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I am always amazed how a book on a shop shelf speaks to me. I am rarely disappointed.

My first eNovel, Ensouled!, was deeply inspired by John L. Payne’s OMNI Reveals the Four Principles of Creation. The imprint is deep. Thank you, John and Beloved OMNI.

I have always admired Elisabeth Kübler-Ross, author on Death and Dying. Her work inspires greatly. It is she who first taught us that our condition is to love and be loved. In Life Lessons, a collaborative effort between Elisabeth and David Kessler, I am learning that despite being much loved I still don’t know what I know! I am still learning my lessons and I am thankful for their insights.

A Course of Love – The Complete Course – presented by Mari Perron and Dan Odegard is a deeply inspirational Course. It’s awesome.

Dr Michael Newton’s work on the Journey and Destiny of Souls is phenomenal. In my opinion, Dr Newton’s work sets the stage for more profound truths. I hope there’ll be another book very soon.

I share similar beliefs with all these authors. There have been many others. Their work has had a very profound influence in my life. Thank you for your shared experience and knowledge. It is greatly appreciated.

My journey is personal for my being is unique. Unique is exactly what it means - the only one of its kind. Uniqueness is a quality we all share. Inner Space – the Final Frontier is my contribution to a great awakening and it is my sincere wish that it may be of benefit to you.

Luisa Green
foreword

In A Course of Love – the Complete Course we are reminded that to tell someone, even a young child, that a caterpillar becomes a butterfly is seemingly unbelievable. This does not make it any less true. The butterfly, although some perceive it as being lovelier to behold, is still the same being as the caterpillar. The caterpillar did not cease to exist; it simply transformed into what it was. Thus it would seem as if the butterfly is both butterfly and caterpillar, two separate things becoming one. You are well aware of the fact that if you could not see the transformation take place “with your own eyes,” you would not believe that the two seemingly disparate creatures were the same. Someone telling you this story of transformation without being able to show you proof that you could see would be accused of making up a fairy tale for your amusement.

We are asked how many of us see the story of our own Self in this same frame of mind? It is a nice fairy tale, an acceptable myth, but until our body’s eyes can behold the proof, this is what it will remain. This is the insanity we choose not to awaken from. It is as if we have said we will not open our eyes until someone proves to us that they will see when they are opened. We sit in darkness awaiting proof that only our own light will dispel.

A Course of Love - the Complete Course presented by MARI PERRON and DAN ODEGARD Prelude pp 40-41

Can we believe we are radiant, lighted beings?

Our inner sense of being knows the truth. We need only listen and learn.
we live our being in our own true sense

A song is playing on the radio:

“Thought we’d go on and on...day after day, I’m still holding on.”

And the next song plays:

“You said you’d never break my heart...it hurts so bad.”

Do we believe that love hurts?

We all want to love and be loved. We all want to be happy.

Do we know how to love and be happy?

We are all brothers and sisters. We are all the same. If our condition is to love and be happy, why does love elude us? If we want to love and be happy, why do we fear?
dare we want heaven on earth?
If I think I am unloved, I believe I am unloved. This belief attracts life experiences or conditions that mirror back what I think and believe. It's that simple! I create my own reality!

We must mind our thinking. I mean it. Our thoughts are very powerful. Our thoughts are very real. We must allow good thoughts and feelings in our lives. We have to keep an open mind and a willing heart. We must remember who we are.

Who are we?
We are spiritual beings living a human experience. We are all brothers and sisters. We are all the same. There is neither a higher nor a lower sense of human identity. We are God's children—all of us—and we are loved unconditionally. This is an absolute truth.

As often as I need to replace my fears, I claim my true identity not once but a hundred times a day:

I am one with all creation. I need never fear.
I am loved unconditionally. I create my reality in oneness.
This is my truth.

As I write I begin to think I play spare wheel to my friends. If I allow this insecurity to root I will attract difficulties in my relationships. I create negative conditions and situations. Is this the reality I want?
Moreover, my fear is groundless.

I apply my mind consciously and directly and do not allow negative thinking to permeate my better sense. I make a conscious, consistent and direct choice to think positively. Moreover, I face my personal fears: I embrace insecurity. I am human. I need never fear: I am a accepted and appreciated beyond measure.

This is my thinking:

I am a spiritual being living a human experience. I am deeply and exquisitely loved. I am dearly loved. I am truly loved. I am loved unconditionally.

And, therefore, I must also truly love unconditionally.
Thanks, Thelma
Neither end
nor beginning

Course of lives
real and unseen

Dimensions
fantastic
beyond
Mind realm

An avalanche
of experience
rich
towards the pivot of

Oneness
lessons, more lessons ...and yet more lessons

My lesson is a lesson of love. I have made it a hard lesson. My lesson is to realise my higher Self - to attune my real Self to the essence of Divine Love within. I must learn to value who I am. I am worthy. I am complete. I am whole. God is Love and I am one with Love. As I grow in spiritual awareness I evolve: my highest thought is Love.

This is not my natural home. I exist in human form but I carry the essence of the Divine within. I choose this human experience to learn. I am here to learn. If I don’t learn my lessons, I must relearn my lessons until they are learned.

If I’m not learning, it’s my fault. I’m equipped with all the tools I need to learn my lessons. If I choose not to listen and learn, to look and see, the lessons will be repeated time and time again. If history repeats itself, I’m not learning and, if need be, the lessons will be hard.

It doesn’t have to be difficult. Simply, let’s make up our mind.

I have an unenviable history of failed relationships, especially with men.

After a long period of celibacy, I attracted a woman-hater, cheater, another cheater, an operator, another operator, men who were too young, too scared, men who consider women evil. The list goes on.
I share this with you openly for I embrace my foolishness. The other day, a friend’s husband jokingly remarked I would remember a video he’d just seen: Fools Rush In. It’s the truth. I embrace the courage to face the truth: I am needy.

I want to be happy but I am untrue. My thinking is inconsistent. I look without for fulfilment within. I look to aNother [Thing] to make me happy.

Two halves don’t make a composite whole. There is no intersection.
happiness begins within

As I walk within, I accept I am responsible for my own happiness. I value these lessons for I grow in understanding: I am already complete. I am good enough.

If you find yourself in a downward spiral, it’s time for positive change. You have to make a choice: do you sink or rise?

The process of creating a happier life begins with a fundamental choice – a choice to live our being in love.

The one true love is self-love; there is no other love.

OMNI

Happiness is from within and is not dependent on outside people or material things. Thanks, Hester
another poem for you

In love or out
Good for bad
Better in good
Wasted without

Growing in our capacity to love and hope is a critical step towards happiness.

I love u mommy – thank you, Bianca. Welcome.
Love is not something you do,
It is not how you behave.
There’s nothing you can do that constitutes
loving another,
No action that is of itself loving.
Love is a way of being.
And more than that.
It’s simply being,
Being with another person, however they may be.
Holding no judgements, having no agendas,
No need to have them experience your love,
No desire to demonstrate love,
No intrusion upon their soul.
Nothing but a total acceptance of their being,
Born of your total acceptance of yours.
consciousness of love

Self love is an expression of the Divine Love within. It is this essence that defines our true selves. It is a core of infinite compassion and unconditional love. We honour this presence as an expression of how we would choose to live our being. We make conscious choices to honour the Self Divine within. The path to oneness begins with an awareness of our real Selves – the Self Within. The inner path is our true consciousness. It is along this path that we grow in understanding of our true Selves. It is a journey of self-discovery and it carries great rewards – a more evolved human existence.

Living our being in love allows true Self expression – we are good enough. We choose to see the positive and good in all experience. We treat others as we would ourselves wish to be treated. We reaffirm we are one with all creation.

I am one with all creation. I need never fear.
I am loved unconditionally. I create my reality in oneness.
This is my truth.

Being one with all creation brings love into focus: we inspire in our Selves a love of truth. We are mindful – we think how it feels. Our life focus is directed inwardly to embrace our real Selves and to accept and appreciate our completeness – We are already whole.

We fear truth. We have all experienced the full scope of human emotions, attitudes and actions. This is why it becomes difficult to judge our thinking and actions. In living our being in love we inspire a process towards positive change.

Imagine a world where we honour the Love Divine within. We understand that the reality we choose is the reality we would claim. We are clear our reality serves our true purpose: to grow in unconditional love. A choice to love unconditionally is to accept and appreciate our Selves. We are God’s children in human form and our journey within realises all that is.

Love is the total and complete acceptance of what is.
OMNI
at journey’s end

A light shines at the end of the tunnel - a journey of process towards self realisation –

We are lighted, radiant beings.
and yet another poem for you

Light quest  
evasive flame

Yet I think I see  
the glimmer light

Here now

There is no pain when you travel above and you know that you’re in the presence of Love. Bianca

Growing in self love requires conscious choices to live our being in love. Consciously directing our thoughts towards positive change allows attitudes and actions that are in harmony with our higher Selves. It isn’t a difficult process: we simply learn to make appropriate and consistent choices.
we fear loss

As I begin to feel depressed, I make a conscious choice to lighten my mood. I consider my feelings. If I feel sad I clarify why I feel this way.

In truth, I make too much of this world. I need to lighten up.

I’m offended. You’re a very silly woman.

If I allow this rudeness to upset me, I enforce limitations. I am hurt and angry.

You’re very rude.

No, I’m not. If I didn’t think you could take it, I wouldn’t have mentioned it.

I am self-forgetful but it’s rather funny.

*May I please speak to Luisa dos Santos (born)?*

Yes, certainly. Please hold.

I can laugh at myself. *Barely.*
we fear loss

If you feel lost, I empathise. I know how you feel. I feel your shock, denial, depression, anger, daze, confusion, loneliness, rage, and so on, for this is human. Our lives happen. Things change. We suffer occasional fatigue.

I was on my way out. I didn’t see her but she called out:

You’ve left your book behind.

Silly me! Thank you.

It seems like an interesting book.

It is.

What’s it about?

What we do in between lives on earth.

Oh, what’s that?

We go home.
we fear loss

I was readying to go. She burst into tears and confided her husband had died two months earlier. Her best friend’s husband had also just died. I stopped and took care to walk with her. I explained Dr Michael Newton’s work on lives between lives and told her I was deeply impressed with his work. I gave her my copy of *Destiny of Souls* and told her to invest in Dr Newton’s first book: *Journey of Souls*.

I’m feeling so much better.

We are blessed with many opportunities to serve our higher Selves.
embracing chaos

It's a chaotic world.

If we attract chaos, there is purpose to it. In a chaotic world we live our lives blindly. We feel separate, deprived, isolated, abandoned, alone, and so on. We fear. If this is our reality we need consider whether or not we are creating a better way of life.
values to live by

A Love of Truth
- essential for a just, inclusive and progressive society

A Sense of Justice
- recognition of the rights and needs of all

A Spirit of Co-operation
- based on active goodwill and the principle of right human relationships

A Sense of Personal Responsibility
- for group, community and national affairs

Serving the Common Good
- through the sacrifice of selfishness. Only what is good for all is good for each one.

These are the spiritual values, inspiring the conscience and the consciousness of those who serve, to create a better way of life.

Source: World Goodwill Newsletter – 1996, No. 4

These spiritual values make good sense. They appeal to our better sense. All round, they’re common sense.
People should treat others as they would themselves wish to be treated

Do we think and feel the same or do we think and feel apart?

When we forget to feel compassion we suffer fatigue. Occasional fatigue is human. We live in a chaotic reality. We believe life is hard. We use and abuse.

What do I want?

I want Heaven on Earth.

Who am I?

I am a spiritual being living a human experience. This experience is merely a moment in life eternal.

Why am I here?

I am here simply to learn. My lessons are unique. I live my being as I would myself wish to live it –
People should treat others as they would themselves wish to be treated

In abuse
In acceptance
In addiction
In anger
In anxiety
In appreciation
In arrogance
In bad attitude
In Barbie – Bianca’s joke
In brilliance
In care
In coffee – Bianca’s joke
In communication
In communion
In contribution
In control
In courage
In cowardice
In cynicism
In despair
In desperation
In determination
In deliberation
In dis(ease)
In doubt
In eagerness
In envy
In fear
In foolishness

In forgiveness
In fulfilment
In good attitude
In guilt
In happiness
In hate
In jealousy
In joy
In judgement
In light
In love
In misery
In mistrust
In pain
In patience
In self belief
In self confidence
In self love
In stress
In surrender
In suspicion
In rage
In responsibility
In revenge
In use
In violence
In worry
In wretchedness.
People should treat others as they would themselves wish to be treated

Call it what you will. When all’s said and done, the choice is a simple one: do we live our being in love or do we live our being in fear?

What would you choose? What is your heart’s desire?

_These are the emotions we all feel and experience. Some are good and some are bad. What we must focus on is the good because it will help us. Loving, caring, responsible, etc. will make you become a better person._ Bianca
I feel miserable. I am lonely.

I think to look up loneliness define. An image downloads:

Left us on 5th September 1997.

My heart warms and I recognise this human wonder. I scroll down and read:

Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and it will make not only for our happiness, but that of the world at large.

Mahatma Ghandi

Consciously directing our thinking allows us to change the way we feel. As we grow in Self Love, we claim our love of self and one another. We refuse to deplete our capacity for self acceptance and appreciation. We disallow feelings of powerlessness and hopelessness. We redefine our being: we are worthy.

Can we be happy if we live our being in deprivation, isolation, abandonment, neglect, fear, and so on? It can’t be good or feel right. Are we helping to create a better reality for ourselves? Are we attracting good and positive experiences in our lives?
In life, like begets like.

We choose to heal and create a reality we can rejoice in. We do not allow our fears to define who we are any longer. We learn to make appropriate choices.

I look up being alone without feeling lonely and Susan’s words echo:

Being Alone Without Being Lonely.

When I am reading a good book I do not feel alone. When I am exercising or writing I do not feel alone. The human species is social – we interact with each other in nearly every aspect of living. So, the desire to socialise comes up even if our personal activities are fulfilling to us. Aloneness is felt when we have become dependent on someone or something outside of our own being to ‘provide’ personal happiness.

Being alone, and also feeling lonely, comes when we have not yet discovered that our personal fulfilment comes right out of our depths, right from our depth of consciousness, from communion with our Source, Resource.

Contact with our Source-Resource is socialising with the Presence that is always with us as a listening ear, that warms and energises us with feelings of harmony, spurring us on to be positive and productive in the world...
Loneliness define

When we learn how to socialise with our Source, we will find that we always have a companion with us, that we are really never ‘alone’...

As we improve the quality of our character, we become more aware of our state of happiness – the state of happiness hidden from us till we consistently act for the best of each situation.

We may think that happiness is an acquisition, and therefore buy more and more things. Soon we observe that depending on the momentary high experienced in an acquisition is truly temporary, and that in order to stay happy all the time, we would have to acquire a never-ending stream of objects. We also might think that another person gives us happiness by paying attention to us. Again, this would mean a person would have to be focusing on us all the time, in order for us to feel happiness all the time.

Neither by trying to acquire a stream of possessions, or by constantly expecting or trying to coerce a person to focus all their attention on us, do we experience a baseline of happiness.

We all want happiness – so where is happiness?

Happiness is the outcome of harmony. And, harmony is the outcome of living moment to moment in alignment with the highest good of the moment. When we live peacefully and usefully, we are living harmoniously – we feel happy.
loneliness define

So, happiness is with us all the time as a state of our own being – brought to the forefront of our lives when we are living harmoniously in the world. In this realisation we can see that each of us has happiness ever available, from within ourselves, experienced when our attitudes, decisions and actions are in harmony with peacefulness and goodness.

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We live our being in love. We refuse to continue patterns that do not serve us. We are ever mindful that we create our own reality. We are skilful actors, applying our Selves wholeheartedly, in honouring the essence of the Divine within. We strengthen our resolve to grow in loving kindness towards our inner Selves.

Our greatest satisfaction is growing in self-appreciation and allowing good things to happen in our lives. We are faithful and true to the total beauty of our nature Divine.
Life offers many opportunities for self-growth. Our life experiences mirror back what we truly think and feel. These self-mirroring experiences offer us real insights. We grow in understanding and self-knowledge. The insights we gain inspire wisdom. We learn to do things differently. There is little point in effecting change unless it serves to inspire positive change. Walking the middle way inspires a choice of being. In achieving a perfect balance we live a more evolved human existence. We accept and appreciate ourselves in our total being. We juggle our balancing act. We keep an open mind and a willing heart. A lesson learned is never forgotten for it may happen that the lesson to be repeated is a hard one. The sooner we learn to trust our Selves, the sooner we learn to make appropriate choices. It is sustained effort in achieving our perfect balance that we learn to walk the middle way. A sense of peace and harmony inspires serene and calm expression. We live our being in harmony. We are one with all.

May Peace and Harmony prevail on Earth!
redefining our selves

We honour our spiritual Selves: I am a spiritual being living a human experience.

We remember our true nature: I am one with all creation.

We remember our natural home: the spiritual realm is my true home.

We acknowledge the essence of the Divine within: I am a child of God.

We have faith that our lives have purpose: I choose my own experiences.

We allow abundance in our lives: I have everything I need. I am thankful.

We learn to quiet our mind: the path towards my higher Self is directed inwardly.

We are consistent in our thinking: we think and feel the same.

Focus is important: our path is progressive.

We face our fears courageously: we need never fear. We are loved unconditionally.
redefining our selves

We are lovers of truth: there is freedom within.

There is neither right nor wrong: all experience is relative.

Divine Love is unconditional: this is an absolute truth.

We release ourselves from our limitations and others from their limitations. We forgive and move forward. We have to grow. If need be, we give in and surrender. We let go and let God. We let Love be.

We awaken to new possibilities: we open our eyes and learn the truth.

We redefine our unifying consciousness:

I am one with God, and my greatest and deepest desire is to love.

OMNI

We grow in wisdom and self love: we embrace our higher Selves.

We mind our thinking: we think how it feels.
redefining our selves

Practice, patience and discipline work wonders. We don’t lose sight of the glimmer light. We don’t lose focus. The light shines brightly as we reach the end of our journey.

F
We have faith. There is purpose to our lives. Nothing happens by accident. Everything happens for good reason.

A
We grow in self love. We are one with all creation.

I
We inspire good in our lives.

T
We are lovers of truth.

H
Having faith defines a truth that we believe and remain true to our higher Selves.

We are all one with creation. Were we not created in God’s image?
Our inner world is Love. We choose Love for Love is the source of our being. We dedicate our thoughts to Love for we are one with Love. Our true purpose is to live our being in Love.

Love is the Source of your being.
A Course of Love – the Complete Course, 20.27

We reaffirm:

I am one with all creation. I need never fear.
I am loved unconditionally. I create my reality in oneness.
This is my truth.

We are shaped and fashioned by what we love.
Goethe
Thanks, Hester
how quickly we forget!

Being one with Love embodies our completeness and wholeness. We choose to live our being in the Love Divine. We choose to live our being in harmony.

God never forsakes his children. It is we who forget! We must remember who we are.

When we choose fear we withdraw into our own misery. We believe we are unloved. We are all one with creation. There is neither a higher nor a lower sense of our sameness. One is one. Our unifying consciousness is fair and equal. We are not children of a lesser or greater God. God is.
our birthright is to be happy

When we choose fear, we think and feel separate.

I am reminded that the injunction to rest in peace is for the living, not the dead!

A Course of Love – The Complete Course, Chapter 9, 9.41

This is a high truth!

Our natural state is happy and peaceful.

So what will it take to live our being in harmony?

We simply allow our birthright. We let Love be.
We interchange one with same. In this reality one is one and one and same is equal. I am you. You are me. I exist. You exist. Together we co-exist. We are one. We are the same. I am unique but our uniqueness is a condition we all share.

*With you and me I know for sure that one plus one is one.*

Bianca
To ask for love is insane. *Love is.*

To desire freedom is insane. We are free beings. We are free to make our choice. Do we make a choice for love or do we make a choice for fear?

To beseech our birthright is insane. We are never separated from Source. We are one with all creation.
beautiful prayers

Source of all life that is non-physical, may I always honour this part of myself. May your presence be expressed through me as it is expressed in other realms. Supply me with all my needs for today and release me from my limitations as I release others from their limitations. Keep me from illusion and deliver me from fear.

Source: OMNI Reveals the Four Principles of Creation, John L. Payne, Chapter 6: Prayer, pg 72

“Let every action of mine be something beautiful for God.”

Mother Theresa
oneness is wholeness

I am one with all creation. I am God’s child. I exist in physical form but I am a spiritual being.

The essence of Divine Love exists within me. I am Soul.

I choose to live my being in love for I choose to make a choice for love.
inner space

My journey begins within. I choose to live my being in a new consciousness. This consciousness defines my true Self. I am one with all. All is one. All is all that is. Who am I? I am a spiritual being living a human experience.

I am one with all creation. I am deeply and exquisitely loved. I am dearly loved.

I am truly loved. I am loved unconditionally.

This new awareness will present certain challenges. To replace fear requires conscious, direct and sustained effort. It takes practice. It takes patience. It takes discipline. It takes total dedication. Fear darkness our minds and it takes courage to face the truth. I am one with all. We are one with all. All is all that is.

I am one with all creation. I need never fear. I am loved unconditionally.

I create my reality in God’s love. This is my truth.

In being, I transcend. I am being in mind and heart. I am one with All. I am a lighted, radiant being. Lest I forget, let this be my truth – I am one with all creation. I must never forget – for if I do – the lesson remains unlearned.
inner space

We are one with all creation.

I am one with all creation.

My reality knows I am not a separate being. Separation and divisiveness are inappropriate to my being.

I am one with all. All is one. One is all. All is all.

I am truly loved.
let the game begin

In Life, there are no rules. There are, however, guidelines. The first guideline is that we must all learn to play the game we call Life. The game begins with the recognition of who we are in this world. We exist in human form but we are more than our human Selves. We embody Soul and Soul is our Divine nature. In this game, the objective is not to struggle to be good but to know we are good enough.
The fundamental objective of the game we call Life is to learn who we are. There are no rules. There are simply guidelines.

Guideline # One:
We all have to learn to play this game.

Guideline # Two:
This is not a game of > or <. All is fair and equal.

Guideline # Three:
It’s all about choice.

Guideline # Four:
We begin now.

Guideline # Five:
There is nothing to prove.

Guideline # Six:
We can all win this game.

Guideline # Seven:
We are all good enough.
we are all created in God’s image

All we can hope to do in a chaotic world is to try to make sense of what we don’t understand. I didn’t understand either. There is nothing wrong in our good intentions but do we try to make sense of a bad situation or do we begin to imagine a new situation? Would it not make better sense to change the world all together? Would it not make better sense to make our Earth a heavenly place?

I’d left my mobile at the canteen. When I asked Lynette to call and return the mobile, I jokingly remarked that the text on the screen would be enough deterrent to anyone wanting to steal the mobile. It reads: Let go and let God.

Give in. Surrender. Let go and let God. Let Love be.

The mobile was returned in a short while, naturally.
be like a child

Bianca, my daughter, at 9 years’ old, asks one evening:

What is God? God is.

How did God begin? God never began.

How did Earth start? God created Earth.

What is Heaven? Heaven is another place for God.

Bianca disagrees. "Heaven is where you go to after you have been to another world. It is a resting place until you go to a next world. Heaven is full of love, joy and happiness. There’s nothing better than it. You can do what you want to do and never die but when you go to another world you do die. Heaven is like a pit stop - after all the worlds you’ve been to, you need a break. Heaven is the pit stop. Heaven is the source of all worlds. You travel to other worlds and when you have had enough you come back to rest in Heaven and go on with your journey."

How do you know this? I just know somehow. (11 years)

What must we do on Earth? We must learn.

What must we learn? You already know.
be like a child

Should we be truly happy on Earth? Yes.

Is Heaven a truly happy place? Very.

What does God look like? You.

Is God a He or a She? Both.

Does everything on Earth go back to Heaven? Yes.

Should we learn to take it easy on Earth? Yes.

That’s all. Thank you.
the power of anyway

People are often unreasonable, irrational, and self-centred; forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway.
If you are honest and sincere, people may deceive you; be honest and sincere anyway.
What you spend years creating, others may destroy overnight; create anyway.
If you find serenity and happiness, some may be jealous; be happy anyway.
The good you do today will often be forgotten; do good anyway.
Give the best you have, and it may never be enough; give your best anyway.
In the final analysis, it is between you and God; it was never between you and them anyway.

I first read these words in an eMail attachment. I’d forwarded it to a beloved. When we went our separate ways, the attachment was reforwarded and marked with a low priority.

We suffer disappointments in our lives. Disappointments hurt and make us angry but we learn from our experiences. We move forward. We have to grow.
My lesson is a lesson of love. I believe I am unlucky in love. It's no wonder I study love so earnestly :) 

This learning condition defines my being:

I sneaked this in. Bianca will kill me if she knows. I am snoopy.

Problems

School

Goal dis year (2004 -> 12 yrs old)
Earn (at least) half or full colours 4 academic
Get over 80%

Friends

Be urself around dem. Don't be SHY. Don't hang around People who make u feel Bad such as *,*,*,*

I follow my heart blindly and I lose my head.

God is. Love is. God is love. God wants me to be happy. All I have to do is ask. I can't ask for love for I am loved unconditionally. I can't ask for happiness for happiness is my natural state. I give thanks for I have everything I need. I ask simply to live my being in God's love. I am a spiritual being living a human experience.
selfspake: a lesson of love

What do I want?

I want to be happy but if I make anyone or anything a condition for my happiness, what does this mean?

I can’t be happy unless I have someone or something.

Unwittingly, I have placed a condition on love. I can’t be happy without.

What must I remember?

I must remember who I am.

Who am I?

I am a spiritual being living a human experience.

Thelma’s words ring true:

My mind and heart are in the right place... but my dream catcher’s not working.
I am deeply and exquisitely loved. I am dearly loved. I am truly loved.

I am accepted and appreciated beyond measure. I am loved unconditionally.
a poem for a way of life

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit.

If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself; Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself; you are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful.

Strive to be happy.

Max Ehrmann, 1927 Desiderata
a poem for a way of life

To live our being in love is to live an amazing and great life. It couldn't be any other way.

I am one with all creation.
I am at peace and in harmony with the world.
Life is truly a great gift.
Thank you, Beloved. All
The Power of the Heart: Feel the Beat
references

A Course of Love - the Complete Course presented by MARI PERRON and DAN ODEGARD
First published in 2001 by New World Library Inc., USA
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Hodder and Stoughton
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