

Cosmic Wealth
A Guide to Living the Prosperity of a Rich Inner Life

By

Marie Mohler

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Dedication

This book is dedicated to my extraordinary family. CLF, JB, Jb, and CJ – Without you, our expanding experience of life's greatest riches would not be. Thank you for your courage, compassionate witness, and commitment - to release resistance and allow our buoyant inner rising. I have oceans of love for each of you. Namaste.

Acknowledgements

There are a few additional people that I would like to honor for the special gifts they have given me throughout my journey.

I am grateful for the good friends in my life, who knew me prior to this karmic task, inner quest, and larger journey. And I wish to thank the friends who continue to honor me, as I embrace the art of conscious creation. Loving others when we do not necessarily understand their journey is a special kind of grace, and it is a most unique gift that we can give to, and receive from, our extended human family. I thank you.

I would like to specifically thank two special friends. To my noble friend Halo, you have shown me the power of real love to heal, prevail, and transform. You are a touchstone in my life. I am grateful. And to my special hawk friend, I am grateful for your gifts of grace, strength, vision, and divine wisdom in my life. Thank you.

I would like to thank all of the conscious and inspirational music makers in the world, who lift our spirits with their talents and inspire our hearts in special life-affirming ways. Conscious music holds a significant uplifting and vibrational place in all of our lives, supporting us to rise and to dream our own dreams. Corrinne May, Kavin Hoo, and Karen Drucker are some of my favorite musicians. Their music lifted me like wings of an angel, helping me to find my own music within and to rise to the truth of my light. Thank you.

I am also grateful for the many lightworkers in the world today, who are living their spirit and honoring their divine purpose - to bring greater truths into our heart consciousness. A new earth is forming for all. Thank you.

Lastly, I would like to thank God, Mother Earth, my spirit guides, my animal guides, and all of the angels of light that lovingly guide my life experience and my ever-expansive inner journey. Thank you for reminding me how to truly *believe*, for helping me to find the magic again, and for loving me every step of the way. Thank you all.

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Preface

There are times in our lives when we experience something so profound that it shatters the infrastructure around which our lives had previously been built, and it opens us up to expanded ways of thinking, being, and believing in the world. I have had this kind of experience. At the age of thirty-three, the universal hands of time reached into my life experience, and I gave birth to a karmic appointment that had come due. At the time, I did not yet know how disconnected I was from the truth of the non-physical world and the world of infinite good. But an intense karmic adversary, from another age and time, re-birthed into my experience and induced an incredible awakening process.

This karmic appointment, and all of its conditions, was a profound tragedy in my life. It was wrought with exponential suffering. The references to my karmic story in *this* story are valuable only as a reflection of how tremendous life challenges can present all of us with a gift - *the opportunity for self-exploration, self-understanding, conscious creation, and divine expansion*. It was in living in the emotional range of despair and utter darkness, that I ultimately recovered my inner light. Within us all, only light exists. Darkness can serve only as a mask, of our original light, until truth comes to shine a light on its shadows in our lives. And in the light of truth, the shadows become transparent and fade away.

As I rose out of this circumstance and into the greater truth of my inner being, greater truths arose within my outer life experience as well. Innate talents within me surfaced, and I learned how to invest them for more prosperous living. The world of the unseen became much more visible to me, in my inner and outer lives. And with this increased clarity and understanding, I began to recall a significant experiential truth. *Prosperity of every kind lives within all of us. It **already is**. How we choose to spend our divine wealth - is up to us. We are divinely loved and richly supported. And when we consciously honor and invest our light, we live the experience of universal delight.*

It was from the contrast of this profound karmic debt that I uncovered the truth of my inner prosperity and abundant cosmic wealth. I learned the art of deliberately choosing and fine-tuning my thoughts and inner focus, to make rich deposits within, in order to live the magical prosperity that is the divine design.

My karma had only been a cloak, that dimmed my *experience* of my light and well-being. Facing the illusion of this cloak was my greatest challenge, and *my greatest gift*.

We all have innate talents. We all have tremendous prosperity. And we all have incredible creative power. When we tune in to the power of deliberate conscious creation, there is no end to what we can achieve. That infinite feeling of freedom is the bliss that is our divine birthright.

Wherever you are in your life right now, whatever the wattage at which your current light shines, this rich inner life indwells us all. Investing in our light, and light-filled talents, pays tremendous cosmic dividends in self-understanding and divine expansion. *Cosmic Wealth* is an offering of expanded ways of thinking, being, and believing in ourselves, and this grand universe. As powerful creators, the choice is ours - each and every day, as to what we wish to create and experience for our own enrichment. Thank you for investing some of your time, to hear some of the treasures that I unearthed in my journey, that may potentially enrich your own.

May love and peace be with you, and light your path,
now and always.

-Marie Mohler

Introduction

As I begin the process of introducing my work to you, a curious image comes to mind. If we were tasked with developing a spiritual resumé, to document our divine talents to ourselves, what would we write? What experiences would we include under the heading “*greatest lessons learned*”? What unique gifts and talents do we intuitively know we were born with? What would we list as some of our greatest manifestations, where we actually witnessed *ourselves* create our own life experiences? What are the divine qualities in ourselves that we most value? And what do *we* believe is our divine life purpose, here on this beautiful earth planet? Interesting questions, aren’t they? It would certainly be a curious exercise for each of us to explore and reflect upon this unique, yet innate, skill set.

And if we prepared this spiritual resumé, to apply for a job as a *spiritual* being in the work environment of Mother Earth, how would our focus change? It seems to me that we would shift from a lens of outer world requirements, to a lens that honors the essential qualities for inner life success. It might shift our entire life paradigm around. And yet, I am not so sure that this isn’t what we are truly here to do, and to *be*. To live the prosperity that we all seek and desire, this may just be the kind of inner “work” that we all need to invest in. For we are, essentially, *spiritual beings* having *human experiences*, in order to more deeply know and experience our divine spiritual essence.

A number of cosmic concepts are presented in this book. Some you may have heard before, but some may be less familiar to you. I offer this book as an opportunity for all of us to look deeper inside ourselves, where we may see a deeper truth, a hidden strength, a darting shadow, or a graceful gift. All of which are tremendous blessings. They all combine to form the precise ingredients that make us who we are, and that allow our journeys of infinite expansion. To a spiritual being, there is nothing more delicious than to expand itself, in order to more fully experience its original essence. This inner essence, our inner divine spark that makes us who we are, is so brilliant, so talented, and so prosperous – that it is hard to imagine that it

could exist without our knowing it. Yet this still rings true for many people, at this time in human history.

This core desire, to reconnect with our innate talents and our original essence, reminds me of a game that I used to regularly play some time ago. Not surprisingly, the game is called "*Essence*." The gist of the game is this. People in a group select one person to leave the room, and that person becomes the "question asker." Everyone else selects one member of the group to be "IT." The question asker returns, to ask questions of each group member, in the following format; "*If I were a _____, what kind of _____ would I be?*" For example, "If I were a kitchen appliance, what kind of kitchen appliance would I be?" The question asker asks each person a unique and creative question, attempting to extract the essence of the "IT" person from the answers. Those in the group respond to the questions, trying to capture the essence of the "IT" person in their answer. The goal is for the question asker to extrapolate the core "essence" of the "IT" person from all of the answers given, in order to accurately guess who "IT" is. Essentially, the question asker is trying to guess - who the ultimate *source* of this *essence* is.

We all seem to play various games of *Essence*, across our varied life experiences. We each desire to understand, reconnect, and realign with our own original essence. We desire to experientially *know* our inner talents, and to remember the core fabric of our divine essence as a *spiritual* being. We, as the question askers, seek to extrapolate the *ultimate essence of our essence*, through the rich experiences we create for ourselves. Our life experiences provide continuous reflections of our innate creative power, our free will, our Source-filled selves, and our ever-expansive light.

As I present the essence of this book to you, I must also include several important clarifications. The concepts in this book are provided to help others in a quest for wholeness and well-being, but they are no substitute for professional, medical, or therapeutic treatment. The ideas contained within this book are simply an *offering of inspiration*. If you use any of the ideas, concepts, or information contained in this book for yourself, I can assume no responsibility for your actions. Additionally, I

use the words Creator, Source, God, Source Energy, Creator Source, and Divine Creator interchangeably throughout the text, to refer to the *grand Creator of all that is* that exists in the physical and non-physical universe. These are descriptive words used to refer to the infinite intelligence, creative power, and loving essence that created all of us, and that indwells each one of us. And lastly, the divinely guided messages included in the text were received through the process of channeling. When I receive channeled messages, its kind of like taking dictation from the spirit world. I write what I receive. I am simply the receiver, or conduit, bringing them forth – to those who can benefit from them. These divinely guided, transcribed messages come from a collective voice of non-physical Source energies, which I simply call “Spirit” in this book. It was this essence of Spirit that guided my journey out of karmic debt and into the daily experience of cosmic prosperity. I offer their inspirational offerings to you now.

Cosmic Wealth is essentially a guide that offers a unique spiritual lens through which we can more clearly see the inner life that creates the world around us. I have included some expanded concepts, creative ideas, and divinely guided messages - to aid our journeys of remembering, and *re-aligning with*, our brilliant inner light. It is my hope that *Cosmic Wealth* invites you to open your heart - to enter a rich state of inner well-being, where you can invest in your own innate talents in order to experience the abundant cosmic wealth that awaits us all.

Chapter One: Cosmic Wealth

Dear One,

Always know how precious each child is upon the earth. Many cry out, but it is not for hunger. Not for thirst. Not for pain. They cry out from their density, asking, "Where is my light?" To which I reply, "Within you."

- Source, 9/10/08

We are all in a cosmic quest to remember and to realign with the original essence of our core inner light. We all want to feel good. We all desire to feel prosperous, healthy, happy, and infinitely free. It is our deepest wish to experience our true divinity and spiritual freedom. We want to know the truth of our creative power, our magical perfection, and our ability to experience eternal bliss in the every day "now" of our life experiences. We, very simply, want to win the lottery of our lives, to experience the divine jackpot of our unlimited prosperity, exquisite creative essence, expansive love, and eternal light - that is the magic of our divine birthright. This is the cosmic potential that lives within us all, if we choose to remember and cultivate the prosperity of a rich inner life.

There are four core universal principles that provide an essential foundation for the additive concepts described throughout this book. These principles provide an expanded lens, through which our inner spiritual eyes can begin to more clearly see the world around us. The first principle affirms that **we *already* are divine creators**. This is not something that we *become*. Or need *to do*. It is what we *already are*. We are *already* creating and re-creating our selves, our experiences, and our life stories.

The second principle maintains that **our thoughts, feelings, beliefs, actions, and choices are the *energetic tools* with which we sculpt and create our life experiences**. We

become what we believe. We are who we believe ourselves to be. Our thoughts, feelings, beliefs, actions, and choices are essentially “**divinely wired**” with a vibrational aliveness, so that the things we focus upon – ultimately *give life* to physically experiencing them in our daily lives. When we understand this cosmic truth, we begin to choose our thoughts, feelings, beliefs, discussions, actions, and inner conversations much more carefully. With more deliberate focus and thoughtful intention, we begin to sculpt the life of our dreams.

The third principle asserts that **we are vibrational beings living in a vibrational, experiential, and expansive universe**. It is through our physical life experiences that the spiritual being within us is given the opportunity to expand. Thus, every experience brings inner expansion, and ultimately spiritual expansion. All experiences, and thus all conditions of creation, feed and fulfill our inner essence - throughout its cosmic quest for divine expansion. If we understand that we are all individual creators of the grand Creator, and that we are thus the essence of Source energy itself, then there is nothing more delicious to the spirit than to become an expanded version of itself. And as we expand, so too does our Creator Source. Given this lens, all *is* well in the universe, for every creation and inner expansion has its own profound divine purpose.

The fourth principle honors that **we all have the power of absolute free will**. It is a divine gift. We write our *own* life scripts. We chart our *own* life course, from the universal catalog of infinite experiential potentialities. We continuously create for ourselves the optimal opportunities to grow and expand, in every moment, across space and time. Thus, it is an experiential *choice* for each one of us - to either consciously live this free will and creative power (to create the details of our experiences), to live a life lens of spiritual amnesia or skepticism (still creating the details of our life experiences), or to live somewhere on the broad spectrum *in between* conscious creation and spiritual amnesia.

We are infinite, creative, light-filled, expansive beings. As we expand, we grow our light. As our light expands, the universe swells with goodness and expansive love. Thus, this universe is a perfectly precise, magical, and mystical place of

infinite possibilities and abundant love. And each and every one of us has our divine purpose and perfect place within it. Always. These basic truths are the *beginning* of always feeling good, *no matter what*, in ***all that is*** that exists in this vast, but divinely interconnected, universe.

That said, the key to living a blissfully free, love-filled, “feel good,” prosperous life experience is to *deliberately choose* to do so. The key to living *any* kind of life that you desire (and experiencing its fulfillment) is to deliberately *choose* it. Our time is **now**, to begin an essential awakening process, that allows many dormant universal truths to come to light in our heart’s consciousness. As our hearts awaken and open, we can rise within to the essential light that guides our divine purpose, life path, soulful healing, inner grace, and cosmic prosperity.

Prosperous thinking and feeling comes from joy and prosperity within. When you feel your riches inside, they must reflect in your outer world as well. As within - so without. Thus, living in a state of cosmic wealth might initially be defined as: living the joy of remembering, cultivating, and allowing the wealth of love and light – *of Source energy*, to flow through your *inner* life and manifest in your *outer* life – by consciously and deliberately *choosing* to do so. Essentially, cosmic wealth is a beautiful and conscious inner rising, to expansively experience Source flow in all areas of our lives. With the creative power of deliberate and thoughtful intention, the conscious choice to release our resistance to our divine perfection, and the attraction power coursing through the unseen laws that govern this magnificent universe, an abundance of all good things becomes our life experience and our personal story of rich, harmonic, and prosperous well-being.

To everything, there is an art. And to the creation of cosmic wealth, there is an art to embracing this soulful expansion - with joy, trust, truth, gratitude, and positivity. Let me be clear that the prosperity and the creative magic in the cosmos *already eternally is*. But it is inherent in the divine design of the universe that we assert our free will to choose our

experiences. We may choose to block our flow of prosperous well-being. Or we may choose to experience deliberate expansion and the art of allowing, that opens the divine doorways, which allow the magic and prosperity to flow.

In the chapters of this book, I outline some of the gems of my own journey, that have helped me to consciously release resistance and to flow with greater ease into the rich escrow of my divine birthright. These insights are offered as conscious steps taken to materialize the rich inner life that I for so long desired, but previously misunderstood how to achieve. For me, unearthing these steps was the great gift of the journey. And they have provided the fine-tuning to hone greater truths, a zooming out for a broader perspective, and the essential tweaking that was necessary - to glide into the truth of my spirit, my infinite blessed nature, and my cosmic wealth and well-being. These truths have offered me the keys to a greater prosperity than I had ever thought imaginable. It is in the world of the unseen that we often finally *see*. That has been my experience.

I offer these concepts to you now, through a metaphysical lens and belief in the interconnectedness of all things. May you find these ideas helpful, growth-ful, health-ful, and prosperous, to birth *your* grandest desires and to experience the inner fulfillment of cosmic wealth and divine well-being in all areas of your life.

Chapter Two: The Magic of Belief

Magic is the knowing of a dream before it is experienced. Bliss is the tasting of that physical experience, or physical magic.

- Spirit, 1/13/09

I was born a believer. Not in any one religion, culture, or creed - but in the glow of the universe. I can remember *being* blissful in my inner world, connected with all that is divine, and really unaffected by any contrasting energies in my family, my community, or the world at large. Bliss was my natural state.

For my first seven years of life, I had a perfect invisible shield around me. Not of armor, but of love. You see, I believed in the magic of the universe. I was a very creative child, and had a deep sense of play and joy in my spirit. I felt and I lived my light. I was *alive* and *aware*. I believed in Santa for a very long time, and I lived in that magical energetic inner emotional space, believing and knowing somehow intuitively that the essence of Santa (his jolly, loving, generous, creative, magical, abundant, and prosperous nature) was the same as the essence of God. To me, Santa's toy workshop with all of his elves, his reindeer, and the North Pole were the essence of God, Spirit, the angels, and what many think of as heaven. And in the outer world, in the Christian culture, the miracle of Jesus' birth and the magic of Santa *are* paired together, in a single dual celebration.

I believed and felt all of this until one day, a childhood neighbor of mine jolted me out of this beautiful blissful space when she gruffly blurted out, "***There is no Santa.***" Her pain and loss, I can see now, was evident in that blurt, but it was nothing compared to mine. Later that day, my parents confirmed their belief that there is no Santa. That Santa is a myth, a simple and nice made-up story, and that was it. And so, I walked the road that so many others have walked before me, the road of disbelief and disenchantment. To me, it was

more than losing Santa. It was more than losing the magic. It was about losing my connection with my Source, from whom *all blessings flow*.

This cultural disenchantment occurs in many of our young lives. It is a certain rite of passage, even a developmental milestone, when children from many cultures and religious backgrounds seem to lose their magical beliefs and imaginary thinking, and move on to greater “truths” and concrete thinking. And it can be shameful, to believe in the power of belief and in universal magic, past the point of “age appropriate believing.” It is likely no coincidence that we have placed cultural time limits on the positive reinforcement of magical thinking and believing, and then we find in our research that children stop believing at around that age and time. Our beliefs really do create our world.

I propose that the inner magic of “belief” is actually our true nature. Intuiting the magic of the universe is our birthright and our innate divine ability. We can *learn to disbelieve*, but I believe that we are all born natural believers. Many in the Christian culture, who as children *did* hold a strong belief in the infinite Source/Santa magic of the universe, let go of their believing abilities in the trust fall of the debunked Santa story. And yet for some, a select *few* perhaps, these beliefs live on, but are forced to shrink from public view and to go underground into the deep recesses of inner life, where they can be kept safe but perhaps less celebrated, until a later time calls them out.

In my own life, when I overtly relinquished my connection with Santa, I essentially relinquished my deeper connection with Source and the magic of the universe as well, to a large degree – leaving only a small trace of its magical glow to hide deep inside my inner life, where it was safely tucked away for an indefinite period of time. In time, under this new energetic reality in my life (this concrete world of disbelief and disconnection), my shield of love and imagination, that had made life so magical up to that point, wore down. And the beliefs and climate of the culture I grew up in were taken in as my own experience. The mixture of joy and pain, the good and the bad, became part of my experience too.

Ultimately, I know that I was one of the fortunate few who didn't relinquish Santa *completely*. I had only tucked him away in my heart and my imagination, until it was safe to believe again. And this little bit of belief, tucked away deep inside me, afforded me a little perspective that some others had lost long ago . . . that when life was anything other than magical or blissful, I knew it could be different. This was a deep, concealed, but *still alive* inner compass that guided me through, all the way to my 33rd birthday, when precise divine timing called my karmic debt to the surface. Even in this tragic set of circumstances, the magic, perfection, and precision of the universe was at work, calling to my sense of belief and imagination - to survive, succeed, and transcend anything less than goodness and bliss in my life.

My karmic tragedy arrived on time to clear my energies and spirit of many negative vibrations and attachments, that had accrued like barnacles over lifetimes - across many cultures and ages, in order to allow my true self to rise to its divine, buoyant, prosperous nature. This grave karmic experience *required* me to reach within, for my deeply tucked away beliefs and my happy thoughts . . . my rich-in-Source-energy inner light. And do you know who showed up, when I went seeking? Santa. His perfect, jolly, generous, abundant, joyful, playful, and limitless nature came right back into my spirit. And in that instant, I knew we'd never really been apart. I felt the magic of belief, the magic of Source and Santa – together, re-igniting my dim inner spark, to breathe new breath and new life into my spirit once more.

The magic of belief is a vibration. It is an energy. It is as real in the *as yet* unseen world of energy as your ten fingers and ten toes are now. It is a gift from Spirit. It is a shield from negativity. It is a divine truth in our universe, that beliefs can change and create your life. The author Wayne Dyer has often said, "When you change the way you look at things, the things you look at change." Our beliefs form a central part of our inner life. They set the tone for our vibrational energetic "emissions," if you will. These vibrations form our point of attraction, from

which the universe brings the vibrational equivalents of those attractions, as direct experiences, into our lives. When we think disbelieving and disenchanting thoughts, we essentially attract experiences to disbelieve or that disenchant us. When we think and feel the magic of belief, and we resonate with the happy, Santa-filled, infinitely positive possibilities in our lives, we attract magical experiences and things that can truly delight us.

Chris Van Allsburg, the author of *The Polar Express*, captures so eloquently the perfect, divine, elegant magic of Spirit and Santa, as well as a culture's process of disenchantment. *The Polar Express* is a story of a boy who believes in Santa, who receives a bell from Santa's sleigh, that rings with a beautiful celestial sound that is the essence of pure joy and the magic of belief. The boy's parents cannot hear the sound of the bell that Christmas, and believe the bell is broken. And over time, all of the kids around him (who once did hear the bell) gradually lose their ability to hear the bell's celestial music as they get older. But the bell still rings for this boy, who is now a grown man, because he still *believes*.

I am reminded each day how important it is to keep the magic of the universe alive in our spirit, at all ages. There is no one, at any age, who truthfully doesn't wish to feel good, infinite, prospered, magical, and divinely loved. The magic is true. The infinite possibilities are true. The generosity of God and the spirit realm is overwhelmingly good. The key to feeling some of this goodness is to find a way to rekindle and nurture the magical power of belief. And to nurture it, when possible, in others, by *living it ourselves*.

How do we nurture the magic of belief? Maybe you can retrieve a wonderful, warm, magical, childhood moment, that is untainted by family or the culture in which you were raised, that was pure and mystical. You are envisioning a memory in which your inner child was in full flow of positive, good feeling, beautiful Source energy. Maybe it was a perfect day of blue sky and perfect kite flying winds, where there was no end to you, the wind, the blue of the sky, and the amount of time that you had to play. You felt your limitlessness, your connection to all things, and the strength of Mother Earth's power flowing within

you. Maybe you recall your inner child's essence and imagination, by baking and decorating cookies with your children, with colorful delicious icing and fun assorted candies on top. Maybe the inspiring act of dancing arouses your inner child's delight, and that movement recalls the magical believing essence within your spirit. You are unlimited in your imagination. Giving yourself permission to believe is the first step. Once you try that kind of belief on, and the inner visioning process begins, the good feelings that come with it create more and more reasons to believe and to feel good, as much as you possibly can. When you are feeling good, and in the flow of belief, good things flow into your experience as a new truth and attraction source for future positive attractions.

The magic and power of belief is an essential tool in creating a rich inner life. The ability to laugh, to refocus your attention, to imagine, to inner vision, to hope, to feel, to delight in something – are all food for the soul. And when the soul is happy, the things you draw into your experience become merrier and merrier. Even a mere *willingness* to believe goes a long, long way to creating the life that you desire. It opens inner doors a crack, and let's the inner sunshine from Source energy to shine upon the emerging inner life that you are expanding. With a little light, a little intention, and a willingness to open to the magic, you invite the magic to come. And how delicious it is when it arrives from the deliberate choices you make, and when you know that that magic was created just for you, *by* you.

Finding the magic of belief in your every day life through your chosen thoughts, feelings, actions, and choices brings a greater glow and greater good to the whole cosmos. It is a rich experience to find your flow with the magic of belief in every day experiences in the universe. You might be amazed at the magic you begin to see, once you change the lens through which you view your world. When we change the way we *believe* in things, the things we look at change.

Chapter Three:

The Transparency of Truth

I flow with good feelings within you. Truth is trusting that those good feelings, of divine creative loving power, are the magic that fills your inner space and creates a rich inner life. It is the belief in the magical, infinite goodness of all that exists that brings rich truths into your experience.

- Spirit 1/26/09

For as far back as I can remember, I have always been a barometer of truth. It seemed to be sewn into my energetic fabric somehow, like Peter Pan and his shadow. Only what was sewn to me was the light of truth. I tested this, trying once to consciously lie when I was a small child. I suffered so terribly for it that I turned myself in. Facing the consequences of telling an untruth was so much more acceptable to me than living the experience of the lie. Because the truth is . . . that truth often brings the experience of profound inner peace.

Truth is the vibration of Source energy. Whatever the true truth is in your experience, for you and for anyone, when we experience it, it flows with the pure light and unconditional love of Source energy within us. And so, truth can act as a healing balm to soothe a troubled spirit. When we allow the transparency of truth in our lives, we allow the magic of Source energy to flow through us and into our life experiences. With Source energy consciously present, there is no shame in anything that we perceive our selves or our situation to be. There is no shame in transparency. There is only clarity, compassion, and infinite choice. When we choose to allow the transparent truth of our core true selves, desires, and experiences to surface, we release our resistance, and we allow ourselves to feel the blissful calm and divine empowerment of living the inner truth of who we deeply and truly are. We are perfect, infinite, whole, and magnificently creative beings, who

create and sculpt a variety of experiences, to try them on, in order to better know and to grow our inner divine light. And in the transparency of truth, we are all doing exactly what we are here to do. There is perfection in everything in our lives. When we consciously choose to step into the awareness that we *can* deliberately *choose* our every experience, supported by the divine design of Source energy itself, we take another step into the rich expanse of a prosperous inner life.

Many have forgotten this truth about truth. True truth, *Source truth*, is transparent, which is one of its greatest gifts. After my own little youthful experiment with *untruth*, my personal footpath in the light of truth was more clearly chosen into my life experiences. Truth would be my guide and my path in my life. I once heard Sonia Choquette (an intuitive, author, and inspirational teacher) capture the essence of truth's transparency, when she said, "*truth withstands scrutiny very well.*" It simply does, and I am grateful that it has been a spiritual compass to me, helping me to navigate the twists and turns of earthly life. It can be this for all of us, if we choose it to be.

Over the years, my sense and appreciation of truth expanded further. My karmic appointment awakened me to the concept that we are *all* sentient beings, who are able to feel and perceive experiences. To the extent that we open our hearts and *allow* the truth of sentience in our lives, we can enjoy or resist its benefits, proportionately. Our sentient systems are what tell us what we are feeling. It is like our own human, inner, GPS system, which can guide the direction and course of our lives to our highest good - if we so choose. Source energy flows through our inner sentience, communicating with us at all times whether we are on track in the flow of good feelings, and when we are not. If we listen, and if we choose to honor its communications, sentience is another level of truth that can guide our earthly experience - from its expanded aerial view of the infinite energetic intelligence in the universe. We have perhaps misunderstood the value of our feelings in the past, and thus our sentient gifts. However, if we choose to shift into the truth of what they really are, they add a significant richness

to our lives. The truth of sentience helps to guide us into the “greater good” outcomes of our chosen life experiences and our ultimate divine expansions.

In my own journey, this karmic appointment awakened me to my own sentience. I discovered my personal gifts of clairsentience and claircognizance, which essentially describe the intuitive gifts of “clear feeling” and “clear knowing.” They are simply expansions of the basic sentient inner guidance system. I can often see, feel, hear, and know things, seen and unseen, that other people sometimes do not. Expanding from that, I can also receive channeled messages from Spirit, which has become a tremendous source of guidance in my life, my healing, and my cosmic wealth development. These intuitive gifts were not a part of my religious upbringing, but they ring true for me in my present life and so they are now an integrated, accepted part of who I am. Some of these channeled messages are shared throughout this book, and again at the end in the appendix, for your healing and inspirational benefit if you have further interest.

If we allow our sentience to become a transparent truth in our lives, it can enhance our life experiences exponentially. A *willingness* to experience the truth of your sentience, and thus your inner guidance system, is all that is required to take the first steps. Allowing the feelings to surface, and simply discerning *whether you feel good or not* in relation to your thought, desire, or circumstance, is the simple way to expand your inner listening skills. If feelings arise that feel good, and in the flow, then that may be a sign that you are moving in a positive direction with your desires and choices. If feelings arise that do not feel good, then your sentient self may be communicating that you are getting off track from your higher good. Tweaking your thoughts in the direction of what you desire, paired with receiving the feedback from your sentient guidance system of “feeling good” or “not feeling good,” can move you into the transparent truth and highest good of the life experience you are desiring and presently manifesting.

Now, in a world of truth, there exists a parallel world of illusion. Each is a contrast of the other, granting us the gift of

choice and greater expansion. Some of us are unconsciously living in the parallel world of illusion. And there are all kinds – personal illusions, cultural illusions, religious illusions, political illusions, power illusions, love illusions, and more. The significance of illusions in this cosmic wealth conversation is simply this. When we choose, consciously or unconsciously, to *accept* an illusion or to *live* an illusion, we invite **resistance** into our vibration. And by resonating in this resistance, we leave our natural stream of well-being and our flow of prosperous good feelings. This is the inner guidance system speaking with us, about the fork in the road in front of us, in terms of the experience we are about to choose and to have. If we were fully conscious of this fork, we could choose to turn back to the light of truth and flow of Source energy (through deliberate thought, feeling, or action) *or* we could choose to turn further toward the resistance, to explore what that feels like. Many turn toward the resistance, unaware that it is, at some level, a choice. **The illusion then is that leaving the flow *is* the flow**, something they have no control over. As people go with the energy of resistance, they then attract into their life the experience of a vibrational *match* to their particular *resistance*. If we are not *deliberately choosing* this experience, we often find ourselves experiencing something that we do not like. The tricks of the parallel world of illusion involve many universal factors. But for the purpose of our discussion, for those who do seek to experience more of their true self, it is important to simply be conscious of the inner self talk, the outer expressions of your free will, and the quality of the experiences you are having in the different areas of your life. Those are your cues about your level of consciousness, level of illusion, resistance, inner clarity, and awareness of deliberate creation.

By monitoring these cues, you may find that your **self perception**, and your **sentient perception**, of the truth of your present thoughts, actions, feelings, and choices - *actually differ*. When you see this discrepancy, you have just identified a form of illusion that is active in your life experience. You might find it helpful to clarify your self perception about a particular topic

or issue in your life, by writing out on a piece of paper who you *think* you are believing and presenting yourself to be. And then, it will be important to get into a quiet still place for a moment, to take a deep breath, and feel what your inner life communicates about the same topic or issue. Allow your feelings to surface for a moment, about that idea or topic. I believe it is helpful to identify the larger truth – whether you feel good about that topic or issue, or not. One example of a “feel good” sentient communication might be that you feel peaceful. At ease. Happy, even, about that topic. Or you might find that you begin to sweat. You feel uncomfortable. You feel angry. You would like to change the subject. These are examples of truth arising, with the contrasting sentient communication of “not feeling good.” If you see a discrepancy between your self perception and your sentient perception, then your inner guidance system has just highlighted for you a lack of vibrational alignment and thus a resistance. When you desire to become a conscious creator of your life experiences, these are the kinds of choices you will have the opportunity to make. Are you willing to witness the transparent truth of these presenting awarenesses, and make the transparent choice to move in the direction of the greater truth - to align with Source flow?

Many wonderful authors have written about the law of attraction, healing your life, and choosing your thoughts to change your life. Esther and Jerry Hicks have published the channeled guidance of a collective group of non-physical energies - that are known as “Abraham.” Abraham delivers inspiring messages that assist people in the art of feeling good. If you would like more information about how to shift into this higher perception of your inner guidance system, I recommend their work.

The key to living the life that you truly want, as I have stated, is to *deliberately choose* it. And it is much easier to remain in the flow of your desires, whatever they may be, if you deliberately choose them. If you know the truth of that which you are and desire to be, then you simply deliberately choose

your thoughts, feelings, beliefs, and actions in all ways as much as possible to vibrationally attract and draw them into your experience. It is truly an ongoing inner gardening process, in which we plant the seeds of our desires in a continuous good feeling way, we weed out and release old thoughts and behavioral patterns that no longer serve our present desires and highest good, and we water our desires with positive affirmations and experiences that create good feelings. Good feelings bring the flow.

It is important to try to focus our heart's attention then on the magical nature of the universe, rather than the illusion that this world is a world of difficulty, stress, unfairness, or pain. When we see some "fruit," or outcome, of our denser creations, it is helpful to remain mindful (and heartfelt) of the divine design of this grand universe. We know that all experiences are expansions. That we at some level created this experience, and that therefore we can create our way out of it. That we can grow in the direction of expanding our core light – by consciously choosing to do so. Our light can never be diminished – only perfectly expanded. And we are all creating unique patterns of experiences to do so. Some people do more zig-zagging than others. The truths of this expansive universe supportively remain; That we are all perfect, divine, powerful, creative beings. That the universe is a catalog of experiences - from which we all ultimately grow our light and expand the light of love. That there are universal laws that guide and govern our experiences here. And that there is a profound energetic intelligence that lives within all of us and all things. Given these truths, there is no shame in any experience; Only the vibrational transparent truth present in the vibrational *light* or vibrational *density* of these experiences. We are the spiritual, energetic being that is either choosing magical, light-filled experiences or denser, heavier illusions. Every moment is a divine opportunity to choose light or density, for our own divine expansion and spiritual ascension.

There is divine perfection in all that is. And so, any observation of things not wanted in your experience is an opportunity to simply *observe* the creation itself. If it is

something you desire to further experience, you can choose to focus your energies and attentions more deliberately there. That focused attention in time will manifest it more deeply within your experience. If you observe something that you do not desire to further experience, simply *observe* and *let go*. If it is someone *else's* choice or creation, you can honor his/her right to choose something different from yourself - for his/her own expansion. In so doing, you honor the truth of divine free will and the experiential design of the Creator's universe. *Your* task is to discern your truth and to consciously use your free will to create, define, and sculpt your life, in order to experience the richly creative, light-filled essence that indwells *you*.

Truth withstands scrutiny very well. The truth of our divinity and universal laws - always and infinitely *is*. Transparent truth in our every day lives is a gift, when we understand its magic and its role in our conscious inner rising. Our inner sentience guides our experience of allowing "good feeling Source flow" or resisting it. Allowing truth in our individual lives is allowing the magnificence of Source energy to flow within us, to create a rich inner grounding, a shining inner grace, and a peaceful prosperity in all that we are and all that we do. Our truth, our inner grace, is the home of our natural shining light. And our hearts know the way to this divine place.

Chapter Four: Default Truths

Dear One -

*In your language, a word signifies something. But words have limits, if one cannot see the energy within them. Because truth has been your guide as your gift, truth carries the energy of divine love, expansive love, and creative love for you. Truth is not simply the absence of "false." Truth is the joy of believing the creative essence of your spirit, and that is right and good within **all** beings.*

For what we are saying is that when a being chooses the experience to step away from their creative essence, then in fact they have stepped away from their divine truth and power source within their being. That is what some may call "false" – their false self. And we would clarify to not say "wrong self," for every creation is divine. But it may be false, as in – a mask of the truth of their divine shining inner state, their "always" state of being.

You can never separate yourself from this "always is" state of inner divinity and infinite creative power, which is what you mean when you say "truth." One can only choose to mask it, to try the experience on, to see what living in a dimmer, denser light feels like. From there, many choose even grander experiences, than before they had worn the mask. For in leaving the bright light – greater desires birthed. Calling an even greater truth.

*The light can never be diminished – no matter what words, experiences, or escapades [**escape aids**] one chooses. The light of expansion is your original Source light, and it lives within all of you. That is a Truth that simply and infinitely is. That is what you try to capture in the word "truth." But the word truth is really so much more.*

Convey a desire to know the limitless light within (that you

can call the “light of truth”), and anyone can recognize a mask in the light of the glow. Shining a light on the shadow eradicates the shadow itself, leaving only the truth of the original light.

- Spirit, 1/26/09

If transparent truth is the conscious energy of grace, ease, and flow, then default truths are the unconscious energy of old past creations, resistance, and blocks to our flow. Both transparent truths and default truths can significantly affect the quality of our life experiences. When truth is transparent, Source energy flows an expansive, magical, *Source-infinite* sense of “*Truth*” into our inner life’s experience. And when we flow with the magical well-being of Source energy, and we work with the laws of the universe (particularly the law of attraction), it would seem that our greatest desires would fruitfully and easily manifest. Yet I have had the experience of witnessing a number of people, who work consciously with these universal laws, not achieve a precious goal or particular desire. These are people who have successfully manifested a number of wonderful things in their lives, and who report that they consciously choose and deliberately create many of their life experiences. This “block” to receiving our good, or our core desires, called me to pause and consider *why*.

How can a beautiful conscious desire continue to elude someone, so much so that they are unable to consciously and creatively convert the “want” or desire into a physical reality? Let me give you a more concrete example. Someone has had a desire to lose weight. This person has positively affirmed the intention to be healthy, fit, and in the experience of their optimum size and shape for joyful, healthful living. She can tell you the many conscious choices that she has made to fruitfully enjoy the experience of this healthful, lighter state of being. This is her truth as well as her desire. Yet, her positive intention and her physical experience do not seem to be a vibrational match, for she is not physically experiencing the health and *fit*-ness she

continues to envision. If this sounds like you, or something you have experienced, what is happening may be suggestive of the existence of what I now call a *default truth*.

What is a default truth? To me, it is the sentient feeling of having a deeper, inner, less conscious truth, that overrides other desires - by its mere existence. It is active *by default*, meaning that it was a truth birthed perhaps long before your own birth of consciousness, that is a shadow that has escaped the scrutiny of light. It is a feeling pathway that trumps other good feelings and positive intentions. Because of its deep-seeded creative origins, it is resonating as truth in your vibrational system. It is the dominant vibration, humming steadily within you, by default, because it is *unknown* to you.

Now - how do you know if you have an unconscious default truth vibrationally-at-work in your life experience? Essentially, if you believe, upon an inner sentient scan, that you have put your thoughts, feelings, beliefs, and choices in line with your desire (to attract your desire into your experience), **and** you find that *it is not coming* or *it is not happening for you* (regardless of how much you tweak your thoughts, feelings, and intentions), this may be a strong indication that you have a default truth at work or at play in your inner life's vibration. That default truth is operating, and vibrating, and attracting, subliminally in your life. Because in this case, it was created *by you* when you may not have been a *conscious* creator, and therefore you have no idea that it is there. This default truth then is the dominant vibration you are offering, but not at all the *chosen* vibration that you currently report, intend, cultivate, and refine.

I will describe this default truth another way, which I believe may help us all to better understand it. It would be easier to demonstrate this in person or in a workshop, but I am going to attempt to illustrate it here on paper. Imagine a sound recording of your vibrational offerings. And imagine *your* vibrational offering of say two complimentary desires - that you *are* intending to manifest. We're creating an image here, for example's sake. And let's say there is also a default

truth/desire that is vibrating, below the detection of your conscious self's radar. This is what a sound recording of those vibrational energies might look like.

1. Chosen Desire #1

beep beep beep beep

2.) Chosen Desire #2

beep beep **beep** beep **beep** beep

3.) Your Default Truth/Desire

Beep Beep Beep Beep Beep Beep Beep Beep Beep

Can you see the different rate of the vibrational signals that you are sending out and into this vibrational universe, in terms of your deepest, truest, core desires? In this example, Desire 1 and Desire 2 are sending the message about the positive feelings and things that you *are* intending. However, this seemingly rogue default truth or desire, that originated at some previous point in some other life experience, is out-firing the others in desire, strength, and amplification. Sometimes in order to know that we have an unconscious pattern of belief or thought existing within us, we have to be willing to observe it in our experiences to know that it is there. In this case, it is the *absence* of the desire and its physical manifestation in our lives, despite the presence of a strong intention and the positive vibrational work offered to summon its attraction, that cues us – to let us know that a default truth from another previous experience, time, and creative birth is still active in our sentient system.

If this is the case for you, then therein lies the gift. The absence of your desire, despite your continued conscious work, is your inner guidance system communicating with you. In the case of the person who desires weight loss, with the intention to experience a kind of *healthful, light-filled, joyful fit-ness*, the default truth - that is *predominantly active* - is some belief or sentient feeling that is still attracting the need for greater

weight, insulation, or some feeling state along those lines.

The reason that default truths *appear* to be hidden, rogue, and misfiring vibrations is because we have forgotten *when we* launched that desire, or that truth, into being. So, say at the age of two, continuing with the fitness example, that we did not feel safe in our home environment. And thus to feel better, we vibrationally expressed a desire to feel insulated and safer, while in the experience of that condition. That desire could have vibrationally attracted and created the gaining of weight, in this example, to match the desire for increased safety and insulation. The desire then was perfectly in alignment with our needs and experience *at that time*. **But, we grew.** And as we grew, we may have lost our connection with our magical belief in the universe and universal laws. And so we may have taken on more and more concrete thinking. And we trusted our sentient system less and less. And over the years, we simply forgot that we had launched that creative desire, that met our experiential circumstance and need for increased safety and insulation *at that time*. And now, here we are a great while later, awakening back into the truth of our beautiful selves and our powerful creative nature, and we cannot seem to manifest the health, well-being, and *fit-ness* that we desire. We see only now, with this new and expanded understanding, how that default truth really was a positive prior creation, under those conditions; but in the absence of a greater consciousness, we left it to continue vibrating *indefinitely, by default*. Without this conscious, expanded lens, we just seem to be hitting a brick wall with ourselves.

The concept of default truths resembles a flavor of the energies of karma. Karma is another, often misunderstood, cosmic concept in today's world. Karma can essentially be defined as: our thoughts, feelings, words, and actions, *positive and negative*, creating a chain of cause and effect – whereby we will personally experience the effect of every cause that we have created. To me, karma is a kind of spiritual mentor, that guides us into greater awareness of our true, divine, creative power. We can create with *love* or *fear*. As we re-experience the “fruits”

or effects of our past creations, within *and* across lifetimes, we begin to awaken to a larger cosmic picture of universal laws, principles, and expansive truths. We essentially learn from *ourselves*, through our own creations and our experiences of those creations, how to consciously use our creative essence for higher good and for the greater good. All are designed to facilitate our spiritual growth, divine expansion, and soulful ascension. We can turn away from these truths and their guiding light, or we can embrace them and begin to live in greater flow. The choice is ours to make.

We have the opportunity now to see the presence of default truths, and resistances, from prior creations *this* lifetime, as well as those that are still in existence from *past* lifetimes. It is **now**, in our current life experiences, that we have the opportunity to pay attention to our sentient cues, our vibrational signals, and our individual creations. If we are experiencing a *lack* of something that we desire, it is a ripe opportunity to do the inner spiritual work necessary to peacefully release the previous default truths (or karmic effects). When we make the committed conscious choice to release our past creations that no longer serve us or the greater good, we take a giant step forward in our cosmic wealth development and our own inner ascension.

If we remember that it is our vibration that creates the details of our life experiences (through the energies in our thoughts, feelings, choices, beliefs, actions, inner conversations, and focused attention), we can begin to understand that we may have unconsciously launched creations in times past that are still vibrating *in default*, below the radar of our conscious awareness. In this grand awakening process, we begin to see the increasing transparency of our true, divine, creative nature and the incredible art of choosing our way back into the flow of the Creator's divine design. From this broader aerial view, we begin to more clearly see the precision and perfection within the universe. If we pay attention, and if we can engage the conscious processes that facilitate release, we can heal these blocks, neutralize and release prior default settings, release karma, and feel our lighter free-er selves buoyantly rising to

higher levels of conscious creation. And we can begin to see that our most precious desires, that had eluded us before, are coming into our life experiences now with much greater ease and more prosperous flow.

One of the simplest ways to facilitate the release of unwanted energy patterns, default truths, and karmic effects is through the power of intention. We can simply intend their release, by making an affirmational declaration or prayer request. A sample intention for release is included here. You can use this one, if it resonates with your heart and what you wish to release, or you can write your own.

Sample Affirmation for Intentional Release:

*Source, please cleanse and release any previous instructions, karmic creations and effects, and default truths that no longer serve my highest good. I am grateful for their gifts and their service in my life and soulful expansion. And I now surrender them completely for divine cleansing and release, **in all directions of time**. Source energies fill and renew my spirit with pure divine light, love, grace, and well-being. With this releasement and renewal, I invite the original shine of my divine inner light to prosper all of my new conscious desires and to gracefully manifest profound peace and cosmic prosperity for the greater good. I am clear, cleansed, whole, refreshed, and renewed! I am grateful.*

When you are ready to activate a releasement, take a deep breath and feel your heart-felt intentional focus on your chosen affirmation or prayer. State your intentions aloud if you can, believing as much as you can in this clearing and intentional release. Even if you *think* you cannot feel Source energy within or around you, take some deep breaths to feel your own relaxation and release of these previous energetic patterns. When you feel yourself relax, trust that *that* relaxation *is* Source energy flowing within you, letting you know that your prayer is heard and answered. Stay in that quiet still place for a moment, feeling your full appreciation for the cleansing that is taking place and the new opportunities being created to experience your divine grace.

Our thoughts, feelings, beliefs, and choices are divinely wired with a vibrational aliveness that really does create our life experiences. The more we engage the laws of the universe and see the fruits of our creations, the more real they become to us. These intentional releasements provide a conscious step in an inwardly expansive journey - to re-align with our truest desires and to rise to the good feelings and innate talents of our rich inner divine essence. It still requires conscious discernment, sentient monitoring, and a consistent application of universal laws – in order to continue in this grand inner rising. But when we do, we see much more flow.

Through this lens, we see how default truths and energetic resistances, when allowed to unconsciously exist in the moist shadows of our inner gardens, grow their own kinds of weeds and prevent our experience of newer, free-er, lighter creations. Look for the cues in your life, if you have some of the symptoms of unconscious default truths. And then take the conscious deliberate steps to allow their release and to fertilize the creations that you are *currently* desiring. Nothing is ever kept from us, unless we deny *ourselves*. Source energy is available and flowing to us, through our sentient experience of transparent truth, every day in our moment-to-moment creations. Source is there every step of the way. When we release our resistances, and we release our unconsciously “beeping” default truths and our old energetic patterns, we simply rise with the buoyancy of our truer, lighter, richer self. We then birth greater desires and experience even greater truths - in the ongoing process of ever-expanding expansions, in the name of spiritual ascension, through the gifts of our own divine creations. When we awaken and learn to honor the spiritual laws that govern our life experiences and our divine expansions, the gifts awaiting us are unbridled bliss and infinite freedom.

Chapter Five:

“Already Is”

*You already know these [universal] laws. There are none that will be unfamiliar to you. Your life is already known to you. Your essence is **already**. You are simply expanding it, outward, every day, by your choices of thought, attention, and focus. You are doing already what you wish to do or be. You are a seeker, an expander, and thus – always, always, always – a finder.*

- Spirit, 1/9/09

This part of our cosmic wealth conversation, about the “already is” state of being, is best explained by the Source energies that I channel. I simply, and collectively, refer to them as “Spirit” in this book. This collection of guides is integrally connected with the infinite intelligence of the universe, and the expansive energies that comprise the *non-physical* world. I italicize the messages that come from Spirit. When I ask a clarifying question or offer a response, I post it in a bold, regular font. This format is consistent throughout the remainder of the book.

The voice of Spirit lives within all of us. We can learn to listen with inner ears to its wisdom. The following is a channeled story. I enjoyed receiving its message and believe that it offers a gift to us all.

Today – we wish to share a parable with you.

There once was a king who had everything he wanted. Or so he thought. He looked around at his finest robes, lands, horses, people – everything in his life was glorious. Yet – there was a disconnect. Something he could not put his finger on – but that bothered him steadily. Something was missing in this glorious life.

So one day, he announced that he could have no peace until he discovered what it was. He also announced that he would need to do his searching alone; for only he could smell the

scent of the missing ingredient, because only he knew that it was missing.

He set off in the east, in the direction of the rising sun, in the hopes of gaining greater clarity. He went on foot. Not with his trusted finest horse. Or trusted friends. Or even any of his greatest riches. He set out in the light of the sun, with himself, and the clothes on his back.

Along the way, he kept asking himself, "What is it that I seek? What is it that I am needing? What is it that I need to know or to do? I have a wonderful life . . . a strong house, beautiful art, tremendous security, great riches, and many things that bring me joy. Am I selfish – have I created another need? Only to have the adventure of fulfilling it?"

With that, he stumbled on a stone - a rock in the middle of the road. He stubbed his toe simultaneously. While he felt this physical interruption to all of his question asking, he began to realize that his physical state, and all that it could ever bring to him, were nothing compared to the glow of the rising sun, rising over his head, over the tree tops, and filling his very breath within.

He lay there a moment . . . forgetting his toe, and the rock, and his great and glorious outer life. And for the first time, felt and basked in the glow of a rich, light-filled inner breath and inner life, that he simply could not see, amidst all the splendor in his [circumstances] at home. What was this wonderful feeling inside him? What was its purity? Its glory? Its appeal?

*It was the essence of light – a freedom from all that was thought to matter in the world of matter; a freedom of the light in his spirit, that had no needs but only desires. There was no wanting – for everything **already was**. There was no needing, for everything **already is**. There was only the joy in the awareness of the perfection of all things, and his place among that perfection.*

He felt certain that this had been the missing ingredient he smelled in his other life, his outer life. He was not sure what bringing this ingredient back to his kingdom would do or

change, but he was sure that he needed to add it to his experience, and to see what it cooked up.

And in the days that followed, his life became richer than he had ever imagined. For those that go seeking, always find. Every answer is always given. Every part has a whole. And every kingdom has a vast richness within, that creates the prosperity of every kind of dream ever imagined.

*This king had to let go of the physical, to suspend it for just a moment of time, to see his inner grace. That is the task for all, to float in that suspension, when clarity is desired, to retrieve what is **already** there and always known --- inner perfection in all ways, in all lands, of all people. **Perfection is all there is.***

This channeled story speaks its own message to each one of us, about the innate beauty of our inner light, the riches of an inner life, and the perfection in all that is. For me, it is an additive concept to my inner life understandings, that all that we truly are *already is*. In other words, we don't have to reach for it. We just have to choose to receive it. Our divinity, our perfection, our magnificence, and our prosperity *already is*.

To expand on this concept, I will include Spirit's responses to some of my follow-up questions, received the same day as the parable above. These responses have helped me to feel the gift of incorporating an "already is" understanding about the cosmos into my inner life. I hope these messages benefit you in your search for understanding as well.

We wish for you to know that your expanding trust in receiving enables you to receive more and more and more. The more you open to the light, the greater you can see it in your life.

Listen to your inner voice. What is it saying?

I go back and forth between wanting and knowing, knowing and wanting.

We would say to you – the wanting is bringing the knowing. The knowing creates the allowing. Allowing is your "already

is” state of being. The wanting brings you to allowing. You really are more where you want to be than you think you are.

*We would say this - Imagine all that you want. This desire that you want is there for you in escrow. You have to show up with the right bank account number to make a withdrawal. Have you been paying into your escrow fund, with this withdrawal in mind? **Yes.** So you have been making payments to yourself, for which you will enjoy the prosperity of these deposits? **Yes. But doesn't my wanting block my allowing?** Allowing is manifesting through many channels. Not just through the want channel. If that were the case, you'd all be tied up in balls of yarn and strings with no end. No. We want you to understand that there are more channels to allowing than pure vibrational alignment. You achieve vibrational alignment you see by getting into a place of feeling good. Feeling good, with belief, with intention, with wanting, with purpose all combine to create further divine order. You are in the process of actualizing divine order right now. This present moment.*

Your intention to be in alignment is an “already” state of being. The universe is summoned, and combines its sense of universal intelligence, seeing far greater things than what your perspective can see there upon the earth.

Can the universe see some kind of calamity ahead, and say, “No. You can't, or shouldn't, have it”?

*Allowing is trusting the universe to bring it to you, **unequivocally** – but in that right timing of highest good. Highest good doesn't mean – No you can't have it. Highest good means – in the most prosperous, loving, joyful way possible. Expand your definition of highest good, and you my dear may have just found your missing ingredient. ☺*

*Trust highest good to be all that you need, in the most positive ways, and prosperous ways, to bring you what **already is**, in thought and vibration. The universe always knows the fastest,*

quickest, safest, loveliest route to achieve the physical manifestation of any dream.

*The only reason there is doubt is a forgetting of the “already is” state. Your **[desire] already is**. You have already the escrow to receive that divine gift. You simply allow yourself to receive what is rightfully yours. The laws support it. Your intentions asked for it. Your allowing receives it. Belief in the “already is” state is what greases the allowing. Know it, and nothing else. Guidance other than highest good is not welcome in your perfect “already is” state of total well-being.*

*Your “already is” state of divine perfection and perfect prosperity is your point of attraction now, if you claim it to be. **I do**. It already is then. You are that **[which]** you have sought and claimed yourself to be, because you already ARE it. Have been. Always. It is the illusion of the physical world that has instilled a film of forgetfulness. That film is clearing away – and a new, **original** one, is re-instating. Everyone will choose their experience in this new paradigm. Those willing to see truth and shed layers and attachments to the old film, will experience the joy of what already is – pure divine love, peace, and prosperity – in everything that exists. It simply is.*

What do I do now?

You live every moment as much as you can, trusting your “already is” highest good, protection, light, and experience of prosperity, that all are meant to have and to be. Your prosperity is a light-filled prosperity. An organic prosperity. It is the natural part of who you are. When your spirit shines, it calls others to their task of already being who they innately are.

Receive. Believe. Allow. You already ARE.

This message offers greater understanding, from a non-physical perspective, of the truth of who we really are. We all *already are* the prosperity, bliss, light, and perfection that we seek. Our divine escrow is always there for us. The freedom

that we seek comes through our willingness to live our divine shine, divine perfection, and organic prosperity. This freedom comes from our releasing old “films” and attachments to anything less than our divine state of goodness, riches, and bliss, and consistently choosing to rise within to our original light-filled essence.

Chapter Six: Dreaming and Inner Visioning

There is no lack. People overcome the experience of lack with a willingness to dream. Dreaming activates inner visioning. Inner visioning resonates with the laws of attraction. Attraction expands the dreaming into a state of being.

- Spirit, 1/13/09

To me, dreaming is an extension of believing. In this way, dreaming is simply relaxing into a deeper, more magical state of belief. As was true of the previous “Already Is” chapter, the non-physical Source-full energies of Spirit relayed a message for all of us - about the power of dreaming and the gift of inner visioning. I have transcribed their message below.

Dear One –

The universal supply is unlimited. That which you can expand to conceive, the universe can achieve. There is no lack. Only the desired experience of lack. The universe has only abundance. Whatever you vibrate to achieve, to draw, to desire – the universe has abundant resources to match the experience of the draw.

Magic is the knowing of a dream before it is experienced. Bliss is the tasting of that physical experience, or physical magic.

People are not hungry because there is lack. They are hungry because they have dreamed a hungry experience. If they dreamed fulfillment, there would be more than they could ever consume. When we dream in pictures, we activate deeper resonances of attractions. Dreaming in pictures opens the windows of the universe to draw the magic into our inner experiences, and thus our physical experiences.

*Feeling pictures [**pictures with feeling**] then attract faster. Open the universal window and see for yourself.*

Whenever there is wanting, it is a desire bursting forth. Honor the desire and it becomes a having. Push against the desire, and it becomes a lack.

Going into your spirit and inner visioning is straight away believing in the world of the unseen. [The] next steps include a willingness to feel. To follow the feeling out to the star that bursts a desire. See the desire. Feel the desire. And generate a feeling picture of having it already. Of the dream realized. You have to play with your mind and feelings, to begin to re-instate truth. Trust is abundance. That is reality. The world of the unseen is more real than the world of the seen. This is where the magnetics and laws of the universe live, exist, and operate. To flow in abundance requires the choice to experience the unseen. Which requires trust. A willingness to see the truth of the world as it is, not as how it has been taught to be.

Playing in the mind and heart draws the truths faster and quicker . . . the more you play, the clearer the image making becomes – the rounder, more complete the universe can be in bringing the picture of the dream to you.

Think of this. Flying is a willingness to be free. To leave the ground and the known of what appears to be. Flying is a freedom from physical laws and a union with spiritual laws. Spirits fly in dream time – accessing freedoms to deliver good in real time.

Using our imaginations and inner visionings to dream allows our inner energetic intelligence to be free to feel our divine joys, our creativity, and our limitless nature. For some, who have chosen the experience to block more Source flow in their lives, it may take a little more practice to feel good about dreaming, trusting, magical thinking, playing, and inner visioning. But again, having a *willingness* to try is all that you need to get started. As the spirit guides say, everything you are and everything you desire *already is*. Having a willingness to play with Spirit allows Source energy to flow more deeply within you, and attract more “feeling good” things to your

life experience. It's really giving yourself permission to have fun, to feel good, and to feel really alive in who you really are. It's a letting go, into the feel good nature of the truth of your inner life.

Because Source energy speaks from a higher perspective, I continue to transcribe Spirit inspirations and guidance for all of us, to aid us in our journeys. This guidance expands on dreaming, inner visioning, and the "already is" state of being.

*We see for you the rising of your star within. A power so great - you can no longer doubt its presence. It already is. It is simply awakening in you. Your power of belief is directly tied to your **already knowing** state. You know because you feel the "already is" state and truth.*

We are thinking that you would like to know more now. Know more than the "already is." Know more of your [visionary] "already is" gifts. The part of you who turns to deeper inner chambers of counsel and energy, to rightfully choose and lead in the direction of universal good. We feel your hunger is to feel and see in a broader picture. Expansion creates expansions, and calls experiences.

When you have a desire to look deeper, into greater alignment with the universe – you breathe deeper and you ask the universe with this intention.

Help me to see, know, hear, or feel the highest good outcome to this _____ situation. Show me through my [intuitive/sentient] sensings the potential truths of this circumstance. Lead me in visualizations and feeling pictures to the highest good outcomes, and help me to draw those outcomes into my "already is" consciousness of being. I thank you. All is well.

This kind of expanded seeking brings expanded results. Now, instead of only knowing the truth of the present, you can know the truth of the future. Future is only projected truth of the present. Since you are already knowing truth of present, truth of future is merely an extension expansion. You do not

need to reach. Simply ask and allow that extended visioning.

Be one with the potentiality of visioning. Highest good is all there is. Let everything else go back from which it came.

Highest good allows highest good, and creates highest good.

Let the magic work for you. Let it simply be as it always is and has always been.

How do those, who know light and truth, remain unaffected by those who have forgotten and who live unkindly or unconsciously?

In inner visioning, assume the “already is” state of kindness in your path, outcomes, and future goals. Already knowing is the key to your experience of that which you seek.

Already knowing the world’s unkindness is the portal in which general unkindness is experienced. Try something else. Like already knowing you will exchange ideas and experiences always with compassion, kindness, pleasure, and prosperity. Vision it. Know it. Create from the inner place within. See it as outwardly so as well.

The only reason other experiences are in the world today is – people are unitedly co-creating an “already knowing” space of fear, or dread, or uncertainty, etc. Shift into the “already knowing” state of belief, try magic on with truth in your heart, and see what it manifests.

Some would say that is hard to do.

Hard then is the “already state” from which they are attracting. It’s a form of reprogramming really. We call it – allowing. You may call it reprogramming, if you like. Be the vibration you wish to be, and then see it vibrating in your experience.

While your core is divine essence, you vibrate at differing levels of chosen vibrations. For experiences. For expansions. Choosing to feel good and prosperous and happy is the same to the universe as choosing confusion, chaos, or catastrophes. They are vibrational choices. They overlay your “already is” state of being, vibrating in harmony with your inner well-

being, or not in harmony with it. In that contrast, you birth a new choice of vibration. As you choose your next vibration, it flows with or against your “already” state of well-being. You can accept it, or choose differently next time. Many skip this step of choice, thinking the “already is” state is [actually] the ongoing choice [that] they have made. When [the ongoing choice] is only a mask of the true “already is” state of well-being. To accept choice, is to accept truth, of who you really are. Many are not yet ready for that kind of power and prosperity. And so – it is easier to them to blame something else than to accept their truth. In blaming, they overlay their “already is” mechanism, and attract situations of blame. Confirming to them that this is a world of blame and powerlessness.

Choose your vibration well. Plant its seed and watch it grow.

You are visioning. Believe the visioning, and not the falsehoods anywhere around you. Truth already is. Your dream truth already is. Stay in the vibration of belief. It opens many doors to more experiences.

Be a dreamer. Dreaming is being.

This universe is a magical and mystical place. We are the creators of our life experiences, through the direction of our inward flow. Our ability to believe, to dream, and to engage the process of inwardly *feeling* the pictures and visions that we desire – is a powerful indicator of our commitment to consciously and deliberately choose our life experiences. The world of dreaming and inner visioning offers infinite possibilities to each one of us - to intentionally create for our highest good, and the greater good of all. These are divine tools that can help us to create the peaceful and prosperous world that we so desire. Life really *is* magical.

Chapter Seven:

An “Already Is” Twist on Living the Law of Attraction

Dear One –

*You are learning of your place in this grand universe. Should not your perception of **who** you are, and **where** you are, shift to accommodate a larger purpose? Of course it should. You are as vast as the universe is itself, for you are made of the same inspiration, the same thought, the same energy. Physicality means that the particles have just slowed down long enough for you to see them. But they are all moving. Moving towards expansion. Moving towards all that is. And moving towards all that will be.*

- Spirit, 8/31/08

The Law of Attraction has been called many things by many people. A simple definition of the *law of attraction* is – *that which is like itself, is drawn*; or like attracts like. To me, regardless of the words some may use to assess the law of attraction’s viability and validity, it is an “already is” non-physical Source law, *and/or* one of many universal laws that Source itself created to guide and govern this universe toward greater expansion. If we can agree to accept this law *as it is* for what it is, or at least agree to have a *willingness* to consciously allow our experience of it in our lives, then we will surely benefit from living our lives with greater purpose, *on purpose*.

I have only been a conscious channel for the past few years. Yet from a very early age, I was aware of an intuitive feeling that I was being pulled forward by a larger purpose. I have asked myself countless times, “What is it? What am I supposed to be doing? What is my life purpose, or the purpose that lies within my gifts?” I have received some answers over time, but nothing that I could say shined a clear, definitive light on my path and purpose here.

Interestingly, I have a long history of feeling guided to

write. Many times I would write, simply because I had the *urge* to write, despite feeling unclear about the underlying drive and purpose within it. What is miraculous to me is that when I felt the urge to begin the journey to write this book, *Cosmic Wealth*, and I felt the familiar feelings of not knowing what needed to be said and why it needed to be said, *the long desired clarity finally came*. It was only in trusting, and *acting on*, that inner guidance system that allowed me to be led to where I needed to be. For I realized, only as I began writing *this time*, that the countless channelings I have transcribed from Spirit for my own healing path over the past few years, were *actually* the Source-ful, purpose-ful content for this book **and** the long desired clarity that I have sought (finally shining its light upon my life purpose). The information I needed *already was*. The content of this book *already was*. My purpose *already was*. It lay within the pages of mounds of journals, chronicling my own healing path, my own inner seeking, and the loving guidance received from Spirit. I simply had to organize it and transcribe some of it, in order to share it. This is an example to me of a perfect divine convergence, if you will, of all that is needed. If you had asked me in my earlier days of seeking, searching, and wonderment - if this is how it would come together for me, I could not have predicted this. I spent a lot of introspective time looking *forward* to something that I *would* do, be, or have; and all the while, everything I needed was lining up for me, and being handed to me, in perfect divine order, unbeknownst to me – through my own handwriting! It simply *already was*.

This remains a perfect example to me of how we can listen to our inner guidance system, often *without* knowing the expanded perspective of Source energy's infinite intelligence, and simply trust it to guide the flow of our highest good. It is a process of relaxing into that level of trust. In listening to my urges to **channel Spirit** in my own quest for healing, coupled with listening to my urges to **write** (without even knowing what I *would* write), I allowed the flow of Source energy to guide me to my scribing purpose, without really knowing that was happening. It is a kind of trust that I believe exists within all of us. It begins with a willingness to try, and to listen

at a deeper level within ourselves. Our willingness is a critical bridge that closes the non-physical gap, **between where we are and that which we *already are that we are becoming***. We already are what we are becoming, because we already are our divine, infinite, limitless, creative, Source-filled selves. We are simply moving toward expansion, to experience greater depths of our divine perfection. Having the willingness builds the bridge that brings into our lives the rich goodness that already is and that awaits us all, from the world of the non-physical and the world of the unseen. I am still amazed at how I questioned the content for these book chapters, and how most of the information was already waiting within my notebooks, smiling back at me, as if to say, "*We've been here the whole time. Everything already is. Your purpose aligned with the simple willingness to be led by the expansive broader perspective of Source intelligence - which knows all things at all times, for highest good. For your highest good.*"

Sometimes, in a number of cases, exactly what we need to be doing is exactly what we *are* doing. If we can turn to our heart's wisdom - of what we are being guided to do, and truly listen, Source can take us where we desire to go. The Source-ful message about the law of attraction for this chapter came in the following channeling, which I have transcribed for you. This message strung together many of their teachings about the "already is" state and how to manifest the rich life that we truly want. Here is a new twist, for perhaps a greater understanding of, the law of the attraction.

*You wonder about your intentions, your inner desires, and your freedom. **Nothing** is ever kept from you. It simply waits to be called energetically to you. [If you] continue to call from a place of "still wanting," that energy creates "still wanting."*

I would say to myself:

The (Name your desire here.) 's goodness flows within me now. The riches I have already won enable me to afford all that I physically desire. I feel wealth in every part of my being, and it serves me well.

a new shift in thinking. So admittedly for some of us, it will take a little practice before we convert it to an easy flowing form of inner “sentient shorthand.” Let’s start at the beginning.

Step 1. Name the core truth of your desire, and list the associated feelings that you have about it. Allow yourself to flow for a moment with the sentiments, feelings, and desires contained within this core truth, without going into great feeling depth and emotions about these things as they surface. You are simply allowing them to surface, and acknowledging them, by listing them on paper.

Example:

Name Your Desire – Its Core Truth:

I want to lose weight.

Associated Feelings:

I don’t want any medical issues as a result of the weight.

I don’t want to have to worry about what I am going to wear, or what fits.

I want to sleep better.

I am tired of feeling unattractive.

I am tired of feeling tired.

Step 2. Positively reframe your *associated feelings*, by inverting them to their positive qualities. In other words, state what you *want* about those feelings, not what you *don’t* want. Pushing against something we don’t want creates energetic resistance, and only **expands** what we don’t want. Likewise, stating what we **do** want, expands its vibrational reality within our experience. So, when sculpting an affirmation or declaration, reframe your associated feelings so that they state what you *do* want. Write them down on a piece of paper in front of you.

Example:

Associated Feelings Reframe:

I am healthy.

I am free to wear whatever I choose.

I feel peaceful. I sleep peacefully.

I am my divine, magnificent, beautiful essence.
I am energetic and energized.

Step 3. Positively reframe *your core desire*, from your now reframed associated feelings. State it clearly, framing it in a declaration of *positive* intention. State it as concisely as possible. When you sculpt an affirmation or declaration, you reframe your associated feelings to state the feeling essence of what you *do* want. Write it down.

Example:

Core Desire Reframe: I am healthy, energized, and living free in the experience of my optimum size and shape for joyful, healthful, and prosperous living.

Step 4. Allow your sentient self to write a list of the qualities, *of that reframed core desire*, that you can “see” within the desire.

Example:

Qualities of Positive Core Desire:

light, happy, fit, healthy, vibrant, energized, energetic, playful, prosperous, open, empowered, free, infinite, capable, joyful, rising, good, Source-ful, resourceful, strong, creative, limitless, alive, rich, divine, optimal

*If while you are writing the qualities of the desire, something that you write down triggers a “not good” sentient feeling, either reframe that particular quality to the essence of a “good feeling” word, or don’t include it. Remember, this is for *you*. And so you are making your list, while listening to *your* inner guidance system. Write qualities that make *you* feel good about the truth of your desire.

Step 5. Notice the *tone* of the qualities of your core desire now. Simply notice it. Do you see how these qualities are a “lighter” tone of living? There is a tone of divinity in these reframed descriptive words. Their essence is higher, free-er, lighter, and more inherently affirming, as opposed to the “denser” tone of the previous heavier experiences and statements found in your

initial associated feelings. This is an indication of how we can rise to our natural buoyant state. The proposed words listed above in Step 4 are lighter feeling, descriptive, experiential words, that can likely relate to many examples and core desires. They relate more to our natural prosperous, Source-ful inner selves. Many people, across many diverse situations and core desires, will find themselves with a similar core list (to those others are generating), as they work themselves through this essential extrapolating process. *Despite* desire differences. Why? Because we are boiling our lists down to a more core root, and thus we are getting closer to the heart of who we all really *already* are, through the good feeling nature of our “feel good” desires.

Our “feel good” inner well-being is the same vibration of Source energy. And what flows within us, flows in *every thing*. Therefore, our Source-ful core desires and traits are the same desires and traits as everyone else. There are many “words” that can describe the free flowing essence of Source energy; I believe those same energy patterns of words will show up time and time again, for different people, listing different core desires. We are beginning to see the truth of our same core Source root. Look at your list again. Notice its lighter, free-er vibrational tone.

Step 6. Feel the overall essence of that core list of qualities. And **find a truth (a “good feeling” feeling) from that list of qualities that you can easily find already existing within you.** *What* feels good and truthful *within you already*, maybe an *essential experience* or *personal trait*, that is *also* an *essence* that you have identified existing within the essence of your *desire*? In other words, what is an essence of your desire that is already an essence of you?

Example:

Essence of Desire = Essence Within Me:

Playfully Free, Energized, Playfully Alive

These energies describe the “already is” me. They

already are a vibrational part of who I am. I already know that I am a playful person, who has a lot of good energy, who has creative and playful ideas, and who likes to laugh freely. I like to have fun and typically find freedom in the playful essence of many of my life experiences that I can easily and happily recall. And so the feeling within my desire, that “already is,” that I easily connect with is the playfully free and energetically alive feeling of fun-filled freedom. I can close my eyes and feel the vibrational ease of that truth, within myself *and* my desire. I can see myself harmonizing through these feelings of something that I already am (playful, creative, alive, and free) and something that I desire (playful healthfulness and *fitness* - and playful freedom).

Step 7. Let go of the previous pattern of *wanting*, and simply allow yourself to vibrationally hummmmmmmmm, in an easy feeling place of knowing that you *already are* the vibrational aspect of what you are desiring. Feel the harmony of the playfully free, energetic, inner truthful you and the playful, energized, freely healthful and optimal you. They are a vibrational match. They feel so good to you, because they already *are* you. *There is nothing to want, because you already are that which you are becoming.* You already simply *are*. And it feels *really* good.

Step 8. As much as it feels good to you, and certainly when your desire flows into your thoughts and through you, **focus** your inner feelings on the “already is” truth of your playfully free, energized, “good feeling,” healthful, and optimal essence. Feel the feelings or images of easy recollections, of feeling that *allowing* feeling of Source-ful goodness. You *already are* a vibrational match, to who you already are and the playfully healthfully free person that you already are. There is no reaching. There is no wanting. Only guiding your thoughts, feelings, and focus to what you tune into, and know yourself to *already be*. Allow this to hum and resonate with good feeling within yourself, and allow all other previous patterns of

thought to float away and out of your experience, as you more deeply focus and allow the experiential truth of your optimal, magnificent, divine, light-filled nature.

Step 9. Continue crafting your inner feeling place every day to simply feel and think about that easy generous vibration of playful and free-ly flowing energy, until it lands itself fully within your experience. Do this with some discipline and discernment at first, until you feel it more easily becoming your dominant thought and vibrational essence. Your prosperity, the gift of your divine true self, is already within you.

An example of the previously channeled Spirit message, with the insertion of this fitness example and its affirmational descriptives, is included here. It includes some of the original channeled message, now put together more completely. This is but one example of how this affirmational intention can flow within you each day, to affirm who you already are that you are more deeply and deliberately becoming.

Playful energies flow within me now. The rich playfulness and freedom energies I already have enable me to afford all that I physically desire. I feel a wealth of health in every part of my being, and it serves me well. Healthful energies fill my playful, free spirit, and support my playful, richly alive, energized feelings. I am playfully, gracefully, free-fully – healthy, fit, and free.

Feel the energized, playfulness in your desire. It is not weight loss or image that attracts you. It is the great energy and playfulness of spirit that attracts you. And in this way, you ARE already in alignment with your dream’s destiny.

*Find the cleanest, clearest truth – that is **your** truth, to resonate with the desire you are dreaming, and you see how easy it is to harmonize dreams into physical existence.*

I am playful, energetic, infinite, alive, Source-ful, and free, like my optimum health, fit-ness, and freedom.

I am ingesting the limitless infinite nature of my inner life and light, and it fills me with wholeness and an eternal state of

joyful well-being.

I experienced a state of perfect health and well-being already, when my beautiful light birthed into being.

God's playful, loving, divine benevolence freely created me – in his perfect, healthful, and playful likeness. Every positive playful energetic thought I have affirms my healthful well-being vibration. I relish in the joy of my playfully free vibration, and the universe brings healthful playful freedom into my experience.

The beauty of this message, and the law of attraction, is that **we truly already are that which we are becoming**. To benefit from this message, we simply need to become willing to try the magic of belief on, to see the transparency of truth in our lives, to monitor our inner guidance system and our manifesting progress – and to clear out default truths as they arise. To expansively benefit from this message, we must choose to live our divine spiritual essence as much as possible - to continuously rise within, in order to experience the depth and scope of our core original light. When we live from this broader perspective, we can see how our prosperous inner spiritual life is the creator of our physical outer life experience and cosmic prosperity.

Chapter Eight:

An Expanded Application of the Law of Attraction: Density and Dissimilar, Light and Like

*Ask. Believe. **Apply**. Receive.*

Some forget the application part. Being in “flow” can also mean “listen and apply your guidance.” That is often the way, or the means, in which you will receive. Developing an inner ear and sight is essential to your experience of natural divine flow.

- Spirit, 2/5/09

The following transcription is an expansion on the previous message, about the “already is” application of the law of attraction. It speaks to the contrasting vibrations of density and light, and dissimilarity and likeness. It is an enlightening message that is a bit easier to absorb, which may help us more fully integrate the greater cosmic truth of who we really are. I have included this message, for our collective clarification and understanding.

*In regards to your clarifying questions about the “already is” receipt of your desire – what is most important is that you allow it, and intend for it, to be easy. The process is not hard, but people make it so. Your world has accepted the paradigm that harder **[and]** heavier is better. But, in the Source world of easy resonating flow, the **same** things are accomplished with belief, ease, and flow.*

We want you to know that to define a desire you are wanting, and to push at it to make it be so, will not bring that thing into your existence. You are then resonating with your dominant vibrational offering, which is not the ease and good feelings of your desire, but rather heavier, “pushing against,” blocks of energy – that resist its flow to you.

*If you are desiring something, that “something” **already** has traits that are of like nature to **you**. For everything under the*

sun, and beyond the sun, was created from the same divine Source. Thus, the core properties of any one thing and the core properties of you – boil down to the same ultimate goodness.

*Find the qualities in that which you seek, that you most easily recognize and feel within yourself, and you will automatically be in the flow of Source energy. You are **already** whatever qualities you seek to experience [in your desire], for the **basis** of who you are - is what makes you, **vibrationally**, who you are. Do you see?*

You can choose dissimilar vibrations, but when you do, it doesn't feel good. Typically, earth beings decide (unconsciously much of the time) then to bear down and push more, believing force will bring them more of what they want. But ultimately, it is the path of least resistance that drops it like a feather in your lap. Why? Because you have simply allowed the "already is" natural flow of two alike things coming together.

Density is an experience, but not the easier path. It is the illusion of "what is," but not the true "what is." From experiencing density, many expand in great creative ways, to bounce back toward the light of their being. Wouldn't you agree? Have you not enjoyed letting the karmic monkey get off your back? After carrying it so long, it became a weight in the world you thought was "what is." Yet after letting it go, you realize how that isn't "what is" at all.

*To align with dissimilar things - is the real work, the harder road, the tougher task. That hardness of life has become so accepted as a dominant vibration, that anything less feels strange, unfamiliar, and out of the ordinary. Some, even at the slight hint of rising, go right back into selecting another heavy choice to experience, for rising requires faith, letting go, surrendering, and light-ful ease. When you are used to resistance and captivity, freedom is a scary thing. **[But]** nothing holds you back. The dissimilar **choice**, chosen from the universal catalog of experience, to attract something **unlike** yourself (your core vibration) – is one that brings discomfort,*

from your dis-alignment and your dis-resonance. But it brings the familiarity of resistance, which is a heavier “doing” vibration. Human beings have conditioned themselves to believe that “doing” feels better than “being.” Therein lies the key to our channeling of “already is.” “Already is” is a relaxing into being what you already are. So much “attraction” coaching today is about something “to do.”

We suggest a new concept, the original one, of relaxing into the state, which you already are. That everything that exists in the universe has the same Source-ful make-up. And so, everything that you desire has the essence of that which you already are. The thing “to do” then is to simply decide to allow (and thus to release resistance) that which you want, by trusting that that which is like itself comes. Always. No exceptions.

[*This paragraph is a personal message to me, but it is included for the benefit of all.] **For you, as you release your resistance to friendships unlike yourself, you will allow friendships like yourself. In a state of resistance, you are only attracting the essence and resonance of other resisters. In a state of allowance, you are flowing in the essence and resonance of natural divine flow. Therefore, those allowing flow will attract to you – for you are vibrationally alike. That is the lightworker, “likeworker,” you seek. Release resistance, and release the urge to work hard and fight for it, and it will easily come to you.*

*Apply this to any state of dis-resonance. Food for example. The people wanting to lose weight. **Losing** implies resistance, at its core. Spirit and Source energy is the vibration of winning. Does it feel heavy or light to lose? Does it feel heavy or light to win? Then how does one create the winning vibration of light-full-ness? **Feeling good.** Yes. What, in the essence of the desire to be healthy, feels like a winning, good feeling, light feeling to you? **Freedom. Freedom to choose. Freedom to live. Freedom to move. Freedom to wear whatever is desired. A freedom to be unlimited by any physical form.** Yes. So – you find within yourself some*

thing, some image, some feeling – when you already know how to feel free. Is it when you read a book? Watch a movie? Write in your journal? Is it when you breathe fresh air? Go to the beach? Or travel? Find something easy, within yourself, that doesn't require any reach or resistance to get there. To experience the free feeling. And you will have aligned with your "already is" perfect inner state – which is the core vibration of all things. This is how people will begin to remember the truth of who they really are. Watch one person get one whiff of how easy it can be to feel better, to find flow, and to manifest with ease, and you will see many around them ignite with a desire to feel the ease too.

Right now – so many are caught in the resistance treadmill, that they are unaware that they have chosen. But each being, who comes to light, in the truth of their buoyant, natural, happy, good feeling essence, inspires others' truth, possibility, and call to return home, to their true home.

*Your perception that your work **[your desire]** . . . should be "hard," is filled with strings to this old paradigm. It can be easier. Choose a feeling – that you have already . . . that you already know, and your **[desires]** will float out to your accessible **[physical experience]**. It is resistance that keeps it hard. Yet – Source energy fills the vibration of your **[desires]**. **[And]** Source energy flows in you. Find what is alike in those two things, and all will flow to you, as desired. It is simply the design.*

Remember – free will is absolute choice. That is why it is so expansive. The vibration of choice is exponential freedom. Be that freedom of choice. And you have found divine bliss.

This is good for you today. We can feel you relaxing from the "need to do" list, and entering the "I get it" relaxation. Trust this. Enjoy this. Ease into it. Let it be easy. You have done the "hard." Enjoy the ease of your non-physical, easy flow.

This concept is timeless, and yet perfectly timely. In an age and larger world consciousness of seemingly denser, heavier, harder perceptions, this Source-ful message is a

reminder of what really *already* is, and timelessly will be. As we move inward and onward in our own individual expansions and ascension, we inevitably find our way to relaxing into the expansive state of what we already are, through the profound portal of what we are always desiring to become.

Chapter Nine: Innate Talents

Gratitude sees and acknowledges the flower in the seed.

- Charles Roth, p. 65
Mind: The Master Power

In the remaining chapters of this book, I wish to share a variety of universal tools that can help fertilize the rich inner life within all of us, that creates, attracts, prospers, and expands our outer life experiences. I had the good fortune of reading Charles Roth's book, *Mind: The Master Power*, while journeying the path of a deliberate seeker – on a quest for spiritual meaning and inner prosperity. In my own life, I have felt the amazing, creative, and life-giving power of gratitude. And when I read the above quote in Roth's book, I was immeasurably touched by the power of this profound statement. This is a man, a reverend, who was teaching a kind of new age consciousness, years before many had begun to embrace these rising thoughts and engaging concepts about who we really are. Rev. Roth presents five core talents in his book, that he believed we all possess *right now*, that can launch our life experiences into the world of the extraordinary. I would like to briefly include them in this chapter, and then I will add a few of my own. These are simply instruments, or tools, for our expanding non-physical toolbox, that I believe collectively can nurture our spirit and allow us to rise within - to the full potentiality of our infinite magnificent nature.

In *Mind: The Master Power*, Rev. Roth presented the biblical parable about the talents. In this parable, there are three servants. The first servant was given five talents. The second servant was given three talents. And the third servant was given one talent. The first two servants used/invested their talents, and increased them. But the third servant held onto his talent, guarding it closely, because he was afraid of losing it. Yet, it was the servants who *used* their talents, and thus *increased* their talents, that were given more. And it was the servant who

clung to his talent - with the paralysis of fear, who had it taken away and given to the servant with ten talents.

To me, this story so perfectly illustrates a manifestation of the non-physical laws of this grand universe. When we choose, consciously or unconsciously, to resist the divine design of the magnetics and energetics of a vibrational universe, we lock ourselves out of the prosperous flow of our divine well-being. Yet if we *could* choose, consciously, to turn toward the possibility of expansion, then we could live the benefits of increased understanding, in terms of our life's purpose and our existence here within this physical universe. We can learn how to consciously, and I would say *choice-fully*, navigate this tremendous potentiality of experiences on the earth plane, in order to maximize our great talents and to enjoy the prosperity of living in the flow of the divine design as much as possible. **We are not designed to suffer, but sometimes we suffer because we have forgotten the grand design.** It is with increased understanding that this universe begins to make a lot more sense. With an increase in understanding, we can expand beyond the level of consciousness that conceptualizes experiences as being fair/unfair, right/blame-worthy, good/bad, and lucky/randomly bad luck. We can then expand our understanding that we, as spiritual beings, have a non-physical desire for expansion, which is activated through our life choices of thought, feeling, action, and belief. All choices create experiences, dense or light, which in turn facilitate this desired expansion. And so again, all roads ultimately lead us back to the truth of our infinite connection to each other, to Source energy, and to the exponential expansive flow of divine love - that is the inherent energetic fabric that is woven throughout the cosmos.

That said, Rev. Roth expands the "talents" parable, by asking us to think about five talents, or "extraordinary potentialities," that we all possess within us right now. He suggests that these innate potentialities can be used and *invested*, to expand and deepen our experience of peace, harmony, health, and other prosperities. Rev. Roth's proposed talents are as follows:

1. The talent, or ability, to think.
2. The talent, or ability, to believe.
3. The talent, or creative power, of imagination.
4. The talent, or ability, to give thanksgiving.
5. The talent, or ability, to pray.

In his book, he further describes each of these innate talents that we all possess, from the perspective of their creative power and their ability to shape the experiences of our lives. Through our *ability to think*, we have the ability to choose the positive, constructive direction of our thoughts, *or* the ability to allow our conditioned thoughts and habits to direct our thinking. He then describes how we can use each of our talents and invest them, or disregard them, much like the servants in the parable.

Through our *ability to believe*, Roth states that we have the key to life. He says that we are what we believe ourselves to be. Many spiritual teachers have echoed this truth over the ages. I myself echo this belief in the divine magic of the universe, that the act of believing can bring the flow of “all good” into our life experiences.

The *creative ability of the imagination* allows us to go beyond the limits of the physical and to enter our infinite creative nature. Rev. Roth calls the imagination the “scissors of the mind,” describing how we utilize scissors to cut the form of any material into our own design. He describes how we can use our imagination to “work on the unspecialized substance of God all around [us],” so that the *substance* becomes the form that our imaginations create it to be.

The *talent to give praise and thanksgiving*, to me, is the beautiful talent of gratitude. Rev. Roth describes how being thankful opens up the lines of communication, between *us* and *all of our “good.”* He shares how gratitude is a spiritual enzyme that quickens the fulfillment of our greatest desires. For every deliberate request that we make to Source, or Spirit, in which we ask for help, co-creative support, and desires to be made manifest, we can add the three powerful, feeling-ful, vibrational

words – “I am grateful.” When we feel the truth of this vibrational universe, and we feel the truth of gratitude resonating in our hearts, we are in the magical power of belief that can easily allow the manifestation of our desires. The innate talent of gratitude *already* sees and knows the flower in the seed. That is certainly a metaphor for the messages contained in this cosmic wealth story.

Roth’s fifth talent is the *ability to pray*. From an expanded view of prayer, it is a **two-way** conversation between God (Source’s infinite intelligence, resources, and divine love and flow) and us. Through prayer, *whatever* style we individually choose to engage the world of the non-physical and our Creator Source itself, we can experience the flow of divine well-being and infinite creative power - at any time. Roth describes prayer as a total surrender to a realization of our oneness with God, to essentially feel our connection with Source energy, and the truth of its existence flowing within us. It is a talent that requires some investment, in order to experience a greater rhythm and flow. But the innate talent *always* indwells us.

The talents that I wish to add to this growing list of tools include:

1. Choice – the ability to choose
2. Trust – the ability to trust
3. Flexibility – the ability to be flexible
4. Willingness – the ability to be willing
5. Animation – the ability to animate
6. Stillness – the ability to be still and receptive
7. Inner Guidance System – the talent of sentience

I have discussed the *ability of choice* throughout this book. It is a tremendous talent, an expansive magnificent gift, that we have absolute free will over the experiences in our lives. That kind of freedom, admittedly can be overwhelming at first, to fully grasp. With choice, there is inherent responsibility. We

are responsible for the choices that we make. There is no longer any need to blame *anyone*, including Source and our selves. A choice is a choice, invested for its learning potential. When we blame others, or avoid the knowledge and truth of our free will, we rob *only ourselves* of the chance to know our deeper meaning, purpose, and infinite nature. In accepting the role of choice in our lives, and consciously investing its gifts, we add tremendous richness and depth to our inner lives and our outer life experiences.

The *ability to trust* lives within all of us as well. In trusting, we can relax deeper and deeper into the divine truths of this great universe, that cradles our every need, hope, and desire. It is in this perfect earth nest that we can manifest beautiful expansions. Innate trust is not something that we earn, but something that we already are. We simply and only need to invest it, by relaxing into the good and the guidance that it can bring.

The *ability to be flexible* is an essential core talent. When we expand choices of greater density, with heavier thoughts, harder feelings, and tougher experiences, we find ourselves locked into the blocks of energy that were previously described as resistance. When we are in a state of resistance, we simply do not feel good. That “not feeling good” vibration can physically show itself in an infinite amount of ways in our every day lives. It is communicating to us where we are in relation to our flow. The ability to be flexible, even a *willingness* to be flexible, opens the door a crack, for more good to come. When we are more flexible, we are by nature then, less resistant. With less resistance, we allow the clarity of divine guidance to flow in our life choices, leading us to the best outcomes for our highest good in all ways. Sometimes being flexible and listening to our guidance is not the most popular choice. But in time, as we learn to bow and to bend, to the guidance of our good feeling flow, we receive the simple gifts that can materialize as cosmic wealth in all areas of our lives. Thus, when we are consciously flexible, and we *invest* our talent of flexibility, we can receive the great gifts of Source guidance, infinite wisdom, and unconditional love. It is a talent that indwells us at all times.

I really cannot say enough about the core *talent of willingness*, in our experience of a rich inner life. It is a true divine ability. It is the bridge that allows us to rediscover, or remember, the truth of who we really are. It is the non-physical bridge that can bring us safely and more securely, from where we are . . . to where we wish to be. Conscious willingness is the gap closer, in all of our experiences, into that which we are becoming. When we are willing, we are in a state of allowing. When we are allowing, we are in a state of receiving. Receiving the greater good, of all the blessings that await us in our spiritual escrow account, is our true path. Investing our willingness ability is perhaps one of the most critical deliberate choices we can make along this earth journey, towards greater infinite expansion.

The *ability to animate* is one talent that has perhaps gotten little attention, but deserves big praise and recognition for its critical role in our lives. When we animate, we are in our spirit. Animation is a form of life force. It is an expression of our life force energy. It is also part of our sentient system, enabling us to sense likeness and dis-likeness all around us. Things that feel flat to us, or uninteresting, are not resonating with our animation system. Things that excite us are engaging our animation system. It is deeply valuable to begin to invest this ability of animation, for our benefit. One way to invest it is to *appreciate* its cues as guidance in our lives. When we animate in any direction (happy, angry, sad, etc.), it tells us there is a trigger or an attraction. When we don't animate, it tells us that we are not of like energy with that person, issue, or thing, for whatever reason. There is tremendous guidance gleaned from paying attention to *what* and *whom* we animate about in our lives, and what that animation is reflecting to us about our selves, our present path, our direction, and our next steps. It is a source of feedback directly from Source, detecting where our energy is in relation to Source flow, and the energies around us.

Additionally, *focusing* the direction and intention of our animation can be key in manifesting something we truly desire. When we animate with good feeling Source flow, we are experiencing the resonance of feeling the likeness of that which

we desire. Conversely, if we animate with “not feeling good” energy, it can be a cue for us to pay attention to what we are giving our attention to, so that we can release that energy from our life experience. Animation, in all ways, is a very important tool in our spiritual connections and life experiences.

Stillness is a beautiful and gentle inner talent, that in today’s world, often is overlooked. The gifts of stillness are many. When we begin to see its value, and we invest in it, it pays dividends that probably cannot be quantified. Yet, there is a qualitative difference to those individuals who honor this sweet inner space within, and those who do not. Stillness requires only your intention to make time for a quiet peace in your day, every day. Some people do this through the practice of yoga or meditation. Some people find it through jogging, swimming laps, or walks in nature. There are various ways to create the space for it in the schedules of our lives. But it is the quieting of the mind, to allow the truth of your inner spirit to speak to you and to connect with the whole of you, that brings us all into a state of mindful heartfulness - of the simple truths, gifts, and blessings in our lives. Stillness brings the kind of peace, which passes understanding.

When we do *invest* this time, and ego thoughts and “to do” lists crop up within our consciousness to distract us from our inner connections, we simply observe them, by noting to ourselves, “thinking,” and let them float away. When we invest this time, and ego *feelings* crop up within our consciousness to distract us from our inner connections, we simply note to ourselves, “feelings,” and we let them float away. It is a training of the mind to take a rest, so that the Source of infinite intelligence can offer us expanded perspectives. We simply want to be in a state of breathing and allowing, to permit the quiet expansive flow of Source energy to resonate and revitalize our consciousness - with the truth of who we really are.

Investing the talent of stillness really means investing a small amount of time each day to breathe, to feel good, and to relax into what we already are. Many jewels of inspirations (ideas, solutions, guidance, and more) arise when we make the time to be still and to listen. For when we get still, and we get

“inspired,” it translates to mean - we are “in [our] spirit.” Many of the inspirations that arise out of the stillness are incredibly prosperous. It is a talent worth investing!

And lastly, for the purposes of this chapter anyway, is *the ability and talent of our inner guidance system*. This innate talent is our sentience. Our ability to listen to the cues of our body, mind, and spirit, and to sentiently interpret what those cues are saying. The beauty of the inner guidance system is that nothing is ever “wrong.” Our unique systems are cueing us perfectly, in terms of our dominant vibrations and our Source-ful vibrations. When we listen, we can feel our optimal state of freedom, flexibility, limitlessness, prosperity, empowerment, abundance, and inner bliss. Why? Because the more we listen, and allow our flow, the less resistance we retain in our energy fields. Resistance is a heavy, denser, vibration. Allowing is our lighter, organic, vibrational nature. Our inner guidance system will always guide us, to the truth of who we really are and therefore to the gifts of our divine birthright.

There is no shame in any experience. We may have misinterpreted “not feeling good” as feeling shameful in the past. Shame is really a *human* creation of judgment. “Not feeling good” is a natural part of our inner sentience, which - in the absence of judgment, simply tells us that we have moved off track from our flow. If we honor its guidance, we can move in the direction (through the talent of choice) of allowing.

The sentient system indwells us all. It patiently, lovingly, and persistently continues its gentle guidance in our lives. When we turn away from it, and thus expand our resistance, we experience denser outcomes in our lives, that result from the dense vibrational attraction power of resistance. When we accept it, we expand our allowing, and we experience the lighter outcomes in our lives, that result from the light vibrational attraction power of inner truth. It is a profound talent. It is a divine mechanism. If we invest it wisely, there are no limits to what we can be, do, have, or become.

These core talents and abilities, that Rev. Roth and I have highlighted here, make my heart smile. This is not a finite list, but merely a starting point of suggestions. These

abilities are significant gifts that we all have **existing right now** within us, that we can consciously embrace and apply – to live the life our hearts desire. These talents patiently and lovingly rest within our inner non-physical toolbox, awaiting the time in which we will consciously awaken to exercise and invest them, in order to ascend to experience the full flow of divine love, transparent truth, and cosmic wealth in our lives.

Chapter Ten:

Affirmations

*Your path upon the earth is an expansive one of gradual unfoldments. You cannot pluck **one** experience out, and say this **one** is it. I came, I lived, and I am complete. For every moment you are existing, you are expanding.*

- Spirit, 2/3/09

Affirmations are a kind of fertilizer for the soul. When all around us - in our outer world, we may observe things we do *not* wish to experience, the inner world and inner work of affirmations feeds our spirit - with “good feeling” light-filled thoughts, that we purposefully implant to attract their vibration into our life experiences. In other words, affirmations help us to vibrate *on purpose*, to live life on purpose, to deliberately create our experiences. There are many wonderful spiritual teachers, who expand on the gift of affirmations in our lives. Louise Hay, of Hay House, Inc., probably tops that list. There are many more. I simply wish to add a few things here, to note the importance of affirmations in our lives and our expanding cultivation of inner wealth.

I thought I would tell a brief story of my own discovery of the benefits of affirmations. At the time I was first exposed to the concept of affirmations, I was not aware of them at all in my life, or the lives of anyone I knew. I was only *beginning* to discover my intuitive gifts. And I was in the heat of my fire, and the depth of the darkness, of my karmic appointment at the time. I had arrived for a scheduled appointment, to meet with a healer/medium, who trance-channeled spirit guides. On this particular day, I was fully experiencing the chronic nature of the gravity of my circumstances. And so I imploringly asked the spirit guides, “*What can I do?*” My willingness opened a conversation.

The spirit guides looked at me very directly and quite seriously, and said, “Okay. I have an idea for you. I think you are ready.” I was quite excited, because over the course of our

many meetings together, they did not often give me direct guidance or solutions per se. I animated a little, and found myself poised at the ready, for this promising and mystical solution. The spirit guide proceeded to say that when I was feeling the heart of my darkness each day, that I could say to myself, "My Mother Earth and My Father God love me perfectly. My life is perfect." I blinked. I paused and blinked again, waiting for more. But that was it. That was the "profound guidance." I remember thinking that they had lost their collective mind. At the time, I could not even imagine how those words were going to help me survive the hours, days, and years ahead of me.

I did not know then, but I know now, that they had given me something very powerful. It was an affirmation. As powerful creators, our affirmations to ourselves send out a command to the universe to bring that very thing into our experience. This *was* a profound offering, tool, and blessing from Spirit. At the time, I was confused and frustrated at the message I received - because I simply did not understand or respect its power. But over time, I learned to appreciate the energetic power of affirmations. How? By investing them. By investing *in* them. And several years later, I now essentially eat affirmations for breakfast, with regular affirmational "meals" throughout the day. It feeds my spirit, at non-physical levels that often must be *experienced* in order to be *known*.

Some of you may be reading this book, feeling similar initial feelings and questions as to how the words on the pages of this book are going to help you. I can only share my belief that so much of this journey is experiential, for that is simply the divine design of how we expand our inner light. There is great fun in consciously tweaking our inner thoughts, feelings, beliefs, and actions in the chosen direction we want to go. But it requires a willingness to believe. It requires a willingness to imagine. It requires an invested desire to play, or to learn, or to simply feel better. We are the only ones who can really do the fine-tuning within, for we each have a unique read on our inner guidance system, that is wired just for us and that can be "read" only by us. Hearing others' stories inspires us, which helps to

ignite our desire - to feel our original ease, light, wealth, health, and flow. But in the end, it is up to each one of *us* to make the choice to consciously turn in the direction of light-full expansion, deliberate creation, and seamless divine flow.

When I began to apply this basic formula for affirmations in my life, there was a lot of trial and error at first. I wrote down things that *other* people said and affirmed, that initially sounded inspirational to me; only to realize some time later, that I wasn't really connecting with their suggested affirmations and words (because I had my own unique vibrations and desires). Eventually, I got into the flow of creating ones that felt good to me, *for* me. As I felt the truth of each one more deeply, because they were *my* truth, I could access the feeling energy behind them much more easily. And I saw more and more things, that I regularly affirmed, come into my experience. It is miraculous to see these conceptual desires take flight into our physical experiences. When only we *ourselves* know that we have planted these affirmational seeds, and we see them blossom into their physical form, we allow a truer, deeper sense of belief into our experiences.

Additionally, I found a better framework that helped me to connect with the affirmation process more clearly. I found it helpful to see the *declaration* of my desires as its own distinct process. It helped me to see the *declaration of my desires*, in sentence form, as the "hardware" and foundational structure for my life experiences. And then it helped me to view the routine ingestion of chosen affirmations (the soft seeds that make me feel good every day), as the "software" that fulfills my inner life. As I committed to regularly fill my inner life with this affirmational software, trusting the core foundational hardware, I began to release my prayer requests to Spirit more easily and more completely. My ability to trust expanded, and my ability to receive physical manifestations did as well.

In our inner life, we all have an inner child to feed. That inner child is the essence of Source energy. That inner child likes to play, laugh, be inspired, and feel delighted every day. It is nourished through our experiences of feeling good. The more we become conscious of this inner self, this inner child

of the Creator, the more we begin to understand its creative, delightful, imaginative, and fruitful nature. The more we play, the more we prosper. Quite the opposite of what the current concrete outer world often suggests. Yet, it remains the truth of the divine design.

Many are affirming things every day, as *unconscious* creators, unaware of what they are drawing to themselves with their own creative power. I myself, in past years, was among this community of people. When we turn our attention and focus on the dread of the reported news, the negatives we see around us, and anything else that we would not claim to consciously choose in our experience, we in fact are affirming it with our attention, feelings, and conversations about it. I admire, on a regular basis, what an art it truly is to relax into trust, truth, and the divine design of this vibrational universe. I appreciate more and more what an interactive tool this earth plane is, across all lives and experiences. Each one of us is the creator and the choice-maker of our lives, as to what we vibrationally are aligning with, as a result of where we place our feeling focus and thoughtful attention. When things show up in my experience that I do not want now, I can often see quite clearly either a default truth at work that I need to consciously release, or an overt habit in which I affirmed it, without a great deal of consciousness about what I was doing. The beauty is that, either way, I learn and expand. As do we all.

This process of life becomes so much more gentle, once we understand its language and its design. It is very loving, and in fact, very forgiving. In the transparency of truth, where we can choose to live, there remains no shame in any experience. Only lessons and expansions. Affirmations in our lives, when conscious, add a very delicious depth to the creation of our desires.

There are a number of ways to expand this gift of affirmations in our lives. Some people find it helpful to create *physical* inspirational messages, to help them better monitor their flow of thought, feeling, and energies. These could be a vision board, where you take a piece of cardboard, and decorate it with pictures, images, affirmations, declarations, and props

that inspire you - by arousing the feeling within you - of already having your desires. You can also create a written lifscript, in which you write out your story with positive intention and language, in a way that reflects that you *already have* what you are desiring. Some people like to take the lifscript, and record it on a compact disc (CD), so that they can listen to its powerful vibrational messages. It adds a different strength of vibration, when you hear your *own* voice - telling *you* what you *already have* - that you are presently desiring. It inspires belief. Belief is the key to becoming what we desire, that we already are. These are just some suggestions, to expand the gifts of affirmations within your life experiences. There are many ways to do this. Have fun with it. Be creative.

In the remainder of this chapter, I will include two lists. The first is a “quick list” of affirmations, that you can re-write or tweak so that it vibrationally inspires *you*. My words are a starting point, but you will find your flow when you write your own, because you will know what feels good to you.

This first list is intended for those situations where a trigger has come up, and you feel unprepared for it. In these situations, you will have a quick reference list that you can draw an affirmation from, to quickly find a better thought or feeling - which may actually shift the outcome of the unexpected (or unpleasant) situation in a more positive direction. These affirmations aim to carry a vibration, that can *metaphysically throw sand on an erupting energetic fire*. I myself have found the concept of having a quick reference list available to be very helpful.

The second list of affirmations can serve as a starting point for your “affirmations that you eat for breakfast.” I actually try to affirm them before my feet even hit the floor in the morning. They set a positive vibration for my day, when my spirit is open and receptive. They pave the way for good things to come to me, all day, every day. They are my inner software, and my guiding light. Both kinds of lists can be helpful and useful in our lives.

Quick List of Affirmations – (“Vibrational Sand”)

Focus on your breath (as you gently say, and flow with, these affirmations). Breathe deeply and gently into your spirit. Allow a better feeling within you, with a simple willingness to feel better. Imagine the sand flowing over this experiential fire, quelling it quickly and eliminating its heat. Feel yourself relaxing into divine well-being.

I am loved and I am safe. *I am grateful.*

Inner peace fills me. *I am grateful.*

My breath is my Source of calm. *I am grateful.*

My breath is my Source of strength. *I am grateful.*

I am perfect the way I am. *I am grateful.*

My life always works out for good. *I am grateful.*

I am flexible, and my flexibility prospers me. *I am grateful.*

I am willing to find a better thought. *I am grateful.*

I am willing to feel better. *I am grateful.*

I am willing to let this go, and this goodness prospers me.
I am grateful.

Everything always works out for my highest good.
I am grateful.

Source within me supplies all that I need. *I am grateful.*

I always have what I need. *I am grateful.*

I observe the transparency of truth in this experience, and I focus my thoughtful attention on my inner expansive truth.
I am grateful.

I relax in the knowing that Source energy guides the flow of my life. Only good comes out of this situation. *I am grateful.*

There is no shame in physical life. Only expansion. I am divinely loved and guided, and I am filled with the light of love. *I am grateful.*

I observe and release this stress. And I now fill myself with loving Source energy. Source energy always makes it easy to feel good. *I am grateful.*

I can always find a better thought. Better thoughts always create better experiences for me. *I am grateful.*

Deep breathing fills me with the light of Source. With each breath, I feel better, and better, and better. *I am grateful.*

I know what to do and I do it. *I am grateful.*

I relax and let go. Source guides me to my highest good. *I am grateful.*

“Affirmations for Breakfast” – (Or any time of day)

I am divinely loved. *I am grateful.*

My High Self (Source self) guides me to my highest good, today and every day. *I am grateful.*

I consciously invest my unique gifts in experiences that feel good every day, and I attract all good to me. *I am grateful.*

I already have a rich inner life, and it prospers my daily experiences. *I am grateful.*

I am healthy, whole, and fit. *I am grateful.*

I already am my divine perfection. *I am grateful.*

I choose my life experiences, and so I choose wholeness, prosperity, and joyful living. *I am grateful.*

I choose happiness today and every day. *I am grateful.*

I know how to feel good, and I find ways to feel good all the time. *I am grateful.*

Source energy guides my words, thoughts, feelings, and choices - to create my highest good, today and every day. *I am grateful.*

I have fun finding things to feel good about. Those fun feelings prosper me today and every day. *I am grateful.*

I am surrounded by the protective light of divine love, at all times. I am safe, protected, and loved. *I am grateful.*

I receive the flow of all good and divine blessings, each and every day. *I am grateful.*

I allow my wealth and well-being to flow. I feel good. *I am grateful.*

I am willing to release my resistance and set myself free. *I am grateful.*

I live the art of allowing, and I feel my infinite freedom. *I am grateful.*

These lists are just a start. They provide an affirmational canvas, onto which you can tweak, add, and delete ideas that inspire you. It is a fun co-creative process, to expand the connections between our physical selves and our Source-ful selves. Affirmations are our prayers to the universe, our Creator, and the angelic energies that help us to receive our divine good through Source flow. Thus, affirmations are a conversation with the world of Spirit, about what we desire to experience for our expansion and ascension. When we lighten up, we rise and have a lot more fun!

Chapter Eleven: The Power of Ping

*Allow yourself to heal, to glow, and to grow.
Examine less. Experience more. Intuit.
Follow your animation and attractions.
When they are pure of heart and good
feeling, let them lead.*

- Spirit 8/31/08

We are all in a journey to feel good. If we look at how much we are given, from the non-physical world of magnetics, energies, and vibrations, we already have expansive wealth and well-being. We already have a huge spiritual bank account, filled with tremendous prosperity. The universal supply is infinite. The universal intelligence is infinite. The journey is to find our way to remembering. And inherent in the divine design, and our journey to remember, is the role of divine free will. The role of choice. Choice-full expansion. Everything we have discussed so far in this book is an integral part of our individual whole. And yet all of the topics covered in this book involve the energy of the unseen world. Belief, truth, the “already is” concept, affirmations, densities, and light are all vibrations of non-physical, “unseen” energy. Yet, they are the expansive, powerful, interactive, and Source-ful truths that collectively fill our every day earthly experiences and expansions. Clearly, to experience more of the light and delight of the universe, it requires a form of faith, belief, trust, and willingness – to begin to see once more with *our inner eyes*, from the light of truth and the essence of the pure good feelings indwelling who we really are.

Beginning to see with inner eyes expands our perceptual abilities exponentially. One of the things we can begin to more clearly and definitively “see” is the power of the celestial ping in our lives. The “ping” is the sentient experience of being in alignment with Source energy and our inner truth. That “ping”

may be experienced a little differently, from one person to another. But, essentially, it is that heart-felt good flowing, blissful, unlimited, empowered, fabulous feeling that we are in the groove of goodness and we are in the flow of euphoric well-being. That is an inner life cue that we are receiving and allowing all that we need to create all that we desire, to experience all that we deeply *are*. It's the ping!

The power of "ping" comes through our inner guidance system. It can be experienced in a small, tender, magical moment with a child, a courageous and conscious decision to live our light, a physical manifestation of a small desire, or a physical manifestation of a miraculous blessing. When athletes use their athletic talents, and *invest* them, scoring a winning goal brings the ping. When a writer uses his writing talent, and *invests* it, book writing flow is a ping. When a teacher uses his teaching talent, and *invests* it, the experience of inspired learning is the ping. When a healer uses her healing talent, and *invests* it, intuitive healing is the ping. Everything and anything can be an opportunity to "ping" in the flow of our divinely designed selves. We ping when our core vibrational essence is living in alignment with our ultimate vibrational Source.

There are many things that we can deliberately *choose* to induce or create the feeling of the ping. One of the easiest ways I have found to find *my* flow, when I am feeling good and wanting to feel *even better* or when I am feeling low and needing to rise to a better feeling state, is to listen to music. Not just *any* music. I am talking about the kind of music that "pings" with the truth of good feeling, the vibrational harmony with what I want to feel, and that makes my heart *sing*. There is a kind of special music in our world today, if you deliberately look for it, that can *sing a ping*, if you will. You'll recognize it, for its vibrations simply and easily make you feel good, without effort or exception.

Today, many of us listen to music, and the lyrics within that music, without a consciousness as to the vibrations it is drawing into our inner experience. Some of us may continue to listen to music, that matched one of our *former* vibrational states

or offerings, calling us to resonate vibrationally with perhaps an outdated vibrational feeling place. Music can either uplift us or bring us down. It can vibrationally call us to the past, or to our present. Do you notice how certain music attracts you on certain days, while not on others? Do you notice how you might seek out music to induce a mood, a feeling of sentimentality, or a festive atmosphere? Musical tones and rhythms have their own vibrational essence, and the lyrics that often fill the tones and rhythms in those songs *also* have their *own* vibrational essence. I have known melodies and beats that I enjoy, with lyrics that do not match my vibration. I have also known lyrics that I enjoy, but with rhythms, melodies, and tones that I don't enjoy. When we choose to become more conscious and *in-tune*, we can deliberately choose music that internally matches itself in high vibrations, that also matches our own *desired* vibration. Once we know with greater clarity the vibration we are seeking, we can search to find the music that can uplift us or inspire us, in the vibrational direction we seek to go. Thus, if you are seeking to feel magical, there are many songs that can fill our spirit with the vibrational, lyrical, and rhythmical essence of magic. If its empowerment we desire, there are many songs that beat the drum of empowered, confident vibrations of strength. If it is happiness we desire, there are many songs that sing the chorus of vibrational upliftment and joy to us. Music is a quick, easy bridge to good feeling feelings, or at least vibrational matches to our desires, if we are conscious of its vibrational offerings to our inner life. Music can bring the ping that makes us want to sing. If you can find your way to be in the experience of that, then you are on your way to feeling good and in the flow of Source energy. This ping and flow attracts your non-physical desire into the physical. When you can sing your ping, you can feel your own sentient cue that you are in a state of allowing. Our inner eyes can more clearly see the truth of our inner light in this state, and the truth of all of our good - already existing in our present experience.

I have included this brief chapter to more consciously invite the "ping" into our daily awareness. Finding easy

uplifting music, friendships, creative expressions, inner visionings, affirmations, and natural blessings from Mother Earth in our daily lives - brings the ping that supports us to open our hearts toward inner rising. The better we feel, the more love we generate, the lighter the global energy becomes, and the more expansive our entire collective cosmos infinitely *is*.

Chapter Twelve:

Universal Laws, Strings, and Time

It is the seeker that finds. The seeking is the key you must turn, to play your part and bring wisdom to others. In your search for truth, truth will be revealed. Seeking truth deepens your journey . . . and reveals the truth – the timeless truth of greater laws imaginable. In these laws, in these inner caverns, your prosperity and heartfulness grows.

- Spirit 1/5/09

The truth of the timeless essence of the non-physical world came barreling into my life, when my own personal karmic appointment came due. A being, an old energy, and a profound challenge from another place, space, and time had re-birthed itself into my experience again. *Again.* I distinctly remember how no one in my life at the time was prepared for the conversation I needed to have, about what had unbelievably unearthed itself in my life, including *me*. Yet I can say now, with a clarity that comes from the comfort of a long zoom lens, our perceptions of time and space are only relative to *this* time and space reality. Those who feel a regular connection to the world of the non-physical likely experience the truth of timelessness themselves. For time is an experiential element of the physical, and timelessness is an experiential element of the non-physical. Experiencing the timelessness of the nonphysical world is very similar to journeying within the magic of belief, and creating a physical world out of one's imagination. It is an experiential journey, that each of us travels, en route to true self-discovery.

In this chapter, I transcribe a message from Spirit, about the concepts of universal laws, divine order, divine timing, universal connections, and the realities of time. Whether or not you yourself have felt time *stretch*, stand still, or reappear in your life from past "time-space" realities, these messages can help us all to put some perspective on our journeys here, our quest for greater expansion, and our true core eternal light.

I received this message during a sentient journey into the world of the nonphysical (through my inner, higher self), that I believe can apply to us all.

Dear One –

You have come back to where you belong. Anywhere you go at any point in time, you can always zoom back to this special space and timeless place. It is yours.

Today, we want to talk to you about universal laws. It is important to clarify why they exist at all.

*Dear One – time is a necessary illusion for growth and expansion on your earth plane. So, while we ask you to be aware of time, it is with the knowledge that it is mere illusion. In those pockets of time when humans forget the **illusion** (of time), it helps motivate and structure life on a physical plane. Without time as an illusory motivator, there would be more chaos – unnecessary for the growth that all are desiring. And so, time is a truth as well as an illusion. Time is both of its own contrasts, which is really ingenious, if given proper respect for its role in our expansion efforts.*

*Universal laws provide Divine Order. Divine order speaks to the fact that everything is governed and guided for the highest good of all. Highest good of **all** – so for the individual **and** for the collection of humanity, and all those existing entirely in the universe. It is an expansive “order.” It is not easily understood. But it can be easily accepted, by those ready for the path of truth and trust. Divine order is a sacred law that manifests everything in perfect time and space, bringing all laws together in synchronistic flow, at divine right timing.*

Divine timing is the universal knowing of Divine perfect order. And once order is achieved, divine timing coordinates itself to bring the desired outcome into being. Divine timing is different than physical time, in that it follows and operates under higher, universal law. Divine timing accesses universal intelligence at all times, to know with precision – right order, right time, right place, right expanse, right present.

. . . You **[can be]** one with this **[inner life]** space, with all space and time. When you want to step out of the illusion of physical time – you can step into the truth of divine time. This is one way to access the inner state, in this sacred space you are remembering as well as creating for yourself.

. . . Universal laws are for all peoples – on all planes, in all galaxies. Therefore, what one does in one galaxy, orbit, or plane is the same effect as on another plane, space, or galaxy. What one does in one area, connects energetically to what another experiences. It is a deeply connected universe – thus the Laws of One. . . . The Laws of One **[from Lemurian/Atlantean times]** were created, or **taught** – we should say, with the intention of this **[oneness]** consciousness. However, this particular consciousness held a critical internal limitation. It concerned itself with lack. That there could be a lack of the Laws of One – or a lack of this **[oneness]** consciousness. With that **[its unforeseen limitation]**, so did the **lack** of the Laws of One come into being. For this is a string universe. Everything is connected. What expands one, expands another. And so forth.

We wish to re-deliver these universal laws, in a way to re-open the stargate, if you will, to the expansion of the universe, and not its limitations. It is with a new expectation that the Laws of One, the universal laws, always and simply **ARE**. That people can choose to know and to not know of them – and thus determine their experience. That the universe is designed to freely do so. And that there are benefits to all experiences. The freedom to know and to choose is the magic that all seek. And it is an “always” state, meaning that that **[freedom]** is the hallmark of the universal experience. It is already given. The great diversity, on your planet and in the cosmos, is the greatest evidence of this great truth. Freedom is your true nature. You are that which you dream of being. **Already free.**

One of the tasks now, for those interested in re-alignment, is to freely choose your way back into conscious freedom. Conscious freedom simply means that you are willing to understand the laws that govern and guide this space and

time, and universal space and time, so as to maximize your experience of your truly limitless nature. It is not a requirement to know these laws. It is inherent that they operate, with or without your consent. To know them, or to seek them, is another level of growth, which simply brings expansion.

The laws, remember, were created to guide and instill a certain order, from which all beings could grow and experience, at their own free rate, pace, and choosing. The laws existed to honor this desire and sacred universal purpose. They do not exist to control or categorize anyone or anything.

The strings that connect us all have the grand magnetics of perfect divine love. When misunderstood or misused, they are employed as weapons of judgment and control, simply the contrast of love revealed. When strings that connect us are honored, trust expands and vibrates to all.

*One cannot separate oneself from the grand string. The universal string. But one **can** choose to vibrate differently, thus creating dis-resonance with a former group - and greater resonance with another. The gift of choosing to be aware is to understand your path of flight. It's like driving to an unknown destination with directions versus driving to the same destination without directions. Both may arrive in the end, one taking quite a bit longer, and experiencing a number of frustrations and trials and errors.*

*Freedom, your divine right and essence, allows the driver to choose which path, how long, in what way, etc. Accepting the string and its laws expands freedom. Resisting it reduces the **experience** of freedom, without ever reducing the inherent freedom. You can never disconnect from the string. The union. The oneness. It can definitely, but only, **feel** like you have. All are examples of this profound freedom and limitlessness of your innate creative potential.*

*Universal laws are here to guide the experience of expansion. **[These laws]** always exist. It is a perfect planet. A perfect universe. Nothing else will ever be true. The journey is one of*

experiential freedom, to learn and love at deeper levels, through infinite time and space.

These universal laws are your friends. Mentors. Escorts in your expansions.

Just like we choose our friends, we choose the laws that we engage with, either consciously or unconsciously. These “friends” always exist – but only we can decide which ones we will allow in our inner circle of awareness. The more we open our hearts to befriend these laws, the more we rise within to our natural shining light and expanding cosmic wealth.

Chapter Thirteen:

Hawk Wisdom

Dear One – things are cooking. Living the enchanted way requires . . . desiring, surrendering, and receiving. Life is only a mystery to those who have forgotten the clues and the truths of this enchanted forest. The trees know. The creatures know. The waters know. Grounding in Mother Earth is rooting your desires. Surrendering is letting go all cares that they cannot or will not occur, and swaying flexibly in the wind to simply allow their “being.” Receiving is simply opening your heart to receive that which you have asked for – in the many ways it may come to you.

You, Dear One, are cooking with Mother Earth. Know that the canopy of night stars is time for receiving in the dream time – the essential feeling of who you are desiring to be. Know that the light of day, in the forest, shines through in pockets – pockets of rich magic, wonder, and limitless possibility. When one road block of darkness shows itself, simply turn toward another great pocket of light. All you need exists there. And every part of that forest is your friend.

- Spirit, 10/6/08

A great Native American spirit guide, an old friend of mine, reached through the cosmic windows of time, through my consciousness, to guide me through my karmic release during my time of great challenge. He awakened me to many of my past gifts and some of my past wisdom. Once called to consciousness, I was able to remember the simple joy and gifts of the natural world. I remembered the healing and inspirational energies of Mother Earth’s animals and creatures. It is a sacred memory for me.

I am honored to share this chapter’s message with you. It is a personal, and yet universal, message. It comes from my friend, the red-tailed hawk. Hawk brought his animal medicine

into my life, when I needed his strength to withstand my karmic challenges, and when I needed to refocus my energies in the direction of living my life purpose. Through Mother Earth's enchanted forest, Source brought the energies of the non-physical world into my physical world, through this exquisite divine messenger you see resting on the front and back covers of this book.

At one point, I had written the story of my karmic challenge for publication, thinking at the time that its lessons could be my purpose; the message that I was here to teach. One day, while wrestling with myself about whether or not it really *was* my path to publish that story, I released my concerns in a prayer. With that release, a most beautiful gift came to me from Spirit. This is a story from that day . . . a story that I believe can apply to all of us, if we can hear the wonderful wisdom within the natural world.

On the morning of this miracle, I took my daughter to pre-school, which operates in a local church. When we arrived in the parking lot, no other parents were there yet. I looked up and saw a beautiful red-tailed hawk perched on top of the cross, on the outside of the church. It was so beautiful and so majestic. It took my breath away. We honored each other's presence for a while. I knew at the time that his presence was a gift for me, but I did not know specifically what his animal medicine was. I tried to take a picture of him with my cell phone, but quite unsuccessfully. I so wished that I had a camera at that moment, yet I knew his gift was already etched in my heart. When I returned to the parking lot after I delivered my daughter to her classroom, the hawk was still sitting on the cross. I thanked him and drove away. And as I drove away, I got a strong feeling - *get your camera*. I did not feel rushed and I had a sense that he would wait for me. I trusted that message, noted it, and moved on with my busy morning.

On the way back out to pick up my daughter at school, I was prompted by Spirit to remember the camera. As I drove up to the preschool, *three hours later*, he was still up there on the cross, patiently waiting for me. Again, no one else was there in the parking lot. It was just this beautiful hawk and me, the

hawk still sitting on the cross. I was overwhelmed with a feeling of profound love and deep gratitude. There was such honor, love, peace, and gentle strength between us - and all around us. And in those feelings, we were one. He stayed there patiently while I took pictures of him, and we shared this magically serene experience. It was still just the two of us, in this normally busy parking lot of the church, sharing an extended moment of grace.

And then, he flew two feet in front of me, and perched on the wooden church benches next to me, for another few minutes. I continued to take pictures of him, and to share this glorious moment. After about ten minutes, another car came into the parking lot. As the driver got out of her car, the hawk flew past me again – filling my heart with love, flying above the cross, and up and away into the clear sun-filled sky.

When I returned home that day, I searched the internet to find more information about the red-tailed hawk's animal medicine. Within each animal, there are divine gifts and messages that they bring to us, if we are conscious of them as spirit guides. These are some of the messages of my friend, the red-tailed hawk. Hawk is known as the messenger. Hawk is a specially committed spiritual messenger of grace, who connects the worlds of Spirit and matter. Hawk symbolizes clear vision and prophetic sight, the seen and the unseen. Hawk reminds us to open our awareness, to awaken from our spiritual amnesia, and to realign with the original intention and true nature of our soul. When hawk flies into our life, his clear vision and mighty talons remind us to review our lives and to tear out any of our self-created illusions, allowing our inner truths to surface. Hawk represents our union and our oneness with our Creator. And Hawk relays a message for our prayers: *the answer is always given*. When we expand our consciousness, we adjust our energies and vibrations to *receive* the answers to our prayers. And as we make these adjustments, we experience our flow with life's synchronicities. When we are open, and we trust our inner vision and ourselves, Hawk shows us that we are free to fly!

There are several additional things that I wish to share about this message and this experiential story. First, in the week following our initial encounter, I saw Hawk a few more times. Most of the time, he was still sitting on the cross, above the entranceway to the church. I watched as many people came and went, mostly unaware of his graceful presence right above them. Of those who did notice him, most were children. When I stood there with my camera, thus attracting attention to him, only then did several adults look up and notice that he was there. A few people even made comments about how “odd” it was. I find this to be an appropriate illustration of what Hawk is precisely trying to teach us, as a divine messenger. He is showing us our spiritual amnesia, calling us to awaken to the truth of our original nature. It also seems illustrative of how many of us, caught up in our illusions and outer blinders, often do not see the spectacular, the magical, the mystical, and the truth of the Creator’s creation itself in every day experiences. There is such magnificence and perfection in this world, such support from Source, Spirit, Santa, angels, and beyond, that if we can clear away our self-created illusions, we can see with clear inner vision the broader aerial view. Essentially, there are miraculous things happening all around us, when we are willing to pay attention in our lives and to appreciate the gifts.

Second, in the many weeks following my Hawk visit, I listened to my inner guidance system. It began to speak a clear message to me. That the story I had written, about my karmic task and my awakening process, was not the ultimate story – or the public story. And I realized that my unrest, about whether or not to publish it, was my inner guidance system communicating with me. After countless revisions of that story, I had already learned its lessons. I paid attention to the fact that no matter how many times I revised it, I was simply tired of telling *that old story*. It didn’t feel good, and it didn’t feel right. It was then that I knew that I was ready for a new vibrational experience. And I knew at that point that it was time to *let it go*. I have been able to bring some of the larger lessons that I gleaned from that expansive journey into the pages of *this book*.

But they are all that I take with me now, from that previous karmic drama and debt - into the allowance of my new life adventure of a conscious inner life and my abundant cosmic wealth. My life is much lighter and free-er now, with clearer sight and greater truth.

There are times in our lives when we are ready to review our current experiential “story,” the one we tell ourselves (and others) on a daily basis – and thus the one we are living, to decide if it matches the vibration of *what we want* or *what we don't want*. It is a kind of inner housekeeping. And when we invest the time to gently look at our current story and its experience, it is very liberating to see that we truly are the authors of our lives. *We* write the script. *We* listen to our *own* cues. And we choose our thoughts, beliefs, dreams, and life experiences.

I released that story, with the help and grace of hawk in my heart. And I chose to write a new one, when my inner guidance called me to do so. And in this journey, I deliberately transformed my karmic debt into cosmic wealth. That is the opportunity for us all, in our present and future creations. We are continuously writing the script for what we wish to experience. Wherever you are, and however you feel right now, remember that life is a story that is yet to be written. Dream your dreams and live your heart's magic that is the truth of your infinite nature.

I close my hawk medicine story with this aerial view of how every day can be elevated to the miraculous, simply with our willingness to open, to see, to listen, to choose, and to allow it. Every part of this enchanted forest is our friend. The natural world adds tremendous depth to our life experiences, when we allow our heart-felt experience of our oneness with all things. If we follow Hawk, and we honor the divine guidance and messages that come from Spirit in all of their forms (that feel good to us), we can soar into the sun-filled sky in beautiful celestial flight. *Thank you Hawk friend. I am grateful.*

Chapter Fifteen:

Living the Prosperity of a Rich Inner Life

You are being called to your inner nature. You are being called to your inner world that is the true world, as compared to the world around you. You have all the abundance that you need in this inner world – fruit of the finest trees, sunlight of a pure and rich variety, silver moons that warm and nourish your spirit in dream times. You have all the material elements you could ever want and need. Health is your “always” state of being. Confidence and gaiety are your fabric and essence, each and every day. You smell of sweet joy. You smile at your bliss and comfort. And you live love-fully. This is the inner world in which I invite you now.

- Spirit 1/5/09

It continually amazes me, upon reflection, that no matter how many channelings I receive, books from conscious teachers that I read, or life experiences that I have – the core messages within them are always the derivative of Source. That is the root message in the “already is” application of the Law of Attraction; that the ultimate essence of anything that you desire is the essence of Source, and that the ultimate essence of who you really are is the true essence of Source. In this way, we are always the *potential* vibrational match of anything we can ever need, want, or desire. We simply need to relax into the easy feeling essence, within ourselves and our desires, to bring the vibrations into harmonic alignment. This is the grand Sourceful string that connects us all, and expands our non-physical essence toward greater understanding and light-filled expansion.

There is a new consciousness, a new energy, coming to our earth experiences. It rests within the mystical world of the non-physical. And yet it is more real than anything we can physically see. I have transcribed two Spirit messages in this

final chapter, that speak to these expansive energetic shifts and our ultimate experience of cosmic wealth. They seem to summarize the essence of the vastness of our earth experiences and our non-physical truths. I offer them to you now, for your own reflection.

We believe the time has come for all beings to awaken to their inner, dormant light. It is a light so bright, so full, so rich - it would astound even the most skeptic of you. Because you cannot see it, with your outer eyes, does not mean it does not live within you. Inner eyes, inner vision, is a way to see, feel, and perceive that vastness of all that you really are.

Energies surrounding the earth, and within the Earth herself, are flowing toward the greatness of the illuminating light. As these non-physical energies fill more of the spaces within the earth's atmosphere, the vibrational essence within all of you - will turn toward that which burns as bright, in its likeness. Where is that? They will turn inward - for within is where the same eternal light exists. And they will begin to see it - with a new lens, an old lens really, but to them - a new one, of inner vision. Of energetic vision. Creative vision. Believing vision.

There is nothing to fear. Some, who would say they prefer the darkness, then have lost their contrast. Darkness can only be desirable to those removed so far from their light that they would deny the sun. Yet, they cannot separate themselves from their "already is" truth and brilliant light. While some may continue to deny, or resist, the approaching new energetic realities, it is the same as denying the presence of air on your planet. Unseen, but very much in existence.

There you see that the shift in energies brings a new age of expansively supportive and loving energy. We want you to know that this energy already burns bright in all of you - it is only a matter of allowing it in your field of consciousness.

We understand your desire to live in the familiar. The world of what, you believe, appears to be "known." Yet expansion requires an expectation and allowance of change. The

“known” qualities of change often are believed to mean the “not good” or the “not wanted.” But truthfully, if we understood “change” as an ever expansive richer Source-full flow, we would allow it instantly, and all of its feeling goodness.

You are doing your part beautifully and remarkably. We love seeing you relax and expand, relax and expand. Some will expand with ease, and some with willful fight. But expansion always comes. It is your nature to expand. The earth itself naturally expands. Fighting expansion does not stop change. It simply creates resistance, and thus challenges, in finding ways to feel good.

We suggest beginning to believe in your inner power, your inner light, as the flow of change shifts the world perspective. It is in allowing, that you can all receive the greater truth that exists in all that is, of which you are an essential part.

Be the person you want to be, through the allowance of all that you already are. Live the life you desire to live, through the allowance of all that you already have. Become your original self and you have won the lottery of earth life. In that “original” state, everything already is, that could ever potentially be wanted. You have only to expand what you already are. Everything else is an illusion of resistance to that natural flow.

How do people let go of the illusion, that they see as being real?

They let it go, one choice at time, by listening to the “feel good” or “doesn’t feel good” cue in their vibrational system.

What if they are so disconnected, that they don’t feel?

Everyone feels. Any demonstration of anger tells you that they feel. That has simply become a default truth. Their illusion has simply become a default truth. They do not know this of course, and therefore believe the truth of it, not knowing any better to double check their feeling state, their allowing state,

their state of flow. We would say – is that anger giving you what you want or pushing it farther away? To be truthful, most would admit, perhaps eventually, that it has gotten farther away.

Everyone feels. You cannot fully disconnect from your feelings. Your emotional guidance system is simply the register of Source energy. It is the meter that shows how close or how far from Source energy you have become. Like a metal detector, or the game HOT/COLD, it beeps when you are close, and the trail gets cold as you move farther away. The cold in this case is the experience of darkness. You have left the warm glow of the light. When it is darker inside, you begin to reach for a flashlight, or a match. In the darkness, cold, and anger of having lost your flow, often – it is when people find the match – the vibrational match – to the feeling of light. Surrendering at that point of darkness is the release of full resistance, and so often you will see someone make a complete turn around in this instance. Why? For they have buoyantly bounced and risen right back up to their true light. Without resistance, they re-instated all that they originally are. You see?

So no. Everyone feels. Illusion always shatters when one goes too far into the darkness. For on its other side, always, always – is the light.

*We believe in this new, yet original, paradigm. Its transparency will align many to the vibration of their inner light. Truth is truth is truth. Light is light is light. **[But]** darkness is light temporarily forgotten. Darkness is not darkness. In the deepest pit or cave of darkness, the truth of light always appears.*

With a shining light upon the illusion of the shadows of darkness, all will rise to the ultimate of their being – their Source-full light-filled selves. It is a learning to fly process. A taking flight. A rising.

You have been receiving Source messages for some time. Knowing sometimes a specific Source, sometimes not. You are here to also learn - Source is Source is Source. The derivative

of any message is – Source. If a message feels good – accept it as a truth. If a message does not feel good, release it. We are here to bring feel good messages, to teach people about their original state. Their light. Their truth. And in that, lies the prosperity of every kind and flavor, that all desire.

The following is the second message from Spirit about shifting energies, allowing, choice, and prosperity. Through our experiences, we learn the *art* of allowing. For it is through our own personal experiences of non-physical energy (our *own* successes and inner rising), that we learn the true magic of our infinite nature, that is who we truly are. The truth of Source energy lives within all of us. We can hear, experience, and live its truth any time we “catch” ourselves feeling good!

Dear One –

There is a time when we all exercise free choice, to begin the journey of what is rightfully ours – the generous abundance of good feeling flow and the richness it brings to our spirit and our experience of life. You are receiving the message from your spirit that it is that time – that no longer will you be swayed by the energies and conditions of others. That your feet are firmly planted in the ground of Mother Earth, and your heart is connected to a constant stream of Source energy. This is the ease of living that is cosmic wealth. This wealth is your birthright. But even more, it is your divine right. As with anything, you have to exercise choice to experience it.

The time is coming in your Earth’s atmosphere where the lighter energies of transparency, truth, and supreme goodness will come back into the hearts of those living upon the earth, and in the core Earth herself. The job for each of you is to allow the choice of your divine birthright, or to resist it. It is a choice, for choice-full expansion.

Denser energetic vibrations have been a more dominant vibration on your earth plane – clouding over the light of truth. Seekers have looked beyond the clouds to the truth of the blazing sun and its light-filled potentialities. Others have seen the clouds, and lost their will to search. That is a

choice they are unaware they have made. They began living in the concrete “what is” instead of the magic of what divinely “already is.”

There is tremendous choice in the world today. Even greater opportunities are coming in the expansive energies, pouring into the atmosphere at a rapid non-physical rate.

Whether people see, or don't see, these energies, their effects will show up steadily in their lives. The veil between the physical and non-physical is becoming paper thin in this environment. If those with only outer vision do not see the non-physical, their experiences will undeniably call attention to the non-physical. There is less delay in manifestations now. This will allow a more direct experience of transparency, even if it cannot yet be “seen” by some.

Through experience, truth will set many free. For out of darkness, always, all will rise to the light. Darkness, as we have said, is a pure illusion. Light is always light. With light as a foundation, even under countless layers of darkness, there will always be – light.

The concept of cosmic wealth, from a Source perspective, is allowing the flow and experience of this Source light in as many ways as possible in your lives. You will find that the work of “attracting” does itself. When people rise to their natural buoyant, happy, infinite nature, the rest takes care of itself.

You summon the physical desire through your intention to have it. Easy. You allow the physical desire through your inner commitment to feel good and in the flow of Source energy. That inner commitment is the root of cosmic prosperity, for it drives every choice, every day, and every experience.

Those living in lack, in any area of their lives, simply indicate an energy block of resistance. Blocks of energy feel painful, because they are areas where Source is not flowing. If you had a blocked artery, it is not something that can be ignored. When you attend to it, at present – often surgically, the goal is to

restore flow. With flow, pain extinguishes and health returns. The same principle applies to the flow of Source within you. Pain is only an indicator of blockage. There is no shame in pain. It is **designed** this way, to cue your expansion.

Review your life experience. The present one. Allow the surfacing of things and inner experiences that do not feel good to you. Observe them. That is all. Take the next step toward thinking an easier thought or feeling, that aligns you with truth, Source, and feeling good. As it resurfaces in situations a bit, find that easy feeling again. Very soon – it will drop out of your experience. You no longer vibrationally match the essence of pain. Feeling good is a whole light filled vibration – and it is a “cure” for other denser, competing vibrations.

Where you see another vibration of pain [**in others**] – be your light. Allow their energy, for them. Being your light holds the vibration steady, which ignites a potential vibrational experience for the one not feeling good at the moment. It can be an effortless exchange – one in which both benefit.

The Source energy field is one that will likely not be understood from a human lens for some time. It is a concept and truth of limitless belief, appreciation, and immense creative power. The way to understand it is to relax into the experience of it. Knowing it is the same as believing it. From its experience, it becomes known to you, and thus believed by you.

This is the chain of wealth we are talking about. Allow your experiences – so long as they feel good, and prosper you. Feeling good is all the prosperity you need. It vibrates belief, truth, trust, abundance, allowing, and receiving. Feeling good is the simplest definition of Source energy that there is.

To see a pocket of not feeling good in others and other circumstances – is when you allow your true self to choose to turn toward your inner light and truth, and the knowledge of what “already is.” The image of that unfavorable illusion will shrink and shrink and shrink, back into the cleansed world of the non-physical. Focusing on the light of positive creative

potential draws “like” energies into a physical light-filled positive creation.

*The wealth within becomes the wealth without. This is the prosperity that already is. This is the choice resting in the hearts of all in a state of **experience**, journeying toward expansion.*

Be the flower in the seed. See the flower in the seed. Feel the flower in the seed. And watch the most magnificent manifested flower grow within your experience. Source flows from Source, creating another infinite Source. And from the good feeling seeds, found within your good-feeling-manifested-flower, new Source seeds of desire come forth. It is an ever-expansive cycle of Source-full expansion.

You are the gardener that tends the seeds. Belief is the fertilizer. Feeling good is the water. Relaxing is the allowing. It is an easy form of organic gardening.

Choice is upon you, for the cultivation and direction of your life experiences. Enjoy the fruits of choice - and all the deliciousness it brings to you.

We are all on a cosmic quest, to remember and to invest our divine riches and tremendous talents, in order to live the divine experience of our brilliant inner light. Wherever you are right now, you can get to where you want to go. Following the steps, of your *own* inner guidance system, will take you there. You may make a few pivots, some twists and turns, or wind around a few rotaries here and there. But with conscious flexibility and a willingness to rise within to your natural divine flow, you will get there. If Source energy is all that there is, and we are all only expanding what we *already are*, then we can tune in at any time and feel the peace and perfection - *that we are already home, inside ourselves, within this rich inner life.*

A new age of cosmic energies, ripe with opportunities for conscious choice and cosmic wealth, is emerging. Each of us will cultivate fruitful seeds, for the harvest of our desires. We are invited right now in our present experiences to “see” with expanded vision - the transparent truths of our grand earthly

adventures. We are invited to envision the flower in the seed, the apple in the tree, the outer in the inner, the unseen in the seen, and the Source essence that flows through *all that is* in this magnificent universe. We are invited to remember that feeling good, prosperous, healthy, happy, and infinitely free – is who we really are. And as the authors of our lives, the heirs of incredible cosmic wealth, and the essence of Source energy itself, we already have the divine creative power to take our life experiences in any direction we choose. These truths are the foundation of a rich inner life. When we apply these truths, and invest our talents, we win the lottery of life - each and every day.

Source energy is the ultimate essence that indwells every one and every thing. May we all enjoy the great prosperity of living the rich experience of all that we truly are, through the magical portal of all that we ever-expansively desire to become.

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Appendix

For further inspiration, affirmation, and/or meditation, I have included four additional transcriptions from Spirit. Their titles are listed below.

Flowers, Weeds, and Core Roots:

A Message for Healing and Inspiration

Minerva Meditation:

A Message for Divine Refreshment or Meditation

Imagination Invention:

An Inspirational Exercise

The Basics of Belief:

An Inspirational Summary

Flowers, Weeds, and Core Roots:*A Message for Healing and Inspiration*

Dear One-

You are learning of your place in this grand universe. Should not your perception of who you are, and where you are, shift to accommodate a larger purpose? Of course it should. You are as vast as the universe is itself, for you are made of the same inspiration, the same thought, the same energy. Physicality means that the particles have just slowed down long enough for you to see them. But they are all moving. Moving towards expansion. Moving towards all that is. And moving towards all that will be.

You are a delight to watch grow. You move and bend with flexibility and grace, much like you notice your plants doing. They cannot deny their light and their attraction to it. It is their sustenance, their sweetness, their survival. They will always seek to grow in whatever ways possible. Until circumstances become incompatible with life itself. But they know no other attraction but to the light. Even weeds, that fall into the darkest holes, also reach for the light. Isn't that amazing? They too live for the light. They know its truth and its essential nature in their life. They cannot deny it, or else they would cease to exist. So even weeds reach for the light.

That is how both flowers and weeds continue to co-exist, harmoniously, for they both know the core truth that they need the light. Their natural rhythm needs it, and their survival needs it.

We say "harmoniously" because each knows the other – the flowers and the weeds – and they both are seeking the same sustenance. The Light. It is in seeking the same sustenance that there is underlying harmony. The same core truth is present for both. One is no different from the other in this way. Yet the weeds still grow and rob other viable life forms of their essential life force. That is when it appears disharmonious. The weeds live in lack, always wanting more. It is their nature. They do not know any other

alternative. Flowers live in joy, and shine brightly for all to see, even if weeds are crowding their roots. They know that there is enough light for all. And they steadfastly, time and time again, stand tall, even amidst the greediest of weeds, who may overrun their physical flower – but never their light.

Weeds overran your physical flower at one time. The inner you knew your light, and it kept reaching for the eternal light that it could picture from within. All around the weeds took over – crowding, robbing, and despoiling, if you will, your flowers. But they could not take your eternal root. No one can. Not ever.

And that core root held strong – connected to the earth below, and connected to the skies above, and the universe beyond. It was not diminished. Or defeated. That one strong core root, while its other root shoots may have been cut off or strangled by greedy weeds, that one strong core root never quit. It expanded. It thickened. It toughened. It maximized and became more efficient. It knew its light and how to stay true to the light – which would always sustain it – always.

Your roots, the miscellaneous ones, may have been choked out, but not your core. And from this core you are emerging expanded, stronger, more committed, more aware, more resilient, and more connected than ever before.

Despite the winds and storms, the weeds and wears, the eternal self is always lit, and shining, and reaching for the light - the power source of all life.

Minerva Meditation:*A Message for Divine Refreshment or Meditation*

I am the Goddess of water and lunar cycles. We are in the cycle of the receding moon, and in a cycle of receiving. Float in my waters with me. Feel yourself relax in the waters, the way you were in your mother's womb. Carefree. Warm. Swaddled. Loved. Nurtured.

In that environment, you were perfectly nourished and nurtured. You did not wonder where your next meal came from. You did not worry of the cold. You did not answer to sounds and demands. You relished in the safety of that environment. Here in my waters, I want you to return to your womb – your own inner womb. Giving to yourself all that you need . . . birthing, nourishing, and loving all that you are, perfectly, in this very perfect moment.

You are a wise woman, a dreamer, a manifester, a nature lover, a perfect divine being, a spirit on divine assignment, taking a vacation into her own womb of perfect inner safety, love, retreat, peace, kindness, compassion, and grace. Breathe in the oxygen – it is pure here. This oxygen in this special sacred space is actually direct breath from God. From Source energy itself. It nourishes all of your wounds, your hurts, your sorrows, your grief, frustrations, and fatigues. It fills you with layers of loving light, in colors of oxygen, that you can actually see flowing in your veins, through your heart, and all of your chakras.

It neutralizes and then releases any pains lingering from karma and unresolved conflicts. It smoothes them out and cleanses them, so there are no longer wrinkles in your past history or creations. These rainbows of light and oxygen breathe pure health, wealth, wellness, and happiness into the cells of every part of your being. You restfully watch these deep massages of your whole mind-body-spirit being – showering, bathing, and receiving the full grace and pleasure of such perfect harmony, healing, and gentle treatment of love.

Your true mission, your true spirit and purpose, then lights up on a television screen in your trunk chakras. And you see a show of light begin on that screen. You feel perfectly at one with what you are seeing on the screen. For you have seen it before. It's you. It's your intentions. It's your divine assignment, playing out in perfect details, of all the joy, magic, and harmony - of all that you are and what you came here to do. It feels so perfectly familiar. You know it as if its already happened. For it has. You have already created this perfect manifestation in your mind's eye, created before birth, and now again, in your new birth; birthing into your real self, living out a divine mission for and with your beloved Creator, - for the whole cosmos that is as deeply connected to you now as all of the fibers that the connect the spider to her web. They are delicate strands, but very, very strong and incredibly powerful. You are in the center now of that magnificent web. Connected delicately, magnificently, eternally, and powerfully to every living being, material and non-material, and it all feels like home. You know you want to bring "home" to all of your friends and family members, beings and non-beings, connected intimately and intricately into your vast web. At the center of this web, you sit glowing, refreshed from all of the potent oxygen and breath energies generously bestowed unto you and within you. You have watched the truth of your own story and mission, the real reason you came to this earth space. And you have felt how perfectly familiar you were with that vision of truth in your inner being.

You begin to tap messages into your web, that can be heard by everyone and everything in the cosmos. Everyone feels your vibration and answers with joy. "Yes. We hear you! Thank you for your love and light. Thank you for your perfect signal. We will do our part, and now send our signals to the next link in this powerful chain of love." You receive all the love you can possibly take in, channeling through your web, and into your chakras, bringing ripples of love-filled joy in all ways through your system. You know that the peace, miracles, and physical manifestations of all of your light-filled desires are yours now. You have attained the keys to the kingdom – your inner kingdom . . .

one in the same with the Creator's grand kingdom.

And you climb down off your web, jump back into the water, to bathe in the bliss of having come all the way home. Back to the beginning. Of birth and rebirth. Of creation after creation. Of ever-expanding light and bliss and miracles. You are here with me now, holding my hands, doing "the impossible," breathing under water, swimming with a mermaid, manifesting all of your dreams, in this perfect amniotic fluid, pregnant with nutrients for the life you are about to lead.

It is divine perfection. It is heavenly harmony. It is a mere taste of all that is.

Dear One –

You know the power of the universe lies in your desires. And the power of the universe lies in you. When you summon the birthing waters, you have summoned the creative powers of Spirit. You are on the eve of all that brought you to this earth – the merging of light and physical, to expand more light.

There are great blessings for you in this journey. All journeys are opportunities for new choices and creations. Call on us in spirit whenever you need to tap into the interconnected web. For pure oxygen. For amniotic waters. For light filled thoughts. For tender massages. For magical miracles. You have joined with us, and us with you. We are here to bolster you, and to remind you of who you truly are, and are expanding to be.

Imagination Invention:*An Inspirational Exercise**Dear One -*

See yourself in your desiring as limitless, floating with wings (yet grounded too), but upward toward the lightness of the all-knowing, all abundant, all possible plane. In it, is one giant imagination, like a magnificent invention that can do anything “at will” effortlessly. In that floating space, you can pluck any experience you like out, to savor, to have, to live fully, as if you were ordering a movie from the video store of your dreams. Now in this light-filled space of all possibility, share this video, this all-inclusive dream with us, the universe, as your audience, your co-creators, and your friends.

[Write, feel, say, or imagine your private movie now with Spirit. Imagine it, in this moment, as fully as you can. When you are finished, continue reading below.]

*“And now you float effortlessly in a most joyful place inside your heart, knowing that all of that is manifest in the land of limitless possibility and eternal creation. The machine of eternity and oneness of consciousness, that knows all things and all beings, sets into motion every aspect of your movie, the moment it is asked. Knowing its truth, floating in that same light-filled way, is all that you need to do to receive your movie ticket, and thus all the blessings of your desires, manifest in the physical. Float with the joy, of all that **[your]** desire brings into your heart. And float yourself back down to the earth plane, both feet grounded in the magical earth energies, and your spirit connected to the effortless nature and joy of all of your imaginings. Smile daily and frequently in that floating easy feeling of good times and magical creation. Know it as already in “being.” In real time. In your heart.*

*The universe’s timeless machine then gets to work to churn out the movie to you, in reel time, real time, reel life, real life. That is the **[inner]** vision you know in your heart. Your heart is the workshop where the magical vision takes place. You are already*

living the magic. You are tasting its joy. Your dreams have been heard. Your prayers answered. The magic now is in the joy of allowing. Allowing is like floating in hundreds of daily day dreams. Just receive them all joyfully. If thought comes that is not in sync with these desires, let it float on by. Only inspirations that feel light get your attention. They feel like bubbles and feathers, tickling your fancies and your magical taste buds.

Heavier denser thoughts roll away from you, down into Mother Earth, like rocks to be re-absorbed and cleansed and rebirthed into light-filled crystals, sparkling with magic and potential.

The whole world is a candy shop or Santa shop, to be created with sweetness, joy, magic, and light.

Cosmic Wealth
The Basics of Belief:

An Inspirational Summary

Dear One –

There is great truth in the experience of universal law and divine order. Those wanting to hear their inner voice need only intend to, for with that intention, all circumstances align to create a positive environment (inner and outer) to hear that inner wisdom, guidance, and substantial love.

There are many seekers who would say – they seek without “the find.” We would say their seeking is in resistance to pain, not in search of truth. For pain is not truth. It is only an expression or experience of having stepped away from truth. And truth is light.

Your thoughts and feelings are how you instruct us to help you. We can shower you in love, but unless you open and ask to receive it, it simply is a vapor around you, but not experienced within. We hope you can hear us now, in these words, hearing your prayers, your requests for help, health, clarity, and more. And we are right there with you, within you. It is a remembering to give permission, to yourself, to receive your bliss – that forms the pathway in which it will come.

You are created from the Creator Source. Every aspect of this creation is a deliberate intentionality. Nothing exists by mere chance. It cannot be. This is a universe of intention. And so, within its energetic fabric, and your own energetic fabric, is the truth of creation, choice, and focused thought and intentionality.

Be who you are. Who you ultimately and supremely are. Watch the universe align your will and deliver those intentions within your experience.

Resistance can only occur when there is a lack – a lack of belief. In your willingness to believe, you cut the resistance in half. When you relax into the truth of believing, resistance falls away, with the weight of a snowflake. Resistance only exists to cue your system,

your inner life, about the quality of the experience (of intention) that you are birthing. If you like that resistance feeling (greater density), and you wish to explore it, all universal supports are available to you to bring it into your experience. Out of that, you can choose another experience, depending on your cues and where you want to go.

Along the way, you will meet up with others - sharing time, for stretches of time, [who are] desiring a similar vibrational experience.

If you are cued by your resistance, and you are not feeling good in your resistance, you can choose lighter thoughts and rise to any level of experience you wish. Lightening up. Having more fun. Playing. Delighting. Creating. In-joy-ing. These are the vibrational commands to the universe to have a lighter, flowing, free-er experience of allowing your true nature. Anger, stewing, judging, hurting, feeling sadness, despair, confusion, shame – these are experiences that indicate vibrational harmony with resistance. To experience denser thoughts (dwelling, fueling, repeating scenarios that made you angry or frustrated in the first place), will send commands to bring more of that into your experience. The person who says “I can’t win!” just confirmed a block to their “winning” natural feeling.

Belief is the grease that brings the allowing. If you had rituals in your culture - supporting true belief, limitless belief, lifelong belief - imagine the reduction of heartache that would exist on a daily basis. Imagine all that people were wanting - truly wanting (experiences affirming their light) - infinitely surrounding and fulfilling their experience.

*You ask – **How? How do I find this state of magical belief? There is nothing around me that matches that truth.** Find something. No matter how small. That is the essence of belief. Something that perhaps you never thought about before. But something very easy. Just seeing it or feeling it conjures up feelings of grace, delight, happiness, and easy belief. A baby bird. A brand new puppy. A happy song. A quiet ocean. Something easy.*

Find that feeling. Then grow it. Find another thing or experience that easily brings delight. String 1-2-3 of these things together, and you are remembering. You are experiencing belief. The key is to hold in your intentional focus – the pureness of that delight – as often as you can as long as you can.

*And remember those “recordings of delight” that **you consciously chose, that you intended**, that actually came! Feel how successful you are at finding a vibrational match – that your thoughts created something – that made you feel light and good and full of belief. You have your own “proof” now. **You** made it easy.*

Now, as much as you can, enjoy it. See where your good feeling belief can grow. As you exercise, your muscles grow. Your visioning and believing muscles get stronger and stronger.

When something in your outer world pulls your attention down, into denser, heavier feeling responses, it is only a cue. You know how to believe. You know more of what is your natural state. Not feeling good is only resistance, a response to some outer vibrational illusion. You can choose the power of belief above all else here. Or you can fall into the illusion of anger, frustration, etc. This is the time where you will test yourself. Not for right or wrong. Not to achieve or to lose. To simply see where you are in relation to where you want to be. Belief, intentionality, and choice will carry you like a feather out of one undesirable experience and into the light of your desired natural state – your experience of the Source-full, re-Source-full you!

Playing, enjoying, believing, opening, trusting, allowing – are all examples of ways to experience the lighter truth of who you really are. When these feelings and activities become the daily part of your inner hygiene, your inner health, and your inner life, they must be part of your experience in your outer life. When something shows up in your outer life that you do not desire, deflate it by noting it briefly, pivoting your inner attentions, and resting in the delightful easy feeling of a chosen thought or feeling that makes you feel good. This

is the intentional universe of which we speak.

This is your fabric. Your design. Your essence. And the earth plane has a similar essence. The universe has the same essence. All are in line in the same vibrational sphere.

Intend your life to be what you desire. Live the experience of your desires. Birth new desires. Shift yourself around the universal catalog of experiences, based on what you want, desire, and already are. Release what you do not want, and rise within to experience what you do.

Prosperity of every kind lives within you. It already is. How you choose to spend it is up to you. You are divinely loved and richly supported. Hold your light and find universal delight.

All blessings, now and always.

Additional Creations by Marie Mohler

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