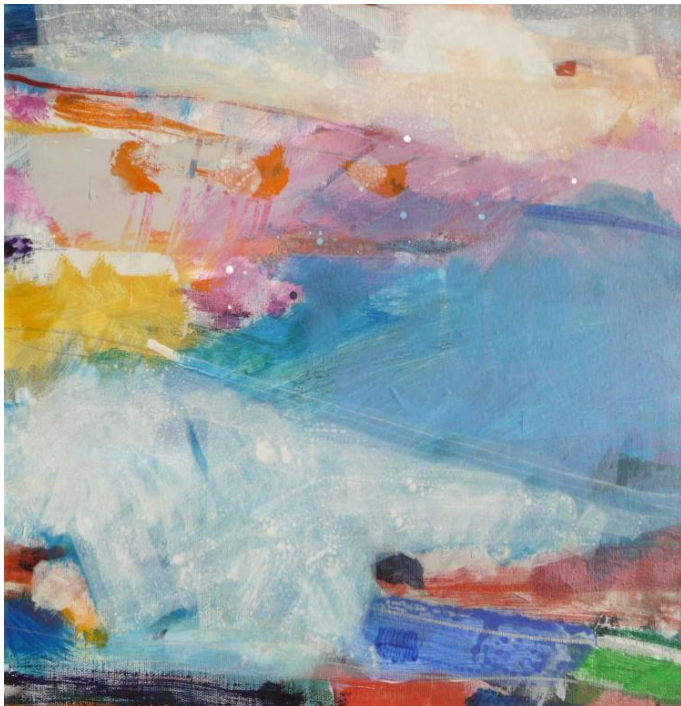


LIFE IN TIME-SPACE

How You Got Here and What to Do About It



www.lifeintimespace.com

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Preface

You Decide

Do you ever wonder about the meaning or purpose of our lives on Earth? Who are we? Why are we here? Where are we going? Not everyone asks such questions, but some of us are driven to find the answers. This booklet answers these big questions. And if you read and understand what is presented here, you will be better able to answer life's other questions whenever they arise.

Do not be in a hurry to read and file away this booklet. It is simple but not shallow. What you are about to read is profound. You are fortunate to have come across it. Let it soak in. Understand it. Take your time and listen to what your mind and heart tell you about what you are reading and how it applies to your life. Reread it occasionally. Let it form a solid foundation for everything you do.

Instructional books, even on subjective topics like this, usually include details about the author or the source of the information. This booklet does not offer that. As readers, we tend to use such background information to help us determine the validity of what is written, but when the concepts lie

beyond current science, who wrote them or from where they came is information better left unknown. The validity or non-validity of such concepts can only be determined by each individual for himself or herself. This is a very important understanding.

If someone is introduced to us as a holy person, master, cleric, guru, psychic, or prophet, we might tend to give their words more weight. We might be inclined to believe their words, or the words of a religious document, more readily than the words of someone less exalted. But maybe we shouldn't. Many problems in the world are the result of our giving power to concepts because of their source rather than from a determination that they actually hold truth for us. Consider what others say but make your own evaluation of its truthfulness. Do not feel small or guilty if something is not believable to you. Do not be intimidated by the credentials of a teacher or a concept. Do not feel less capable than others of determining truth. It is possible that thousands of intelligent and sensitive people have, for hundreds of years, believed things that you simply cannot accept. Respect their right to believe them, and also respect your right to find their beliefs unbelievable. Be aware though, that when we form our own beliefs in all

areas of our lives, our imagination, linked with our desires or past training, can be very convincing. Use discernment.

A teacher or an author might have personal experiences that seem to validate for himself or herself the accuracy of what they say, but that is still their truth. Profound experience and profound knowledge do not necessarily go hand in hand.

Each of us must determine our own truth, but we must also be willing to change our truth when new and better information and experiences come along. They will come along, forever. This is an important understanding. Do not be so invested in your own beliefs that you feel overly threatened when something better presents itself. Nothing is stagnant, everything grows. Allow your truth to evolve, even if that is scary.

Using only an intellectual, investigative approach to understanding nonobjective reality is not very helpful. Sometimes feeling, intuition, and one's inner experience have to come into play. This booklet is not a purely intellectual analysis of the unseen nature of reality. It includes concepts that are not yet provable by science. That is simply the nature of the subject. Relax your intellect a little, and feel your

way through these pages.

This booklet is full of uncommon truths, but judge the merits of each statement individually. Even if the first nine claims ring true, do not accept the tenth claim if it does not. Let's call this the first claim: The purpose of human life is much less complicated than we have traditionally believed it to be. The *why* of why we are here is simple. Life is just as it appears to be. There are not any deep, hidden secrets to be uncovered if only we could read the right book, practice the right technique, or ask the right question to the right person. There are not any chapters of vague, esoteric, or contradictory details that need to be interpreted and explained to us by someone wiser. That is not to say that living life is easy or uncomplicated. Life can be very challenging, but if we all understood a few basic concepts about the nature of our lives, our confusions and their resulting problems would largely go away on a global scale. That is the purpose of this booklet: to help us understand, relax, trust, learn, enjoy, and love a little more.

Definitions Matter

Words such as *spiritual*, *God*, *divine*, *evil*, and

enlightenment can have so many meanings. When we hear one of these words, we think of certain things, yet we probably all think of slightly different things due to our history with the word. There is an old saying, *A thousand monks, a thousand religions*. Such words are subtle. When we use them, or when we hear others use them, we should be sure that the way in which they are taken is the way in which they are meant. Even the simple word *spiritual* can be a problem if it is not clearly defined. What is spiritual and what is not spiritual? This booklet offers clarity.

1

Starting at the Top

Probably every language in history has had at least one word for the *ultimate reality* or the *source/creator of all that is*. In English, the most commonly used words are *God* and *Goddess*. Even though the word *God* is so widely known and used, it is probably one of the least well-defined. It means so many different things, good and bad, to so many people that when it is used in conversation, what is meant and what is understood are often two very different things.

If you are asked, "Do you believe in God?" you may answer yes or no based on a definition of the word you learned in your youth without actually knowing how the person who asked the question defines the word. The word *God* can be packed with so much meaning for each of us that we may shy away from using it altogether. But it could be a good and useful word if we used it in its most basic, universal sense. It should be okay to use the word *God*.

What if God were defined simply as that which is omnipresent, that which is everywhere and

everything? Certainly, no definition of the word would omit that characteristic. No one could reasonably deny the existence of molecules and atoms. And, of course, there are subatomic particles and energies that are finer and more pervasive than atoms. Our scientific understanding of the nature of existence is forever being refined and expanded. Physicists are working toward identifying the one force or energy underlying everything. It is just a matter of time until we have the Unified Field Theory / Theory of Everything / Final Theory / Ultimate Theory / Master Theory. It may not be an oversimplification to say that identifying this one underlying reality would be, by definition, identifying something approximating omnipresence. There can be only one omnipresence, and it can be given any name – God being one of them. If and when science identifies that which is omnipresent, and if we are not averse to calling it God, then no reasonable person would be an atheist.

Aside from any claim about the existence of God, simply stating that God means omnipresence is self-evident and should not lead to argument. It is when we try to add to that definition that the discussion gets tricky. While claiming that God is all-

knowing or all-loving may seem reasonable to some, adding even that bit of personalization can send up red flags for others. And we often attribute other significant traits to God, such as the insistence that we worship Him/Her/It; that we think, believe, and act in specific ways; or, horribly, that we fear, hate, condemn, or kill anyone who does not believe our definition of what God is or wants. (Given that definition, no reasonable person would be a non-atheist.) Certainly, for some, adding beautiful nuances to their understanding of God can offer richness, but that is best done on a personal level. God may not be a personality with likes and dislikes, but It might not be a dark, lifeless, unmanifest void either – knowable only through mathematics.

Omnipresence and infinity are concepts that our human brains have difficulty grasping. We are adept at living life in this time-space universe, but comprehending that which is one or more steps removed from this reality is not one of our specialties. We can get a sense of what lies beyond, but doing that takes as much intuition and feeling as it does intellect.

2

All That Is

Let's call this the second claim: God exists. God is all there is. Nothing is not God, and everything that exists was created using the power of God, there is no other power. Nothing ever was or ever could be separate from God. This is simply the definition of the word God, of omnipresence, but the implications are subtle, powerful, and far-reaching.

Our entire time-space universe is part of God, it is within God. Humanity is within God. Everything that humanity does, both the loving and the hurtful, it does by using the power of God. With that understanding, words like *spiritual* and *divine* take on new meanings ... or perhaps they lose some significance. One thing is not more or less spiritual than another thing because different things are not nearer to or farther away from God. Nothing is not spiritual. Nothing is not divine. This is one of the most important ideas to keep in mind throughout life. Going to the dentist is as spiritual as going to church. Meditation is no more spiritual than paying the monthly bills. A grocery store is no less holy than a place of worship. City intersections offer no fewer

blessings than the world's most highly esteemed shrines.

Behaviors that we call *good* and *bad* are simply the results of choices we make. There is no such thing as evil. Being mean and causing pain and suffering to others are choices we make, just as are being caring and honorable. Living life well entails being gentle, compassionate, and kind. Within the framework of kindness and honor, there are no right or wrong choices. There is no outside force judging us over what activities we choose to, or choose not to, pursue. We choose for ourselves and we judge for ourselves.

Within Oneness

It is hard for us to comprehend infinity. It is harder still for us to understand how infinite oneness can stir within itself and create apparent diversity, but obviously it does. The oneness of God exists and so do we. When we reflect on God, it is God reflecting on Itself. Using the power of God, God manipulates the material of God into everything that exists. Our time-space universe exists, and there are an infinite number of other realities that are nothing like time-space. They are inconceivably different and

incomprehensible to us. They are far beyond the imagination of our wildest science fiction. Yet it is all God. (In Chapter 1, it was suggested that a Unified Field Theory might be thought of as a description of omnipresence, of God. It might be worth considering that our theory would describe an omnipresence befitting our time-space universe. Perhaps our theory would need to be expanded infinitely to encompass the omnipresence sustaining all realities, underlying all that exists.)

Our universe is structured by the rules of time and space. Time-space is the nature of the reality in which we live. In our reality, objects appear separate and distinct – *this* is not *that*. There is a sequence to events: past, present, and future – this happened *before* that. Currently, we are rooted in this reality, but there is infinitely more.

Time-space is not an illusion. It is very real on its own level. It is not bad. Living in time-space is not punishment or something to be escaped from. It is not unholy, undesirable, or ignorance. But our beliefs about it can color how we perceive it to be. Can we expand our understanding and perception to more directly sense that which is beyond our ordinary time-space experience? Yes, but our intellect will

only take us so far in that pursuit. With patience and practice, and using our intuition and feelings, we can gain a deeper experience of what is normally unknown. Is it important that we do that? Not necessarily. If seeking such is of personal interest, then it could be a wonderful and satisfying pursuit. But a beautiful and fulfilling life can be lived by simply being gentle with ourselves and caring to those around us, by being the best person we can be. If it is important to us to seek a deep understanding of life, existence, God, and if that pursuit serves to enrich our lives and to make us a source of inspiration and upliftment to others, then nothing could be better. That which uplifts and unites is to be encouraged, whatever it is. That which disheartens, belittles, and separates should be discouraged, even if – especially if – it is one's misguided approach to seeking a deeper understanding of existence.

3

Souls

God stirred and individualization was created. How and in what forms exactly, we currently lack the tools for knowing. Within infinite oneness, individual intelligence and its self-awareness were created. We can use the word *souls* here. *Souls* is a good word as long as we understand how it is being used. *Souls* means intelligent, self-aware, eternal beings who know their eternal nature and who, using the power of God, have the ability to create. This description is not as foreign as it might appear. Our human physical bodies are not eternal and few of us currently perceive eternal realities, but we are self-aware and intelligent, and using the power of God, we create.

Looking at this from the opposite direction, from time-space, we see that for centuries people have reported experiences of self-awareness independent of their physical bodies. Any review of the literature on the subject is more than convincing that whatever it is that makes us feel that *I am me* can be detached from our physical bodies and exist in a fully conscious, self-aware, nonphysical state. There are many credible books on this subject, so it is not

necessary to list specific examples of the phenomenon here. (Robert A. Monroe's book *Ultimate Journey* is good.) There have been different ways of explaining these experiences, but the underlying conclusions are the same: who we are is more than, and independent of, the collection of chemicals and electrical impulses that we call our bodies. We have an unseen side. In fact, this unseen side is who we really are. We are *that* and we use a physical body, as opposed to, we are this physical body and thereby we have *that*. What is *that*? Probably every language in history has had at least one name for it. The most common words in English are *soul* and *spirit*. We will use the word *soul* here, and we will use it in the same way as we used it in the previous paragraph.

Our understanding of the out-of-body experience, as it is often called, is far from complete. Certainly, many of us have had clear, direct experiences of at least the first stages of self-awareness independent of the physical body. The qualifier *first stages* is used because as long as we are attached to this time-space existence, our ability to fully understand non-time-space will be a bit limited. Our experience and understanding after our departure

from time-space will be far more expansive than the out-of-body and near-death experiences that we currently have and hear about.

This is difficult territory for our current intellectual nature. We are steeped in the scientific method. We use instruments to collect data. We insist on repeatability. Fortunately, scientists will continue to refine their abilities to investigate and understand extremely subtle phenomena. But some physicists readily acknowledge that there may come a time when the traditional tools of science will reach their limit of perception and become inadequate. It has been suggested that the study of the finest realms might be the study of consciousness itself, and that the best tool for studying consciousness might be consciousness. It might not be possible to use time-space instruments to study non-time-space reality. For most of us, these ideas are hard to grasp, but what was once metaphysics has become physics, and there is infinitely more to discover.

Hierarchy of Souls

There is no hierarchy. There is little value in speculating along the lines of, “Are we first-tier souls, or did first-tier souls create our souls, or are we

third or fourth-tier souls?” Nothing is closer to, or farther from, God. There is no greater or lesser; no first, second, or third; no higher or lower. That is time-space reasoning being applied to non-time-space reality. Our brains are not usually wired to perceive and comprehend non-time-space. Our words are inadequate. As souls, we are among an infinite number of wise, eternal beings who directly perceive the oneness of existence and who, using the power of God, are free to create whatever and however we wish.

4

Now What

Here we are, members of an infinite group of perfect beings. Our experience is rooted in unlimited, unconditional love. Our freedom and ability to create are unrestricted, so we start creating, and an infinite number of new realities is the result.

Some of us decide to create a time-space universe: we make the ‘big bang’ happen. We create a new kind of reality – one in which the perceptions of oneness and the eternal now are hidden; one in which objects are seen as separate and distinct, and events appear to happen in sequence.

The process of creation is happening at every moment, at every level. It is happening right here, right now. We didn't make this universe and then go do something else. We are like a pianist composing music – as long as the pianist plays, the music continues. The musician plays because of his or her love of music. This time-space reality will continue for as long as we wish to create it. One day, quantum physics will find that matter and energy are – that our universe is – the result of the constant in-and-out fluctuations of an unmanifest field. If those

fluctuations were to stop, time-space would cease to exist.

We have this new playground. Within the limitations, within the natural laws we establish, we can do anything. Cosmology describes how galaxies, stars, and planets form, but our current theories of cosmology and evolution are not complete. Evolution is not simply an automatic, unassisted process. We are artists fully enjoying the process of creation – sometimes directing, sometimes watching, always learning.

We create the Earth, its air, land, water, and an amazing array of plants and animals. We make this place, you make this place, literally. If, while visiting a large aquarium facility, you are drawn to an especially unique and beautiful species of fish, go ahead and wonder, "Maybe I designed that." When we feel a special affinity for a place or thing, maybe we have a direct connection to it of some kind.

While observing Earth from the outside, we start to wonder, "What would it be like to experience this reality from the inside?" So we begin to modify the physiology of the most likely animal candidate in such a way that it will be able to support a scaled-down portion of our own unlimited consciousness.

This incarnation process is gradual. At first, it is ninety percent animal instinct and ten percent projected soul consciousness, then eighty/twenty, then seventy/thirty. With the increasing soul-consciousness inside the physical body, it becomes important to reduce the new personality's cognition of the eternal realities. Conscious awareness of our eternal nature makes the subjective *human* experience less than totally engaging. Our fascination with experiencing time-space completely on its own level requires the blocking from our human perception our true unlimitedness.

Of course, we choose to do this with absolute free will. There is no coercion. As souls, we exist before, during, after, and independently of any Earth-life. At any time we can end our participation. If we are here, we want to be here simply because it is an incredible experience. Living a life in which the subjective experience is one of complete individuality, without the perception of the underlying oneness of all things, is extremely fascinating. In one sense, perceiving our eternal nature is not the amazing thing. The amazing thing is not perceiving it.

5

Why Me

If we, as souls, choose to experience a physical life on Earth as a human being, then with a broad awareness of all possibilities and with great wisdom, we choose the basic parameters of that coming life. We design the kind of life we would like to live.

What time period would offer the correct ambiance? Which culture at that time would have the social atmosphere we desire? Do we want to be male or female, each having its own unique traits and tendencies? Should our appearance be average or extraordinary? What kind of personality would we like to have in the coming lifetime? What might be our talents and interests? Shall we be mentally and physically healthy or have underlying fear patterns to heal or physical challenges to deal with? Of course, with every challenge, the strength to overcome it is also available.

Who shall be our parents? We see all parental possibilities clearly, and we have total communication with the souls of those humans who could become our mother and father. Everything is in view, including the strengths and weaknesses in the

personalities and genetic makeup of the parents, and even the possibility that a particular pregnancy might not go smoothly or might be intentionally or unintentionally ended. With this understanding it is clear that if a soul wishes to incarnate on Earth, it has unlimited opportunities to do so. Nothing humans could do could, in any way, limit a soul's ability to create a perfectly suited physical body and personality.

Would the life experiences we desire be best achieved within a totally nurturing family or might we allow for the possibility of some harsh or challenging elements? Who might be our friends and schoolmates, or might the family not stay in one location for long periods of time? If we have siblings, a spouse, or children, who might they be? About how many years will the life last and what circumstances might be involved in the death of the body? Although these and other factors are not inflexible, these soul decisions serve as the foundation for a particular kind of Earth experience.

Other souls around us play a part as well. We have formed unique connections with many souls, and some wish to assist us in our coming Earth-life. As we go through life, we are free to be open to all

this love and support, but, whether or not we sense it, no matter what we feel on the inside, we can be certain that we are never alone. We are always loved, supported, and connected to all ones far beyond our imagination.

Then, sometime around birth, our new personality enters the body and life unfolds ... not in a predetermined manner, but full of potential and according to our conscious and subconscious choices. We learn and grow. We experience with great intensity happiness, love, success, and, although not specifically intended, probably some frustration and pain. This is the full range of what it means right now to be a human.

When we understand that this is the reality behind living on Earth, much of life's confusion is alleviated. When we feel loved and happy, we are a manifestation of God as a human being. When we feel lonely and afraid, we are a manifestation of God as a human being. We can use this understanding to deepen the enjoyable times and elevate the challenging times. We can better answer life's questions as they arise. Our confidence in our ability to live this life with skill and to the fullest grows in obvious and subtle ways. Appreciate the great value

of your human experience – its value for you and for all those you knowingly and unknowingly influence every day.

The underlying purpose of life is love. Love yourself. Be kind to others and respect the planet. When humans fall short of these ideals, we, as souls, know that all things that appear to be negative or bad from the human point of view are simply the result of our human fear and confusion. It is enough that we keep as our guiding principle kindness to ourselves and others and then do the best we can.

6

Many Times

Living a life on Earth is all-consuming. Our lives are extremely important to us. This is by design. At times, however, it can be helpful to remind ourselves that we are wise, eternal beings who are freely choosing to express in human form. You are a soul with a physical body, not the other way around. In fact, as a soul, you have projected into Earth before. You have been and still are involved in the creation of Earth, and you have lived as a human being many times. Imagine restoring a beautiful automobile. It is a labor of love, and when it is complete, you take it out on a wonderful drive. But you don't just drive it once and then put it aside. You want to drive it to many places near and far simply to enjoy and share your beautiful creation.

You are not, right now, the same person you were in previous lives, but there can be a sense of continuity in your history, a sense of connection with your past. The same is true for those around you. In that sense, it is accurate to believe that many of the people we know in this lifetime we have known before. It is safe to assume that, for those who are

now our mother, father, husband, wife, brother, sister, friend, teacher, even those we find challenging, we were once their mother, father, husband, wife, brother, sister, friend, teacher, and even antagonist. We may occasionally feel an unexplained familiarity with, closeness to, or distance from, someone, but for good reason we normally do not have memories of past relationships. It would be confusing in the present to have clear memories of the past. Someone who is now very dear to us may previously have been extremely challenging. And someone we might try to avoid now may once have been the most important person imaginable to us.

We have all lived in many times and cultures. We have all had deeply loving and also difficult lifetimes. We have all been both kind and mean. We must be careful if we are tempted to assign blame or credit for the past on those who are living now. If, in the past, a culture, gender, race, or a religious, socioeconomic, or political group was abusive to another group, it would not be proper for the current members of the previously-abused group to blame the past injustice on the current members of the previously-abusive group. It is entirely possible that current members of one group were previously

members of the other group. It is safe to assume that we have all been the abused and the abuser, the helped and the helper, that we have all contributed to the situations in which we currently find ourselves.

These can be challenging ideas – just understand that the past is past and that many details about the past are not knowable, or even important. Nothing that we or others have done has damaged who we are. The current need is to be gentle with ourselves and helpful to those around us.

Every Earth lifetime is an enriching experience. We will continue to incarnate for as long as we wish to do so. We are not forced to return to Earth to repair or pay for past wrong deeds. The cycle of life and death on Earth is not something to be escaped from. Our intention in coming here is not to stop coming here as quickly as possible. Time-space is not of lesser value than eternal awareness. Human life provides a unique opportunity to explore, grow, and enjoy. As souls, we are enriched. God is enriched. Nothing is ever stagnant. The perfection of God is always expanding.

Finding Purpose

How should we spend our time here? Be gentle with yourself and kind to others, then do whatever you want to do. Of course, there will always be the necessities of food, clothing, and shelter, although we are free to ignore those things if we are willing to face the consequences. We are free to do or not do anything, and when the results of our choices arrive, we will make more choices. Earth-life is not about finding our one perfect activity, as if not finding it would make our life a mistake. If we are honest and caring to the best of our ability, that is a great achievement. Let your interests and talents be your guide. Clarify what you desire, then create a step-by-step plan to achieve it, remembering that the doing and creating are as important as the achieving. Engage each day with enthusiasm. Appreciate the value in everything you do. Care, and do things well.

The challenge is that things do not always go smoothly. Sometimes, outside circumstances can make things difficult, and sometimes our own internal worries and fears can be strong. Recognizing and healing our fears is an important part of life. Do

not be afraid to listen to the voice of your heart and mind. Your fears cannot harm you, and with gentle attention, you can heal them.

Fear is whatever interferes with our internal balance. In obvious and subtle ways fear can affect how we feel and behave. Outer circumstances might be challenging, but if we pay attention to our reactions to them, we will learn much about ourselves.

Whenever we are unduly critical or harsh toward others, it is due to an underlying fear of some kind. If we see someone who looks or acts in a way that makes us overly judgmental of them, notice that reaction. We are not being harmed by them. Practice being accepting. Oftentimes, people are the way they are partly because of how they were raised or how they have been treated. Certainly, we all make our own choices in every moment, but we haven't all been given the same positive influences and opportunities. We don't know the internal and external struggles that others face. It takes courage to face our challenges. It takes trust in society's willingness to support us as we learn and grow. Let us live up to that trust. Of course, if someone is truly being mean, dishonest, or hurtful, then we might

choose to speak up with wise counsel or, if necessary, call for the intervention of those more qualified.

When you are feeling judgmental of, or irritated with, someone, take a step back and muster patience and understanding. Direct compassion toward them and say to yourself, "I love you. I support you. I bless you." Feel this softening of your heart. It will benefit both of you, especially you.

Here is a simple exercise: A few times each day, evaluate your behavior over the past hour or two. If you could go back and relive that time, would you do anything differently? Could you have been more kind, patient, or encouraging? If things went well, did you let yourself really feel happy and confident? Did you appreciate your creativity? If things did not go well, can you see a way in which you could have handled the situation better? If someone helped you, did you thank them and express sincere appreciation? Did you compliment someone for something nice you noticed about them? Did you make someone smile? Thinking about how we might do something better the second time can help us learn to do it better the first time.

8

Relax

Most of us can benefit from taking more time to relax, to tune into what's going on inside. Relax one or more times a day. It can be done in minutes throughout the day. There are some fine relaxation, attunement, mindfulness, and mantra-meditation techniques available. Or simply sit, close your eyes, relax all your muscles, and feel what's going on in your chest area. Release the tension in your heart and lungs. With a little practice you will be able to recenter yourself within seconds. It is not difficult.

If you can make fifteen or twenty minutes available, especially at the same time each day, sit in a comfortable chair or lie down if possible, close your eyes, and let go of pressing thoughts. With a few exhales of your breath, feel all your muscles relax. When you exhale, let your lungs stay relaxed and empty for several seconds – do this only a few times then breathe normally. Feel your heart rate slow down. Feel the tension in your body melt away. (If you buy a simple blood pressure monitor from a pharmacy, you will be able to measure this directly.) Relax your thinking. Be an indifferent witness to

stray thoughts. They don't matter. Notice yourself expanding, but not in a physical sense. It is not a feeling of getting larger in the room or floating upward in the room, sky, or outer space. Those are time-space concepts. Your expansion is interdimensional. That is vague, yes, but that's okay. Just relax and feel limitations slip away. Be open to the goodness that is in and around you all the time. That is how we experience God. Relaxation is a time for simple openness. Repeat to yourself, "I am now and always open to the love and support of my whole self. I am my whole self." Let yourself feel a sense of completeness and peace. Let whatever happens, happen. Even if you seem to sleep briefly, that's okay, it may not be normal sleep.

If you wish, during periods of deep attunement you can create quiet feelings of contentment or joyfulness. Simply think a word such as gentleness, kindness, patience, clarity, confidence, love – *think* the word easily and then for several seconds let the underlying *feeling* happen without effort. This will be subtle yet potent. Think each of the above words a few times. Slowly cycle through them a few times. Modify this list of words if you wish. Try thinking *me as soul*, and let soft feelings of perfection

and love filter in. Deeper feelings will come more automatically with practice over time. Regular periods of such gently guided relaxation will benefit your daily life.

We usually think of attunement practices as being done with our eyes closed, but doing them with our eyes open can be beneficial. If we can create feelings of calmness and love with our eyes closed in a quiet place, we can do the same thing with our eyes open amidst activity. It is not difficult. Settle down, ground yourself, open your heart. In a relaxed and simple way, notice your surroundings, listen, observe the sky, trees, landscape, animals, people. Notice all the goodness in that particular place. *Create a feeling of love in your heart and let it infuse your perception of yourself and the things around you.* Try doing this for one minute once an hour. In time, you might see that everything is vibrating with a soft interconnectedness. That is the real purpose of attunement practice – to bring our inner feelings of stillness, connection, and love out into our daily interactions. This can be a wonderful lifelong endeavor.

You can attune anytime, anywhere. When you get in your car, sit for a minute before driving. Don't

turn on the radio. When you arrive at your destination, sit for a minute. You can sense calmness even while focusing on something else. Of course, as soon as you fully reengage in the world, some of that inner peace may be stretched by the demands of living. And that's okay. There is an old saying, *It's easy to be a saint on a mountaintop.*

During periods of deep relaxation, you may gain insight and inspiration. Be open to your inner voice when the outer distractions have been reduced, although it is a good idea to later evaluate such insights in the light of reason before acting on them. It can help to leave the television, telephone, and other devices off a little longer. Listen to yourself a little more. Keep your entertainment content kind and uplifting, not uncaring or violent. Recognize and appreciate the beauty in the people and the world around you. When Earth's demands test your limits, remember that this is what you eagerly signed up for. Just keep your physical, mental, and emotional energies well balanced. Do what works for you. And sometimes, you don't have to do anything at all – just be.

(If you have any question, please ask your healthcare provider if the exercises in this chapter are suitable for you.)

9

Prayer and Dogma

We are always surrounded by unlimited love and support, but our openness to them can vary depending on the choices we make in every moment. Our openness is to love, not to being told what to do; it is not a surrendering. We sometimes think of prayer as asking someone else for specific answers for ourselves or others, but this is our life to live; no one else will live it for us. This is a subtle yet important understanding. Clarity, better decision-making, and wisdom are not granted to us from the outside. They come from living life attentively and being open to our larger selves. We are not given more love and support because we ask for them; that would mean that some love is normally being withheld. If our friend is having a hard time, they are not cheated of God's full blessing if we don't ask for it in sufficient quantity or quality. Be open to love, be helpful to those you can, and trust that the unseen knows how to be and what to do.

We have many texts containing many precepts that are said to be the infallible and eternal word of God. Which text we are taught to believe, if any, is

largely determined by the culture in which we are raised. There are some similarities between texts, but there are many significant differences. Because of their assumed infallibility, these differences cause serious and irreconcilable separation between those who believe one text and those who believe something different.

The claim of eternal infallibility leaves little room for growth. When there is the command to denounce or punish those who believe or act differently, we have three choices: denounce them; disobey God by not denouncing them; or admit that the teaching is not infallible, which can be difficult if believing it is part of our identity. Don't let the fear of stretching your identity stifle your learning. If we admit that our favorite belief (or nonbelief) system is fallible, then we are left with having to decide what is true for us and what is not true for us in every moment. And that is exactly how it should be. That is how we grow. Life is challenging. If it were boring, we wouldn't bother.

When pondering the many available spiritual philosophies or prayer or meditation techniques, you are likely to encounter rules that imply that to be spiritual or to grow spiritually you need to do specific

things in specific ways at specific times. Maybe you don't. Maybe it's not that complicated. Before accepting rules, evaluate their underlying justification. Choose your rules yourself, consciously, deliberately. Oftentimes, focusing on obeying all the rules for becoming spiritual distracts us from simply being spiritual, from simply living life.

The language of spirituality and the language of science will not be kept separate forever. The lines are already blurring and, in time, a common scientific/spiritual terminology will emerge. Many respected scientists in many disciplines already suspect this. They see that they cannot adequately explain many of the subtlest aspects of physical existence and life itself without considering that which is beyond conventional science. They understand that the big picture is much larger than we have yet imagined.

10

Enlightenment

Enlightenment is another good and useful word, but it should be clearly defined. A person is enlightened if they perceive their eternal nature and the oneness of all existence even while fully engaged in the joys and challenges of Earth-life. As souls, we perceive this oneness – there is nothing we need to do to become enlightened. When we enter Earth as a human, we usually block the perception of oneness from the personality so that Earth-life can be lived on its own level. Because this blocking is done intentionally, for good reasons, the purpose of our current lives on Earth generally must be something other than enlightenment. If it were important that this personality be enlightened, we would make it that way. In fact, we have all had lifetimes in which that was the case, and those lifetimes were created for specific and perfect reasons. But even enlightenment is not an end to experience, learning, and growth. Growth never stops. It is also true that ‘perfecting’ our human personality is not a prerequisite to experiencing our eternal soul.

We live the life we now have in the best way we

can. That is the purpose of life. Our purpose in choosing this limited time-space experience is not to hurry back to eternal awareness. If we try to hurry, we might miss something useful, temporarily. We are here to filter the eternal through our narrow, day to day, subjective human experience. Value your experience every step along the way. We all develop particular interests in life, and if we choose to pursue an understanding of life's mysteries, such as enlightenment, that can be a very enriching way to spend our time. But there is nothing wrong with not having a strong interest in enlightenment, souls, or God. As souls, we see that Earth-life is an amazing experience no matter what our human interests are.

11

Love and Relationships

Creating loving friendships is among the most wonderful things we can do as human beings. ‘There is no greater gift than friendship.’

If we wish, we can also create an intimate, lifelong relationship with one other person. The more self-aware, honest, and compassionate we are, and the more willing we are to commit to a life of complete sharing with another person, the better suited we will be to having such an intimate connection. There are many people around us with whom we can create this kind of relationship. We are not born into Earth with a one-person counterpart, our *soulmate*, whom we must find in order to fulfill such a desire.

We are each born with a strong desire to give and receive love. This motivates us to interact and share with others. If we are careful to not dampen this impulse with intolerance or the fear of pain or loss, it will lead us to many fulfilling experiences.

Treat those around you with respect. Be supportive and encouraging. We are all learning, so be patient and understanding whenever you are

disappointed or frustrated by the actions of another. Be a calm teacher when you have the opportunity. If someone has been guided to you it is because you can be helpful to them in some way. Savor the time you spend with those close to you, and aim for unconditional love in every relationship.

Be the best that you can be, then engage with the world and let your intentions be known. Be friendly, be open, and you will create many opportunities for sharing love.

12

Health and Death

We are far more than our bodies. But since our bodies are the vehicles through which we engage life in this time-space reality, it is wise to take care of them. Keep your heart and other muscles strong. Keep your joints flexible, but don't overexert or strain. Stay fit gently and make it enjoyable. Keep your weight within the normal range. Eat well. Avoid recreational and unnecessary drugs, alcohol, inhalants, sugar, snacks that lack nutrition, and excessive salt and caffeine. Get a good night's sleep every night. Take naps. Sleep is how we rejuvenate our body and mind. When we sleep, we leave our body and some of our personality behind to rest, while the essence of who we are takes time for a different kind of experience. As you prepare to sleep each night, remind yourself that you are leaving Earth concerns behind, you are entering a period of great beauty, healing, and learning. It is not uncommon to have some self-awareness during sleep, which is one of the underlying explanations for the out-of-body experiences that are reported with varying degrees of clarity. Waking up is bringing all of our parts back

together refreshed. Wake up each morning with loving feelings for yourself and a deep appreciation for being on Earth.

When the physical challenges of illness, injury, and aging arise, work with them while maintaining inner balance. You are not your body. Illness cannot harm who you are. It is not badness. Aging is not badness, but our attitudes about aging can color our experience of it. Fear of aging is not helpful. What is helpful is realizing that living more years creates more opportunities to learn and teach, both with our words and as an example.

Many have come to believe that aging means becoming unhappy and burdensome to our families and society. It would be more appropriate to recognize and appreciate the contributions that the older generation can make to our communities. Wisdom comes from years of thoughtful living. Balance, empathy, and an understanding of the nature and purpose of life come from paying attention over time. When older truly is wiser, everyone benefits.

The fear of becoming a burden could also use some clarity. There is much to be gained by those who help someone in need. Some mental and physical decline is natural, but with a slight adjustment to our attitudes about aging, we can create the best experience possible.

Death of the body is not badness. We have all died thousands of times. Death is simply leaving the body and not coming back to it. When you take off a beloved old coat you are still you. In the moments following death, we still identify as our human personality but, in time, our awareness expands through many layers of experience, and we rejoice in consciously joining our past personalities and soul. All of our human learning and growth is celebrated and integrated. There is no judgment of badness or failure. We lived the best life we could, and every moment of our life is appreciated in that context.

The time of our death and the circumstances surrounding it (accident, natural disaster, illness, or old age) are arranged by, or are agreeable to, us. Our human friends will work with their emotions and live through our death just as we work through the deaths of those we are close to. But we should all understand that we are never separated from the ones we love. We are always deeply connected. We can work with that understanding and feel comforted by it even when we are missing their physical presence. If we wish, we can be with them during periods of deep sleep. Feelings of separation are temporary. We do not truly lose our loved ones through death.

If we have strong beliefs about what happens at and after death, those beliefs can color our initial experience for better or worse. It is better to be open to letting the experience unfold without fear or preconceptions. Reading descriptions of near-death experiences can be helpful, but they describe just the beginning of the transition. Our brains are not designed to fully comprehend our non-time-space nature. Just let the transition happen easily.

After our death, we will decide what we want to do next.

13

The Future

The future of humanity is not predetermined. We will choose what happens. We are each choosing right now, every day, in every moment, how God will manifest on Earth. In what direction are our current choices taking us? Are we taking good care of ourselves, of the people around us, of the animals and plants we share the Earth with, of the Earth itself? Oftentimes yes, but some indicators suggest we could do much better. We can make life on Earth harder or easier by our choices. We should not assume that someone or something will come along and fix our problems for us. There is no guarantee that humanity will continue to thrive as it has for so long. That is a possibility, but so is a future in which we have damaged the Earth to the extent that life is much more limited and challenging, temporarily. Our daily decisions determine what happens.

We human beings have invested quite a bit in this Earth reality. Maybe we should not be so quick to harm it. We, as souls, also have an interest, but we may or may not intervene directly at this time. The big picture is much bigger than we can imagine.

A Good Life

Living life well creates a sense of belonging and connectedness. We create and feel part of a loving community. Our feelings of inner strength, calmness, and groundedness grow stronger. We gain a greater intuitive understanding and wisdom about life and the people around us. We feel a deeper sense of purpose and we have a better appreciation for even the simplest things. We move along in a natural flow. Our thoughts and actions support the living world and the world supports us. Serendipity is everywhere.

Apply what you have read here to your daily life. Pay attention to what is going on around you, appraise it from different points of view: from your perspective as a human being; from your soul's perspective; and from the perspective of the other people involved in the events – try to see what they see and feel what they feel. Occasionally, when interacting with another person, consider that they, too, are rooted in a wise, eternal soul, living their life as best they can given the circumstances that have led up to that moment. Expand your awareness of what human life is. Use your creativity and idealism to help others. Showing compassion to our fellow humans expresses love, expresses God, in a particular way that has never been done before, anywhere.

When we decide to leave Earth, we will have developed ourselves to a very high degree. A graduate of time-space is a highly regarded, wondrous being. It is said that if you meet a graduate, you will do anything you can, you will pay any price, to become as they are. You can feel good about choosing this path.

Consider Earth-life in the context of an infinite number of other possibilities. Contemplate this occasionally, not as an escape from the challenges of life, but as a way to more fully appreciate your life, and to engage yourself in the experience while not becoming overwhelmed by it. Learn, but also just relax and enjoy.



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