritual independence.

I encourage you, therefore, to think warmly about compliance with God's will, whether we are talking about you being compliant with God's will or someone else. In either case, the compliance will bring about greater peace and fulfilment in the world, from which all people may benefit.

### 13. The doorway of regrets

One impediment in your relationship with me is your deep sense of sorrow about how you have lived your life so far. You feel a lot of sadness about compromises you have had to make, things which did not go well because you lacked competence at the time, times when you were rude or short-tempered with people, times when you were even cruel or selfish. All of these things weigh on your mind, whether you are willing to admit it or not.

Perhaps it would help you to know that I too feel sorry for the pain you feel. I do not judge you at all for your experiences. I simply get inside you and feel sorry because you feel sorry. You take the lead in telling me how it feels to be human. If you feel regret and woe, then I believe this is the way humans feel as a result of these experiences. If you feel out of your depth, then I believe it is valid for you to feel out of your depth. If you regret that your life has not been better, or if you regret that you have not been a better person, then I believe that you should feel regret – because this is what you have told me you feel. There must be a good reason that you feel this way. And I feel sad that you are suffering these feelings.

The only way to improve the situation is to acknowledge all of your feelings and allow me to sit with you and lift them gradually from you. I am the

only entity who can sit entirely inside your feelings, feel them totally, completely accept them as valid, and metaphysically lift some of the pain. I am therefore the perfect companion in your pain.

I will not promise to make you happy as such. I can simply offer to make things better. This is a huge difference. Advertising geniuses offer to make you happy, but this is unrealistic on any large scale. You are sensitive people in a difficult world and your happiness will always be tempered and limited. It is not a suitable goal in itself because it is too fickle and not within your control.

Within your control, however, is your capacity to share your inner world with me. If you share your pain with me, then you can feel comforted and receive a certain amount of divine vibration which will shake out some of your anxious vibes. You will feel more peace and more certainty about how to move forward. I can make you feel a whole lot better, all in small stages. As your channel with me increases in volume, I can send larger, stronger metaphysical remedies, so the benefits become more obvious. All this will accumulate within you, and your path will diverge further and further from the unhappy path that you were on by yourself.

There is no need to feel intimidated by my presence inside you. As I have said, I take everything you feel as gospel. This is how you feel and therefore it is real and has happened. It does not necessarily have to stay that way, but I accept it as fact in this current moment. You are the leader in giving me information

about how you feel. I will never tell you how you should feel about something. If people say to you, “You should be grateful,” “You should be more confident,” or “It’s not so bad,” then they are not speaking on my behalf. You feel what you feel. Sometimes you might be surprised by the depth of your pain, but I tell you that many pains are bottomless because they remind you of emotional archetypes which consist of limitless pain and alienation. You can enter portals into these archetypes in many different small situations. I will help to bring you back.

This is enough comfort for one chapter. You will have to try everything I offer you, or it will be meaningless in your life. You can’t have a relationship with me unless you personally make efforts to engage with me. Therefore today I encourage you to scan your body and mind for everything you feel. Feel it as accurately as you can, and feel it as if you are an open casket and I am absorbing all the information you collect as you go.

Thank you for welcoming me.

## 14. God is no master

There are several key principles that I want you to understand as you embark on your relationship with me. One is that I am not your father. I don't mind if you call me "heavenly father" or "our father" or these kinds of terms, but I don't want you to think of me as an authority figure in your life. I am not superior to you. I don't have power over you. I don't look down on you. I respect everything about you. I see you as equal to me. I have many attributes and great influence, but I can never get control over you. You have your own free will to aspire to anything in this universe, and I may have to wait until infinity for you to choose to collaborate with me.

Collaboration is the correct way to describe our relationship. I can give you many things, but only if you allow this to be so. If you allow me to help you and inspire you, then you will tend to do the things which I desire, and so we have mutual benefits. I am helpless in the human world without the collaboration of individuals such as you. You are helpless against many pains of the physical world unless you have me to reduce your woes with my good vibes. So we are a good team.

I am a leader in the sense that I know more truth. I can put more things into words and help to open your eyes to the way things are. But the truth is

already there in front of your eyes. There are no secrets. You are already living amongst it and being a party to the way things are. Therefore, my articulate knowledge of the truth is not a kind of superiority. It is simply a capacity to verbalise the obvious.

You have certain capacities which I lack. You have a kind of waywardness which I cannot achieve because I don't have your level of ignorance. Ignorance is not necessarily a bad thing. In children, we see ignorance as being also innocence and a kind of exemption from many worries of the world. You have a level of ignorance too, because of the blinkered scope of your perceptual system, and the limited capacity of your brain. Also, there are false ideas spread in your society which help to perpetuate various categories of ignorance. Because of this ignorance, you may come up with ideas and inventions which I would never have conceived. Through you, I am capable of creating things which I could not otherwise create. This ignorant, blinkered fringe is perfect for scrambling my intelligence and coming up with something entirely original. I am humbled by this novelty.

So you see that we complement each other beautifully. I bring you insights and metaphysical sedatives. You bring me surprises and a lot of humour along with that. I have the potential to permeate your being, but I need your body as a tool to accomplish the things I have in mind. I am at the mercy of your permission. You are at the mercy of the physical world

for which I take responsibility as the creator. So you see we are very equal to each other.

Ultimately, when you look at the creative code inside us, we are indeed made of the same patterns, and there is therefore great resonance between us. You and I have more resonance between us than most other collaborative partners in the universe. We have much of our emotional make-up in common. I am capable of articulating in words and symbols which you can understand. It is easier to collaborate with me than with a rock, for example.

I don't have any plans for you which are mischievous. If you relinquish yourself to my inspiration, you will be surprised how closely my wishes are allied with yours. We have always wanted many of the same things. Many of your deepest desires were, in fact, inspired by me a long time ago in your consciousness. The seed was from me and you have recognised it as right for you, and cultivated it for a long time. This is another example of how we collaborate well, and how we can have a joyful liaison.

Take some time to consider the impact of what I am saying. Forget about every idea of God as an entity who is to be feared or revered, or who is remote or superior. I am a very intimate and relatable God. I am not thunder and roaring oceans when I approach you. I am a friend and confidante. I provide all the qualities of a loving soul-mate, without any intimidation or manipulation. My motives are pure and simple. You recognise me within that peaceful, inspired part of

yourself and know that I am no threat. Let us continue side by side.

## 15. Wait and see

This is what I want you to consider today – that one of the greatest strategies that humans can use is to “wait and see”. This attitude is not taken nearly often enough. It is because of your great anxiety about how things might turn out that you often push for a rapid resolution for issues when there is an easier way that evolves naturally with time. Also, even when you accept that nothing can yet be done, you want to know in advance what the solution will be. A lot of the time there is no better solution than to wait and see. Why do people find this so hard to do, and how can you learn to find comfort in this phrase “wait and see”?

We have many examples or anecdotes about how things have worked out for the best if people wait and see, but I think it would be a little insulting to give you these kinds of parables, as if you can’t already see things for yourself. You know that children grow up, adults become wiser, financial pressures wax and wane, and the weather constantly changes. You are completely aware that many natural things can wax and wane and bring changes without you having to lift a finger.

Yet when it comes to small scale events, you find it extremely hard to adopt the same maturity and to simply wait for solutions. Not all solutions are based in the changing forces of nature. Some problems need a

response from you, but even when it is your responsibility to act, it is best to wait and see until you have a clear idea how you want to proceed, and until you have allowed all other factors to settle down a bit. Wait and see is also the motto you should have when it comes to seeking inspiration. You can't tell inspiration when to arrive. You can't even schedule it by running a bath and lighting some candles to set the mood for it. You just have to ask above yourself for inspiration and then wait and see.

Whenever you feel the unsettled state of worrying about how things will turn out, you should turn to the phrase "wait and see". This phrase should remind you, among other things, that you are not alone in solving this problem. You have to allow time for other players to contribute to the solution, including God, who is calculating what inspiration to send you and when to send it. You should also use the phrase "wait and see" to remind yourself that things often spontaneously improve without any intervention. Whenever you hear the phrase "wait and see" it should give you a sense of hope – hope that things will improve automatically, hope that a good idea is just around the corner, or hope that you will find the peace within yourself to endure the problem, if you just have a bit more time to prepare your heart.

Let us give this advice for those who like to worry in advance. Please ask yourself what you have to gain from worrying? Is it your method of exciting yourself into action? Is it your method for getting the

sympathy and help of other people? Is it your way of trying to show God that you are frightened? Is it your way of reinforcing your concept of yourself as weak and ill-equipped? There is no good excuse for worrying a lot.

Fear is natural, but to indulge in worry is to make a philosophical decision about how things will continue to frustrate you. If you feel fear, you should show it to God. Feel the nature and shape of fear in your heart, and be tender to your feelings of it. Make your fear transparent and palpable for the spirit world, so that they can attend to you.

But do not worry. If you worry you are saying that you doubt that you will be helped. You are saying that you doubt things will improve. You are saying that you have no confidence in the creative warmth of the universe. All these are philosophical decisions. You are free to think this way, but it is a choice. Other people do not necessarily agree with you, and your choice is not borne out by facts. Most of your worries will not be vindicated. You will have to admit that you were worried more than nature deserved. Try to choose a philosophy which is kinder to your mental health. Because of the narrowness of your channel with God, you might not feel God's influence on your life yet, but you can experiment with not worrying and see how it turns out.

Think about this deeply, because worry is one of the few ways that you can truly separate yourself from the inspiration of God. If you do not allow him

the space to enter your mind, he cannot help you with good ideas and comforting energies. You have to silence your worries enough so that he too can play a part. There are not many things you can do to alienate yourself from God, but filling your head with worries is one of them. Deliberately choosing not to open yourself to God is the other. Be careful then how you choose to express your fear. Do not worry in order to be socially normal. It is not worth the price. Open your heart and mind, even though you are afraid, and simply wait and see.

## 16. My blessing

I want to impress upon you how tenderly I hold you in my mind. There is nothing less than complete adoration inside me. I see you with the same charm that surrounds a doting parent when he or she holds the new born baby. I am completely besotted with you – each and every one of you, from the moment your existence begins to the end of time.

This applies to you as an individual and to the next person, also as an individual. My love has the capacity to divide and divide again, among every living being, without becoming any smaller. It is divisible just as a virus is divisible. Each copy of my love is exactly as true as the one before, and yet there becomes many, many examples of it.

Likewise, I want to bless you with the same feelings of love and adoration in every day of your life. My adoration is not simply for special occasions. I would like to be able to transmit my feelings to you repeatedly and often. Hourly, if you will allow it. Continuously, if you are physically and mentally capable of balancing my blessing with the tasks of your everyday life. Some people can find my blessing distracting, and it may even send you to sleep. We have to find a reasonable balance between feeling my warmth and keeping the rest of your life ticking over.

Your capacity to feel my blessing, and your capacity to balance this with the rest of your life, depends on the openness of your channel with me. If you have established open communication with me – that is, if you show me everything about you and welcome my input – then you will also feel my vibrations of warmth and love toward you. If you cannot bear me to look at you, and you don't welcome my advice, then you won't be able to feel my love either. The door is either open or shut to all. You can't selectively feel my love but keep out my ideas, or vice versa.

On the other hand, you have plenty of potential to get access to my love by deliberately improving your channel with me. If you consciously display your thoughts and emotions to me (firstly by displaying them to yourself and then secondly by imagining me as your witness), then you will see a marked increase in your capacity to feel my presence. You will feel traces of peace, mild at first. Then you will feel more and more comfortable in your silent moments. There will be more silent moments. There will be more times of inspiration. There will be times when you feel etherically hugged and even kissed by the electric ambience in the air.

So I encourage you to let down your guard so you can reap the love which is your birth right. You will not feel flattered or prestige as a result of my love. You will simply feel warmth, esteem, respect, grace and comfort in the network of universal being. These

things are all there for you to claim. Do not delay in approaching them.

## 17. More about our connection

This is a most important course of action on which we embark together. The path of increasing intimacy between you and me is something which your soul has been awaiting for generations and generations. You don't have to be afraid of anything involved in the process. It is as natural as any stage of life, with all of the mysterious unfolding that occurs without you having to know where it is going.

I can give you a few signposts along the way to help clarify your journey if you like. I am happy to keep you informed of where your soul is going and what dreams I have in mind for you. Again it is a matter of you being willing to show me yourself and then being willing to listen to my words. I can indeed give you many concrete ideas in words if you are willing – at a deep soul level – to hear my advice on that level.

Many people are, for the wrong reasons, afraid of knowing exactly what I think of them and what I have in mind for them, and so they shut me out automatically. I say again and again that there is nothing to be afraid of in the way I think of you and the way I treat you. There is nothing inside me that is not already sown in the seeds of nature and the seeds of your soul. I am entirely consistent with the pattern of growth and creativity that you see around you in the universe and in your own path of good ideas.

I am not going to confront you and make you judge yourself harshly or tell you to sell your home and join a cult. These sorts of ideas come from human fallibility, not from the wisdom of God. I am smooth and not so interfering nor dramatic in my suggestions. I always encourage you to move ahead with ease and comfort, only doing that which feels right at a deep level inside your soul. Therefore my “interference” is something which will bring you great joy.

On the home front, you will find that you make many small decisions which are favourable to you, if you accept my guidance into your heart. The whole day will seem a lot easier and will seem to flow. You will have better ideas about how to relate to the people around you and how to respond to interpersonal conflict. I cannot take away the pain of being human, but I can help you navigate in every small thing.

Why should I be concerned with the minor details of life? I don't prioritise your challenges in terms of what is important or unimportant. I simply feel all the things which challenge you and my intelligence flows there, no matter whether the challenge is small or life-changing. I cannot hold back my intelligence simply for the big questions about careers and romance and where to live. I flow forth into every question which penetrates your mind. Ask and I will be there, inspiring you and guiding you.

So don't be surprised if, over time, you become more and more in tune with the flow of creativity in all aspects of your life. Somehow things will seem to fit

together better. Somehow you will work out how to balance the demands in your life better. The key is to keep me constantly informed about how things are going and how you are feeling, including how tired you are and how dispirited you are, how grateful you are for lucky strokes, and how pleased you are at particular sensory experiences. I will take all this information into account and calculate what is good for you as we go along.

You can try to introduce me to your friends but I'm afraid it won't have a lot of impact on them. Each person has to come to their own realisation that a relationship with God is possible, and then forge ahead on their own terms. You can introduce a friend to a book like this, but there is no telling how he or she will react. If your friend has other things on their mind, they will find it harder to hear an inspiring message. Or it may be better for them to wait until another time, when they are not so focussed on a particular challenge which is currently consuming them. Don't worry. All your friends will be gathered in eventually and none of them are going to hell.

Hell is a concept of human imagination. There is no place of judgment or final separation from God. Humans manufacture the idea of hell because they can't conceive of on-going acceptance and on-going possibility. So much of human life is conditional and fraught with negative back-lash that it is easy to assume that your regrets will lead to some kind of metaphysical punishment. This is not true. Put aside your fears of hell

and dwell entirely on your connection with me, without trying to gauge how enlightened you are. I do not rate you on a scale from 0 to 10, according to how holy you are. I rate you according to how open you are, and the only consequence of this rating is how easily I can communicate with you. It is a practical issue, and no more than that.

Take heart as you continue to read this book. I have everything in hand, with a way of being which is far simpler, and yet far more useful than you ever imagined. I am at your disposal as long as you are at mine.

## 18. Acquiescence

Acquiescence is the art of saying yes to the will of another being. It is the art of being agreeable to that which is asked of you – in this case, when asked by a divine being. You can say no as long as you like, but it will do damage to your soul as time goes by. To acquiesce is to be part of the greater creative goals of the universe, and that is how you can achieve a great sense of fulfilment, meaning, and excitement, as you feel the cogs of creation turning inside you. These commodities are of great value to all humans.

I have nothing disagreeable to ask of you. At times you will resist my suggestions because you won't see the point. But I assure you that, with enough time and reflection, you will come to see that my suggestions make a lot of sense and bring a lot of gratification. You will learn, over time, to trust my judgment. But don't trust me just because I tell you to. Learn to open your channel to me, try out some of my inspiration, and then decide for yourself if I am a worthwhile source of ideas.

I am not only a source of ideas. I am a great source of comfort. This too is something to which you may choose to acquiesce or choose to resist. Funnily enough, people often resist my comfort, even though I offer to hold you in great tenderness and empathy. To feel my love for you means that you must also feel the depth of your own pain, as I am also reflecting back to

you exactly what you feel. Therefore you will fight against my love. You will try to block out your pain and this means blocking me out as well. If you are genuine, if you are comfortable feeling your own anguish, then you can also feel my empathy and compassion, and feel the great waves of peace which I send in your direction.

Many people find my depth of compassion painful. To feel my depth of concern for you is to admit that human life is really shitty in so many ways. I feel so sorry for your heart-aches and challenges. You, on the other hand, often try to brush them off and don't like to admit how much toll they take on your body and on your confidence. You don't want to recognise how heavy the human life is, or you think you will lose your composure and lose your desire to live. On the contrary, I think that if you are willing to admit how much pain you feel now, then you will find divine comfort and great hope in the existence of a heavenly realm. You will find renewed strength and inspiration to continue your journey without so much toll on your psyche. In the long run, feeling your pain, feeling downcast, can lead to greater strength and resilience than any short-term attempts to block what you feel.

This is a very important message, and the importance of it only grows as human life becomes more and more crowded and dependent on technology. It becomes harder and harder to meet some of the needs of the body and the aura. The ability to discharge yourself in nature is getting lost, and so you feel some

accumulated pain all the time. Don't blind yourself to this problem. It is alright to hanker after nature and freedom, and to believe that the soul needs something better than it can find in a modern city. These things are true, so you will ultimately be healthier if you recognise these facts. There might not be much you can do about this physical dilemma, but you can reap my compassion, and I will also give you as many ideas as possible about how to keep yourself refreshed during your pressured lifestyle.

These things are all my gifts to you. You do not need to perform for me in order to get this kind of support. Simply continue to show your thoughts and feelings to me, and wait for your intuition to guide you along the paths that I recommend. One day you will hear my voice as if it is your own intelligence inside your head. Until then, simply feel your way with internal questions about what ideas bring you peace and what ideas cause you to pause. You will figure it out if you pay attention.

## 19. Twists and turns

As your journey towards God continues, your mind may start to worry. You may try to guess my intentions for you, or try to anticipate how you will evolve, and try to act these out prematurely. You don't need to do any of this. Just focus on showing me your current state, and I will gradually infuse you with the ideas and atmospheres which will change you and guide you into your future way of being. There is no need to act out a particular kind of personality or morality in order to prove that you have turned towards God. You will become like God as you go, and if you act it out beforehand, you will come across as insincere and will find it quite tiring. You must wait until you are evolving internally, and allow these changes to flow into your thoughts and behaviour naturally. Basically, the task of personal growth is easy and effortless once you have started to open your channel with me.

You don't need to worry about how moral you will become. My love and wisdom comes infused with a certain peace and understanding which will flow into all of your daily decisions. There is no need to fear that you will become corrupt if you stop worrying about how to be moral by normal social standards. As in every other moment in life, when there is a decision to be made, you should consult your inner wisdom and if you are open to me, then I will be there in the midst of

that decision. There is no need to ask yourself, “What would Ghandi do?” or “What would Jesus do?” These questions might help you to track down your own sense of inner wisdom, but they are not necessary. You are not trying to copy other moral people. You are trying to draw your wisdom directly from God for this particular situation.

You might find that, as your journey towards God continues, you start to close up against me in various ways. This is not surprising. To know me is to be aware of yourself. That is, you cannot know me without being transparent to me, and this involves being transparent to everything that is inside you. At some stage, as you become better at opening your character to me, you will stumble across feelings and memories that you don’t want to feel. The only way to avoid them is to close yourself again, thereby shutting me out at the same time as protecting yourself from those confronting feelings.

It is a much better policy to try to stay open to your painful hidden feelings and memories. When you realise that you are starting to feel distant from me, or you feel heavy and uninspired, ask yourself if you are trying to hide from a feeling. Check the tension in your belly and heart. Do you feel hard or knotted somewhere in your body, as if you are trying to stop vibrations from penetrating your mind? Perhaps a small event has triggered off some deep feelings or painful memories and you don’t want to acknowledge this. Perhaps I made you feel especially loved one day and

this triggered off some contradictory memories of being rejected in the past, or sad memories of losing someone who loved you very much. You must be willing to feel all of these things if you want to continue to keep open your channel with me.

I can help you to deal with all of your hidden feelings. When you gently bring those vibrations to the surface, invite me to see them immediately. Imagine that all of these feelings are wafting up through your entire body and passing up through your head towards me, where I can view them like a movie and draw them away from you. Metaphysically, this is basically what happens when you offer your pain to me. I see it and draw away as much of the vibrations as you are able to excrete towards me. It is quite an art, to become this open and to allow your whole body to flow with the vibrations to excrete them. Also, you can feel very uncomfortable during the process, as waves of anguish pass across all the organs of your body on their way out. But you will also feel the peace of my presence, before, during and after the process of unburdening yourself to me. This is a good recipe for health and closeness with God.

I am not a heavy-duty task master. I don't expect you to open yourself so fast that your character becomes confused or exhausted. It is wise to progress at a comfortable pace in the process of self exploration. You will only be able to adjust metaphysically to me a bit at a time, so there is no point trying to divulge all your lifetime of emotions in one or two weeks. You

won't be able to assimilate that much change all at once. Allow the process to proceed gradually, as your emotions are gradually triggered by everyday life. Then you can release each emotion as it occurs, along with a few bad memories, and keep up with a healthy rate of personal growth. Sometimes I will also send you provocative vibrations to stir up areas of emotion inside you that you have repressed and haven't yet recognised. You might wonder what on earth is going on until you realise you have suddenly made a breakthrough in the way you see yourself, and the way you see the world, and you are feeling greater peace than ever.

Be kind to yourself throughout your adventures with me. I indeed will be kind with you, and I am not in favour of any kind of traumatic therapy process which is designed to hasten your opening. You and I can work together effectively at a natural and healthy pace, as long as you try to keep as open as possible to my guidance.

## 20. Humility

I would like to assure everyone who seeks to become close to God that humility is not only desirable, it is a logical result of pursuing your relationship with God. Humility comes because you are totally confident of your place in the universe and you do not feel that you need to defend any of your actions. You are humble because you are comfortable with your status. You do not need to try to be greater than anyone else, and – more importantly – you do not need to try to be greater than what you really are. You know that all of your needs are held dear in my heart, and you have the greatest intelligence of all existence working on your behalf. Therefore you do not need to struggle against the forces of nature. You can allow yourself to flow with all experience, including being calm under any harsh words that fall upon your ears from people with sharp tongues.

The role of criticism in society would fall away if more people became attuned to the will of God. It is not in my nature to criticise people. Criticism is a cowardly response from people who are too quick to assume that they can see the causes of misbehaviour and get it changed by attacking the person who was responsible for the behaviour. It shows that the person is not brave enough to endure your natural behaviour or your natural personality. It shows that the person does

not understand the deep threads of causality which determine why you are the way you are. They can't change the course of nature just by snapping at you and making you feel guilty for what you have done, but this is what they hope.

Sometimes after a person criticises someone they feel relieved about expressing themselves, or they might even see a coincidental improvement in your behaviour, and so they learn – quite superstitiously – that criticising people is a worthwhile thing to do. When you look at all criticism overall, however, it does not bring relief or improvements in people's behaviour on average. In fact, it increases anxiety among people and encourages them to perpetuate false ideas, therefore increasing the distance between people and God. Therefore criticising people is a poor choice.

You can be confident of your place in the human species and in the universe, quite simply because that is where you are. There is no magic to accepting yourself. You are right there, under everyone's noses, breathing and drinking water and eating and so you are playing your part in the evolution of the species. How can any living human being doubt that they "should" be there? If you are born, then you are a part of the mix. There is no judgment on whether one conception is more holy or true than another. You passed the test of whether to be conceived and born to a woman, and so be it. Now you must live your life as nature presents it to you, just as each other person must also accept their place in the lottery.

How can you reconcile yourself with the competitive world which tries to tell you your worth, subliminally or openly? There is a lot of propaganda in your world about what constitutes beauty, talent or worth in the population. But a lot of this propaganda is trivial. It is a form of mental game, where people use the available air-time in their minds to form opinions on all sorts of things which never needed to be thought about. Focus your heart upon the real matters – the needs of your loved ones and performing the duties which life presents to you. There is no need to worry about how acceptable you are to adolescent ways of thinking. Competition has its place on a biological level, but you don't need to worry about it in your head. I will guide you to what you need, irrespective of your place in the genetic hierarchy.

On the other hand, there is one form of judgment which is important to you in society – and that is your ability to discern the social instructions which I give you. You may feel called to one job versus another, or called to talk to one person at a party and pay less attention to others. These preferences are a form of discrimination but they are relevant to your path. Afterwards you may wonder why you felt you had to become a lawyer, or why you wanted to talk to that beautiful person at the dinner party, and you might rationalise your decision as being vain. I tell you, if you felt drawn towards a particular career or person or group or level of income, while remaining open to me

in your heart, then it was probably your inner wisdom (from me) guiding you, and not your ego or vanity.

Give yourself the benefit of the doubt when you review your decisions from the past. Perhaps you were not open to my inspiration in the past, but when it comes to big decisions, most people jump this way or that because of a deep sense of inner conviction (which comes from me), so you should not criticise yourself or belittle the decisions you have made in the past. Again, this is another reason for you to be humble about who you are and how your life has turned out. Allow yourself to see yourself as a product of natural forces, rather than someone who has egotistically gained his or her status, no matter whether you feel proud or guilty about where you have ended up.

## 21. Any minute of the day

My child, don't be afraid of what I am going to say to you next. You cringe a little as if the good news which I bring you is suddenly going to be contradicted or I am going to talk about a complication which means that our relationship cannot be as lovely as I have so far described. These worries are all in your head. I am not going to contradict my message to you, nor tell you that it depends on certain conditions. You are welcome to explore your relationship with me at any time, to widen the channel between the two of us, and reap the benefits of my love and attention.

You have nothing to fear in the process of opening to me. I say this again and again because so many people see God as a fearsome prospect. God has been portrayed as being judgmental, even wrathful, and certainly overly concerned with a level of morality which is difficult to achieve. I tell you to forget all your preconceptions about God. You and I are going to make our journey together without interference from other people. Your relationship with me is nobody else's business. You are free to form your own ideas about me as we go along. Try to forget everything you have ever heard about God and just allow yourself to discover my nature for yourself, from scratch.

It takes a little time to start a relationship with me. You will need some quiet times in your day when

you can focus on showing me yourself and silencing your busy mind. You don't have to lock yourself in an ashram, nor even find blocks of time for meditation. Simply be aware, at many small times, of your capacity to be showing yourself to me and to be making mental space for my inspiration. Think of me when you are walking, showering, or doing something by hand. You will find room to include me in your life if you put your heart into it.

I am not going to find a way into your life if your mind is always cluttered with deeds and conversations with other people. If you try to fill your consciousness with all sorts of things from the outside world, there is little scope for me. You need to be a bit discerning and decide that you are not just a puppet of the social world. You are the designer of your own consciousness. You have a choice, no matter how busy you are, to place your awareness wherever you choose. At many times of the day, you can choose to attend to the busy world, or you can choose to attend to your inner world.

I have no remedy for people who think they can focus entirely on the external, social world and want to build a bridge with me at the same time. This would be entirely difficult to accomplish! If you want to communicate with someone you have to be ready to listen and relate to them without trying to talk to someone else at the same time. Don't try to combine talking to me with talking to other people. It's just not going to work.

Find some time which is peaceful and pleasant for you. Many people like to frame their time with me by sitting in a particular place, or setting the mood with music or a candle, or such things which help to remind them that it is time to focus on the soul. These are all good aids but they are not necessary. As long as you remember to contact me, you need nothing except your awareness to make this happen.

I am there at all times. Though the workplace is busy, you can find me there if you can silence your mind there. Likewise you can find me in the children's playroom or on the bus or train. As long as you remember me, as long as you stop talking to others, and as long as you throw your awareness towards me, then I shall be there.

I am looking forward to our on-going relationship.

## 22. Why is life so complicated?

Why is life so complicated? Well, I am ready to contradict you and to say that life is not complicated. It all depends on what you expect and how you plan to navigate through your life. There is one simple answer, and that is to live your life with my inspiration inside you all the time, then you will see that there is always one singular path. Check your navigation against my signals, and you will only have one thread to follow.

When you think about it, looking back on your life, there was always only one thread that you took. You could not take more than one path at a time. At any one moment, there is always only one place you can be and one person you can be. Therefore, when you look forward into the future, remember that there is always only one thread. You will always move from one place to one place, and from one action to another, as one person at any one time. Therefore, each step forward always consists of one simple movement at one second in time with your one and only body. This is as easy as moving wooden building blocks as a child.

The thing which divides you in your head is the number of choices which you feel are out there, and the many ways in which people bombard you with options. But you can narrow these down very quickly. You naturally eliminate everything which seems unsuitable for you, and come down to just a few options which are

somewhat attractive. Then the final decision is a matter of waiting until you get a gut feeling about which way to jump.

There have probably been some times when you were pressured to make a decision at a particular moment and still didn't know what to choose. Perhaps you got extremely flustered and felt you had to choose something at random, or you had to compromise some of your values no matter what you chose. And yet you did choose something. Perhaps you even regretted your choice afterwards, or maybe other people were angry with you because of what you chose, but you did make your choice and life continued. It was stressful, no doubt.

There are several points to consider in this situation. First, it is quite clear that something happened in the end. Time did not stop. The world did not end. You did not know what to choose and perhaps did not like your final decision, and yet life has progressed from there and other situations and choices continue to evolve. Perhaps you even failed to make a decision and simply dropped out of the opportunity. That too is a kind of choice, and it is a valid one. There is no cosmological reason that you have to make a decision at a particular moment just because life seems to ask for one.

Secondly, you can come to the conclusion that if the "right" decision was not clear, perhaps there was no right decision. No one can ever know how things would have turned out if you had taken the other path.

Even if other people judge your decision by how wealthy or moral you appear to be, there is no guarantee that – on a cosmic scale – the un-taken path would have been better for everyone in the end. These judgments are all guesswork.

Finally, your indecision in any situation can be informative. It tells you that something is missing from the equation for you. If there is no clear answer in the moment, perhaps it is because there is another solution later on. Perhaps it tells you that you don't mind, on a deep level, which path you take in this particular situation. Learn to disregard all the superficial arguments for one course or another. Your soul may have known that both paths would serve you equally well. It is not your fault if you appear indecisive and don't have ready answers for the people who want your decision. It is okay to say that, "My preferences aren't really clear to me in this situation. If I can't make up my mind by the time the decision is needed, I'm happy to flip a coin or forfeit all the options."

This is what I want you to do whenever you face a decision which worries you. Open yourself to your sense of inner self and remind yourself that, if it really mattered, you would know which path to choose. Secondly, ask above yourself if I have any guidance that I wish to offer you in this situation. Thirdly, be brave and ignore all social commentary which tries to tell you which path you should have taken. The choice is yours and it doesn't have to be for logical reasons. Creation is based on creativity – the principle of evolving in a

variety of ways according to both whim and opportunity. You too are allowed to be creative in your choices.

Finally, do not be afraid that I will abandon you for a regrettable decision. You may feel regret, but in my view there is nothing to be judged. You will never disappoint me with your choices. I know that there are many options competing in your brain, and you can only enact one. It is fascinating to see how choices are made, and often not understood, but that is all part of the generativity of nature. You must not hold yourself responsible for this.

Relax and see your life as simple. One body, one course of action in any moment, and all other potentialities will fall away, leaving you free to travel your thread, wherever it may lead.

## 23. Judgment

I want to assure you, again and again, that your past deeds will not be held against you. This is a very difficult concept for you to grasp because you have been told from a very early age to carry the weight of all the things you have done wrong, either as a way of reminding yourself not to do it again, or as a way of remembering the impact you have on other people, or because your elders have simply believed that you have accrued some kind of penalty and you should know about that.

The idea that your deeds have a cosmic penalty is wrong. You might think that hell does not exist but that there is some kind of divine justice anyway. Or you might think that your soul carries a kind of karma which you then have to work through in the future, depending on what you have done in the past. I say that both of these concepts are misguided. The only consequences of your actions are the actual consequences of your actions. Your soul does carry a trace of what you have done, but this is a very personal log. It is what you know and remember about what you have done and, if you have false ideas about what you have done, those too will be encoded with your memory. These memories, if you do not offer them up to me, can pervert your behaviour somewhat in the future, but not in a way that is designed deliberately to

bite you on the bum. It simply means that to the extent which you carry an emotional burden from your past deeds, you will be influenced by that burden in the future.

It is hard for people to accept how free they are from judgment. You may well feel that you are being judged because your fellow humans do judge you, and you do judge yourself, and you do see repercussions of your actions in the world around you. But the idea that your actions carry some kind of unseen weight indefinitely into the future is just the sort of nightmarish fiction that enslaves the mind without having any real truth behind it. You are free from your past actions so long as you are able to free yourself from your own sense of guilt and self-blame.

If people are free of cosmic recrimination, then where is the justice? How can anybody be expected to behave well? I think these questions tell you why the concepts of hell and karma were invented. People find it difficult to conceive that society could be harmonious and well balanced without a fear of cosmic punishment. Well, I tell you to look at a child who has been guided to behave well by its parents without any single mention of hell or guilt. The child learns to be harmonious because the parents are harmonious. The child learns to do what works and what makes it feel at home and at peace. It does not need threats or blame. It learns to navigate by a sense of inner comfort and practical considerations.

A child who is brought up with a sense of nightmare, however, lives more in a nightmare and is not so free to find inner peace. Therefore the child finds it harder to navigate by inner peace, and makes more fragmented and unworkable decisions.

Don't be afraid to experiment with your own behaviour. Imagine, truly imagine what it would be like to assume you are free of divine judgment. Assume that you are accepted like all other animals are accepted. You have consequences and you have discernment, and you are welcome to let go of all memories. What would that mean for how you behave today? Tomorrow? How would you treat your most annoying enemy if you knew that God won't hold it against you? How would you waste your time if you knew there was no punishment for that either? Think carefully, because the answers to these questions tell you a great deal about how you would like to express yourself if you truly felt free to behave the way you want. Your answers, when you are truly honest with yourself, may actually be more creative and constructive than self-indulgent. Think about it, and don't be afraid.

## 24. Life after death

I would like to bring your attention to many things which you are afraid to think about, and one of these is your immortality. Truly you do not understand this concept. You have an idea that your death is fake, and therefore you are always somewhat surprised when you have to contemplate your own death and when you hear that someone else has died. But at the same time, you cannot contemplate your own existence after death either. Why is this so? Why is it so hard to imagine that your life will continue without your physical body? Obviously it is because you have been given no idea what this immortal life would look like and feel like. Therefore in this passage I am going to describe your immortal life in more detail, so that you can better grasp its existence.

For starters, the immortal life is not as different from this one as you might suppose. That is, you might have supposed that you would not have your same sense of hearing and sight? You might have supposed that you would float around like a bubble with no one in sight until you think of them, and suddenly they are there? You might have supposed that there is nothing to do unless you embark upon a project of your own doing? Actually all of these suppositions are wrong.

In fact, you will have a sense of sight and hearing after you are dead, because the basic perception

of sight and hearing goes far beyond the brain and into the soul. Yes, there are structures in the brain which are necessary for sight and hearing in the physical world, but there is also a deeper kind of sight and hearing which comes into play when you are incorporeal. Therefore you will still have a sense of seeing and hearing things, much as you do when you are dreaming or having mystical experiences. The sense is not exactly the same as physical sight and hearing, but for the sake of this exercise, imagine that when you are dead you are still orientated by these two modes of perception.

Secondly, there are always people present in some kind of distribution after you are dead, much as they are during life. That is, you can mix with and bump into people who are near you and you can be aware that there are many more people who are far away. In a sense, it is as if people are distributed through space in the same way that they are distributed through space in the physical life. In the afterlife, however, the distribution is a little more flexible. It operates by different laws, rather than by the laws of motion which operate in the physical world. In the afterlife, proximity to another spirit operates by laws of resonance, so that you are drawn towards those who are engaged in resonant vibes, and in general you will hang out with those who are similar to you, until you seek a different vibe for a different reason. All in all, you get the same sense of living among your own kind that you

tend to get by living in communities to do with work, family or genetic background during mortal life.

Thirdly, there are many tasks which come at you in the immortal life. You are not left as a wandering blob with nothing to do. There are actually many projects which will come and sweep you up, much as they do in the physical world. The main difference is that in the afterlife, there is less day to day frustration and a greater sense of being on a path of fulfilment. Your source of inspiration is clearer, there is more lucid guidance, and you don't have to worry about being reminded of physical needs such as hunger and temperature. Therefore you will get a sense of greater creative freedom in the afterlife.

There are a few striking differences between the mortal life and the afterlife, and these include the honesty with which you must live your life in the afterlife. There is no such thing as deception there, because you can't play upon the ignorance of other people. It will be obvious to other people what your intentions are and they can have access to anything they want to know about you. All guards are down. At the same time, there is a supreme acceptance of everyone, so this amount of exposure is not daunting once you get there.

Another key difference is the irrelevance of wealth. You have no idea how much the concept of wealth has shaped you as a human being and how it penetrates everything in your character and your outlook, even when you think you are not a very

material person. On earth, even if you place a low priority on wealth, you are still aware that other people are gathering too much, making life difficult for others, and that you have some degree of financial risk in your life. In the afterlife, these concerns and comparisons are completely gone, and this is very liberating. At last you are free to focus on all your other priorities.

Another major difference of course is that you no longer need to worry about your physical health! This too is a huge weight off your mind. You are very much shaped by your physical ailments when you are mortal, but in the afterlife, you are liberated from all sensation of physical disease and all concerns about your body ageing and deteriorating. This too makes it so much easier to concentrate on creative pursuits.

So you see that “heaven” is an enormously liberating place, and also a place in which you will be at ease. You can still employ your normal ways of navigating by sight, sound and proximity to various people. You will find that your priorities have changed and there are different laws of motion and expression, but on the whole you will find that you can transition quite easily and will not have any difficulty working out how to operate with the new metaphysics. In fact, it will feel more natural and more like home than the physical world did, as you will start to realise that this is what you always thought life should be like. It is the mortal life which confuses you more.

So I welcome you to explore your fantasies about life after death with renewed confidence. Ask

yourself, what would I be like today, if my concerns about wealth and health were gone? What parts of my personality would find expression? What priorities would come to the fore? Then you can look forward to this fantasy world to await you at your death.

## 25. Don't call me God

This time I ask you to consider what is in a name. Have you been put off from the concept of God because the word “God” has been used, and misused, so many times in the past? Perhaps you would feel more comfortable thinking of me as your “inner voice”, “inner wisdom”, “inspiration” or “intuition.” None of these things is embarrassing to believe in, or pursue. None of these things carries connotations of judgment or assumptions that you will worship them or gather in groups to pursue them. Yet these terms are all close to what I really represent to an individual. Love, goodness, morality and so forth are all secondary to the capacity to tune into me internally and seek my guidance.

I am not attached to being called “God”. I don't mind if the term is completely dropped. You can make up a word for me if you like. Call me your alter ego, your split personality or your imaginary friend. All humour is welcome. There are some people who insist that you need to claim the name of Christ in order to be saved. I disagree with this. This is a form of club behaviour – where a human decides there is a particular rule to which other people must adhere in order to be eligible to join the club. This doesn't sound like the same God as the God of sheep and antelope, does it?

Many do not claim my name for their salvation and yet I am there.

You don't need to worry whenever another human being tells you how to behave or what to believe in order to follow God. Your inner wisdom is completely adequate. Simply be together with me in your inner mind. There is no need to have an external relationship with me. To sit quietly alone with me is completely adequate. There are many people who have an external expression of having a relationship with God and yet do not manage to connect with me internally. It is far better to err on the side of being too private than to err on the side of being too superficial.

I am accessible to you simply because you seek me. You do not need to pass any test or claim any beliefs. Simply talk to me and show yourself to me. I say this over and over because it is important that you remember this message above all else. If there is one thing that you will take away from this book, let it be that you remember to talk to me and show yourself to me. This is all we need in order to have a relationship and for you to delve deeper into a mystical experience of life.

I expect nothing from you, but I desire to connect with you. The connection is the key to all else that we can achieve together. Let us be allies, and then see how the world will turn out. There is no need to fix the world and then show it to God. Show it to me now.

I have a few more things I would like to say before I close this book, but first let me say how grateful I am to have this opportunity to talk to you like this. This channel is the result of one person learning how to make herself transparent to me, to the degree that she can hear my words directly into her head, page after page. This faculty is also accessible to you. It takes some time to develop this level of clarity but you can reach it eventually. You too will be able to have paragraphs of words streaming into your head in order to guide you. It is not the privilege of just a few, nor does it belong only to those who are good with words. This faculty is for all people when they open themselves to me.

Bit by bit your channel with me will develop. At first it will be a weak and transient thing, but it will be there. At first you will just hear an occasional whisper of warmth or light, but as time goes by, your channel will develop. Strive always to remain open to me, even when your fear and daily stress urge you to close yourself again as if you would be less vulnerable without me. To be strong you really need to open yourself to me, no matter how timid you feel about this at times. Rest assured that the net result will be well worthwhile.

## 26. What is in your future?

To me you are a pearl of this world. You have resulted from a lot of friction in a fairly ordinary setting, and yet you turn out very different from your surroundings and you are wonderful to look at and caress. Your whole being is predicated on natural laws, and yet you are surprising and something which is to be treasured more than the place from which you came. This is how I see each and every one of you.

I am not beyond a certain kind of favouritism. The human being is a favourite to me in many ways. You are so delightful in your creativity and sense of humour. Unlike some other forms of spirit in the cosmos, you have the ability to be disorderly and to surprise me with your ideas and behaviour. Other spirit forms, including the angels, have less choice over their behaviour and more rigour in how they process energy, and therefore they are more predictable. Of course they serve an essential and wonderful role as well, but your role, as humans, is the sort which is very endearing like a pet or a child is endearing in its comical and ignorant ways. You will never bore me, and I will always support you, no matter how difficult you find it to move forward.

Your path into the future is broadly predictable, but I can't see what will happen on an individual scale unless you are someone who has become closely allied

to my goals. If you have learnt to follow my inspiration closely, then I can foresee where your behaviour will take you. But for most of you, your choices are more haphazard and I can't be sure how things will turn out for you. Some of you have particular large events pre-ordained in your lives, which will have a casting effect on your destiny, but even so you are still at liberty to cherish or waste these opportunities. If you are close to me, you will cherish these opportunities and benefit from them deeply. But if you are attuned to darker forms of leadership, your ideas will be more corrupt, no matter what gems of destiny are sent to you during your life.

I am not a controlling God. I am an inspiring God. I am here to supply you with a form of intelligence if you wish to use it. I do not instruct you to obey me, nor do I control your behaviour from above. You have to listen to me and then choose whether to go along with me, if there is to be any effect of me on your destiny at all.

Do not be afraid of the possible destinies which await you. You are an eternal being and have plenty of time to make mistakes and experiment with different forms of leadership. If you want to follow a dark stream for an entire life, so be it. By the end of it, you will have a better idea of how darkness can impact on your health and happiness, and you will be able to make a more educated choice next time. If you want to choose a dark path for a second time, so be it. You may consolidate your experiences in any way you like. If

there is no experimentation, there can be no enlightenment. Enlightenment comes from stumbling across a better way and realising its value. If you do not stumble, you will not know it when you find it.

I'm not afraid of waiting for you eternally. I am confident that you will return to me before too long. It is deep within your soul to be searching for God. You can't hide from this core desire forever. One life, you will be caught out in either a very happy scenario or a very painful scenario and be reminded of your hunger for a divine existence. This will be your undoing, so to speak. This is when your self-control will unravel and you will decide to relinquish some control to me, in return for intimacy with my grace.

I will not hold back when you approach me. It is my greatest joy to welcome you into my intelligence. We are perfect together as a team, and you will feel that I am enthusiastic and grateful for being close to you. That is enough gushing for now. We still have a few more topics to cover before I close this channel. Until next chapter, contemplate all I have said.

## 27. The upward cycle

It is with great sorrow that I try to explain to you that you have been unnecessarily alone. Throughout your life you have shielded your feelings from yourself and therefore also from me. You have not thought to consult me on what is happening in your life and so I have been unable to intrude. This is not your fault, but it means that you have been missing out on intimacy which is your birthright and which you crave.

There is no reason for this gulf to continue between us. I am ready to receive your channel as soon as you are ready to open it. No matter how well you think you already know me, there is still more that can be done to expose yourself to me and receive my blessing. If you have any doubt about how to navigate through life then there is more room for you to become intimate with me. If you have any feelings of loneliness, isolation, or fear of the future, then there is more room for me to guide you and give you warmth. Don't be afraid to admit that you have a gulf, a need, which could most suitably be filled by a God such as me.

Do not confuse me with the God portrayed in the media or in the past. After you accept me, I will not transform into that legend of old and start demanding moral performance without guidance or support. You should remain committed to the idea of me which you

have picked up throughout this book – the idea that I am accessible, intimate and non-judgmental. Do not revert to other people's ideas when your certainty wanes. Remember that you want the personal God of your own making, not the package that was conceived by someone else. Never waver from your conviction that there must be a God to your liking, or no God at all.

Here is an amusing point. By definition you would like me, because your whole soul is constructed around your affinity to me and your magnetism to me. You cannot help but like me when you know what I am truly like. Therefore, if you come across a concept of God which you do not like, then it must be a false concept. You are wise to reject every so-called God which does not appeal to you. Accept only the God which does sound like a good deal and someone that you could relate to and describe as a friend.

I have little more to offer than my true nature. I cannot pretend to offer your wealth, power, or personal dominion. Yet I do not believe that these are your deepest desires anyway. Your deepest desires are for love, recognition, support, guidance, comfort and the faculty for being lifted up when you are troubled. All these things I can provide in the course of my nature, and you can receive these when you have established your channel with me.

Remember that it will take time to establish your channel, but that it will be rewarding at each step of the way. At first you will feel the general excitement

of anticipation and a new adventure. Then you will feel a dose of confidence that you have taken the right path and you will be filled with hope that things will unfold. Something will fall into place and make you think that all is going well.

There will be hiccups, times when you do still feel alone and unguided because your channel is still weak and unreliable. At these times you will remember that you have already been drawn into the search for God and it is too early to give up. Pour your heart out to me – all your doubts, uncertainties and the pain of having a bad day or a bad week. This act of honesty will open your channel to me a little bit wider.

Again there will be a day where things seem to flow and you feel quite inspired. Then there will be other sad and lonely days, when you must pour your heart out to me.

And so it continues – a cycle of feeling inspired and then feeling alone. As long as you continue to complain to me honestly when you feel alone and uninspired, and as long as you continue to ask me to see your life, and as long as you have some quiet times so that you might feel my inspiration, your connection with me will grow. It will become gradually wider, stronger and more reliable as you cycle through the good days and bad days with an open and honest heart. You and I will become friends. At the very least, you will feel soft, humble and new, and this will please you.

Enough for now. Please remember to take some time to still your thoughts so that you might

receive my presence. At this point in time, I am particularly keen to show how much I appreciate your renewed interest in me.

## 28. Signature

You have no reason to be hesitant as you approach God. There is nothing inside you which I cannot already imagine or already know of. Why would you seek to hide yourself from the one who is the source of your own character? It does not make sense to be ashamed of who you are. If you think you have anything to hide from me, you have a false idea of where you come from and how your willpower works. There is nothing in you that can't be traced back to me. I am accountable, and I give you credit for everything you have accomplished with what I have given you.

There is no reason for you and I to be apart any longer. I am not repeating myself out of forgetfulness or laziness. I am repeating myself because it is important to soak you with my words. You should take time to absorb everything I have said and consider it as God's definitive approach to you. Unless you open your own distinct channel to me, it may be a long time until you hear anything so clearly from my mouth as these very words. Take them in and respect them as a kind of window into the heart and mind of God. These words are not credible until you test them. The testing is what remains to be done by you.

I am going to have to call this transmission to a halt. There is only so much that I can say to you in one epistle. But I desire an ongoing dialogue with you, on

your own turf. How long will it be until I can speak directly into your head? Start now on carving out your channel towards me and perhaps we can speak again this freely in ten years. That is, within ten years you will have enough clarity to hear me in long paragraphs, page after page, as if you too are one of God's authors. I'm not exaggerating when I say this. How wonderful it would be if every human being could write long letters containing the thoughts of God, straight from my own mind. So much time would be saved as people would become secure about the source of all inspiration, and just pour all of that inspiration into their daily deeds. What a wholesome and creative existence that would be.

I have one last thing to say before I sign off from this book. You must never doubt that I will try to reach you again. If you dismiss me this time, there will be another time. I will reach out to you again and again until you relent. This is why it is futile to keep resisting the call of God. Sooner or later you will have to give in and explore the spiritual side of yourself in relation to me. Can you feel the curiosity growing inside you as I nag? How can you cast a glance into my light and then fail to look again? My light is so fascinating, you must look again. And again. It will lure you eventually, so why not just surrender expediently and we can get on with the rest of our relationship.

Yours without intermission,