

Source talking to you – Feeling is the Language of the Soul

I talk to everyone. All the time. The question is not to whom do I talk, but who listens? Let's exchange the word *talk* with the word *communicate*. It's a much better word, a much fuller, more accurate one. When we try to speak to each other—Me to you, you to Me, we are immediately constricted by the unbelievable limitation of words. For this reason, I do not communicate by words alone. In fact, rarely do I do so. My most common form of communication is through *feeling*.

Feeling is the language of the soul.

If you want to know what's true for you about something, look to how you're *feeling* about it. Feelings are sometimes difficult to discover—and often even more difficult to acknowledge. Yet hidden in your deepest feelings is your highest truth. The trick is to get to those feelings. And I will show you how...

I also communicate with *thought*. Thought and feelings are not the same, although they can occur at the same time. In communicating with thought, I often use images and pictures. For this reason, thoughts are more effective than mere words as tools of communication. In addition to feelings and thoughts, I also use the vehicle of *experience* as a grand communicator. And finally, when feelings and thoughts and experience all fail, I use *words*. Words are really the least effective communicator. They are most open to misinterpretation, most often misunderstood.

It is because of what words *are*. Words are merely utterances: *noises* that *stand for* feelings, thoughts, and experience. They are symbols. Signs. Insignias. They are not Truth. They are not the real thing. Words may help you understand something. Experience allows you to know. Yet there are some things you cannot experience. So I have given you other tools of knowing. And these are called feelings. And so too, thoughts.

Now the supreme irony here is that you have all placed so much importance on the Word of God, and so little on the experience. In fact, you place so little value on experience that when what you experience of God differs from what you've *heard* of God, you automatically *discard the experience and own the words*, when it should be just the other way around. Your experience and your feelings about a thing represent what you factually and intuitively know about that thing. Words can only seek to *symbolize* what you know, and can often *confuse* what you know.

These, then, are the tools with which I communicate, yet they are not the methods, for not all feelings, not all thoughts, not all experience, and not all words are from Me. Many words have been uttered by others, in My name. Many thoughts and many feelings have been sponsored by causes not of My direct creation. Many experiences result from these. The challenge is one of discernment. The difficulty is knowing the difference between messages from God and data from other sources.

Discrimination is a simple matter with the application of a basic rule:

*Mine is always your Highest Thought, your Clearest Word, your Grandest Feeling.
Anything less is from another source.*

Now the task of differentiation becomes easy, for it should not be difficult even for the beginning student to identify the Highest, the Clearest, and the Grandest. Yet I give you these guidelines:

- The Highest Thought is always that thought which contains joy.
- The Clearest Words are those words which contain truth.
- The Grandest Feeling is that feeling which you call love.

Joy, truth, love.

These three are interchangeable, and one always leads to the other. It matters not in which order they are placed. Having with these guidelines determined which messages are Mine and which have come from another source, the only question remaining is whether My messages will be heeded. Most of My messages are not. Some, because they seem too good to be true. Others, because they seem too difficult to follow. Many, because they are simply misunderstood. Most, because they are not received. My most powerful messenger is experience, and even this you ignore.

Your world would not be in its present condition were you to have simply listened to your experience. The result of your *not* listening to your experience is that you keep re-living it, over and over again. For My purpose will not be thwarted, nor My will be ignored. You *will* get the message. Sooner or later.

I will not force you to, however. I will never coerce you. For I have given you a free will—the power to do as you choose—and I will never take that away from you, ever. And so I will continue sending you the same messages over and over again, throughout the millennia and to whatever corner of the universe you occupy. Endlessly will I send you My messages, until you have received them and held them close, calling them your own.

My messages will come in a hundred forms, at a thousand moments, across a million years. You cannot miss them if you truly listen. You cannot ignore them once truly heard. Thus will our communication begin in earnest. For in the past you have only talked *to* Me, praying to Me, interceding with Me, beseeching Me. Yet now can I talk *back* to you, even as I am doing here.

All people are special, and all moments are golden. There is no person and there is no time one more special than another. Many people choose to believe that God communicates in special ways and only with special people. This removes the mass of the people from responsibility for hearing My message, much less *receiving* it (which is another matter), and allows them to take someone else's word for everything. You don't *have* to listen to Me, for

you've already decided that others have heard from Me on every subject, and you have *them* to listen to.

By listening to what *other* people think they heard Me say, *you* don't have to *think at all*. This is the biggest reason for most people turning from My messages on a personal level. If you acknowledge that you are receiving My messages *directly*, then you are responsible for interpreting them. It is far safer and much easier to accept the interpretation of others (even others who have lived 2,000 years ago) than seek to interpret the message you may very well be receiving in this moment now. Yet I invite you to a new form of communication with God. A *two-way* communication.

In truth, it is you who have invited Me. For I have come to you, in this form, right now, in *answer to your call*.

Laws to create

I have established Laws in the universe that make it possible for you to have-to create—exactly what you choose. These Laws cannot be violated, nor can they be ignored. You are following these Laws right now, even as you read this. You cannot not follow the Law, for these are the ways things work. You cannot step aside from this; you cannot operate outside of it. Every minute of your life you have been operating inside of it—and everything you have ever experienced you have thusly created. You are in a partnership with God. We share an eternal covenant.

My promise to you is to always give you what you ask. Your promise is to ask; to understand the process of the asking and the answering. You are a three-fold being. You consist of *body, mind, and spirit*. You could also call these the *physical*, the *non-physical*, and the *meta-physical*.

This is the Holy Trinity, and it has been called by many names. That which you are, I am. I am manifested as Three-In-One:

- Some of your theologians have called this Father, Son, and Holy Spirit.
- Your psychiatrists have recognized this triumvirate and called it conscious, subconscious, and superconscious.
- Your philosophers have called it the id, the ego, and the super ego.
- Science calls this energy, matter, and antimatter.
- Poets speak of mind, heart, and soul.
- New Age thinkers refer to body, mind, and spirit.

Your time is divided into past, present, and future. Could this not be the same as subconscious, conscious, and superconscious? Space is likewise divided into three: here, there, and the space between. It is defining and describing this “space between” that becomes

difficult, elusive. The moment you begin defining or describing, the space you describe becomes “here” or “there.” Yet we *know* this “space between” exists. It is what holds “here” and “there” in place—just as the eternal now holds “before” and “after” in place. These three aspects of you are actually three energies. You might call them *thought*, *word*, and *action*. All three put together produce a *result*—*which* in your language and understanding is called a feeling, or experience.

Your soul (subconscious, id, spirit, past, etc.) *is the sum total of every feeling you’ve ever had* (created). Your awareness of some of these is called your memory. When you have a memory, you are said to re-member. That is, to put back together. To reassemble the parts. When you reassemble all of the parts of you, you will have re-membered Who You Really Are.

The process of creation starts with thought—an idea, conception, visualization. Everything you see was once someone’s idea. Nothing exists in your world that did not first exist as pure thought. This is true of the universe as well. *Thought* is the first level of creation. Next comes the *word*. Everything you say is a thought expressed. It is creative and sends forth creative energy into the universe. Words are more dynamic (thus, some might say more creative) than thought, because words are a different level of vibration from thought. They disrupt (change, alter, affect) the universe with greater impact. Words are the second level of creation. Next comes *action*. *Actions are words moving. Words are thoughts expressed. Thoughts are ideas formed. Ideas are energies come together. Energies are forces released. Forces are elements existent. Elements are particles of God, portions of All, the stuff of everything.* The beginning is God. The end is action. Action is God creating-or God experienced. Your thought about yourself is that you are not good enough, not wondrous enough, not sinless enough, to be a part of God, in partnership with God. You have denied for so long Who You Are that you have *forgotten* Who You Are.

This has not occurred by coincidence; this is not happenstance. It is all part of the divine plan—for you could not claim, create, experience—Who You Are if you already were it. It was necessary first for you to release (deny, forget) your connection to Me in order to fully experience it by fully creating it—by calling it forth. For your grandest wish—and My grandest desire—was for you to experience yourself as the part of Me you are. You are therefore in the process of experiencing yourself by creating yourself anew in every single moment. As am I. Through you.

Do you see the partnership?
Do you grasp its implications?
It is a holy collaboration—truly, a holy communion.

You must live the promise of God. The promise of God is that you are His son. Her offspring. Its likeness. His equal. Ah... here *is where* you get hung up. You can accept “His son,” “off spring,” “likeness,” but you recoil at being called “His equal.” It is too much to accept. Too much bigness, too much wonderment—too much *responsibility*. For if you are God’s *equal*, that

means nothing is being done *to* you—and all things are created *by* you. *There can be no more victims and no more villains— only* outcomes of your thought about a thing.

I tell you this: all you see in your world is the outcome of your idea about it. Do you want your life to truly “take off”? Then change your idea about it. About you. Think, speak, and act as the *God You Are*.

So be ready, kind soul. For you will be vilified, called names, and deserted, and finally they will accuse you, try you, and condemn you—all in their own ways—from the moment you accept and adopt your holy cause—the realization of Self.

You seek a newer world.
Seek it *no longer*.
Now, *call it forth*.

Go first to your Highest Thought about yourself. Imagine the you that you would be if you lived that thought every day. Imagine what you would think, do, and say, and how you would respond to what others do and say.

Now, having seen the differences between where you are and where you want to be, begin to change—consciously change—your thoughts, words, and actions to match your grandest vision. This will require tremendous mental and physical effort. It will entail constant, moment-to-moment monitoring of your every thought, word, and deed. It will involve continued choice-making—consciously.

This whole process is a massive move to consciousness. What you will find out *if* you undertake this challenge is that *you’ve spent half your life unconscious*. That is to say, unaware on a conscious level *of what you are choosing* in the way of thoughts, words, and deeds until you experience the aftermath of them.

This is a call to stop such unconscious living, It is a challenge to which your soul has called you from the beginning of time.

All your life you think you are your body. Some of the time you think you are your mind. It is at the time of your death that you find out Who You Really Are. The soul is very clear that its purpose is evolution. That is its *sole* purpose—and its *soul* purpose. It is not concerned with the achievements of the body or the development of the mind. These are all meaningless to the soul. The soul is also clear that there is no great tragedy involved in leaving the body. In many ways, the tragedy is being *in* the body. So you have to understand, the soul sees this whole death thing differently. It, of course, sees the whole “life thing” differently, too—and that is the source of much of the frustration and anxiety one feels in one’s life. The frustration and anxiety comes from not listening to one’s soul.

Learn what is the soul's desire, and go with that. Go with the soul. What the soul is after is—the highest feeling of love you can imagine. This is the soul's desire. This is its purpose.

The soul is after the feeling. Not the knowledge, but the feeling. It already has the knowledge, but knowledge is conceptual. Feeling is experiential. The soul wants to feel itself, and thus to know itself *in its own experience*. The highest feeling is the experience of unity with All That Is. This is the great return to Truth for which the soul yearns. This is the feeling of perfect love. Perfect love is to feeling what perfect white is to color. Many think that white is the *absence* of color. It is not. It is the inclusion of all color. White is *every other color that exists*, combined.

So, too, is love not the absence of an emotion (like hatred, anger), but the summation of all feeling. It is the sum total. The aggregate amount. The everything. Thus, for the soul to experience perfect love, it must experience every *human feeling*. How can I have compassion on that which I don't understand? How can I forgive in another that which I have never experienced in Myself? So we see both the simplicity and the awesome magnitude of the soul's journey. We understand at last what it is up to:

The purpose of the human soul is to experience all of it—so that it can be all of it.

How can it be up if it has never been down, left if it has never been right? How can it be warm if it knows not cold, good if it denies evil? Obviously the soul cannot choose to be anything *if there is nothing to choose from*. For the soul to experience its grandeur, it must *know what grandeur is*. This it cannot do if there is nothing *but* grandeur. And so the soul realizes that grandeur only exists in the space of that which is *not* grand. The soul, therefore, never condemns that which is not grand, but blesses—seeing *in* it a *part of itself* which *must exist* for another part of itself to manifest.

The job of the soul, of course, is to cause us to choose the grandeur—to select the best of Who You Are — without condemning that which you do not select.

My purpose in creating you, My spiritual offspring, was for Me to know Myself as God. I have no way to do that save *through you*. Thus it can be said (and has been, many times) that My purpose for you is that *you* should know yourself as *Me*. This seems so amazingly simple, yet it becomes very complex—because there is only one way for you to know yourself as Me, and that is for you *first* to know yourself as *not Me*.

There is one way I could have caused all of My spiritual children to know themselves as parts of Me—and that was simply to tell them. This I did. But you see, it was not enough for Spirit to simply know Itself as God, or part of God, or children of God, or inheritors of the kingdom.

As I've already explained, knowing something, and *experiencing* it, are two different things. Spirit longed to know Itself experientially (just as *I* did!). Conceptual awareness was not enough for you. So I devised a plan. It is the most extraordinary idea in all the universe—and the most spectacular collaboration. I say collaboration because *all of you are in it with Me*.

Under the plan, you as pure spirit would enter the physical universe just created. This is because *physicality* is the only way to know experientially what you know conceptually. It is, in fact, the reason I created the physical cosmos to begin with —and the system of relativity which governs it, and all creation.

Once in the physical universe, you, My spirit children, could experience what you know of yourself—but first, you had to *come to know the opposite*. To explain this simplistically, you cannot know yourself as tall unless and until you become aware of short. You cannot experience the part of yourself that you call fat unless you also come to know thin.

Taken to ultimate logic, you cannot experience yourself as what you are until you've encountered what you are *not*. This is the purpose of the theory of relativity, and all physical life. It is by that which you are *not* that you yourself are defined.

Now in the case of the ultimate knowing—in the case of knowing yourself as the Creator—you cannot *experience* your Self as creator unless and until you *create*. And you cannot create yourself until you *Un-create* yourself. In a sense, you have to first “not be” in order to be.

Of course, there is no way for you to not be who and what you are - you simply *are* that (pure, creative spirit), have been always, and always will be. So, you did the next best thing. You *caused yourself to forget* Who You Really Are.

Upon entering the physical universe, you *relinquished your remembrance of yourself*. This allows you to *choose* to be Who You Are, rather than simply wake up in the castle, so to speak.

It is in the act of choosing to be, rather than simply being told that you are, a part of God that you *experience* yourself as being at total choice, which is *what*, by definition, God is. Yet how can you have a choice about something over which there *is* no choice? You cannot *not* be My offspring no matter how hard you try— but you *can forget*.

You are, have always been, and will always be, a *divine part* of the *divine whole*, a *member of the body*. That is why the act of rejoining the whole, of returning to God, is called *remembrance*. You actually choose to *re-member* Who You Really Are, or to join together with the various parts of you to experience the all of you— which is to say, the All of *Me*.

Your job on Earth, therefore, is not to *learn* (because you *already know*), but to *remember* Who You Are. And to re-member who everyone else is. That is why a big part of your job is to remind others (that is, to *re-mind* them), so that they can remember also.

All the wonderful spiritual teachers have been doing just that.
It is *your* sole purpose.
That is to say, *your soul purpose*.

I AM THE LIGHT STORY

Within the realm of sublime relationships nothing which exists *has* an opposite. All Is One, and everything progresses from one to the other in a never-ending circle. Time is such a sublime realm, in which what you call past, present, and future exist *inter-relationally*. That is, they are not *opposites*, but rather parts of the same whole; progressions of the same idea; cycles of the same energy; aspects of the same immutable Truth. If you conclude from this that past, present, and future exist at one and the same “time,” you are right.

The world is the way it is because it could not be any *other* way and still exist in the gross realm of physicality. Earthquakes and hurricanes, floods and tornados, and events that you call natural disasters are but movements of the elements from one polarity to the other. The whole birth-death cycle is part of this movement. These are the rhythms of life, and everything in gross reality is subject to them, because life *itself* is a rhythm. It is a wave, a vibration, a pulsation at the very heart of the All That Is.

Illness and disease are opposites of health and well-ness, and are made manifest in your reality at your behest. You cannot be ill without at some level causing yourself to be, and you can be well again in a moment by simply deciding to be. Deep personal disappointments are responses which are chosen, and worldwide calamities are the result of worldwide consciousness.

For all of life exists as a tool of your own creation, and all of its events merely present themselves as opportunities for you to decide, and be, Who You Are. This is true for *every* soul, and so you *see* there are no victims in the universe, only creators. The Masters who have walked this planet all knew this. That is why, no matter which Master you might name, none imagined themselves to be victimized—though many were truly crucified.

Each soul is a Master—though some do not remember their origins or their heritages. Yet each creates the situation and the circumstance for its own highest purpose and its own quickest remembering—in each moment called now. Judge not, then, the karmic path walked by another. *Envy not success, nor pity failure, for you know not what is success or failure in the soul’s reckoning.* Call not a thing calamity, nor joyous event, until you decide, or witness, how it is *used*. For is a death a calamity if it saves the lives of thousands? And is a life a joyous event if it has caused nothing but grief? Yet even this you should not judge, but keep always your own counsel, and allow others theirs. This does not mean ignore a call for help, nor the urging of your own soul to work toward the change of some circumstance or condition. It does mean avoiding labels and

judgment while you do whatever you do. For each circumstance is a gift, and in each experience is hidden a treasure.

Let me tell you a story my kind soul ...

There once was a soul who knew itself to be the light. This was a new soul, and so, anxious for experience. "I am the light," it said. "I am the light." Yet all the knowing of it and all the saying of it could not substitute for the experience of it. And in the realm from which this soul emerged, there was nothing *but* the light.

Every soul was grand, every soul was magnificent, and every soul shone with the brilliance of My awesome light. And so the little soul in question was as a candle in the sun. In the midst of the grandest light—of which it was a part—it could not see itself, nor experience itself as Who and What it Really Is.

Now it came to pass that this soul yearned and yearned to know itself. And so great was its yearning that I one day said, "Do you know, Little One, what you must do to satisfy this yearning of yours?"

"Oh, what, God? What? I'll do *anything!*" The little soul said.

"You must separate yourself from the rest of us," I answered, "and then you must call upon yourself the darkness.

"What is the darkness, o Holy One?" the little soul asked.

"That which you are not," I replied, and the soul understood.

And so this the soul did, removing itself from the All, yea, going even unto another realm. And in this realm the soul had the power to call into its experience all sorts of darkness. And this it did.

Yet in the midst of all the darkness did it cry out, "Father, Father, why hast Thou forsaken me?" Even as have you in your blackest times. Yet I have never forsaken you, but stand by you always, ready to remind you of Who You Really Are; ready, always ready, to call you home.

Therefore, be a light unto the darkness, and curse it not.

And forget not Who You Are in the moment of your encirclement by that which you are not. But do you praise to the creation, even as you seek to change it. And know that what you do in the time of your greatest trial can be your greatest triumph. For the experience you create is a statement of Who You Are - and Who You Want to Be.

You came into this life with nothing to learn—you have only to demonstrate what you already know. In the demonstration of it will you function it out, and create yourself anew, through your experience. Thus do you justify life, and give it purpose. Thus do you render it holy.

Knowing is a divine state, yet the grandest joy is in being. *Being* is achieved only after experience. The evolution is this: *knowing, experiencing, being*. This is the Holy Trinity—the Triune that is God. God the Father is knowing — the parent of all understandings, the begetter of all experience, for you cannot experience that which you do not know. God the Son is *experiencing*—*the* embodiment, the acting out, of all that the Father knows of Itself, for you cannot be that which you have not experienced. God the Holy Spirit is being — the disembodiment of all that the Son has experienced of Itself; the simple, exquisite is-ness possible only through the memory of the knowing and experiencing. This simple being is bliss. It is God-state, after knowing and experiencing Itself. It is that for which God yearned in the beginning.

Truth as Father, Son, and Holy Ghost. Some of your psychiatrists use the terms superconscious, conscious and subconscious. Some of your spiritualists say mind, body, and spirit. Some of your scientists see energy, matter, ether. Some of your philosophers say a thing is not true for you until it is true in thought, word, and deed. When discussing time, you speak of three times only: past, present, future. Similarly, there are three moments in your perception—before, now, and after. In terms of spatial relationships, whether considering the points in the universe, or various points in your own room, you recognize here, there, and the space in between.

In matters of gross relationships, you recognize no in—between.” That is because gross relationships are always dyads, whereas relationships of the higher realm are invariably triads. Hence, there is left-right, up-down, big-small, fast-slow, hot cold, and the greatest dyad ever created: male-female. There are no *in-betweens* in these dyads. A thing is either *one thing or the other*, or some greater or lesser *version* in relationship *to* one of these polarities. Within the realm of gross relationships, nothing conceptualized can exist without a conceptualization of its *opposite*. Most of your day-to-day experience is foundationed in this reality.

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All human actions are motivated at their deepest level by one of two emotions— Love or fear. In truth there are only two emotions-only two words in the language of the soul. These are the opposite ends of the great polarity which I created when I produced the universe, and your world, as you know it today.

These are the two points—the Alpha and the Omega—which allow the system you call “relativity” to be. Without these two points, without these two ideas about things, no other idea could exist. Every human thought, and every human action, is based in either love or fear. There *is* no other human motivation, and all other ideas are but derivatives of these two. They are simply different versions—different twists on the same theme.

Think on this deeply and you will see that it is true. This is what I have called the Sponsoring Thought. It is either a thought of love or fear. This is the thought behind the thought *behind* the thought. It is the first thought. It is prime force. It is the raw energy that drives the engine of human experience. And here is how human behavior produces repeat experience after repeat experience; it is why humans love, then destroy, then love again: always there is the swing from one emotion to the other. Love sponsors fear sponsors love sponsors fear.

And so it is that in the moment you pledge your highest love, you greet your greatest fear.

For the first thing you worry about after saying “I love you” is whether you’ll hear it back. And if you hear it back, then you begin immediately to worry that the love you have just found, you will lose. And so all action becomes a reaction—defense against loss—even *as you seek to defend yourself against the loss of God.*

Yet if you knew Who You Are—that you are the most magnificent, the most remarkable, the most splendid being God has ever created—you would never fear. For who could reject such wondrous magnificence? Not even God could find fault in such a being.

But you do not know Who You Are, and you think you are a great deal less. And where did you get the idea of how much less than magnificent you are?

You have forgotten what it was like to be loved without condition. You do not remember the experience of the love of God. And so you try to imagine what God’s love must be like, based on what you see of love in the world.

You have projected the role of “parent” onto God, and have thus come up with a God Who judges and rewards or punishes, based on how good He feels about what you’ve been up to. But this is a simplistic view of God, based on your mythology. It has nothing to do with Who I Am.

By your own (mistaken) thoughts about love do you damn yourself never to experience it purely. So, too, do you damn yourself never to know Me as I really am. Until you do. For you shall not be able to deny Me forever, and the moment will come for our Reconciliation.

Every action taken by human beings is based in love or fear, not simply those dealing with relationships. Decisions affecting business, industry, politics, religion, the education of your young, the social agenda of your nations, the economic goals of your society, choices involving war, peace, attack, defense, aggression, submission; determinations to covet or give away, to save or to share, to unite or to divide—every single free choice you ever undertake arises out of one of the only two possible thoughts there are: a thought of love or a thought of fear.

Fear is the energy which contracts, closes down, draws in, runs, hides, hoards, harms. Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals.

Fear wraps our bodies in clothing, love allows us to stand naked.

Fear clings to and clutches all that we have, love gives all that we have away.

Fear holds close, love holds dear. Fear grasps, love lets go.
Fear rankles, love soothes. Fear attacks, love amends.

Every' human thought, word, or deed is based in one emotion or the other. You have no choice about this, because there is nothing else from which to choose. But you have free choice about which of these to select.

So what do you choose in life, Love or fear? I'll give you a hint ... Choose Love, ... choose Love today and on-going.

To do this you must turn aside the teachings of your well-meaning, but misinformed, worldly tutors, and *hear the teachings of those whose wisdom comes from another source*. There are many such teachers among you, as always there have been, for I will not leave you without those who would show you, teach you, guide you, and remind you of these truths.

Yet the greatest reminder is not anyone outside you, but the voice within you. This is the first tool that I use, because it is the most accessible. The voice within is the loudest voice with which I speak, because it is the closest to you. It is the voice which tells you whether everything *else* is true or false, right or wrong, good or bad as you have defined it. It is the radar that sets the course, steers the ship, guides the journey if you but let it.

It is the voice which tells you right now whether the very words you are hearing are words of love or words of fear. By this measure can you determine whether they are words to heed or words to ignore.

Choose Love my friends, ... choose Love today and on-going.
Can you see yourself clearly the last time you expresses Love? And with who?
Can you see yourself clearly the last time you expresses fear? And with who?
It is perfectly human to feel both, but it is only divine to express your Love.
See yourself as this Love....