

"Messages from the Masters"
A Round Table of Wisdom, Love, Compassion, and Creativity

Sheldon Pizzinat

Copyright 2014 Sheldon Pizzinat

All rights reserved. This book may not be reproduced in any form, in whole or in part (beyond the copying permitted by US Copyright Law, Section 107, "fair use" in teaching or research, Section 108, certain library copying, or in published media by reviewers in limited excerpts), without written permission from the author at www.sheldonpizzinat.com.

This ebook is licensed for your personal enjoyment only.

This ebook may not be resold or given away.

Thank you for respecting the hard work of this author.

The Round Table

Introduction

Chapter 1—Love and Relationships

Chapter 2—Work and Money

Chapter 3—Fear

Chapter 4—World Affairs

Chapter 5—Spiritual Guidance

Chapter 6—Conflict

Chapter 7—Family

Chapter 8—Creativity

Chapter 9—Connecting to the Divine

Chapter 10—Goals

Chapter 11—Addiction

Chapter 12—Self Love

Chapter 13—Change

Chapter 14—Thought Patterns

Chapter 15—Presence

Chapter 16—Spiritual Growth and Practice

Message from God

Connect with the Author

Introduction

When I first envisioned this book, I had just asked myself this question: "How can I use my unique talents and gifts in service to others?" The answer that came forward instantly was "channeling" some of the most influential prophets and masters to explore some topics that I thought were relevant to most individuals today. I intended to serve as a connection to their guidance and healing and share the incredible messages of these individuals who have had such a profound impact on this world.

My Life Experience

When I was 26 years old, I went through an incredibly cathartic spiritual awakening. For weeks I was walking around completely blissed out in the energy of unfathomable and infinite love. My whole reality had shifted. I was loved, protected, and a part of an infinitely caring intelligence. I felt it in every cell of my body. I knew that where I was every single moment, and who I was in that moment, was incredibly perfect and loved.

Looking back I can describe this experience as somewhat similar to individuals' near-death experiences, where they speak of coming face-to-face with God, Christ, or whatever that loving light represents for them, and feel the majesty of it. That experience alters us forever; it rocks our world in the most incredible kind of way. With that unexplainably awesome union with sacredness, all answers to all questions come generously and instantly. One experiences a "knowing" and a feeling of absolute wholeness.

This energy coursed through my body and felt so superb . . . powerful, yet incredibly gentle at the same time. I understand why the sages sometimes speak about it as "tasting the nectar of God" and how individuals yearn to return to it again and again.

One afternoon, a few weeks after this awakening, a friend of mine was giving me a hug. With me being 6' 3", her head was positioned on my chest. After a few seconds she lifted her head and looked at me with a startled and confused expression, "What's that noise?" she looked around for a few seconds, put her head back to my chest and exclaimed, "You're making a noise!! What the \$#%^ is that?!?" She could actually hear this energy vibrating and flowing through me.

I felt like a string instrument during this time, an instrument resonating with and playing a very

delicious and high note . . . the note of complete and infinite love. It was as if every cell in my body, every atom, inside was singing the note of joyful bliss. Things that seemed insignificant before, such as the incredible detail of a tiny flower, could move me to tearful joy and gratitude. There are no words to properly describe the beauty of what I felt during these weeks.

Although the strength of this experience dissipated over time, it showed me an open door—the portal to our true selves . . . lovingly beckoning us in. And through desire and practice we get to return again and again, mastering the ability to anchor ourselves there.

My mission is to live more and more from this place inside, while serving others on their journey to do the same.

One Final Note

I have noticed how powerful the written and spoken word can be in serving the transference of higher energies. **Go with the energy behind the words in this book. I ask that you please be willing to embrace the *possibility* that through reading these words you will feel the energies of infinite love and wisdom that are working joyfully behind the scenes, serving you in the most incredible kinds of ways.**

In love and service,
Sheldon

Chapter 1—Love and Relationships

Sheldon: Today's topic is love and relationships. They're both big topics, I know. Let's start with love. Jesus, would you like to begin?

Jesus: Yes, thank you. First, we should define love. In itself, love is an energy; an energy you feel inside. You feel a connection to a place inside that is like a river; a river with no spout to turn it on and off. This river of energy is a beautiful place to connect to inside—the more you connect to it, the more you bring awareness to yourself. And your life will change—you will become happy and fulfilled. You won't be triggered by external circumstances. It's a beautiful place to live your life.

Sheldon: Can you tell us some ways to connect to that place?

Jesus: Sure. Number one, you can invoke my name, and I will assist any person to connect there. I am not the one carrying this energy—it's flowing through us, and I assist you in connecting with it. So I want people to take ownership of that unlimited reservoir. I use this river analogy because it's a flow of consciousness; an energetic universe inside of you. So you can invoke me and ask, just as Sheldon is doing. This is available to each one of you.

Second, you can place your hand over your heart—use your nondominant hand (although either hand is fine, really). You will find that this taps into your honesty and your love.

Another way to do this is to tell yourself or tell others, "I love you." You can sit and meditate for a few minutes about loving yourself. Sometimes when you do that, you might hear voices come to you. They might say, "No, go away" or "It hurts" or "I'm ugly" or something similar. It's important not to try to force those voices out—let them come up.

This takes courage, because these places can be frightening. However, they are only frightening if you push them away. Let them move forward without judgment. Let them come up—accept them, love them, *tell* them you love them. Say you're willing to hear it; that you're willing to be with them as they express whatever it is that needs to be expressed, and just sit quietly with the thoughts and feelings as they come. The important thing is to do this in a place of neutrality, a place without judgment, a place of loving. The more you can love these parts—all the parts of yourself—the more you open yourself to loving.

Love is a beautiful thing; it will change your life. And it's such a simple choice. If you just make space in yourself to love more—to connect, to have the intention of connecting to the love that's flowing through you. God bless you all. I love you.

Sheldon: Thank you so much. Do you have some words to say, Gandhi?

Gandhi: Oh, where do I start? I don't know if anyone would find what I have to say on this matter interesting. I believe that you have to pray; I believe that prayer and meditation are essential to find wisdom. I prayed for it all the time—I asked and asked and, to be quite honest with you, sometimes it didn't come (though most of the time it did). If you demonstrate a desire to connect to the wisdom and love inside, or to be shown the way to it, I believe it will happen. It is inevitable. And Jesus is absolutely right: it will change your life. It changed my life. It gave me a fearlessness because what did I have to fear if I was in love? I loved people.

Sheldon: Buddha, Would you please join us in this conversation?

Buddha: I believe that love is a state of mind—it comes naturally from a feeling of oneness. When you realize that you indeed are a part of everything and everything is a part of you—when you truly experience this in your body in a profound way—then love is a natural result. With loving comes a gentleness—a nonviolent lifestyle where one of the natural outcomes is that you do not want to hurt anything. Instead, you want to nurture life; and in return you will feel nurtured *by* life.

Sheldon: I can't help but feel that there are a few different ways to think about love—especially the difference between what Jesus talked about and what you talked about, Buddha, about tapping into love and connecting. Can you talk a little bit more about that?

Buddha: Yes. There might be differences in how to go about connecting with or achieving this consciousness, however, the energy is the same for the most part. And when you practice what I have taught, you might feel the energy in your head a bit more; you might feel a tingling on the top of your head. And I believe what Jesus talks about: that you might feel it more in your chest. What do you think, Jesus?

Jesus: Yes, it is a bit more chest-centered, heart-centered. A heart-centered approach is what I'm known for—it's my path, the path of the Christian tradition, and it comes with many rewards. I encourage people to experiment. Experiment with every approach to finding God inside you, to finding love inside you. There is no wrong way.

Sheldon: Gandhi, I'm curious. I believe you studied all three traditions: Muslim (or Islam) as well as Christianity and Hinduism. Do you have anything to say on this topic of love regarding the different traditions and practices of wisdom?

Gandhi: Well, I used them all. I grew up in a divided India where Hindu and Muslim lived together, and I studied both. Christianity came in later, of course. I encourage you to use any of the experiences or teachings of those who went before us. They give their grace and their guidance to all of us. It's something to be thankful for because it is a beautiful thing—and it's powerful.

I think it's great to learn from different perspectives, because it can help you gain more wisdom. To just feel connected to and understand more people is a great gift; it's nice to be able to study or experience what they're experiencing, so you can relate to them better. I, of course, studied a lot of Hinduism, and I learned to integrate different approaches so there was no separation between them—between heart-centered Christianity and the oneness of Hinduism.

Sheldon: That's nice. I myself feel a bit of a separation—or, rather, a difference, I guess. And I feel like maybe I should choose one or the other tradition to study or follow. In other words, I should have primary guidance from either Jesus Christ or Buddha. Because when I'm talking to either one of you, I feel so different. I feel you, Jesus, in my heart, and Buddha I feel in the top of my head—and they both feel energetic, which is so nice in my body.

Gandhi: Well, Sheldon, I suggest that you just make the experience okay. And if there's a conflict, make that okay. I believe that it will resolve itself the more you can deal with it in a nonjudgmental way. We're always here for you—we love you. We're happy to be here.

Sheldon: I was wondering if we could move on to relationships now. This is something that I'm particularly interested in because I'm in a relationship and I believe I love the person. Maybe

what's truer is that I love the feeling that comes when I'm able to hug a person and share my affection. I'm an affectionate person (I like to hug and kiss), and it's great to have somebody in my life who is affectionate also. So I'm grateful for that; it gives me a lot of joy. However, I'm not so sure that's love.

Buddha: Well, Sheldon, it *is* love. It's love in the sense that you're sharing this special energy—it's springing up from inside you and taking on its expression in hugs and kisses. That's a very natural form for love to take.

Sheldon: Is it okay, though? Is it okay that sometimes I don't feel love but feel more like, "What's in it for me?"

Buddha: I imagine this is a current that runs through your whole life. If you look closely, you'll see that it's not just in the relationship that you have this conflict. In your life, perhaps you have a place that questions, "What's in it for me?" and you have another place that *doesn't* ask that question.

Sheldon: Sure, of course I do. Yes. I've had that "What's in it for me?" question all my life, I think, or at least for a long time. It wants what it wants right now: "I want what I want right now. How am I going to get that?"

Jesus: There's always an opportunity, Sheldon. Love yourself just as you are . . . in this moment. You don't have to change at all. Spend some time doing this—five or ten minutes, if that's all you feel like doing, but make it a practice. I promise that it will reward you greatly.

Sheldon: Gandhi, how did you get to be so strong and centered, and dedicated within yourself to truth and love?

Gandhi: Oh, you give me too much credit. It was difficult for me, extremely difficult. Don't think that I wasn't conflicted. It was a long and arduous journey, and I didn't get everything right by any means. What I feel I did that helped were prayer, intention, dedication, and practice.

I gave my solemn oath to be the best that I could be, to channel these energies through me as best I could, and to be as good as I could. And because of that, I got a lot of assistance, and I believe I was successful much of the time—but I was nowhere near perfection. So please don't see me as perfect and emulate that image, because it's not a true image to emulate. I suspect that everyone, no matter how dedicated, will always have opportunities to continue to grow throughout their lives just as I did.



Relationship Exercise

Sheldon: Today we're going to talk about exercises we can do to practice mastering our minds, bodies, and lives. First, we'll start with relationship.

Buddha: Relationship is a wonderful tool to practice consciousness and awareness. One exercise we can do is sit across from a partner (this does not have to be a romantic partner; it can be a family member, friend, sibling, lover, wife, husband, or child). Start by making an intention to tell the truth. Start by making an intention to be willing, vulnerable, and honest. Just being

willing to be honest will lead to vulnerability and intimacy. Sit across from him or her and look into each other's eyes.

Before you start, choose which person will go first, or whoever feels a charge or an energy inside of them to move—give it a voice. The intention with this exercise is to be present, to say what's present and only what's present.

So it might look like this: one person says, "I'm nervous." Once one person talks, it will set in motion an opportunity to continue in the presence. So your partner might say, "I feel funny in my belly. I feel nervous."

The exercise continues this way, just giving a voice to what's present—back and forth—and seeing where it leads. Immediately it opens a space of higher consciousness and will deepen where each person is at the moment. Depth into oneself is higher consciousness. So as you go deeper, you go higher.

At another time, one person might say, "I'm afraid. I feel afraid." This is good. This exercise is an opportunity to sense what is going on in your body and give it a voice; to be present with your body. This might be easy for some people and more difficult for others. Some people might find that their minds might be dominant at this stage of their lives. Their minds might be trying to analyze and compartmentalize, construct and create, and spin in circles. That's okay. You can still be present. You might be thinking, "What are we doing here right now?" or "I think this is dumb. I want to fix you. I don't like sitting here right now." But the key is to keep it present, even if it's in the mind.

If your mind feels stuck, you might gently tell yourself, silently, that it's okay to feel your body; it's okay to feel what's *in* your body. The moment you get out of your mind, you will be taken deeper, and as you get into your body, into the deeper energies of yourself, you will find peace and loving.

It's not necessary to go through the body. For some experienced, or gifted, people, they might be able to quiet their minds instantly and witness the mind. "I am observing myself thinking. I am observing my mind." This is a tool that's good for relationships—especially if you're in an argument.

You might feel "stuck." Notice if you're labeling the other person "wrong" or yourself "right." Notice if you are defending yourself in some way. It's okay; use it. Give it dialogue; tell your partner what's going on as truthfully as you can in that moment.

Jesus: Here is another exercise. It's a heart-centered exercise, similar to what Buddha was speaking of. You will sit across from your partner, though, it doesn't have to be a romantic partner; it can be anybody.

You look into each other's eyes and one person begins by saying what they love about the other person. "I love that you're in my life. I love that you're my son. I love that you're my husband. I love that you make the bed in the morning. I love that you pick me up in the afternoon." And you trade, back and forth. You trade love and gratitude, back and forth. It's a powerful exercise.

As you do this, you can compound the depth of the exercise—the depth of the loving—by trying to see Christ in each other's eyes. I don't mean me; I mean the perfection that exists beyond the personality—the child of God; the child of our Lord. Choose to look for that beloved place as you do this exercise.

Intend to see the perfection of the divine in the light of your partner's eyes. You can let your partner know what you are seeing, if you like, and vice versa. This is another powerful exercise.

Mohammad: I have an exercise for your relationships as well, similar to what Jesus was speaking about, but you say "thank you." You sit across from one or two people and you just thank them . . . for anything. "Thank you for cooking for me. Thank you for preparing such wonderful meals. Thank you for loving me. Thank you for working for our family and our needs. Thank you for being a courageous, honest person, committed to truth. Thank you for being a good person. Thank you for your help in the house. Thank you for cleaning up your mess. Thank you for cleaning up your room. Thank you for being willing to help our family."

Another exercise is related to spiritual practice. Do the same thing with God. "Thank you, Allah, for taking care of me. Thank you for loving me. Thank you for your guidance. Thank you for your lessons. Thank you for opportunities." You can also say, "I love you for looking after me. I love you for helping me with life."



Chapter 2—Work and Money

Gandhi: What do I know about money? I took a vow of poverty. I really don't care for money that much. It didn't have any impact on my life. However, people did say that they spent a lot of money to keep me in poverty, which is quite interesting and ironic, even humorous. I believe that too much emphasis is placed on money. When it comes down to it, the feelings that you're deriving from having money really can come from a connection to spirit or your higher self, your soul—whatever you want to call it.

Sheldon: Buddha, how do you feel about money? Would you like to say a few words on this topic?

Buddha: Well, as you know, I would have inherited a substantial amount of money. However, I knew I wasn't happy watching my family and those around me. I knew that money wasn't a guarantee of happiness, so I took it on myself to discover what happiness is.

Just as most people know inside of them, I believe that money does not make people happy—it's an illusion. Sure, there are moments when it seems as if money is making you happy, however, if you find that place inside of you—the place of abundance, security, trust, faith, joy, happiness, love that overflows and is a continuous spring—and you operate from *this* place, money will become less important while still meeting your needs.

At the same time, you might not have your *desires* met. The distinction between needs and wants is an important one. Your desires are fleeting (they all are), however some stick around longer than others. When your desires are not met, you might tell yourself, "What good is all this spirituality when I'm not getting my new car? See? My needs aren't met."

It is important to watch and be extremely truthful with yourself, because it's easy for the mind to lie to itself and play games such as this. However, it's important not to put a negative connotation on money, because it is neither positive nor negative—it just *is*.

If you want more money in your life, do not hesitate to intend for that to happen, then *release* the intention—let it go. Take action and work for money as well, however, do not sacrifice your inner connection to attain the outer. If you do, you lose what is truly most important.

If you find a conflict between your outer and inner world, pursue a way to find peace inside of you. In other words, if you find yourself working hard toward making money, yet you feel there is something lacking in your life, perhaps you're feeling as if you have to lie or cheat yourself a bit, or even cheat others.

No, I'm not talking about thievery, but about the subtle cheating where you feel as if you are giving up something inside you—a part of your integrity. Have courage. Don't be afraid to acknowledge the feeling and give voice to what you feel that you're losing. It may be that you're putting the pursuit of money much too high on your life's priority list.

Gandhi: I'd like to say that there is nothing wrong with money. Some of my dearest friends had money and they were truly wonderful people. The path of intentional poverty I took was my path. I chose it, but it certainly isn't the right path for everyone. There is no right or wrong in choosing a path of successful merchant (or in your day and age, successful businessman or

CEO). I've noticed that in the American culture, people who earn a lot of money are respected more. Of course, this is something to be tossed aside.

What I'm trying to say is that any path (even the path of financial success) can be a path toward spiritual enlightenment. The vow of poverty I took was the right path for me, and it was my choice, however, it would be wrong for me to say, "This is the *only* path to take for spiritual evolution." It's a personal choice. Let's not judge one another over our chosen paths—all paths lead to the same place.

Sheldon: Jesus? Do you have anything to say on this topic?

Jesus: Yes, of course I do. Money can be a great divider. I think it's one of the most powerful things that creates divisiveness in people's minds (and in their relationships). So, in that way, Gandhi is absolutely right—money can be a great path toward finding oneself. In this world, there are many instances where it appears that you need money—for instance, paying for rent and buying food. I know this is a complicated issue, because it seems as if you need money for these things, but you really don't. People dedicated to serving others will find themselves taken care of.

So, to come back to the original topic of work and money, I encourage people to temporarily let go of their fears as well as judgments and critiques, and ask themselves "What is it that I want to give to the world?" If they could do anything with their lives, what and how would they do it? When they ask that question, there is no commitment; there are no rules. Just let go of anything the mind tries to bring up regarding rules and let the creativity come in. You don't have to commit yourself to any choices . . . and you might even surprise yourself.

I suggest continuing to make this a practice, perhaps every couple of days for just five minutes. Sit down and ask, "If I could do anything, what would that look like? How could I do that in a way that would inspire and uplift me?" Perhaps that might look like giving of yourself—being of service in some way. Perhaps your answer is to be an entertainer, singer, or dancer, or maybe a doctor, nurse, engineer, lawyer, or even a writer. That desire will fit naturally into your life if you ask yourself this question.

As you make this practice every day or every few days, you might find that you build a momentum, that the seed that starts sprouting will become stronger and stronger. One day you may believe that you can do it. The belief will become strong—the inner connection to your gifts and to this desire (to share and be of service) will become strong enough that it will take hold and manifest. Then you will start seeing results. They will come, and the gifts that you intended to give will start coming back to you in abundance in all kinds of ways, including financially. Maybe before you know it, you're doing exactly what you love and it's supporting you financially in ways that you love as well. If you want to call on me every day or every time you start this practice, I would love to be there to assist you with it.



Chapter 3—Fear

Sheldon: So, we'll start this round table, please, with a topic that seems to be becoming present for this session: fear. How do we avoid fear? How do we embrace it? How do we work through it? How can it serve us? What is it? Buddha, we'll go with you first.

Buddha: Fear is nothing more than your mind's propensity to project ahead in the future and create a negative outcome. Another way to say it is that your imagination is running away from you and imagining something as painful.

Sheldon: Yes, but what about fear at the moment, such as fear of public speaking? For instance, when I get up in front of a crowd, I feel fear.

Buddha: That is tied to a biological response of increased heart rate, blood pressure, the fight or flight response, hormone release, and release of other biochemicals. But I put forward to you again that there is an association tied to it—a negative one.

Perhaps you are thinking that people may "see" you as "afraid" or "embarrassed" in that moment. Whatever it is, there may be a present biochemical reaction tied to a past experience—and it may be projected onto a future experience (including the near future). You know, the future is anything that is not in the present. So, it could be a split second into the future, the minute your mind leaves the present.

Sheldon: So, how do I work with fear? In other words, how do I minimize fear in those instances?

Buddha: Well, one way is to *feel* it—to fully feel whatever's present and to move your awareness into the present. If it's this type of fear we're talking about, the immediate response feels like your heart rate is speeding up and you're beginning to sweat and flush. With public speaking, it's always best to become present, observe the mind, observe your sensations, observe your breath, observe the reactions inside your body. Allow yourself to feel these reactions while you're in the moment, while you're speaking.

This is difficult. I understand it requires practice. It's always best in these situations to practice—to let the mind see that it's not the end of the world. If this is a negative response to a future event or a trigger from a past event, show yourself that it's not going to happen again. You are going to go ahead and feel it, not push it aside. You're going to become more comfortable in your own skin at the moment and as you practice this, the mind will see that it doesn't need to run and your flight response will minimize.

Now, your next question is regarding fear that's *not* in the moment, and this is what we were talking about before: projecting fear into the future. It's like a what-if scenario: "*What if such-and-such happens? What if my plans don't work out?*" My advice here is to become present in the moment, put your awareness into your breath: observe yourself breathing in; observe yourself breathing out. Observe your mind, your thoughts, the energy in your belly. These are all ways to move into the present.

The more you can anchor yourself in the present moment, the less fear will be created. Fear is simply a creation of your mind in these situations. In other situations, it can be a true threat to bodily injury. So, there's a little difference here on which type of fear we're talking about.

There is also a fear layered on past traumas that we carry with us throughout our lives. This type of fear is also minimized by becoming aware of it and breathing into it. Become present in your breath and breathe into the fear. Just keep breathing. Breathe into it. Embrace it.

I know that can seem difficult at first, because many times where there's fear over past hurt or trauma, the natural reaction of the body and the mind is to run from it—to try to flee—but you can't flee from yourself or from your past. It's carried in your body. Sometimes your past is literally carried so deeply that it is part of your DNA. This is not a bad thing; it's just a record. By placing your awareness into what is present inside of you as a sensation and breathing into it, the transformation will take place. You are actually reprogramming all of your existences at the same time—such a wonderfully simple practice.

You will notice that the minimization of fear and the transformation of fear will usually turn into something else—another sensation, such as anger, sadness, or deep hurt. The strategy is the same with these: breathe and be aware in the present, and soon these will transform and all that will be left are peace and unity, oneness and loving, and gratitude. That is what is on the other side of all these feelings. That is your true nature; your true self.

Sheldon: Well, I can tell you sometimes I get scared of the future. Like right now, I'm thinking of the future: I'm going back to school and school seems like a big step. I was never a big fan of school—sitting in a chair listening to lectures and memorizing information. It's like having information put inside of me and then spitting it back out. Not a lot of fun to me.

Buddha: Yes, so I can understand you're taking a past experience, projecting it into the present and future, and experiencing the fear in the present.

Sheldon: Yes, that's true. That's exactly what I'm doing.

Buddha: So, are you willing to let go of the past? Are you willing to embrace that the future is what you create right now in the present, *not* from the past?

Sheldon: *Ugghh.* I *am* willing to, but I'm afraid to let go. If I let go, what I am?

Buddha: Why don't you try? You can let go for ten seconds and see what you are.

Sheldon: I am willing to let go for ten seconds. I am willing right now and I choose to let go of the past and see what's left [pause]. Well, I feel free.

Buddha: Exactly. What else do you feel?

Sheldon: I feel more like myself, which is—I suppose—the complete opposite of what I had been thinking would happen.

Buddha: How do you feel going back to school *now*?

Sheldon: Well, I'm excited, actually. I'm excited to go back to school, because I am eager to learn.

Buddha: Good. I'm glad I could be of service.

Sheldon: Thank you very, very much.

Buddha: You're welcome. I am here anytime—available to all.

Sheldon: I am so blessed. Thank you. I'm grateful. Jesus, would you, please, talk to me about fear?

Jesus: Of course. I would love to. What is it I can assist you with?

Sheldon: Well, do you have anything to add to what Buddha was saying?

Jesus: I think he explained it extremely well. You can also consciously *love* your fear. You can say, "I love you. I am willing to love this place inside that's afraid." This can be healing and transformative. You can breathe love in and out and just bear witness to the byproduct of this action. See what this sensation turns into.

Sheldon: Okay, I'm going to try that.

Jesus: You can also place your nondominant hand over your heart and the dominant hand over the sensation where you feel the fear. This further anchors the transfer of loving, acceptance, appreciation, and forgiveness to the part of you that is afraid.

Sheldon: I feel it in my belly. And as I do what you're saying, I feel more room inside of me. I know that might sound strange, unless you feel it for yourself. I just feel . . . more space.

Jesus: That sounds like acceptance to me. More space to accept what is; to accept what is inside of you and accept what's outside of you just as it is. This is unconditional loving—to love and accept what is outside and inside just as it is.

Sheldon: It's beautiful.

Jesus: Yes, it certainly is, and so are you.

Sheldon: I feel so loved and happy and grateful. I love you so much that the only word that comes close to describing it is *infinite*. Infinite is a value. That's how much I love you. Infinitely. Thank you very much. Thank you so much, both Jesus and Buddha—your guidance is so valuable.

Sheldon: Gandhi, I would love to hear from you.

Gandhi: I am here to listen. This is amazing knowledge for anyone. I am a student, and therefore I do not have much to say on this subject. I am just taking it in.

Sheldon: How about fear in your life—how did you deal with it?

Gandhi: I just kept going. I kept moving through it. When fear would come, along with doubt (and it would), it would tend to block me for a while, yet I knew I had to keep going. There was only one way to go and that was to continue. So, at my best I just moved through it. I prayed, sought guidance, read, and I believed that it helped quite a bit. I did just what you're doing.

Sheldon: I'd like to bring forth Martin Luther King Junior. I wonder if you would mind speaking to us here today.

MLK: What do you wish me to speak to you about?

Sheldon: The topic is fear and how to deal with it.

MLK: Well, there can be much to be afraid of. Certainly, in my time, there was a lot to be afraid about for me and for people of dark skin in the United States and elsewhere. And certainly there still is much to fear for every human on the planet.

I also used prayer and meditation. My type of meditation was to meditate on those who went before me—their teachings of wisdom. This was a valuable tool for me. I sought the guidance of

my inner resources (in my heart and in my conscience) and I connected with those, and they gave me strength.

They gave me strength to let go of my own imagination—if I was creating fear—and to be grounded in the possibility of what's present and the belief that anything is possible in the future, especially with many people dedicated to one goal or one cause. *Anything's possible*. Amazing things can be achieved. I believe, for me, if I had to single out one tool, it would be to connect to the source of strength and wisdom inside of myself. That place gave me tremendous faith.



Chapter 4—World Affairs

Sheldon: I am centered in wisdom. I am surrounded and protected by the benevolent energies and by God. Only that which is the highest good for all concerned is brought forward. I am grateful to be here again, in service to myself and others and anyone and anything in need.

I would like to call forth the beings of higher consciousness who assist in this round table: Jesus, Buddha, Krishna, Gandhi, Mohammad. And if there are other beings of higher consciousness and in service who would like to join, I am willing and open to those energies as well—as long as they are providing for the highest good of all people out of love and service.

World affairs seem to be the topic that is coming forward, so let's discuss that. Who would like to start? Gandhi?

Gandhi: Well, I would just like to say that it's important not to get your identity wrapped up too much in world affairs. This is a planet of human beings—a planet of souls incarnating into flesh. They are going to continue to learn and evolve at whatever rate, whatever speed, they choose. Everything that happens is in service to all our learning and evolution inwardly.

So it's important to understand that with a planet filled with so many souls in human form, making their own choices, things are just going to happen. They may not turn out how you would like them to happen, however, you have little control over what happens outside yourself. The world is here to serve the evolution of consciousness—therefore "bad" things are going to happen all the time. Seen from this perspective, however, there is no "bad" or "good." In fact, the whole physical universe is serving this purpose. That's quite an amazing thing when you contemplate the sheer vastness and energy in it.

That's not to say you shouldn't make an effort, and put your energy toward, making a positive change in the world. Go ahead and put your energy toward those things, just don't get too attached to an outcome. I made that mistake myself. Let go of any attachment to the outcome. Embody the ideals, the characteristics, the energies that you would like to see more of in the world. Embody those first. Anchor those and live those. Project them. Lead by example. The outcome is that you will change the world—it just may not be as you originally wanted to see it changed. You might not actually *see* the changes you're making, but with your spiritual eye you might get a glimpse.

Whatever change you wish to see in the world, seek to change inside *yourself* first—embody it. Let's say you want peace in the world. Embody peace; become peace; live peace; radiate peace—especially where there's conflict. For instance, if you are in a meeting where there's conflict, become peace. For you to do that, it is important to let go of attachment, because if you're attached, it's going to be difficult to find peace.

Again, I would just like to say that I'm very grateful to be here and to speak through you. It is my joy to be able to serve anyone seeking assistance. If my words can bring knowledge and truth to any being, this is a great joy for me. Thank you.

I don't have too much more to say on this matter, so I will relinquish my seat to somebody else. God bless. Love.

Mohammad: This is Mohammad. I would like to speak now, please. I see a lot going on in the world: a lot of conflict, a lot of hatred, a lot of jealousy, fighting, bigotry, judgment, and a lot of fantasy. I see a lot of fantasy being projected onto other people. What I mean is that one being is imagining things about another being or group and projecting that onto them, whether it's a country, a group, a faith, a religion, or a community. Now, don't get me wrong—this goes both ways. It pains me. I would like to see my people take greater responsibility for the wounds they inflict.

As Gandhi was saying, I would like to see you embody the truths of God in yourself and live in accordance to those. That doesn't mean that there won't be hurt. That doesn't mean that suffering will not occur in our communities, however, we can rise above the pain and suffering inflicted on us and reside in the peace and love inside ourselves.

We should rise above inflicting suffering back on those who have inflicted it on each of us. Much of this suffering is very old. It happened long ago, and it doesn't necessarily come from where you think it comes from—it comes from deep, deep inside. And this brings up another point I want to make: I would like for you to understand where these hurtful emotions come from so we can heal.

They may come from a childhood experience—the loss of a parent, perhaps (though not necessarily through death, maybe through absence)—or having an angry father or mother and emulating that attitude as a way to try to please and be accepted by that parent. The pattern then continues.

But you have the potential within you to be better than this—you can rise above, like the phoenix, and transform yourself. We can transform ourselves—into something greater, closer to God. This is my wish for all of us. Pray to Allah for his guidance, for understanding, and for healing these emotions without causing more suffering and hurt in the world. Inflicting violence on another because you feel violence inside of yourself is *not* the solution.

I would also like to say that I am grateful to be given this opportunity to speak and set the record straight. I trust that my words will be heard, and they will be taken as truth and sincerity. God bless us all, my brothers and my sisters. Forgive me.

God: This is God speaking, and I'm here to tell you all how much I love you, and how much trust I have in you. I know that whatever you choose, it will be an experience for learning and growing, no matter what it is. There is no worry.

I certainly don't. You are all extremely special and exquisite, and you will be taken care of in more gentle and careful ways than you can possibly imagine. That's how important and special you are—to me and to all beings. Picture the most precious moment you have had with your child (if you have one) and multiply that by a million—that's how I feel about you.

It's okay to hate me, be angry at me, or to project whatever feelings you have. You cannot shake this precious love I feel toward you. I'll always be here for you. Anytime you need me, call on me. The door is always open.

The results are more powerful if *you* take the first step. It can be a small step; it does not have to be much. Just expend a little energy and I will meet you, then we will build on that. I meet those who put forward a foot to come into my life.

I give you the choice to make the decisions you want, therefore I won't come toward you, unless that is the choice you want. I let you choose.

I know a lot of things don't seem to be fair, or just, or happy. They can look bleak, desolate, fearful, painful. However, you can *choose* to know happiness, joy, peace. Call those characteristics, values, emotions, or call them God if that's what feels better.

You do not have to look on me as organized religion. Paint me as a man in the sky, as a circle of light, as a woman—whatever image you want. I am all things. You do not have to see me as one thing. However, if you want to define me, that is okay as well.

I am always here for you. Always. Now I will let you continue this roundtable discussion, which I feel is a fantastic idea. And I'm overjoyed to see it take place and be a part of it.

Sheldon: Well, who would like to come next and speak about world affairs?

Buddha: This is Buddha. I would like to say a few words, please.

On the topic of world affairs, I can tell you that the essence of what's happening today was the same in my day: conflict, war, peace, difficulty, politics, people seeking power, money, fame, safety, security, love, acceptance.

Today they look a little different, so it's important not to watch the outside world too much. What I mean by that is that it's important not to watch too much news, read newspapers, or the Internet too much, whatever it is. If you're getting caught up in that consistently, it's important to notice. You might ask yourself what you are getting out of that pattern, that habit—and you might be surprised at the answer.

I'm not saying never to watch the news, because certainly there's valuable information to be had. However, if it's a habit, this is something to be aware of. So, as I say, in my time things were similar. How I dealt with it was to go inside myself—I sought to change myself first. I had to know what the meaning was of these expectations, pain, and suffering I felt, so I committed to go inside myself to find out. This might not be the path for everybody, but it certainly did work for me.

There are many good teachers out there right now. You just need to go to the bookstore or ask around. Ask that you be shown, that you be guided toward teachers or wisdom (if that is what you want) and you shall be.

With three billion souls on the planet, there's a lot going on in the world, and there always will be—it's the design of this physical universe. These souls are on their own timelines, making their own choices. If we expected things to be heavenly, it would mean that we assume that every soul on the planet is choosing to experience peace or heaven inside themselves right now. And this, of course, is not realistic.

Each of us is learning what doesn't work for us as well as what does. We're creating things that might not work for us. And we're learning that they don't, tossing them aside, and trying something else. It might take many lifetimes. It might take one minute.

So, don't seek to control the world, your community, your family, your friends, or your country, because you *cannot* do that. You *can*, however, work *with* the universe that is yourself, because inside of yourself, you are your family, you are your country, you are your community.

Buddha: World affairs can seem like a very complex subject, although, at the same time, it is actually very simple. The mind can think "How can I live with seven billion other people, hundreds of other countries, and millions of different communities? How do we traverse this maze of interconnectedness?"

I propose you can let go of the intellectual challenge and embrace another path. This is just an option and doesn't mean it's the right one for you, but it's what I did. Go inside yourself, discover how to make peace with all parts of yourself, and traverse the complexity of the self until it leads you to a place of unity. Then world affairs become simple. For it's really just about you *in* the world. I hope this helps. Thank you.

Jesus: This is Jesus, and I'd like to say thank you to all those who have spoken today. And to all my brothers and sisters, I'd like to say how much love there is for you. Again, I'd just like to add that by connecting with your heart, you will know what to do in the world—opportunity by opportunity, situation by situation.

Do your best not to think about it all too much. Be present where you are—this is *your* world affair right now. You are in the world, and something's going on (or perhaps it isn't right now), but this is world affairs for *you*.

Where you are and what is within your power to change. When it comes down to it, changing yourself is the only real power you can always have while being in this world. No matter what your circumstance, that power cannot be taken away, except perhaps in situations of severe trauma to the brain/mind.



Chapter 5—Spiritual Guidance

Sheldon: Today we'll approach another subject. What subject should that be?

Buddha: I suggest we speak on spiritual guidance. First of all, I'd like to say, it's always available to any and all—it's like the oxygen you breathe. You just need to be willing to take it in. It's always here—in whatever form you wish to receive it . . . through prayer, meditation, dialogue, nature, exercise, work. It's always available. I encourage you to ask for what it is you want.

Now, one thing to note is that the more chatter you have going on in your mind, the more difficult it is going to be to receive it. Spiritual guidance comes on a more subtle level. It's intuitive—impressions, feelings.

You might hear it, feel it, or see it—it depends on the individual. Guidance can come as images, as "gut feelings," as a subtle voice inside your head, or perhaps some other way. However, if your mind is very active and you have difficulty separating the mind from being, the deeper flow of your nature, then it's going to be more difficult to discern the spiritual guidance that's always available.

So, one thing you can do is learn how to quiet your mind. One of the ways you can do this is just by saying, "I am *not* my thoughts" or "I am *more* than my thoughts"—because you certainly are. You have thoughts and they bubble up and spin around like an endless whirlwind. Because there is much more to a human being than their thoughts. You might start with "I am observing my thoughts." That immediately puts you into another aspect of yourself.

This brings you to the present moment—and the present moment is where your soul resides. As you practice, say, "I am observing my thoughts," or "I am observing my feelings." That's another great tool. It brings your consciousness into present awareness. "I am observing the sensations inside my body—my toes are cold; I feel nervousness in my belly; I am observing these feelings." It is okay to feel. Observe with total acceptance whatever thought or feeling/sensation is present. Make it okay for the energy (the emotion) to flow inside you. This is a practice and something that is a learnable skill, or perhaps you are a natural. You are more than the sensations you are sensing in your body and you're more than the feelings.

So you are more than your thoughts; you're more than your feelings; and you're observing both. This practice will teach you to reside in the present awareness where the guidance comes. It's like stepping into another person—and in that person is where the flow of energy resides.

Another thing you might try is to ask a question of the spiritual guide you're seeking. For instance, if you are a Buddhist seeking Buddhist guidance, you might say, "Buddha . . ." and then ask a question: "How can I feel more at peace in my life?"

If you're alone, you could say aloud whatever answer comes to you immediately. Or you might write it down without thinking about or judging it first. If you're right-handed, you might use your left hand, because the process tends to be less mental that way.

Practice receiving that guidance. As you know, anything that you practice, you become better at. You can master it. A master is, simply, someone who practices quite a bit. So to become

masterful with one of these tools, you need to practice it. To receive spiritual guidance, you need to practice using the tool of your consciousness and will.

I am always available—always. And I'm very happy to assist anyone seeking assistance. There's a great joy I have being of assistance, so please don't hesitate. Feel free to call on me whenever you need me. I'm available all the time, so you can't "overdo" it by calling on me often.

You might ask me just to sit with you: "Buddha, will you be with me?" So even if you have no questions for me, I'll just sit and be with you.

I'm always here for you—always. I'm now going to turn over the seat to somebody else.

Mohammad: This is Mohammad. I would like to speak about this subject as well.

I encourage you to go directly to God. God is all, so I refer you directly to him. You can ask for spiritual guidance through me—however, I encourage you to go straight to the source, for God has much more wisdom and breadth than I.

If there's something you want to ask me—about my life, about my time on the planet, my writings, my teachings—please feel free to do so. However, please understand that I had my limitations when I lived on the planet, so if you have questions about any of the teachings, I encourage you to ask God for guidance.

Ask Allah. Go inside, as Buddha said—this is good advice. For how can you hear God's wisdom if you're filled with many other thoughts? If you are filled up with thoughts, how are can you be open to hear something new? How can something new be added? You need to empty your vessel by becoming present.

Make a choice when you talk to God. Make a choice to say right now (maybe for the next two minutes or ten, however long you're going to speak with God) that you're going to choose to let go of everything you know. Just for a couple minutes.

Believe me, it's not going to "kill" you; it's not going to hurt you. It might *seem* like it, but it won't. Just a couple minutes. Try it at first for just twenty seconds. Let go.

Make a choice to let go of everything you know, and then talk to God. Talk to Allah. Allah loves you very much and you can receive that love—it's very healing. It will lift you out of any despair, fear, concern, or hatred. It'll lift you into something sacred and special—which is what you are. That's how God sees you. You are very special—every one of you—no matter whom you believe in. It doesn't matter if you believe in Jesus, Buddha, Krishna, or me. You are all God's children, and God loves every single one of his children.

Prayer is important. It provides a nice structure. I encourage you to tap into your heart and speak to Allah on a personal level. You might start with just two minutes a day. Choose to let go of any thoughts, any learnings or teachings that you've been taught. Just choose to let them go for a couple of minutes, say, "God . . ." and ask your question. Or tell God whatever it is you want to tell him and have a conversation. God wants to speak with you. God is waiting with open arms to speak with you and embrace you.

You are so loved. If you only knew how much you are loved. Perhaps you do—that is a celebration.

So, perhaps now, for thirty seconds or so, you'll try it. Sit down and have a conversation. God bless us all.

Sheldon: Krishna is now present.

Krishna: I talked to God all the time. What I did was to continuously pray and ask to receive greater levels of joy and knowledge of God. These are the strategies I employed for spiritual guidance.

For each "taste" of guidance I got, I knew I wanted more. I didn't have a lot of books to read; I didn't have television to watch; I didn't have a lot of instruction. I just had that taste, and I knew I wanted more of it. So I continued to ask and pray . . . and sure enough, it came.

I built a strong connection and communication line. It took practice to learn how to do it. I learned how to let go of being centered in my thoughts and to become more present, both in my heart and in my body. In that space I was able to listen and to hear, for I saw God inside of me.

If you'd like to call on me, please feel free to do so. I'd be more than happy to be with you and to assist you in any way I can. You will be able to draw on my experience, and I will assist you in connecting to the source.

Then, when you're ready, you won't need me anymore—you will have learned to do it yourself. However, I can assist you in the process, while you're learning. So, I would love to be there with you, if you'll allow me. I love you.

Sheldon: Jesus? Do you something to add about spiritual guidance?

Jesus: I love all of you so much. I have an endless love for you. It would be my pleasure—my honor—to speak on this just a little, and it would give me great joy if you were to call on me to assist you in any way.

I also concur with what's been said before: the tools that Buddha spoke of will help you. There is a tendency to look at my life on this planet—what I said and what was written about me—but here in this moment is where I will be with you.

So you need to let go of the past. The past includes your past and my past—my time on the planet, things written about me, things written about what I said. Let go of thoughts you had when you read about me or talked about me. The more you can let go and trust in our connection in this moment—in your breath, as you breathe in and out—you will find where I am. So place your intention in the moment to be present right now with me. I'll meet you there and we'll be free together.

Use me as a doorway—as a doorway to the vast and infinite love, peace, and knowledge that is the source. That is our God. Use me if you like, or go directly to that source. I can be your doorway into greater experiences of love, peace, joy, and the divine. These moments are valuable, for as you experience them—you will know the joys that are beyond description within you.

It takes practice on your part to access "God" inside of you on a deeper and consistent basis. As you build up experiences, you will also build motivation and commitment because it is natural to want to move into greater levels of divine love. There is nothing that feels so freeing—blissful yet safe—and embraced as that.

Guidance and support are part of the package that is creation—they are something offered freely and with great joy. Whatever form you find this guidance in is wonderful. You may notice when you read the Bible or another spiritual book that you feel a connection to another energy.

Let's stay with me and the Bible . . . perhaps you feel my energy. That's great and natural, for the written word carries energy and has the ability to connect energy. When you feel me, talk with me. I would love to speak with you. Feel me deeply; breathe me in; rest with me in your body and mind; envision sitting with me, sharing with me. There is no wrong way to seek spiritual guidance.

You are precious beyond your imagination—beyond your idea of what that word means. You are very precious.



Chapter 6—Conflict

Sheldon: Now I would like to talk about war and peace—about conflict in general. With what's been going on in the Middle East these days and how religion plays into it, how can we as cultures move *toward* peace and *away* from conflict?

Muhammad: I have never intended for conflict to have more power than peace. Embrace; embrace your fellow man; embrace the differences. For instance, every human being has the right to choose whom, and how, they want to worship—there is no right or wrong.

Fear and anger drive violence, but these are not the fault of *another*—they are *yours* to deal with and yours to work through. Do not blame people of other faiths and do not blame your parents or your leaders. Instead, look at yourself. Look inside and ask how you can resolve your own fear, your own hurt.

There's a lot of blame being passed around in the world right now, especially in the Middle East. But, it has been this way since the beginning of time. If we honestly look back through our history as people who have lived in this area, we will see that we have been in conflict—even started wars—and blamed others for thousands of years. Look toward your heart, not your mind, for the truth. Your heart knows the truth of all things.

If my teachings have somehow led people to believe that conflict and blame are okay, then I apologize and I welcome this opportunity to set the record straight. The intention is to look for peace with our neighbors—even the most difficult neighbors we have (you know of whom I speak). We are to look for peace, not war.

So, start with yourself and look inside. Look to your own internal universe, internal world, and see how you are in conflict. Resolve that conflict, and it shall be resolved with your neighbors—and that includes neighboring tribes and countries. Worship Allah inside of you, not outside in a book. A book is a nice guide; however Allah lies within your heart so that is where to worship.

Sheldon: Jesus?

Jesus: Thank you for bringing us together in this circle, Sheldon, and this opportunity for us to express ourselves. I honor my fellow beings, Mohammad and Buddha. I respect Mohammad's words, for they ring true for every culture and every being. Avoiding conflict and blame are easy when sitting here where we are, however, for you, in the human body growing through hurt and pain, it can be challenging. I respect each and every one of you for your journey—your intent to seek truth inside of you and to reject what is false.

Resentment, anger, and darkness are often projected outward by people. Individuals who are in a similar place in their evolution can feel comfortable around these people because there seems to be agreement between the two of them. However, they can also feel threatened if someone does *not* believe the same way they do.

Conflict begins at home. Think of yourself as the world made up of many different nations. Let's call these aspects of yourself *histories*—little histories that have been structured in and by your mind, held on to and perhaps fed throughout your life, to the point that emotions have been ingrained along with them. Find a way to make peace with all these parts *inside* of you, and it will generate peace *outside* of you as well.

I love you all very much. My love extends to every being regardless of their feeling toward me, toward themselves, or toward one another. My love is not limited by words or a book or by a single faith, and those who have built a faith around my love and boxed it in would do well to cast that out quickly. I will speak more about this later.

Sheldon: Thank you, Jesus. Thank you, Mohammad. I am so honored. Buddha, do you have any expression regarding this topic of conflict?

Buddha: Of course I do. What a great topic. First of all, conflict is ok. Conflict is a product of the mind. Witness conflict in your mind; witness it as it is. It's really nothing but what you make it. When you act on this conflict in your mind, you create violence and do a disservice to humanity—you set yourself back because you must live with what you have done.

A conflict inside of you can be nothing—it can just be a thought. And what is a thought but a transient floating energy to be watched like a cloud in the sky. That's how much power it has, unless you give it more. To witness these conflicts inside yourself, pull back and say, "I am witnessing this anger" or "this fear" or "this righteousness." Witness it as part of you, but *not* as who you truly are, for you are only a witness, an observer who sits in stillness and peace and who has a choice.

So what should you put into action? Can you act in peace while witnessing conflict inside yourself? Yes, just as you can act in aggression while feeling peaceful. The point is that it's always a *choice*. The stronger you feel compelled to act in violence, the greater the opportunity you have to let it go, to move toward deeper levels of peace.

Call on me; ask for my guidance. I am here to assist. It is one of my greatest joys to help people find the clarity; to find the loving peacefulness inside of them, and to transcend the suffering. That's why I'm here. Namaste.



Chapter 7—Family

Sheldon: I'd like to speak about family next.

Mohammad: Family is very important. It's our immediate support system and learning environment. Family will give you most of what you need. If you feel anger, resentment, joy, love, pain, hurt, jealousy, these are signposts of places inside of you that your family can help you let go of or work with—to transform and embrace.

You see, in the family dynamic, you will be reflected back to yourself—that's how much love your family has for you on a spiritual level. You all love one another so much that you are in this world together to be the learning environment for one another, for a certain period of time. No matter how long you are actually with them, physically, you will carry them inside you to some degree.

Your immediate community is almost as important. However, if you are in a small community, a small village, then it really becomes a large family. Life will ensure that you have opportunities to shed the limitations that are covering your true identity, your divine essence, and divine purpose.

It's okay to feel anger inside the family or community dynamic. One option for how to deal with it is not to *blame* the person with whom you think you're angry. When you say something like, "I'm so angry at you. It's your fault, and I'm furious about it," will *not* bring you closer to God. Instead, simply say, "I am angry right now," and you will release the anger.

This one tool could resolve much pain, suffering, and the endless cycles of revenge and blame—it could uncover hurt when something happens to your family or your loved ones and you assign blame. If the anger and hurt are not released, then you may someday take action (violent retribution) and take the life of someone else's loved one . . . then they will follow suit, and on it goes.

Look at the history of our lands and you see that this has been a way of life for us—continuing and renewing the pain and the hurt over and over again. One day, somebody has to stand up and have the courage to move beyond this.

Jesus: Your family is your community. There is no mistake about you being in the family you're in. This is all part of an infinitely complex, yet simple, divine plan. It's no accident: you are *who* you are; you are *where* you are; and you're *with* who you're with. And you're with the original family you're born into, whether you're a third child, a first child, a woman, or a man—whether you had a loving, happy upbringing or a painful, abusive one . . . this was your choice, believe it or not. To some degree, you (as an aware, spiritual being) chose a human experience that would suit your evolution. You chose one that would move you forward and allow you to break through to your natural self and learn.

You also have a large, unseen spiritual community. So much support is always present for you. Think about that feeling of awe and wonder, of beauty, love, and loyalty that you have toward your children— isn't it amazing that this is what the universe feels toward you, all the time, no matter what you are doing?



Chapter 8—Creativity

Sheldon: In this session, I'd like to bring up the topic of creativity.

Buddha: Thank you, Sheldon. Creativity is a big subject. You see, creativity is the function of the universe. Creativity *is* the universe. So, in a sense, everything is created and being created all the time.

Creativity is every being's inherent gift of expression. Depending on what form that expression takes, great fulfillment can be possible. For instance, creating continuous anger or suffering inside yourself through thoughts and actions will *not* lead you to higher levels of consciousness and happiness in the long run. However, creating right thought and right action will lead to greater levels of happiness and joy inside you. This also will reverberate outside you and affect other beings, because we are all connected. This is why it is such a gift to commit to right thought and action—by serving yourself and lifting yourself to higher levels of consciousness, you serve humanity.

Creativity encompasses *all* expression, however, what I sense you are talking about, Sheldon, is creating something tangible, such as an oil painting, film, or artwork, so I will speak to that. That is a wonderful expression, because it allows you to tap into that reservoir beyond thought, beyond personality. If you are in the moment creating, there is a door you can open and a place you can enter of stillness and connection, to the universal creative powers. In other words, it is a tap to intuitive creative abilities.

It brings great joy to create and to witness the act of creating. This was not my path in life—I was not an artist per se—so I sense somebody can speak to this better than I can. I'd like to call forward Leonardo da Vinci. Leonardo seemed to be a prolific creator.

Sheldon: Leonardo, are you willing to speak?

Leonardo da Vinci: (chuckling) Sure, I'd love the opportunity to talk about myself.

I love creating. To me, it felt natural. I sat and allowed ideas to flow through me, then I wrote them down, just doodled. I cultivated the space to freely allow "crazy and wild" ideas to come through me. I recorded them to the best of my ability and then took action. The ones that inspired me the most are the ones I loved. And if I needed money, I took action on the ones that assisted me with that.

I made a practice of going to the place where fantastic ideas came from—it was helpful. There is no better feeling than having an idea come from the imagination—from nothing—putting it on paper, building the idea, and seeing it as a finished product. Then having it work as it was supposed to. It was the most remarkable thing to me, especially when I had no idea if it was going to work.

You can almost say that creating was an obsession for me. I loved the act of creating and bringing forth new ideas. Of course, many times, these inventions did not do what they were supposed to do. That was fine, and I did not let this deter me—I just kept moving forward. With the ones that *did* do what they were supposed to do, it was magical—amazing—that these ideas had just come to me. I knew there was something going on that was greater than me. I knew that

it was not just my imagination, but that there was another outside, or inside, energy source also at work. I felt there was a spiritual component to it.

Painting was remarkable for me. I loved the colors and patterns represented so nicely through painting. However, I also loved building machines—I guess you would call it engineering. It was remarkable to see something completed just from an idea.

Sheldon: Thank you.

Leonardo: You're welcome. As I say, I love the opportunity to talk about myself and my work and to relive it.

Sheldon: I'd like to ask someone else with a lot of creative experience to come forward for the highest good. Thomas Edison, you were an inventor, so would you like to speak on this topic?

Edison: Well, I don't know how much I have to say, but I certainly don't mind speaking. For me, inventing was my passion—it was my drive and my singular goal. I knew something *could* work, but, deep down, I wasn't always certain it *would* work. But I knew I had to do it—to see it through. There was no room for quitting, no room for stopping. I had to continue through all the obstacles to make it happen.

I don't know if you would call what I did "creating," however, it certainly can fall into that category. For me, inventing—bringing forward new technology—was incredibly inspiring to me and, of course, the revenue it would bring to me was also appealing. I think the one thing I can say is: if there is something that inspires you, *don't quit*.

There is no failure; there is simply *adjusting*. For me, when something didn't work out, I adjusted (tried something different) and kept going forward. This is what it's all about: continually progressing. I won't even call these failed attempts "roadblocks," because I don't want to give them a negative connotation. When something doesn't work out as planned, it's just a process of continually adjusting until you reach your desired result.

Some might call this failure, but do not subscribe to those people's thinking or you will never get anything done. If I had thought a project was a true failure, I would have stopped ten minutes into it. There is no failure; there is just adjustment. I would also like to add that there are so many things still available to create and bring into being. If you can dream it up in your imagination and you believe it could work, go for it! What have you got to lose?

Ultimately, even if things don't work out, the path still has many rewards: all the learning gained, the confidence that comes with moving forward, all the little steps of moving forward builds confidence for the next project. It builds the practice of saying "Yes, I will continue," and that is no small thing. In the world, there is a lot of "No, you can't do this." It can be obvious or subtle, and if you subscribe to it and let it have power over you (causing you to quit), well, to me there's nothing more devastating.



Chapter 9—Connecting to the Divine

Sheldon: Today's topic is *how* to connect to the Divine—to God, to Jesus, to Buddha, to whatever your representation of God is; how to connect to the love, the oneness, the peace, the joy, the fulfillment . . . all of it.

Jesus is present, so for now I will turn this discussion over to him.

Jesus: Thank you, Sheldon, I am always here. I know that I have said this many times already during these sessions, however, I will say it again: *I am always here*. I am always here, inside of everyone. Simply ask to be connected; ask to be with me and I will be present, and inside of you.

We are all brothers and sisters. We all share a commonality: I am inside of everyone. *You* are inside of everyone as well. From the course of my life and of my experiences, I can now and forever assist people in connecting, and because of where I am now, you will be able to connect to the positive aspects of my being. I am a pure spirit—pure, positive expression—so when you connect to me, you yourself will exist in and then absorb my purity.

I am, in this way, a doorway—a doorway to the greatest peace and happiness. There are other portals as well. You can also use your own higher self or your own soul as your doorway. You do not *have* to use me or use any other being—but we can assist you. Use your own soul as the doorway if that is more comfortable for you.

Try different ways of connecting and through that see what works for you. Whatever gives you the best results, go with in that moment—there is no right way or wrong way to connect to the Divine. So, you may sit, stand, walk, ask, pray, intend, demand—it can all work. (However, demanding usually isn't as powerful as asking and then thanking!)

Before you ask, however, remember happily how children ask for things—how they relate to the world around them, and then imagine how you would react to a child's request. When a child asks for something, it's done often with authenticity, even if it stems purely from desire. For instance, "Mommy, I want this cookie, because it will taste good," is authentic. On the other hand, if a child tries to trick you by saying, "Mommy, you didn't cook enough food for me. I'm hungry. I want a cookie," you might not be as responsive or as open to giving. Authenticity is a powerful tool.

So in that asking, in the spirit of authenticity, it's important to allow yourself to be free of any judgment or of any self-critique. Perhaps you are suffering, and pain at that time is the only emotion present. Share that anger! Express your anger to God, to me, to yourself! Share it honestly no matter how awful it may seem to you. Sometimes we don't like what we realize—we might have an insight and feel that it's selfish, and still it's okay.

I am always available to respond to your authenticity, in any way you might need me to. Connect, through desire, self-acceptance, truthfulness, and the courage that is within—the courage to see yourself as you are in that moment. Accept it; be with it. Just make whatever is there "okay."

Cast aside judgment—allow it all to be peacefully inside of you. Give it a voice and then tell me about it. You will find that I love it all. I love all of you—every part, no matter how selfish, no

matter how afraid, no matter how hurt, angry, or ugly you may think it is. I love you all...infinately and unconditionally.

I would like to take this moment to send out a blessing to all of you. I send my love—unconditionally and infinitely—to you now, so you may feel now what you already know.

Sheldon: Thank you. Thank you, Jesus. Buddha, will you please speak with us regarding connecting to the Divine—connecting to God?

Buddha: Well, I would say it's just connecting to yourself and observing what you already are.

How do you do this? First, you observe yourself—your thoughts, your feelings, what you think you are. What I mean by that is everything you have created yourself to be: what your mind has created, past, present, and future. Choose to let go of all thoughts about who you think you are.

Sheldon: That seems confusing to me.

Buddha: I understand your confusion. Experience is the best mode of learning. So right now, say to yourself, "I choose to let go," and experience only that. Perhaps it will last two seconds; perhaps it will last a lifetime. The more you practice, the better at letting go you will become. And when I say "better," that means becoming more familiar with the being that you truly are—and this is Divine.

As I've mentioned before, your mind can get in the way of experiencing connecting to the Divine. The more your inward awareness is centered in your mind, the more your awareness serves outwardly as your identity (your sense of self), and the less you will connect to the Divine, to God, your soul, or to your true nature. As you practice detaching, observing, and *just experiencing* your mind, your thoughts, your feelings, and your body, the more you will know who you truly are. The more you experience yourself, completely and fully, the less you will desire to seek a connection with the Divine, because *you already are experiencing a connection!*

Another starting point is to simply say to your "self": "I am observing my thoughts. I am observing this strange feeling in my belly, this emotion, this fear. I am experiencing it." Or, "I am experiencing this tightness in my chest, and I embrace it all as okay—okay to just be!"

When you fully experience yourself, you can then rest peacefully with whatever is present—and perhaps you will have a picture in your mind of a crying or screaming child, or an image of yourself flailing in your mind's eye. All the while, strong energy is coursing through your body while you experience it as it flows, without judgment or critique, without the mind forming an opinion, clinging, or grasping. This current will flow as long it needs to, and then it shall pass; and on the other side peace and joy await you.



Chapter 10—Goals

Sheldon: Good morning. This round table is now in session. I'd like to speak about "goals" today.

Let's start by hearing from Jesus, please.

Jesus: Hello. I'm grateful to be here—to speak with you, share with you, and support you in any way I can. Goals are an essential part of the human experience. They can be used to create great benchmarks for your spiritual progression—to understand finally that you are a creator, to own that concept, and to see how easily you can create in this world. A goal is nothing but your soul expressing a desire to create. Largely, everyone has many things they want to accomplish, and then they generally feel good about themselves after accomplishing them.

So, how do we balance our earthly goals with our spiritual life? Well, they're one and the same actually, and one way to gain balance between the two is to let the goal come forward, however that may be. It may be an intellectual goal, or one related to finances, or to spiritual growth, relationships, or to anything else. First though, clearly state for yourself what the goal is, because if the goal is clear inside you, it will be faster and easier to accomplish. I have much to say here.

For the goal to become apparent inside of you, there are many layers to first delve through. Intellectually it might become clear, whatever the goal might be; however, human beings are made up of many aspects and many parts, and there may be simultaneous conflicts going on inside you.

For instance, you may say, "My goal is to earn \$100,000 this year." That ambition might be clear to you on an intellectual level, however, underneath there might be parts of you that say, "I feel unworthy," and these thoughts may originate from your past. You may not even be aware of them beforehand, but that belief is an energy being; it's a part of your personality, a power in your consciousness.

That doubt will try to work against the part of your consciousness that wants this aspiration. Unfortunately, the parts you're *not* aware of carry just as much power as the parts you *are* aware of, so it is important to be fully conscious of what's going on inside of you.

You can either work extra hard at this financial goal (seeing all the roadblocks and wondering what-in-the-world is wrong), or you can work on the goal while, at the same time, uncovering those inner limitations.

Getting clear about what forces are working inside you can be a difficult, lifelong process. However, it will empower you when you are aware of potential conflict inside and are open to resolving the issues so you can move more quickly toward your goal.

Your goal may be clear to you on an intellectual level. Then, you need to clearly state that goal in words. (If people really understood the power of their words, they would be much more careful how they use them.)

Any word spoken out loud is an underlying statement to the universe, to all of creation, about how you want to be supported. Believe me, the entire universe supports you.

Your freedom to choose is a great gift. This is the nature of the universe. Therefore, the power of your words and thoughts is extremely important—but your words are *more* important, especially when spoken to witnesses.

So state the goal clearly in words, both to yourself and then to others, if you so choose. You may also write it down. Writing makes a powerful statement to creation—really, it's in fact a statement to yourself, because you're the creator.

You will then find that, while as a creator, you are pulling in support in invisible ways. It's difficult to *see* how this is happening, but through intuition—and through your inner knowing, a sense of that can be attained when you are in tune to your true self—and you will realize that it is happening. You'll observe how things that you may call coincidences are happening and are also supporting you in accomplishing your goal.

Perhaps a friend will call you and say, "Oh, I saw an interesting job opening and thought of you." Or perhaps you will have a valuable insight. In fact, the period of time right after writing your goal and gaining clarity on it (before you become distracted by something else) is a very important time. During that time, allow whatever ideas, inspirations, or insights that come to the surface of your mind to become clear. Write them down, or remember to write them down later. Don't lose them!

The universe acts quickly, so the moment you ask any kind of question inside or outside of yourself, you may get an answer immediately. It works the same with goals. You might ask yourself, "How am I going to earn an abundance of money this year?" and then notice that answers might come forward. Don't judge yourself for them; don't critique them; just write them down.

Because you will not judge the support that is provided to you, you will be free to choose anything, and so there is no "right" or "wrong" path. Whatever you choose will bring you certain rewards or certain punishment.

That's not a correct word: "punishment." *Feedback*; let's call it feedback. Your choice will bring you either feelings of fulfillment, peace, joy, and gratitude; or it might bring feelings of fear, isolation, and insecurity.

Receive the feedback though, and then see how the goal feels to you while you're pursuing it. This is how I recommend choosing goals; and it is all a part of growth. You will see which goals really give you what you truly want—there is no right and there is no wrong. Don't judge other people or their goals, and don't judge yourself.

So, as you move toward your goal, and receive the support that comes (even if it seems like coincidence), practice visualizing your goal. Re-read your written goal—it helps keep you focused and helps with the necessary follow-through.

There might be a tremendous sense of accomplishment that we realize when we achieve our dreams—the confidence of belief in ourselves; of commitment to ourselves; the knowledge that we are powerful creators.

And that's up to you—to use the feedback and the feelings you get from your goals to course-correct toward what you really want to create in the world.

As for myself, I found service to others to be the most rewarding goal. Thank you.

Sheldon: Thank you so much. How about Buddha? Would you like to talk about goals?

Buddha: Goals can be a way of your mind speaking about what it wants. I encourage people to study where the goal is coming from: Is it coming from a place of insecurity and fear? If it is, you might be spending a lot of time moving toward something that's not going to provide you happiness, peace, or security in the long run—it might seem like it is, but really it's short lived and it can't.

Let's say you make a surplus of money. That might seem to represent long-term security. However, what you're doing here is simply short-term; the money is gone, in just the blink of an eye, and you're not taking it with you when you leave this life. However, your progression to higher levels of being, mastery of consciousness, *will* go with you.

In this life, you just don't know what's going to happen next. We have all seen over the past few years how financial fortunes have been lost in the blink of an eye. At any rate, it's important, in my opinion, that if you're seeking true prosperity and happiness, you must take a look at where the goal is coming from—what part of you—and bring that into your awareness. If it's in your full awareness, and it is something that is born out of your mind's desire, you might just observe it. You might just remind yourself to observe what is in your mind. That will immediately put you in a place of conscious awareness. So in that place, you might see what other goals come forward.

I speak in paradoxes of course, because my main goal was to free myself. And it was because of this goal that I was able to do certain things in my lifetime. So take what I say with a grain of salt, for each being has a path, and it would be wrong for me to represent my own experience to you as if it were the only way to travel it.

Creativity is so phenomenal, so infinite. Think of your life path as a single brush stroke on an infinitely large canvas, which is multicolored and multitextured. My path was also an individual brush stroke. So for me, I found value in observing my mind, my desires. It took me quite a while, but I found the freedom I was looking for. If that's what you are seeking, I certainly can provide signposts.

As I have said, one way is simply to observe the part of you desiring a goal. There is a way to move toward your destination, toward your goal, while observing this. It's a way to provide a sense of being and of freedom, not of attachment, yet still achieve the goal. Take action, step forward once you are clear on what it is you are seeking to create—just start moving forward and observing yourself in the process. We call this "mindfulness."

Also, as you are mindful on your journey, you will find that the process can be joyful and peaceful—full of synchronicity.

Sheldon: Thank you so much. My heart is so full to you right now. I am very blessed. Thank you for sharing. Thank you very much for your assistance, all of you.



Chapter 11—Addiction

Sheldon: I'd like to call in the round table and see if anyone would like to talk about addiction today.

Buddha: Addiction is the mind's tendency to grasp. Once it starts grasping, it can grasp the familiar and make a habit of it. Underlying this tendency to grasp usually comes from fear. However, it can become a biological payoff to grasp—take food as an example.

Food and drink can be a source of addiction for many people. The biological payoff is the chemical reactions that take place once the substance (the food or the drink) is ingested. There can be a euphoric change in the chemistry of the body, leading to a temporary feeling where fears are abated. However, because this feeling is temporary, the problem is only exacerbated by the need or the building up of the habit.

Once the feeling of euphoria or the temporary ease is felt, the mind enjoys it, and wants to go back to it over and over again—and the body adapts as well. Changes take place in the body as it grows accustomed to this state, and it builds up a tolerance to the chemical reactions, thus requiring more. This is a natural thing—it happens to many beings. If you look at an extended timeline for sentient beings incarnate on the planet, most likely all of them have experienced addiction in their journey at some point. As you move inside, elevate your consciousness, and see it from this perspective, it can be an opportunity to let go of the judgment that can be associated with these actions. Judgment, which comes from a lower place of consciousness (seeing yourself as weak, inept, undisciplined, or bad), adds to the grasp of this addictive pattern—it adds to the force of it, builds its momentum and its foundation, plus shame in your consciousness.

However, the judgment and the shame are interlinked—they are quite the same thing, actually. So do whatever practice works for you to elevate your consciousness—prayer, meditation, chanting, reading, communing with God, however it is that you attain a state of altitude to see the pattern of consciousness you're going through. This can help you let go of the judgment that anchors that pattern more firmly inside you. Once that anger is loosened, it can be easier to free yourself and it can be easier to make choices. In fact, the more love, the more altitude you can attain, the more naturally you will choose *not* to be involved with addiction. This is because the pain of being in *lower* consciousness (in the addiction and euphoria) is more painful than the state of *higher* consciousness.

The states of higher consciousness are infinitely more euphoric than any temporary addictive states that come from food, drink, or drugs. There's no comparison whatsoever.

Sheldon: Jesus, do you have anything to add?

Jesus: I concur with everything Buddha has said. Let me add that one alternate path to achieving levels of higher consciousness is true loving—placing your left hand over your heart and feeling that energy.

To notice the shift that comes over you when your hand is placed there, and then to intentionally promote that feeling of loving inside of you, is another way to loosen the anchors we spoke of earlier.

You can also consciously, intentionally, send love to the place inside you that feels ashamed or fearful.

When you hear the voice saying, "I want this drink" or "I want to do this," you can repeat, "This is okay. I love you. I love you. I love you." And after a while, you will notice a shift. You may need to do this only once for a few minutes, or you may need to repeat it every hour for a longer period each time—it depends on your needs at the time, where you are, and how strongly that "part" of you is stuck.

Well, I wouldn't say "stuck"—it's there because, at some level, you created it to be there. Love yourself. Repeat over and over again with your left hand on your heart, and your right hand on your belly, or wherever you feel the pain. It will send an elevated consciousness, dissolve the binds, and make it easier to move forward.

It was mentioned before: there is no comparison between outside stimulus and the states of higher loving that are jubilant, fulfilling, and peaceful. These states that arise from deep inside, through your connection to the source of loving, are so profound that if you had a truly complete experience—profound "oneness" to the fullest without it destroying your body—for a full ten seconds, it would change your life forever and you would know how rich and ecstatic and profound the universe is (including how the ecstasy feels in your body).

Addiction is an illusion. It's a grasping at the familiar ways of experiencing life and reality. At some point, all beings choose to give up whatever they are habitually grasping at. Instead, they choose to embrace a willingness to be open to new possibilities, a willingness to make new choices. We must do our part through taking small actions in order to be met by the infinite grace of God. God loves you so much.



Chapter 12—Self Love

Sheldon: Now I'd like to call in the sources of the round table, please. I'd like to revisit the topic of love—self-love, in particular. Jesus, what do you have to say about self-love?

Jesus: Love yourself deeply and thoroughly—as much as you love anything else in your life. If you're only directing your love onto an object outside yourself, rather than owning that love for yourself, there can be problems—a vacuum, a void, a need that is not getting fulfilled.

So love yourself just as much as you love anything else, such as your spouse, parent, friend, food, pet, sport, or religious figure. Love yourself, God, the planet. Take the love that you're projecting outward and project it inward to yourself and see how that feels.

If any voices come up to resist, see it as an opportunity to grow in consciousness and spirituality. How can you love? How can you bring love and peace to the world if you're not bringing it to yourself first? You must master it in yourself first before you can truly bring it to the world.

Sheldon: Are there any exercises we can do to help this?

Jesus: There are a number of things you can do to cultivate love. The easiest is just to own the love that you feel outside and turn it inward.

Sheldon: What if you don't feel love toward anything outside of yourself?

Jesus: Then you can start simply by repeating the phrase, "I love you." If you repeat that phrase to yourself maybe ten, fifteen, twenty times, you will start to feel something happen—a place inside that feels unlovable, unworthy, or hurt. You have an opportunity right there to go deeper. Continue to say it and eventually the feeling (the energy) will come. If you say or think about something enough, the energy follows, for energy follows thought. Love is essential.

Love all parts of yourself just as much as you are "loving" anything outside of yourself. God loves every part of you. He/She loves the universe that is inside you—every thought, deed, action, feeling, and even potential thoughts and feelings. God loves it all without judgment. God loves it as it is. Complete and perfect acceptance of all that is. This is God, and this is your destiny in relationship to yourself. Learn and cultivate unconditional love and acceptance with the universe that is within you. This takes practice, of course, and with repeated efforts, one gets much better and consistent at it. You are here to master this task. To live is unshakable loving. What a beautiful destiny.

Sheldon: That was Jesus speaking. Buddha, do you have anything to say on this matter?

Buddha: The Buddhist perspective does not focus on self-loving; it focuses on the mind—on the mastery of thought. When you master your thoughts, a more dominant connection with your true self naturally follows.

The true self is loving and has a feeling of connection with all of life—a release of boundaries and of separateness. Once a boundary is widened and the feeling of love expands, you will encompass much more and expand in acceptance. Either path will take you to the same destination: your true self.

Sheldon: How about you, Mohammad? Do you have anything to add?

Mohammad: I also understand loving and see it as important as a spiritual practice or spiritual goal. Loving is a natural byproduct of a relationship with the divine, for that divine side of you is loving. The more you live in the world from that place inside of you, the more it will radiate from you.

For you to be centered in this place is, of course, very peaceful for you, but also for your neighbor and your community because you help others just by being. The person radiating love—radiating a natural energy from their divine self in their community—will be much more beneficial to themselves and their neighbors than a person operating from their personality.

You might take the opportunity during the day to love yourself as much as you're loving Allah. If you're loving Allah during prayer and you feel that love, then know that it is a part of you as well, that *you are that love*. Claim it as your own. Live from that which is truly you—the deepest, most eternal part of each of us. Move through the fears and desires that are layered over your divine nature.

What else is Allah but love? Allah is in all of us. Radiate love; that's how to tell who is truly connected. A true man of Allah has a shine in his eyes, a warmth in his chest and an embracing mind. He accepts all of creation as it is, as divine and perfect. He accepts that all paths can lead his brothers and sisters to the awareness of their true divine nature. He rejoices in their discovery and expansion.

Thank you.



Expansion Exercise

Jesus: Expanding in positive, loving energy feels good. Perhaps you have been "down" or felt "stuck" (either in general or in some specific way; for example, stuck in an addictive pattern). Expanding out of that place will liberate you from it.

One way to do this is by loving yourself. Sit in a chair or lay down in bed and repeat, "I love you," to the place inside that feels stuck or down. Perhaps there are thoughts that keep circulating in your mind or feelings of fear, hurt, and/or anger that are present. Repeat, "I love you," to them. If nothing is present inside you, love the nothingness. Place your left hand on your heart during this exercise and your right hand over the place inside you that you are speaking with.

It is like going for a ride at an amusement park—your thoughts and feelings may take you to other places inside yourself, perhaps to memories, images, colors, thoughts, or feelings. Your job is just to continue to love. Love the places that become present.

There might be places that frighten you. There might be places you don't want to allow yourself to "see" or "feel." Just keep loving whatever is there, and I promise you will feel it transform into joy, peace, and loving.



Chapter 13—Change

Sheldon: So, here we are. I'd like to invite those beings who have assisted in the discussion previously to be present. We're very grateful to have you. I ask that we be surrounded and protected by supreme beings, loving energy, benevolence—only the highest good brought forward in service. I'd also like to invite Lao Tzu, if I'm pronouncing the name correctly. I certainly know that the energy knows who I'm talking about—the Taoist teacher.

I ask those beings to join us now, please, to have a discussion in service to all those who can find value in it. I am grateful to be a part of it. Thank you.

What's present for me right now is this topic of change, of moving forward, of creating. So I would like to ask: Who would like to speak first about this?

Lao Tzu: Well, this is Lao Tzu. These are big topics. Can you be more specific?

Sheldon: How about change?

Lao Tzu: Change can be a difficult thing for any organism. On this planet, we get used to certain environments. They help us survive as physical beings. Too much change can be dangerous for us. So there's absolutely nothing wrong with seeking stability. This is our survival.

Now, if you're speaking about more psychological change—change in attitude, change in belief structure, change in ways of being—these, too, were presupposed to provide security and safety. We created these. Each being is responsible for his or her belief structure and attitude in this reality.

You might say, "How can that be?" or "A two-year-old can't be responsible. They have an abusive parent or an unsafe environment, so of course, they're going to adopt certain belief structures," or "The world is not very safe. I've got to protect myself," and so forth.

Yes, but they *did* adopt these realities, and they will work for a while. They will ensure a certain degree of safety (psychologically) for the being while it is young. However, when it gets older and can function more independently in the world, if it's allowed to, then it might need to shed some of these beliefs in order to be a happier being, to be able to embrace the infinite possibility that life is.

This is where courage comes in—the courage to be willing to let go. And this is no easy feat.

So I must say, beings, give yourselves some credit. You have an amazing reservoir of courage and resilience and power inside of you. It's as deep as the universe; it's as deep as God.

I am just awed at the marvelous struggle that we all go through and that we eventually all succeed in breaking through boundaries. It's just incredible to me.

So, I say, *go for it*. Live; die. Conquer your fear. Break through or don't break through. Wallow in it; relish it. Hold on to it. Whatever you do is okay, because throughout an endless timeline, you will make the choices that will lead you to greater joy. You will know. We'll all get there together.

Thank you very much for this opportunity.

Sheldon: Would you also like to speak about creating?

Lao Tzu: Sure. Creating is a wonderful thing. It's inherent inside all of us. The universe is creative. God is creative. We cannot *not* create. We are creating all the time, and thank God for that, because it makes the world such a beautiful and wondrous place. Who would want to live in a noncreative existence? I certainly wouldn't.

So here we are, creating. And although it can seem violent, catastrophic, evil, and cruel, or beautiful, majestic, awe-inspiring, and amazing, it is just freedom. We are on a planet where we all have the freedom to choose how to create within our own reality, and as we are doing so, we are sharing in one another's creations.

Welcome to the world. If you're seeking to make it a place (or holding a belief that it should be a place) of utopia, well, you might want to rethink your belief system, because this is not how it's set up. The nature of being free to choose means that this planet will always be full of a wide range of experiences and beings manifesting their conscious and unconscious will. It is a wonderful playground/school/laboratory for all of us learning to perfect our consciousness. Ultimately, all beings over an endless timeline choose to create joy and relinquish choices that cause suffering. This is but one world in the physical universe out of a thousand million where this is happening as we speak. The abundance of nature/creation/God can be easily seen in this world if one looks. Look with your mind and imagination as that incredible abundance also extends out to the physical universe with all the billions of galaxies and worlds of learning. Your job is nothing more than perfecting your consciousness while you are here. As you do this, you will experience more and more joy.

It's going to take time, and it's going to take experience, which is the same thing.

Let me tell you from this perspective: There could be no more perfect setup, no more perfect playground to do this. You're very lucky to have it. So create. Or don't (although that's not really possible). We are lucky to be involved in this world.

I guess I've said enough. Again, I thank you very much. I'm grateful to be here.

Sheldon: Thank you. On a side note, I would just like to say, it's the "flavor" of the energies that are coming through. There is a distinction, a difference, between each of them. That's the first time I've experienced that particular flavor, and it's very enthusiastic—enthusiastic and full of gratitude, for sure, to be a part of the grand design—to just watch it unfold and to be a part of it. I felt this feeling of awe.

So, who would like to speak next regarding change? I sense Jesus, so he will be the next speaker.

Jesus: I need to speak of change. It's a part of life on this planet and it's going to happen regardless of whether we want it to or not. I know that some people can be afraid of change, and that's perfectly acceptable and okay.

Love and accept yourself as best you can. No matter what you have done, thought, or felt, you are unconditionally loved and it is your opportunity to embrace this way of relating to "you" as you go through your life. I am always here for you.

When things look challenging, when they feel uncomfortable, go into your heart and meet me there. Meet me there and I will guide you if you need guidance. If you look to your own heart, you will find the guidance there as well. Trust that. Trust yourself. Trust the wisdom that

resides deep within you, for it is the same wisdom that resides in me, that is flowing through me—it flows through you as well.

Some people call me the Son of God, but then what are you?

If you call me this, what do you call *yourself*? I encourage you to look inside and see how this is for you. Each one of you has infinite wisdom. If you travel deep enough and allow yourself to hear it, you will know the truth. It's there, like a seed that just needs to be uncovered. Put your ear to it—it will tell you the truth of whom you are, the truth of whom I am, the truth about everything.

Change is inevitable. It's something you can't avoid. However there's a place inside that is *unchanging*. Make friends with that place. Build a relationship. It's very special, and believe me, you will not regret it.

Sheldon: Is there someone else who would like to speak? Gandhi?

Gandhi: I don't know much about change. I tried to keep my life as simple as possible and tried to avoid change as best I could. I wanted my life very structured and simple; easy for me to follow and to stay in line. These are the things that helped me stay centered.

I did seek to bring change into social environments—it was difficult and challenging and beautiful. I suppose it's what Jesus was talking about: finding that place inside. That's what I did.

I created a simple life for myself and had a structured schedule to allow me meditation time to help bring me to that place and build a foundation.

And as you know, my philosophy was to be that which I was seeking to change outside. So for me, the more I went inside and resided there, the more I found that the qualities at the depths of my being were unchanging, that there's a deep silence and security there; it always feels the same.

I found a great security in that, and great strength and inspiration as well. I presume I can speak about change as far as it relates to bringing change to the outside. This was something I spent quite a bit of energy on, and it was my philosophy that it was important to go inside first, to *become* that, to *live* that, to *embody* that change—to bring it forward as best I knew how so it would radiate out to others. Then others would sense it and be inspired to choose that for themselves as well. Once enough people make that choice (to embody, for example, peace from the inside out), then real peace can take hold outside.

Well, I believe that's about all. I could speak more about this; however, what I have already said covers the essence of what change was in my life. I hope it helps anybody who can use it. Again, what do I know about change?

Sheldon: Thank you. Buddha, would you like to speak next?

Buddha: I would love to; thank you. Change is an essential part of life, essential for growth. Think of the flowers, the plants, the trees—if they don't change, they're not growing. Even if it doesn't *look* like change is happening, it is. Look at the example of a cocoon: There's change happening on the inside—a wonderful, dramatic change. Life is full of change. Without it, there would be little vitality and creativity expressing itself. Even though it can seem a little rough at times, be thankful that change is there.

Be open to the variety and the infinite change that is possible.

Jesus: Change is beautiful. The colors of the seasons, the transformation of nature, a child growing—all change reminds us that we are alive.

Change can trigger fear and movement out of a loving consciousness. This is natural for human beings.

The opportunity is to move back into loving when you notice you are outside of it. How do you do this?

Intent, will, surrendering of resistances (surrendering to God's will and love), prayer, contemplation, service, scripture—these can all be tools used to move back into the heart.

Perfect and complete loving is always available to you to receive. You just need to be continually open to it. "I am open to all of God's love and acceptance here and now," could be a mantra to help this process.

Change can be seen as a wonderful spiritual opportunity toward mastering the lessons of loving. If external change moves us away from our connection to God inside, we have more practice at coming home. More practice equals mastery.

We are all blessed with the ability of free will. Since God's loving is constant and the very nature of creation, we can move into it through choice and will.

The place of unconditional loving and acceptance within, flowing from the heart of God, is our anchor throughout any changes outside. That love is the constant. When you are residing in that place, whatever emotions that occur can be embraced fully with total acceptance, allowance, and loving. This makes way for what is underneath all emotion: gratitude.



Chapter 14—Thought Patterns

Sheldon: I would like to talk today about thought patterns and how they create one's reality. I'd like to start with Buddha, please.

Buddha: Thought patterns are an extremely important part of one's reality. They shape *your* reality. The more energy invested in your mind, the more powerfully your reality is going to be shaped.

Your thought patterns determine what type of reality you're going to experience in your life. Every thought has a creative impulse behind it. You have the power of divine creation inside of you; therefore, every single thought has that power behind it. When a thought becomes a pattern of thinking—either intentionally or without your conscious awareness—just imagine how much power that has. A reality will be continuously created in this circumstance.

The good news is, you can (and eventually will) become aware of all these thoughts. It is your destiny to be aware. Self-awareness is the universe. It is the track that the universe is on, and you're part of this universe. So guess what? You're moving toward self-awareness. You can ask for it. "I would like to be aware of what thought patterns are sabotaging me in this instance/situation, are not working for me, are creating suffering. I would like to be aware of these, please."

When you ask a question you will get an answer. The trick is in asking the right question.

Jesus: Love your thoughts. Love whatever thoughts come forward in your mind and whatever is present in your body in terms of energy. The repetition of, "I love you," may seem simple, yet it is as powerful as anything in the universe. Love is the energy that transforms. Repeating, "I love you," to any thought that is persistent and/or uncomfortable is a powerful way to move into the peace of Christ.

Because thought focuses energy, negative thoughts will create a negative and uncomfortable environment in our bodies. If you want to be like God and feel the bliss that is God, do not judge. Intentionally look for the best in people. If you have difficulty doing this, look for God inside them. Look for the Christ (the perfection of God behind/beneath their personality). Everyone is perfect in spirit. There is no such thing as a "bad seed." No matter how offensive someone's behaviors, words or personality might seem, inside them lies the perfection of God, the seed of the divine, the Christ. The more they practice and nurture that seed, the more it will strengthen and grow, one day overpowering their personality. All that will be left is God smiling back at you. This is your destiny; you cannot stop it, no matter how hard you try. The universe is always expanding in love and unity.

Because God is everywhere and in everything, you can use your will when you notice your heart is closing and you're judging by saying to yourself, "I am committed to seeing the divine within this person right now." You may have to repeat this many times during the conversation and that is okay. Communion with God is strengthened through practice. We are all God's children, and like human children, we learn by repeated effort.

Love your thoughts. Love your feelings. Love yourself just as you are. Love as a practice, not a concept.

Take two minutes out of your time when you can or when you feel uneasy, and you will know a deeper you.



Chapter 15—Presence

Sheldon: I'd like to start today with the topic of presence: the present, being present, and why it is important.

Gandhi: I found that being present was an extremely valuable tool. I was able to focus on my immediate surroundings and allow my spirituality to unfold. It's a simple tool to use and does not take any great teachers to learn. It doesn't require attending any special training—it's just *being present*.

Observe what is. Observe your mind; observe your thoughts; observe the goats; observe the chickens; observe the breath. It's a simple tool to bring forward your spirituality in this world. If you are seeking a deeper meaning in life as I was, you might try to practice being present. If you are seeking to know yourself or understand yourself better, you might try the practice of being present. And it *is* a practice—as with any skill, it takes practice. I had to work hard at it—I had to work many hours to learn the skill of being present. Just as one practices so that he or she can play the piano at a competent level, one must also practice being present.

The simplicity that comes forward when one is fully present is joy—joy and richness, enthusiasm and vibrancy. That's such a gift.

Jesus: Presence wasn't one of my main practices. However, I agree with Gandhi that it is invaluable as a skill, as an attitude, as a focus in one's life. I would center on my heart and just feel what's present there.

I took a more active approach to being present. My approach was that if I felt unease, discomfort, jealousy, anger, hatred, resentment, gratitude, joy, or thanksgiving, I would allow it to come up. I would love it; I would love everything. In a sense, this is just a form of being present; however, it's taking the heart center and focusing its energy on what *is*—this is a transformational practice.

I don't know if this is a "better" or "worse" way than taking a more passive, or witness, stance toward presence. It is just the way I practiced—the practice of seeing what is and loving it. So for some, a feeling of anger, guilt, or judgment might surface. It might be brief, by random occurrence, by random relationship during the day. Take the time during or after the situation occurs to accept those energies. Embrace them, love them, just like you would your own child.

When we can get a brief glimpse of loving the present—completely and deeply—it's an amazing space and reference point to have, to really know God in this moment. For God loves everything just as it is without judgment and allows complete freedom of choice by allowing life to occur through the lens of acceptance, gratitude, joy, and loving. Unconditional acceptance and love for what your inner experience is moment to moment is the nature of the Lord: Christ consciousness.

This is who we are at our deepest level. This is our destiny; this is our birthright. We already are this. There is nothing to accomplish or grow toward. How can we grow into what we already are? There is just a shedding of layers—a shedding of assumptions and of mistakes that cover who we truly are.

One thing you might say to yourself is, "I choose to let go of everything in my way for the next seconds and experience who I am, and to experience 100 percent loving presence." You can start

with ten seconds or only five. Just give your mind an easier platform to jump off of. Have a brief experience and build from there.

Don't forget that there are spiritual teachers around you at all times. They are *in* you, just awaiting your desire for them to participate in your journey, to guide you and answer any questions you have. They are loving, supportive beings, and they will not afflict nor control. They simply support and guide and reassure.

There is so much love for you in this universe no matter where you are or what you're doing. You are being loved by beings that you may not even be aware of. They will always let you choose your own way. No matter what choice you make, their love will always be constant—just as you are. Underneath it all, there is pure love.

Sheldon: Thank you, Jesus. Mohammad?

Mohammad: Thank you. I agree that presence is important, though presence was not my strongest teaching either. My own take on presence is to watch, to let go of negativity, to observe where it comes from whether it is from inside you or outside, and to be responsible for it. You are responsible for your surroundings, for your actions, and for your reactions. So it's a good idea to put a portion of your awareness aside to watch and listen to your heart. It will tell you whether your actions are correct and your reactions are appropriate.

In my journey, I had much time to contemplate. Some things I got right and some things I got wrong. I encourage you to contemplate as well. Contemplate the justness of your actions. Are they in line with your heart? Or are they in line with another area? For me, this was my practice of presence; it was the practice of aligning my effort, my voice, and my actions in the world with my heart. You can call this God's will if you would, for the voice of the heart is the voice of the Divine.

If you walk in that space, you're walking in the will of God as He flows through your heart, in the will of the Divine as He speaks to you.

I encourage you, my brothers and sisters, to follow the wisdom of your heart, even if it leads you to places you don't think you should be. If it leads you to other cultures, other teachings, other religions, just experience them and learn. Your heart is not going to lead you astray.

The heart can contradict the mind and the law of man, because the heart is a higher law. So, what do you do when the heart contradicts the law of man? You follow the heart if you are brave. It takes courage—and, in this world, it can even be life-threatening. The heart will never lead you to harm yourself or another person. Following your heart is following the energy of love and acceptance.

I understand that there are tough times. The law of man restricts, confines, fences in, labels, judges, fears. The law of God has *no* fear. The law of the heart loves. How can you love in the face of fear? It takes practice.

Sheldon: Buddha, this seems to be your area of expertise.

Buddha: Well, it certainly was one that I found to be helpful—witnessing my reality, my desires, my thought forms, the feelings in my body. Remember, I tried many different paths, many of them even more difficult.

Starving the body: unnecessary. Sitting in one place for hours and hours: not really necessary, either. However, if either of these helps you, then they're useful tools. They might help you get a glimpse of presence and take away the distractions of life. However, one day you will be able to walk in the busiest of areas or eat the richest of foods and still be able to maintain presence.

There is a place in consciousness where one can be in the world and not be run by it. This is a place where one can feel peaceful, joyful, grateful, alive, vibrant, and loving independent of what is going on in the world outside. You are in this world and, at the same time, you are just experiencing it. There is no identity or attachment; there is just a connectedness to life, to what is.

These stages of higher consciousness are what some ideologies refer to as "heaven." But, as Jesus would tell you, heaven exists right here and now. Heaven is just a state of consciousness, a state of being—not a place you go once you leave this world. It is a place to strive for in this world and, as you do so, you not only serve yourself, but you serve others.

By becoming who you already are, by shedding the illusion and embracing the trueness of your birthright and of your being-ness, you give the greatest gift you could to the world: the gift of yourself, the gift of your *true self*, of God. As you shine that light, you free others immediately without having to do anything extra. You will not need to fight for peace. You see the irony in that statement. By *being*, you accomplish everything at once.

Now, the mind sometimes wants results—it wants to *see* the results, the tangible evidence. It wants to see someone disarming a weapon, a country signing a peace agreement, somebody apologizing and forgiving in a relationship. It wants to understand and view life from a different place in consciousness, a place where it rules and where things are defined and compartmentalized according to rules and decisions that it has created in the past.

Right here and now to be fully present, let go of anything in the way, choose to let go of any blocks that you have created. Just observe what already is. If you're having trouble, it does help to seek out other beings who are on the same path, who have the same desire to learn the practice of being present and/or who have become skilled at it. Seek out a group, seek out individuals, for it *does* help to have that support to strengthen your own practice of consciousness.

You might also ask for me. Ask for my guidance, and I will readily support you. Thank you.



Chapter 16—Spiritual Growth and Practice

Sheldon: So now I call the energies—Jesus Christ, Buddha, Gandhi, Krishna, Mohammad. Any spiritual teachers and prophets who would like to join us in this discussion to give value to people, we ask for the highest good for all beings.

So what shall we work on today? How about spiritual growth or exercise and how it pertains to everyday life in the world? Who would like to start?

Buddha: I'll start. I would like to say that whatever path you choose to follow (by path, I mean practice, religion, ideals, etc.), I'd like to say first that this is all right; it's okay. If it is your intention, all paths eventually lead to higher consciousness.

By choosing to follow a path of spiritual growth and wisdom, you're stating an intention—a subtle intention to yourself and to all of us, to the universe—that this is your desire: to grow, to move into higher levels of consciousness, to anchor yourself there. It shows that you are willing to let go of what you think you know, of what you've created, and to allow creation to move through you.

Even if you think that this one path is the only path that leads to God or heaven (as some religions preach), and that other paths, other teachings, other prophets do not, you can still move in the direction of higher consciousness. You can still move in the direction of greater happiness and spiritual growth, and that's okay, too.

However, at some point, to move higher, you will need to let go of those beliefs. Any belief that is polarized will be a block to greater wisdom and joy. If you believe that only your religion is the true guide to the divine, you are blocking yourself from a deeper experience of God inside of you.

That is why all religions serve a purpose. Every being on the planet is on his or her own unique spiritual timeline. Some are ahead and some are behind where you are. The path they are following works and is perfectly suited to them. Some may have developed their own practices and belief structures, their own paths. This is perfect as well.

Let go of your conflicts. The less conflict you have inside yourself, the happier you are going to be in this world, the more peace you're going to feel. Peace and happiness are signs of higher consciousness.

So, you're free to choose any path, any prophet, any beliefs that you'd like. Of course, that's the nature of life—you are free to choose whatever you'd like, and you will be rewarded with progress.

Now, one tool that might be a nice starting point (or just an exercise to do no matter where you are on your path) is to write down your goal, your intent for your spiritual growth. Maybe it's joining a community of spiritual seekers or a church. Perhaps it is to know if God exists or to live your life with more communion with God on a daily basis.

Intent is powerful. Intent is you at the tiller of a boat on the ocean; your intent directs your craft, your vessel, your being to your destination. But this is just one option. It's not required, but it does ramp up the speed at which you're moving toward your desired destination.

As we've said before, call on any of us. Sit down or stand up where you are right now and say, "Buddha, I ask you to be present with me. I ask for Buddha's guidance. I ask for Buddha's energy." And just see if you feel something inside of you, a sudden energy shift.

Some people are much more aware of this than others, depending on their sensitivity. If you're not one of these people and you don't notice anything in your body or any subtle change of energy, that's fine. However, you might just feel your conscience, your intuition, or your gut (whatever you want to call it) becoming activated. You might feel something—perhaps an answer to a question. The great thing about asking questions is you will always get an answer. So if you ask me a question, you will get an answer, albeit most likely a subtle one, especially if you're just starting to develop this practice. You will get an answer. In this way, you can have an inner dialogue.

I must stress right now that this is our greatest gift: to be able to be here in service for you all. I can speak for myself and others here that it is a gift for us. And we feel blessed to be able to assist in any way we can.

I'm going to let somebody else speak now. Jesus, would you like to say a few words?

Jesus: Thank you, Buddha, I would. First of all, I love you all very much. I am so grateful to be a part of this project. I'm so grateful to be here to tell you how much I love you. There's nothing you can do that is going to shake that love—absolutely nothing.

No matter what actions you take in this world, I will love you with my full strength and conviction. Whether you are going to volunteer your time for weeks and months, or whether you're hurting somebody (even hurting another being in ways that might seem awful), my love is the same for all.

I rejoice. There is a special place in my heart for the ones who discover that they are worthy of my love. They are worthy of the love of all of us—of the Lord, of God.

I am here for you and with you at all times. You are worthy of my love, worthy of all the love, all the happiness, and all the joy that is God, that is life. I am grateful to be a vessel for God's love and teachings.

I would also like to reiterate what Buddha said: We are always here for you, and it is a pleasure to be here. Please call on us. We love to answer the call—and we will always answer the call.

Here is a quick tool you can use to connect to that wellspring of love. Use your nondominant hand (for instance, if you're right-handed, take the left hand) and place it on the center of your chest. Do that and just let it stay there. How do you feel? This is a simple tool, just to tap into your heart energy.

Christ consciousness is all about "and," not "but." There is no divisiveness. It is a unifying force. All things exist at once. God is all things; therefore, how can you say he is this BUT not that? Rather, he is this AND that, simultaneously.

Wherever you are right now, I love you, and I am here for you. I will be back. I am going to pass the chair to Gandhi. Gandhi, thank you very much.

Gandhi: Oh, what am I supposed to say? After following these two beings, I don't know. What

does an old man like me possibly have to say? Not very much, except listen again to what they said. Rewind or reread. I don't know what else to tell you, because I'm learning from them. They are my teachers.

I am grateful to be here. It is a great joy to be sitting here. This is a wonderful project, Sheldon. I would just like to thank you for bringing it. This is great—wonderful for me to be a part of it.

Sheldon: I'd like to say, Gandhi, that you have inspired me. And I know you've inspired so many others on this planet. I read that you thought you had failed later in life. I just want to tell you that you did not. You succeeded; you inspired so many people—millions and billions, perhaps. I don't know. But I do know that you've inspired me. You've inspired me and I thank you so much.

Gandhi: Well, that's very nice of you to say. My goal was to embrace simplicity; embrace the simplicity in life and the foundations. What was important in life to me was connecting with the spiritual truths, the traditions that I knew, and to just bring those into myself as much as possible so I could share them and perhaps activate good and truth in the world.

As far as spiritual growth and practice goes, I am a big fan of meditation. When I say meditation, let's be clear about what I mean: Meditation can be anything you choose. It could be walking at the beach, walking in the mountains, looking at the clouds, sitting in a lotus position, chanting some type of prayer, or simply sitting in your most comfortable La-Z-Boy chair at home while talking with God as you know him.

In meditation, when you say to yourself, "I'm going to meditate," you send the intent—you send the message to yourself, to the universe, and to us or whomever your teachers or gods are, if you have any. If you have no teachers to receive your intent, then it goes straight to God.

But maybe you just believe in goals and yourself and your family—that's okay, too. There's nothing that says you have to believe in God; perhaps you just want to be a better person. That is just fine. It sends a message, and it puts you in that direction as a clearer way to get assistance. As most people know, when you're clear about what you want—when you're clear with your intent—you'll notice that things start happening outside you. Your friend might come up and say, "Oh, there's this great class that I was going to take." And you may think, "My God, that's just perfect. That's just what I wanted for this new business I was going to start."

Things outside of yourself will appear to assist you down that path toward your goal. Even if you don't do anything but walk and look at the flowers and hills, by meditating in your own way, you've already sent the message. No matter what, there will be a result, though it might not be something you notice right away. It might be something like, "Oh, my God, I just found God. I never need to do anything again. I'm enlightened." Of course, it's not likely to be quite this powerful, although it could be—you never know.

So I'm a big fan of meditation, as I've said. For me, it was a clear way to state my intent to know truth and love and God inside me. I did this so I could embody it to the best of my ability—really anchor it inside me and therefore lead by example. To me, this was very, very important.

As I've always said, this was my path. It might not be the path for others. Some people probably don't need to meditate at all; they might use prayer or just different ways to express their intent. I can only share my experience.

I read the teachings, the Bhagavad-Gita. These texts have an energy and an intent, too. Throughout my life, I learned from everyone I could. I also called on Christ, Jesus, and Buddha

for assistance quite often. I look on all as teachers. There was always something for me to learn, and I was grateful to them for their teachings.

Well, I thank you. Thank you for your graciousness in listening to what I have to say. I certainly don't know if it helps in any way, but if it does, it warms my heart and I am pleased. God bless!

Sheldon: Thank you. So, Krishna, we haven't heard from you yet.

Krishna: Love is peace. If you can seek to attain more and more peace in your life, you will automatically be in the energy of love. Prayer is very important here as well. I prayed for this very thing. I said, "God, please reveal yourself to me. Show me the peace. Show me the love. Please bestow on me these feelings yourself. I want to be with you."

I said this over and over again. Without this, I don't think I would have gotten anywhere, for it was through the answers to those prayers that I felt more and more peace, joy, and love. I was then able to sit and look at life as such joy and love. I don't know how else I could have done that.

Through prayer was how I discovered peace. It was given to me by the grace of God. The grace of God exists for all of you—just pray for it, and continue to pray. I was diligent in prayer, so diligent. One could say I continuously pestered God for these gifts. Yet, I know I wasn't pestering. At the time, I thought I was, but I just continued to get the gift I was asking for.

The strength of your desire, the strength of your conviction, the strength of your asking is important. Mine was very strong, and the more I received, the stronger it became, and the more I knew this was something wonderful. This is something I needed more of. Once you get a taste of this, you will want more, too—I believe most people will.

Thank you for including me.

Sheldon: We haven't heard from Mohammad yet. Mohammad, do you have something you'd like to share?

Mohammad: Be willing to develop a direct connection, a direct knowing with me, with God, with Allah. Be willing to embrace all teachers. As you know, the hand on the heart is a good way of tuning in to truth.

If I had one thing to say, it would be: Trust your heart. Trust your heart more than you trust the written word. It is in your heart that you know God, that you know Allah. The vessel of the heart is more important than any text. And if you feel you can't, or if you feel unwilling to share your knowledge when it springs from your heart, then by all means, keep it to yourself.

You need to be responsible for you—that's all you're asked to do. So tune in, make the connection, and live your life accordingly. This is important. Don't live your life from something you've memorized. There's a huge difference. Memorization is from your mind, the human mind. So, I encourage you, if there is a conflict between what your heart is telling you and something you've memorized in your human mind, trust your heart—go with your heart.

Your heart is the connection to the divine; your human mind is not. Your heart is the connection to human collectivity. Call on me and I will always be there; call on God and God will always be there. I would suggest the latter—I suggest you deal directly with Allah. I'm not needed; you may think I am, but I'm not. Believe me when I tell you, Allah knows much more than I.

I am what you are. I am the same, no different. I am not to be put on a mountaintop and revered. You are my brothers and sisters—we are all brothers and sisters, children of Allah. You have the same potentials inside of you as I have: the same potential for connection to Allah.

Are you really willing to let go and know God?



Message from God

God: I love you. I love you more than you know. I've loved you from the beginning of your existence. From your first breath in this world, your first heartbeat, your first thought, I have loved you. I surround you—all the time and in everything. Some of you know me when you're young and then lose track of me—lose awareness of me—and then find me again. Some of you find me later.

However you live your lives is okay with me. However you choose to express yourself in this world, it's great with me. I love you just for breathing, just for being—not for what you do.

I'm so grateful to witness your journey. Whatever you want to do is okay, so go ahead and go for it. Create your dreams; create your desires; create the life you want. If it doesn't bring you happiness, create what does.

I am with you right now. I'm both inside and outside, surrounding you with love and affection. There is no judgment, no agenda. I wish you only to be happy, if that's what you want. I'm here for you, whenever and however much you want to talk or be with me. I am always available.

I love when you love. I love when you hate, when you shame, hide, or inflict. I love when you allow me to love you. Let my love in . . . if you want; you don't have to. It makes me happy when you let me love you, when you choose to allow me to love you deeply.

There is no punishment from me in this life or the next. Why would I hurt those I love? There are certain consequences, but think of these as more scientific than anything else. They're just the laws of physics, as you would call it—the laws of how the universe works. For every action there is a reaction.

Your true nature is expressing the goodness that is already inside you. By expressing that goodness, goodness comes back to you.

Peace, joy, love, generosity, selflessness, beauty, creativity, honesty, laughter, joy—this is your nature. Fear, sadness, jealousy—these are all just fleeting blankets that may cover your true nature for a short time. They are part of you, too, in this world, but only for as long as the depth of you—that indestructible peace, love, and joy—is the kernel of your being.

I love you.

Connect with the Author

Thank you for spending time with me on this journey to discover "Messages from the Masters." If you enjoyed it and were touched by its message, please take a moment to leave a review.

If you would like to contact me, please visit my website:

www.sheldonpizzinat.com