

Did you know that the Real You has access to the energy of the universe and the powerful resources of the cosmos?

Once you recognize that you are spirit and are not bound by the experience of time and space your spirit is then free to express itself in its highest form and to experience its oneness with God at all times.

Nothing can separate you from this loving union with the Creator. Once you grasp this truth the experience of your reality shifts completely. You then perceive your circumstances in a different light, now being aware of your higher purpose. You realize that in every moment you are free to choose and that, indeed, you have created those very options from which to choose.

At all times you are free to stand back and observe your life.

Tap into that silent self deep within and you will find the time you need and the strength you require to fulfill your life's purpose with passion. It is in this inner sanctuary that you come to experience all time as the present. It is here that the past and the future meet in one eternal moment you know as now. It is here that you can create for yourself any reality you truly desire and know to be for your higher purpose. It is here that you come to recognize your own unlimited potential and fearless self. It is in this place that you see all things as possible and nothing as too difficult to accomplish or face.

JOURNEY TO THE CENTER OF YOU

Marcia E. Havaris

Marcia E. Havaris

# Journey TO THE Center OF YOU

A fleeting thought,  
its ripple sends  
into the great unknown.  
For every thought  
we ponder long,  
a seed, in time, is sown

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# *Journey To The Center of You*

*A fleeting thought,  
its ripple sends  
into the great unknown.*

*For every thought  
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a seed, in time, is sown.*

by  
Marcia E. Havaris



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Journey To The Center Of You  
is a collection of my writing  
dedicated to all of humanity.

May we find, in each day,  
a moment to quiet ourselves  
and to hear our deepest thoughts.

And in listening  
may we then find courage  
to journey to our center.

This is a journey we must each take alone  
yet when we come to the center of our being  
we find there all humanity,  
waiting to be embraced by a heart of love.

Marcia E. Havaris



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# *Chapter 1*

## *Life*



The frailty of human life  
is not seen as we live,  
yet as we die it is revealed:  
we find what we believe.



## *The Fingers of Life*

The fingers of life  
write upon the sands of time.

The waves of change  
wash up on the beach,  
and that which was written  
is drawn back into its source.



## *Coincidence*

All of life  
is  
a  
“co-incidence”

We are usually  
just too busy to notice.

\*\*\*\*\*

A coincidence  
is a happening  
that coincides  
with Divine Purpose.

## *The Darkness*

Ever changing—yet the same  
For that which is to come  
Has always been.

What we see does not exist  
Unless we look within  
And see what truly is.

The light would shine  
And reveal the darkness  
That never was.

## *Perception*

The external reflects the internal.  
Our inner thoughts and feelings  
become manifested as our outer reality.  
Only the inner life is real.

The outward manifestation is merely that—  
a manifestation whose purpose  
is to reveal more clearly our inner reality.

Once we see the manifestation,  
we are then able to choose a response  
or to take responsibility for what we are creating.

We can then decide if we would like to change  
our thoughts or feelings and allow our inner reality  
to express more of our true spirit and divinity.

As we give greater expression  
to the Kingdom of heaven within,  
we begin to experience an outer reality  
which manifests love, peace, and truth.

How we choose to respond to any given circumstance  
is a result of our perception  
and interpretation of that circumstance

When we remember not to judge anyone or anything,  
we are no longer bound by our perceptions,  
which are not based in reality  
but rather are merely a sign of our inner growth  
and enlightenment.

When we become fully enlightened,  
we will no longer experience “perceptions.”  
We will “know” the truth and the truth will set us free.

## *What Matters*

The material world is mere illusion—  
here today, gone tomorrow.

What “matters” is the reality  
you create within your heart.

\*\*\*\*\*

## *Affirmation*

Do not affirm  
a reality  
which you  
do not wish  
to experience.

## *Wisdom*

Health, Wealth, and Wisdom  
are not commonly found together  
as it often requires a loss of health or wealth,  
as we normally perceive it,  
in order to gain a measure of wisdom.

## *The Calypso*

The calypso calls in a multicolored voice,  
Calls to the rhythm of the cosmos within your soul,  
Calls you to dance.

Dance in your pain and sorrow.  
Dance in your joy and delight.  
Dance your questions.  
Dance your knowing.  
Dance in love.

Come out and dance in the eternal stream of life.  
Do not be afraid of the dance within.

The calypso calls in a multicolored voice,  
Calls to the rhythm of the cosmos within your soul,  
Calls you to dance.

*The Dance of Life*  
*The Dance of Love*

The Dance begins.

The arms move slowly, gracefully  
coloring the silence with their sweeping curves.

The body bends, like a young tree,  
whose supple trunk responds with ease  
to the invisible energy of the wind.

The feet touch lightly upon the vibrant earth,  
drawing on the life force in every rhythmic step.

With every beat of the dance, the heart calls back,  
“mine is the rhythm of eternity,”  
and in complete oneness with the Cosmos,  
enters into a timeless moment of bliss.

\*\*\*\*\*

*Open*

Open to all things  
observant  
but unattached  
connected only by spirit.



## *Nothing Is as It Appears*

Nothing is as it appears  
nor even as it seems  
for what we think we know and see  
is illusion and mere dreams.

We must learn to hold no grudge  
or grievance in our heart.  
Only then can true light shine  
and bring, to sight, a start.

For, what you look for in the world  
is already within.  
And all your searching comes to rest  
at the true source therein.

So seek no more the world to change  
but rather change yourself.  
And be the flame that lights the torch  
and spreads peace, love, and wealth.

Deep within the heart of man  
Divinity is found.  
When we remember who we are,  
no more shall we be bound.

## *Everything Comes from Nothing*

Everything comes from nothing—  
An expression of that invisible energy  
which pulses with love  
and births into existence  
all that is created and all that is uncreated.  
It is this same energy  
which breathes life into us  
and which sustains us from moment to moment.  
It is this same energy  
which draws our spirit on into transition  
when we no longer choose to inhabit this body.  
It is this same energy  
which connects us to all that is  
and would have us know that we are all one.

## *Enlightenment*

Enlightenment expands  
as you expand  
to make room for it.

As you make a place for the world  
within you,  
instead of searching for your place  
in the world,  
you will experience the light  
of a shifted perception.

## *Insanity*

Insanity ends at the edge of our dreams.  
It is there that we encounter the world.  
All that is real does appear as it seems.  
All illusion is slowly unfurled.

As we fall into sleep, our bodies at rest,  
our real mind within comes to life.  
Our true inner self would reveal what is best,  
now free of all waking strife.

So drift into dreamland.  
Go without fear,  
knowing that you will be met  
by one who will guide you  
and is always near  
and will never let you forget.

That it is in dreaming  
we find who we are  
and we learn how to see things for real.  
If we but let go of our struggles to be,  
we will discover we already are  
and then we are free to forget about self  
and to see others clearly at last  
and to recognize God in each face that we view  
in the sea of humanity, vast.

## *A Thought*

From where does a thought come?  
Not just any thought  
but the kind that catches our breath  
with an “aha” response from within.  
Does it originate in the mind of the individual  
or is it the result of a collective thinking?  
Does inspiration come to one person at a time  
or does it fall like a soft blanket upon the Universe  
waiting to be picked up by those who are open to it?  
Perhaps it is a collective gift  
to be embraced by many simultaneously  
for the benefit of the whole.

So as the thoughts of wonder slip into our soul  
through the gaps between our ordinary thoughts  
the question is can we quiet ourselves long enough  
to hear them and acknowledge them?  
As we do, we find an ordinary day  
being transformed into a day of wonder  
and we recognize once again our connection  
to that which is greater than we are,  
indeed to that which embraces each of us  
and holds us in a pattern of immense beauty  
together as a powerful mosaic  
which reflects each one of us  
simultaneously with the whole.  
We are free to be and to experience the mosaic.

Indeed it is the invitation of the Universe  
for us to recognize the mosaic within ourselves.

## *The Lesson*

“What lesson did you learn, today, my child?”

I simply sat by an old oak tree  
and pondered the mystery of its majesty.

I merely walked through the shady woods  
and admired the trees in their emerald hoods.

Being lazy, I lay by the babbling stream  
and saw in its current my every dream.

I looked up at the sky, into its face of blue,  
and saw, in each cloud,  
the image of You.

## *Purpose*

It is that fire which burns passionately  
within the center of our being.  
It is where we go to warm our souls  
when they have grown cold and weary.  
It is where we go to melt our hearts  
when they have hardened with disbelief.  
It is where we go to re-ignite our flame of hope  
when it is almost out.  
It is where we go when we hunger for direction  
and cannot find our way.  
It is where we go when our faith is weak  
and all we have is questions.  
Go to that fire and trust it to be all that you need it to be.  
Know that it is the fire of God's Holy Spirit  
—pure Love  
—all Truth.

## *Free*

One by one, loosen the tentacles.  
Let go of the limitations.  
Let go of the grip of illusion.

Find yourself free of anything  
that would hold you.  
Float on the solid knowing.

Glide through the Sacred Sky  
of your inner wisdom.  
Detach from all.

Be held only by the divine  
which sustains without limiting.  
Know yourself to be complete.



## *Choice*

What we choose to believe  
has an effect upon our evolution as a human species,  
but no matter what we believe, it cannot change the truth  
which will one day be revealed to all of us  
in its fullness.

\*\*\*\*\*

## *Prism of Light*

What we focus our attention upon expands.  
If we dwell upon fear it grows & engulfs us.  
If we dwell upon love it grows & embraces us  
and those to whom we send its energy.

We experience a change of perspective  
as our reality shifts  
—like a slowly moving prism of light.

## *Ode to Anxiety*

From whence do you flow into my heart  
and bring, with you, your fear-filled vice?

You are neither welcome nor desired.

Depart from me and be expired.

No longer will you rule in me  
with a grip as cold as ice.

Your brittle wall  
will crumble, all,

In love's  
consuming  
fire.

## *Alone*

I trip.  
I falter.  
Then I fall.

There is none  
to catch me.  
None at all.

\*\*\*\*\*

## *Can You Let Go Completely?*

Sink into that place deep within  
that is where you meet your beginning  
and the beginning of all that is.  
You are not alone, for there in the darkness  
is the love which waits to be born in you  
when you are ready to create  
all that you will become.

## *The Portrait*

I stare into the face  
of the one-dimensional image, suspended in time.  
A singular moment, stolen and sustained for 50 years.

The smile, frozen, unflinching.  
The head held high  
in a fleeting moment of perfection.  
The hands so still upon the lap  
so sure, so steady.

What was the music that played for you?  
What refrain did you sing each day of your life  
as the road unraveled before you?  
How did you choose to live each moment of your life?  
What wisdom would you share with me  
if you could, even now, step out of your portrait?

## *The Silent Witness*

Memories unbidden  
dance before my eyes.  
Images unhidden  
take me by surprise.  
Every thought I've ever had  
lives within my cells.  
Each experience, eternally stored  
deep within the wells  
of whom I've been  
and where I'm going  
now to be recalled.  
The silent witness,  
the observer standing in the hall.

## *Fear of Death*

Fear of death consumes humanity.  
Not just the fear of physical death,  
but the death of hope, of ideas, of plans;  
the death of the familiar, the ordinary, the known.

When one believes in the “re-birthing” process,  
one loses that “fear of dying.”  
We become aware of how necessary  
and how frequent “dying” really is  
in order to experience the fullness of life and the spirit.

In this way, “dying to the self”  
is not a thing of martyrdom,  
but rather an ongoing, eternal reality and process  
along the journey to discover one’s spirit  
and one’s connection to the divine,  
both within and without.

## *Stream of Life*

The gentle, flowing stream of life  
would wash away all pain and strife,  
would bathe us in its cool delight,  
would soothe us with its warming light,  
would mingle with our tears of pain,  
refreshing us with love again,  
would fill our hearts with joy's desire  
and cleanse us with its purest fire.

Deep within, this river flows,  
The silent witness in us knows  
its grace-filled Source is God alone,  
Who dwells within each sacred tone.  
So, sing, and see your prayers ascend  
to the Kingdom which has no end  
and find, within this river sweet,  
your joy, your love, your life, complete.



*At Rest*

Contentment  
—no matter what

Peace  
—at all moments

Love  
—with no effort

Willingness  
—with no struggle

*What if This Is It?*

We should live each day  
as if this IS eternity.

Why do we always  
project into the future  
our hope for a world  
of love and peace?

Why do we not focus  
on creating that reality  
right here,  
right now?

## *The Legacy*

Toiling hands, wrinkled and worn,  
clasp'd in silent prayer.  
Weary feet, whose every step  
was on the path of care.

A heart that broke so many times  
it has no place to tear.  
A love so deep and tender,  
its quality is rare.

The photos on the wall are many,  
friends and family all.  
Yet the love extended  
far beyond duty's call.

No thought was spent  
in idle moments,  
no task that did not count.  
For every waking moment  
sprung from the eternal fount  
of love, unchanging, pure and true,  
whose desire was to serve  
the sacred, holy You.

## *Simplicity*

It is that which allows what *is* to be.  
It observes but does not react.

It reaches out to help  
but does not strive to change.

It listens  
without rushing into a response  
and does not listen in order to correct.

It sits still  
and senses that which moves about it  
without being moved by it.

It waits patiently,  
knowing that all things come to pass  
at the right moment,  
which is now.

It speaks gently,  
not trying to convince,  
for it has no need to be right.

It lets go of the unnecessary,  
holding onto only that which sustains it.

## *“Manson”*

The shell decays. The body fades.  
The senses all grow dim.  
Yet the soul remains. The Spirit shines  
True images of him.

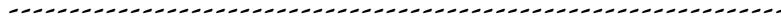
He smiles, still, at memories past.  
More recent thoughts don't seem to last.  
He talks of family, friends, and farm.  
He is ever polite, with the same sweet charm.

His eyes grow bright, His smile warm,  
as certain memories come to mind.  
Acts of kindness, constant giving,  
all in days now left behind.

The body fades, yes, this is true.  
And yet, the Spirit, the real “you,”  
lives on forever, free at last  
To enter the “now”  
and to leave the past.

*A Ditty*

You never know  
what hidden truth  
may lie deep  
within a  
“Ditty.”



I do not know  
the meaning of mystery  
But I believe  
in the miracle  
of love.

## *Draw Back the Blind*

When you open a window in your house  
you experience an exchange of air  
and a renewed freshness,  
and the room is filled with light  
as you draw back the blind.

So it is when you open a window in your soul.

You exchange the stale air of fear and doubt  
for the fresh air of faith and hope.

You are filled  
with a renewed sense of purpose and meaning  
and you experience the light of love  
as you draw back the blind.

## *Be Free*

Take this moment and live it as you wish.  
You are not bound by any law  
to live the present as you lived the past.

Do not lament and say, "It is too late to change."  
How can it be too late when NOW is all there is?

Forget the past, and with courage in your heart,  
take up your life in the fullness of its potential  
and dare to live today—  
to be who you truly are—  
to experience NOW, freely and fully.

You do not need to stay in your self-made prison  
of "same-ness."  
You hold the key in every choice you make.

Decide now to be free and the chains will fall off easily.  
Walk in your true freedom  
and every moment will become an expression  
of your inner divinity.

It is not others which bind us.  
We are but bound by our own unbelief.

Know that you are already free  
and stop carrying the weight of chains  
which are but illusions.

For nothing can bind the Son of God  
who is one with God.



## *Journey In*

How do I travel from my head to my heart?  
From my thoughts to my feelings?  
From the words to the experience?

The journey is not easy.  
It only now begins.  
I must let go of the outer and travel deep within.

No answer will I find there  
'til I bare my very soul.  
And drink of the cup of wisdom  
and once again be whole.

## *Birthday*

“Birthday” is another word for “mystery.”  
There is nothing else that fills us with such wonder  
as does the miracle of new life.

Who can fathom the perfect symmetry and harmony  
which creates that moment  
when God enters the physical realm  
in the form of a helpless, trusting, innocent baby—  
bringing pure, holy love into our world  
in the disguise of a tiny infant?

Oh that we would behold the divinity within each child,  
and surround each child with unconditional love,  
and encourage each child to remember the love  
they already knew before they were conceived.

Every birthday should be a reminder  
of the spirit deep within humanity  
which craves only to be expressed through love.

## *Soul*

Our soul  
has within it  
the bright light of the sun,  
yet often the light is clouded  
by a greyness,  
a mass of confusion unresolved.  
The light would penetrate the cloud  
and dispel the darkness.  
But we must choose to be in the light  
and allow it to shine through us,  
in this way,  
transforming the grey  
into grace.

## *The Calm*

Quiet within  
Raging without  
Barrage of noise  
Society-imposed

Breathe deeply  
Feel the center  
Dim the outer illusions  
Stay within

Inhale the light  
Expand the aura  
Bathe in the luminescence  
Drink deeply of the calm

*“Risen with Healing in His Wings”*

Can we let our spirits soar,  
free of worry, care, or strain?  
Can we bathe in living waters  
that would wash away all pain?

Deep within us lies the answer  
to each question of our hearts.  
When we find the loving center,  
in the whole we'll see all parts.

*Now*

Things  
may not  
have turned out  
the way I used to think  
I wanted them to.

But  
I absolutely  
want them to be  
the way they are now.

*“Who Will Go?”*

I sat and wept  
for all my limitations.  
My heart said “yes”  
My mind said “no,  
not in present situations.”

Why can I not change my schedule  
and not be so duty bound?  
Where is the courage that I need  
and the strength,  
Where are they found?

Look deep within  
for your heart knows  
exactly what to do.  
If you will listen  
without fear  
it lovingly will guide you.

Then you will find that your purpose  
will expand and become clear.  
And you will know the meaning  
of living without fear.

*Meditation for a New Millennium*  
2000

We come to this moment in time,  
filled with wonder and awe.  
How is it that we have chosen to be here on the earth  
during this time of mystery and cosmic shift?  
We feel deep gratitude for all that we have learned  
and experienced in our lifetime,  
knowing that it has prepared us for this moment,  
and every person who has come and gone before us  
has left their imprint upon the universe,  
providing a great multitude of paths  
from which we may choose to follow.

\*

Or we have the choice of creating a new path  
and inviting others to follow.  
Whichever choice we make,  
the universe invites us to dedicate ourselves with passion  
to fulfilling our life's purpose.

\*



As we look upon human suffering,  
may our hearts be moved so deeply  
that we take compassionate action.

May we not stoop to pity,  
but rather rise to the fullness of love  
and move quickly to bring relief.

\*

As we look upon the declining condition of Mother Earth,  
may our conscience be fired  
with the reality of the responsibility  
each one of us has to save the Earth.

\*

May we not turn our heads  
at the sight of destruction  
or close our ears  
to the cries of the earth and the wildlife,  
but rather may we make a conscious effort  
to make a difference,  
to take a stand  
and to speak our truth on behalf of the voiceless.

\*

May we ever be grateful for the gift of life  
and the many opportunities it presents to us:  
opportunities to express love,  
to choose truth, to dispel fear,  
to bring peace, to grant hope,  
to experience wonder.

\*

May we choose always the loving response  
to every situation  
and trust that all things work together for good  
as the universe conspires on our behalf.

\*

May we live each day more fully in the moment  
with hearts full of love and forgiveness,  
and not carry grievances with us into tomorrow,  
but instead choose to lovingly let go  
and begin each day with a clear slate.

\*

May we not spend our energy  
in maintaining memories  
that do not serve our higher purpose,  
but rather choose to spend that energy  
creatively and lovingly in the present moment.

\*

May we remember that we are spirit,  
energetic, loving, holy, powerful spiritual beings  
and that what we see with our physical eye  
is temporal and holds meaning  
only as we give meaning to it.

\*

May we look within  
and see that which lies deep within us  
at the center of our being,  
that which is true and changeless,  
that which is pure and loving  
and which holds eternal meaning and value.

\*

And may we come to a place  
of complete love and wholeness,  
allowing healing in our lives  
and in the lives of all humanity.  
For in the moment  
when we truly love and forgive ourselves  
we make it possible  
for the rest of mankind to also love and forgive itself.

\*

Whatever we give, we receive.  
And we are free in every moment  
to choose love and peace.  
May this be the beginning of world peace  
as the universe responds to the peace within our hearts,  
and may we come to know ourselves  
as one with all of creation,  
and with the Creator within.

\*

May the year 2000 open gently like a beautiful flower,  
revealing its wonder as each petal unfolds  
and releases the soothing fragrance of love  
which would speak to us  
of the infinite beauty and grace of life.

\*

# *Chapter 2*

## *Time*



The hands of time stand still,  
each face a different hour.  
When time exists no more  
then we will have true power.

Step out of time when you desire  
illusions to dismiss  
and recognize the eternal fire,  
which burns, as all that is.



## *The Path of Time*

As your feet,  
upon the earth,  
walk in the path of time

Eternity  
does spread its wings  
and invites your holy mind

To rise  
above the world you see  
and dwell within eternity,

Aware  
that all there is,  
is NOW,

As in that moment  
you will know.

## *Beyond Time*

Deep within, the cry is heard  
and echoes in the silence still.  
The soul lies in a pool of longing  
the River of Life alone can fill.

Fingers of time reach out to claim  
the soul in deep despair.  
Once again the cry is heard,  
“Peace, in time, is not found there.”

Go deeper still, beyond all time,  
to the one, eternal moment.  
And in your Source, find peace again.  
God’s love expands within it.



## *Between the Minutes*

The clock ticks.  
We talk.  
The moments ebb away.

Our thoughts mingle  
with the flow.  
With every word we say.

The wind blows.  
The chimes ring,  
How fast the hours fly.

A few more thoughts  
between the minutes.  
No need to say "good-bye."

## *In the Moment*

Often we worry needlessly  
about not having enough time  
to do all the things  
we think we ought to do,  
when really, all that matters  
is that we allow ourselves  
to be fully present  
in each moment,  
whatever we are doing,  
and this way  
life will unfold  
as it is meant to.

## *Time Ticks On*

Time ticks on like a clock on a wall  
wound up like an eternal spring.  
We can choose to be caught  
in its invisible web  
or tune out its incessant ticking.

Whatever we choose, the reality is  
the Present is all that we know.  
So, savor the moment,  
the invisible now  
and let go of the fast and the slow.

## *A Monument*

She swings beneath the apple tree  
whose blossoms scent the air.  
Both tree and child are young  
and free of worry and of care.

Through the years the apple tree grew,  
providing shelter from the sun.  
The girl grew up and moved away,  
days of childhood now all gone.

The tree stood tall and leafy green  
through many summers past,  
a monument to days gone by  
and seasons changing fast.

The old apple tree lies fallen now,  
its branches broken and bare.  
Silently its once graceful limbs  
reach yet into the air.

The days of youth for both tree and girl  
have flown by, it seems.  
Though time has changed the way they look,  
it has not changed their dreams.

## *Time Travel*

Time travel is easy, since all moments are one.

It is our “linear” perception of time that prevents us  
from experiencing the “oneness” of the moment.



## *The Future Present*

We can alter the future  
by changing the present.

Future events have vibrations  
which increase as they come closer to us.

As we become more sensitive,  
we can tune into these vibrations  
and know intuitively what the future holds.

Then we can make changes in the present moment  
which will alter the future present.

## *Synchronicity*

Waves of energy dance and play.  
Thought patterns weave in and out of the eternal dance.  
There is one call—the call to love—  
It speaks with many different voices,  
drawing unto itself all creation.

Paths cross and sights meet.  
Souls know and hearts sing,  
This moment is eternity expressed  
in one perfect flower in time's garden.  
The rose opens and embraces all humanity, one-by-one,  
who are drawn by the fragrance of love.  
As the petals fade and fall to the ground,  
the essence remains in the eternal embrace.  
And the rose once more unites with the earth.  
The cosmic dance continues—perfect in its pulsing rhythm.

## *Mirrors of Illusion*

When we remember who we are  
we can then recognize that everything is as it should be.

Nothing matters  
—in that there is nothing to be upset about.

We can live in the NOW  
when we finally remember that  
past and future  
are mirrors of illusion.

## *A Point Beyond*

Since time is an illusion and there is only NOW,  
that explains why “past lives” still have  
such a profound effect upon us.  
We actually experience all our lives at the same time  
—moving back and forth between them—  
repeating similar circumstances, choices, and responses,  
being in relationship to the same people  
in one way or another.

Since all experiences are happening simultaneously,  
our emotional responses are locked into a certain pattern  
which maintains our connection to these experiences.

In order to move beyond these life experiences  
we must remember Who we are  
and by re-establishing the awareness of our Higher Self,  
we can then transcend the emotional whirlwind  
of the experiences and observe them from a point beyond.

Becoming the observer  
allows us to release the emotional ties  
and bondage to the experiences  
and allows us at once to discover our life purpose  
and to see the spiritual meaning  
in all of the ways we have attempted  
to express ourselves in “past lives.”...



In this way we break free of the grip of our emotional body  
and enter into the flexibility of our spirit.  
We continue the experience of our physical incarnation,  
but we perceive it as an expression of spirit  
which will ultimately lead us back  
to complete union with our Higher Self.

“Reincarnation”  
could more accurately be expressed  
as “simultaneous incarnation.”  
Occasionally we feel we have known certain people  
in a past life.  
This “knowing” does not have to be limited  
to a “past life” relationship.  
It is possible that even now we are working with them  
in another dimension.

Tuning into our Higher Self  
will allow us to access not only the awareness  
of this connection  
but also the energy of its greater purpose  
so that we do not find ourselves  
merely repeating the relationship  
with the same emotional frequencies,  
but we can now move beyond these limitations  
and begin to experience the fullness of our spiritual reality.

## *Reconnect with Spirit*

Our emotional patterns  
lock us into a circular expression of our physical self.  
Only when we reconnect with Spirit  
do we then have the power  
to break free of the binding emotional body  
and truly experience transformation and “new birth.”

This is the foundational truth  
of the transformative power  
of the “spiritual experience” or being “born again,”  
as held by Christianity.  
At the moment when we accept our alliance with Christ,  
when He becomes our Savior,  
and we express our desire to be reunited with God,  
we then experience the opening of our Spirit  
and the release from our previous bondage  
to the physical and emotional bodies.  
When we confess our “sins”  
we are simply choosing  
to release their control in our lives.

We are asking for forgiveness,  
which means we desire a clean slate  
upon which to express ourselves....

We have full access to this “clean slate”  
once we recognize that we are spirit  
and that spirit is not bound by the experience  
of time and space.

Our spirit is free to express itself in its highest form  
and to experience its oneness with God at all times.

Nothing can separate us from this loving union  
with the Creator and when we grasp this truth,  
the experience of our reality then shifts completely.  
We then perceive our circumstances in a different light,  
now being aware of our higher purpose.  
We realize that in every moment  
we are free to choose and, that  
indeed, we have created those very options  
from which to choose.

At all times we are free to stand back and observe our lives.  
Once we recognize the fluidity  
of our simultaneous incarnations,  
we become overjoyed at the realization  
that Creation is our purpose.  
We then begin to experience the truth  
that Love is all there is and that all is One in Love

So when we look at each other,  
we are really looking at ourselves.  
There is no difference between you and me.  
We are each simply a different side or angle  
on the multifaceted, formless form of God.

## *Time*

Time is merely  
“an expression of our experience of change.”  
Time itself does not exist apart from this expression.

When we intentionally send healing into our past,  
we will experience this healing now  
at our cellular level.

Since there is no difference between “then” and “now,”  
the healing is simultaneous  
in all dimensions of our experience.

When we experience a sense of longing  
to be somewhere else,  
we are actually there already.  
That deep longing is a resonance  
of the actual experience of being there.

So when we say, “I will be with you in spirit  
even though I cannot actually be there,”  
we are confusing our realities.

For truly,  
where our spirit is  
then so shall our reality be.

I “think” I am bound to a certain reality,  
so that is what I perceive as my experience.

When really I am free to experience  
all realities as a flowing, flexible mirror before me.

I can choose to step in and out of the flow as I wish  
and thus am “at all times” creating my “reality.”

## *It Is Not Time*

It is not time itself that makes the difference  
but how we manage time.

It is not how much time we have  
but what we do with each moment that counts.

Anything that holds truth is real—  
more real than what we dimly perceive to be our reality.

The Truth comes to us embedded in a reality  
that cannot change or be interfered with.

The true reality lies within us,  
and it is here that we have actual experience of life.

## *Today, I Will Choose Peace*

Today I will choose peace above all else.  
I will live in harmony with others.  
Today I will remain calm.  
I will hold silence at my center.  
Today I will not worry.  
I will trust the universal wisdom.  
Today I will not judge anyone or anything.  
I will accept all as it is.  
Today I will not hurry.  
I will allow my life to unfold gracefully.  
Today I will not dwell on self.  
I will reach out with vision towards others.  
Today I will not withhold love.  
I will choose compassion as my only response.  
Today I will not dwell in fear.  
I will remember that pure love is all there is.  
Today I will not question my potential.  
I will remember that I am a powerful, spiritual being.  
Today I will live fully in each moment.  
I will not be bound by the illusion of past and future.  
Today I will call out to God.  
I will find the eternal kingdom of heaven within my being.  
Today I will remember I am not separate from others.  
I will rejoice in my oneness with God and all of creation.  
Today I will be myself,  
a pure, loving, divine spirit,  
created and sustained by the love of God.

## *“Now-Here”*

Why does it take us so long  
to learn to let go of these strongholds of our mind?  
Why do we insist on spending energy sustaining what was?  
Only when we let go  
are we free to live each moment in newness,  
unbound by the chains of repeat thinking.

We must recognize that the past has already served us  
and that it is powerless in the present,  
but we must make the choice  
to be “now-aware” and “now-here”  
instead of floating on a sea of regrets  
or “if onlys” or “would-ifs”  
and finding ourselves going “no-where.”

And we must also take action in the present moment,  
for only then will our thoughts become our reality.  
Truly tomorrow never comes  
and there is power only in today.

So make a choice now to live your reality  
moment by moment,  
creating and recreating,  
always knowing that you are already perfect  
and merely waiting to wake up.

2000 years  
is just  
a  
drop  
in the  
eternal bucket  
of  
cosmic expression.



# *Chapter 3*

## *Nature*



An Apple or a Sphere.  
A Seed or a Tear.  
Who can fathom the Mystery?  
The Apple feeds upon the Sphere.  
From the Seed falls a Tear.  
Another day in History.



## *Have You Not Heard?*

The bird, in flight, carries your soul.  
The fish, in water, swims with you.  
The rocks cry out, "Have you not heard?"  
All creation knows, it's true,  
that life sustains the world you see.  
Its breath comes from eternity.  
Nothing exists you have not known.  
And there is no sky you have not flown.

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## *One Leaf Blows*

One leaf blows in the wind  
and we do not hear a thing.  
Two leaves blow in the wind  
and, together, we hear them sing.

## *We Are One, The Ocean and I*

She holds within her depths the resonance of my soul  
which dances with the fluid beauty of the tide  
and which moves with the knowing grace  
of the multicolored fish.

I hold within my cells  
the creative energy of her every wave.  
Her power swells within my breast  
with its sweeping ebb and flow  
in the perfect rhythm of the universe.

I lose myself in her embrace  
only to find myself once again expressed  
as she majestically masks the rocks  
with her ever moving face.

She loses herself in me, knowing that she lives eternally  
in every moment in which I reach out,  
speak out, or go within;  
that every thought I have  
is a creative reflection of her spirit.

We are one, the Ocean and I.  
Together we dance and sing our song of love,  
in every moment creating,  
in harmonic unison,  
the music of the cosmos.

## *As Petals Fall*

As petals fall,  
so pass the days of youth,  
revealing life  
and deeper layers of truth.

As the flower  
bares its naked stem,  
so does the Soul  
more vulnerable become.

Finally naught remains  
at life's end days,  
but the fragrance,  
in the memory, that stays.

A leaf, a thorn,  
but what of these, at last?  
For once the petals fall  
the flower is past.

## *Seashells*

Seashells—many seashells.  
Hollow memories of the waters of yesteryear.  
They hold the mysteries of the sea.  
They hold the memories  
of the one who gathered them  
along the shore of days now gone.  
What were her thoughts  
as she carefully lifted them, one by one,  
from their bed of sand?

Of what did they speak?  
What song did they sing as she held them in her hand?  
Even now, their fragile beauty  
speaks of the mystery of life.  
As the lines of time curve gently  
across the featureless face of each shell.

## *Deep Within the Rocks*

What is the dormant life force  
which lies deep within the rocks?

What stories would they tell  
if they could speak?

They are a silent monument  
to all that they have seen.  
They hold within them treasures,  
memories of that which has been.

## *The Storm*

The sky is on fire as the air explodes  
and the silence is shattered  
by a million decibels of roaring thunder.

The storm has unleashed her fury  
in blankets of pointed pellets of rain.

The trees are bent  
beneath the unforgiving hand of the wind  
while the rain whips through the branches  
which are wildly reaching for an invisible anchor.

The birds have ceased their singing  
and seek shelter from the wrath of nature's outburst.



## *Found*

Beautiful, autumn-colored trees  
now we see them in full foliage  
but when they lose their leaves  
do we then view spoilage?

Or do we look within and see  
the living energy flow  
which dresses them in season  
and gives sleep beneath the snow?

This same energy is our true source  
and would nurture us in due course  
if we but choose to see beyond  
and come to know we have been found.

*The Fish Descend*

The air grows chill,  
the water, still,  
as Autumn days unfold.

Down, down, down below  
our bodies now becoming slow,  
resilient to the cold.

The darkness calls us,  
deeper now  
and, unafraid, we willingly bow.  
The inner knowing can't be fooled.  
in shallow water we won't be pooled.

## *Who Are We?*

The fish descend  
to the bottom of the deepest water  
as the days grow cold and their bodies slow.  
They follow their instinct,  
“knowing” how to survive the dark, cold days of winter.

The birds fly south and flock together  
as winter comes with colder weather.  
They do not question.  
They follow their instinct,  
“knowing” where to go and when to leave.

Can we not learn from them  
and leave our fears behind?  
Can we not go deep within ourselves  
and find that slow, still place of refuge?  
Can we not relinquish our worrisome questions  
and move into the sunlight,  
finding for ourselves a warmer climate?

Or must we sit here in our mad, social hypnosis  
and fear the cold and longer days of forgotten ways,  
asleep to the deep intuition within,  
which would guide us  
if only we would remember who we are?

## *Our Garden*

Our garden is a paradise  
wherein much beauty grows.  
Each flower wears a face, divine  
the queen of all: the Rose.

The rocks, themselves, such stature prove,  
of time, an endless measure  
and embrace the water's liliated surface  
which crowns darting, golden treasure.

The evergreens stand stately tall  
as monuments to life.  
Their branches spread a canopy,  
a cool retreat from strife.

The gate is always open there  
as a silent invitation  
to walk in peace and quiet prayer,  
each step, a meditation.

## *Clouds*

Clouds, when seen from below  
may obscure the sun from our view,  
causing us to think that the day is dull and dreary.  
But when we take flight and soar like eagles,  
we can fly above the clouds.

We enter the full sunlight and look down  
to see the billowy clouds below.  
That which once clouded our vision  
is now seen as beautiful.

It is we who must move  
and allow a shift in perception  
to take place in our reality  
in order to be able to see things  
as they really are.

## *Pansy*

Gentle faces are deep in thought,  
humble and quiet,  
receiving from nature,  
returning to the earth without a tear.

Their beauty graces the rocks.  
They tilt their heads and kiss the air  
as the breeze blows wistfully by.

They smile—  
ever lost in silent conversation with the earth.

Their presence does not make a sound  
and yet it speaks of peaceful beauty, now unveiled.

## *Falling Leaves*

Every day  
you can see through the trees  
more and more,  
as the leaves continue to fall.

The light filters through the baring branches,  
painting the silhouette with a faintly glowing hue,  
until finally, there will be nothing more  
than the glory of “bare branches against the sky.”

What are the leaves in our life  
that must fall to allow the light to filter through?  
Will we one day be simply bare branches  
silhouetted against the expanse of the Creator,  
needing nothing more?

## *Cosmic Community*

All of Nature dwells in unity and peace.  
The flowers do not argue with the grass.  
The shrubs do not compete with the trees.  
The rocks do not challenge the stream.

Every tree and flower and rock has a spirit  
which feels what is felt by all.  
The trees bend in harmony with the wind.

Each flower graces the pathway  
with humble beauty.  
And the rocks offer up the wisdom of the ages  
to the joyous waters of the stream.

Can we stand still long enough  
to sense this peaceful harmony?  
Can we quiet the raging voices within us  
and listen to the whispering wisdom of the ages?

Can we open our inner eyes  
to the natural beauty and grace  
of the spirit of Mother Earth?  
Can we recognize our oneness with all of nature  
and lovingly enter into the community of the cosmos?



*Fog*

The fog obscures  
what lies beyond,  
invisible, the Void.

Yet full of wonders still unseen,  
Journeys untaken,  
words not spoken.

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*Prayer Field*

Energy,  
born in a heart of desire,  
mixed with compassion,  
ignites like a fire,  
Blazing a trail  
as it circles the earth,  
creating a field  
of new hope and rebirth.

## *Queen of the Night*

Last night the moon put me to bed.  
Her face was full and bright.  
She slowly rose from behind the trees  
to her throne—  
this Queen of the Night.

She cast her shadow of golden hue  
across the earth as she rose  
and silently sang her lullaby,  
which only the hoot owl knows.

My eyes grew heavy beholding her face.  
My body was floating, it seems,  
as she lulled me into her jeweled kingdom  
of mystery and dreams.

## *Snow*

The snow drifts aimlessly  
across the field.  
By winter's wind 'tis blown.  
Tall grass,  
like frozen soldiers,  
stands where it had once grown.

No voice is heard.  
No path is seen.  
The wind alone does blow  
across the vacant,  
vast expanse  
now blanketed in snow.

## *Look In*

It is the Sun, the Moon,  
I never will forget  
shedding light, casting shadows,  
always there, yet hidden oft,  
amidst the mystery of time.

They are constant, without judgment  
and ever faithful in their vigil.

It is we who change and find, at once,  
the light too bright, the heat too hot,  
the night too dark, the stars invisible.

When it is cold, we long for warmth.  
When it is warm, we long for cool.  
When it is bright, we search for shade.  
When it grows dark, we look for light.

Alas, we have forgotten how to be,  
to know the moment and to dwell in that  
without feeling the need to change it.

So seldom are we prepared for “now.”  
It frightens us to think of being truly present—  
and yet, until we choose to experience “now,”  
we cannot overcome the illusion of fear ...

So, step into the shadow and know its mystery.  
Step into the light and know its revelation.

Look up to feel the down.  
Look down to feel the up.  
Look out to know where is in.  
Look in to find out.

All truth is found in opposites—in a paradox—in reversal—  
in being able to “see things differently.”

## *Third Eye*

We say  
“the moon rises and brightens the night.”  
But deep down within us  
we’ve forgotten the light  
that would rise just as often  
and float ‘cross our sky  
and be a bright beacon  
for our own “third eye.”

*Diamonds in the Snow*

Diamonds in the snow  
like hidden treasures glow  
with otherworldly gleam.

The sunlight shines upon them  
as they turn their faces upward  
more brilliant now they seem.

## *Inner Night*

Vast, the landscape,  
yet not so vast  
as the horizon in my heart.

The sun sets, and with it, the day.  
yet as the sun sets within my heart,  
it is life itself that disappears.

Though the moon rises  
in the cloudless sky so bright,  
there is no moon  
within my soul to cast its light  
upon the desolate dark  
of my inner night.



## *Melancholy*

I cry out from the belly of the whale  
“Save the earth—  
heal the waters—  
love the land.”

As the whale sings its unchanging  
song of the centuries,  
so does the earth  
send out its melancholy music,  
begging for our love and our help.

What the earth suffers is what we suffer.  
So we must forgive ourselves  
and forgive all others  
and come back to love—  
and nurture the earth,  
that it might continue to nurture us also.

## *The Earth Cries Out*

Every experience of pain resonates within the Earth.

A million voices scream out  
from deep within her breast.

Mother Earth cannot quiet the echo of anguish  
which tortures her very soul.

Therein lies the mad misery of hell.

But we, in every moment,  
have within us, a power to heal the pain.

As we align our spirits  
with the unconditional, loving spirit of God,  
we send out waves of light.

This light surrounds the earth  
and filters through the layers of darkness,  
redeeming the pain.

Only as we all come to the place of salvation  
and absolute peace  
will the tears of sorrow be able to dissolve  
and all mourning turn into joy.

God awaits the day when we turn from our wandering  
and come back to Him—  
back to ourselves.

At that moment the earth will be renewed  
and Mother Earth will cry tears of joy  
and offer up her heart to the heavenlies ...

There will be no more darkness  
for there will be no more turning from the light.  
All shadows will cease  
and we shall stand face to face with our Creator  
and will know our oneness with all  
and will dwell in that knowing for the rest of eternity.  
Therein lies the mystery of heaven.

*All Is Now One*

A blanket of magic  
descends silently,  
shrouding the earth  
in a cloak  
of shimmering white.

All that was different  
is now the same ~  
a luminescent wonder  
as far as the eye can see.

What appeared separate  
is now one ~  
One  
in the tranquil beauty  
of nature.

# Chapter 4

## *Relationships/Separateness*



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If I am You  
and You are Me,  
then together  
we are we.

The question is,  
when we're apart,  
who are we then  
when you have my heart?



## *Separateness*

Separateness is an illusion,  
which fear would have us to believe.

But it is only when we believe ourselves  
to be separate  
that we then need to be afraid.

For if we are not one with all  
then we have lost ourselves  
and the illusion then becomes  
our reality.

## *The Human Mask*

One never knows what mystic spirit  
dwells behind each human mask.

We should meet each other  
with the same grace we would bring  
to a meeting with God Himself,  
for it is the Eternal Spirit which indwells each human  
and reaches out to find itself again in another.

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## *God Within*

It is not for me to judge  
how another is choosing  
to respond to the revelation  
of God within.



## *Separateness*

This is the pain and the hell.  
When we forget that we are all connected  
to every living, vibrating energy  
then we experience alienation—  
not just from the perceived world around us,  
but even more, from the real world within us.

When one experiences “God”  
then the energy flows like a living current,  
connecting us once again to the divinity of the universe.

If one only perceives “God” with the intellect,  
the soul still sits in starvation.  
We must allow the divine energy  
to consume us if we are to truly be “born again.”

*Divine Love Is All There Is*

How we view another person  
locks them into the pattern  
of the image we perceive to be their reality.

We will continue to experience  
that which we desire to change  
until we see that it never was as it appeared to be.

When we learn to see within others  
that which is ever true and pure,  
then our reality as we perceive it  
will be built upon pure, holy truth  
and we will come to know  
that divine love  
is all there is.

## *One with All*

See all as one.  
Know yourself as one with all.

Dwell only in love  
—choosing each moment  
only love—  
pure and true.

Create freely in this love,  
that which you would experience,  
knowing that you are, also,  
lovingly providing a backdrop  
against which others  
may view their experiences.

## *Humanity*

In the illusion  
we say we are something they are not,  
or they are something we are not.  
And yet, in truth,  
whatever we observe in another  
exists within ourselves  
or we would not be able to see it in another.

So, in all humility,  
we are wise to look within  
and to choose to keep only love  
and to release all else.

In so doing,  
we would then see pure love  
in everyone we look upon.

So do not judge;  
only observe and love.

Forgiveness is the path to pure love.  
One cannot love what one has not forgiven.

So when we feel blocked from love,  
we can be sure we are holding unforgiveness  
in some corner of our heart.

Open the windows and release it all,  
so the divine light may enter and fill your being  
with the energetic, healing power  
of pure, holy love.

## *To the Street Kids of Romania*

A dirty face,  
two tiny hands  
all smudged by lack of love.  
No words to speak,  
no laughter learned  
unlike those living up above.

How did they come  
to spend their days  
in this deep, dark well?  
Why, so young,  
must they know pain  
and sorrow straight from hell?

Is there no hope  
for these, the lost,  
who dwell in such disgrace?  
Is there not one  
with courage high  
who will the demons face?

I must wonder at myself  
surrounded by such wealth.  
How can I live another day  
and not extend my help?

There is nothing that I need,  
no, nothing I desire  
except to spend my life  
each day in love's sweet fire  
and to carry hope and peace  
to those beneath the earth  
who in every waking moment  
live in question of their birth.

## *Who Will Go?*

Who will go and dry their tears?  
Who will go and ease their fears?  
Who will go and give them food?  
Who will show them what is good?  
Who will help them find their way?  
Who will bring light to their long day?

How can we sit here, silently,  
and not be brought to tears?  
How can we let our busy lives  
so blindly hide our fears?

When will we learn to let it go?  
For none of it will last.  
When will we move into the now  
and not dwell in the past?

My God, I do not understand  
how far away I've gone  
from what You have shown me  
and what You would have done.

## *Fountain of Wholeness*

When we experience illness or accidents  
at the physical/emotional level,  
it is a cry from our spirit to recognize our oneness.  
As I reach out to you,  
either energetically or actually touching you,  
our spirits once again fuse,  
and it is that fusion which rises to the surface  
and brings the release of the fountain of wholeness  
once again into our physical reality.  
As we become more and more connected  
and more aware of our spiritual reality,  
there will be less and less need  
for any physical manifestation  
of our separateness from one another  
and from “wholeness.”

## *Spirit Connection*

The “laying on of hands” as a healing technique  
provides a physical expression  
of the already existing link or connection of all spirit.  
We are choosing to outwardly experience  
that which our spirit knows to be the only true path  
to healing—that is, becoming aware  
and acknowledging that we are all one  
at the deepest level of our Spirits.

Housed in our physical bodies  
we perceive the apparent reality of “separateness.”

When we choose to extend ourselves  
beyond the limitations of the illusion of the concrete,  
we once again discover our reality  
as a flowing river of life, pure, holy, one.

As we open our eyes to look within, we will see all there.  
Each of us contains the universe  
within the living waters of our spirit.

We perceive ourselves as separate from others  
only when we embrace the illusion  
of our lives as floating by,  
and us as helpless to change  
the seeming course of life events.

When we realize that all of life  
flows within each one of us,  
we can connect at a deeper level  
and, ourselves, become the river of life.



## *Spirit Essence*

Unconditional love sees the person,  
not the personality, not the pain,  
not the actions, not the experiences.  
It loves the essence, which is spirit.  
It sees the beauty of the god-likeness within.  
It calls the spirit to remember its divinity,  
to move past the polarity of activities  
and to go beyond all levels of feeling,  
to find its way back to the Source of all  
and to enter into the realm  
of unconditional love once more,  
opening itself to a forgiveness which is not necessary  
because there is no blame or judgment.  
For Unconditional Love  
cannot judge conditionally.  
It sees only the perfection of the soul.

## *Circle of Humanity*

Can you imagine  
a Universal Circle of Humanity?

If each one of us were to reach out  
and hold the hand of another  
until everyone in the entire world  
was holding someone's hand?

At that moment  
we would recognize our oneness with all humanity  
and the Universal Energy of God  
could flow through us simultaneously  
creating instant World Peace.

Let us hold this image  
in our collective mind and heart,  
thus revealing the reality of Eternal Love.

## *On “Separateness”*

We enter into this world, connected to the physical source  
of our existence, our mother, and surrounded by water,  
a strong, flowing element of the physical universe.

We are not alone—  
we are held by many and we reach out to all.  
The physical cord no longer connects us to our “source,”  
but we will forever be connected  
at a deeper level of our being,  
as a reminder of the oneness of all creation.

We are not seen as “separate”  
when we are in the infant stage of our development.  
All people reach out to hold us  
without thinking to ask us for permission.

And that is as it should be,  
in that we desire to experience and to express love  
and we have no regard for boundaries or limitations.

As we grow physically,  
we enter into the seeming reality of a world  
which experiences separateness,  
through the expression of the “individual” ...

We learn to see ourselves apart from the universe  
and separate from those around us.

We begin to strive to protect ourselves,  
to keep things to ourselves and for ourselves.

Gradually we lose our sense of oneness with all.  
This creates a deep loneliness  
and a feeling of “unlovedness.”

We work harder to achieve  
the feeling of success and control in our lives,  
only to find we keep pushing away from us  
the true experience we so deeply desire  
—complete love and knowing ourselves as one  
with the Creator and all creation.

Then as we move into the final stage  
of our physical experience,  
many of us once again become dependent upon others  
for our care in every way.

Once again we cannot choose who enters our room,  
who changes our clothes,  
who holds our hand,  
who washes our face,  
who feeds us or puts us to bed.

We become reconnected with society  
through our loss of “individualism”  
and we feel like we have lost ourselves...

Nothing has prepared us for this stage  
so we do not recognize our re-initiation into “oneness.”

Nothing has prepared society for this stage  
so it does not recognize its role  
in expressing this oneness.

Love is not given as freely as it is needed—  
for we have been taught to be careful  
and to express love only in certain ways.  
Yet love is all there is and all that is needed  
to recreate the awareness of the unity of all souls.

So as we prepare to leave our physical bodies  
we can only hope to be free once again  
to express and receive love unconditionally  
in an exchange with all  
who will recognize their oneness  
with us and all.

## *We Are Not Separate*

When we criticize or judge another person  
for what we perceive  
to be their negative characteristics,  
we buy into the illusion,  
thereby reinforcing the seemingly apparent reality  
that we so desire to change.

What is needed  
is for us to see them as they really are,  
which is:  
a pure, holy, loving child of God,  
a powerful, energetic, spiritual being,  
attempting to remember Who they really are.

Only as we allow  
the miracle of love and total forgiveness  
to take place in us,  
can it then take place in the world around us.

For we are not separate from anyone or anything.

In attempting to change another person first,  
we are extending our focus  
into the illusion of separateness  
and thereby supporting the delay  
of the miracle of transformation.

## *We Are One*

If something is true about one, it is true about all.  
At the deepest level of the Spirit  
we are One—pure love, perfect beings.  
In our human form we choose to experience,  
and between the level of the Spirit  
and the surface of humanity,  
dwell all possibilities.

Each one of us has the potential  
to be or experience anything.  
We must be careful, therefore, not to judge another,  
for it is only in an area with which we do not wrestle  
that we feel ourselves to be greater or stronger.  
But if we look honestly within ourselves  
we will quickly see  
that which others find easy to judge within us.

So we must look at each other with loving forgiveness  
and thereby find ourselves gently forgiven.

## *Circle of Love*

Love is the magic.  
Its spell cannot be broken.  
It would weave its wonders  
in every heart,  
drawing soul to soul.

Let go of the impostors of illusion  
that would pull you away from this circle.

See them for what they are  
and surrender to the love in your heart  
that would melt the icy fear of disenchantment.

Come take my hand  
and let me lead you into the circle of love.



# *Chapter 5*

## *Galactic Wonder*



Each singing star  
in silence spins,  
each galaxy unfolding.

Our purest thoughts,  
like shining stars,  
our sacred self beholding.

Each noble thought  
rides like a wave  
upon the sea of time.

Each loving prayer,  
on wings takes flight,  
the heavenly stairs to climb.



## *The Universe Inside*

The Universe, a tiny speck,  
I see within my eye  
'Tis more than just the stars and moon  
that sweep across the sky.  
Its music spins the galaxies in rhythm with the tide  
which ebbs and flows across my soul,  
the universe inside.

## *The Universe Is a Mosaic*

Each soul looks out  
from a tiny fragment of space,  
woven together by a thread of time.

All of life ebbs and flows  
from within this floating mosaic ~  
now in the shadow ~ now full of light ~  
now silent ~ now screaming.

Each life weaves in and out  
of the lives around it~  
always creating a pattern ~  
often weaving a web.

Even in dying,  
each soul leaves an imprint ~  
a constant ripple  
in the ocean of humanity ~  
never to be recalled.

No two faces are the same,  
yet all are connected.  
No life is lived apart  
from the energy of the whole.  
The whole is within each part  
and yet sustains all parts.  
You are a part of the mosaic,  
yet the mosaic is you.

## *Andromeda*

You appear so distant  
—so tiny  
—so unreachable.  
Yet every star and planet  
within your vast galaxy  
spins within my soul.  
There is no music here on earth  
that does not echo of your intimate song.

If I could expand my spirit  
to its eternal fullness  
I would find your beauty  
shimmering in every crevice of my being.  
I need but open to the beauty  
of your galactic wonder  
and be bathed in the breathtaking splendor  
of your humble expanse.

Every breath I take  
is an inhalation of your sacred solace.  
Every breath I exhale  
ignites again the spark of divinity  
which suspends you in the heavenlies.

You and I are one—  
jewels in the cosmic crown of the Creator.

## *Suspended*

The earth spins and hovers,  
suspended in its space,  
by the same eternal music  
which plays with subtle grace

It curses through my veins  
and whispers to each cell  
with the rhythm of the universe  
springing from the well.

Deep within this soul of mine  
the galaxies spin on  
not mindful of the space or time  
which never will be gone.

## *Mirror of Heaven*

The music of the galaxies  
is calling to our hearts.  
Each note hovers,  
suspended on a staff of light-years  
waiting to be sung  
into the vibrating void of the universe.

Our thoughts weave together  
upon the score of life  
and are reflected back to us  
in the twinkling mirror of heaven.

## *I Walk Upon the Galaxies*

How many stars are there under my feet?  
I walk upon the galaxies.  
Each step I take is upon a star.  
I gather stardust as I go.  
The sun and the moon, they are my companions.  
Together we radiate love.  
Together we bring renewal and joy to the universe.  
We gather hearts that are sad  
and we hold them in the loving arms of the cosmos.  
We gather eyes that cannot see  
and we bless them with the inner sight of knowing.  
We gather ears that cannot hear  
and sing to them the celestial music of the stars.  
We gather feet that cannot walk  
and we carry them from star to star.  
All is healed in our embrace. No one is turned away.  
All find love and wholeness.



## *Sky Light*

The stars above us light the sky  
but what is that to you and I?  
We cannot comprehend or see  
the distant stars or galaxy.

So we assume that all life is  
upon the earth we know.  
How could there be life anywhere  
that humans cannot go?

## *Stardust*

The galaxies, the stars above,  
their wonders rain upon us.  
They hold their place and spin in time,  
unhindered by our rush and fuss.

If lyrics did their tunes adorn  
what message would they send us?  
What words of wisdom gently cloaked  
in vast arrays of stardust?

## *The Winged Heart*

The winged heart takes flight upon the breath of night  
soaring silently higher than the sky  
void of color yet full of light  
wings outspread beyond time  
riding on Eternity.

The pulsing heart beats with an endless rhythm  
encompassing all yet feeling nothing.  
The wings move more slowly  
and the heart pours out its Life  
covering the cosmos.

Out of the night comes a tone so pure and clear  
A new song, an endless rhythm—  
Eternal Love.

The winged heart once again takes flight  
having graced us with new Light.  
We now soar silently  
beyond time into Eternity



# *Chapter 6*

## *God*



God is unchanging.  
It is our perception of God  
which changes  
to accommodate the stage  
of our evolution.



## *The Sacred Self*

The Sacred Self  
its soul does know.

By breath itself  
its life does flow.

There is no start  
nor place to end.

The Breath,  
into a circle, bends.

So come into this circle now  
and in your center  
kneel and bow  
to God who gives life,  
and sustains  
all those, who, in Him,  
do remain.

## *Hologram*

Matter,  
scattered  
around the universe.  
Energy,  
shattered  
into a trillion vibrations.  
A hologram  
in every sliver of life.

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## *The Incarnation*

We are the incarnation,  
God's energy  
enclosed in a body,  
ever changing,  
dust to dust,  
transient hosts to divinity.



## *The Word*

The Word, once spoken, becomes form,  
infused with spirit, Breath, and Life.

The Word is Truth, eternally breathing,  
filling the void with vibrant nothingness.

The Word is all humanity,  
suffering, laughing, living, dying,  
the thoughts of many in one mind.

The Word embraces galaxies,  
spins through space like an invisible thread  
which joins all of creation in one Word—  
God.

## *The Prism*

The prism in the heart of God  
reflects the light within it.

There are no shadows dwelling there  
only the brilliant hue of every color of creation.

Light radiates out from all sides of the prism.  
Each light beam carries with it the image of God,  
resplendent in its simple beauty.

Let this prism envelop you.  
and invite its glorious beams to fill you with their light.

Empty yourself, that you might be transparent.  
As the light then shines forth from your spirit,  
you become light.  
The prism is now within you.

## *Perfect Will*

We give to God so easily, those areas of our lives  
that do not mean as much to us.  
And the things we cherish the most  
we find most difficult to surrender.

How ironic that we cannot fully trust God  
with the things that are dear to us.  
It is as if we think He will take them away from us  
if we turn them over to Him,  
or that He will ask some sacrifice from us.

When in fact everything we have is a gift from God  
and God desires joy and peace for us.  
In surrendering all to Him  
we can be assured of a deep sense of peace,  
knowing that His Will is perfect and His Will is Love.

## *It Is Time*

It is time for each of you to rise and answer the Call.  
It is time for each of you to stop dwelling on the Fall.  
It is time for each of you to turn your back on fear  
and recognize your place with Me  
is right now and right here.

My Grace is still sufficient for each moment that you live.  
There is nothing that you need  
that, in My fullness, I cannot give.

There is nowhere you can go that I am not already there:  
no detail of your life that is beyond My love and care.

## *We Cannot Serve Two Masters*

If we believe that God dwells within us,  
then this begs the question,  
“Where within does He dwell?”

Surely the essence of God is not this physical form.  
More likely,  
God dwells within the very essence of who we are.  
His Spirit in our spirit.  
This would certainly lead to the realization  
that His Spirit IS our spirit  
and that as we surrender to that Oneness  
we experience the fullness of divinity within.

It is inconceivable  
that God could be restricted to one part of our being—  
as we know that God is everywhere.  
Once we recognize the Spirit of God within us  
we can say, “I am God,”  
but the Ego will respond, “No, I am god.”

We must choose which God to worship  
—for there is only one true God.  
We either worship the ego—the illusion of self—  
or we worship God—the reality of Spirit.  
We cannot serve two masters—  
for we will either love the one & hate the other,  
or hate the one & love the other ...

Do not resist the ego.  
Simply let it go and see your divinity.  
“You no longer need the ego  
once you find your true self in me.  
I am the breath of your life  
and I blow gently through all creation.  
Look around and see my energy moving in all things.  
It is I who made thee  
and whose love calls out to thee,  
‘We are One—you and I—We are God.’”

*What do You See?*

As co-creators with God,  
we are constantly  
creating our reality.

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*The Spirit of God*

Holy One,  
dwelling within me,  
What do You see through my eyes?  
What do You see as I look at the world?  
What do You see as I look into the eyes  
of Your other children?

Help me to see what You see.

## *Divine Essence*

I chose to come into this existence  
to be a voice for God—  
to express the mystery of His Grace  
and to embrace all people  
with His unconditional love.

I now desire to speak freely and clearly,  
expressing His love to everyone  
with whom I come into contact.

I have never doubted the reality of God  
within me, but I have doubted  
my worthiness to be as His temple.

I now realize  
that “I” am not this physical form,  
nor am “I” the “ego,”  
but rather “I” am the holy, pure, loving spirit  
which houses the eternal energy of God  
and is therefore not to be judged,  
measured, or condemned  
but is just to allow God’s love  
to flow into it and through it.

I now choose to recognize my spirit  
as a channel for God’s love  
and I no longer doubt  
the divinity of my essence.



## *If God Is Love*

If God is Love  
and God created me in His image,  
then I am love.

If God is Holy  
and God created me in His image,  
then I am holy.

If God is Omnipotent  
and God created me in His image,  
then I am omnipotent.

If God is perfect  
and God created me in His image,  
then I am perfect.

## *How Can Love Create Anything but Love?*

We are not separate from God.  
We only perceive that we are,  
and in that illusion we lose touch with our divinity.

Why should we fear God,  
that fountain of love  
which desires nothing more  
than to bubble up in joy  
from the wellspring of our soul?

Why should we be afraid to say,  
“I am God and I am love  
and I am all that is?”  
Yes, “Everyone who loves has been born of God  
and knows God.”  
If we are born of God,  
we can be none other than the beloved.

Love is our only true essence.  
Taste and see that the Lord is good.  
Drink from the fountain of eternal life.  
Dance in praise and walk in humility,  
but live in joy,  
for it was in joy that you were first conceived  
by the mind of God,  
and it was in love that you were brought forth ...

Seek no more for a purpose.  
Know that love is the only true purpose for any God.  
And find within yourself  
that fire of love  
which cannot be extinguished by the illusions.  
And dwell in that fire,  
allowing it to purify your soul  
and remind you that you are love.

## *Spirit*

All is sacred and holy.  
It is only when we allow fear  
and its by-products to take over  
that we become blinded  
to the true beauty of God's presence everywhere.

If I believe God dwells within me,  
this does not set me apart from you—  
for I must also believe that God dwells within you.

At the level of the Spirit,  
which is where God becomes our reality,  
we are all one—  
connected by the Sacred flow of divine energy—  
the precious, life-giving breath of God.

## *Let Us Not Ask*

Let us ask not that God would grace us with His presence.

Let us ask rather  
that we become more present to His grace.

Let us ask not that God's love would fill us.

Let us ask rather  
that we be willing to drink at the fountain of Love.

Let us ask not that God's Spirit would come and heal us.

Let us ask rather  
that we would recognize His Spirit present within  
and know that we are already whole (holy).

For God is Love  
and by His Grace He is present to us always  
in the Spirit of holiness.

## *Invisible Reality*

I believe that we are partners  
with an eternal, invisible reality  
which waits for us to invite it  
to come into view.

As the world continues to unravel, we are not alone.  
The universe of the Spirit is alive and well,  
acting on our behalf,  
anxious for us to connect on all sides,  
in order to turn the world “inside-out.”

We need not fear—  
Love is ultimately all there is,  
and if we choose to love and *only* to love,  
then we will be one with the Spirit of Love—  
the Spirit of God—the Giver & Sustainer of all life!

## *Grace Personified*

May we find nestled in some corner of our heart  
both the cradle and the cross.

And may they be embraced by the open tomb  
of at-one-ment.

The cradle is a miracle.  
The cross is a mystery.  
The open tomb of at-one-ment  
is Grace personified.

We must not worship the cradle.  
We must not lament the cross.  
We must rejoice in the atonement  
and celebrate the resurrection,  
receiving the gift of grace, the gift of love  
and of life eternal.

*I Am*

How are we “like unto God”  
whose image we reflect?  
'Tis not in form, nor flesh, for sure,  
nor color, shape, nor size

And yet  
His Word says He created us  
to be like Him, it is true.

We'll find His Spirit  
in our own.  
When You are me  
and I am you.



*What Is This Yoke?*

What is this yoke  
of which He spoke?  
What burdens would He carry?

What is this rest  
He promises  
to those who are so weary?

Who is He  
Whose heart is great  
and so full of compassion?

It is my God,  
my Lord,  
in whose Image I am fashioned.

## *The Source of Our Energy*

The Source of our energy is universal & divine.  
We invite it to fill us and to flow through us  
to those whom we embrace in prayer.  
And we ask that they will have a deeper awareness  
of the eternal source of their energy also  
and will draw from it directly.

In this way  
we will collectively increase  
the spiritual flow of energy upon the earth  
and bring healing to the world around us.

We ask that the Creator God  
would nourish the ground around our home  
and that the soil would be receptive  
to the flow of creative energy  
to prepare it for the plants which will grow in the spring.

Even though the surroundings are not ancient  
and the plants and trees are young,  
when they are fed by the eternal energy of the cosmos,  
they can be an active part of a mystical garden  
where people can come and commune  
with the Spirit of God  
and increase their intuition and awareness of synchronicity

## *Perception*

That which is in God  
is present within all creation.

That which I choose to have within me and to send out  
is that which I will receive back.

We cannot be forgiven  
if we do not have forgiveness in us.

We will not feel loved  
if we do not love ourselves and others.

Whatever we send out comes back to us again.

The universal energy cannot give to us  
that which we do not already have within ourselves.

If we perceive ourselves as abundant,  
we will experience abundance in our lives.

If we perceive ourselves as lacking,  
we will experience lack in our lives.

*The Sacred Has Been Spoken*

A note—a tone  
A song is sung.  
The Sacred has been spoken.

A thought, a breath,  
A Word goes out.  
Eternity unbroken.

A time, a place  
A day is born.  
The Spirit has awakened.

New life, new hope,  
New Peace on Earth.  
All sorrow now forsaken.

## *Our Source*

So often we search for God  
but God is not out there somewhere  
waiting to be found.

We need not go looking.

We need only to remember  
that the loving Creator dwells within us  
and is ours to embrace in remembering.

It is we who have forgotten our source  
and the divine energy from which we were created.

*There Is but One God*

There is but one God,  
divinely expressed through each of us.

When God within me is aligned with God within you,  
the healing energy flows freely  
through us and between us.

## *Draw Near to God*

As we draw nearer to God,  
we become one  
with the intimacy of His relationship  
to all of creation.

We start to feel His heart beat within us.

We hear the whisper of His breath  
call out gently to the beloved.

We feel the passion of His desire  
to be united with the beloved.

We see only the beauty in the beloved  
as we become one with His vision.

We see as He sees;  
hear as He hears;  
feel as He feels;  
love as He loves.

We lose ourselves in Him  
only to find ourselves  
once again in all of creation.

As we let go of the definition of whom we are,  
we find that we are all things,  
no longer needing to be defined.

## *Reclaim Your Spirit & Renew Your Vision*

Remember that you *are* spirit.  
Your life began  
when God breathed His Spirit into you,  
and it is by His Spirit that you are sustained.  
Each breath we take is sacred.  
We are breathing in the Spirit of God.

Each life is precious, a gift of Spirit,  
to give back to the Divine Source.  
The eternal cycle is "ONE."  
"ALL is ONE."

If "God is Love" and "God is everywhere"  
then Love is everywhere.  
If God dwells within each of us  
and is the source of our life,  
then love dwells within each of us  
and is the source and sustaining power of our life.

Truly, we are "spiritual beings  
having a human experience."  
It took courage to decide to come to this earth  
and to experience our humanity ...



If we could but remember  
that we have within us the divine,  
then the apparent reality of the world around us  
would grow dim and we would glimpse once again  
the glory and the light of the divine God-love,  
and we would have hope once again  
and would come to know ourselves.

It is then that we can turn  
and embrace the world around us  
in a blanket of love so rich and pure  
that all else would fade away.

## *Transcend the Illusion*

Christ came, not to show us our humanity,  
but to show us how we might allow  
the divine to live through us.

His life is a reminder  
of how to transcend the illusion  
and to dwell in the reality  
of fellowship with God.

But we must first embrace others as ourselves,  
for we are not separate.

At the level of the Spirit we are all one,  
one with God,  
one with each other,  
ONE.

## *Perfect Love*

Perfect love casts out fear.  
Fear is not of God.

Therefore,  
God would not create something  
with the intention of causing us fear.

We create fear.

God creates only love and light.

## *Spirit Flow*

It is from the Spirit of God that we draw  
our strength,  
our energy,  
our hope,  
our faith,  
our joy,  
indeed,  
our very life.

It is from His Spirit to ours  
that we are connected.  
We need only ask  
and the Spirit  
will flow into our reality.

## *The Universe Is Watching*

Perhaps the Universe is watching  
to see if we maintain a cheerful spirit  
and a thankful heart  
in the midst of trials and struggles.  
If we do, then we have learned  
that it is not our circumstances  
which bring to us joy,  
rather we have the power to choose our response  
to any given circumstance.

Then the universe  
can freely bestow blessings and abundance,  
knowing that we will not become addicted to  
or dependent upon such fullness,  
being unattached,  
we will more wisely handle the richness.

## *Forgiven*

Salvation occurs  
in the instant  
we recognize ourselves  
as forgiven,  
healed and one with God,  
which was how we were created.

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## *Who Are You?*

Who are you?  
I am God.

What do you do?  
I create.

Where do you live?  
I live within.

## *True Listening*

What God has wanted all along  
was to “channel” to us—through us.  
“Channeling” should not be seen as an odd occurrence  
riding upon a new wave of spiritual energy.  
Rather, it has been God’s desire from the beginning  
to communicate clearly to His children.

When we pray, we should *expect* to hear back directly,  
instead of it being an unusual moment  
of divine intervention  
when someone “hears” from God.  
It is not that we are unique when God speaks through us  
and are therefore to be looked up to,  
rather, the truth is that every single person is special  
and we are to encourage each other to listen to God  
and to hear His voice in a most personal way.

Many say  
“If only I could hear God’s voice, then I would believe,”  
but I say to you  
that if you will believe then you can hear His voice.

You have heard His voice many times  
speaking to you through the words of others,  
in books, songs, sermons, and in conversations,  
but until you desire to hear every word  
with true listening  
you will not recognize His voice.

*Who Calls*

Who calls across the water blue?  
I ask myself,  
“God, is it You?”

The rays of sun reflect in the sea.  
God answers,  
“Look within.  
It is Me.”



## *God Speaks*

I would speak to your heart directly  
if you were not afraid to hear from me.  
You have forgotten who you are  
and so you long to hear the words of others  
whom you believe to be closer to me  
or more favored or more blessed.

I love you all.

Each one of you is blessed and loved by me.  
The few who listen without fear hear my words.  
Those who are not afraid to look  
see my messengers.  
And those who are not afraid to live  
feel my heartbeat.

But now is the time for all of you  
to awaken from your fear  
to look up and see my face—  
to listen and hear my voice  
to live and experience my precious, holy gift of life.

Do not be afraid.  
I am with you.  
It is I who breathed life into you  
and it is I who continue to sustain you.

Let go of everything except love.  
It is love that encourages you to let go.  
It is love that reminds you that you are divine.  
It is love that will teach you  
that you need not hold onto anything  
—for indeed, you *are* everything.

## *Who Is God?*

You know me  
as the voice that whispers from the corner of your heart,  
“Be not afraid, I am with you always.”

You know me  
as the deep remembering of your very beginning,  
long before time and space began.

You know me  
as the silence which embraces you  
and gently invites you to enter into its vastness.

You know me  
as the music of the galaxies which sends stars  
spinning and spiraling across the vibrant void of space.

You know me  
as the tiny seed which rests within the rich, dark earth,  
waiting for the warmth of the sun  
to nurture it into growth.

You know me  
as the mystery which weaves its wonders through your life  
and asks only that you welcome it with joy...

You know me  
as the innocent glance of a child as it looks  
towards its mother and reaches out to be held and fed,  
trusting the love which caresses it.

You know me  
as the life energy which exists within every living thing  
and which connects you to each other  
with an inseparable cord of love.

I send to you my angels  
to open your inner knowing  
and to help you recognize me in all that you see.

You know me  
as the divinity that dwells within you.

Rest in my love and know that we are  
One.

## *All You Need*

All you need is within you.

What you have created around you  
is merely a distraction—  
a temporary manifestation to draw you out of yourself.

When you look around, your vision is drawn outward,  
and you forget to look within.  
Release the outward manifestations.

Close your eyes  
in order that you might see the truth within.

Close your ears  
so that you might hear the truth within.

Close your heart of desires  
that you might find the love within.

Then you will realize that all is within you  
and yet you need none of it.

You can have everything you desire  
and yet what you most want is to desire nothing.

When you no more long for this or that,  
then at that moment you will discover that  
“this or that” did not really exist ...

And instead of reaching out for illusive cobwebs,  
you will sit at peace within yourself  
with your hands resting contentedly upon your lap,  
palms opened, facing upward,  
ready to receive the total nothingness  
which is your deepest longing.

You will no longer be part of the race or the chase.  
You will finally realize there was no race or chase  
and that all that was required of you was to wait,  
silently, in love,  
and to know yourself.

## *Prayer*

Prayer is not about sending something  
to a God outside of us.  
It is about centering ourselves and going deep within  
to the place of absolute stillness and silence.  
We do not have to ask God to listen.  
God hears and knows everything.  
It is in this place of silence  
that we become aware of His listening.

Hold an acorn in your hand.  
Imagine yourself sitting beneath the shade  
of its outstretched branches.  
Within the seed lies dormant the power of the mighty oak.  
When the seed is planted,  
the dormant powers are activated  
and begin to grow and expand.

Hold a prayer within your heart.  
Imagine yourself standing in the midst  
of the total manifestation of that prayer.  
When the prayer is planted deep within your soul,  
the dormant power of manifestation comes to life  
and is activated into growth.  
When you connect your desires  
to the desire of God within you  
that power expands and manifests all.

## *Open Your Ears*

Once you open your ears  
you will begin to recognize the sound of His voice  
even within your own heart.

His is not a voice of silence,  
and yet it can be heard most clearly in a heart of silence.

You will find God within you  
because He has chosen to create you in His image  
and to dwell in you.

You are a spiritual creation with a divine purpose  
and your essence is pure, loving energy.

It is not until we are willing to see the divine within others  
that we can recognize the divine within ourselves.

At that moment we experience the epitome of divinity  
as we finally remember that we are all one  
and there is but one God!

## *Enlightenment*

It is important to realize that there is a power and energy  
that is larger than we are.

It is an all-loving, all-knowing energy  
that is unlimited in its creative capacity.

It is a resource for each of us—indeed it is our source.

When we connect with this mighty,  
loving universal energy  
there is nothing we cannot do.

Enlightenment comes  
when we stop searching for this energy  
outside of ourselves  
and realize that it is within our very spirit.



## *The Temple of Wisdom*

We enter the temple of Wisdom  
and far across the other side we see GOD,  
a beautiful, glorious, all-radiant light,  
drawing us lovingly towards itself.

The light is like a long, open hallway  
~ all light & love ~  
and as we enter the light we find our space,  
the space that fits us perfectly,  
the hollow that was there  
from when we first went out

And now we return to fill that hollow,  
~one by one~  
each person, each living creature finds its place in GOD,  
feeling an unsurpassable joy and deepest peace.

All longing ceases  
and contentment fills each being.

Finally, as the last hollow is filled,  
GOD lovingly embraces himself,  
embracing within himself  
all the galaxies and universes  
and every living being, created & uncreated,  
all returned to the SOURCE,  
the Beginning & the End,  
and He laughs.

His joy overflows.  
LIGHT fills itself and flows out into itself again.





