

Getting off the Roller Coaster[©]

by

Adrian Newington

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INTRODUCTION

I was lost, but now I have found myself.

From the experience of great loss, I was forced to begin a search. What ever it was I was looking for, I ended up finding myself.

This book evolved from a fierce desire to know and understand myself, and the way in which individuals learn, grow and develop, (socially and spiritually), and as an expansion of my previous book, "Pools of Peace". Even though I had more than enough pages completed, I continually found myself thinking of ways to expand its contents as my own personal development and understanding expanded. I decided that "*Pools*" had the right amount of information within it, and further expansion on my philosophy was best put into a more detailed form.

As my thirst for knowledge of human development increased, the need for this information to be documented became paramount. Not only was there a need to share this knowledge with you the readers, and with those who are close and dear to me, but a strange feeling of wanting to share it with myself. I believe that this came from the need to purge myself of the feelings and thoughts within. It was almost like giving myself a test on this subject that is so close to my heart; a way of laying out my inner self on paper and saying, "Yes!, this is exactly what I am feeling".

Upon completion of such an exercise, the information seems to slip back into my psyche to become silently, but permanently resident within the core of my being. It is now first nature to me, and I am in a position to act without fear or reserve when any situation comes my way where Love and Compassion are the only answers.

Peace to You,

Adrian Newington.

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Dedicated to y our personal and spiritual journey

CHAPTER 1

GETTING OFF THE ROLLER COASTER.

You Are Loved

You Have Worth

Whatever may have happened in your life...
Whatever road you may have gone down...
There will always be **SOMEONE** willing to
Believe in your **GOODNESS**.

Whatever things you may have done,
there is always **SOMEONE** willing to
STAND by you.

Whatever choices you may have made,
there is always **SOMEONE** willing
to **UNDERSTAND**.

Whatever sorrow you may carry,
there is always **SOMEONE** who is willing
to **EASE** your burden.

Whenever you feel you are lost,
there is always **SOMEONE** willing to
SHOW YOU the way home.

Whenever life feels like it's going too fast,
there is always **SOMEONE** willing to
help you to **SLOW DOWN**...
there is always **SOMEONE** ready
to help you to...

GET OFF THE ROLLER COASTER.

When I eventually came to an understanding that events which brought me sorrow could be used to teach me... and when I finally learnt to believe in my goodness.

I crossed a bridge.

The bridge I talk of is one that brought me to a recognition of self worth, self love, and of a right to express Self-Love as a natural expression of my humanness.

In this book, I talk about how I turned my life around after the breakdown of marriage and the loss of other chances of happiness, but it's greater purpose is to share **with you**, and **for you**, the way in which I restored peace into my life. It is about understanding of self and of others. It is the way in which I re-discovered myself, and how I came to understand the many different aspects of human nature that combine to form the individuals that we are. It is about developing Awareness, Gentleness and Forgiveness. It is Hope; it is my Hope which has allowed me to unmask myself and the world in which I live, and I now pass it on to those who have travelled down various difficult or melancholy roads in an attempt to share what I have learnt.

Though there are many ways in which our lives can be shaken, there is a universal solution that will take us back to happiness. This comfort comes from a knowledge of Self Worth and Self Love, and the recognition of the good nature that is a fundamental part of each of us.

So often we labour with our mistakes as if they require some sort of ongoing penance, but such thinking is born of an ignorant perception which keeps us from seeing the opportunities for growth that are available every time we misread a life situation and bring pain to ourselves.

It is my desire to share my experiences and thoughts, to hopefully give to you an understanding of Love and Fear which I find has dramatically transformed my life. Through a feeling of faith and confidence, I truly know that you also will be able to find a most perfect understanding of your own situation and your own truth. It is a way in which I am able to give the world a gift, since I am so lucky to have so many.

Although events, people, choices and actions can bring disillusionment or pain, be believing that through it all, you are still deserving of the same chances for a good life that you would wish for anyone else to have. This good wish you have for others, illustrates this goodness within you that I believe in. It is your map on your road home.

In our hearts most of us can be sure of having a simple desire to lead a happy and content life, but life brings about complexities which in turn will bring about various responses unique to each person. Understand that the way you react to a particular event is a reflection of your thinking, and that your thinking is related to all your experiences. By saying this, I am not advocating that we can or should deny any responsibilities for our actions, but it is important to know that the INNATE quality of Love within Human nature, can at times become hidden by a veil of deception brought about by various experiences and inaccurate perceptions from not knowing all other aspects and details of an event in our life. Exposure to any such circumstance whether it be only once, or repeated many times, can obscure our vision of Inner Truth as we get led down roads that we might wish we had never ventured... (Chosen or otherwise).

Through any mistakes or misfortunes, we can then learn of situations, ourselves, and of other people. Through any suffering that comes our way from such problems, we are also able to extract value by observing the life action of Cause and Effect. That is... what ever Action we perform, we must expect the appropriate Re-Action to come back to us as a natural response to our choices. (*Further aspects of this thinking are discussed in Chapter 5, The Mirror Action of Life.*)

In wanting to learn, we will learn. In wanting to grow, we will grow, so through any event that awakens us through pain, we then acquire an impetus to carry us through the process of change. Our pain then becomes our power in a newly born quest for Love Happiness and Peace. Since our

desire for goodness carries great merit, we will strive like we've never strived before as old ways of living are cast aside from the awakening to a way of thinking which has kept us from the Love we have been searching for.

CONTEMPLATION:

The Love that has seemed to elude you,

Has always been within you.

CHAPTER 2

THE STRUGGLE OF THE EGO

Though this book is born of complex issues, its rationale is founded in the belief that the complications of life, (*which all to often stem from the complications that we put into our lives*), have answers which are revealed in simplicity. One of the most profound source of answers lies in our personal or Inner Truth. Within this Truth, resides our freedom. This truth is most easily revealed by developing intuition.

To simplify for discussion purposes, we could say that there are only two emotions, that being Love and Fear, (all others are simply subtle variations), but when they are seen in the light of a quiet frame of mind, fear begins to reduce its strangle-hold over us as we separate our Truth from a fearful and confused state of mind.

This process then brings to the forefront of our thinking the things that are in the interest of our well being. To be able to look at fear in one hand and truth in the other, will enable choices that are not associated with confusion, but rather, have a hallmark of Confidence and a foundation of Love. Such choices will be made with clarity and peace since what is good for us, and what will serve us, will be seen to be more available as we come in tune with our True Self. From this, we can now be confident to express what we are feeling within from a knowing that our motivation is linked only to that which is good and right.

Like other books which deal in personal development and present a description of human nature, I have put forth an interpretation of Human nature which has allowed me to build new and significant understandings. It is the approach I have taken that has allowed me to understand the reasons behind the way I lead my Life. It is my own model of THE EGO.

Immediately I must emphasise the importance of not getting bogged down by the use of the term EGO. Keep in mind that it is only a LABEL. What is truly important is to peacefully understand that it is only used to allow a structure of thinking to be established. This can then allow your own unique and perfect understanding to be pursued and developed.

Theories are all well and good and they have their place, but ultimately what is most important is what we are feeling inside, as well as the right action appropriate with those feelings to bring us properly through our difficulties. We are feeling creatures. We have needs, wants, hurts and desires, and when the expression of our feelings is denied either by ourselves or other people, a most important part of ourselves is killed off.

Be patient as I explain the aspects of my thinking in accordance with how I brought newness into my life. This first Chapter asks you to open up to a new avenue of thought. The essence of the concept I talk of is simple in itself though the implications can be far reaching... that is, they can be as deep and revealing as to the extent that you are willing to pursue them.

YOU ARE A DIAMOND:

When you come to know a person through either a close association or even from just listening to a description of someone, you naturally obtain an understanding of their nature. You become familiar with their thinking, their likes and dislikes, and in fact, any number of aspects to their identity. In short, we get to know of their personality. This overall concept of people is in fact only that... General or Overall. In common usage, the word Personality is employed to enable us to define character in easily understood and relatable ways. However, just like a Diamond, we are **Multi Faceted**, and when we care to look deeper into Human nature, we come to see that there many sides to our personality and that all of them shall provide an input into the way in which we lead our lives.

There is a part of us which responds to external events. It operates on information through experience and it is the most dominant aspect of all creatures that walk this planet. Its prime purpose is one of survival. Though it is only one of many parts of our nature, it is in a front line position of evaluating what it sees to bring about the required responses. It is part of our animal heritage.

In this world of matter and form that all animals are a part of, the vehicle we call the body has its natural limitations. It is vulnerable to damage and pain; requires effort to maintain, and is in need of a mechanism to ensure its continuance and safety. Within the animal kingdom, such a survival feature works fine, but within human nature there is a further aspect to consider. We have Spirit, Self Awareness, and a conscious link with the Infinite that no animal has ever known.

Through this link, the survival aspect of the animal is raised into consciousness along side the Spirit. It then sees, feels, contemplates, learns, and remembers. It acts upon worldly situations and relates feelings with events. It is the EGO.

Immediately upon hearing the word Ego, we tend to connect it's usage with pride and its association with vulnerability, (That is... My Ego could be hurt if I was led to feel inferior, or... the Pride we talk of where someone has an inflated opinion of themselves). However, these descriptions which most people readily identify with are only illustrating one particular trait or outward action of the Ego.

Dictionaries typically define Ego as...

“Psyche”...

“I or Self”...

“The conscious thinking subject”.

Here you will notice how each example is essentially describing a level of awareness.

This human part of consciousness that we are getting to know also has a Spiritual counterpart and that is called the Soul. Since being human is to be finite, the Soul being infinite and immortal is then revealed as our **TRUE SELF**. Our humanness is but a vehicle, and part of that vehicle is the Ego. It has Purpose, and it is good.

EGO IS ONE OF MANY PARTS:

Along with the Ego, there are many other aspects or natures that make up the complete individual. There is a part of you which has humour. There is a part of you which is creative. There is a part of you which is sexual. There is a part of you which gets angry. There is a part of you which is Spiritual, and there is a part of you which hurts. You have your logical thinking parts and your caring parts and they all piece together to form the person that you are. These many parts that belong to **all people** are all good parts, but sometimes during the course of a lifetime, knowledge and learning can have an association with bad choices or negative situations. It is here that our development as an individual can become misguided as our life unfolds.

OUR NATURAL NEED FOR ECSTASY:

If we have travelled down a road that has made us feel like our life lacks direction or purpose; that it is a struggle; or that it feels like it is without control, then some aspect of our nature has become dominant and brought about disharmony. Many times, ignorance alone, of Life and how to live life, will keep us bound in situations that rob us of the growth and joy in life that we all seek. Through such a lack of harmony and balance, a person can feel like they are fragmented or have lost the essence of peaceful unity that is found within all of us when we are whole. A person will constantly search for ways to ease the burden caused from continued unsuccessful quests for happiness. Carl Jung, forerunner of modern Psychology has these thoughts...

“The human Spirit will naturally seek its ecstasy, and if it cannot find it legitimately, it will find it illegitimately.”

When I first came across this thinking, I thought “Wow!”, Here was an explosion of information delivered to me in only a handful of words. We all seek happiness, but sometimes the quest for happiness can be misguided or misdirected from the lack of a genuine experience of Love, or that a chosen path has failed to unfold its imagined promises. In the most extreme cases, negative cycles maintained by desires that can only become fulfilled by external means, can in time bring a person to a state of deep emptiness.

EGO HAS A DUTY:

Your True Self is gentle and loving, always content with the simple aspects of life, but the actions of the Ego are essentially one of survival. For all the wrong paths the Ego has led you down, it was only trying to do what it thought was right. It has only ever known the things that it has encountered during its lifetime and the things that you have given it. All these experiences are summed together and become the sub conscious role-model for behaviour. Our Egos gather information from the world around us and in doing so have a very hard time when trying to deal with the abstracts or unknowns of life. These abstracts and paradoxes in life are contained in the Spiritual connection we have with the Universe.

Very often after using or hearing the word Universe, I am tempted to think of vast amounts of Space and brilliant free floating Spiral Galaxies, but in a Spiritual context, Universe is used to define All things in creation, and All means All; including those magnificent galaxies, and of course, yourself. Yes! ... you are equal to all things in creation. You have worth, you have value, you have a purpose. You were formed in Love, to grow in Love.

You are the meaning of life.

From what has been discussed so far, we can begin to see a potential for inner conflict as Ego interacts with Spirit thus bringing about confusion or uncertainty. The person living the Spiritual life style has learned that one's True Self is revealed in Spirit, and that a life lived harmoniously is a recognition of the physical world being just one part of one's overall personal evolution. Being Spiritual does not automatically imply an association with religion; the essence of being Spiritual is to be able to identify with Life and Love and the power of Life and Love. It enables a unique bond with the world where suddenly the aloneness of individuality is transformed into a freedom for self expression that enables a oneness with all people from a motive of Truth and Love.

ACTION FROM FEAR:

If I were to become involved in a situation where I experience...

Anxiety; (perhaps a dread of involvement), or

Anger; (from a threat to my own or someone else's well being), or even

Awkwardness; (where fear inhibited a need to express what was truly within),

I would have gone through three very distinct stages.

From such an event or situation, there will be...

- 1. The feeling response to the event from the True Self.**
- 2. Fear generated by the Ego from the Implication of the feeling response.**
- 3. The emotional response then trying to protect me.**

By learning to tune in to your reactions by simple observation, you will be able to heighten an awareness of yourself. Your feeling response is that silent knowledge that comes from within, and it will always be present before any fear. Though the fear may come charging in at a very rapid

pace, it will **always be triggered** from your **original feeling response**. These feeling responses do not necessarily always have to be peaceful or loving, there are times when the feeling response might be anger... (perhaps Protective Anger, or an instinctual response that prompts you to rightfully and thoughtfully assert your self). It is when we **rationalise** or begin to deny what is true for ourselves that the emotional response of the Ego trying to **protect** us can then be allowed to assert itself. Obviously, in the process of getting to know the subtle interactions of the Ego and the inner truth, one must observe and rationalise these various responses, but when the rationalisations motivated from the fear response are done without awareness, the individual is caught in a blind cycle leaving no room for growth or renewal. The rationalisations of the student of awareness are motivated from Love and a need for growth.

Now you will be able to choose whether or not to respond in accordance with the original feeling response or the fear based response. By beginning to nurture an **awareness** of that part of yourself that I call **Your Truth**, then in time you will start to see that **you have alternatives** to the way in which you can lead your life. It is at this time that you can begin to **take control** of your emotions and attitude.

Here it can be seen that when we experience any form of fear, it will always be linked to some event, so when the Ego senses a potential for pain, it will activate fear, or an automatic response based on old and long forgotten fears, but still resident within you below the level of conscious awareness, (*ie: the sub-conscious*). When unawareness in thinking to the responses of the Ego continues, it will sustain a cycle of unconscious or automatic reactions which we sometimes wish we hadn't actioned. Have you ever said ...

“Why did I do that?”

...OR...

“Why do I always do it like that ?”.

If you find such ways persisting while at the same time you wish they wouldn't, then your actions and responses are illustrating a motivation of fear. Here is a way of living that has come from the Ego being allowed to govern the outward responses to events. Over the course of many years, patterns become established in our makeup to reveal themselves in **everyday situations**. These aspects of our nature are learned patterns and are such a common part of the make up of society, we get fooled into thinking that not only is it perfectly acceptable, but that it is normal. However... what is common, is not necessarily normal or acceptable, and if we wish to be liberated from the limitations that fear will cause in our lives, then we must activate a new way of thinking that will replace blinding confusion with enlightening Peace.

EGO VERSUS TRUTH:

Another fear motivated action of the Ego is to disrupt the flow of good and positive thoughts. Since the truth will always reside within us, we will always have a potential for inner conflict when the Ego becomes dominant in our thinking. Here we can begin to play games with ourselves or other people as we deny what is really happening within.

“Should be's”, and “Shouldn'ts” ...are born of conflict from what you are experiencing, (Your Truth or feelings), and what you are fearing through the surfacing of your Truth.

In response to all these paragraphs about feelings and the inner truth, you might begin to say, “These feelings of mine, I wake up on Monday morning and FEEL like not going to work!”... “Does that mean I'm justified in Staying Home.” Be careful... so subtle and **lightning fast** is the response by the Ego that it's response can be easily confused for an original intuitive feeling issued by the silent inner truth. You have to practise identifying one from the other.

This truth is as mysterious as our Spiritual nature and requires no justification, ratification or approval. **Our truth just IS...** it simply exists, and since it is linked to our Spirit, the Ego will always be the cause of our difficulties when as the two operate without integration.

Our Truth is willing to step out into the unknown, but the Ego will want to guard us so it then activates fear. The Ego will look into a library of experiences to compare and evaluate the potential for pain and bring forth a response. Sometimes this library contains...

Unfinished books, (Incomplete learning experiences,).

Others are,

Worthless hand me-downs, (Behaviour that may have served another, but is not the Role Model suited to you).

And some are **Outrightly false**, (Learning associated with assumption and ignorance).

But our truth is a form of Faith. We know faith does not require evidence or facts because it operates on the sense of a certain Rightness or Goodness that resides from deep within. They are feelings of a kind of knowledge which has no questions associated with it. It is the Ego which generates the questions to pollute the purity of such feelings and leave us with choices that can confuse us or even end up hurting us.

To cultivate an ear that listens to the truth offered by these inner feelings, is to you allow your **INTUITION** to develop and therefore assist you in the task of inner unification. To achieve this would then make you a talented, happy, whole, and fulfilled person.

When we are **WHOLE**, we have simply looked at all our personality aspects and put them into their proper perspective. All these qualities can serve us in our personal growth when they are united; it is only when they are unbalanced in the input to the life we lead, that they misguide us and coerce us into making bad choices that bring us pain.

CONTEMPLATION:

I am of many parts...

...and my goal is to make
them Equal.

My goal is to

BECOME WHOLE.

CHAPTER 3

THE CONCEPT OF “THE NOW”

Of all the profound concepts of awareness philosophy I have learnt, the one I continually keep on referring to; the one that is so simple in nature, is the one that seems to have its beauty and value hidden by its own simplicity.

It is knowing that **YOU**, along with your reality, exist for just that instant we call the present.

When that instant ceases to exist, a new instant will then come into being. It is knowing that the past is only a shadow of what was. It is knowing that the future is but a dream, it is the unborn child.

In one respect we could say that our lives are part of an infinite series of Instant Moments, and when they are all strung together it is then given a name. That name is **time**.

When the instant ceases to be the instant, it is called the past. The instants that are to come are labelled the future, but the past and future do not exist; they are an illusion and all that **REALLY EXISTS**...is the present.

All that really matters is **“THE NOW”**.

ONLY THE MOMENT LIVES:

To understand the value of the Present when trying to obtain relief from sorrow, you must appreciate the link between the truth of the moment that you live in right now, and the illusion that there might be something good for your peace hiding in a mist of shadows and nothingness.

The reflections of clouds on a still pond are not clouds. Though they have beauty; if you were to reach out and touch them, you would disturb the stillness of the water and lose the peace and beauty you once had. The only reality was the water. The clouds you sought were an illusion; just an image.

This link between the present and the past can now be seen as some form of goodness, pleasure or beauty, and when you reach out to be with those qualities, you touch an illusion. From this... sorrow is then born.

REGRET, THE TAUNTING LURE:

If we go through a painful experience, we tend to go through many and varied “If Only” scenarios.

“If only it had happened this way, I wouldn't have this pain”.

“If only I had done this then, I'd be happier now”.

“If only I had this yesterday, I'd have so much more of that tomorrow”.

Among the many whirlwinds within the mind, there are two important areas of concern that you should understand are capable of manifesting pain. They are, a regret of what was, and a regret of what wasn't. I may have become aware of an opportunity that would have been good for me, but through fear, I could choose to remove myself from it. On the other hand, it may have been removed from me against my desire. In another example, I could come to the understanding that something I sought after and experienced has left me feeling shaken and miserable. In each case, I am open to experience pain if I choose to re-live the situation, or dream of how else it could've been.

To maintain...

“If only I **HAD** done this”,

...is to invent a past that never was and attempt to live in it. Realities that once were can be bad enough, but to conjure up a past that never was, is to inflict nothing less than torment upon yourself. To say...

“If only I **HAD NEVER** done this”,

...is to deny the reality of a choice.

Through the acceptance of a choice that has brought pain, one can then appreciate that what was understood as truth, is just a reflection of what was, and all that is important is your peace in **“THE NOW”**.

After my marriage break-up, A dear friend wrote to me and said in her letter...

“When the energies go back and forth between the past and the future, the healing process is delayed”.

At the time, the effect was subtle, and my understanding of it was vague. Since my sorrow was not at its peak, the doors of meaning were not fully open, but planted within me was a seed that was being nurtured by the passage of time.

Slightly more than a year later, my life took another completely unexpected turn. A chance of happiness and friendship vanished with frightening brevity, and its effect was even more devastating than the first. With delayed grief and compounded sorrows, I found myself lost in an ocean of loneliness as the ground was literally washed from beneath me. Inwardly I was crushed, though outwardly I kept a smile on my face. Whether or not this was good, I don't bother with now, for I am what I am, and I do what I do. I react to things in only the way that I am capable of. I try my best. I am a good person.

This was when I truly began my journey to find peace and restoration and it was to lead me down a road that never in my wildest dreams did I ever think I would travel.

PROJECTION:

Upon coming out of the event that had brought significant changes to my life, I found myself floundering in a new state of emptiness and insecurity. I would desperately try and find something to hang on to that would restore me to a former state of existence. My first natural reactions were to review my past and wonder where I went wrong; I would wonder what alternatives of living could have prevented my new circumstance. In looking backwards or forwards in time, I would PROJECT my thoughts out of the reality of the present and try to become a part of an illusion.

This very normal practice is called upon many times in everyday of our lives. To refresh our memory after an absence of concentration is to project. To recall what we wore yesterday so we can wear clean clothes today is to project. To be able to understand this chapter, you will have to project so that your feelings can be compared in order to find understanding and meaning.

If we are happy, and we look at a photograph of happy times, our projection re-enforces our existing happiness. Likewise, if we are sad and we dwell on the events that have brought us pain, then our sorrow also shall be re-enforced.

I have found a simple source of Peace from the belief that in the present moment, I have everything that I need for that moment. I say this because I have always had and maintained a belief that no matter what the circumstance, I would always be able to find some aspect of a given situation that could be used for my own good.

This long time belief of mine has now been validated for me through the freedom I have obtained from adapting this philosophy when I most needed it. In trying times, such thinking is difficult to maintain, but for me, somehow this unshakeable belief would always be there for me when all else made no sense. When there is a need for a major adjustment to your life and you are experiencing deep emotions such as Grief, Anxiety, or Brokenness, within the pain of the moment you would think that such thinking would be the last thing you need, but if you yearn for someone or something that gave you Love or pleasure, then the situation that arose to remove those things from your life came about through circumstances that needed attention and a necessity to be resolved. Even when you experience the depths of grief and loneliness, the pain of a broken heart, or any other emotion which seizes upon you, such intensity is serving your personal development through the enforced activation of awareness to Yourself, your situation, and your Truth.

I can now see the separation from someone who was once dear to me as a need. At the time I could not see this since my desires were not being fulfilled. Poets and Lovers say within their bitter sweet laments that ...

“You took a part of me when you left”.

Within such words lies a subtle truth. When we are without peace, it can be said that we fragmented, and when we yearn for a part of our life that no longer exists; there is truly a part of us that is still attached to that aspect of the past. Indeed, that “part of me”, that the poets write about, is in fact essentially somewhere else. Ironically, when we can **truly let go** of the object of our yearning, that “part of us”, can then come back to unite us with ourselves and allow us to feel at Peace once again. We are then **WHOLE** once again.

Again in retrospect, since there was a particular aspect of my life that was not serving my ongoing need for Love and comfort, something had to happen in my life that could enable me to live the sort of life I have always wanted. In short... I had something to **LEARN**. When I felt pain in the separation, it was because I was associating with an illusion, I was not in the present, I was some where else.

Within such circumstances, knowledge can be a saviour that will help us regain our peace. This knowledge has its roots in the word **CHOICES**. We do not need to be a slave to suffering, and we need not be at the mercy of lingering emotions. We can choose to stay within our sorrows, or we can choose to acknowledge the past as that which cannot serve us anymore. Here we can also choose to **call on courage** and begin a **new start** to life and a **new self respect**.

To have been hurt by someone whilst we were being kind to them; then from a state of anguish we will project to the past to live in an old happiness, but agitation then develops in the search for answers. Those answers are never there, it's like trying to converse with the images we see on a television. Your answers are buried beneath your sorrow in a very serene place, and only in the stillness of **“THE NOW”** is when they can be revealed to you.

Take time out to be silent and go within. Lay aside your dramas and begin a process of contemplation of past actions. Identify areas in your life that are repetitive in nature, and the problems they bring you. Deep within you are the answers that can **change your life**.

Not only must you be willing to seek them, but you must also be willing to employ them. Contemplation is an ongoing process and the benefits are enormous.

Many times for myself, no matter how hard I tried, I was just drawn to my sorrows in an almost irresistible and magnetic way. I just couldn't seem to put them down no matter how bad they made me feel. I had no concentration and many times I was just unavailable to my work, my family, my friends and many other things that were important. The days seem never ending and my sleep would be broken from the calling of memories that refused to leave me alone.

During that period, there was a tremendous source of energy within that needed to be released, and as difficult as it was, it **had** be expressed. This was the unavoidable time of my grieving process and it had to take its full path. When we are in this situation, all we can do is be kind to ourself as we experience our suffering. We can even comfort ourselves by wishing for Peace. For myself, I would say...

“Peace to Me... Things Will get better”.

There were times when I became so caught up in my sorrows that I became unaware of the reality of the present and ended up distancing myself from the world around me. Though I would desperately try to make the effort, the times that I was with my friends, I found that I may as well have not have been there at all. Through being so established in sorrow I would have no concentration. To raise a smile would even bring sadness upon me as the aspect of happiness I would try to emulate would go on to remind me of better times. When I made plans and appointments, I would often overlook them if I was not prompted by family or friends. Sometimes being with a certain group of people could prompt sadness so I would end up avoiding their company. Though I still yearned to be a part of their lives, I would stay away so as to ease the pain.

It is the Ego which is guiding these actions through a fear of being sad; it fears revealing to other people what is deep within... what is hurting. It fears no one might understand the situation or the grief and only come forth to condemn us for our situation. In this circumstance, the best thing to do is to be patient and keep on trying. Though the friends I avoided continued to mean a lot me, I knew that I had to be patient with myself as I would eventually find a way to share with them what my heart really wished to. If you can link up with these thoughts, then take as much time as you want and know that in time, **things Will get Better.**

Indeed... things are getting better right now as you read this book and others which have been written with the same intent. Your searching for a better way of living has now been **Clearly Defined**, and your Goodness and Love is now guiding you home. Affirm your **Worthiness at this very moment** to a life equal in the happiness and prosperity to that which you have always been dreaming of.

TIME TO RISE.

When sorrows eventually peak, it is then time to activate awareness philosophy. **Understand the value of “THE NOW”**; understand what it is you are searching for as you project and ask yourself...

“Will I really find what I am looking for in the past ?”

be daring enough to ask yourself...

“Are my answers already contained within me ?”

“Am I willing to search deeply for my Truth ?”

Remember that your pain is brought about by association with the past and an isolation from the truth. The beasts of the Animal kingdom who live perfectly in **“THE NOW”** do not know of suffering a yearning heart, since they do not have the ability to make a comparison through contemplation of past events. Our pain is relative since we compare what is, against what was or what we would like to be. In the present moment there is no association, there is only existence, so when we stop associating we stop the pain.

Obviously, because of our humanity, a person would need attain great Skill, Knowledge, Discipline and Love to live **Perfectly** in the present, so until we come to live permanently in such a state, we will always be prone to experience the burden of pain and its seemingly never ending quality. However, through knowledge that de-mystifies human behaviour, we can give ourselves

a chance to resolve grief in a much more effective way than we could have if we were to lack such knowledge.

If we give ourselves a chance to truly **Experience** our pain rather than **Bare or Deny** it, we will allow the feeling to become complete, and be complete in itself. It will have a birth, it will grow, but more importantly, in time it will die. It is through blocking the development of any emotion by rationalisations or justifications, be they subtle or pronounced, that unresolved feelings are maintained and carried within. Un-cried tears can then block our future vision in the quest for Love and happiness.

Bring yourself closer to your emotion by **surrendering** to it. Let go of the thinking side and become one with the feeling.

Identify exactly what it is you are feeling and be True to the feeling, then let it pass. I found that many times my sorrow would come in waves. It was when I would try to go against this force by not fully going with it, that my sorrow would become incomplete and therefore prolonged.

I would try to find answers, but through the questions in my mind, I would only bring alive my original drama and rekindle the hurt. From these actions it seemed like there was to be no end to the pain as wave after wave of sadness would break over me.

When such experiences were peaking for me, I came across a few books which told of the Peace that can be found by knowing of and staying in the present. Now I can see that to have thoughts like...

“If only it were like it used to be”,

...is to sustain or prolong a part of my life that would eventually come to the same conclusion. To continue to think these “If only” thoughts, was to project myself into the past, and since the past is related to pain, I invariably brought that pain back into my reality. It is the Ego which seeks the ways to eliminate pain by wanting me to live the **illusion of happier times**. When I come back out of my dreaming into reality, I bring pain to myself. By remembering that the Ego operates through survival thinking, it will now conceive a way to eliminate the pain it has just caused. It is here that we could do a thing that might bring later regret. By learning to stop for a moment and recognise the projection of thoughts to an illusion, you give your self a chance to remain within your reality where stillness is to be found.

Unfortunately or fortunately, this way of thinking is only ever really understood when we suffer something like a terrible grief; a broken heart; or an awakening to a very bad choice that may have brought terrible consequences upon us. Even in the moment of doing a thing that can bring us grief, we can most probably be in no pain at all, we could even enjoy it very much. The pain comes when we dwell on the past, so by staying in the present you allow yourself the right to be peaceful. You allow yourself a chance to gain a reserve of strength to sustain you through any unresolved aspect of your situation.

If you are believing of the fact that your pain can truly help you in the process of finding a new direction, then the pain itself can then be seen to be serving you. From this, Despair can be **transformed** into Hope, so by acknowledging the need for change, we can let go of the past and concentrate on finding our peace. We will now be assured of finding that peace in **“THE NOW”**.

PEACE WITHIN:

To stay available to the option of peace requires Courage since the Ego will try to take you away from any prompting of anxiety or pain you may be feeling. As you see that Ego thinking will only give you a choice for the immediate pain you are suffering, you will become aware that any option brought about to bring you external relief shall only be a temporary measure. Your greatest peace will be found within, and because it is YOUR peace, it is always available whenever you need it. It takes courage to find it, and it takes courage to call on it.

I have learnt to live my life as a continuing series of packets of time. Since through my humanness, I cannot live 'perfectly' in the moment, I have to live in time. Therefore I choose to live with a limited past and a limited future. Some people manage to live a day at a time, and if your life style can support it, that's good. For myself and at the time of writing this book, my life style concerns itself with about a week. A week for me is good. I have commitments and obligations and it works well for me. Beyond that, I must still however remain flexible and open to changing circumstances. I **remain** aware.

Staying in **"THE NOW"** also helps to drop the emotional baggage that we cart around with us so much. By giving yourself the opportunity to experience the peace of the present, you will find yourself being able to gently release futile feelings the likes of blame and guilt. To do this, will then allow insights of understanding to filter into your mind to dissolve hurt, anxiety, and other crippling emotions which stop you acting to your truest feelings.

SOME EVERYDAY EXAMPLES:

In regard to projection outside the topic of sorrow, I offer this story to provide a balance to the concept of **"THE NOW"**. The wife of a friend of mine was under threat of loosing her job through staff cuts in hard financial times. After reviews and recommendations, the outcome would eventually be known with some inevitable casualties. After the staff assessments, my friend came to tell me how his wife had been fortunate in keeping her job, however his face still showed concern. I asked him why and he replied sombrely that "Her job was only safe for a year". Even though the past few days had given him good reason to be concerned, he still managed to remove himself from being in a happy state from his wife's good news. He immediately projected without awareness a whole year ahead. He had leapt over 365 days of security to be with the pain of a retrenchment that might never eventuate. There was no awareness that his behaviour was normal, justified, or otherwise. There was simply no awareness. His actions were sympathetic of his thinking... his thinking was guided by his Ego... and his choice brought him pain.

Once again, by looking at Ego thinking based on fear, it wanted him not to bear any pain of job loss, so it projected him to the future in an attempt to find answers to a non existent problem. It found none and brought him back with a burden.

The problem lies when we project without limitation, but what is even more devastating is to project without awareness. When we project and don't realise it; when we live in dream world, we are missing the healing peace of the present. To dream "If only" thoughts are a waste of energy since your thinking will not change the past. Similarly, when we worry over an event that we know is to come upon us, we tend to circulate the event around and around inside our minds without producing any positive output. We draw no conclusions and we make no plans; we end up waiting for the arrival of pain (which very often never eventuates), as we dwell on how we are going to cope. We in effect bring extra pain upon ourselves through our own choice of behaviour.

How painful it would be to know what our future is. The past is bad enough as it lasciviously tries to keep the hurt alive through a constant re staging of the original drama.

FUTURE PROJECTION:

Sometimes we have an option to be involved in a future event but in the present moment, we may feel down in spirits or emotionally not available for what ever reason. It is here that a chance becomes available for the feelings you have in the present, to be projected into the future. To say...

**"I'm feeling tired and rundown lately and
the thought of that trip to the country**

next week doesn't appeal at all... I'll cancel'

...is to project low feelings into the future, and presume that you would still be feeling this way when the event comes around. If you don't have to make a decision in the present moment, forget about it entirely. Living in **"THE NOW"**, is reality. If you're miserable, then acknowledge your feelings. It's O.K. to feel what comes from within regardless of the emotion. Stay with the truth of the emotion and don't attempt to rationalise or validate yourself or your feelings.

Simply experience what you feel and let it go after it has passed. Don't burden yourself with thoughts such as...

"I should be feeling this..." or "I shouldn't be feeling this",

it's simply you expressing what is true and valid for you, and you know of your commitment to goodness.

MASTERY IN CHILDHOOD:

Children are Masters of **"THE NOW"**, and children are masters of unconditional Love. Since a child has its needs fully catered for, it does not concern itself with distant future or past events. They are able to freely express their desires and wants without limitations or restrictions. They are naturally Loving, and they seek and respond without reserve to the Love given to them by those in their care. They consider nothing about the next meal or whether there is enough food in the cupboard, and they are oblivious to the effort behind the care put in for their well being. They simply sense a need, express it, and find themselves catered for. A child not having to fend for itself stays perfectly content in the present moment. As far as children are concerned, meals just happen, toys have always been in their room, and there is always a soft and cosy bed to sleep in.

As we leave childhood and pass through all the various stages that take us into adult life, the influences of people and events envelope us as we journey in life. To quote that much used cliché, 'The Innocence of Childhood', is lost. We grow up and experience the world. We come across disappointment and hardship, and we find there are times we have to take a back seat. People can let us down, and we build up a library of memories and feelings linked to experiences.

When profound circumstances in our Adult life make us stop and evaluate where we are going, (usually an event that demands change), we then have the potential to rediscover the gems of childhood which have always been within us. Through this discovery we can then have the best of both worlds. It is in fact when we are reborn through the fire of our pain, and find that there is much more to life than we could ever have imagined. Through a new Love, it is possible to see our link in Spirit. This is when a person is born again of an awakened spirit; discovering the link of Love and Life, and the true connection with life and what it has to offer. All this can come about if we unite ourselves with the wisdom of Adulthood, and the Love of a Child.

A CHANCE FOR PEACE:

To live with ongoing peace after understanding the concept of **"THE NOW"** will bring great freedom. Start to nurture this state by letting things unfold without your anxious yearnings and worrisome concerns. Deal with problems when it's time to deal with them. Obviously one needs to put some attention to future events. The planning of financial budgets, shopping and preparation of meals, holidays, business ventures etc. The preparation of the future is a valid part of the present, but after these efforts have been fulfilled, simply continue on with what requires your present availability... your daily duty. Gather the moment and rest in yourself.

If you think there will be strong winds blowing your way soon, simply acknowledge that fact as your major preparation. Do what you have to do efficiently and peacefully, then go about your business in the meantime. Don't spread your energies around too much at one time. Prioritize your workload against your personal interests. Put your duties first and get them out of the way. When

you're very keen to do something whilst at the same time other things demand your attention, there can be a temptation to do a bit of this and a bit of that. When your energies are distributed like this, you are prone to mistakes from frustration since each task is advancing slowly. You will be eager to see some positive output, but because the other duties are calling for your attention, you can tend to rush and end up doing less than your best efforts would otherwise allow.

If you project to the task that you would like to be doing rather than being available to the task at hand, your state of mind then becomes inappropriate to the job you are trying to do. An attitude is then maintained that the job is a drudgery and a chore. However, by staying in **“THE NOW”** with the reality of the job at hand, you will perform more efficiently and the job will just fly by. Concentration will shelter you and give you peace.

Have you ever had a day where time just seems to whiz past?

What you were experiencing, were a combination of events and circumstances which had called for your present availability. You were in fact living and operating in **“THE NOW”** in a very refined way. Though you were unaware of it at the time, the scene eventually registered within you from your peaceful attitude. Your peace was highlighted by the lack of worries and concerns within. This type of feeling is available to you more often as you develop awareness and stop yourself from projecting and being concerned when you don't have to be.

The demands of the present are more than enough without added loads brought on by choice. To live in **“THE NOW”** is to finely tune your ability to manage the day to day problems that will always come your way.

When you become open and available to the flow of your worldly events, you will learn to see situations with greater clarity since fears and concerns shall be framed in a quite state of mind. Many times, fears can be seen as unrealistic. Genuine problems can also be tackled in the most appropriate ways since you are able to see into the truth of the situation. You shall see a problem and through your stillness and refined instinct, efficiently apply a solution. The problem is then no more and you then continue on with our business. Each time you act this way, the benefit that your actions bring you shall nurture your confidence as you learn that the potential for problems is no longer a problem.

Be available to your destiny.

Foster Stillness and Gentleness.

Love being peaceful.

Don't be too concerned or anxious about the direction of your life. As you change your outlook and learn to be guided by your goodness and instinct, good things will then begin to come your way. Opportunities will always present themselves when they can serve a need for your development. Believe this and get the strength to believe it by remembering your link with the Infinite.

CONTEMPLATION:

Anxiety of the future makes us stumble in the present.

Anxiety of the past keeps us in chains.

Only within the Present, is where we will be **Free and Peaceful.**

CHAPTER 4

UNDERSTANDING AND WORKING THROUGH FEARS.

In the years after separation and divorce, my efforts in personal development have brought a dramatic shift in my thinking. At the same time, my music has gone from singing songs at home and simple gatherings of friends, to my life time dream of having my songs selected and recorded for use by other people. One of the most effective tools for songwriting is the ability to conjure up an image for the listener. As such, I have employed imagery with various aspects of this book to allow the essence of subject matter to enter into your mind, to then be seen in another light.

Imagery is the language of the Soul. This is why ancient mythology successfully spans the centuries. Because it does not speak in the language of the day, the use of imagery allows the message to settle peacefully in the heart of the spectator where it is rich in meaning.

By my own use of imagery, I can allow my thoughts to be placed in your heart in a most perfect way. That which cannot be communicated in words, will be complete by the stimulation of your own Love and imagination.

As you come out of your long waking sleep; (*the sleep that came upon you as you entered into the dramas of adult life*), you will find yourself in a strange room with two doors and a mirror. You came here through one of those doors to leave behind a painful past. Within your reach is a key that will fit both doors, however, it is not time to lock or unlock any of the doors ... this will be done later on. It will be done after you can go back to open the door you have just passed through, and acknowledge without fear that what you see is not your new reality. You will say to what you see in that room:

“Within this room are experiences that I do not need to be a part of anymore. Yet through them, I am closer to what I am to become, and I peacefully allow myself the right to progress in the understanding of my Life through the ways of Love. I will do this without the limitation of Regret, Shame, Guilt, or Blame.”

Then you will continue over to the mirror, and in that mirror you will see a child. This child is the true essence of your nature, and the mirror is your own Soul. You will look at yourself and understand many things, and when you come to Love yourself, you can then use the key to lock the door of **the things that Were**, and open the door of **the things that Will Be**.

THE SUBTLENESS OF PAIN AND FEAR:

Recall that the Ego is the survival instinct of the animal raised to consciousness. Survival mechanisms are based on fear to prompt some action to ensure the safety and well being. When you see my use of the word fear, you may be tempted to think of a situation where there is panic, dread, or trembling. But the fear base operation of our Egos can be used to describe feelings of simple hesitation to feelings of confusion. There are also feelings of fear relating to apprehension and concerns, yet all these examples are only a handful of the descriptions that

can relate to common aspects of fear. Fear does not have to imply the sort of emotion we might feel if we were confronted with a shotgun, or if we were to walk a dangerous precipice on a cliff. To employ the word “FEAR” when talking of the ways in which the Ego operates, requires us to thoughtfully consider the context in which it is used. **Do not fear the use of the word fear.**

The word Pain is also used in the description of the feelings that fear based thinking is preparing us to avoid. Once again, it has it's own context associated with each situation, so by virtue of the very nature of this book, we talk of emotional pain with regard to the fear base behind Ego thinking.

DEGREES OF FEAR:

The following hypothetical example is loosely, but essentially based upon an experience of mine.

If I were to ask a woman to share a meal with me one evening, she might fear it was a “come on”, and politely suggest perhaps another time. Some time later, I would then ask her again, and that she might also like to bring a friend ... she says yes. She feels it would be a nice evening; she feels safe; she does not fear. The degree or intensity of her feelings did not bring her to a cold sweat, but her reaction to the original invitation brought about a response that delivered her from a pain, and the pain was the emotion that made her feel awkward. She may think...

**“Oh oh!, what do I do here ?
I hardly know this guy.
Although we get on quite well and a meal sounds good,
I'd better I play it safe.
I'll tell him I'm busy.”**

The response is normal, good and wise; but it still illustrates a definition of fear and pain. For this purpose, fear and pain would have served her well. This is discriminative reasoning.

Fear based thinking does have its place in our lives, but to lack awareness in our actions and thinking, can limit the options for good and helpful things to be a part of our lives, even the fun things in life. If we were without fear based thinking, mankind would not have survived in the way it has. By crossing the road in a busy city, we employ fear to help us negotiate a safe journey. It would also natural to be fearful of getting involved in heavy drugs. In yet another light, fear also allows us to have a respect for electricity and therefore enjoy the benefits of many wonderful inventions. This fear part of our nature is normal; it is supposed to be this way. It is good.

One way to that the offering put forth by the true self is being smothered by the Ego, is the presence of confusion and difficulty in making a choice.

Since the Ego has this fear base, and plays a big part in the learning process of all people. The potential for lessons learnt based upon fear rather than understanding is enormous; especially in children. Fortunately we have at hand many positive and balancing influences available to help us gain complete and proper understandings, however, there are people whose lives do lack these balances.

Here I shall describe a fear that has been subtly affecting my own life for many years.

It is May 1991, and I have been attending a personal development course for about three weeks. I have come into the course at a time when a weekend retreat is about to happen. I say “Yes” to the invitation to attend, knowing that a full weekends' involvement with the group will be most beneficial. The theme of the weekend is to “Pinpoint Anxiety”. We are told just prior to the event to think about some area of our lives that causes anxiety, and how you and the group could work on the problem. My particular source of anxiety was an absolute dread

of forgetting peoples names. Most people I know can comically identify with this sort of problem, but for me, it had gone well beyond a problem and was a terrible burden. So often I would labour with memory tricks and other sorts of mental gymnastics in an effort to help me recall.

The group got into discussion, and I explained the nature of my problem. The group leader then said to me...

“What would you imagine would happen if you did forget their name ?”

“I think they might consider me rude or uncaring”, I replied.

“Does anyone ever forget your name ?”

“Why yes. In fact, most of my life. People so often call me Andrew”, I said while at the same time noticing a strange feeling coming over me.

Then he said something magic.

“And how does that make you feel ?”

In silence I sat there for a small time as that strange feeling evolved into an ever increasing choking feeling. There I sat with tears slowly welling in my eyes. Suddenly things were beginning to connect. I eventually answered his question.

“It hurts.”

He paused awhile for me then continued...

“What you have been doing through your labouring, is ensuring the other person does not feel the hurt that you feel. You are also protecting yourself from the concern of being criticised.”

I continued to reflect on what I was feeling and what he had just said.

“Yes! Yes!”, I said to myself.

For me there was no conflict in any of this thinking. I knew it was the truth.

Here I had obtained a freedom through access to the truth. By having all aspects of the situation out in front of me, I instantly understood. The Truth had set me free. Now my problems with names has greatly diminished and it gets better all the time. Occasionally I will still stumble with people's names, but I do myself a service by reminding myself that it's O.K. to make mistakes. This is in fact the essence of my recovery from my anxiety with names. I have in fact forgiven myself. Seeing all the things that caused my anxiety, was the beginning of my freedom, but the real work began when I gave myself the approval to make mistakes. By consciously acknowledging the fact that I am not a rude person or an uncaring person, I remind myself to my commitment to all that is good. In future, if someone is to criticise me for forgetting a name, (even though this imagined scenario has never become manifest), then I will simply ask to be pardoned.

This freedom I talk of is a very simple one, but by now looking at my life through the eyes of my Inner Truth, I can begin the process of building a great and wonderful independence from many more subtle but significant discoveries. This is how I am rebuilding my life.

How complex this part of human makeup is. From a fear of being chastised, I had been a slave to an unrealistic concern which has revealed itself in behaviour. I had never even thought that these two situations could be related.

Although my experience with names is valid and worth noting, I politely let it take a back seat when I think of other people and the links to behaviour in those who are fearful and very depressed. I especially think of the emotional traumas that can be endured by the young.

When the innocent suffer abuse in any form, especially in childhood, a feeling is then associated with an event. (*It may or may not remain with conscious awareness*), this is the natural action of the Ego. Depending on the nature of the event, there may be so much pain involved, (Physical and/or emotional), that the event can be removed from conscious memory entirely, but will still reside in the unconscious as a lesson. The experience is not forgotten, it is stored. Its conscious memory is too painful, but the feelings associated with the event are still relatable, and will influence behaviour.

Because of limited worldly experience, children obtain little or no capacity to gain any understanding of a terrible event in their young lives. The issues are unresolved and manifest themselves as behaviour patterns linked to past experiences. This is why the counselling of Psychologists and other people who work in guidance and care is so valuable and important. Its purpose is to allow the identification of feelings, and raise forgotten memories back to a conscious level. Since growing into adulthood delivers many understandings of life, the act of bringing these memories to the forefront of thinking enables the person to understand and resolve issues that have been operating from the darkness of unconscious control for so long. The process of discovery and revelation can be painful, but a wonderful new freedom is found as stolen years of innocence are returned. Years of childhood energy become available to the adult, and the Love that never had a chance to fully express itself, bursts forth like a late bloom. The person discovers that they were not bad, the person simply understands, and in that understanding, forgiveness of self becomes instant and automatic. Layer after layer of negative Ego thinking then peel away as the Love that was always within, is finally given a chance to show itself.

A SIMPLE LOOK AT GUILT:

I have always thought guilt to be destructive and limiting, and I admit to have carried its burden as much as the next person, yet to sit down and define it was a very strange task. There was no immediate answer that came to me. I needed to dwell, ponder, and even live out some situations to allow myself a chance to capture whatever I would feel at the moment. I needed to be in **“THE NOW”** to seize the emotion at hand.

This aspect of Ego thinking called guilt, can be subtly modified with varying degrees of low self esteem. An imagined unworthiness is a negative affirmation which keeps restricting our best intentions. This emotion can be reinforced by an ignorance of facts, and a fear of acting to ones truest feelings.

As I try to think of a past experience, the phone rings. It is a friend of mine who asks me if I can mind her children one evening while she sees her sister perform in a play. I immediately say Yes, but find myself being confronted by a barrage of excuses.

“I tried this and I tried that, I asked her, and I asked them;

blah! blah! blah!...”.

I had to interject.

“Cathy! ... I said Yes!”

How marvellous it was that this opportunity came to present itself when I needed it.

“Stop feeling guilty... I'd love to do it.”

She paused, but I could feel another wave of excuses about to break so I stepped into the conversation again to quell her concerns.

Cathy's situation highlights an everyday event where fears can cause us unnecessary worry. She knew that she could rely on my friendship at any time, (that's why she called me), but she was influenced in a way that made her think she was exploiting me. All Cathy needed to do was to stop for about thirty seconds and examine her thoughts. It would then have become clear that her concerns were totally unjustified. Within herself, she knows she does not exploit people; she knows I would never refuse her help; but Ego thinking guided her actions to bring her a small degree of unnecessary emotional pain which became a reality through unawareness. The pain in this case was only a subtle awkwardness or discomfort, but by looking at the situation in this way, we have enabled the subtleness of her fear to be exposed.

In another example, if I fail to live up to a promise, guilt could bring me a fear of causing someone hardship when my efforts were being relied upon. In this common example, my thoughts have been guided to the value of having someone who can be counted on. If I come to this understanding all by myself, it is a good thing, but if I labour in the service I have offered through guilt projected from the other person, then we are both victims of Ego thinking.

Harbouring feelings of guilt and low self esteem to any degree will manifest itself outwardly in your behaviour as you interact with people. These subtle effects are often transmitted in the forms of body language and speech, and also the way in which we react emotionally. We may "Laugh something off"... or we may "Freeze Up" and go cold to someone or something. When we are forced to shelter our truest feelings because of guilt, we then limit the extent of our commitment to many and varied situations.

Imagine meeting someone in the street that you haven't seen for a long time and it suddenly becomes apparent that you never got around to answering their letters. There would be a fear of being criticised for a lack of common courtesy and of offending a friend. Could you see that in this scene, conversation and mannerisms would most probably be withdrawn through guilt, and excuses of having to go somewhere in a hurry would be dispensed.

In yet another example, if you withhold from being yourself through a guilt fear that your truest thoughts and associated actions will not be accepted, then you will only prolong the inevitable encounter that will in time come to light. By not letting others know of your feelings and wants, you deny yourself the expression you NEED... you deny an incompatibility between yourself and other people which cannot go on being masked indefinitely. To limit yourself for the sake of another's comfort while they maintain their own Ego based thinking, is to continue in a cycle of pretence based on a fear of "loss without any chance of recovery."

UNAWARENESS, EGO THINKING, AND CHILDREN:

It is in our childhood that the most significant aspects of our identities are formed, and children need to be taught of their goodness, their greatness, their light. Children do not need the teaching of confused ego thinking impressed upon them. Children need to be taught of their spiritual connections with life and the universe. They need to be taught the concept of Unconditional Love. They need to understand and recognise the futility of fear based ways of thinking and acting, and the concept of compassion and understanding. They need to be taught of the oneness of all people and the need for Patience, Tolerance, and Sympathy.

FEEL YOUR FEELINGS:

As you develop an awareness of emotional responses to situations that come your way, you give yourself a chance for freedom from future pain. By acknowledging the emotion that you feel in "THE NOW", you can release the energy that is built up inside you by expressing

what you are feeling. When you have the need to cry, there is a part of you that is wanting to work for your good. Sometimes we have felt the weight of frustration's and at one time or another we have all said, "I want to SCREAM!". When you think this way, your instinct is supplying you with a most efficient way of releasing this energy. Many times though, a desire to scream gets held back, but our natural desire will still maintain itself.

Sometimes there is a need for physical release of emotion. The need to scream was a good example. We can also burn off energy at the Gym; We can pour our energies into our work; We can have tender and fulfilling sexual experiences. All these can serve you for your good as you learn to know that it's alright to be your self.

Can you recall a time where you might have been prompted into bouts of laughter, but had to withhold your outbursts because you may not have been in the right place?

We know that to withhold an extreme desire to laugh can bring on a great deal of discomfort, but eventually that laughter must come out. When we find a suitable place and re-live the situation, the laughter bellows out of us and we then feel a contentment afterwards. The energy was still within and needed to be expressed, but if we were to think of that funny situation at some other time, we may raise a smile, but we most probably won't laugh as we did the first time. The power of the joke is diminished. We have let out the energy from within; we feel good. We are restored to a balanced state.

This very same principle applies to sorrow and other emotions. When tears, grief and other emotions are truly given the freedom to be expressed, the next time we are prompted to think of that sad situation, we are not returned to the same level of sorrow as we first experienced. We have cried the tears that had to be cried. The power of the sadness is diminished. We have let out the energy from within; we feel good. Again, we are in a state of balance.

For all the emotions that we feel in our lives, there are those which we could say are 'for' and 'against' nature. There is an anger which is in accordance with nature, and an anger which is against nature. There are fears which are for and against nature, there are feelings that bring pleasure which are for and against nature.

We might be angry when we hear of child brutality close to home, or in another light we could be angry if someone were to make a noise while we're trying to watch the football on the television. Clearly the correctness in each of these situation needs no further explanation to illustrate this concept. From this, we must then see why we feel as we do and whether or not it is highlighting an area which needs change, or whether we are expressing an emotion which is in tune with our circumstance.

Feel your feelings; don't deny your humanness by denying what you feel. Acknowledge the emotion that you feel and experience it. It is a real part of you. If there is ongoing conflict within you, be kind to yourself and acknowledge that there is a part of you that needs understanding. Inner conflict is not a state of being that is natural to the True Self. When there is conflict, there is fear. Where there is fear, there is work to be done. Denial of emotion is to maintain a lack of unity with yourself. Your purpose is to become whole and you WILL become whole.

Those who have gone through a traumatic experience where they are left with no conscious memory of an incident, are carrying energies that are unresolved. Emotional energy requiring expression to release unconscious tension will then manifest itself in persistent patterns of behaviour. The sad thing about this situation is that the core issues are hidden and unknown, and the energy expressed from unconscious tension can leave a person perplexed as to their behaviour. Further complications then come into their life through images of low self esteem, shame, guilt and unworthiness. These continued feelings bring a pain which the Ego then becomes duty bound to try and suppress. The one in pain seeks gratification to relieve sorrow; remorse can then be felt later, and a cycle then becomes complete, yet never ending.

Such insights into the unavoidable releases that people suffer, enable us to come to understandings of peoples behaviour which they, and even ourselves, could otherwise have difficulty in comprehending. Through unconditional Love, we transcend the unknown quantity in ourselves and others, and our Love shines through our own being to pierce the shadows that hide the Love that is in all of us. When we believe in someone whether they be stranger, friend, or even someone who means so very much to us; regardless of what they've done, we are giving them a chance to believe in themselves again. Since unconditional Love carries no demands, the one in need is able to feel the truth in the person that cares. That truth then allows them to freely and peacefully choose to accept the offering of a healing through Love and friendship.

Let your truth begin to heal you. Your truth is your freedom, and in your truth is your Love. In your Love is your Life, your future and your dreams. In your own Love, is the direction of the Love that you've always been searching for.

WHEN YOU'RE READY:

Be patient with yourself. Be Kind to yourself. No one likes to bear a burden. Begin to do the things that you've been denying were really good for you. Open up to the real Loving you. BELIEVE that things can change for the better.

By your willingness to become new, you will give yourself new strengths and a motivation to begin and continue on a road to freedom. Your advancement will be in stages, and each stage will be consolidated by Life actions to get you ready for the next stage.

When YOU are ready, Life will be ready.

By understanding the way in which fears are born, you can come to a gentle understanding of yourself and others. You can learn as you interact with all people, that quite often you are only being allowed to see as much of someone as they want you to see. By always being positive and genuine in your intentions, you can allow others to always see the value in your truth and sincerity. Through your own peaceful nature, you can give a gift so subtle, that it can go unnoticed as it lays to rest quietly in peoples hearts.

A LIGHT:

In my deepest sorrows, there is a part of me which has revealed itself and come to my aid when I was most downhearted. There in the background, is a most perfectly gentle part of me that is always ready with the right words. It's like I have at my disposal someone who is completely removed from the emotion of my situation, yet knows it fully and understands perfectly. It is never prone to anger and does not fear, and it would bring me a comfort as a friend could by placing an arm across my shoulders. Its wisdom is never clouded by sadness, and its loyalty is constant since it knows not fear. Because it is always with me, yet does not suffer as the part of me that does suffer, I use the word "Witness" to describe this curious aspect of my nature. It sees my situation and is always ready with the truth.

"How amazing.", I thought to myself after a tide of sorrow finally withdrew. "That gentle thoughts would come to me as an aching heart pounded within to tell me that 'Everything's going to be alright...Things will get better one day'". This prompted an awareness that perhaps the next time a sorrow might come my way, my Witness would be there again to guide me. Through this availability of having the most perfect thoughts at the most perfect time, I gradually learned that the simplicity in the comfort was so pure, that the wisdom of its guidance brought me out of my sorrow earlier each time.

To get to know as a truth, that no sorrow lasts forever was a great help in learning to deal with sorrow and to be able to come back to being peaceful. This pure and shining aspect of ones self is available to all and its purpose is to help you learn the lesson that **no sorrow lasts**

forever. However, it is difficult to learn such a lesson by simply reading these words. Though you may quite easily accept them when you are peaceful, to have learnt this lesson fully, is to believe it when you are in pain.

CYCLES OF LOVE AND FEAR:

As your consciousness expands, your wisdom and Love will also expand. For every good and kind action and thought you commit yourself to, you perpetrate another kind of cycle, but it is a cycle within a Love based system. The link between Love based and fear based cycles, is that they both expand outwardly to profoundly affect one's own life and the lives of others around it. To expand and grow in Love will then bring about Growth, Harmony, and Peace, but when you contain yourself within a fear based cycle, you bring about Decay, Chaos, and Conflict.

As the way of living guided by the Ego can bring you recurring situations and sadness as well as recurring character types to your life, living in Love through refined instinct will bring the goodness that you have always been searching for. Mistakes are just mistakes. They are part of a journey; they are not the journey. Learn to treat a big mistake, the same way that you would treat a small mistake. You are not obliged to labour in thought and deed over the past. You owe it to yourself to seek; to know; and to Love yourself. You owe it to yourself to Grow.

By at last awakening to your thoughts, you have shown that your willingness to Love again is well and truly underway. Don't be concerned at this point if acting out any of your thoughts makes you sad for your awakening far outshines the end result of any deed. Your Love is piercing its way through the layers of your old self... just like a plant that forces its way through a stone path. One day that little plant will produce a magnificent flower and the wind will carry its seeds far and wide.

CONTEMPLATION:

To understand fear is to possess a key,
But the door to the place of light has rusty hinges.

CHAPTER 5

THE MIRROR ACTION OF LIFE

If we consider the Mind as both the instrument of perception and thought, and that perceptions and interpretations require some previous experience or knowledge, the ability to perceive is then an acquired or learnt ability always linked to our personal history.

Our lives are therefore based around a multitude of relational factors which form the frameworks and viewpoints in order for us to interpret or make sense of the world. Naturally, this helps us to function in the world.

Ideally, perceptions should build upon each other to develop into the maturity of adult discernment. The catch is that the perceptions of childhood, (which form the foundation of our thinking) do not naturally or by themselves have the benefit of adult discernment. Only from the ongoing exposure to love, generosity, compassion, positive support and values from parental care does the childhood experience overcome the potential for these immature perceptions to corrupt or undermine the thinking later on in adult life.

I once had an extended visit at a friends house. He led his active life, and allowed me to have full run of the house. I noticed he had a Hi-Fi in the living room but it was not connected or wired up. Upon deciding to listen to some music, I went about connecting all the various modules and connecting the right cables to the right sockets. I finished by plugging in all the electrical power cables except the radio... I just left the power plug draped near the power board. Everything worked and enjoyed the music.

About a week later, my friends son, came over for a visit. He decided he'd like to listen to the radio. He noticed the power cable wasn't plugged in so he plugged it in. My friend was amazed and delighted that his son had got his Hi-Fi working and showered him with praise as this proud Father acknowledged his sons cleverness and technical aptitude.

I said nothing. However, later on I found myself slightly put out as I felt a sense of injustice that the recognition was not coming to me.

Very very strange I thought to myself. Never was there any intention to seek praise... I just got the thing going one day so I could listen to music. But when this show of overwhelming appreciation became manifest, I felt like I was missing out, and I now seemed to be after something that I originally had not intention of obtaining.

I paced back and forth, the mental wheels were rapidly spinning. Ahhh!... I now started to grasp that two things were happening inside me, and it is very much worth our while to discuss it here. The things I were feeling were...

- A sense of injustice.
- A sense for a need of recognition of my ability.

INJUSTICE - RECOGNITION. I had tapped into the beginnings of some important understandings

Many years ago, I might have spoken up to make sure that the recognition came my way as well as the need to set the record straight. I probably would have burned inside until I spoke up. Fortunately those days are long gone, but still lingering was a residual part of my old thinking rearing it's ugly head.

The perception of...

“Hey You!, you didn’t acknowledge my ability!... you’re the cause of my grief!”

...is not accurately defined in the false belief that an external object (a person) is the cause of my disharmony.

This injustice is in me, just as this need for recognition of ability is in me. Does this mean that people can expect injustice or unjust behaviour from me as a common aspect to my personality? I thought about this very intensely and come up with “No”. I know this doesn’t equate with my real nature, yet something was not sitting quiet right within me. The more I pursued it the more confusing it became. Such confusion is the opposite of what should be attained through successful self inquiry. I had to initiate a change of tack and began to focus on the ‘Recognition’ aspect.

More pacing and squeezing of my chin. Slowly an understanding began to filter into my consciousness. The want for recognition was the PRIMARY ISSUE. I had become confused by focusing on a secondary feeling of ‘Injustice’. Obviously, for an injustice to be present, something had to make it so. The perceived ‘Incorrect Recognition’ was the injustice. The ‘Recognition’ aspect was at the root of this injustice. I was now getting closer to the real issue. This is where the use of “**I**” came into it. For you and I both, this is an extremely valuable understanding to possess.

You might say that I am just seeking approval, and essentially I would agree with these thoughts, but if it was simply a matter of seeking approval, it would then have to said... “of what?”. The notion of approval would once again go back to... “My abilities and best efforts.” Once again, the root of the experience contains a direct identification back to me. This is what you should remember as you engage in self inquiry. The correct understanding will not be ambiguous as in the case “seeking approval” for there can always be another question that can go beyond that point. The words “I”, “ME” or “MY”, or the undisputable sense of the person in question, must always be included in the final analysis.

Suddenly an awesome stillness came over me. A very powerful sense of being deeply connected to a truth about myself. Now I began to see why the injustice was so prominent. This lack of recognition has actually been such a regular feature in my life that a secondary perception of injustice continues to be falsely validated and hence distorted over the years. I am therefore much more likely to see or perceive injustices around me and in various other situations.

Upon the revelation of RECOGNITION, I now see that throughout my life, I have not given recognition to others. The very reason I have written this book is because my life had essentially collapsed, and I had come to the understanding that the only way out was to become more aware of my surroundings, my family, my friends, my job, my life. As far as personal relationships go, the loved one would leave primarily through my lack of attentiveness... my lack of awareness.

MY thinking, MY behaviour, had been clearly mirrored back to me. This phenomenon is a remarkable and natural aspect of possessing human consciousness in the physical world. We can only ever know and understand the world through our perceptions. What is seen to be out there is simply a reflection of what’s within.

For me I can see it all so very clearly, without agitation, without objection. I bow to the truth. So profound was this awakening for me that I actually felt physically different. I can also describe it as if a major shift had occurred. A shift of ‘what’ I can’t actually put a name to, but somehow the word ‘shift’ seems to be appropriate.

Here I must point out where careful attention is required not to confuse all the qualities that are inside as primary. eg: All though this sense of injustice is in me, since it is of a secondary nature, I am happy to say that I am not a person who treats people unfairly or unjustly.

You must identify the primary and secondary qualities and re-align your perceptions correctly and without imposing judgement upon yourself. Always love and respect yourself, as well as your discoveries during self inquiry.

Now to deal fully and finally with the RECOGNITION aspect, for this is what this chapter is all about.

The Saying is... "What is seen to be out there is actually in you." This is the mirror action of life.

Going through this example brings us to one important question. How do we know that our perceptions are correct or false? This question is extremely sensitive and full of vulnerability's if precise answers are expected by anyone other than yourself, but the understanding which I myself cling to is...

Through my perceptions and understandings:

- **Is my life progressing?**
- **Have the various stages in my life be a stepping stone to other new stages?**
- **Do I leave each stage accepting of what is left behind?**

or

- **Do I seem stuck in re-occurring situations whether they be financial, vocational, personal?**
- **Do the same sorts of people re-emerge into my life and bring the same sorts of situations and dramas?**

If you tend to answer yes the first group and no to the second group of questions, then it would seem that progress and growth are a healthy part of your life and your perceptions would have to said to be working in a positive way for you.

If the case is the opposite of the above, then this is an indicator to consider implementing change. The key to bringing about real change lies in exploring the domain of the Inner World... taking the *Inner Journey* to your deep self.

The major aspect of being human is consciousness. We have self-awareness. That is... we are the animal that has awoken itself to the fact that we are animal. In that awakening, we remain animal no longer since we have ascended into the realm of perceptions, understandings and realisations. However, there is a subtle trap in possessing conscious awareness, for it can bring about false perceptions if the experiences that one accumulates are not fully understood through contemplation. This subtle trap can keep us locked in the region above the animal, yet below the stage of human development where a higher and clearer consciousness brings freedom, and liberates the creative potential.

The freedom I talk of is the freedom to know, love and understand yourself to such a degree that fears dramatically reduce their stranglehold over us and the good life we try to implement. Also, in this freedom, I have personally found that the yearning and clinging aspects of myself have essentially diminished. I still have desires, dreams and goals, but the aching yearning to love and be loved has dissolved into the awareness that I am that love which I have been yearning for and seeking externally for so many years of my life.

This does not mean that I don't need people, or that I don't wish to have a life long partner, on the contrary, having found and realised my inner love... my inner self, I am finally in a position to be free enough to start living and to start loving in a refined way.

In the years before my path of self discovery, I longed to love and longed to be loved, but now I see that this longing is an indicator that the inner love has not yet been realised. Sure you may appreciate that things that I talk of, and that they sit perfectly well with you on

intellectual level, but until you have realised from experience your inner love by the path of inner work, there will always be that restlessness and yearning.

When you finally realise your inner love, you will know without a shadow of a doubt that you have reached that state.

Difference between Delusion & Mis-perception

To come to an understanding that your thinking and perceptions are limiting positive progress does not mean that your life is based on total ignorance and false values. It is more likely indicating incomplete or immature understandings. In the process of self discovery, new understandings and Self-Knowledge will become a lamp on your path. When the lamp of Self-Knowledge is lit, it can never be extinguished for the fuel that keeps it lit is an enlightened understanding of the truth and the ability to recognise the truth. Having cultivated refined intuition, is to possess the mechanism that recognises the inner truth.

Delusion on the other hand is a chronic state where suffering is habitual, and the potential for positive growth and progress become very very limited. Within delusion, anger is also present for the existence of false notions reflected in new life experiences are then falsely validated to then become more chronic and distorted perceptions. Life is seen to be bitter, cruel and without compassion. Deluded thinking usually has a negative, (perhaps destructive) impact on other people as well.

“Where Do I Start?”

Your must amplify your intuition. If you already consider yourself an intuitive person yet still see a need for change, then your intuition is not being allowed to surface in the area of your life where you are stuck..

If you have a belief in God, then pray for assistance and believe that such assistance will manifest. If you don't believe in God, then believe in yourself and the fighting spirit of human nature to rise above, and be intolerant of ignorance... especially the ignorance of the Self.

Now take a look at that last paragraph. Each is written to inspire and uplift different people with different beliefs and perceptions. Hopefully, each person would find the essence of inspiration to cultivate the qualities of faith and courage, and ultimately bring about the restoration of integration, harmony and peace for the journey ahead. If uplifting inspiration is the case, then where can we say this quality comes from? This Will to carry on comes about from a deep inner experience... not from this book, or even some other place. From Within.

Important to note is that this particular example of a positively motivating inner experience is in-consequential to the debate of Gods existence or non-existence. The inner experience, where it is known to have come from within, has to be acknowledged as the all powerful motivator that drives the human being forward through difficult times. This is the essence of the Human Spirit. This is being Spiritual.

No two people will have exactly the same perceptions on life for we are all viewing the world from our own unique viewpoint.

Just as each of our eyes are separated by a small distance, the image that the left eye sees is not the same as the right eye. What is seen from each viewpoint is slightly different; it cannot be the same. Amazingly, it is the brain that integrates these different images to expand the visual perception by giving us 3D vision. In the same way, the individual perceptions of peoples can be integrated into the common consciousness of mankind to enable a clearer and more accurately defined view of the world. In writing this book, I am contributing to the world, the understandings which have had a positive and uplifting effect in my life.

Developing Intuition.

Developing Intuition requires careful attention in the early days of the seeker. Your goal will be found in the form of **“A Silent Knowledge, devoid of questions”**.

The surfacing of your intuition does not come in the form of words or images. It is deep and serene (don't confuse this with some fanciful state of mystic bliss).

When an intuitive response manifests, you will not be plagued by rationalisations and questions, for those are the products of mental and logical processes. The Silent Knowledge is from your deep spiritual self... the True Self, and it is beyond all the drama and confusion.

It would also helpful to consider the Mind as the means to bring forth into the world, the offering that the True Self puts forward in guiding you through your daily life.

If the True Self is the driver of a car, then the Mind is the steering wheel responding to the direction of the driver to then allow the car, (the physical body) to go in the required direction. Obviously, amid our everyday activities there is a sort of auto-pilot which effectively gets us through our journey day-in day-out. It is when we enter unfamiliar ground or require a course correction that the auto-pilot needs to be over-ridden and control handed back for to the driver... the True Self.

We need to confidently be able to tune into and listen to the Wordless Knowledge.

All this philosophy and theory is not meant to point a judgemental finger at anyone, but is a call to awaken to the notion that there is always a higher truth to be found that can ease you through your trials. This higher truth will stop you from carrying any unnecessary burdens amid the true difficulties that must be passed through, and guide you in confidence in your everyday life.

The road to freedom and enlightenment is the way to gain a life where progress is the significant attribute of your life. Here, it is important to have a clear understanding of the use of the word enlightenment. Often it is used in a spiritual context associated with the mystic religions, or of the final union of the individual soul with God, (sometimes known as Nirvana or Samadhi.) But in our daily life amid the demands of family and work etc, can still be beautifully enhanced by the application of a love for truth and Self Knowledge enabling a life devoid of confusion and conflict. The degree of enlightenment brought about by activating awareness philosophy can only enrich your life.

To change the values we live by in an enormous task, but by seeing and concentrating on the benefits that such efforts can deliver will bring you to a realisation that you can be your main source of energy and drive in your quest to become new.

TENACITY ...”The ability to HANG ON”, will help bring the transformation to your lifestyle as your thinking shifts it's attitude by mirroring new and good things for you.

FAITH ...”The certainty that exists without the support of concrete evidence”, will be the first of many new characteristics to start you on your way and give you a goal to believe in.

LOVE... “Of self and others”, to bring you a freedom to break loose of any restrictions that try to tie you to the past. When we do a good thing, we can be sure that a good thing will be returned to us, so to keep on acting to the goodness and truth within will see the changes we long for begin to become real and permanent in our lives.

To become aware of the causes of problems or pain in your life, is to have taken the first steps in altering these unwelcome aspects. If you want good people in your life, then your thinking has to mirror those qualities so that other people can then see them and be attracted to them. If you

want people to be aware of your love, your needs, your hopes, then your thinking must demonstrate an equal awareness in your own nature. If you want trusting and sincere people to be a part of your life, then these qualities must also be evident in yourself. If you want truthful people in your life, then you must consistently live by the truth.

After such a change is made, the mirror action of Life will help to bring such aspects into our life to enjoy always.

If we compromise our values and our own inner truth, we will compromise the quality of the life we have gained, and lose the freedom to live in Truth, Peace and Love.

Second best thinking will bring you second best situations **and** people. By being willing to live to your truest self, and by believing you have a right to the best in every aspect that life has to offer, then the good that you have always sought after will be sure to come to you.

All that has been discussed so far is about the aspects of our nature that might indicate a need for change and growth, but it is also vital to acknowledge that the love that you see in others... the goodness that you see in others and within the world, can only ever be appreciated by yourself because that quality is alive within you. Don't think that life will only mirror a persons inadequacies; life will also allow your beauty to manifest. The goodness that you see as being 'out there' is actually 'Within You'.

CONTEMPLATION:

My mirror was clouded with confusion...

and the blurred image I was looking at was NOT what I thought it was.

CHAPTER 6

CONDITIONED EMOTIONS AND CHOOSING.

A conditioned emotion is one where you respond without awareness. What you feel, is then given expression through an automatic response.

Through our behaviour, many problems can be brought upon ourselves, and because of this we tend to think that such problems are an unavoidable and painful part of life. This way of thinking can be mistakenly justified when we suffer a misfortune that is not of our making. We then feel through such an incident that life is truly the source of all our problems. We find it easy to point blame and often refer to these incidents (*consciously or not*) to falsely obtain a strength to assert misguided beliefs.

If you can develop an awareness of this, you will then be able to give yourself a chance to foresee the potential of future problems before they unfold. By altering the unthinking conditioned behaviour through an awareness of it, will enable great expansions of thought and opportunities to be a part of your life.

From these unthinking reactions, we can turn events into real problems. Something which simply requires ones attention, can also be seen as a source of bother. This can happen when we procrastinate about jobs to be done. The more we delay, the louder the thing screams out to be done. What would have taken a little bit of effort in the beginning, can end up requiring a lot of effort as we struggle along with our other demands. When we attempt to make things easy for ourselves, we very often end up making it harder. Conditioned behaviour which continues to delay things, will always bring us future problems. Without doubt, it is these sorts of problems that are truly of our own making.

As I am writing this book, I am continually adding and fine tuning its contents. In this process of daily updates, I print the information at the end of each day so I can examine and edit it during the course of the following day. At times I am tempted to think, "What a drag... all these changes and errors I have to deal with". But once again, the real me has seen the need for this process to be followed; it is the most efficient way for me to go about editing. However, the Ego steps in wanting to try alternatives to this editing process in an attempt to make things easy for me. "Easy"... but not necessarily effective in the long run.

The point I make here highlights how the Ego does try to work for us, but its motive in this case was a fear of extra effort. It is reluctant to consider concept of overall long term effects, and is often blind to the future benefits of the application of extra effort during the present moment. Within my own circumstance, my Ego did not know of the value of patience and as such, it wants satisfaction to be obtained without delay.

When pain comes into our life, the Ego very easily asserts itself by telling us it has some answers to our suffering. Since it shows us ways to kill the pain we are enduring, it is given power if we act upon the options that are put before us.

When the Ego has such command over our emotions and responses, our thinking is a mirror to the nature of fear, and it is from this thinking that we deny the long term consequences of particular choices, and go on to seek some source of contentment that will bring about the removal of our pain. After we begin to bear the consequences of our choices, we become illuminated to the folly of our ways to then suffer guilt, remorse, or some other negative emotion. The Ego, acting as it only knows and only can, will then put forth some other option for our choice in an attempt to ease the latest distress.

Mistrust is another conditioned response based upon passed experience, for it assumes that something that relates to one person or event, will hold true for other people or events. Truly, the

world is neutral in its input to our lives. It is our perception based on our experiences that will tend to distort this view.

There are many people that feel as I have felt, and that also feel as you feel now, yet so many are sadly unaware of the hidden true causes of their situation. So often the lack of truth is a cause of people being lead off their true path. Not only is it essential to obtain understandings of yourself for yourself, but the understanding and support of others... especially the understandings of people who are close to you, or who have at some time figured prominently in your life.

LOOKING AT ANGER:

Of all our conditioned responses, anger can be our greatest cause of unnecessary problems. Though it is as valid an emotion as any other, it can tend to be employed more often since it enables us to assert our thoughts quite powerfully. It is when the use of anger, (as with any other emotion) is inappropriate to the situation, that problems of our own making are born.

When you feel anger, something has happened to trigger the unwise and untrained Ego. You do not get angry for no reason, so whatever the situation was that prompted you to this feeling, will require some attention by yourself. Examine your thoughts and find out the exact thing which stirred up the emotion. Clear out assumptions and deal only in known quantities. Find out about things if you think they have relevance but don't assume.

Ask yourself...

“Will the situation be served by my anger ?”

“Will good things come about through energy motivated in this way ?”...

or...

“Is my anger motivated from a fear of how this situation will impact on my comfort ?”

When you understand all aspects of a situation that has stirred up anger, you will see the emotion begin to dissipate as the truth unfolds. For myself, I am able to take time out and separate the Truth and the fear that I see in situations. In a way, I can place fear in one hand and Truth in the other. When these two feelings mingle, the state of conflict or confusion exists. The separation process I talk of is clarity through contemplation, and it is brought about through the application of Peace in my thinking.

Now we are open to forgiveness of ourselves or of others if required, allowing us to release hurts or resentments. We can learn for ourselves, and at the same time provide learning for others. Truth will bring us peace through our efforts in seeking it, but we must be daring enough to search for it.

When the expression of any emotion reaches its peak, we then need to realise it is time to let it go. Even though the bulk of the energy has been dispersed, there is still a potential for wanting to **cling to the feeling**. When we choose to stay with it in this way, we nurture and maintain some **negative seed of emotion**. Here we see that it is vital to recognise our anger subsiding so we can begin to gather our peace again.

We will be prone to anger and frustration because it is part of our human make-up, so when we feel like this, we must always be ready to acknowledge the way we feel. Any emotion we feel requires attention, yet with our new Love and understanding, we also know that we don't have to hang on to them once they have passed. The thing that makes apparent negative emotions valid, (such as anger), is that they are at least able to teach us the things we need to understand of ourselves and others. They allow us to come closer to being the whole people that we're supposed to be if we employ awareness.

When we express our emotion properly and face up to the situation that made us feel that way, we can rightfully come back to the present knowing that we have done our best in dealing with our problems. Awareness exercised in each situation will see ourselves develop with continuing positive progress.

MORE EXAMPLES ON AUTO PROBLEMS:

Have you ever given a cat a bath ? It's not a very pleasant or easy task. Have you ever given a cat a bath that's had them since it was a kitten ? I have, and truly, it's not a problem. It is conditioned through its experiences that there is no real problem. It knows that it has nothing to fear, but the cat that's never had a bath has nothing to relate this strange situation to. It then panics, runs away, and is very wet, very cold and very afraid. Through the behaviour related to it's experience, it is suffering. The reactions of both cats were conditioned from past events, but the cat who accepted being bathed has simply had more experience. If we want to own a clean cat and we know that bathing it regularly will ensure this for us, the longer we put off the training, the more our problems will be.

The job I have at the time of writing this book is staffed at minimum levels, and when someone goes on leave, it's very noticeable. I find anxiety can affect my performance if I choose to let it, but now in my new way of thinking, any encounter with a difficult problem doesn't mean I have to labour with it. I can take time out to consider other options and alternatives. If I am able to when circumstances allow, I then place the task aside and let my subconscious work on it as I attend to something else. I can do this with complete confidence that an answer will eventuate, because I believe an answer will eventuate. I know that there is never a need to panic because the answer is always close at hand. If I find myself getting nowhere with a problem, then I realise that I mustn't have enough information available. It is then up to me to make the required effort and gather more details. Now I am able to dramatically reduce the effect of old conditioned responses that would otherwise be a source of anxiety and frustration.

If your best efforts continue to be thwarted by frustration, then acknowledge that frustration openly. In your new way of thinking, there is no aspect of yourself that will ever be brushed aside. You understand that it is O.K. to have imperfections, and in doing so, you can wear them like medals. Say to yourself and others...

“Look!... this is me. Look!... I'm being me.

I'm not pretending to be someone else,

I refuse to deny myself to myself,

I'm not showing you just a part of me, just in case you don't like me!

What you see is the complete package”.

When we are able to speak this way of ourselves, we will know that those who are uncomfortable with any part of our make-up, may not help or serve us in our personal development. If we need to hide any part of ourself in order to gain approval, we are inviting future problems and pain to visit us and it will be by choice.

MORE EXAMPLES:

One day I heard a friend of mine chastising her daughter for continually misplacing her library books. The unthinking conditioned response was to tell the child that she will never be allowed to use the library's facilities again. For the same situation, a loved based response would have seen an opportunity to develop “Responsibilities of Possessions”, but through lack of, or limited awareness, the gift in the problem was lost. Though the mother did not exercise her threat to the

child, the problem of misplaced books still exists today and the same old arguments continue to take place. Both people could have equally benefited from such a simple experience, but from this lack of awareness, the cycle continues.

How strange and wonderful life can be. It is lunchtime, and I am in the City Square in Melbourne. As I am writing these paragraphs, I hear a man calling out.. “Free samples!... Free samples!”. I turn and look around to see that a stall has been set up to offer free samples of a new fruit drink to the public. The drinks are on ice and this very hot day has made me quite thirsty. My instinct is pleased, and the thought of a free cool drink is very appealing. However, my Ego steps in to try and invalidate my simple honesty by telling me not to be greedy, but through my efforts over many months, I am able to recognise what is happening to me. Instantly a second alternative rationalisation appears in my mind. “Perhaps you could unobtrusively walk over and ask quietly so that nobody will hear you”. Once again, I am able to see what is happening. My instinct says that “A free drink is good... go for it”. Why not ? I ask myself. So I do, and walk over and say in a clear distinct voice that other people could quite easily hear if they wanted to ...

“Can I have one please?”.

“Sure !”, came a reply.

The drink is very refreshing, and I've grown just that little bit more, I have expanded my awareness and seen how my Ego can have the power to limit my life if I let it. I can also see how shyness closes doors. Somewhere within me, there is a part of me that has known a powerful form of denial in my childhood. This event has left such a strong impression upon me, that I have carried it's indelible mark into my adult life. The unconscious event of days of old, is the reference for the days of now. But I am not bound anymore for I have discovered the power of Love, and the power of Knowledge.

Life is full of many opportunities for growth and expansion of awareness. In every day, there will be an chance to serve your growth. Open your eyes, your Alarm has gone off and it's time to rise. Stay awake. It's time to start THINKING, it's time to Live.

CONTEMPLATION:

The human Spirit is peaceful by Nature.

it is external influences and the way in which

we choose to address them, is what tends to erode that Peace.

CHAPTER 7

CULTIVATING A NEW DISCIPLINE.

Upon the awakening of a life that has taken a wrong turn, new directions must be taken in order to come back to being happy, loving and peaceful. One of the keys to surviving the seemingly treacherous transition from darkness into light is to develop a new discipline. This is best achieved as a gradual learning process, but requires one to take a hard look at past ways of all aspects of daily activities.

Courage and determination will bring you through, but most important of all is the conviction that you **WILL** succeed. This is of paramount importance for your growth as any half hearted effort you put into turning your life around may not only prolong your anxiety, but will drain you of valuable energy that could be channelled into shedding light on the many aspects of that wonderful person that you are.

SIMPLICITY IS THE KEY:

First steps to a new discipline are very simple. In fact, you may even be tempted to dismiss these techniques as silly, irrelevant, or perhaps unnecessary. However, start by bringing to the forefront of your thinking the reasons behind the choices and responses, to the many activities and events that are a part your everyday life. Stop the process of automatic reactions and Think before you Do.

Examine the thinking and responses generated from any event, and see if the action you are about to initiate is valid. Ask yourself...

“Why is it that I continue to do certain things in a certain way ?”.

Ask yourself again...

“Is this an aspect of my behaviour that has always bugged me?...”

Why don't I alter the way I do this thing?...

Why do I persist in this way...

I've often thought of doing this thing differently or more completely!...

What would it require for me to do this thing in the way that I've always wanted?”

Be aware of the things that could make you think in such a way, then listen to your other thoughts as they begin to chatter and make alternatives. This is your Ego at work, and it can sound something like this...

“That's ridiculous...this is to simple.”

or perhaps,

“I'll just delay doing this little job.”

or even,

“You've been doing O.K. up till now!..”

Why Change ?... you're getting by”.

Indeed... Getting By. This is hardly akin to living life to its fullest.

When negative thoughts begin to manifest as you enter the process of self examination, you will begin to justify and rationalise your previous behaviour. Feelings of this nature are the desperate attempts of your Ego trying to bring itself back into a position of “Master of the helm”, or the seemingly true guiding force of all your actions. But as you go deeper and further into yourself, you shall start to see the illusions you have been living with day by day. By laying out the problems and their responses for an honest assessment, you will see the validity of the choice about to be implemented, and whether or not it is has a motivation from the Truth. These assessments can bring you to understandings of how behaviour is related to patterns. If we want to change or break these patterns, we must first understand them. To gain this knowledge of why we do things will enable great advances in our personal growth as confusion is replaced by clarity.

To highlight this concept, I shall describe some of the things I found myself doing through force of habit and laziness, and how I began to challenge this old way of thinking.

The very first thing I became aware of to help me in promoting my new discipline, was related to what I did with my clothes as I got ready for bed. I would drape my trousers and shirt across a chair or sometimes the end of the bed. As I then awoke to a chance of putting my desire for discipline into action, I began to consider why I've never used coat hangers very much since keeping my room tidy since clothes looking fresh would be a good thing. It was then that the negative thoughts would come charging in with all sorts of alternatives as to why I should leave them were I placed them.

“Look how neatly you've placed them, they'll be perfectly acceptable in the morning. You'll probably crease them more as you sit in your seat on the train tomorrow so why bother.”

Time went by and I persevered with the process of hanging up my clothes; always thinking it was a chore, the one day it hit me, and I said to myself ...

“What is all this fuss over me taking five seconds to employ the use of a coat hanger”.

The arguments can be endless, and the energy one puts into these concerns can be incredible.

In continuing to increase your awareness of the many avenues available in cultivating your new discipline, I put forward two other examples to assist in giving you an understanding of the beauty and simplicity in the method I have found. Whenever I made a cup of tea, I would leave the used tea bag on the sink when at the same time I really knew that it would be a good thing to take it straight to the kitchen tidy. But I would think...

“I can do this later...

Mustn't let my Tea get cold...

**Come on... You've had a hard day,
put your feet up and relax.”**

Once again, so much useless energy being put into excuses. I could have taken the tea bag back and forth to the kitchen tidy any number of times in the space of time that I was procrastinating.

On another occasion, I was walking to the kitchen and I happened to notice the key to the backdoor was still inserted in the deadlock. Having just had this lock installed after being robbed the previous day, I thought to myself...

**“It would be wise to start getting used to
NOT leaving the key in the deadlock.**

Since there was a small window quite close to the lock, someone could break the glass, reach around quite easily and turn the key. Hence, the purpose of the deadlock would be entirely defeated”.

My Instinct (or Inner Truth), gave me the idea to go over and get the key, but in the following moment, the old Ego steps in forever wanting things to go easily and smoothly. The excuses then appear in the mind.

“That's a good idea, but start doing it the next time you leave the house.”

This type of argument is very seductive, and it takes a strong resolve to see through its disguise. Its effect is to quickly kill the good nature of the original idea by constantly delaying its implementation. It should be noticed that the Ego did reluctantly recognise the truth of the idea, but smeared it with its **trade mark of rationalisation**.

Rationalisations always appear very soon after the initial concept is delivered by the True Self.

This is valuable for us to keep in mind since we are now able to see a potential for confusion. We must learn to recognise the **Instant Fear** of the Ego, and the normal decision making process that we would undergo as we evaluate and compare through logical deduction. (Which is in itself a process of seeking the Truth).

THE TRUTH IN INSTINCT:

The more effort you put into building this foundation of self awareness, the more slicker the excuses can become. Through all the struggles of these mental gymnastics, you must keep one thought in mind... “Excuses are the voice of the Ego.” **The True Self just knows what is good and right. It sees a situation and the answer or solution is there immediately.** There is no time spent formulating a plan of action; **the True Self just KNOWS.** The True Self is knowledge. It is instantaneous and complete, and never needs to be adjusted or fine tuned, but the Ego can also be considered a thinking process over a period of time that will process countless options.

Be sure that your intuition or instinct will always deliver a concept, and in the twinkling of an eye one is gifted with the **wordless essence** of what is needed. How fortunate we are that our True Self is always loving and willing to keep on being there for us. Unlike external happenings, our True Self never stops trying to guide us through simplicity and Love. It will never chastise us for any mistakes we make... it never lets us down... and it never will. It persists in Love as we persist in our follies. This is the God within us all. This is the Image that we are made in and it is constantly available for our good and betterment.

As you develop this awareness and discipline, you also bring forth your Inner Wisdom through the refinement of Instinct. The successful use of instinct will highlight how Spirit is as much as a part of your being as the Body is. When this link of Spirit and Body is truly made, you will begin to have tremendous advances in your Spiritual and Personal development. You will be well secure on your road to Wholeness.

UNLIMITED OPTIONS:

The aspects of my character described earlier, represent only the tiniest fraction of the many ways I addressed the task of change through awareness. While I knew they were a burden to me, I also knew they could help me develop my new discipline. By becoming aware of how I was being seduced into laziness and inaction, I was able to take the appropriate measures and get myself off the crooked road. Once this technique of self examination had become automatic, no more did the Ego have a power over me to take charge of my first actions. With every little battle I won, I brought to myself a new strength. **It felt good to follow my very first and true thoughts** because it gave me a power that made me feel good about myself and believe me... it is such a GOOD feeling. It is a feeling that brings such a sweet peace, since the real me has acted to my

truest feelings. For once I feel in charge, and you will also know this feeling. It is so comforting to know you have successfully acted from your instinct, and the rewards will start to spill over into other areas of your life. We have been blind slaves to this part of us for too long.

MY LESSONS AND YOUR LESSONS:

My situations were unique and important for ME, but within your own situation, it is only yourself who has the ability to discern what is important for YOU. This will be your first real Adult use of instinct as you learn to identify and pursue your Inner Truth while those subtle negatives try to keep you from being free.

Free to be YOU ... free to be the REAL YOU.

As you've been reading these words of mine, your thoughts could very well have been centred around some mocking disbelief relating to my use of such ordinary every day events. You might be thinking..."Perhaps this guy could do with a long holiday", or some other rationalisation. The point I want to make to you **Right Now!**, is to understand how subtle and cunning the excuses for not changing your existing patterns can be.

The very fact that your mind processes an excuse or a rationalisation, is a sure sign of your Ego not wanting things to alter.

Change is another thing that causes the Ego to fear, and this is when the excuses will really start pouring in. The Ego wants the status quo to be maintained with things going smoothly and without concern or effort. It wants the established patterns of behaviour to remain intact.

Remember, change is another unknown for the Ego. It needs facts and figures. It needs reference material.

It is very powerful, but when it has had an experience of the fruits of **Faith and Trust**, it will slowly come to accept the unknown more and more. **This is why we need courage.**

TO THINE OWN SELF BE TRUE:

Please be honest with yourself. You owe it to yourself to grow in Truth, Strength and Love. Start opening up to the world around you by opening up to yourself like you've never opened up to anyone else in your entire life. You are your best and most trusted friend, and you certainly want the best for yourself. You are a good person, you are a kind person and you will strive like you've never strived before. You are becoming NEW, you WILL become new. You will shine and your light will touch others as you continue to understand all aspects of your life... Your life that was, the life that is now, and the life that is to come.

Your future is in YOUR hands, and only you know the direction that you need to pursue; only you through your own Truth, can guide yourself to a peace most suited to your own self. This is the importance of being totally honest with yourself. Do not fear your Truth, for the True Loving You knows not fear, but only Love. It is the Ego which fears, and...

YOU ARE NOT YOUR EGO!

...it is but one part of your entire self; it is a part of you that serves a purpose but will be put in its proper perspective as you develop Love as your new Guiding Force.

SLOW DOWN:

Take time to do these things peacefully, gently, and patiently. There will be no gain if you rush into the task with either some hidden resentment; a reserve that the technique is a bit suspect; or in fact, any other negative you might be harbouring within. You are making yourself new, and you are becoming someone whose life will be modelled on Peace, Love of self and others, and Patience. You must open up to trust your instincts. Remember that the past mistakes were guided from the Ego which acts upon fear. Instinct is truth motivated

Bring a job to its logical conclusion, especially when it's completion may only take a very short time. We can all rise to the occasion when the going gets rough, but it those seemingly insignificant events in our everyday life that silently bash at our psyche and leave us bearing subtle wounds to hold us back from becoming the whole and full person that we are capable of being.

In summarising this chapter, the purpose of this level of self examination is for developing a technique which shall bring to the forefront of your thinking, many unconscious patterns of behaviour. Once this is firmly established, you will start to gain insights into your Ego **relinquishing its stranglehold** over the other parts of yourself; those parts that long to unite into that Whole and Free being that you are supposed to be. You will then begin to know freedom.

As you progress in this task, you will cease to do things automatically or without thinking. You will learn to stop and question; evaluate and choose. You will learn and understand; you will grow and step out on your own again. Your needs will be few as you find more and more, that what is most important...that what is really needed, is already contained within.

CONTEMPLATION:

One day I thought...

“My new way of thinking is now Second Nature to me.”

But I soon realised I had some more work to do,

because I wanted it to become First Nature to me.

CHAPTER 8

A GOOD WAY TO LOVE.

There is only one true way to Love. It is without exception and without demands. It is accepting and forgiving. It is understanding of faults and mistakes, and finds no fault in being human. It is always kind, and is always willing to give what it has to offer. It does not expect anything in return, because its cup is never empty. It rejoices when a Truth is discovered, and shares in the Joy of another regardless of self. It is willing and free to help carry other peoples burdens, because with Love there is no burden to great. With Love, there are always answers to our problems. It sees the needs of others and recognises the things that can helpful in fulfilling those needs; for when those things have been discovered, there is always simplicity and joy associated with the giving.

Love enhances, Love advances. It is opened eyes and opened hearts, receptive and eager to please, and it is always willing to believe. Love is mutual, Love is harmony; just as the magnificence of a symphony comes into being through the individual tunes of individual instruments...they are alone yet together. Such is the harmony of a life centred on Love.

This is unconditional Love.

To Love someone truly is to Love all parts of that person. Unconditional Love simply exists. It is not expectant of certain conditions to be maintained. It just is... and all that it wants is for itself to be shared. If you want this type of Love, then it is yours. It will never be a burden or make demands, for it alone is free; it is centred from within and delights in giving.

SPECIAL LOVE:

When we Love all people, we are not IN LOVE with all people, but we are one with them as we journey together through life. If we are so blessed as to have someone in our life who gives us deep meaning and fulfilment, then to share such a Love like this is to share more than a life, it is to share a way of life. To have such a special Love in a lasting relationship based on unconditional Love is to possess a magnificent Love. For a woman and a man to be united in unconditional Love, is the kind of Love that poets have been writing of for centuries. It is not a dream Love, it does exist. It is a powerful Love, yet it is a simple and uncomplicated Love. It is a Love that endures, and it's available to all ... if you so choose.

ACCEPTANCE THROUGH UNDERSTANDING:

Through learning to accept your past mistakes, you are in fact learning to forgive yourself. You are able to do this because you are the closest that anyone can be to you. You understand your situation more and more clearly as you grow in Love and awareness. With this concept in mind, you can be sure that there are people all over the world striving to be whole. They feel as you do, and they are searching for understanding and acceptance through Love.

But we cannot know all aspects of all such people, and we do not need to have such a deep knowledge. Part of loving unconditionally is related to living in the **“THE NOW”**. As you may have forgiven someone else for a distant and past event, the same must hold true for mistakes that are with you now that remain unresolved. The past is gone and all that really matters is the time you are living right now. As long as you are ready to respond with first actions that are based on Love, then not only will you find your own continued peace, but you will also bring about a more

thorough resolution to the problems of those who are close and dear to you, as well as those whose lives cross our paths from time to time.

YOUR WORTH IS AS EQUAL TO THE WORTH THAT YOU SEE IN OTHERS:

To Love yourself is a good thing. Old fashioned Ego thinking wants to guide our thoughts to the likes of...

“Don't be so conceited”.

... but self Love is not associated with pride, it is associated with acceptance. It is linked to understanding as we continue to try our best. We are kind to ourselves, just as we are kind to others.

So often, we are sympathetic to the plight of others, but when it comes to ourselves we can be very intolerant of our own mistakes. It is the Ego which drags us down, telling us as a response to a foolish choice,...

“Never never do that thing again”

...yet after some time has passed, it would continue to chatter and say...

“Well; it really wasn't so bad.

it's really O.K., you're not hurting anyone”.

But the truth in this thinking is that you are really hurting yourself.

The Ego can deliver strategies that might bring us to think that our place in life, our feelings, and the need for Love are unjustified. It would say...

“Stop thinking of yourself... Give your kindness to others

You're O.K... you've got enough...”

Subtly, the ego is saying “you don't count”, but you do count! and you are equal in worth to anyone else who lives and shares time on this earth. You cannot be selfish when you act with Love, for when you have learned to Love yourself, you are acting in accordance with nature.

Since the Ego does not operate out of Love, we can say that it does not know of Love. It only knows that it is a force that it must be responded to. Ego operates on physical realities, but the Inner Truth operates on Spiritual realities. Through an unknowing of Love, it cannot see the love in other people. As such, it will then relate other peoples behaviour to its own past experiences which are linked to fear. But!... Always keep in mind... Your Ego is simply trying to protect you.

As you would Love all people, you cannot exclude yourself or the other parts of yourself from that Love; even the parts which have brought about pain. Your choices, your thinking, your actions, and your desires have all come about through association and evaluation linked to all your past experiences. You are not bad or lacking because of past mistakes. There are no bad people, but there are people whose actions stem from lack of integration and the experience of kind Love. Inwardly they are sad and confused and their actions are associated with fear and survival brought about by a limited knowledge of the True concept of Love.

THE HIDDEN REASONS:

A child is born with unblemished Love and affection, and it's development is totally at the mercy of the parents or guardians. Children will learn about life from what they see in others, and when a child is raised by people who give Conditional Love, they will learn that this behaviour is how Love is supposed to be. But when children observe and learn from Unconditional Love, they

are taught of the boundlessness that can exist in learning to live with understanding, forgiveness and tolerance.

This tolerance is not one where we grit our teeth and fume within as people's unthinking behaviour clashes with our own world, we are tolerant because we know we are all learning from personal experiences. Our tolerance is then peaceful, and through it we continue to maintain our own peace.

Here is the principal reason why we should all Love each other unconditionally. We are all learning from what is available through our experiences and teachings. This is also why I believe that there are no bad people. Peoples behaviour is supported by valid and explainable reasons. (Please note my use of the word "Reasons", and not Excuses). Each of us has our own unique story, and only compassion and understanding for the circumstances of others will bring about that mass shift in consciousness that is inevitable as the world matures.

Continually acting with unconscious kindness to all people in all situations, will empower yourself and others as they inwardly respond to your Love based mode of living. It will help others in ways that they might not necessarily perceive since by your example, you bring into someone else's life aspects of behaviour that they may never have had the opportunity to witness. Even people with great Self Love who have minimal interaction with others are important, since there is a wind that carries the seeds of their inner kindness to other barren ground. This is part of the action of life. By simply living in Love, you contribute in ways that you may never know of. Be cautious not to operate purely with a "Be nice just in case attitude", but KNOW that your goodness attracts other goodness. Your Love will be exemplary as you lay seeds that silently take root in peoples hearts everywhere you go. Kindness is mimicked just as fear is.

Be good because it is good to be good.

UNIVERSAL GROWTH:

When you act with Love, the whole Universe grows that little bit more. When you grow in strength and Love, not only does it affect your own surrounding world, but equally your actions contribute to the overall advance of humanity. When a change is made within and that change becomes permanent, then the mirror action of Love and kindness will be available to others. They too shall learn and grow so that one day Love will permeate all things.

As we develop in our new Love, all people are seen in a different light. There are no longer veils and obstacles blocking our intuitive vision, for the Love we have now put in the forefront of our lives, sees the soul first, and then the body.

The sooner we begin our Love based way of living, the sooner the examples of goodness will then begin to settle in peoples minds to be seen as Alternatives of Being which will resonate within them as something good. When we get a taste for something, we may tend to pursue it whether it is good or bad, so by living a life that displays our inner goodness through practical example, we enable ourselves and the people around us to get a taste for kindness and Love. We can then work for Love, through Love, with Love.

Love based living does not necessarily imply the need to continually act like reverent and holy people, or even to be constantly searching out people in need. It means being available. It means asserting your worth. It means being bold enough to step out and follow your dreams. It means walking on a beach and feeling the sand grit underneath your feet and the biting chill as a wave washes around your toes. It means acknowledging the totality of your humanness with all its tears and joys. It means being free.

"Love thy neighbour". We were told this so long ago. It's such a hard lesson to get across. However, as hard as it may seem, don't let the required effort compromise the quality of the life you want for yourself. Remember that love is linked to an understanding that we are all in the same boat. Yes... we are learning... we are All learning.

COMPLIMENTING VIRTUES:

To develop this way of living, we need to compliment it with other virtues. To Love fully, you must understand **the value of Truth**, as well as the value of Patience. By bringing these qualities into your life, you will see wonderful changes in your outlook on people and events as you grow to a restored unity of mind, body and soul.

TRUTH:

Never be afraid of the Truth. Never believe that the Truth is better left unspoken. Through loving discernment, we may have to delay the Truth while foundations of understanding are being built, but the Truth will eventually be delivered in its own way and in its own time. Never guide others blindly through your own unacceptance of what is right. Better to remain silent and go away to ponder the reasons that make you think that Truth is a lesser thing than your own judgment. We always know within our hearts when we feel that something is good and true. Sometimes we make mistakes, but through these mistakes, we come to a closer understanding of ourselves, of the world, and of an ability to clearly recognise truths from untruths.

When we always act to seek the Truth and to live the Truth, our mistakes turn into valuable teachings.

Always be receptive to these teachings. Turn your mistakes around by admitting and accepting them. See also that the admission of mistakes and errors is Truth unfolding; the Truth in you coming into the light. If you do something wrong, then own up to it. To act this way encourages a way of life that is able to foresee events which could lead you from the Truth. Get into the habit of being honest with yourself. Master this alone and you will be honest with all people; you will develop friendships which are strong, meaningful and lasting. They will be friends that really care and that will always support. Truthful people will always gravitate to each other since the Truth likes the Truth; the Truth seeks the Truth; and the Truth finds the Truth.

This world has cheats and liars that take advantage of the ones who are honest and trustworthy, but the person with the highest acceptance of the Truth and what it stands for, will always know that these people never really succeed. Their moments of glory are transitory, but the Truthful person lives with the knowledge that nothing surpasses the Truth and that the Truthful way is always the best. It is not a perfect world we live in; this is not paradise, so we act in a way that brings us the strength we need to bring us peace of mind. It is so simple to be honest with yourself and with others.

PATIENCE:

To possess Patience, is to possess a great inner strength. The impatient person has no endurance, little hope, and with regard to important timely matters, little or no faith in oneself or others. Through fostering patience, a new peace is obtained. The Patient person is a positive person, for time is allowed to take a backseat since the end result is what matters. Though time is seemingly put aside as unimportant by living in THE NOW, it is only in the fullness of time that things happen; that things turn around; that tears are dried and sorrows are replaced by joys; that Love can blossom to great splendour.

Sometimes, time itself can seem to be your enemy, but in reality, time is your best friend. When you acquire Patience, you acquire a freedom from anxiety; and so often anxiety leads to failure. Patience will give you persistence and discipline, and the fruits of this virtue will ripen in many aspects of your life. The patience in doing a job properly. The patience in helping others through difficult times. The patience in waiting for Love... "Waiting for Love, with Love."

Patience is understanding. How often do we lack peace when we need to draw on it most, for as much as life will bring us good times, misfortune will also arise. When those difficult times arrive, we need a source of strength that must be available when needed. We can always call on the support of others, but we must be our own main support. Through our humanness, we have natural limitations, as such, we have limited Patience, but we can make it more enduring by acting with Love, kindness and understanding. To have such an understanding will then greatly increase our Patience. With such a degree of Patience, we can wait in peace for the things that matter and will bring joy to our lives.

Patience is strength.

CONTEMPLATION:

To truly Love someone is all encompassing.

CHAPTER 9

AFFIRMING YOUR RIGHT TO LOVE.

This chapter is about the recognition of self worth. Its intent is to help you obtain your **entitled** right to Love, and to bring about a happy and productive life. However, to receive Love, we have to give Love.

If you believe in a concept where forgiveness is meant only to be expressed outwardly and never to oneself, you will never go forward in life. But when you learn to understand and tame the Ego, and live with a Love guided by Truth and instinct, you will easily negate any feelings that try to maintain unworthiness.

Even though the potential for these feelings will always be present in our lives, the action of asserting new beliefs and thinking, will guide you to the truth that **where there is Love, there is no fear**. When you assert yourself, you are empowering yourself with actions motivated from Truth and Love. It will be through this new way of thinking that your actions will be automatically good and kind. You cannot be selfish when your actions are Loved based, and in knowing that, **no person can rightly call you selfish**.

When people lovingly assert themselves in the company of others who are still guided by any degree of Ego thinking, they will naturally relate this behaviour with their own fear based thinking. When they see people acting with a confidence born from feelings linked with Truth and love, any fears that they may be harbouring will come out in some form of opposition or resistance. An attempt to project guilt on that person for their behaviour is a typical conditioned response to actions outside their own sphere of experience and understanding. Should such circumstances arise for you, then simply **activate your awareness** rather than defensive options and ask yourself..

“What is the fear that motivates this persons opposition ?”

As you maintain such peaceful attitudes, your commitment to the task that you are asserting yourself to will remain intact.

Here we can see how the importance of acting to ones truth is tested when people try to assert their own thinking upon you. Be Alert!... because their own fear based thinking has the potential to become a limiting factor in your own growth experiences. As you learn to identify your own truth by **cultivating** instinct, you become more in tune with the paths that are right for you. By following your own truth, you can never fall into the trap of blaming others from entering into any mistake.

Sometimes there may be a requirement to step out **very very** boldly, but there might also be strong or conflicting signals from two or more areas. If you make a mistake, then simply try to learn from such experiences. Since you want to learn, you shall lay aside burdens of shame, guilt, or embarrassment, as you then face your newest truth which acknowledges your error.

Developing your own independence is greatly advanced by the input of other independent people. Not only from an ability to grow by example, but by nurturing and maintaining your own inner thinking which says that you no longer need be dependent on externals for your Spiritual and emotional well being.

As I mentioned in the Foreword, the action of producing this book was a remarkable help in consolidating all my feelings. Try writing down your own feelings as a tangible expression of your inner thoughts, and then read them out aloud to allow the words to come back to you. Quite often in the process of developing new thoughts of awareness, saying such thoughts silently to yourself can be thwarted by the action of the Ego fearing the process of change being established. It can wash over your important thoughts as if to make you mumble a word

within your mind. The effect is to reduce the power behind the new concept you are building; it is attempting to let you use matchsticks for the foundations of the magnificent Temple you are constructing ... the Temple that will be your home forever.

Call on affirmations when you are struggling or are in pain. Quite often, there are certain times that we need to have access to a special reserve of strength when we become vulnerable through many and varied reasons. These are the times that the Ego will start about the business of asserting the old negative beliefs in attempt to kill the pain. Once again you must remember that the Ego is responding to the years of experiences that have come its way. When you come into such a situation, the very act of calling on an affirmation is a most wonderful sign that you are going forward.

Assert yourself! Feel free and **Be free** to be yourself. You are in control of every aspect of your life. Small and big, they all have equal importance since they all contain the things that shall empower you. You act to the moment with confidence and you have freed yourself from fear based thoughts and actions through awareness. You are a together person; you are one with yourself, and the true loving self acts with **peaceful confidence** in all situations.

The great variety of experiences that people write about, give us the ability to find someone who talks of aspects of life that hit very close to home. When we come across such a book, we feel we are no longer alone. We feel there are people out there who understand what is real for us. We feel that someone appreciates and cares enough to let us know that they are thinking of our situation. Even though they may not be with us in person, we **can** find comfort in knowing that there is **always** someone out there **who Loves us**. Such books are providing a bond for humanity from common experiences. We are never really alone, for our thoughts will always link us.

If we go on thinking that no one Loves us, then it is only because we are believing that no one would understand us or our situation. You have been afraid for nothing. **YOU ARE LOVED**. Go home to yourself and find your peace. When you have rested, wake up, go outside, then look around; Love will not be very far.

Step out and admit your new confident self to Yourself. Don't shrink back from the knowledge that you are empowered. Remember, You are a Good Person. Uncover the dreams that you've always had, for now you have all that is necessary to pursue the long overdue things you've been putting off for so long. With the discovery of your new energies, you will be unstoppable.

Never criticise your best efforts. In the learning process that one goes through in turning a lifestyle completely around, mistakes become an inevitable part of the journey. However, it is through these mistakes that we come to Hone-in on the way of living that is just right for us. They are so important for us, that we must wait courageously for them. We might go down a road and find that we have taken a wrong turn, but we can still choose to treat these mistakes as having worth since they guide us, and tell us...

“No... don't go this way...

can you now see that this way is not for you?...

try another way”

Remember, they are only mistakes... they **WILL** bring you to your ultimate freedom and ultimate destination. We all realise our own potential in different times and in different ways, but what is important to remember is that any awakening regardless of how it comes about, is indicating a vital turning point in your life. Through life's mirror action, the circumstances that bring about any awakenings can then be seen as valid and purposeful. From this we can now gain a peace since our highlighted circumstance has tapped us on the shoulder and literally rescued us. Through any such pain that allows a chance for personal growth, we can find a

simple calm by letting go of any anxiety of our past since it has really untied us from old chains.

When you are going through such a process, you must remember the concept of **“THE NOW”**. Do not dwell on thoughts such as, “When will my life get better”, but simply concentrate on the building of a better life. Get your power from your commitment to all things that are good and all things that can serve you. Your growth in the present is the most important aspect for consideration, and through Patience and gentleness of Self, you will proceed peacefully and surely. Have Faith that things will improve. If you give up your quest by giving in to the fear based ways of the Ego, you would most probably fall back into an old lifestyle since it is there that the Ego will see a deceptive security from the familiarity of known quantities that could be called on.

This way of thinking gains credibility if you stop to think that an aborted attempt to change into one new lifestyle, could be the same for any other since the fear of breaking out and the effort required might keep on dragging you backwards. By not fully letting go of your previous ways of thinking and living, you maintain an attachment to the life you are trying to depart from. On such a return, you will eventually bring new burdens of self limitations which keep holding you back in chances for opportunities, growth and goodness. Any thinking associated with unworthiness will then be given power. It is here that you might choose an option put forth by the Ego, and deny your True Self.

It is from this **potential of sliding back** that a foundation of determination can then be established. From now on, all your thinking must be positive and forward, and one of the tools to aid you in this task comes in the form of Affirmations.

An affirmation is generally a short sentence which is constructed and employed to alter or build new ways of thinking. They are called upon many times and in many situations to force old or negative conditioned responses from being actioned. A benefit of affirmations is the awakening to a great inner strength that is yours to call on at any time. Since the effect of affirmations is one of good and positive outcomes, the continued use of them will give you more and more endurance as the influence of the Ego on your thinking gradually dies away.

You will become that which you think.

Because of the limiting potential of anxiety to be present when building these new thought patterns, all aspects of your development **must have the quality of Peace associated with them**. It's normal to have fears and anxieties, so simply remember that you do not have to maintain such feelings. A good affirmation for this would be ...

“I am growing and learning in Peace”.

When you employ affirmations, always **accentuate the positive**.

More power is given to you when you use words such as:-

WILL, DO, GO, BEGIN, BEGUN, NEW, INCREASE etc,

as opposed to:-

TRY, DON'T, NEVER,

Keep your affirmation as positive as possible. For example, to say:

“I NOW KNOW WHERE MY NEW DIRECTION IS”

has a much greater impact than something like...

“I WILL NEVER DO THIS AGAIN”

“I AM BEGINNING...” rather than **“I WILL BEGIN...”**

“I AM SUCCEEDING...” rather than, **“I CAN SUCCEED...”**

“I AM NEW...” rather than, **“I AM GOING TO BE NEW”**

“I HAVE FOUND MY ROAD HOME ...” rather than,

“I AM GOING TO FIND MY ROAD HOME...”

“I AM ACHIEVING A PATH TO HAPPINESS.”

With regard to these examples; while the second part of each shows boldness and courage, the full assertive nature of the first part delivers unquestionable determination. Affirmations must be direct and precise without any element open for consideration or ambiguity.

Another example of an Affirmation is to Record positive words that speak of your Love and Goodness on a Cassette. When you make such a recording, speak in the “Second Person”. Say ...

“You are a Good Person”

“Through Your Love, you are Lovable”

Let such words come to your Ears and lay to rest in your Heart as if they were spoken by your most trusted friend. Indeed...they have been said by such a person... and that Person is Yourself. Make up your own Affirmations and record them. Listen to them as you lay down to rest at the end of each day. Listen to them again in the morning as you wake up and get ready for your new day.

Affirm the power of Love in the creation of the Dawn as you step out breath the fresh air of the new day. Affirm the goodness in All Things you see and extract the essence of it's Creation.

Ask yourself ...

Why is it here ?

What simplicity within it's nature is begging me to take notice of it?

What can I gain from this thing ?

Indeed, when one contemplates Bees', one obtains understandings of Thoroughness and discipline. When one contemplates Snails', one obtains understandings of Patience and Tenacity. There are no limits to the way you can bring goodness to yourself. Affirm the infinite variety of Affirmations that are available to suit your particular need. Find one that compliments the current stage of your growth and employ it as often as you like. Affirmations are not subject to over use.

As with many things, there is always an exception to the rule, for it is from the exceptions that our learning becomes more complete. I believe that the exception to the rule of keeping affirmations totally in the positive, is an affirmation in the negative being... **“I am Not my Ego”**.

YET EVEN MORE LOVE FOR YOU:

The next time you are sad or tearful, go to a mirror and look at yourself. You will see another person who cries, and your True Self will look with Compassionate eyes that long for the person it's see to be peaceful. Say to one that you see as if you were consoling a friend in time of pain...

“Be Peaceful.”

Tell the one you look at that...

“Every thing is going to work out fine.”

I personally found this very uplifting and powerful.

The more you flood your Life with Positive Values and Qualities, the more your Life will begin to **Mirror these thoughts**. Your happiness is your greatest gift to yourself, so for this happiness to be overflowing, you must believe in your worth, and your worth to happiness. Low self esteem is an illusion of Ego thinking brought about by the result of guidance not associated with Love.

What a wonderful feeling it is when we choose to think that mistakes do not have to remain permanent. This is the very concept of Forgiveness. If we can freely exercise the right to be forgiving of others, then we are equally entitled to this same forgiveness of ourselves. Remember always the Love of the True Self, and the Fear of the Ego... **Which will you Choose?**

Affirm your goodness. Affirm your link with Spirit. Affirm that the roads you travelled on were the roads you were on when you were searching for Love. Affirm that you can see your goal.

Affirm you're on your way home. Affirm your future security and happiness. Affirm your future Love that Will be yours. Affirm the power of Affirmations.

CONTEMPLATION:

I will be gentle with myself
for it is clear to me now
that I was only ever searching for Love.

CHAPTER 10

THE GRATITUDE PRINCIPLE.

As you learn to assert yourself by affirming your goodness and a willingness to grow, you need to continually support yourself by extracting the positive out of each and every situation that comes your way. This period of re-discovery and re-learning you are going through, will require constant alertness to the potential of wonderful learning experiences that will come your way.

Openness to all things being made new for you is the goal of your quest. You will throw open your arms and embrace all things that come your way. You will know that your future lies in newness. The old ways have made you sad, and you know you don't have to look back at bad times, yesterday's gone and tomorrow will bring the days that you've been waiting for. You are Loved, and You Will Love Again, and when you learn to Love unconditionally, you will Love perfectly. As you grow outwardly in Love, you will affect others who are close and dear to you. They will respond to your Love without fail, for they will be drawn to it as the Bee is to the Flower.

One part of learning to live and grow in Love is to understand gratitude. Our conditioned emotions have always tended to look at the negative aspects of situations, but once again through the cultivation of awareness, you will give yourself many chances to see an abundance of wonderful things that form the greater part of your life.

When you practice gratitude to all things in our life, you can't help but attract to your inner self, the quality of kindness that is associated with those thoughts.

As you have seen how like attracts like, a genuine expression of thanks for the things that are good for you will bring without fail a feeling of gentle contentment each time you act this way. When gratitude is practised on a regular basis, you can be sure of increasing your level of inner peace. It is through the positive efforts you put into your life, that you can begin to turn it around as many positive outcomes continue to provide assistance in the task of personal growth.

Another way to increase feelings of goodness and content within yourself is to acknowledge the good fortune of others. By bringing more and more positive values of life into your own life, you open up to an incredible amount of Love and Goodness that you may not have known existed. Regardless of the effect of another's good fortune upon yourself, gratitude will open your eyes to realities of living that you probably thought only belonged in movies or fables. There is so much goodness in this world that to think it doesn't exist, is to really say...

“My world does not contain these things because

My thinking does not attract these qualities into My life”.

Start by saying to yourself...

“It is good that I have a roof over my head”.

**“It is good that I have somewhere to lay down and
rest my head at the end of the day”.**

“It is good that I was able to eat today”.

**“That few minutes of peace that I found today
as I walked through the Park was good”.**

Though these things might seem ordinary, they are in truth very Profound since they reside in the foundations of our everyday life.

It matters not if you live in a castle or a one room flat. What is essential is the understanding of Shelter and a place to be safe; a warm bed, food to give you nourishment, some relief from concerns. In any situation there is light, so by being willing to experience that light, you will find that light. The more you see that light, the more the light will become a part of you.

Acknowledge the good people you have in your life regardless of whether or not they are a regular part of your circle of friends. See also the value in acquaintances who you know have good things happening in their lives. Gratitude is actually an affirmation because you are affirming your worth by letting the quality of the gift settle in you peacefully.

MORE GRATITUDE:

The most important and fundamental aspects of life, are built upon foundations of Simplicity. In our search for answers to bring us to Peace and Truth, we must be ready to seek without the burden of complicated strategies which might deny or overlook the naked and stark facts of our existence in simple Love. In your stillness and Love is your Power, so through Gratitude, give power to yourself through the simplicity of...

Acknowledging the good fortune of owning a car.

Acknowledging the influence of positive people in your Life

Acknowledging the presence of children in your Life

These are only a minute number of ways in which you can address the task of bringing Peace within through Gratitude. In your own Life, you will find many things can be applied to your situation.

As we tend to be so very aware of our misfortune, our Fortune seems to take second place. It's strange how the Negatives get top priority in things that matter, and I believe it stems from the tendency to complicate things from fear based thinking. Very often, the good things we have in our life have a natural association with simplicity, yet this goodness so often tends to get the medal for Second best.

SO MUCH GOODNESS:

There are so many opportunities for the input of Good and Positive qualities to come into your Life simply through Awareness. Any limitation you associate with living is merely a mirror of your thinking. By defining what you perceive to be restrictions to your life, you are in reality, specifying the boundaries of your imagination.

You who are reading this book now; you might be a Pauper, a Prince or a Princess. You could be anyone from any level in society; but whoever you are, to acknowledge the good things you have that bring you comfort; to be grateful for the things that you own or control, will go a long way in prolonging your good fortune by understanding its value. To consciously acknowledge the good things you have in your life is to increase their worth beyond measure. What is a home can, become a castle. What is a brass vase, can become a golden chalice. What is gentleness, can become strength. Those who are humble can become great. Those who are great, can become great and wise.

CONTEMPLATION:

I give thanks for ...

Simple things that teach me how,

To value life, and live it NOW.

Time alone and time with friends.

Love to come, that will never end.

CHAPTER 11

CO-CREATING WITH GOD.

All creations originate as a thought. What was once a concept for someone, now becomes discernible reality to another. To ponder the implications of that sentence are incredible. Ask yourself...

“What is a thought ?”

How does one define the source of all definitions. How do you put into words, that which gives birth to words. Through consciousness, an individual is able to experience or feel a need for something... and then understand a way in which it is able to be brought into reality.

When we talk of creativity, we might immediately tend to think of a painting, a sculpture, or perhaps a piece of music, but these are only examples of refined creativity. All of us have resourcefulness and innovation, so to say that “I’m not a creative person”, is only to compare yourself to other people whose creations expand outside their own immediate world.

Sometimes we can be resentful of an apparent lack of talent in a some area, and then allow this thinking to dominate the conception of our overall abilities. Through unawareness, we assume that no talent in one area shall hold true for all others. However, for every path in Life, there is a talent appropriate to serve that particular need. When we discover the talent that resides within us, we can be sure that we will find the same joy and fulfilment that others have found throughout the many and varied walks in life.

To talk of the talent of Mozart or the talent of Mother Theresa, would eventually bring you to a common quality that each in their own way have found. When someone's talent is uncovered, they will be found to be doing what they know **is good** and what makes them feel good. They are free in the use of the energies that propel their wants as they do what comes easily and instinctively. When any such task is then completed, the feeling of contentment and satisfaction is the universal characteristic that serves in the continuation of expressive desires.

Through my training in Electronics, I have obtained all the understandings of Color Television to such a degree that I am now able to repair them, yet I **still** marvel at this invention and its theory of operation. It never ceases to be a source of delight and wonder that someone could conceptualise such a device and bring it into reality. When I look at a city skyscraper in the making, I see ingenuity unlimited. I see skill, wisdom, and talent. I see the tools employed to do all the various jobs.

I hear an electric drill whining away and think of it's motor driven by a strange mysterious force called electricity. I think of someone trying to understand how a mysterious magnetic field would have to be employed to make such a device spin at high speed. I imagine the joy of the Architects at seeing their creation grow before their very eyes. What started out as someone's dream, has now been given the ability to be touched by the hand of another. When someone designs a car and oversees all aspects of its production, that person will then see their dream unfold before their very eyes. Eventually, they will end up sitting inside their own dream. In all these examples, what began as a seed in the mind of one, becomes available for the discernment of another.

In the early days of my songwriting development, I would get immense pleasure from each of my new creations, however, there was a time when the flow of exciting new material would stop. I began to get anxious and very concerned that my days as a composer were limited. The enthusiasm and joy of my early efforts was replaced by a quietly disheartening concern as time passed by without any new songs. Thoughts such as ...

“I’ll never be able to write again.”

or

“It was too good to be true”,

...would very often enter my mind. Fortunately I was graced with more inspirations and many more songs, and it taught me that one's creativity ebbs and flows. I ponder these particular thoughts and see also how my life has its own Ebb and Flow.

The energy I put into my music can be enormous, and very rarely will I write a song in a flash. Though the mechanics of putting pen to paper as the energy expresses itself seem to make the song appear in no time, the thoughts that are dwelling in me require a kind of **“slow to moderate”** temperature setting to be used. This cooking process of my musical creations is all very strange; sometimes my creative thoughts are working on a subject without me even realising it. An event in the past can be a trigger to a way of thinking so discreet, that another prompt from some other related part of the original event will make the creation gel and a song will then be born.

From this I now recognise that we have many types of experiences and we can learn from all of them. For a time, things happen inside us as we unconsciously consolidate events which have come our way. Afterwards, we then find we are able to explain our feelings so as to express them knowledgeablely. It like our batteries are on charge or something is cooking. For myself, this process works in all areas of my life, and especially where I have an output that I want to be shared. Instinctively, I feel it will be the same for you.

FINDING YOUR TALENT:

To be able to find peace in yourself with regard to talent, you must understand what aspect of your nature you know is good, and then go about bringing this goodness to other people. To begin believing that you have talent and great creativity, will then liberate the state of mind to allow these jewels to be revealed. You will affirm your creativity just as you are affirming your goodness and Love. By calling on these qualities within, you then allow your creativity to come forth through your positive attitude.

CREATIONS OF THE EGO:

Since being creative requires effort, conditioned thinking through a fear of the necessary energy, can easily be seen as causing the death of countless wonderful ideas. When negative thinking is allowed to continue whenever creative thoughts are born, the ability to be expressive through the creative process is suppressed as the energies that were available to the development of ideas, become lost, or get redirected into other areas. When creative urges are withheld from evolving, a way of thinking is then formulated which sees oneself as being a non creative person.

Sometimes we say that **“It is too hard!”** and indeed, many times things are **“Too hard”**, but even as we say these words, we let something very valuable go unnoticed. When we kill an idea by thinking like this, we have become a victim of Ego thinking. We never said it was impossible, we only said it was **“Too Hard”**. We were unthinking in the words that formulated in our minds and allowed a fear to guide our wants, our energies, and our happiness. **It was a fear of effort.** It was subtle and quite nonchalant, but it was a fear. It was the Ego acting upon a situation by wanting to make things go easy for us. Remember once again... Ego will think for the situation of the moment and give us options to keep things uncomplicated for us. It does not consider future reward from effort. It has no patience, and it would be happy to let us sleep for the rest of our lives.

KNOWLEDGE WITHIN:

Through the ongoing process of learning and employing our acquired knowledge, we are able to bring into our lives the products of our thinking. By this understanding, we can now see that all actions are creations, since all creations originate as thoughts. The action of doing mirrors our thinking, so it is now open to us that we **create our own life**. Through our behaviour modelled on our thinking, we can, and do bring about the things that are a part of our life. Even fear based ways of thinking still have the ability to create, and it is through this that we are able to appreciate how we can create our own problems; negative situations; or even chaos. When we act from Love based thinking, our thoughts, and therefore our creations, bring good things into **our lives** as well as the **lives of others**. Since the fruits of our efforts originated through thoughts which centred from Love, we allow the creative outputs of other Love based thinking people to infiltrate and inspire our own Life even more.

When we act in Love in all things, our Love based way of thinking follows the direction of our True Self and we bring forth great changes and opportunities into our life. We are **CREATING** a new life for ourselves and others who will be a part of this new life. People will see good things come into our life and respond by wanting to know how it is that we have such things. Our Love will now open up doors for us that would otherwise have stayed closed. The reason they were closed is revealed by an understanding that we had nothing to offer those who were behind such doors before, and they in turn, had nothing to offer us. What we would've found while we were slaves of Ego thinking would not have interested us one bit.

Goodness is throughout the world, and when we have something good to contribute, the world eagerly opens its arms to the good things we have to give. To those who want good things, the world is also just as eager to give. Affirm an abundant and prosperous life for yourself. The truest Love knows no limits.

By having the want to be a part of good things, you naturally encounter others who also know of and seek out good things. Our Good thoughts create good opportunities and we then become a part of the true creation process. We become equal creators with God since we are both motivated by Love. We both work for the good of humankind, we both work for the highest good, and we have justifiable pride in our accomplishments.

We are now Co creating with God.

When we see our Spiritual link with life, it affects all aspects of our life. Our True Self is then able to work for us in a truly integrated way. We will then allow all such aspects to mirror our life. We have **re-Created** our life through the creation of a new unity, and it is this new unity that will bring us a new Peace.

EQUALITY FOR ALL PEOPLE IN ALL THINGS:

Since we are equal with all things in creation, all creations originating from our thoughts are equal in magnificence to any singular creation that has ever been or ever will be. Regardless of whether the creation is tangible or abstract, complex or simple, subtle or striking. To open our minds to the **possibility of limitless horizons** is in itself another great creation. Through the stillness of Love we are able to listen to our thoughts and know that some how, we will find a way to bring about the ideas that feel good and true for us. Our efforts will even have an ability to go on and inspire creativity in others.

Good creativity does not restrict itself to the fine arts, but is more precisely defined by the goodness it gives firstly to yourself and then of course to others. To be able to share your goodness and **Love based ideas** with another person is to know that your creative abilities are fully functioning. Creativity is universal in its output. There are no border lines, there are only horizons; so if you wish to travel beyond those horizons, you can do so by expanding your knowledge through learning.

THE VARIOUS NATURES OF CREATIONS:

Some creations are abstract such as Music. You do not have the creation totally at your disposal as you do with a painting. To experience music you have to add the dimension of time, and it is the soul which takes in the quality of the creation. When you look at a painting, you have the entire concept delivered to you at once. Though we are able to study it in detail later on, when we first look at a picture, we know exactly what it is all about. Once again our soul takes in the quality of the creation but this time, it has a physical manifestation of canvas and paint. Books are like songs since they unfold and tell us a story, but its complexity is increased since a book is complete and fully available to us, yet we need to take **time** to read it through.

When a musical instrument is played live, each instant that passes is pure newness. There is nothing of what was or what is to come as in the case of a book. The creation is fully enjoyed by being in **“THE NOW”**. When people share a meal together, they partake in the unfolding of the efforts and talents of the person who created the meal. Here it is our body that enjoys the creation. It is tangible, and we needed time to enjoy it. If the meal was a romantic dinner for two, then an added feeling of contentment at the soul level would also exist.

Creations can take any form by being Abstract or Physical, and the enjoyment can also be Abstract or Physical. To lead an inspirational life is Abstract in the giving and receiving, as seeds of creativity are laid everywhere you go. By developing your own Love, you are then able to give a gift so precious, that it far surpasses the greatest creation that has ever taken a form in the physical. When we create a life of Love for another by our own example, we create freedom and peace for other people. To be able to create happiness for someone who is sad is a great thing. To be able to teach someone how to create a good life for themselves is a wonderful thing. When one shares their new knowledge for the good of others so they are able to pass this ability on, it then demonstrates how thoughts themselves are tremendous creations.

Any talk of creations and creating is not complete without the mention of bringing children into the world. Of all the greatness that exists in the previously mentioned examples, to bring a child into your life and nurture it with Love and caring, is in my mind an incredible achievement for any individual. To remember that children are but clay in the hands of the potter, we then find ourselves with an awesome ability to mould children into any shape at all. When we employ the design based on Love and also add our own way of Loving in this moulding process, we know we are part of the **creation process of A LIFE**. It is a life modelled in Love which allows our own Love to continue even after our time here has passed. By devoting our efforts to raising a child in Love, we give a gift to the world... we have created a Life from the Goodness of Life for the Glory of Life.

CREATIVITY AND “THE NOW”:

Through understanding the value of expressing your creativity, it is clear that the goodness you give, shall come back to you in goodness from other things. But to be efficiently creative on a regular basis, we need to return to the concept of **“THE NOW”**. Your creativity can only exist in the present, and when we dwell on past or future events too much, we have in essence missed a lovely visitor who came to call on us. When we create, we are one with our thoughts as we conceive. We are developing newness, and to do this properly, we need to have at hand the full use of our abilities.

When we project out of the present, we are living out a pre-formulated series of events that has no room for growth. What was, will always be and therefore can never be modified or altered. All we end up doing is going around in circles to re-invent the wheel.

In the present, we have at our disposal “Peace” as our greatest asset and from this state of well being, we have an enormous potential for variety to then help us in the process of creating. With clear vision and good intent, we can be sure that the concept that was seeded in our minds, will allow us to bring forth our desires into reality.

ENJOYING THE CREATIONS OF OTHERS:

I once heard Music described as “The Flower of Feeling”. I also think of it as a fruit of the Soul, but for some people, it is food for the Soul. As mankind came out of the swamps and lit the first camp fires, perhaps the primitive percussion music of sticks and logs became the primeval language. For myself, I feel that through music, man connected with the spiritual essence, since music can speak in ways that spoken language cannot express, and though he may not have known it, it might have been the first form of prayer. Even today as we listen to an instrumental piece or even a song in another language, a quality of feeling still manages to be understood by our heart and soul. Our minds are able to set the scene in a most perfect way, and through that peace, we are able to drift away with the notes to become part of the creation.

Since music is a form of communication, we can use this concept to try and understand what might have been the motive of writing a piece of music. Through calling on our awareness, we can then ponder the efforts and talents that have gone into all the various productions of music. We can ask why is it that the given title was used. We can go with the flow and feeling in the tune and listen to the passion in the words. Every now and then, try to go deeper than your daily routine might allow...take time out to unwind. If you are musical, let the talent of others nurture your own talent so as to produce that “Fruit of the Soul”. If you are not musically gifted, then let that “Fruit” be “Food” for your own soul.

Music can be used as a very powerful tool to bring you peace. Listen to gentle music if you don't already, and get into the soul behind the creation. When you bring peace to yourself through such actions, you have actually created Peace for yourself; Yes!...you have **Created**, and such a creation is priceless.

Allow your own creativity to be enhanced by the creations of others. Look deeper into the work so that the meaning and motivation in the work may enable you to find an inspiration for your own creativity. There are very few people who are able to claim total originality, so to admit inspiration from another source only highlights your own awareness, and also gives a deserving credit to that other person's abilities and efforts.

CONTEMPLATION:

Your Love and its fruits,
will be your greatest Creation.

CHAPTER 12

THE PEACEFUL BALANCE.

As I grow in awareness everyday, I come to understand that any fear or concern that comes my way, is my ego trying to get me to avoid a situation that might bring me some degree of discomfort or pain. I find that in many situations, the ego is evaluating probabilities that in reality do not apply, but genuine fears serving to protect me can still easily be identified by the connecting to my truth. It can be the same for you.

Remember the animal heritage of the ego, its duty is that of survival and we will always be influenced by this duty because it is part of our humanness. By understanding this fully, we are able to see that our first responses and actions may not necessarily apply. The intervention of our ego will always be with us, so by knowing this, we can come to a peaceful balance between the input that it has to offer for any given situation, and the input that our instinct will also put forth.

THE EGO HAS ITS PLACE:

We now know that ego is a normal part of being human, but we also are now very aware that it has its own particular place in our lives. We know that if allowed, it can dominate or even get out of control. We understand the concept of instinct more fully, and celebrate our spirituality from a knowing that this is where our significance and true self is found.

Becoming proficient in the process of self examination, I found the ego began to take on new angles of thought. There were times when I became mentally exhausted from the continual process of scrutiny. From trying so hard to learn to stop and think before I would perform any particular action, I found myself at a point where I needed to prepare for another facet of developing awareness. I found I became tired of thinking so much, that the effort of making an effort seemed not to be worth the effort. (That's a mouthful). At that moment, my ego would come in and criticise me for being lazy. It a crazy scenario and it's very disheartening. I felt like I was in a no win situation.

How strange and complex this ego is. If we maintain that the ego is fear based, why would it condemn me for not trying to use an opportunity to expand and grow? Since the ego relates its fear base to patterns or standards of behaviour, the options it will deliver will be referenced to some established or regular conduct. If we are in the process of changing our life, one would immediately think that there is now nothing regular happening anymore, but if we stop to consider, we can find a link between our old thinking and our new thinking. If we are involved in change, and that change is continual and ongoing, then this very process is a regular part of our life. The new set of patterns and standards of behaviour that our ego will relate to, is the pattern of regular change.

Here I can see why it condemned me. I had slipped away from the new pattern of scrutiny and change, to echo an old way of thinking. From its fear base, it is fearing that I might slip back into old patterns. It is actually fearing itself; it is fearing its own method of operation.

The good news in this situation, is to know that the road to personal healing has now established itself without doubt. The old role model patterns residing in the subconscious are becoming redundant, and are now being replaced through the efforts and determination to become new. You would be transforming your inner most self through the Power of Love.

Remember that the ego operates on the pain and concerns that are upon us at the moment. Again, it is bringing about responses through its ingrained duty. In one respect, it is not rational, it is not logical, it is animal. This only proves to me more and more, how primitive this aspect of our nature can really be. It is still only trying to do what it thinks is right which also shows us how

very easily it can cause us confusion. To think, we let this part of our nature play such a dominant part in our lives. We have been letting it get away with murder for too long.

When you encounter such a conflict, you must remember two important things. Firstly; It will be your ego who talks in excuses and rationalisations; not your TRUE SELF. And secondly, you need to call on an affirmation to assert your GOODNESS and COMMITMENT to growing in strength and Love. For myself I would say..."I am a good person, and I am trying my best". (For yourself, something else might be more appropriate, but keep its essence based on simple Truth).

I knew I was weary; I knew I was sick and tired of the relentless excuses that would follow my every action, but I also knew that from a wrong choice, I could allow these negative thoughts to gain strength and stop me from becoming a whole and fulfilled person. On the other hand, I also knew that one day my life would turn around and wonderful things would happen for me and the ones that I love. I knew I had to be Patient, I knew I had to have Faith, I knew I had Trust. I believed! ... I've always believed.

Now whenever I ever I have a fear or hesitation in doing some thing, I am able to ask myself peacefully...

“What is it, that I fear ?... and why do I fear it ?”

Upon recognition of my fears, I find that all too often they are quite unrealistic and unreasonable, and that everything will be fine. When I have to, I find that I am now able to go about finding and executing solutions much more effectively. I do this by separating the Truth from the Fear. Sometimes I have to summon up courage, but I know that if step out against the fear, I will feel good about myself. Sometimes I still give in to the fear, but I acknowledge this as a choice; I may still be a slave to fear in one respect, but I am no longer a blind slave.

THE BEGINNING OF THE END:

Part of obtaining the peaceful balance is related to the previous methods or tools employed to expand your awareness. When you come to your own understanding of ego and how it seems to work with you and against you; when you can finally say you're in control, you can then lay aside all the questioning. Occasionally, I'll leave a tea bag on the sink, or not hang up my clothes, but now that I understand what is happening to me; now that I understand the methods that my ego tries to employ, I am no longer dragged down or living unconsciously under its control. In finding the beast that torments me, it turns into a little timid mouse. This is the magic involved in self discovery and there are wonderful revelations awaiting you. Through persistence, patience and courage, you will know of these things.

RADICAL ACTION:

When we consider the actions and effects of radical groups within society, we can recall the times when they began to assert them selves and their beliefs. Such groups are very often called weirdo's, nutters, exhibitionists, and many other names derived from un-thinking. As these people continue to strive and persist in their cause, elements of their beliefs are gradually seen to have substance, and the consciousness of society in turn, eventually swings around to their way of thinking. Initially their views were slammed by ignorance or the implication of the group's belief in that Truth.

In the closing decades of the twentieth century, we have seen tremendous changes in planetary awareness by groups akin to the Green movement. We have also seen radical People Power cause powerful empires to crumble. Through this radical action, the truth of these people was revealed to the world through assertion. This same concept applies at the individual level. By your radical action of pulling apart your inner personalities; turning them upside down and shaking the living daylights out of them, your consciousness will swing around to your new way of thinking and eventually the peaceful balance will be obtained.

Again, this concept will also apply outwardly to YOUR very own world. After your radical actions have brought you new Peace and Outlooks on life, you will then have to deal with the world which will now perceive your new self as radically different. When you have truly tamed your ego, you naturally begin to assert yourself in confidence in all things by love based motives. Here you will find how people can react with their own fears when dealing with empowered people. Again I maintain that from the fear base of ego thinking, people interpret your change and think of the implications that will apply to them through your assertion. Only Love will protect your cause, only Love will help you understand that they, like you, are all learning of Life.

However, the great majority of people will see your new self as something which rings within them as being wonderful and exciting. You can't help but inspire people when you walk tall in Love. When you are this confident, you then know that you can do Anything and you are not dependent on obtaining strength or power from outside of yourself. You do not listen to the ego thinking of others that express words and deeds to try and bring you down, for you know that your Love is your source of goodness, and that you never have to justify your actions because there is nothing to justify. You are living by your own deep and silent truth, and you are learning more and more about yourself and the world each day. You Will make mistakes, for we All make mistakes...we are all learning. No one human knows all things. It is acceptable to make mistakes because it is through them that we continue to come to new understandings.

Through understanding fear, we are able to see why people do what they do, and we are also able to understand our own actions more clearly. Therefore, we are able Love others as ourselves more fully. The more you delve into the complexities of life, the more you realise the limiting ability of ego thinking. When we fully see the peace in the present, a balance will be found that other people will want a share in. Because we live in Love, we gladly offer what we have learnt.

UNITING THE SELF:

As my own unity becomes more complete, I have found many other aspects of my life also come together. Throughout my working life I have been employed in diverse careers. My first job after leaving school was to obtain an apprenticeship in Signwriting. After six or so years, I entered employment into the art and promotions department of a large retail chain. After another six or so years, I had a "mid Life" crisis at age twenty six with an intense need for some change in career. The change was dramatic and I joined the Royal Australian Air Force to receive training in Electronics. Six years after that, (Funny about that.), I spent a year in a television studio, and then onto maintenance of computers and data systems.

Throughout that entire period, I have always had my guitar and my music. I have been writing songs over the years and it has been a great comfort to me. Because of the value of this comfort I've always had at my disposal, I decided to share it with you by the inclusion of the Audio Cassette tape supplied with this book. All my music has a common quality of Hope, with a Forward and Positive direction. I truly hope that you may find some gift in my efforts.

After the emotional crises in my life, I am now finding all aspects of my other careers have come together to help me in my new direction which is now taking shape. I use the knowledge of Signwriting, Songwriting, Art and Advertising production skills for the publishing of my own books. Though I didn't realise it at the time, being trained in electronics brought me to walk my very first infantile steps in understanding awareness philosophy. Through successful completion of the training, it opened my mind to the possibility that anything is achievable when you have the want. My very first efforts in getting recognition of my music saw five of my songs get placed on a Spiritual/Religious tape containing ten songs and it gave me immense satisfaction. It was from this that I decided to engage a sound studio and record some of my other songs to accompany this book.

This is my second book and it reflects my search for knowledge. It was born out of wanting to know why. Why things happen to people. Why people choose certain paths, and what is the hidden motivation in people that makes them do what they do. Through searching, reading,

wanting, hoping, praying; through acknowledging my unknowing, I increase my knowing. I'm closer to understanding, but there is still so much to learn. What I end up learning, will be what I want to learn and what I need to learn.

For yourself, I can only hope that you respond to your truth which shall guide you to the knowledge that you need to possess. If there are parts of this book that seem uncomfortable or cause conflict, then a golden opportunity lies before you as a gift of understanding is awaiting discovery by you. It is waiting for your freedom and the understanding needed for that part of you which makes you feel as you do.

MORE GOODNESS:

Further things that will come to you as you begin to live in harmony, is a sense of increased vitality. As your mind becomes integrated through the efforts of restoring your unity, the burden of past hurts, guilts, and fears no longer exists. Your attitude is then reflected by the mirror action of life in your physical well being. In eventually finding my balance, I eventually found my peace. I learned to tame my ego, and it will be the same for you. Go out into the world knowing that you have a right to live fully and happily. It has always been your right and it always will be. No PERSON or EVENT can ever take that away from you. As you search for Love, know that you Will find the Love you've always been searching for. Perhaps it has always been so close to you that you didn't recognise it, or maybe you've been afraid of real Love; perhaps both. You will not be afraid of anything anymore. You understand how fears are born, and whether or not they are valid. You believe in yourself, and in doing so, others will believe in you. You are Free.

Be truthful and honest with yourself at all times. Don't be something that you are not. Don't be partial, be yourself and live the way that you've always wanted to. Be peaceful knowing that your Love and your true self will always guide you and look after you because it always wants the best for you. You need not fear going down any dark roads anymore when you are truly honest with yourself. You have always known your truth, now begin to live it.

CONTEMPLATION

Within me is a deep and fulfilling peace.

A Well that I am able to draw from at any time... if I so choose.

APPENDIX I

My Youth, my youth.

A verse to Meditate on.

In this dialogue, the subject addresses Life in a moment of serious reflection. From the unintentional prayer, Life responds to the plea to nurture the despondent Spirit.

My youth, my youth...

Oh Life!... what have you done to my youth!

I cradle it in my arms to jealously shield it from your influence, yet my embrace weakens and
once more my youth slips quietly away.

With empty arms still eager to caress, I cry out to you on its behalf.

How can it unlearn that which you have taught.

The price of experience and knowledge is innocence, and what I now possess has left me very
poor.

Life!...how can my youth and I be happy again?

* * * * *

Troubled one!... listen to me.

I did not cajole your youth from you.

I did not lure it from you or set any trap.

I entered no bargain or bartered for it.

You gave it to me.

It was you who was seeking.

However, be not anxious, for I will tell you where your happiness is to be found.

Tell your youth that it has never lost its innocence.

It is still rich in this, and will always be so in my eyes.

You talk of paying a price, and you are right.

You paid each time you gave away your Truth.

But it was not I in want of a payment, and since you had no need of it yourself, the payment
was blown away with the wind.

It went nowhere and served no one.

Can't you see that this is where you are poor?

Yes, I can restore the dignity of your youth, but this time I will demand a payment.

Come... come closer to me and look into this mirror.

Look deeply and tell me what you see.

But only tell me when you are Peaceful.

If then, what you give me is your Truth, then I will hand it back to you draped in a golden
cloak, and you shall hold your head high among all people.

Troubled one, I have no real use of your Truth for I am Truth itself.

Your Truth is your ever loving servant. It cares for you and believes in you.

Keep it with you at all times.

Ask for it's guidance whenever you need to.

It is very wise you know.

Herein your riches will be restored, and you will be united with your youth again.

Your days will be happy once more.

Adrian Newington.

APPENDIX II

Included with this book is an option to purchase an Audio Cassette of seven inspirational songs I have composed. You will find the words printed for your convenience in these closing pages.

Don't Let Go of Your dreams

by Adrian Newington. © 1991

This is the day,
the rest of your life will begin.
A new world of Love,
a new world of Peace to live in.
And the walls that you've built can come down.
And the Love in your heart can come out.

(Chorus) Don't let go of your dreams.
 Always believe, in the freedom they'll bring.
 Don't let go of your dreams.
 In your Love is your Life,
 and your life has meaning and worth.

Quite and still,
this is the way you will learn.
There in your heart,
a Love to help you return.
From the many roads, you have crossed.
While searching for Love never lost.

(Chorus) Don't let go of your dreams.
 Always believe, in the freedom they'll bring.
 Don't let go of your dreams.
 In your Love is your Life,
 and your life has meaning and worth.

So long you've been away,
trying to find your love.
So long you've been confused,
from daring to be,
what you thought you should be.

(Chorus) Don't let go of your dreams.
 Always believe, in the freedom they'll bring.
 Don't let go of your dreams.
 In your Love is your Life,
 and your life has meaning and worth.

The Believing Way

by Adrian Newington. © 1990

Composed by my Awakening to the value of Persistence of Faith in ones own abilities, and the
Actions of Life which respond to those who maintain such attitudes.

Let me tell you 'bout a way to change your life.
That can make your dreams unfold before you eyes.
But you've got to break the link.
and change the way you think.
For there's a chain that binds,
and it'll drag you down each time.

First of all you've got to open up your heart.
And let go of feelings locked within your past.
Then a wonderful peace,
will come when you release,
and you start to see,
how your life can turn around.

(Chorus) It's the believing way.
And it'll bring you happy days.
And it's a Giving way,
it's a Loving way
It's the believing way.
And you will come to understand.
That your destiny can change,
by your own hand.

Anything that you believe in can come true.
But your Patience and your Faith must see you through.
Keep your head up high.
Don't let the world deny,
all the things,
that you believe can come your way.

(Repeat Chorus)

Miracles Matter

by Adrian Newington. © 1989

Many times in our lives we are graced with simple gifts that tend to go un-noticed as we live our complex lives. But in the stillness of True Self, we will find much beauty abounding. That beauty is all around us and within us.

The scarlet light,
of evening skies,
the moon that softens up the night.
The mountain snows,
the wind that blows,
the changes to our lives.
In a Yellow Rose,
is what nature knows,
and nature is God's wisdom out on show.

(Chorus) Miracles matter, they help you believe.
 Miracles Matter, they're what we need.
 Miracles matter, open your eyes.
 Miracles matter, understand why.

An answered prayer,
people who care,
someone who's got some Love to share.
The will to strive,
when things aren't right,
a helping hand at the right time.
A baby's cry,
and happy times,
the Love between you and I.

(Repeat Chorus)

(Repeat Chorus)

Breakaway

by Adrian Newington. © 1987.

This song was a gift to myself and a dear friend of mine, to help us get by the early stages of Separation and Divorce that we were both experiencing at the same time.

Well I've been thinkin' about you,
and been wondering what's going through your mind.
I guess you're thinkin' about me,
Well I'm alright and I am doin' fine.
We were forced to the wall,
but still we found the strength to go on.

(Chorus) It's time to breakaway from the old ways.
 It's time, to make way for the new days,
 it's time, it's time to breakaway.
 It's time to breakaway... Breakaway!

Well I've been thinkin' about you,
and I can see you've got yourself back in line.
I guess you're thinkin' about me,
I'll play it cool and make the most of time.
We were hopelessly lost,
but still we found our way to the top.

(Repeat Chorus)

Well I've been thinkin' about you,
You'll be right just give yourself some time.
I guess you're thinkin' about me,
I'll play it cool and make the most of time.
We've got to follow our dreams,
this time 'round it's gonna work out.

(Repeat Chorus)

Don't be Afraid

by Adrian Newington. © 1987

This song was composed from the feelings of compassion I experienced after a friend revealed to me, that her Father had behaved in the most inappropriate way possible that any Father could with a young Daughter. Though the song was meant for one, I sing it for many in the hope that my Love through my music, may touch your heart with friendship and understanding.

Don't be afraid of the nighttime.
Don't let your fears take you over.
If you want to,
I can show you,
a brand new day.
So you don't have to be afraid,
of the nighttime, anymore.

You said to me,
you've been living, in a shadow.
I thought that I could bring you,
into sunlight.
If you hear, what I'm sayin'
I'll offer you a way.
So you don't have to be afraid,
of the nighttime, anymore.

My wish for you is to lead a life,
in the sunshine.
And if you need, a helping hand,
you can have mine.
At the dawn, there's no sorrow,
all things are passing by.
So you don't have to be afraid,
of the nighttime, anymore.

Talk to Me

by Adrian Newington © 1990

I composed this song for a dear friend of mine and her family. My friends niece developed a serious medical condition which sent the young girl into a coma, and this my way of saying that I was always thinking of them in my heart and in my prayers.

The song is Jesus singing to my friend and her family.

I am what your troubled heart yearns for.
I have seen your tears,
and I know your fears.
I have life and Love to give to you.
If you would talk to me,
if you'd believe in me.

(Chorus) Anytime you call,
trust that I can hear,
when your heart aches,
for one you Love.
I have only Love,
I long to give to you,
but all I ask of you,
is Love me too.

Simple words I long to hear from you.
No matter where you are,
No matter what you do.
Freedom in your heart I'll give to you.
To know my Love with ease.
To walk in three fold peace.

(Repeat Chorus)

I am what your troubled heart yearns for.
If you would talk to me.

It's gonna be Alright

by Adrian Newington. © 1990

This song will always remind me of a profound Peace that descended upon me in a period of sorrow. In an touch, I was transported from sorrow to joy, and could not help but immediately respond to this new peace and joy by the expression through song. Within five or so minutes, I had the essence of the song, and the rest just followed very soon after.

A peaceful feeling came to me today.
What I needed most, to take my tears away.
In a touch the shadows deep inside,
made way for Love as tears subside,
by a voice that whispered gently to my heart.
And it said...

(Chorus) It's gonna be alright.
 Everything is gonna work out fine.
 It's gonna be alright.
 Everything is work out fine.
 It's gonna be alright,
 it's gonna be alright.

I never knew this peace could ever be.
To think it's always been inside of me.
There when I was most in need,
gentle thoughts would come to me.
To teach me how to listen to my heart.

(Repeat Chorus)

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Dear Reader,

Thank you for taking the time to read this book.. I hope that you have found it valuable in bringing the good things in life to you. If you decided to purchase the music cassette, I also hope that you have found some inspiration or comfort in my songs.

Also available on my home page is a book I have written called "I Am the Heart[®]". This book is also offered on the Internet free to individuals wishing to pursue personal development. It is written in the form of a dialogue between a troubled Mind and the Heart. This style of literature is common among old and ancient Indian sacred texts. I have adopted this style as the Heart, (*being the abode of compassion*), comes forth to a troubled individual seeking restoration and renewal. Having roots in the mystic East of India, it has a high degree of focus on personal spirituality and God. I hope it might fit in with your own searchings and whatever path you may be travelling.

Feel free to E-Mail me if you have any questions, suggestions or contributions.

Peace to you,

Adrian Newington.