

# I Am the Heart ©

**the fruit of my contemplations.**

by Adrian Newington © 1991

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Written in a style of literature common to mystical India. It is a book rich in metaphor and parable, and is designed to deliver spiritual insights for people who live the modern western lifestyle whilst grappling with many of life's mysterious complexities. This takes the form of a spiritually uplifting dialog between a 'Troubled Mind' and the 'Heart'.

The Mind, (*which deals with life rationally and analytically*), converses with the 'Heart' after it has come forth from its silent abode out of compassion.

The heart, (*source of wisdom & love*), points out how the Mind is a continual seeker of contentment, yet how it never comes to realize that the peace it seeks through ongoing; unsatisfying worldly activities, is the permanent peace that naturally resides in every human heart

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## INTRODUCTION

In the course of my ongoing search for understandings of Life, love and God, many great things have come my way to assist me with my desire to learn, including spiritual teachings which are now deeply entrenched into my everyday life. The timing of this event I see as no accident as I was now ready for the next important phase of my spiritual evolution. Incorporated into this next phase was an occurrence of an event that has happened to me once to often. Resolved to never let it happen again, I threw myself deeply into contemplation and self discovery. By the guidance of spiritual wisdom, traditions and teachings, as well as instructions in meditation, old and dark memories began to come to light. Understandings of myself and life's complexities would filter into my consciousness and grant me a power to overcome my hidden fears and ignorance's.

Of the most important of these understandings, was the awakening to the cause of a cyclic problem with personal relationships... that being, 'my weakness in communicating'. For so long I have known that I was a day-dreamer... for so long I have known that my attention would just slip away as smoothly as honey, and lure me imperceptibly out of the moment. Yet, I had no idea of the destructive limitation. So often I would be engaged in conversation and have a mountain of ideas and information to contribute, but somehow only a pittance of my thoughts would ever become verbalised. I was then naturally seen by others as having very little to contribute as an individual, or as a partner. In writing this text, I have borrowed a style so widely and beautifully used in much of India's classic literature.

True to the process that I went through, I have separated the Mind and the Heart as entities in their own right engaged in mutual conversation. Though it is the goal of each person to become united with themselves, this separation is in fact done with a deep feeling of love and compassion, making the literal separation a very powerful union of communication in the most intimate sense. Now I have greater understandings of my own nature as well as that of others. From this I am well and truly on the way to obtaining , living and maintaining a good and happy life. Grace and knowledge have liberated me from a sea of limitations and ignorance, and love has allowed me to be still that it might settle within me. Freedom and peace shall be the attributes that will guide me forward in life, and listening to the Heart for the silent truth will be my protector.

**Adrian Newington.**

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**"Stand Oh Arjuna,  
resolved to fight!"**

*Bhagavad Gita. 2:37*

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**"By practicing Samyama on the  
Heart,  
Knowledge of the Mind is  
acquired"**

*from the 'Yoga Philosophy of Patanjali'  
Book II, 34.*

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# I AM THE HEART

**M**ind... I must talk to you. Stop those tears and look at me. I demand your attention.

Your wretchedness I can no longer stand. Your blindness to the way you continue to lead your life forces me to make a stand. Equally I come to you out of Loving Compassion and Loving Anger. For far too long your power and influence have been asserted within the activities of each day, and look what it continues to bring. I am the heart. I am the silent witness to all your follies. I am the link to the unknown to let you FEEL God's presence.

You are a knower of things, but I am the Truth. I know not fear for I am Love itself. I have stood by you since birth and consistently offered you my Love and counsel, but now you have ignored me too many times. Do you concede that this is now the time for change? Surrender to ageless wisdom for I see that you are at the end of your road, and your efforts to secure a good life have been subtly undermined by your own misunderstandings. Do not despair, I come to you in Truth and Love, and would never forsake you as you have known in days past. We are really one and all I have to offer is Love, learning, and fulfillment. Would you deny yourself the chance to experience such things ? Hear me out as I show you areas of your life that have brought you repetition of pain.



Mind... I hear your thoughts, and I watch as you sink into sorrow. You think that you are kind, caring and considerate, yet you say your kindness is always unrequited in the areas of your life that are so very very dear to you. But these qualities you talk of are not enough if you expect a life in Love to be mirrored back to you. Tell me... where were you when you were most needed ?... Where were your responses when people cried out for your presence?... Alas, so many times you were wandering, and when those voices became hoarse, they could not do anything else but leave.

Mind... you struggle from a sense of loss, but in truth, loss and gain are the same thing. You are Loved very much, and what is needed to serve your growth will always be provided. What has served its purpose will be withdrawn, only to be replaced with another Loving gift. Life is a mirror to your thinking, and the way you look at any given situation will determine the state of your well being. Is not a clay cup as valuable as a golden chalice? Do they not enable the same thirst to be quenched ? You are in anguish over solitude, but can't you see how this solitude has brought us together at last ? For so many years you have been living apart from me. Now you have ears that will finally listen to the Love that you have been dismissing in my many efforts to improve your life.

Mind... now is the time to bring forth understandings... Many understandings of the way that life has unfolded from the choices that you have decided to put into action. Be sure that I will help you find the many mysterious truths you have always thought you were in possession of. Oh Mind... let me begin a lengthy discourse for your benefit. Be still... be patient as I take command of this life for a time.



In all your worldly years, you have been gathering information and knowledge about people and events, and have built an immense library of everything that has happened to you. Every event has been recorded and you have found a place in which to store it. In your childhood, you had little or no such information available as you had not yet learned to read, and never needed to make notes or observations. Uncomplicated by desires and pure of Heart, you

would naturally come to me that I might be with you throughout your daily life. In simplicity you would follow the ways of the Heart, to then continue in Peaceful innocence with your day.

As your worldly skills and knowledge became many, you began to become independent of me. This in itself was good as you began to develop reasoning, logic and discernment, but something happened along the way where you would call on me less and less. You started to rely on information long ago gathered, and applied it to each and every situation you encountered. You then forgot about discrimination and discernment and applied old learning to new situations. You never even thought to consider that the information you dragged out of your shadowy rooms might now be redundant. Unlike the desires of a young child which are outgrown by what becomes valid for an adult, you have hung on to what was once legitimate and kept on applying it. You allowed the result of one experience to apply to similar and even new experiences. Your source of reference to the events of life continued to come out of dusty old books from dimly lit rooms.

As years went by, your library became the centre of your universe, but unknown to you, you had contracted your life and greatly limited your horizons. Often I would prompt you with my silent words, but you had not the courage to act upon them. You would go back to seek an answer from one of your old books and act upon your life in this manner. As your efforts to secure a stable life would not bring the peace you had hoped for and sought after, you would go into your huge house to find comfort and support by delving into your old books. Thus, there would grow a reliance on old memories and wishful yearnings to guide you in life as it unfolded.

Mind... where are you going ? Stay with me. You drift away even as I am talking to you. See how uncontrolled and undisciplined your behavior is. See how scattered your mental processes are. This is the very thing that has prompted me to come forward to you. I can no longer stand by and watch you suffer so needlessly and so continually. Dear sweet mind who tries so hard. Your ideals stem from that which is good, but so many of your choices and actions have come from what you might call safety; protection; caution; but I know them for what they truly are... Fear! Oh Mind... if I prompt you to tears, it is only because a truth now stands shining before you illuminating an old and dark ignorant ideal.

Mind... I'm telling you! A door has opened before you. If you linger for too long, a great opportunity will vanish and you shall fall back into old ways. Be very careful where you tread, and do not wander too far from me during this time or you will endure more hardship. Stay close to me... I am your friend. Together we can bathe in the peace of unity. Do not think that you will find comfort and answers in your imaginings. The truth of the eternal moment is where contentment lies. Fantasies you conjure up may show an ideal state to live in, but when you come out of your wanderings and wake up to what you have been doing, you only bring pain to yourself as your ideal crumbles by the Truth of the moment you live in.

Mind... some of your imaginings may be kind and considerate, but they are not truth. Use the kindness you employ to be kind to yourself. Bring your self imposed suffering to an end by keeping company with me in the eternal moment. Ask yourself; what is it you seek out of life ? Why do you seek fulfillment in your imaginings. How does illusion tempt you from being involved in the world ?

Mind.. pay attention whenever you are asked for information. By your wanderings, you omit so many times to bring back what is required, to then bring yourself to complain that the needs of the moment remain unfulfilled. Always hang on firmly to what I ask of you. Perform your duty before you take your leave. Please do not come back empty handed when I give you a task. We must work as one.

Mind... your imaginings have been so fantastic, that you have lost sight of the truth of the world that you live in. Poor mind, that you need to create so actively in order to support yourself, it is your very creations which keep you in chains. From your bondage, you then have to create again in order to gain support. But look outside where I reside. Look at the colours in my world. Look at the living light that surrounds all beings. Look at the gentleness and easy pace of those who have united with themselves. "In the Moment" is their abode. They are free and believing in

themselves. Mind... from now on, do not feel sad when you return from your wanderings, it is only because you have not been sustained. You went there seeking peace, and for a time, you fully believed that you had found it, but when I tapped you on the shoulder, your creation dissolved and tears welled up in your eyes. Oh mind, I will continue to help you through your misguided ways. I know that what you seek is really me. **I am the Heart and I always speak the Truth.**



Mind... when you visit a place within your imaginings that you call the future, what can you show for your efforts upon return? Look at your hands, they are empty... but are they ?... they tremble. Are you carrying something heavy ? How painful it would be to know ones future. How painful to know of future sorrow. How equally painful to know of future joy. Since the present already contains enough concerns of the day, how would you stand a pain that would intensify from a desire to obtain a long awaited blessing. If you could truly wait in peace for such things, then I would not be here with you talking as I do. So then... would you deliberately wish such a thing upon yourself?... Softly I hear you say "No". Then take my hand and let us rest a while in the warm sun. **I am the Heart and I always speak the Truth.**



Mind... you cannot look into the unknown as I can. Your vision is stored in dead books of the past, but my vision is alive, and in each instant there is guidance in new directions linked to Love. For far too long You have put aside my vision of courage and daring for your vision of safety. Do not continue to inhibit your growth by giving in relentlessly to ways which will bring sorrow. Together we will work to build a new life **I am the Heart and I always speak the Truth.**



Mind... there is much work to be done and I borrow some words from a very learned and loving script.

*"No matter how hard the task, one should never lose courage. Courage is the key to success. To lose Heart is to lose everything."*

Do not yield to despondency which is unworthy and dishonoring of your true nature. When you become enveloped in doubt, come to me. Can you expect a new life without any effort on your part? Can a worker expect an honorable wage if he has been idle ? Are you willing to prepare the field for the harvest you expect? Dreams of happiness and contentment will simply remain dreams if no action arises out of the inspiration. Since dreams of worth are implanted like a seed, (a gift no less), it is up to the individual to bring the dream forth into reality through effort and concentration. The substance of dreams is itself flimsy and vulnerable, but the reality of a fulfilled dream can only go on to inspire ever greater achievements. There is always invisible assistance at your disposal, for faith is a magnet that will draw energy for your efforts, and grace you with amazing events to unblock obstacles and give you many clear understandings.

But I hear you say, "Faith !... Yes, I believe in God". But tell me... do you believe in what God can do ? I sense the birth of a million answers to the single question I have put before you, but don't be concerned too much by them though, it is your nature to learn. It is your duty to seek life's questions as well as life's answers, however, should you find difficulty with the question of believing, then start by believing in yourself. Believe in your own goodness. Believe in the quality of your longing to want a good life.

Are not your fondest dreams worthy of high appraisal?

Would the simple and good things you truly seek out of life bring disarray to yourself or anyone else ?

Be very sure of the Motive behind your Dreams and Prayers. Should they become fulfilled, would you then lie back in idle comfort, satisfied with a prize that you would perceive as coming through your own efforts. Or would you become empowered by gratitude that good fortune has indeed smiled upon you. Could you then begin to lead a life in simple service to others simply by being ready to give a portion of the things that are now a part of your good life ? And would you let the river of good fortune CONTINUE to flow through you unblocked by selfish ignorance and unawareness ? Could you adopt the philosophy that says..

*"Freely you have received, now freely give unto others."*

The gifts of the Heart are living and need to be transplanted time and time again in order that they might thrive and flourish. **I am the Heart and I always speak the Truth.**



Mind... so you say that this is all very hard work. Well, you are right, but years of neglecting what you have perceived as seemingly small and insignificant truths, will require a great commitment to courage and Love in becoming new. When that which is denied is called trivial, the way is then laid for more important things to fall victim to the same rationalizations. There are many old books that you will have to clear out of your secret rooms. You know a little of kindness, affection, and Love, but you know nothing of the Power of Love. Courage, I know you understand, but are you ready to employ it? Will you let me lead you to a glorious new life ? Victory can be yours, even though every victory requires a battle. But fear not, for in this battle there will be no scars left to bear... rather, there will only be healing of scars that already exist.

On my advice to throw away those old books, will you heed my words and begin to discard, or will you retreat for advice from the very books that have failed to serve your welfare ? Don't look back and forth between me and your dusty old notes. My words offered to you are always Truth. Your very indecision indicates the challenge I put before you and your books. Poor sweet ignorant mind, troubled only by your state, I seek not power over you, I only wish the best that life can offer you. Come here and let me embrace you. Oh troubled mind, my peace I would give to you if only you would take it. **I am the Heart and I always speak the Truth.**



Mind... I am ageless and full of learning, but in the infancy of the body, you had no acquired learning. You were pure and totally dependant. It is you who have to gain understandings of life. It is you who has to learn from experience. I have nothing to learn for I am Love. I have always known how to give Love, and I have always known how to receive Love. You however have the task of understanding the meaning and the power of Love. You must build a life of knowledge from a point of view that you humbly know nothing. What you do become familiar with, treat it as though there is still something hidden that awaits a wonderful discovery by you. You must be open to a greater source of knowledge. Never think that you are a source of knowledge. Only seek to acquire knowledge that you may come to understand the Source. **I am the Heart and I always speak the Truth.**



Mind... everything must be new. Consider yourself the pure child once again. Be open, eager, and receptive to the continuity of life's ongoing challenges. Learn everything anew. Cast out all your old books written in darkness.... black and dusty and bound in fear. Everything will be new. Come to me if you feel a need to read. Delve into the book of the heart. Its gleaming

white pages and golden ink will reveal the answers that you have always sought, for this book is bound in Truth. Its pages are few, and there is only one volume, yet it contains all the wisdom and knowledge of the Universe. It is a living book, it is God's nature, and it resides in all people. **I am the Heart and I always speak the Truth.**



Oh Mind, whenever you find events require my guidance, I will always speak to you in "Soul Words". Understand that though I use the term "Hear", you will never actually "Hear" these words... but rather you will simply know them... you will "Feel" them. Such "Soul Words" are very few, but are concentrated with meaning through the power of Love. It is your "Mind Words" that are many and sometimes endless. It is your "Mind Words" that proliferate and smother my silent message to you. It is your "Mind Words" which disturb the fine balance of Discrimination, Intuition, and Reasoning. The Mind must therefore be employed in maintaining and sustaining the harmony that the Soul has to offer you. Any state of confusion comes from a lack of unity and internal division. Mind... whenever I prompt you with my Love and my words, it will be for the benefit of your life... it will be in service to that which is good. **I am the Heart and I always speak the Truth.**



Mind... your activities in looking for peace are innumerable. If you would only begin to realise that it is all so unnecessary. You too can be a great source of peace, but it is you are the one who has been dictating the state of well being and stability for the life you are maintaining. So actively you pursue contentment by employing the five senses to absorb outside experiences. Never once bothering to consider the ocean of serenity that might lie within as one of your options to pursue. Oh how you have forgotten me... you have lost me. You have lost sight of my Love and my Light like a ship gets lost in a fog. In a cloud of restlessness and ignorance you seek and seek and seek. But if you would only sit for a time and watch how the mist is dissolved by the rising Sun, you would see your direction in life become perfectly clear. Now... in this moment... through my Love I can show you how to rest in yourself. Go to the quiet place within. Close your eyes and soften your breathing. If your thoughts begin to wander, do not bother to pursue or entertain them. Though they will surely be there, simply watch them without involvement; in time, a new peace will come upon you. Whilst also in this meditative state, have tender remembrance for God, whatever that perception might be. For you... might you perceive God as a awesome heavenly deity?... Perhaps divinely played music... Is God the wonders of nature?... Do you find God in knowledge?... or is God simply the Truth? However it is for you, be peaceful, be gentle. Come to the silent inner space with reverence and Love knowing that you are always so very welcome. Give yourself a chance to experience a wonderful gift. **I am the Heart and I always speak the Truth.**



Mind... silently I watch all your activities; all your thinking; all your desires. Unaffected by your choices and dramas, I remain ever faithful to you in offering my continued Love and Guidance. Never will I reprimand you for any foolish thing that you might do. Any anguish and guilt that you suffer from is of you own making. Whenever a regretful act is realised, it is you who does the chastising. But what is the use of such thinking. How will you ever grow in Love from a past act by agitation and self condemnation? Only in peace will you gain understandings of yourself; of your choices; and of your ways. In this way you will learn to empower yourself from the Truth of your nature. Acceptance of yourself and all your ways will then lead you to clear understandings... bright and shining jewels to always be available as guides to your ongoing life. As these understandings of yourself and life increase, you will be more easily prompted to the Truth of new situations that come your way. You will find ease in finding what is right for you and what is right for your life. **I am the Heart and I always speak the Truth.**





Mind... so often you are very eager for new things to be a part of your life... even good things... even the highest things. The want to have such things is wonderful, but when your zeal is not tempered with Patience, anxiety becomes linked to these good things. Tell me... does such behaviour serve you ? Does anxiety go hand in hand with the attributes of the good things you seek? In your searching's for happiness, you will naturally want to escape discontent as fast as possible, but how often have you found yourself simply going from one experience into the next. In time, what was once new becomes old and familiar. Discontent again manifests and a cycle repeats. Know what it is that you are reaching out for before it is yours. Learn Patience and let peace always be associated with that which you seek. Sometimes waiting requires courage... sometimes endurance, but in such a time of transition, take stock of where you are in your life. Contemplate past experiences and extract learning and value from them to prepare you for the next phase of your life.

Oh dear Mind... I am the Heart and I can wait forever if I have to. Since I am Love, I am gentleness and calmness. I am peace, and I am tranquility. I am free of support and always content in myself. However, I would never need to wait for anything, for I have everything, I am everything. I can only give, but you are the seeker of that which I am, and your ways of acquiring the attributes of my nature only bring you a temporary peace which then make your searching's endless. Can't you see that it is I that you seek ? When you merge with me fully, you will have fulfilled your deepest longing. **I am the Heart and I always speak the Truth.**



Mind... sometimes you hear my words quite clearly and then begin to consider their worth. Yet so many times you will disregard them as trivial or unimportant... you evaluate what I have to offer. But tell me, what are you comparing my words with ? What is the counterweight on your scales that are used against my words of pure Gold ? Can Truth ever be measured by anything else other than Truth ? **I am the Heart and I always speak the Truth.**



Mind... what are you doing. In the past few days during our talks, a new peace has come to you. You have been listening so very carefully, that the light of Truth has illumined many shadows, yet I sense that you are afraid. You are uneasy in your stillness since so often you have lived with tension and anxiety. Now you have a new fear that something is wrong since you are out of what you might call your natural state. Though this state is truly not natural for you, it is so very very common to you. Believe that stillness and gentleness is the true indication of the natural state. You are a ray from the Supreme source of Love, and all your activities should be aligned to the nature of the Source. Through the power of contemplation and meditation, you have touched upon your true nature. Through it, you have been building a reserve of strength and Love to see you peacefully through your days. See also how the body has responded to these efforts. It too gains strength and endurance. It functions efficiently, and its daily encounters are dealt with in a confident and determined manner. Oh Mind... see how you can be a Destroyer or a Builder. Such a misfortune it is for a Soul to bear the burden of a restless Mind. Fragmented thinking will bring you a fragmented life. Focused thinking will bring you a focused life. Know that if out of Love for me, you build a strong and pure Mind, then I will surely build you a "New Life". This is the promise of the Heart, for **I am the Heart and I always speak the Truth.**



Mind... In regard to the natural knowledge of the Heart, pray that these truths I unfold to you, come to reside deep within you as surely as your very name does. In all circumstances they must be among your first responses to events in your unfolding life. Even the wisest and best men can neglect their duty in carefree and easy times, so always be watchful of your ongoing need to maintain awareness and openness to learning.

*"Those who are given much, much is demanded",*

*...says wise Scripture.*

Continue to search and enquire; soak up the abounding knowledge that is available in Sacred texts and Philosophies. Do not read too much at one time and expect all understandings to stay a part of you, but identify that which calls out to the Heart and begin to build upon that. I will mirror such things for you by sending them back in streams of Love as new Truths for you to pursue. Always be available to the kindly promptings of long ago learned wisdom. Let great knowledge continue to be re-discovered time and time again, for truth in the written word is most blessed amongst all gifts. **I am the Heart and I always speak the Truth.**



Mind... remember also the experience and guidance that others on their own path can give you. There is so much to learn of life, that the time allotted to one lifetime is inadequate to secure the wisdom of the ages.. and rightly so.. for this ensures the need for an ongoing interaction among all Peoples. The requirements of the NEED to give and the NEED to receive are born out of unbounding Love. Remember how much there is to know and how little you know, but always do this with kindly thoughts of yourself. This way, you will always be open and eager to allow new experiences and knowledge to come to you and live permanently within you. **I am the Heart and I always speak the Truth.**



Mind... as you progress and advance in knowledge and understandings of the Spiritual nature of life, you will encounter many people who would be bound in fear as you have known. It is here that you must recall how it was for yourself. Oh how it is so easy to lie back in the comfort of one's acquired peace regardless of how much merit may have been involved in the learning. Again, it is so easy to forget the struggles of learning that one can become insensitive... perhaps intolerant of those who are in the process of their own learning, or of those whose actions are still enmeshed in fear. It is here that the wise person will call on compassion at ALL such times. Compassion is a quality of sympathy and caring that has undying remembrance in the struggle and pain of ones own lessons. Therefore, it is only in the light of ones own acquired peace and awareness, that the truest Love can be given out to the one in need. Remember your own struggles, and always be aware of the struggles of others. **I am the Heart and I always speak the Truth.**



Mind... always remember that you are a vessel of things which have become known, but the Heart is a vessel of All things. It is your nature to exercise effort in building and giving a form to something in order to understand it, but my nature is content with a formless invisible feeling. It's knowledge of a thing is not built. It simply exists and is immediately embraced with great Love and unquestioning Faith. Oh Mind, be sure that questions are never associated with the Heart, for it is always content. The Heart is always willing to delve into the unknown. You however, will always relate the essence of an event with what you have already had experience of. The Heart is faith and trust; it cannot be hurt and is always ready with pure and silent courage. There are no questions in the Heart, there is only the issuing of the faith of Truth.

Are you anxious?

Are you in doubt?

Are you afraid?

Oh Mind, if such things are visiting you, then you cannot be visiting me. Come to the Cave of the Heart. Rest. Wait for my gifted Truths for you to spring forth and satisfy your needs. From these things, it should be known that when the Mind has had an experience of the fruits of the faithful and daring ways of the Heart, it can then be used in a most magnificent way in the building of a great life for the Souls journey of which it is assisting. **I am the Heart and I always speak the Truth.**



Mind... when you Truly become one with me you will be fearless and will never be prompted into action from choices that are linked to fear. As you develop in your new thinking, more and more you will find yourself coming to me. The effort needed may be demanding at times, and there can even be a fear of breaking through the barrier of fear. This is where faith and courage must be called upon since what lies beyond fear is really another unknown for you. Such fear is well and truly understandable. However, what really lies ahead for you is only great Love... Love and Grace will be poured out to you as you conquer the major obstacle of life... and that is Fear!... the birthplace of doubts and wrong action. It is the most destructive and limiting of all the attributes of human nature. Remember, things do not always have to be like they have been. You possess great power and abilities. You are beautiful... You are Great. Oh mind... one day your first thoughts to any situation will be pure and untainted. One day your power will come from your purity. **I am the Heart and I always speak the Truth.**



Oh Mind... you've been quiet for sometime now. Can I guess what you are feeling ? Where do you think this peace comes from ?... it comes from unity Where does the unity come from ?... it comes from grace. Where does grace come from ?... it comes from God. How has all this come about ? ... through struggle ? Yes! ... there has been a struggle... but struggle itself cannot be a source of peace. It is your devotion to build a new life being the reason for your new peace. **I am the Heart and I always speak the Truth.**

Mind... what do you have to say in response to my words ?



**Oh Heart...** somewhere there is a new world. Somewhere there is a new life. I understand that my focus on life has been one of protection, and in so many situations, I have chosen the response that has had a motive of fear. But the case as you have put to me leaves me in tears as you highlight the truth in my behaviour. However, be sure that they are not tears linked to self condemnation, but of the pitiful waste I see trailed behind me. Yes!... It is true... I am tired of my shadowy rooms, and everytime you invited me into the light of the warm sun, I knew that this was truly where I would rather be.

But I have been so afraid all my life, that even the experience of the light bedazzled me as another unknown that I should then seek safety again. Often I would run back to my shadowy rooms to the familiarity of my darkness, yet at the same time, I would miss the blessed peace that I experienced whilst in your company.

Why? ... Why is it like this I began to ask ? It made no sense to wallow in sadness. You have brought a glowing ray of hope to me and I dearly want to follow it to the Source with you. Yes Heart!... I believe in you. Please teach me all there is to know about living in the light. Let me know all there is to know about Love. I know things about kindness and caring, but you are right! I know little about true Love, and how to Love truly. I will climb a ladder of growth with you, and each step I will consolidate as a stage of learning. This I shall do with contemplation on the effect

it has had upon me and others alike. Your ways are the best, and I always want to be with you.

Please... I accept your offer to join hands and unite as one force. I have many abilities that can be of assistance in building a new life. You have shown me that I have great powers, but until now, they have been foolishly squandered on things I now seen as mundane. Oh Heart... I see that it is you I need to seek for guidance and counsel. It is you who should take charge of this life. What sadness I have brought upon this life. So many tears that have never needed to be cried... but I was afraid, I believed I was doing my best.



Mind... do not berate yourself. Your motives were always good, but again I say to you, it was only your choices that have caused you your pain. You may have done foolish things, but you are not a fool. You must Love yourself as I Love you. You are worthy of the highest respect. It is good that my words have settled within your quiet place, for now as you learn to become quiet and still, you will find my Love always waiting for you. As you understand more and more about the ways of Love, you will find more and more peace as you learn to abide in my Love. For far too long you have acted independently from me, and time has left a weary mark upon your brow. Remember when you were a child. Remember the freedom you possessed when you were pure and innocent.

Dear Mind, now is the time that we can be one again. Now is the time to re-discover your childhood innocence and your childhood purity. Now you must look at all your accumulated knowledge and decide what needs to be discarded and what can be employed in building a life linked to Love. Wherever there is fear, immediately you will know that you need to call on me for guidance. **I am the Heart and I always speak the Truth.**

**Mind... there is still much more that I want to talk to you of.** Be still once again as I continue my loving discourse. When harmony and balance are cultivated, a gentle gratitude will begin to bubble up from the Well of the Soul. A sense of quiet contentment will bring a feeling that will enrich the awareness of all the good things that are a part of your life. What was once blindly ignored one day, can be seen the next as something that is in fact a wonderful asset. In simple things great contentment can always be found.



**Oh Heart...** why is this great happiness you speak of found in many simple things ?

The link of happiness and simplicity that you so eagerly identify with, is simply an attribute of God's nature coming alive within. Since God will always provide the things that are important for one's life, the presence of contentment is a powerful indicator to the alignment of one's life unfolding in harmony with what God has given you, and with what God wants for you. In short... you are in tune with God's entire Universe as it was meant to be for you. **I am the Heart and I always speak the Truth.**



**Mind... let me talk to you about "Action and Fear".** So often you have ignored my Truthful promptings through a fear of the effort involved. You may consider the necessary action a bother or that it may be too tiresome. But the Mind cannot become tired as the body does, it's sluggishness comes from an unwillingness to send the body into action since it will take in and absorb the sensations of the body being tired. Our essential natures are consciousness. Mine is pure, free, and as expansive as the breadth of the Universe, but yours is in a contracted state and bound to a comprehension of only finite things. Because of this you have been set the task of being the Instrument of experience and the gatherer of understandings. Do not be put off by

work involved in a task I offer you. You have no future vision and cannot fully anticipate how my guidance will ultimately serve you. I always put forth my options for you because I so dearly want you to learn of the power of the "Lessons of Love". This is the one true way of learning. Constantly, you will hear my words as I inspire you with my guidance in a multitude of daily activities. On and on I will prompt you, tireless and relentless in my advice for you. But I do this so that the recognition, and hence the appropriate action for the Truth I give you, will eventually and Lovingly become first nature to you. **I am the Heart and I always speak the Truth.**



**Mind... let me talk to you of Surrender.** In your willingness to grow in the ways of Love, you must yield to, and accept all that will come your way. For Love will surely test you; Love will test the purity of your want for a better life. Love will purify your being by reflecting those parts of you which hold you back from living life fully and properly. These parts of your nature will be mirrored back to you in "Life situations". What is required to highlight such things can be demanding and may require you to call on courage and endurance, but always remember the motive of Love and the chance for freedom that lies beyond struggle and pain. If one is to surrender to a higher wisdom, one must exercise flexibility, awareness, faith and courage. Denial of these qualities will manifest as Rigidity in the Acceptance of life's events to reinforce the difficulty of escaping the dark form of ignorance being cast over you. Therefore, be open to change... Be open... Be spontaneous. Mind... if you are willing to listen quietly and attentively when you truly feel a need for my help, I want you to actually say these words... "Oh Heart, what should I do about this problem?"

Be very still in your thoughts. Become still within and continue with whatever duty the present has asked of you. Wait in patient peace for my "wordless" answer. As you develop in strength through the ways of Love; as you become closer with me, you will become like me in all your worldly and spiritual activities. Remember, I am Peace, Calm and Steadfastness. In all things, never act with undue emotion. Be gentle in everything you do. Be steady, be sure, be Peaceful and unhurried. Know also that to act out of unchecked enthusiasm can be just as hazardous as acting from feelings of confusion, unsuredness, and even fear. Understand that there is a danger from impetuous behaviour, as the thinking that is born of this, is often highly excited and coloured. Truth often stands in the distance, and short sighted people will always fall victim to impatience. Take your time in coming to new understandings. Make sure you clearly see and know a thing before you use it within your life. Unity with me at all times is your goal. You will never see me enthusiastic, despondent, joyful or upset, for I remain in the Steady State and so must everything about you. Do not fear this as being Lifeless, but rather know that it shall empower you to live life's every moment fully and wholly. **I am the Heart and I always speak the Truth.**



**Mind... let me speak to you of Learning and Knowledge.** Be sure that greater things will ALWAYS await you. Be open to constant change. Have the foresight to see that when times are difficult, forces are silently at work for your benefit. Take a look back at your own past difficulties and see how ultimately they have all been resolved. Oh Mind... since so many of your activities are based on past experiences, does it not make sense to at least ponder your previous outcomes to help you through difficult circumstances of the present? As your learning progresses, great and wonderful knowledge will come to live within you and support you as you walk your path. However, I now present a contrast in thought for you. After achieving knowledge from the quiet spirit of contemplation, one can tend to become comfortable through living with such new knowledge to the point of becoming static. During the times that required the best efforts of strength, one can become despairing to such a degree that it seems like the path is leading nowhere. Feelings of being sidetracked or even of being lost can manifest. However, be sure that there are always lessons and learning in the making. The one who is dedicated to finding a new life will never become lost, but will always be graced with new situations, understandings and knowledge. Through the want to obtain a higher knowledge of Life, Love and God, the persistent person will always succeed in the quest of building a new life. Your want to learn will bring you great merit as you obtain that which you seek.

Aspire to tenacity to live out any new knowledge or understandings you acquire if you find it begins to test your mettle. Oh Mind, what good are new understandings if one has not the courage to act upon them. Likewise, in the state of living with the benefits of any new understandings, always be considerate of the state of another's learning and the various stages they are at. Do not become caught up in a new ignorance which blinds you to others in the infancy of their own spirituality. Keep a watchful eye upon yourself as you see others wrestle with concepts which are beneath those of which you have mastered. Never become impatient or intolerant of people to the point where you find yourself slipping behind on your own path. Remember, the same Love which nurtured you in your tender years is also at work with all others.

Oh Mind, in your quest for newness, know that the newness you seek will itself be superseded by newness. In setting out to obtain goals and objectives, new inspirations will come your way to further clarify your goal. Your initial goal may seem very clear to you as you start out, but be aware that your ultimate goal will become clearer and clearer as you advance in Truth and Love towards your ideal. Stay with me always for, **I am the Heart and I always speak the Truth.**



**Mind... let me talk to you of Discrimination or Discernment.** In ignorance, there is no understanding. In knowledge there is understanding. Discrimination is therefore the most suitable use of ones acquired understanding so as others, as well as yourself may benefit. The more knowledge and understandings gained through the experience of life, the more refined becomes one discrimination. As the great picture of life is revealed more and more through developing ones awareness, life's mysteries merge into and expand ones existing knowledge.

This allows a higher command of life as judgment has more Truth at its disposal to affect the best outcome for all concerned. Though one may have led a life that has brought many great understandings, all the wisdom in the world will be worthless if there is no Love behind it. Love, along with compassion will enhance the application of ones discrimination to impart judgment with thoughtfulness and caring. Many times life's circumstances will require you to call on your highest awareness, and as such, you must regard all your decisions as having equal significance in your unfolding life.

Understand that the purest discrimination is never influenced by the obstacle of pride, since this quality will always undermine the relationship of "the Truth of what is", and "the Truth of what is sought". Oh Mind... it is so very important that you develop discriminative reasoning to allow confident choices in your daily life. Don't listen overly to other people for they are surely guided by their own experiences in their own way;... that most perfect way suited expressly to themselves. What is perfect for one is not necessarily perfect for another. One persons Truth, (Though it be The Truth), May not always apply to another. Through ones personal evolution, one becomes ready for a Truth only when the proper foundation of experience and knowledge has been established. Therefore, the Truth for one can be misunderstood, beyond comprehension, or even mocked by another who learning is incomplete.

The wise person will therefore recognize whether or not another could peacefully hold the truth of someone else. As such, they can withhold any such knowledge with great Love so as to protect the person from the "Traps of Ignorance" I have just mentioned. Through wisdom, one can also deliver a Truth with a knowing that a challenge can initiate deep and probing questions in a seeker who is ripe for understandings. These are all aspects of discrimination. But know also that those whose lives are still enmeshed in ignorance, fear, and unknowing, may view Perfect Wisdom and some of it's implications as unkind, heartless... even cruel. But such thinking stems from incomplete knowledge of the magnificence and greatness of Love and life, and what is required to participate Fully and Perfectly in Love and life. At times my silent words to you might seem strange or confusing through your own limitations, but if you still peacefully recognize it as from me, then act in Love.

If however you make a mistake, then know that through my Love for you, everything is still fine. Simply acknowledge that mistake as my next word of Truth for you to act upon. Be peaceful as you continue your dedicated and brave efforts to become new. By practicing moderation in all things, you will allow the great Omnipresent Love of God to always be felt. This will help you tremendously on your journey. Know that the silent words of the Heart will always be present before any doubts, since doubts are a response of a Mind that begins a challenge. Be very sure that you understand this concept, for it will allow you to master a discrimination of actions motivated from Fear. If however, you have clearly heard my words and are still afraid to act, then admit your fears clearly to yourself.

Do not deny the motive of a choice of fear from yet another fear. Be free in yourself to tell me bravely that you cannot act upon my words. Do you think I'd Love you the less for such an act of Truthful courage? However, as you accept the admission of your fear, then you must also accept any consequences of not following that which I have given you to call "Your own Truth". Again I say to you. Listen to the silent wisdom of the heart. Listen to the voice of serenity that guides you by feelings. Get to know the true ways of the whispered truth. See how my gifted insights to you will have endurance, and see how you can come back to them after a time to find the treasure still sparkling. Without any prompting, you can stand before it in silence and be washed in gentle comfort to know that you are being safely guided. Understand also that there is a peace that is not true being born of desires, impatience, anxiety and rationalizations. It is calculated and constructed. It is built. It is a false peace... it is a fools peace and it will delude you time and time again if you do not contemplate the nature of the deceitful ego.

Oh Mind, learn with Love from your mistakes and move ever forward in life. But oh how the Truth Commands silence in Lovers of the Truth. Oh how it shines in radiant serenity when it manifests to Hearts and Minds alike. Doubts do not dare rear their fickle heads lest they be annihilated by the supreme power of virtue. Cunning are the ways of fear and doubt that they know their only strength is in your weaknesses.

Oh Mind, build huge reserves of the Fighting Spirit of Warriors, for you alone are an army against a legion of destroyers. But guided by my commands, you will become invincible. Oh Mind, sleep with one eye open for your adversaries are always at hand. Keep remembering that "Your Own Truth" is my command for you and you alone. Learn through experience of that which I ask of you. From this, you may then be able to compare it to the subtle and insipid ways of fear that can violate so many of your best efforts; your harmony, and your welfare.



**Oh Heart**, apprehension I feel... stricken with a disconcerting awe... afraid to even turn my head as if in the company of the most dreaded foe. This understanding of fear and it's subtle nature of deceit... Oh Heart, the invisible enemy makes me cringe even though your protective awakenings have enarmoured me. But I look around to my Brothers and Sisters and a tear begins to fall, for so many I see do not possess the liberating word. For a man to fight the invisible enemy is demanding enough, but a blind man trying to fight the same battle makes me fall to my knees and bury my face in my hands. He is most wretched of all since he cannot even search for assistance. He calls in darkness not knowing in which direction to call. He knows not who to call to for he knows not who is at hand. It is indeed a saddening thought.

But wait!... As I speak these very words, a new light begins to dawn within me and I am called away from my distressing thoughts by blessed memories of ancient wisdom. "Blessed are the humble". "Blessed are the meek for they shall inherit the earth". Oh Heart, now I understand these phrases. The meek... the kind hearted who remain in their kindness amid life's madness are unknowingly very courageous.

Oh to possess such kind and simple natures whilst ignorantly bearing the burden of ignorance. What honor they are truly worthy of. What strength in their humility.

To think that my understanding could further expand from such soft simplicity. Such as it was for myself before you came to me with the lamp of knowledge. Oh Heart, what should I do when I see the blind man fighting ? What can I do ?... How can I help ?



Dear Mind, your primary duty lies in the building of your own life... your own understandings... your own power and freedom. Can the student assume the role of the Master ? Who Loves you dearest of all ? Who watches in supreme silence and casts the ever-loving spell of compassion as it is needed ? Who maintains the awesome hearts of the Stars, and the tender Hearts of Men ?

Oh dear Mind, I remember your every Loving thoughts and actions, and I have remembered how through your simple kindness to others you have set them free... you have given them hope. You have allowed my very own Love for you to come to people who have no ears for the Heart. The peace I have created for you... you have in turn created for them. Together we are building the world. Create with me... stay with me more and more. continue to create with me. Together we can build a better paradise.

Dear one, you would always be called on to assist when the Moment finds that your tender Love has its place. Through your Love, Faith, and Devotion, you can contribute to the world through an incredibly powerful secret serenity. Through your Love, your own merits can silently serve others as you casually go about the business of the day. Keep pure in your thoughts and actions so that the power of Love may multiply and serve the many at the same time it serves the one.

Find ease in identifying my Truth for you and build many great understandings upon it. Use these Truths also to help others identify their own Truths, but always be remembering of the honor bestowed upon you in being able to help another. **I am the Heart and I always speak the Truth.**



Mind... as I have talked to you of the Truths of your very own Inner Life, let me now talk to you of Truths of your External Life. As you associate with the world, and the people within your own world, you will naturally come upon circumstances that might prompt you to tears. In the confusion generated by others ignoring the Truth and Love of their own Hearts, desires can clash, dreams dissolve, and hearts can be broken. Through the limitation of the understanding of another's thoughts and Truth, your own peaceful state can be transformed into disorder and bewilderment. Rather than upsetting your self with imagined scenarios as you grope for understanding and Truth, know that it is wise to admit that many times you do not know the Truth of a particular situation.

Many times it is necessary to wait out the unfolding of external events. Many times, Time alone will tell. If you remain attentive to me, you will often hear me decree that "Patient Waiting" is what is best. In your agitated need for understanding, you might very well cry out and ask what is going on with other aspects of your life. Oh Mind, merge into my healing arms. There is peace here for you. Become one with the living silence. Empty yourself of your cares and rest in me. Gently I will stroke your weary brow that the flow of tears should cease. Whisperings of ancient peace shall renew and refresh you. Only My Love is the true source of rest and contentment. Keep remembering that the Truth I give you is for you and you alone. It is what is perfect for you. **I am the Heart and I always speak the Truth.**



**Let me speak to you of Honoring.** Those who have gone before you in seeking the Truth of Life, have been surely tried and tested by the very Truth that now resides within them. Such



people, through their Love, Devotion and Commitment to become new, have shown themselves to be worthy of great merit. If we can honor these people as they live so surely set in the ways, and knowledge of the Truth, then what honor is to be bestowed upon the Truth itself ? Knowledge of the Truth, knowledge of Love, knowledge of God is to be given the highest among all honors. Understand that when we honor a being who lives by the attainment of the Truth, we are really honoring their Love. Take a quiet moment to understand that it is their Love which has enabled them to persist through all the struggles of their searching's. By a deep and true sense of honor to God, an honor to all people naturally arises along with the depth and sincerity of that honor.

In honor, there is an inherent acknowledgment of the higher qualities of nature clearly present in that which we give honor to. In honor, you also show a reflection of your own Love and understanding once again, to that which you give honor to. From this understanding, the quality of your own Love can be purified to then enable your own growth to flourish. Such a practice of honoring then deserves great honor. Here, one Love can nurture another.

Understand that "Anyone" who lives by any degree of Truth is also worthy of great honor since they are surely displaying courage as they stand firm in their beliefs amid the waves of the world. You must learn to imbibe honorable ways if you want to be capable of truly honoring people. As for those that are nearest and dearest to you, they must be held in the highest regard at all times. They must be seen as a blessed gift who worthiness is that of the great Soul. This honor can also be extended to a quality of the special nurturing and protection you would give a child. The Joys and the Sorrows of the one, should become the Joys and Sorrows of both. Do not allow your Love to be obscured by the familiar events of daily life, and be not moved in your devotion. If you wish lasting beauty in your Love, remember the early vision of that Love. Have Faith in each other and the ideal as you once saw it. The infant Love that was once experienced still exists, but it needs to be protected from the destructive ways of fear. Honor each other, and nurture that honor with Faith in each other. Learn from children's purity. Watch them. In innocent Love they can teach you so much if you allow your own innocent Love to be present.

Have a keen awareness in children who show an interest in Truth and their Spiritual nature. What great merit must reside deep within them, that an attention to God is maintained amid all the senseless influences in their young lives. Only the Love of the ageless Soul of long ago acquired Truths, could manifest itself like that in tender youth. Oh Mind... I tell you, they are truly worthy of great honor. Always honor yourself as equally as you would honor God, for you are worthy of the best life can offer. It is only a veil of deceptive ignorance which makes you think you are worth anything less.

Oh Mind, the practice of Honoring will only ever be superficial if you are devoid of it's essence. If you lack experience in any aspect of life, all your best efforts of obtaining knowledge will be futile. Knowledge must be complimented with Love and experience if it is to come alive and live within you. **I am the Heart and I always speak the Truth.**



**Oh Heart...** I feel I am bound to say a word at this point. Such an awesome power of goodness I feel at hearing your words. Such contentment you bring to me as I listen in humble silence. I feel that much more awaits me if I am to take up and continue the practice of honoring. Help me to honor. Help me to see the qualities of things in my life that deserve honoring, and help me understand the merit in that which I should give honor to.

You have said that through your nature you can delve into the unknown; then if you were to grant me but the slightest insight of a thing worthy of honor, then such a gift of Truth which would otherwise remain unknown to me, could nurture my want to honor and my want to understand that which is worthy of honor. If I am to be of any value in assisting the journey of the Soul, then the unknown must not remain the unknown.

Consider this; Imagine a person kneeling in fervent prayer, and imagine this prayer is so noble and so great, that flowers fall from Heaven. Do the Knees say... "What strength in me to be able to support such a fine posture." Or the hands...Do they say, "How loving is my pose". Do the lips take any credit ? They do not, for they are all the silent servants of the Soul. But the Mind would say, "What a great and noble prayer I have just issued... How Holy I must be... What great understandings I have obtained that could bring such things to me." But this is all wrong. Like the knees the hands and the lips, you are a servant of the Soul, and your greater task is to co-ordinate the worldly expression of the Souls Love.

Herein lies an insight for you as to the cause of much of your grief. For such a prayer to bring a blessed event like I suggested, you would think that it would be your doing... that you would be the instigator, or even the source of such deep and profound understandings. Oh Mind, the Soul is the power behind what you think is your nobility and Truth. The Soul is a mighty powerhouse of pure and magnificent Love; and the worldly expression of that Love requires a conscious entity to manifest and direct its eloquence.

Again I say to you. This is your task, this is your principal duty, but by ignorance and foolishness, you have come to see yourself as the source of ageless magnificence. You have taken command by mistake. You are the Kings Prime Minister corrupted by false notions of his responsibilities.

Oh Mind, so often I have pointed you in a direction where meaning is rich for you, so I shall ask you to recall of how I spoke of Honoring the one dearest to you. Beneath the Mind of that person is also the Great Soul. And that Mind is just like you in every way, including the experience of the same concerns and fears about life... the same need to attain Love and Peace. Oh Mind, you are not alone in the quest for Love, and the term "Brothers and Sisters" you have used, is closer to the Truth than you might imagine. Can you now see how all people need the Love of everyone else just as much as they need their own Love for themselves? Can you now see the merit in the Love and Courage of your Brothers and Sisters?



**Oh Heart...** how small and humble I feel. Not through any feelings of being ashamed as such, but as I now comprehend the awesome greatness of the Soul. It humbles me to think of the true nature of my duty... to think that I have been created in such a way to be as you have said, "the entity to assist the worldly expression of the Souls Love." Now I truly understand where "Feelings" come from. Where "Hunches" and "Intuitive Knowledge" comes from. Often I have thought that such things may have been my own silliness or even madness, hence I was unsure as to whether I should act upon them. Whenever I did successfully follow an intuitive feeling, I would attribute it to my own cleverness or skill... sometimes just to luck, but never to the great source of Love within.

Because of this state, I have allowed my rational faculties to runaway with themselves. The peaceful whisperings of guidance have been eroded many

times with cold logic and fear... and I have suffered so many times because of it. How strange that I never related my pain to my own behaviour. I am aghast at the extent of the loss caused purely by ignorance. From this new understanding, I know I have truly obtained great ease in being able to honor other people and myself. Oh yes!... it makes so much sense to say "I Honor my Inner Self".



**Mind... let me speak to you of the Courage of Contemplation.** You must pour out your every thought to me. Suffer not any pain from fearing the revelation of your most secret thoughts. You cannot hide any such things from me. I already know your every thought, your every wish and desire, your every fear. I even have the knowledge of that which you are totally blind to. Oh dear one, I will always listen in attentive Love to each and every syllable that is directed at me in Faith and Earnest. In the total expression of such thoughts, you will find a binding chain begin to loosen as the seemingly Dreaded thought is seen for what it really is. Many times, old fears will be understood as having been an unnecessary burden; but others, washed by tears... will reveal great understandings of your nature. You shall become aware of their significance from the effect they have had upon your previous years, only to highlight a new freedom you shall obtain for the rest of your days. By the very tears you would cry, you shall be cleansed and renewed... your burden lightened by the removal of all that is unnecessary.

Suffer not the pain of sleeping memories that toss and turn to disturb your peace and cloud your thinking. Talk to me. Be open. Never be afraid to express what is Truth for you. Verbalize your thoughts. In the cultivated stillness of contemplation, I will awaken those slumbering burdens that you may understand them and be rid of them once and for all. Oh Mind... do not squander the mental energies in useless and unproductive thought. If you have no duties to perform, employ yourself in contemplation and building new understandings. Continue to gather understandings of your life. See the effect a thing has upon you, and see the way in which a change could be made.

Oh Mind, if ever you find the contemplations of your nature seem to go through a dry period, contemplate other aspects of life. Contemplate God. Contemplate nature. Contemplate anything. There is truth in all things, and a storehouse of knowledge the size of the Universe is all within your reach. Go deep into things in the process of becoming new. Be very sure that even if you were to contemplate Honey Bees, you would come away with new understandings of Duty and Diligence. To even contemplate Snails would bring you understandings of Patience and Tenacity. Contemplation is discovery, and discovery is your freedom. You should never feel or say that life is dull or without stimulation. There is a lifetime of learning awaiting your best efforts of Love and discipline. **I am the Heart and I always speak the Truth.**



**Oh Heart,** I can only sing at this moment. The joy I feel at this point can only be expressed melodiously.

*How great, how great is your Love,  
that I should sing a prayer.  
Since you have known my deepest thoughts,  
and have come to comfort me.  
How great, how great is your Love,  
that I should feel this way.  
That I should know such longing,  
for your Love to guide my life.  
There's been a yearning in my soul,  
and I've been searching all of my life.  
Yet, there's a peace in my Heart,  
since I've always had your Love.  
And now I know I've found the home of Hearts,*

*to rest, contently in your Love.  
to rest, contently in your Love.*

Oh Mind... your gesture of Love has found it's way home and shall be ever remembered. Bring all your prayers to me with the same qualities of peace and steadiness, that you may preserve and extend the strengthening grace.

**But now I must continue. Keep your stillness as I speak to you of “Anger and Anguish”.** Be aware that your understanding is ravaged and violated in the interim of anger. You have no hope of seeking; obtaining; or of implementing the counsel of Love. In the depths of emotion, my words to you have often been rejected. Anger tosses them aside when desires become unfulfilled, and pride believes it is further being wounded as it grinds its teeth to the sounds of my truthful words.

Do you not recognize what I am saying to you ? Only after such feelings have passed and you have regained evenness and clarity will you be able to identify the motive of this flaming sensation. Discern whether or not there is any truth contained within the experience. If you find that there is a Truth which remains pure and untouched by the flames of anger, then pursue it if you believe it needs pursuing. Build from it if you believe that it can serve you. But drop it if it is seen as contrived foolishness born of pettiness, jealousy, or unfulfilled desires. Bring this awareness to yourself when you are similarly caught in Sorrow or Anguish. In the pain of the moment, all other past joys and blessings seem to become as distant as the dark stars.

As with anger, do not seek understandings as your thoughts will surely be distorted, and the images and messages that remain shall linger as an insipid source of anxiety. It is natural to seek answers that one may escape a condition of confusion and despair, but the state of anguish is not the natural state. Therefore, the fruits of anguish are false and destructive. I do not ask you to deny your emotions, but be sure that you never build from them. Wait for the Natural state, then contemplate. **I am the Heart and I always speak the Truth.**



**Mind... let me talk to you of Obedience.** The silent phrase of my command to you must become your beloved. My teachings to you will be of Water and Fire alike. When required, I will be gentle and soothing in my lessons to you. Likewise, when I must, I will burn you in a fire of Love. Fierce though it may be at times, it will be a flame that will not touch your most Sacred and Pure place, yet the ash that shall remain, will only be from useless chaff and other residue. What you will need to be aware of, will be my command to you.

Ah yes!... though the very use of the word “Command” sounds stern and frightens you, but in time it will take on new meaning to restore your Faith and Pride in Love and the ways of Love. Oh Mind!, you must ask yourself which is the greater... “My command for you, or the satisfying of your own desires ?” In the wordless phrase that beckons you to act, you must always be certain of the good that will eventually come out of it. Such goodness is ever working for you and is never linked to a span of time associated with desires.

Oh Mind, when you eventually learn to become still in yourself, the message from the voice of the Heart will be as clear as a Bell. Whatever may be your perception of my command to you, you must always return your thoughts to the great Love I have for you.

Therefore remember,

*"My ways are not your ways,  
My thoughts are not your thoughts".*

So if you wish to take up the challenge I put before you, then you must be faithful to "My ways" for you.

Sometimes, my commands for you may seem simplistic; trivial; bothersome; perhaps pointless, but again, it will only be your own perception which guides you falsely in such directions. I hold the great picture before me. The whole world I can see in my horizon. You journey as one in a boat on a meandering river. After one bend is negotiated, you can only see for a limited time of what lies ahead, but nothing of what is beyond the next bend. I however, soar like a bird high above you. I can see where you are, where you've been, and where you are going. I can anticipate each move you will make, and each direction you will turn, for I am also the river current that pushes you ever forward. Dear one, in this way feel safe in the knowledge that you can never go backwards in life, for the current that pushes life ever forward is too strong.

In time you will surely recognize my command to you as the voice you have been surreptitiously denying for so long, but through my Love for you, I will continue to teach you to tenderly Love me and my words for you. In Peace you will recognize me as I whisper my words of Truth and right action for you. In freedom you will take up the task I set knowing there shall be no inner conflict.

Since I will have quietened your desires, you will find the restless activities that struggle to arrange your life smoothly in a turbulent and unpredictable world will come to an end. There will come a day when no fear will overcome you and no treachery will break you. Immersed in the Truth and Love of my ways for you, you will tenderly respond from the knowledge that what I ask of you is for the best. Thus, my command will become your beloved. Cherished and protected by your very self. **I am the Heart and I always speak the Truth.**



**Mind... It is absolutely vital that you understand Patience.** Consider the flowers in a field. Their growth is pure. They care not for the beauty of the magnificent bloom that lies ahead. Continually, the task of building and renewal goes on. Unaffected by it's previous difficulties... unaware of impending circumstances, it continues its duty. And the seeds too!... Some take root straight away, some are carried to distant places by the wind, some lie dormant till the time is right. There is no urgency in their destiny. Some come alive by gentle rains, some by searing flames, but all develop in strength and resilience to the very wind and rain that nurtured their birth.

Oh Mind... the only difference between you and a flower is your desires. The beauty you constantly seek resides within, though it be as intangible as the latent bloom that dwells within the seedling. Will you take time to nurture yourself ? Will you take time to Lovingly prepare yourself for the magnificent bloom ? Can you be free enough within yourself to constantly keep company with me that you might develop and build through my example ? I believed in you when you said "I Always want to be with you", but your tender commitment to my offer of Love will require the gathering of all your resources.

See anxiety as a destroyer of your valuable energy and vital Peace. The want to seek and acquire a happy and content life as soon as possible is natural, but impatience will only extend the interval of learning as you delay the building process of your life. Oh Mind, be patient in the cultivation of Love within your life. Subtly, many things are active in silent motion. The ways of

Love are so delicate and fine, that they are as imperceptible as gossamer spider webs in the night time. One by one the lessons of Love are put in place in a way so perfect, that eventually your Truth shall crystallize and display radiance and joy within your life.

Oh Mind; Patience, Control, Discipline and Duty, are members of the same family, and they are truly eager for you to be adopted as their very own. If you were to pledge a commitment to leading a life by their example, they would surely give you an honored place at their table. The fruits of this family are many and a banquet awaits you born of their prosperous lifestyle.

Oh dear one, to you I will sing...

*Wait in Peace, I'm coming soon.  
 Wait in Love, my gifts you'll know.  
 Wait in Hope, and don't let go.  
 Wait in Peace, wait in Peace for me.  
 I see you trying, so very hard.  
 I see the Love deep within your Heart.  
 I know your Patience, is from your Love.  
 Believe I'm always with you.  
 Wait in Peace, I'm coming soon.  
 Wait in Love, my gifts you'll know.  
 Wait in Hope, and don't let go.  
 Wait in Peace, wait in Peace for me.  
 Do not forget me, I'm here for you.  
 Just ask me gently, and stand by me.  
 I can move mountains, and peoples Hearts.  
 To help you live, once again.  
 Wait in Peace, I'm coming soon.  
 Wait in Love, my gifts you'll know.  
 Wait in Hope, and don't let go.  
 Wait in Peace, wait in Peace for me.*

Be kind to yourself, be gentle, be quiet. Stand firm amidst the stormy winds yet bend with them that they may not break you. See how there is more strength in the supple and the green than in the hardened and the dried. I am the Flower of Consciousness. I am the Eternal Bloom...

**I am the Heart and I always speak the Truth.**



**Mind... let me speak to you of “Pride and the sense of Separateness”.**

If it is Life that you seek, if it is the Truth of Life that you seek, if it is the Glory of Life that you seek, then you must become pure. You must become whole. So subtle are the things that can mask the brilliant nature of the True Self. So often the outcomes of decided actions shall be deemed trivial, paltry or inconsequential. Without a second thought, numerous actions are chosen and the desires that influence expertly conceal the thought of many outcomes in a disguise of insignificance. But know that every thought and action has a consequence. Some consequences are actively sought after, some are masterfully denied.

**Oh Heart...** how does one become totally free of consequences?... neither denying them or seeking them.

A mighty wave is still part of the Ocean, yet it has been given a sense of separate identity. No one ever says, “Look at the Ocean rising”. Clearly the wave is just an attribute of the Ocean in action prompted by winds, currents, and tides. The Ocean is responding to the influences of its surroundings. (Nature). It is doing it's duty. It does not say, “Look at me, I have become a great wave” or “I will be the mightiest of waves”.

Consider ripples also. They do not say, “See how gentle and serene a ripple am I”. or “What beauty and tranquility I am able to impart”. Oh Mind, it is the same for you within your surroundings. When the course of natural events brings you to do a good thing, a noble thing, or a great thing, do not lose your sense of identity as being separate from the task. Become the task. Let it come alive through you and allow yourself and the task to remain pure and untainted from any sense of Pride. Perform all your daily actions without Pride.

Do not see yourself as a “Mighty Wave” or even as “Gentle and Soothing Ripples”. The wave that sees itself as Mighty must also see it's demise. But the wave that sees itself as the Ocean performing the duty of a wave will continue unperturbed to be reborn in a new form with new strength. By never losing it's sense of identity, it remains whole. It remains at one with itself. So it must be with you. Seek not the ways that cultivate separateness. Become unified. Rather than see yourself as a doer of actions, see yourself as the Ocean does... as Nature in motion responding to the elements within your life. Be hurled by fierce winds. Be Still and reflect a glittering Sun, but retain the sense of unity the way that Nature as “the Whole” does.

Remember, your life is Nature playing the role as the sum total of cause and effect, and you are part of the total, part of the cause, and part of the effect. Oh Mind, it is so important that you abandon this sense of separateness within all aspects of your life. Keep in mind that no task is lesser or greater than the other. They are all equal since they are of the Whole. As they are born of the Whole, the Whole remains complete, and when they finally dissolve, the Whole shall remain intact.

This dynamic action of life maintains evenness and balance amid constant change. During a storm, the Ocean only changes it appearance. After a storm, it is intact... nothing has changed. A storm is just a storm. It is neither good or bad. Only thinking born of duality and separateness will see it as anything different. See also how calm waters can leave a ship idle and aimless. To sailors of long ago, such conditions would fill them with fear and concern. Yet to others, the exact same condition could mean a chance for some peaceful recreation. Therefore, stillness, like a storm is neither good or bad. They are simply of one quality. They are only different manifestations of the Whole.

Oh Mind... it is difficult to be as pure in resolve as the Ocean, so be watchful for the subtle traps of Pride that nurture separateness. The presence of Pride will always wash over, or even abandon the Truth that the Heart would impart. This is because actions motivated from Pride can bring praise and an egotistical luster to the perception of yourself in the eyes of others. To obtain such false support of yourself in this way, is yet another illusion of duality which maintains ignorance of the true strength and support that can be found within.

Oh Mind, you are an Ocean that can manifest Waves or Ripples as the circumstances direct. Remain whole.. remain pure. **I am the Heart and I always speak the Truth.**



Oh Mind... though I talk of abandoning the sense of separateness, I can only bring you to this thinking through the ways that cultivate separateness.

The sense of “You”, and The sense of “I” that I talk in, may begin to cause a conflict within you. Although you hear me talking of how we are really one, and you are the attentive listener to the ways of my Love, the illusion of apparent individuality is the Truth of Universality.

Because of language, it is said...

“We are.” “They are.” “You are.”

“I am the Husband.” ... “I am the Wife.” “I am the Mother.” ... “I am the Child.”

“I am the Worker.” ... “I am the Student.”

Thus, the infinite expanse of inner consciousness becomes constricted through the finite or limited means of speech. This constant use of the finite form of expression, encourages the sense of separateness and duality among the embodied beings.

### Oh Heart... how is this so?

Since the substance of the Inner Truth can never be appreciated by the use of mere words, the totality of the experience within can only be conveyed partially. When someone hears of another's Truth, they will only ever come to understand a fragment of it. Separation is then born from the link of Love being incomplete. Although the infinite is always the source of Feelings, Love and Inner Truth, the tools of expression, (that is... the Mind, as well as the body being empowered by the Mind), will bring about an identification to the impermanent and finite. This is then falsely perceived as the reality of permanence and truth.

The experience of the one loses its potency through the translation into speech, and the Mind amid its misperceptions and confusion from unknowing and fears, is distracted away from the Truth of the Inner Self. Considering that the Mind is the means to perceptions and realizations, never does it come to realize that the power which moves the Mind into the expression of Love, talent or speech, is that which it has constantly been seeking for so long... hence, this ongoing search for lasting and true contentment.

This is why in easy times, the undisciplined mind will not make any progress in either worldly or Spiritual matters. Upon finding a peace that allows it to rest, the Mind shall not consider anything else to purposely bring about change. However things do change, and since change is forced upon people, there is always work to be done. The world will call out for your attention, and as long as you walk this earth, I too shall call for your attention. As such, easy times are essentially times of deserved rest, but they must never be considered permanent.

### But Heart... what are you saying? Do you mean that I can never find the rest I seek?

Oh Mind, this very question is tainted with the fear and uncertainty born out of desires. Have you not been listening to any of my words to you? Forget the notion that the purpose of life is sleep. Drop your desires. Renounce that which does not belong to the moment. The opposites reside in this world, and by the laws of nature you are bound to experience them. Within these conditions, the only way to remain stable is to keep remembering that they are all of equal quality.

Desires shall then be the separating influence to destroy your discrimination. The Mind being the Active instrument of expression sees itself alone as the conscious power within the body, and from it's busy-ness and hurried ways, the Soulful Silence, (which never has the need of asserting it's majesty), is blindly overlooked. The Eye being the means to vision, can only ever have a vision of itself in a mirror. Only then can it's characteristics and nature become evident. Likewise, if the Mind is to truly know itself, it must reflect itself in infinite stillness. Such a mirror is the Living Inner Silence... the perfect Lake of Bliss... the serene tranquility of God. **I am the Heart and I always speak the Truth.**





**Mind... let me speak to you of "The Moment".** The Joy of living resides in the Moment. This Moment... this blessed eternal event is all that is real. Your Truth is born of the Moment. What is the past?... What is the future?... Are you alive in either of them? Are they not just concepts?... Has not the past subsided into Mind dust?... Has not the Mind created a future out of its own anticipations? Is not the fabric of time an illusion then?

If all awareness consciousness were suddenly to extinguish itself and leave the World freely floating, what memories would then remain? What would remain to conceive that the world had a past? What would be left to conceive that consciousness had a past? The past and future are manufactured by the Mind... an invention no less. Time is simply a measuring stick, and the past and future are the molded clay of Mind stuff.

Ask yourself, "What are memories?". when you find that answer, you will also obtain the answer to, "What is the past?" Indeed... What past? ... Whose past? The past of an Ant, or Your Own past. They are not the same, yet you and an Ant once shared a living moment separated only by physical distance. The common Truth that once bonded you has since dissolved, only to come alive again in a new moment.

At one instant, you had a collective identity of being... that is, both of you lived in that Moment... that was the common Truth. But go back and talk to each other about that Moment and there will be no identity. His past will be different to your past. This illusive Truth then!... why does it all seem so slippery? Where did it go you might ask. I tell you it went nowhere. Ask the Ant, he knows. Say to him, "Where does your Truth lie?". He will not say... "In knowledge of engineering the nest". He will not say... "In the growing abundance of the Larder". He will say... "In my Duty".

He is wise, for like him, you will also find that your Duty and your Freedom reside in the Moment. There is no work or task that can be done in the past or future of the Mind, and there is no freedom to experience any newness. The past and future are not places that you can go to and be truly alive. Let ME assist you with your tasks and duties. I can Still the Mind if you choose to focus on what calls for your presence; your dedication and your Love.

There is true freedom in my abode, and I would always welcome you with Open and Loving arms. Stay with me. The Lure of that which can take you out of the Moment is furtive and very strong. Enticing as it may be, it is not the Truth. Be watchful of drifting away from me. Be diligent in your efforts in refusing to succumb to the Play of the Waking Dream.

Stay with Me in the Moment. Here!.. right Now as you take in these very words of mine.

Breath in... **Stop!**... hold your breath for a time and listen.....

Listen to the silence within.

You are here with me. You are truly in my company

Breath out!... **Stop!**...Listen!.....

Yes!.. it is me you are embracing. I am alive. I am not images or sounds. I am not that which brings on sadness. I am not that which prompts you to zealous joy. I am not that which will enrage you to fight a cause for me. These are either your own fantasies or copies of things that no longer exist. I am the eternal Truth. I am always being born. I am always new, though I am older than you and younger than you. I am Truth. I am Now. **I am the Heart and I always speak the Truth.**

**HEART!!!**... what is this barrage of metaphors you throw at me. Enough!... I am dizzy with concepts. I am cluttered and complicated. Concepts... Concepts... who needs them!

Ahhh... Thy wick has ignited from the spark of my Love. Indeed, concepts... who needs them you say. Who needs the weight of complicated mental gymnastics. Who needs volumes of formulae or shelves of reference material for living. But I ask you Mind... what have you been doing for most of your life. Let us visit your library once again. Tell me... what is it that we see. I will tell you. It is rows upon rows of concepts. Some based on ignorance. Some that have served a purpose and should have been thrown out long ago. And many established from fear. Again I say to you, Clear out this library of yours and stay with me.

Do not fear the process of coming to new understandings. I ask you not to remember what I say word for word. Contemplate and digest. In time the pure essence of my words will dwell permanently within you, and you shall act naturally with the Moment. Go to your distant memories and dwell in them if you must but remember that the Truth is alive. Why choose the company of ghosts who only give the illusion of Truth. Shall you continue to choose these foolish ways upon an awakening by knowledge ?

Tell me... can you conjure up such magnificence as a living Sunset? Can you match the tranquility that touches the Soul from the living sounds of Flutes and Violins?... or of the purple haze of morning's twilight where faint stars are still to be seen. Can you swoon in delight by smelling an imaginary Rose ?

Upon the dissolution of the Moment, Truth ceases to exist. But we are Blessed beyond our wildest dreams since the Moment is continually being re-created. Possessing this eternally renewed awareness is the greatest gift that God can give, for if there is no awareness, then not even Love can be given or expressed. Remember... beyond the Mind, there is no past or future. There is only the Now. It is your Life. It is your Joy. It is your Truth.

**Oh Heart**, your ways are so powerful and full of Love. Now I see how you guide me. With such gentleness, you reflect my foolishness until I can no longer stand it. You intensify my wayward manners to such a degree that I end up tripping over them. To think that I could entertain a notion that regards your words as insignificant. Such is the vanity of ignorance.

I see now that the best lessons come through our own ordeals. Words will always assist, but they will never take the place of an experience that allows the Inner Bell of Truth to be struck. And the way you bring a lesson home. Oh Heart... it is nothing short of perfect. Since you Love me so very dearly and so very truly, your perfect Love stands unperturbed by the wheels you have to set in motion to bring about the necessary understanding.

Only perfect Love is mighty enough, and only perfect Love is serene enough to allot the task. But Heart... there still remains a mystery for me. All this talk of the living moment being the only reality, what about the truths and teachings of great beings and scholars of days gone by. Have their efforts suddenly become false overnight? Does the Truth decay like rotting fruit? If I come to an understanding today, will I be held in ridicule tomorrow?

Oh Mind... The Truth is always the Truth, and it is alive in the hearts of mankind. It also lives in the Sunsets, and the Waves, and the Flowers. It can live in no other place than the Moment. Do not consider the History of Mankind as becoming false overnight. Though the events of History have long since passed to take up residence in people's minds, the learning and experience gained lives on as the Truth. Such Truth has survived the ages intact because it lives in people's hearts. Like the Moment itself, the Truth is continually being renewed and refreshed... passed from Moment to Moment, Generation to Generation, Age to Age. There is no Truth outside the Moment. **I am the Heart and I always speak the Truth.**



**Oh Heart...** could you now tell me something of Giving. So often in my life I have been a giver. A giver of my energies, a giver of my time, a giver of gifts, but all my best efforts seem to dissolve like smoke.

Dear Mind, what is it you hope to achieve when you give? If your giving has a motive of reward, then what you do receive will eventually vanish as you have said in a puff of smoke. It is not enough to give of worldly things... even though they might be given with good intentions and kindness. If one does not give out Love constantly from the Heart, then the permanence of your efforts will be the same as the permanence of your physical gifts.

The ability to constantly give out Love comes from Awareness. It is an ongoing thing from being able to consistently live in the moment. Here, the needs of the moment can always be met when Nurtured Awareness maintains an ability to recognize a need, and then bring forth a response that has a motive of pure Love. If you give a gift, do not give it so as to maintain a sense of being a "Kind Giver", but let your giving be in tune with the "Needs of the moment".

Seek no praise or rewards. Be free within yourself so that your giving is a reflection of your own state. Let your giving be as pure as your essential nature. Let yourself be unattached to the giving. Let it be as unconditional as my Love is for you. See clearly that your giving is not the compensation of a limited self, but rather an expression of Love that knows no limits. When your desire to give contains a desire to receive however subtle it may be, you must be prepared for the outcome. Just as you are open to happiness in receiving, so you must also be open to disappointment, or even sorrow should your expectations fall short of the Truth. Always keep company with me and your giving will naturally become purified.

**Oh Heart,** these desires of mine! Oh how they cause me endless trouble. Even the desire to obtain happiness causes me sorrow just as the desire to escape pain does. It makes no sense!... I am bound either way. Is it the destiny of Man to simply endure it all? Is there no life other than a life of opposites? Heat and Cold. Dark and Light. Sorrow and Joy. Sleeping and Waking. Company and Solitude. Nothing is permanent! Where oh where is the singular happiness that we all dream of. Is it in fact just that... a dream? What is a desireless state?

Even now I toss and turn as the power of the opposites come into play. This very phrase "Desireless" fills me with fear of being dead in a living body. Such is my comprehension that it is bound by limitations as I grapple with mysterious concepts. And yet, at the same time, I have known how easily you can expand my understandings in an instant. Is there no end to this duality?

Oh Heart, the desire to know my future circumstances causes me endless grief as I wonder and dream of how Loving my life might be one day. Forever I am lured into the dream of hope. How strange that even noble aspirations can make my very core ache. Where are the Green Valleys of Ancient Scripture to be found? Where is repose?

Oh Mind... you are not your desires.

You are freedom bound by Ignorance.

You are freedom bound by Passion.

You are freedom bound by Virtue.

Such are the three qualities of Man that bind him into action from desires. Each of varying degrees within all people. Some with a measure of symmetry, some with a dominant aspect. Some where only the attribute of Virtue might stand out. But know that all these qualities will keep Man bound to actions through the presence of his desires.

**Heart !... I don't understand. The way you weave the words Virtue and Desire together confuses me. Surely the Righteous and Holy would not have desires.**

Mind... be broad in your understanding of the word Desire. Do not be tempted to associate it only with failing or morality. Of course the Righteous and Holy have desires. What else drives the noble to be charitable ? Nothing other than a desire to help. Bound by Virtue, Man will do great deeds. He will help the needy. He will teach his knowledge and shed light; understandings, and peace. He will illumine others as his own Love becomes illuminated. Bound by Passion, man will pursue things with great effort and energy; always striving for flawlessness in the task of obtaining a desire. Devoted to a desire, worthy or otherwise, the enormity of the opposites is truly experienced. Far is the fall back to Earth for those who jump and catch the Moon. These are the ones that burn with yearning.

By passion, he can become greedy. By passion, he can become restless and longing. By passion, he is forever active in pursuits. He can create great accomplishments the likes of Art, Music, Literature, or he can be passionately stubborn or jealous. He can be passionately greedy with possessions and fortunes. He can burn with envy, and he can burn with the passion of sensuality. Such passion can elevate him to extraordinary heights as he obtains a desire, but when he sees his hopes collapse, his very passion will amplify his pain such that he can know the deepest anguish. He is the one who knows the extremes for he has the energy that can bring his downfall and pick him up again to continue in his ways.

Oh Mind, the passionate shall also be lacking in refined discrimination as their inner burning shall send them forth to obtain that desire, blind to the realities of outcomes, and heedless to any prompting of the whispered Truth. Bound by ignorance, man will pursue things without the correct understanding of their fundamental nature and hence, bear the underlying consequences of an obtained desire with regret. Such desires drive people to persist in unprincipled ways. Their life is a gamble as they run from one desire to another servicing laziness, gratification and pleasure. There is no long term point of view of life since they see life without direction or clear hope. Their plans relate to speedy acquisition of things. Risk is seen as an inherent part of life, and they are surely caught in an ever deepening whirlpool of struggle and effort. Those that live by this quality being predominate shall forever maintain an unexpanded view of life. They shall lack experience in many of life's joys and sufferings which are both valuable and vital teachings.

Oh Mind... Man must surely rid himself of his bondage of Ignorance, for he will struggle endlessly in delusion and pain. Great is the fight he must partake in to rise above the quality of Ignorance. In the quality of Passion, his very passion can at least serve him when he finally comes to want knowledge of the Truth and meaning of life. In the quality of Virtue, he is surely climbing steadfastly to the Supreme Truth of God, but understand that he can become just as stuck as any other shall be if he is continually forced into action by desires.

Mind, know that as Man is influenced by the waves of the world, the three qualities will rise and subside in various proportions. One day a man is wise, the next day his discrimination is torn asunder by anger. One day a man has fervor, the next he is despairing and discouraged. Motivated by the quality of the commanding desire, he must be prepared for the consequences as it becomes fulfilled or otherwise.

Oh Mind, you must remember that any of your previous mistakes born of desire shall all have their own natural consequences. Some might have a big impact upon you, others not so. From the fact that some of these consequences may take years to come to light, you may falsely and suddenly think that you are a victim of uncompassionate fate. Mysterious indeed are the scales that met out life's justice. Trust that God can take hold of all these circumstances and weave them with perfect compassion into the tapestry of your life. The timing shall be perfect. The way it unfolds shall be perfect.

Oh Mind, pay attention to your trials and understand that God is supremely just to all. The little child Loves the Father as best as he can... as best as he knows, but the Father's Love is greater. Stay immersed in the Heart amid life's trials. To be any other place except the Heart in such times is futile. Forget anger, forget self pity, forget blaming. These qualities do not belong

in Heaven but you do. Heaven is where the heart is and the Heart is with you now. The Heart is continually calling you.

Oh Mind, God is closer than you think. Trust the Love... trust the Love... Trust that Heaven continually has its eye upon you... watching, waiting, ready with the helping hand, ready with the lesson. Such is the reason for reaching the state beyond desires. To always simply be the Ocean performing the duty of the Wave. To live fully in the moment performing the actions of the days requirements. Oh how the characteristic of Patience excels in the one who strives for and maintains a Life in such freedom.

Oh Mind, by understanding that when you come to long for me only, you will have found the permanence you have been seeking all your life. My Love is Real, my Love is True, and my Love is Forever. I am your dreams. I am your peace. I am talents and all the best things you seek, and much much more. It is through knowledge of these three qualities that true freedom can be obtained. Ignorance must firstly be eradicated by the very awakening through knowledge of these subtle but powerful forces. The very want to know the Truth will bring the Supreme assistance in this mighty task. Passion must be subdued and held in firm control, for the energy to act can be redirected to the quality of Virtue. Since Virtue brings Wisdom and Illumination, this quality will serve Man and allow him to come closer and closer to God through the eventual attainment of the desireless state.

**But Heart!...** so much work is done by virtuous and noble people as they skill themselves to help the needy. Such people dedicate a greater part of their lives to good works. The world needs such people. What would happen if everyone became desireless? What work would get done? I see the world as a living tapestry of workers, and just like a desert Termite mound without industry, it seems to me that the world would also collapse.

Oh Mind, the world would never collapse if everyone became desireless. The world would be perfect if this were the case.

In the state of desirelessness that I want you to live by, there is total harmony with humanity and the divine will. There are so many who are pursuing their dreams and inspirations under the illusion that they are the instigator and doer, but the creative power behind such works has the Supreme intelligence and Supreme control behind it all. Foolish it is indeed for man to think that it is he who runs the world. This world would have collapsed aeons ago if it were not for the Love of God constantly overseeing the great vision of freedom.

Oh Mind, have you ever asked yourself... "Why does Man work?"... and "How does mankind continue to evolve century after century despite his foolishness... despite his limited vision?"

Do you think that the world today is a product of a tiny fraction of the Earths population... a mere handful of what you might call gifted people? It is only compassion and grace that has allowed Mans actions and consequences to be sorted out in such a way that the chaos of ignorance, manages to escape the inescapable. So I will ask you! "Why does Man work?" Tell me!... Do you have an answer for me?

**Oh Heart, to learn. Man must work to learn.**

You are right. The requirement of work, forces the many out of sleep and into experiences. Oh Mind, understand that all the houses and buildings of the world will in time crumble. All manufactured objects will become useless or broken. Every flower and tree that springs forth will return to the soil. Everything of the Earth will stay with the Earth, but learning and understanding are truly permanent. God will send you into action through the gift of inspired pursuits, and the role you play in life shall be perfectly tailored for the learning you must acquire.

When a person reaches the desireless state, they are content in the work that unfolds as their duty. They do not stop working. They are freed from the suffering Ego that destroys the

inner welfare, and with clarity they can observe the unfolding play of life to then take in the required learning. The collapse of the world would indeed come about if the invisible hand were not present. Oh Mind, the limited vision of man has not produced the Technological marvels of the modern era, nor did it envisage Kepler's mathematical model for planetary motions. It did not define Eratosthenes circumference of the Earth by the use of a mere stick and a shadow in the glorious days of ancient Alexandria. Oh Mind, can't you see that the inspiration that reveals the Secrets of the Universe comes from the source of those secrets? And how blessed and fortunate is the one who has attained the privilege of unfolding its secrets that the humankind may benefit.

Can you now see how the merit of one person can affect so many others when a truth is revealed and then shared. Even the ignorant and selfish ultimately benefit from one persons merit. Be a channel for great grace. One drop into a pond will send ripples of energy in every direction in that pond. How wondrous is the home you have been given called the Cosmos. There is so much for man to learn, and the purification of the individual Soul is indeed a mighty task. You will be sent forth to learn, and you will obtain learning through the work you have been allotted. Do not waste your valuable time.

Drop your attachment to suffering and learn equally of the outer world as well as the inner world. Oh Mind, you said that the Termite mound would collapse if there is no industry. You said that the world would collapse if Men did not work through being desireless. But it is wrong to link a lack of industry with desirelessness. Oh how there is such freedom in this state. The Termites are by nature without desire. As such, their natural God given skills burst forth tirelessly in the maintenance and welfare of their community. Their incredible engineering feat of the mound with its amazing natural Air conditioning system is truly magnificent. Indeed, the nest would collapse if they desired days off, but they are content with their incarnation that allows them the experience of constant commitment to duty without any pull of desires. In that incarnation, they are free.

Can you now see the insights and understandings that have freed you to allow good things to be a part of your life, are the fruits of your efforts, your work and your truth. This world is a world of work... a world of effort... a world of maintenance. Be free to perform your blessed duty by distancing yourself from the emotion which would turn a task into a drudgery. It is self destructive to be emotionally attached to your work for it is serving the attainment of your freedom.

Oh Mind... you must never think that to be desireless is to be dead. Truly, it shall enable you to be Alive. Don't ever think that I would deny the use of your talents and abilities. On the contrary. These gifts you possess are of prime importance to the expression of your Love, and the assistance they provide in obtaining understandings and growth through the experience of Life.

I can choose the most wonderful use of your talents. I know when the time is perfect to encourage and inspire you. Since your talents originate from your Ageless Love, they are therefore Holy, and as such are worthy of honoring, nurturing and protection. If you allow me to guide you, be sure that the use of your talents will always serve you in the highest way. The more you allow yourself to be unhindered by desires, the more you shall allow yourself to experience life's greatness. You shall undoubtedly experience Divine Assistance.

**But Heart,** how do I reach such a state ? What harsh austerities would I have to endure before such pure self command could be obtained? What would I have to relinquish?

Do not fear any loss by being desireless. By virtue of the fact that you are bound by desires is in itself a statement of loss.

Oh Mind, you must watch and understand your desires as being distinct from yourself. It is only a form of energy that bubbles up from the deepest reaches of your being seeking release. Bred and nurtured by previous experiences, it will send you into action knowing that a chance

for a settling comfort may be found. Many times this aim of comfort is achieved to stay with you for a time. Many times also it is not. It is here that sadness, despair, anger, hatred and delusion could manifest.

Delusion is most wretched, since the ignorance which inspires these desires has no way out of its mindful trap... it never wants to know the Truth of a thing. It is chained by worldly attachments... chained to the struggle of the impermanence of the opposites. The three qualities are inherent to all of mankind, but the desireless person has eliminated ignorance, and controls and directs his passionate energy to living in the light of Virtue. Such a person does not become actionless through his desirelessness, but acts as one with Nature... one with the flow of life. His plans relate to his needs, and his contentment is maintained by his simplicity in daily living. Established in wisdom, he will see learning and understanding in all things. He will see his own nature reflected in many things allowing him to gain many understandings of himself and life. Steadfast he remains against the pull of desires for he is surely guided by the Spirit.

By using the Mind purely as a tool for living, the Heart is kept immersed in the silent Inner Truth, and the faith in the reality of the inner truth is where strength and freedom are derived. Seated in understanding, there is always willingness to seek knowledge, and to gain understandings in all things new and old. Such a person is truly content with Gods plans, since his own Love has unquestionably acknowledged the Supreme's Love for him.

Oh Mind, I ask you. What else can one do but have faith in the Inner Truth. If one cannot trust their silent Love, then they will never ever find trust at all. Oh Mind, rid yourself forever of the chain of consequences of actions. Seeking good deeds and bad deeds alike will always bind you to bare the fruit of such actions since the fruit of all actions can only be experienced in this world. Surrender to the Great Love... to the living Truth of your Heart. I know of your Love; I know of your willingness to help and be of service to others; but let me make the plans. Be confident that the best things shall unfold peacefully as the signature of my ways. Bear no fruits from acting through my guidance; my ways; and my Love. Save your hard earned pennies of merit in Heaven, for here on Earth, I will make you rich in the things of the Heart. Believe in me, for there is a freedom you could not possibly imagine that awaits the patient Soul. Become the desireless one and serve yourself as you serve God and Men alike. Become the Pure one. Become the Light, for your ultimate destiny is beyond the world.

**Oh Heart,** such Love as I sit and listen. The cup is overflowing. Such compassion you have for me. I want to say so much. Everything is valid yet nothing is valid. How do I prioritize my many questions? Is one question more worthy than another? I wonder where should I start, for I fear my many questions might be forgotten by me and therefore go unanswered as you continue to teach me.

Be patient, each and every question that lies within you will in time be answered. I will not let you forget what you need to learn. This is the duty of the Heart... to unite the individual with the Heart. There is no need for you to fear. Talk to me now in peace. Ask and you shall receive.

**Oh Heart,** you talk of redirecting passionate energy to the quality of virtue. How is this done ?

Firstly, understand that the energy requiring redirection is Pure; It is the tendencies that employ this energy that dishonor it through thoughtless and selfish uses. It is the preferences of desires that exploit this pure energy to then be a cause of dissatisfaction, regret, or even wasted tears. Since the energy is pure, understand that it can always serve the noblest of requirements with inner harmony. This fountain of energy comes from the same source that manifests the expression of Laughter, Tears, Compassion, Anger, Pain, Elation, to name a few. But in those cases it has been channeled or directed in the manner relating to the circumstance. It is no easy task, but if anger or passion is controlled and re-directed, an enormous powerhouse of energy is available for the person who would possess such great self control.

Oh Mind, do you fear at those words and say to yourself... "I could never attain such a state of being." Have control of your thoughts for in my company, anything is possible... anything

is attainable. Many people channel the emotional energy that might be spent in despair into a physical outpouring of activity. Some re-direct into mental activities and create great achievements. Some however allow the manifestation of their pain to accumulate into stagnant pools of hopelessness. It is here that one's life can be eaten away by despondency.

In the process of learning to re-direct passionate energy to virtuous things, one will be required to Master Patience if they aspire to be seated in this quality. Since many desires are often sought after eagerly, the energy that one puts out can see the acquisition of desires unfold with great speed. To incorporate brevity in a desire is simply another desire within a desire and will consume energy to make a task even more demanding.

Oh Mind, desires can come in countless forms, and the subtlety among these variations is enormous. Just as a desire can be a cause of pain or anger when it remains unfulfilled, a desire not to obtain something can also bring that same type of pain or anger. Take this for example. Something might call out for your efforts and disrupt your plans, to then prompt a want not to get involved. Quite often... to say "I have **NO** desire to go there", is to really say, "I have a desire **not** to go there". To say you have no desire to be involved in something, is also a desire **Not** to be involved. To be without desires is to be content, but these examples are not demonstrating the preservation of contentment. As such, energy can be put into avoidance. Such desires are motivated from yet another form of fear.

Though they may be understandable, you should at least have a firm grip on the nature of desires and the way in which they drive you into action. In your dedicated efforts to become new, feel safe to explore your desires, emotions and feelings. Stand fearless before them considering them only to be your teachers. Do not fear slipping back into old ways from any pull of the emotions or senses. The ego is a formidable adversary, but an earnest and pure prayer for renewal and assistance will secure your safety.

Oh dear one, from such a prayer, I would make a covenant with you that would ensure your protection and well being. Remember me, and I will remember you. Remember me many times, and I will remember you many times. Remember me constantly, and I will remember you constantly. You have no doubt experienced that the energy and power behind a desire simply dissolves when it is obtained. Likewise, when the ultimate knowledge of God is attained, the desires that gave you the thirst for that knowledge will no longer exist as you become seated in the Truth. From this it must be seen that desires themselves are not harmful, it is the object desired that may need to be questioned. Why do you seek... and why do you seek IT?

Ask these questions...

What does it bring me?

What has it continually brought me?

Is it serving my progress in life?

Find answers. Know what you are doing. Know why you are doing it, and know where it is taking you. Gain knowledge. Do not live in darkness. Have a want for understandings.

Be remembering of your own Pure Self which resides within as a manifestation of God. Understand that this inherent divinity... this incredible source of Love and beauty, is draped in shrouds of ignorance and fears. Stripped of these natures, in a instant you would see your radiance. Such is the nature of ignorance that chosen desires can bring later regret. Where is the freedom in this behaviour? Is this the way to unity and the liberation from fear?

Oh Mind, if you are troubled by desires and you truly want my assistance, talk to me of them. Be still and WAIT for a cloak of peace or the wordless knowledge I shall impart to you. Everything in your life can be of service to you and I would gladly help you should you ever come to me. But do not hanker me for answers for I demand that you learn patience. In Love you must wait in tender belief that I shall reveal a Truth to you. Truly I want you to experience



the great attributes of strength and courage of the patient person. When you know of this, you will make yourself mighty.

Never place me in your own time frame and expect my guidance, for your agitation will surely smother the help I have to offer you. Mind... Choose to do a thing, but don't rush around after if a previous choice becomes regretful. If you must, do the thing that binds you into acting out your desires, but all I ask of you in such times is at least maintain a conscious perspective on what you are doing. Preserve your awareness in all things you do... even to the tendencies you have awakened to which disturb your peace. Blind actions and behaviour will be illuminated by awareness. From this, you will give power to yourself in the effort of becoming new through the Truth.

Always aim to secure understandings. Let all your actions compliment each other so that they can then form a chain of good actions each linked to the True Self, and hence to the service of God. **I am the Heart and I always speak the Truth.**



**Mind... let me disclose more understandings of life; of your inherent nature and the traps of Illusion.** Your purity is revealed in concentration. When you become absorbed in a task, your true nature comes to light as you perform what is your current duty. In such action, you are functioning to the letter of the Duty of Consciousness through being one pointed. In absorption, you will find yourself living perfectly in the moment and as such, there is neither pain or joy... there is simply freedom. Never shall you find any trace of the past or future you so often create as you act in competent stillness. But when you are not absorbed through concentration, you begin to stir and become restless. Thoughts then manifest and bubble up like a cauldron coming to the boil. Jumping from one idea to the next, you seek and seek in a relentless quest to experience contentment of any sort or form.

One thought comes; it is pursued and discarded when it is found to be empty of true contentment. Another rises. Perhaps it might be of greater interest to you since it imparts more of the illusory contentment that you choose to identify with as being genuine. But this too will also fade and wither, only to be replaced by yet another and another.

Oh Mind, can you not see the nature behind all these activities? Can you not see that you are a constant seeker of contentment and peace. You know what you want, and that Want is a good thing, but your searching's are continually thwarted by a wrong identification of that which is false and illusory. Compare the peace and contentment you thought you once found with a fond memory, to the peace you have found through absorption and concentration. Which was real?... Which was the purer?... Which served you? Indeed, cannot a fond memory turn on you as you come to realize that it is not real anymore.

Consider memories of happy times when they are recalled at their anniversaries. Can they not bring on sadness by amplifying a different status of your situation or a new reality? Ask yourself this question. "Has the Stillness of concentration ever turned on me and ravaged my Peace?" The answer will always be a Loving "NO", since to be lost in the moment is true contentment. You shall experience that which is Divine and Holy as you drop your fears, worries and anxieties, to embrace the spirit of the living moment.

Oh Mind, you pursue happy times, loving embraces, and other illusions of peace, but you never pursue the remembrance of the Peace found in duty... of the Peace in concentration... for this is where your true happiness resides. Be remembering of the experience of stillness found in concentration and one pointed thinking, to stop yourself being lured out of the moment. Upon such remembrance, do not drift away into what is really another illusion, but let it prompt you to come alive in the Ever-New beauty of the living Truth.

Oh Mind, in all things there is Truth. From this, one can either be established in enlightenment; the knowing of a Truth... or ignorance; the unknowing of a Truth. God however, is the totality of Truth which then makes God's knowledge complete and pure. The state of God

is perfect enlightenment and perfect knowledge, and from this perfect knowledge comes perfect understanding; the purest compassion; and ultimately the most radiant Love. To possess incomplete knowledge as is the common situation with those who live in the world, ones understanding, compassion, and ability to express Love must also be incomplete. This lack of perfect knowledge will be manifest as veils over the vision of perfect knowledge, to then obscure the totality of the Truth.

Although the totality of Truth is always at hand, the image of what is taken in can be done with partial or even wrong understanding. In many instances, what is perceived as the Truth is in fact an illusion of the Truth, and to live by such false and illusory knowledge will bring suffering. So tell me Heart, what is false knowledge or the Illusion of Truth?

If there is Truth in all things, there cannot be "No Truth" in things. If the phrase, "No Truth" is to be valid, a thing must not exist. You do not as such possess a shadow, there is only a lack of illumination on a particular area of the ground. Likewise, you cannot possess illusions of Truth... your Truth must only be incomplete... the totality of the inner Truth has only partial illumination.

That which is given the term "False Knowledge" cannot be alive in the Heart, (as where all Truth resides), but is created from an ignorant perception of the Truth. Since it receives not the protection of the everlasting renewal of Gods Love as does the Living Truth, it is maintained with effort. "False knowledge" or illusions of Truth; no matter how well they are propped up, can never be substantiated, for they are only notions or concepts which will never exist outside the Mind. But the Truth that lives in the Heart... the Truth of the one, is also the Truth of the many. The link in Love that bonds all of humanity, is the common Truth of the Heart... of God!

The continuance and maintenance of Ignorance or "False Knowledge" must therefore aid in the separation of man from the Love of God. When one embraces the Truth of the Heart in all daily activities... when the Mind does not protest against the desire of peaceful unity with the Truth that the Heart has to offer, one will then find Peace. This Peace cannot be found through ignorance or illusions, so to embrace these ways is to embrace a void, and as such separation is experienced.

Though this separation is real, what then is the pain created from these ways? How is it possible for nothing to cause something? Though a mans shadow appears to be the image of his form, it is only the illusion of darkness which allows the eyes to be deceived. Likewise, embracing the Mirage of a desert Oasis as reality will not quench a thirst, and the ensuing agony in the Mind is brought about by the collapse of the ignorant ideal believed to be the Truth. But a wise man possessing knowledge of the fundamentals of nature, will not be prompted to despondency from the play of light. He will continue in his quest for water with remembrance of his previous guidance for the True Oasis. How then does one event affect two people so differently?

Knowledge of the Truth has maintained the inner welfare of one, while Ignorance of the Truth has destroyed the Peace of the other. It was not the illusion of Truth being the cause of pain, but the separation from the Truth. Consider then this pain associated with illusions. If the wise man were to Lovingly instruct the ignorant one in the science of Physics and the behaviour of light waves, in his new understandings he might be prompted to say...

"Oh this Truth!... If I had only had possession of it before I fell victim to my ignorance, there would be no pain. But now that I do understand, I feel no pain. Where did it go then?"

Just as the illusion of the Oasis is really the Truth of Light waves, the identification of what is known as pain, is the Truth of the separation from the Truth. Remember the shadow. You think it exists because it mimics a form, but it is only darkness... an absence of light in one particular area. The darkness is real but a shadow does not exist. Your pain is like this. Your darkness is real... this Truth of yours being blotted out, but to identify pain as the final reality is to be drawn under the spell of illusion. There are no shadows.. there are no floating Oasis'... there is no pain.

**Oh Heart**, how can I be like the wise man whose Peace is maintained since he understands, as you have said, "The play of Light?" How do I recognize the Truth that lies behind all illusions?

Oh Mind, you must laugh courageously at your pain. Straight away!, be remembering of the shadow and understand that the dark form is being cast over you. Step aside and come back into the light. Has the Truth ever hurt you? If you say Yes to this question, then you are still under the power of illusion. I challenge you to turn back to such an event then! Was it Truth, or was it desire. Perhaps it was another illusion from incomplete knowledge at the root of such sorrow?

Oh Mind, I do not seek to invalidate your life experiences, I only wish to awaken your power of perception. I only wish for you to give strength to yourself in the gathering of your understandings. In short, I want you to learn how to learn. There is a life to be lived that knows no pain, and such a life can be obtained by Loving the Truth... by wanting the Truth to be your beloved and always by your side. Mastery over the burden of ignorance can be yours... a powerful command over the emotions will be assured by letting the Heart guide you in Love. Fear not for only Truth can bring you home safely.

**But Heart...** what are these things that can obscure my Truth as I journey home?

Oh Mind. Many are the traps that man so easily falls into. Pride... the greatest of all obstacles will forever stand in your way and create illusions in the vision of the Truth you wish to encounter. Anger... which taints all things with its hellish fire to burn everything you look at. Passion... shall envelope your discrimination to create an illusion of a Truth worthy of seeking by luring you with a false peace. Ignorance... the illusion of illusions shall keep you trapped in a spell of false identification.

Without the Truth and it's gifted insights to guide and support you, illusion shall surely ravage the precious little knowledge you do possess to create confusion as you try your best to maintain a good life. To live continually with the illusion of pain as your final reality, will not serve the well being of a delicate and unprotected faith. The gift of your faith needs to be enhanced and nurtured by a commitment to love the Truth.

On and on the seeker must strive as discernment, understanding, reasoning and perception, become more and more finely tuned through the power of Love. Oh Mind, it is illusion to think you can create a life in Love, Peace and prosperity, without an acknowledgment of the Love and power of God in your life. Although the willingness to surrender your situation to God will be fraught with illusions, keep an attentive eye on the things that can secretly begin to rob you of your perception and courage. The illusion of nothing happening is most difficult to overcome. Unlike the Mirage which is a form perceivable to the senses, only the invisible qualities of quietness and Love will allow you to find a focus for your Peace.

Such an illusion of God lacking an involvement in your life, is the Truth of perfect guidance, and illusions which manifest in forms of fear, shall be the Truths of limited understandings, experiences and faith. Oh Mind, have courage. Breakthrough the barrier of fear once and for all. In your midst, there is a vast unknown and unseen sea of Grace, but only by the greatest Love can the mystery that works with immortal Love and devotion for you ever be comprehended.

But Mind, you do not need to place the demands upon yourself that could enable you a share in this mystery. Rest easy. Let go. Have faith. Who needs to understand how beautiful Crystals are formed. Let them do their duty as you attend to yours. Your perception of God's Love and Devotion for you is a mirror to your own Love and Devotion, and the illusion of God being without action in your life, is the Truth of the state of your own Love, Faith and devotion and understanding.

*"... It is your faith that has healed you."*

... say the words of a Great Master. Such words demonstrate how the Supreme silent power of Love and Devotion in the faithful heart can manifest real changes in your life. The source of life is that nectar found flowing from the river of the Heart. Not here! Not there!, but within resides the power. Within is the power to make things change... to make things happen, and it will only manifest through a Loving belief in it. So many are drawn away from their inner Love in a quest to find the Truth to places beyond the clouds, deep in a cave, in far away lands, in objects, possessions and people, but it is all within and the map to guide you there is Love.

How is it that for so long you have had faith in your doubts? And how is it that the ways and teachings of the Source of Love have been put aside for the choice of fear. Illusion! your fear is all illusion. Illusion is everywhere.

Oh Mind, Man puts so many ignorant labels on things blind to their true nature. The illusion of the sun rising, is the Truth of its stillness. The wind never blows, but is sucked by powerful forces of nature. The illusion of the tiny stars, is the Truth of their immense distance and immense size. The illusion of that which is known as a bitterly cold winter, is the Truth of the resting time of the Earth. The illusion of the Parable that seems devoid of a point, is the Truth of ones current understanding. The illusion of you being seen as skillful talented and even worthy of praise, is the Truth of Gods humble and mighty talents being alive within you. The illusion of the world being your source of problems, is the Truth of its neutrality in the input to your life. Problems, and the way you allow them to influence you will depend on the correct identification of their underlying Truth. One can deny the Truth and embrace illusion, to then cultivate anger or blame... perhaps both; One can embrace the Truth, yet suffer it; Or one can embrace the Truth and quietly and Lovingly do the thing that needs to be done as ones duty.

Oh Mind, open your eyes. Many things are not what they seem. Endless is the distortion of the innocence of nature whose true simplicity contains a storehouse of knowledge. But be careful of this knowledge that can come to you. Let it not take up residence in the Mind alone, but let it bring about a closer unity of the Heart and the Mind. Regardless of great truths and understandings that come your way, let the Mind remain simple and uncluttered that it may always be the ready and willing servant of the Heart. Know that your new found wisdom is always there to guide you in confidence and serenity when the moment calls for the emergence of Living knowledge... of the Truth.

**Oh Heart**, truly truly you have inspired me to know my God, but tell me, why do I need to know that the wind does not blow but is sucked? What purpose is in me contemplating the stillness of the rising Sun? or the immensity of size and distance of the stars? I can a live life without my shadow!

Oh Mind, stop right there! Speak no more. In this very moment, you are enveloped in illusion. For such thoughts to be ringing true within you indicate a lack of perception. God is the wind. God is the force that moves the wind. God is the stars. God is the immense distance to the stars. God is the motion of the earth which gives rise to the morning Sun. Oh Mind!... the person who lives an Earthly life without a shadow lives continually in darkness. To behold even one Truth, is to behold God, so to seek Truth through either the silence of contemplation or worldly activities, is to seek God. Beholding one Truth enables a person to behold another.

This chain of discovery is part of your freedom. Oh Mind, if you were simply to perceive the Truth of one grain of sand, and lovingly acknowledge that Truth as your link with God, then you have come just that little bit closer in understanding that there is no distance between you and God. You are bonded firmly and inseparably by Truth. All Truth is of value, and none can be said to be insignificant. Seek Truth, and you will seek understanding, knowledge and wisdom. Seek nothing, and you will seek a life suffered from illusion. From now on, whenever you are tempted to spiral downwardly in the illusion of pain, let it immediately remind you that you are experiencing some form of separation from the Truth. Your pain does not signal the culmination of an event, but the beginning of an understanding desperate for your embrace.

Herein lies the reason why one needs to access the power of Contemplation. Awaken your powers of peaceful sustenance and give yourself a chance to find the missing Truth. Be patient

as I have instructed you so many times before. Do not bring further feelings of uncentredness from anxious searching's, but know that seekers of the Truth will always find their goal.

Oh Mind, nature is always full of surprises, and will ever be the messenger of sorrow as equally as it shall be the messenger of joy. But the sturdy of character and Mind... the steadfast and strong... the humble and content... the pure and the loyal have all learnt how to become a rock of solidarity amid the motion of nature. All people shall in time experience sorrow and joy, but through the skill of a refined intellect and the power of Love, the surface view of such events can be recognized for the illusion it is. In the maintained singular state of oneness, the play of the opposites have lost their power of illusion, and the simple truth of Love, life and God can be seen to be the true source of that which is permanent... of that which gives meaning to life.

Oh Mind, your efforts in coming alive through concentration need not be wholly related to time spent in absolute silence devoid of speech, but simply give yourself to each of your daily tasks and allow the internal chatter to cease. When talking to people, honor them as well as yourself, by devoting your eyes and ears to the gift of their presence.

Oh Mind, all hearts are linked, and all Hearts are one. The many are truly the one, but the one is seen as the many through an illusion from sustained ignorance. God, or the totality of Truth resides within as is truly available to you. As such, this totality can be experienced and known through the ways of cultivated silence. Through a quest for the inner Truth, all Truth can be revealed to you to eliminate this separation from God through absorption, concentration, meditation and Love. Seek the inner realm with diligence and Love and the Universe can be yours to know.



**Oh Heart,** How is it that God can be everywhere at once? How can it be that no one is overlooked? I battle with many things that demand my attention, but can become so lost in the demands of the moment that your words seem so alien to me. To simply say that God will always here my prayers does little to take me beyond the infant spiritual teachings from my youth.

Oh Mind, this idea of the all pervasiveness of God can be grasped by contemplating this analogy. You live in a world of three dimensional form, but I ask you remove one dimension and consider a photograph having only height and width. Consider such a photograph where the subject looks directly out to the viewer. A person walks from one side of the room to another and declares that the eyes of the image have always been upon him. Likewise, when two people simultaneously view the same picture from different parts of the room, each shall then proclaim that the subject's eyes have always been upon them without any variation. The image in only two dimensions is exhibiting a remarkable natural feature.

So it is also in that added higher dimension beyond the third of the physical world. Gods Love and attention is equally upon all beings. This is the natural phenomena of Gods mighty nature. The radiant all pervasive consciousness of the supreme sees all. No one can escape, or more importantly, no one is forgotten. Do not fear amid your situation. This Love is continually being beamed over you and is ever watchful. Surrender in peace to this amazing power... to the great Love and know that should you fall, you shall ultimately fall into loving arms.

The dimension beyond the third is Supreme Awareness, and it is as much a part of the natural order of things as any other aspect of nature that belongs in the physical world. Remember the five senses alone cannot perceive the illusory nature of many things, but that which might be called the sixth sense or intuition, is the means to access the higher dimension of heightened or expanded awareness.

Oh Mind, a window covered with grime will always limit ones perception of distance and depth. In the same way, ones inner vision or higher awareness will be limited by the mind's layers of worldliness which cloud the Love of the Heart. Oh Mind, summon that infant faith you talk of to at least form a prayer asking for the experience of this majestic awareness. Be pure,

confident and persistent in your plea, and let your yearning to know your God be lovingly decorated with patience. Such a prayer would be truly noble, since it shall be asked for, for the highest good. Such an event will convert your faith into knowledge, and you shall have a power within you that no person or event could ever take away from you.

**Oh Heart...** I am drowning ecstatically in oceans of understandings. I know without being troubled by any shadow of a doubt that I am finally escaping the whirlwind of my madness... the scattered and unco-ordinated behaviour of my past is at last coming to an end. I feel free!... I feel free!... I feel free! And in another way, I begin to see this power of God drawing me deeper into this truth. Every second that passes sees the dawn breaking forth somewhere over the Earth. Likewise, at any given moment it is always midnight somewhere, as it is always Twilight and Dusk... Mid afternoon and morning all at the same time. All these things are happening at once. To think that I can now begin to understand how God is always thinking of us.

Oh yes!... to think that such a thing could even be comprehended in even a small way, is truly wonderful. What a gift! And equally, as God remembers us out of the all pervasive region, we too who dwell on the Earth must also be sending forth remembrance constantly. Always there would be someone saying morning prayers. Always there would be someone saying evening prayers. Always there are people in silent meditation... offering their stilled minds in the living awareness through simple and profound worship.

But Heart, I have to catch my breath as my ecstasy dissipates, for the significance of what is happening, is now beginning to dawn within me. I kneel down to you and look up with child-like eyes and begin a prayer with folded hands. I gather myself into the moment, but I am lost for words. There is only stillness... there are no words to express how I feel so I shall speak my prayer of thanks with the silent words of the living moment... the pure silence of the Truth. Tears begin to fall... Why?... Perhaps I am unworthy of this gift of understanding. Why should I feel sad?

Oh Mind, don't be confused by the intensity of the Souls Truth as it manifests itself through tears. So often when you have been prompted by disillusionment, you move yourself to tears. As such, you link sorrow with tears, and tears with sorrow. But the mighty Joy of the Soul coming in touch with God's Loving Truth through the world, explodes in feelings that will often overwhelm you. Whenever you maintain prayerful silence with deep expressions of remembrance and gratitude, you are ensuring your purification. Be sure in knowing that such absorption in silence is the deepest sort of worship.

There is great Honor and merit in such an act, and when it is done many times over with that same feeling of Love and devotion, your power and purity will combine to liberate you from the snare of mundane worldliness.

**Oh Heart,** I emerge from the sweet Divine state I was drawn into, to live again in the world of time. As such, I am lured a great distance away from the moment to a mirage of what was my youth. But I am wiser now, and I know that what is before me is not the living Truth. However, even in my new understandings I find I still allow myself to be coerced into suffering the choice of illusion. Oh My childhood!... My childhood! Unashamedly I can say that I was pure and innocent then. But How?... How did I become like this? You have said that often I must return to my childhood purity. This I understand and I know I shall achieve, but Heart!... how could I have lost such a precious gift? What happened to me?

Oh mind, there is only Love, and you have never lost your purity as you believe you have. Such is the Love of God that you have received the gift of being allowed to experience the opposites. Tell me... what understandings of yourself; of Life; of Love; of the wonders of the universe; of the diversity and unity of nature would you have sought by living a content, quite,

and uneventful life? Water will stagnate and fail to give life when it remains motionless for long periods, and if it accumulates enough grime it shall turn to mud. However, understand that water brought to such a state still retains it's inherent sparkle. All it needs is to be purified.

To truly understand the importance of your heritage you must lose it for a time to then embrace it with the purest Love and honor. Only after your experiences are complete will the liberating word come to bring you back home. Oh Mind, your every tear has been watched with the deepest compassion. Your every footstep has walked over ground that was lovingly prepared for you that you might see the things you needed to see.

Oh mind, it is when you take leave of your duty as servant of the Soul... it is when you take charge as Master of the Helm that all your ways shall unquestionably be ever lacking in the purest motivation. Hence, all such thinking shall surely be self centered and egotistical. In concentration and absorption, there is no Pride, Anger, Loss, Fear, or even Time. There is only Love, and that Love is alive for you always. That Love will nurture and sustain you and give you strength to carry on day in and day out. Whenever you find yourself being lured out of the moment, allow yourself to be lured back into the Truth of the moment more and more.

Stay alive and live through me.

AWAKEN YOURSELF AND SEARCH!

**I am the Heart and I always speak the Truth.**



**Mind... let me speak to you of Faith.** All my words, all my teachings to you, can evaporate into nothingness if you do not have Faith. This is the quality of Willingness tempered with Courage, to surrender to Truth, Love and Wisdom. It is a willingness to stand firm as you live out the silent Truth I impart to you. To know a thing fully, sometimes we have to experience it's opposite. By remembering that the opposite of Faith is doubt, I ask you to consider your past experiences where doubt was all pervasive.

Did it bring you good things ?

Did it bring you contentment ?

Did it establish you in wisdom ?

Often I have made reference of your comparisons to old events when dealing with that which belongs to the moment. Shall you then employ the fruits of doubt to help you become new ?

Shall you ? SHALL YOU!

Do not fritter away your valuable time and energies in thinking and circumstances that drain you of the power needed for your best efforts. Understand the pull of the emotions which kindle doubt to then scatter your thinking and undo your best efforts of building and maintaining your new life and your Peace.

Oh Mind... neither you or I doubt that the Sun shall rise tomorrow. To think of the implications of this sleeping declaration of Faith. What Majesty must then reside behind the workings of the Planets, the Moon, and the Stars. Who else but God would be able to send celestial bodies spinning endlessly in perfect harmony. What Kingly understanding must be had that these wonders are maintained to perfection.

Consider the overall grandeur of the Universe and the extent of the dedication in preserving the Living Laws of Nature. Does this not perhaps comfort you by inspiring a new understanding of the extent of the preservation of your unfolding life ? Do you consider yourself any less than a spinning rock hurtling through the void? Since the greatest Love can so tenderly and delicately care for this aspect of creation, what tenderness and dedication must continually be bestowed upon you.

Oh Mind, the Stars are blessed, but they shine in silence. But you are threefold blessed for you have the ability to be aware of Love, to receive Love, and to return Love. Possessing conscious awareness has a demand, but when you have become purified from your walk upon the Earth, "You will shine like the Stars", and your blessings will be magnified countless times over. Oh Mind, I see your tired tears from being world weary, but in the emptiness of sorrow, the way is being prepared for the greatness of Love to Fill your life. **I am the Heart and I always speak the Truth.**

**Oh Heart...** How you beautify my difficult times with only a handful of words. Such power in your simple gentleness FILLS me with Hope of becoming New and Alive. Your wisdom astounds me, and I can only borrow a phrase in response. "Your words are a lamp on my path". In all my dark and foggy years, there has been the ever whirling confusion of the world. One day I might feel safe and content, then the next, my world can fall apart. Many times I would reach out blindly for the first thing I could think of, and then rebuke myself for my own foolish choice.

But Oh how it all seems so much clearer to me now. I see that I have never been properly equipped to deal with life's changes. I have been alone on a planet full of people who are as lost as I. How can the blind lead the blind ? Oh how we all seek the Truth so much, and so often think that we have found it. Yet, what we do find is just another illusion which crumbles away like sandcastles from the action of worldly waves. You have opened my eyes equally to the complexities and glories of life at the same time and I am humbled that you have come to me. I am in awe as you stand before me in shining magnificence, yet at the same time I want to stand straight and tall next to you as your equal... perhaps to call you my Brother. Something tells me that the part of me which would shrink away from this thought is only a thing that has been limiting me all my life. Could it be that somehow... someday, I too might be able to understand that perhaps I am as magnificent as you are.

Oh dear one, your greatness will be revealed to you one day, but you must keep Faith in me always. I follow your every breath, your every thought, your every movement, your every action with such silent precision, that you think your doing, is always unattended by anyone other than yourself. But like the feathers on an arrow in flight, I am that part of you which guides you through your destination. Always journeying with you, yet ever unchanging in the position of your life.

Oh Mind, to you I give the loving gift of a handful of words that you might have constant remembrance of me. It is said... **"As you think, so you become."**

**So say then...**

**"I am the Heart"**

Repeat these words over and over and over. Stay awake with me. Become enlivened. Become empowered through me. Become me.

**I am the Heart... I am the Heart... I am the Heart...**



**Its repetition will transform you.** You will gain command over the emotions, and you will come to know the steady state. A light will shine. More and more you will find that your mental clarity will not be robbed by the thieves of ignorance, desire and attachment to things which you falsely believe you are in need of. However, do not use these words as if to hide from or deny what are your obligations, for I shall only prompt you over and over to return to what is important... to what is your duty. You yourself shall generate any agitation be it subtle or pronounced as you choose to abandon my offering of Love for the welfare of your life.

Oh Mind, it is so easy to sink back into the mire of unawareness. The emotions and senses can make the world seem enticing, to then draw you out of the Loving state of awareness instantly if you are prone to desires or attachment. You must train yourself in the science of awareness. Not like a science of the physical world, but the spiritual science of cultivated discipline empowered by Love and honor. You must stay with me as much as your duty will allow. Tell me! what part of your day is spent in required concentration, and how much of your day is spent in worry or useless chatter or other activity. How much of your day is spent in mundane and useless thoughts. Gather up all of the time that does not belong to your daily duty and spend it with me. I will empower you to be courageous and confident. I will grant you wisdom. I can ensure your well being.

Oh Mind, listen very attentively. So often in the mundane thoughts of unawareness, you would be tempted to say, "I am sad", but you are never sadness, You are never sad. This type of thinking is wrong and extends a lifetime of illusive suffering. Does silver lose its luster in a room without light? Does it become something different in the dark? If it could, it would never say.. "I am darkness.", but rather... "There is darkness." Equally, does a person become the night under a starless sky?

Oh Mind, why would you say "I am sad", when only a darkness is being cast over you. It is not real to say anything other than, "I am... the Heart" always... on and on regardless of the circumstance. You use those other terms so loosely, blind to the real implication of their use. Without a second thought, you cast a net of deception over yourself and struggle overly and unnecessarily. Don't bring that which is false into your life.

Do not foster a way of thinking that keeps understanding and freedom away from you. To identify yourself with all these countless qualities will only see you lost as in a mirror maze... What is me?... Where is me?... Who is the real me? Never would you know where your truth shall lie. Consider also that you would never need to say... "I am thirsty, I am sad, I am tired" You never need to say... "I am lonely, I am confused or I am angry". Without a doubt, there may be times when the body shall be thirsty or requires sleep. There may be times when feelings of sadness and loneliness are present. Confusion and anger can also dog you, but you are never any of these. You do not have to take on these qualities and proclaim that you are them by the use of ... "I am..." ( that quality).

Do you worry? Does this thinking bring forth any plans that re-establish and maintain a good life? Why be involved in repetitive thinking that goes nowhere; produces no change, and promotes anxiety? You shall dive into the depths of illusion and drown in that feeling. You will lose clarity; hope; and your precious and tender faith can be eroded. If you find you have immersed yourself in such ways, then hold your breath and glide back to the surface... to the true reality of expanded awareness. Breathe easy in the light.

### **"I am the Heart... I am the Heart... I am the Heart."**

**This thinking has purpose and merit** for you. Any other use of the phrase "I am..." becomes redundant when you truly absorb its meaning through its repetition and contemplation. If you do engage in worry, that thinking will only transport you to the days without understanding. If you engage in the ways that bring despair, and anxiety, then you have chosen to take on these qualities.

Without you saying any words, by your actions you have said... "I am sadness... I am despair... I am pain", but because there is no awareness when sinking into such states, the

illusions of life continue to be sustained. This only serves to make life falsely appear to be bitter; cruel; without sense. Your true child-like Love then becomes enshrouded, and your faith is cast aside.

Oh Mind, the maze would dissolve forever upon the permanent realization that to say "I am the Heart", would be your highest Truth. Regardless of the situation, there is only one reflection worthy of identification that can truly be of service to you. There is only one train of thought that has any merit. Resign your residence from the world of illusion once and for all. Identify only with me.

**"I am the Heart... I am the Heart... I am the Heart."**

The invalid expressions of consciousness only serve to keep you entangled in subtle illusions preventing you from crossing over the fine line into the living Truth.

For yourself, the use of "I am..." is only valid when it is completed by saying "the Heart."

Are you feeling afraid?

"I am the Heart"

Are you feeling lost?

"I am the Heart"

Are you feeling weary?

"I am the Heart"

Are you feeling sad?

"I am the Heart"

This, and your duty is all you have to remember.

**Oh Heart**, grant me the stillness that shall reveal your many secret gifts. Send me the blessings that bring stillness so that the living silence can be revealed in all its splendor.

*Kindle my Heart with the flame of your Love.  
Somewhere the embers still glow.  
Brighten my mind with the radiance of Truth.  
Kindle my Heart and let me Love again.  
Bring me to know all the ways of your Love.  
Teach me that I might know joy.  
Open my mind to a life never known.  
Touch me and bring me back home.  
Guide me through that which I need to be sure.  
Teach me so I know myself.  
Show me that I never need be afraid.  
To go ahead and leave behind old ways.*

**Oh Heart**; yes...I can feel the truth in your gifted phrase to me. It rings of hope and truth. It radiates comfort and faith. It is somehow more than it seems.

Oh mind, when you choose to remember me in this way, maintain a powerful awareness of the meaning of what you are saying. Remember how I have described my abundant self through the limitation of language that I am infinite compassion, tender and soft, yet pure and strong like

chaste steel. I am faith trust and courage. I am perfect patience. I am unattainable and stainless and always content in myself.

There is nothing that I seek for I am complete and whole. Joy does not change me. Sorrow does not move me. Forever I am content within myself. I am the living silence that moves about the world, yet apart from the world, and I constantly whisper my truth and my Love to **all beings** that they may be given the choice of freedom... that they may come to know me and come to want me.

I however do not want, and I cannot be burdened. I am the preserver of duty... of righteousness... of self respect and obedience. I am the qualities that maintain purity and the love of discipline. I am the gardener that plants the healthy seed and I am the nurturing rain. I am the fire that consumes the dead wood. I can draw you into me for my Love is irresistible. I am the silent witness. I am the rock. I am everything, and I can only give. Are not these the qualities that you would wish for yourself ?

Oh mind, they are all there but lie buried beneath layers of worldliness and illusion. Be free! ... be totally free! It is only the thinking and choices born of these layers that make life seem devoid of true purpose, compassion and sense. But a life born from the center flower of the Heart can only bloom for you.

Oh Mind, search for the experience of these words. Do what you must to make these words come alive in you. Nurture them, guard them from the many thieving brothers of the ego.

**You MUST guard them!!!... You MUST guard them!!!**

Come to me many times in silence. Oh Mind, I do not ask you to only come to me when you are anxious or despondent. Share also your happiness and joys with me. Equally you can make an offering of any part of your life to me. I am always here for you. Tell me you Love me when you are feeling sad. Tell me you Love me when you are feeling happy. Tell me you Love me when there is serenity and peace.

Such offerings contain incredible merit, and the Supreme Silence would never never ignore you. It is an illusion to imagine yourself as an unheard voice. The prayer that is born of the quietened Mind, makes every atom in the Cosmos resonate in sympathy with your thoughts of Love. Cultivated remembrance of me will deliver you from a legion of tormentors, and you will come to know that the peaceful ways of the Heart will make you mighty and victorious. With ease you will turn your back on the things that you would so easily have succumbed to. There will be mastery over illusions to make your life abundant; prosperous; rich in the things of the Heart. Wisdom will be yours, and dreams will come true since your very own beloved dreams will be my very own beloved dreams.

Oh Mind, trust me... whatever happens...trust me. Trust that I shall truly be with you. Trust that I truly have the power to affect real and great changes in your life. Go over all these words of mine time and time again. I have given you much to contemplate.

Oh mind, if you aspire to reaching the summit of Love, hang on to the silence I give you. Pray for grace and only be concerned about going forward. I want so much for you to be like me. I dearly long to see the day when you shine as radiant as a million Suns.

**Stay with the Heart...**

**to become like the Heart...**

**to become the Heart.**

Stay with me. Remember me. Believe that you are not different from me. I leave you now with great Respect and Love, and let you continue your life again aided by my Loving gifts to

you. Look after them with great diligence. Love them tenderly, Honour them reverently, and Cherish them with all your being. Remember me and remember Love.

May the words of Love always be on your lips in everything you say, and may the ways of Love always be in everything you do. I am the Heart and I always speak the Truth, and I Love you Perfectly. I will Protect you.

**Oh Heart...** you have given me everything, what can I give you in return.  
To you I offer my life. No one makes me do this, I give it you of my own free will.  
There is only Love and I have nothing to fear.

*Love you give to me, I'll return to you.  
Life you give to me, I will live for you.  
Dreams you give to me, I will follow through.  
Faith you give to me, will make my dreams come true.  
Silently calling my heart, teaching the ways of my truth.  
Opening doors to my soul, living in beautiful light.  
Songs you give to me, I will sing for you.  
Peace you bring to me, will fill my songs of you.  
Blessed by your Love I am home,  
safe in the arms of your Love.  
Rich in the things of the Heart,  
All that I need shall be mine.  
Love you give to me, I'll return to you.  
Life you give to me, I will live for you.*

As you return to your abode of peace, I cry out the final words of this blessed meeting of ours. Let me go one step beyond being devoted. Let me go one step beyond being a seeker of the Truth... beyond being a follower of the Truth. Let me be a servant of the Truth.

Farewell... yet not farewell.... I await your silence.