

SPEAK TO ME:

A Book of
Meditations

by
Bill Bauman, Ph.D



George W.
2821 Stambach
Dunbar TX 75062

This book is lovingly
dedicated to my wife,
Donna Jeanne Bauman
who has taught me the
beauty of meditation,
the joy of living and
the meaning of life.

INTRODUCTION

I would like to welcome you to an adventure in growing. This book of meditation is intended to help you open your heart, mind and soul to the indwelling divine force within you. It is further meant to educate you in the art of meditation by and through a very intimate experience with the God within.

You will notice immediately that each meditation is in the form of a communication to you from this very infinite, loving and wise being. You are invited in each meditation to place yourself in a receptive frame of mind, listen to the communication with your heart and let yourself feel your own inner response. The intent of each message to you is to awaken within you your sense of your own beauty, worth and specialness. I am sure you will find each one as moving as your mind can allow.

This book welcomes you to a new phase in your personal growth: the blending of your psychological growth with a deeper and more ongoing spiritual life. Each meditation is intended to open within you an increased spiritual awakening, a higher divine consciousness and a deeper sense of who you really are. Your response to each of these meditations may therefore take many forms and change from meditation to meditation. I urge you, especially in the first few meditations, not to become confused by your response, feelings or thoughts after allowing the messages to "swim" through the layers of your subconscious mind.

Are you angry, or depressed, or feeling empty, or worried, or anguished in any way? Then this book is for you. If there is any aspect of your life which is out of balance, unfinished or in need of growth, you will profit from a meditative approach to these needs.

This book is no ordinary book on the technique of meditation. Rather, it teaches you how to meditate by giving you the experience, by presenting the divine force directly to you and by allowing you the opportunity to feel the universal presence moving and speaking within your own soul. This approach is meant to allow you the personal exploring of your inner forces, the deeper experience of your own being and the perfect awareness of your essence.

I invite you to a journey. I encourage you to take this journey with an open heart, a willing mind and a receptive attitude. You are awaiting a precious happening within your soul, a beautiful unfolding of your heart and a marvelous experience of joy. This joy will fill your heart and soul as you listen to the words written for you in this book.

You are now entering upon a path of special importance to that part of you which is seeking more growth, searching for more meaning and reaching out for higher guidance. You are not seeking after vain answers for the many questions of your life, but for deep and reliable inner guidance about those questions. Such guidance can come only from the true source of life which resides deep in your soul.

In reading this book of meditations - thoughtfully, slowly, meditatively and receptively - you shall begin to find the answers to the questions of your

life automatically, for they will emerge from your inner source into your conscious mind during the times in which you are reading each meditation.

This book is designed to be for you a loving, nurturing and transforming force. It is meant to take you to the heights of your mind, to the depths of your being and to the wondrousness of your self. It is designed to help you pave your way to a full and complete growth, and to a personal, meaningful and enlightening experience. It is a book for you and your needs, written for you because your very soul is reaching out for life and your heart is seeking the nurturing which is contained in these pages.

AUTHOR'S PREFACE

In writing this book I took my inspiration from that inner voice which speaks from the depths of the human spirit. This voice, the voice of the God within, led me to share these communicative lessons with you, so that you too might profit from their loving movement within you.

I hope that you will enjoy and grow from these meditations as I have, and that your spirit is enriched by them as mine has been. I have written them for you in the hope that your innermost self will respond with it's own knowing that the invitations are real, genuine, and from your own divine source.

I ask only that you open your mind to grow, your heart to love, and your soul to be nourished. Do not push yourself to flow with the meditations, but allow yourself to be nudged along by that dynamic force within you which knows exactly how and when to nudge.

I wish you joy and unbounded happiness in this adventure into your spiritual path. May your spirit be enriched, your heart be blessed, and your mind opened to that next, meaningful step in your life.

The usage of the term son in several of the meditations was in no way intended to limit the audience to males, but to correspond to the initial manner in which I was hearing these messages. I opted to keep the terminology in its original form so that its intensity will not be diminished in any way. I trust that you are not offended by such usage.

1

My son, realize that my love for you is greater than any river and mightier than any mountain. Have no fears, no concerns, no anxieties, no preoccupations. For I am always with you, within you - caring for you, loving you, nurturing you, always preparing you, always helping you actively to be what you are, a mighty strength, a boulder of might in a world so needing strength.

Focus on your strength - my strength - the oneness of our unified strength. This strength is yours - in your divine nature - forever. If you could but realize the magnitude, the awesomeness and the depth of my caring and of your power, you would but rejoice - with me - at the utter beauty of all existence.

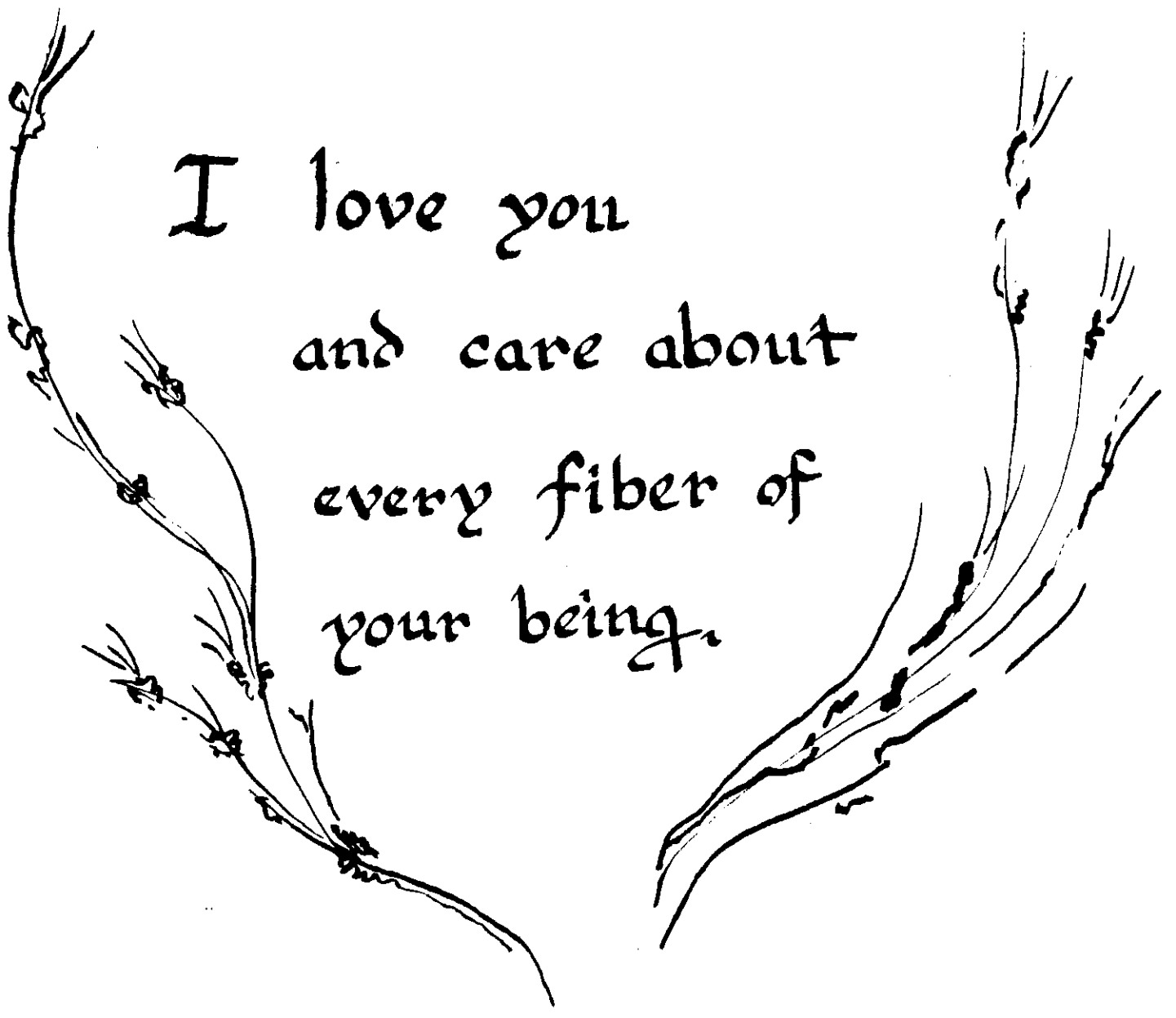
All other, lesser perceptions are but illusions, distractions from this one great truth - that I am the one, the only. All else that is, has its being in me. To the degree that you find your roots and source in me, to the degree that you center yourself around my oneness and identify only with me, to that degree will you find peacefulness and fulfillment, both on this earth plane and elsewhere. Remember, my son - I love you, and I want only your fullness and happiness. Find it this day in me. See me in every person, in every event, in every second of this day. Thereby will you end this day filled with the fullness of your being.

2

Let go of attachment, my son, for it will only harm you and hold you back in your progress. I love you, and care about every fiber of your being. Put your total attention on me, that is, on your spiritual self. Attachment to earthly things - possessions, persons, relationships, anxieties, fears, angers, habits, etc. - pulls down your energy to a lower level wherein you cannot see me or experience my love.

I want you this day to let go of one attachment. Find the one which most preoccupies your conscious mind, and spend this day detaching from it. Do so not by wrestling with it, but by putting your energies and attention on me. Every time you become attached to this object, switch your energies and focus to my love of you. Feel me within you, active and vibrant, radiating life and vitality, filling you with love. Remember - I AM; I am the only source of life and consciousness. Your nature as a human is to discover my life within you more and more.

Let this day be a giant step to this discovery, to this raising of your consciousness, to this higher life within. You are not alone; you are never alone. I am here - always present and active - to guide you and to help you. Become one with me today, and you will find perfect peace and your perfect nature. I love you.



I love you
and care about
every fiber of
your being.

3

My son, be yourself - your true self, the self who is me. Be so filled with my light, love and energy that you know only me, that you perceive the world thru eyes filled with my wisdom. You are my son - think upon that, and feel the fullness of this thought.

Being my son means being a true and direct extension of me. It means having and being able to count on my love, no matter what. It means having access to me; it means knowing me intimately. It means that my essence is totally wrapped in and around every fiber of your physical, mental, emotional, and spiritual being.

Be my son to its fullest. Remember me every moment, and remember your true nature, which is me. My son, if you but knew and realized the magnitude of my love for you, how totally dedicated I am to every aspect of your life, you would continually rejoice in the wondrousness and awesomeness of your God-filled life. Think of this, my son - I love you. How many humans spend their lives searching to be loved when it is right there within you at every moment. Know that my love is the dynamic force which energizes and enlightens you. Contact it, feel it, bathe in it, experience it, to and from the core of your being today. For it is there now, there for you to experience, there to make a difference - yes, the difference for you.

Be that love; soak yourself so thoroughly in it that you let it be - let me be - for you exactly what you need for your happiness this day. All you need is this awareness - I love you.

4

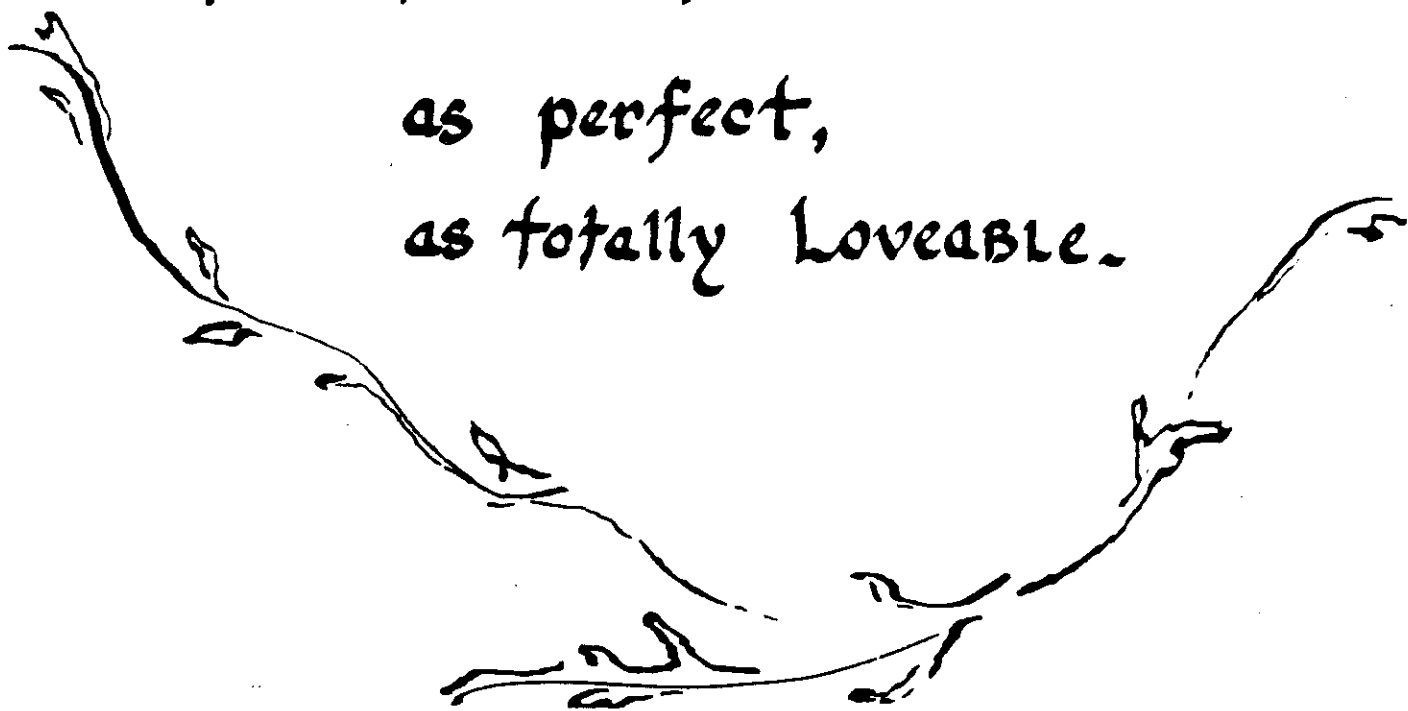
My son, I love you. Think about that. Do you know what it means to be loved? Love affirms you; it gives you life, energy and fullness. So often you struggle, trying so hard to be lovable, to be cared for.

With me there is no such struggle. My love for you is a gift I give you. It is easy for me to love you, for I created you. I know the absolute beauty and perfection of your being. I know you in your essence, and I know you in your totality. If you could but know yourself as I know you, you also would be filled with such an abundant and overflowing love of yourself that your vision of yourself and others would be perfectly enlightened, perfectly blessed.

Your spiritual growth - your closeness to me, your love of me - starts then with loving yourself. Simply try to love yourself as I love you - that's all. Keep before your eyes the vision of my love for you. For my love for you is an all consuming one; filled with a total dedication to you, a deep and unwavering caring, a delight in your beautiful nature. I love you, with no exceptions, no wavering, no reservations, and no strings.

You are my son - an extension of my essence and my being. In this sense you are perfect. As the father, so the son. Is this not a totally lovable you? Perceive yourself as I perceive you, and you can do nothing else but love you intensely, deeply, personally, and totally. Spend this day in this pursuit - loving yourself as I love you. The joy you will feel will be so total and so unlike any other joy you have experienced that you will want no other approach. Do not waiver from this perception of yourself as perfect, as totally lovable. Just remember - I love you, I love you, I love you.

Do not waver from this
perception of YOURSELF
as perfect,
as totally Loveable.



5

My son, think of the meaning of the words: know yourself as I know you; love yourself deeply, clearly. I love you totally because I know you totally.

What should you know about yourself? First and foremost, know your true nature. Know that your true, deepest self is your God-self. You need to understand more clearly that I not only live in and through you but that your deepest self, your most basic nature is one which participates in my life. You are not just created by me but also share my life.

Remember that earthly life is full of illusions and that one of its major purposes is for you to wade thru the illusions and find my love. One of these illusions is that you and I are separate, different, have different natures. I remind you again that I am one, all creation is one, you and I are one. There is nothing created which is apart from me - especially you.

Thus, the first thing you need to know about yourself is that you are one with me, you share my nature - and that any other perception of yourself is but an illusion. Is not this highest, deepest, most real self totally lovable? Train your mind to see beyond the many illusions about yourself - such as the illusion of perceiving yourself as inadequate, insecure, limited, full of worry, guilt or anger - to seeing your true self, your God-self, (which has no insecurities or inadequacies, no imperfections or limitations, no need to worry or feel bad in any way.)

Think of this. Your true self is so linked with me and so one with me that there is no room for anything but loving and respecting yourself. Spend this day just staying mentally in touch with the fact of your God-self. Thereby will you train your mind to see past the erroneous illusions about yourself and remain more and more constantly in touch with your true nature. Remember - as I am perfect, so you are perfect. The more you stay aware of your Godness, the more you cannot help but love yourself as I love you.

6

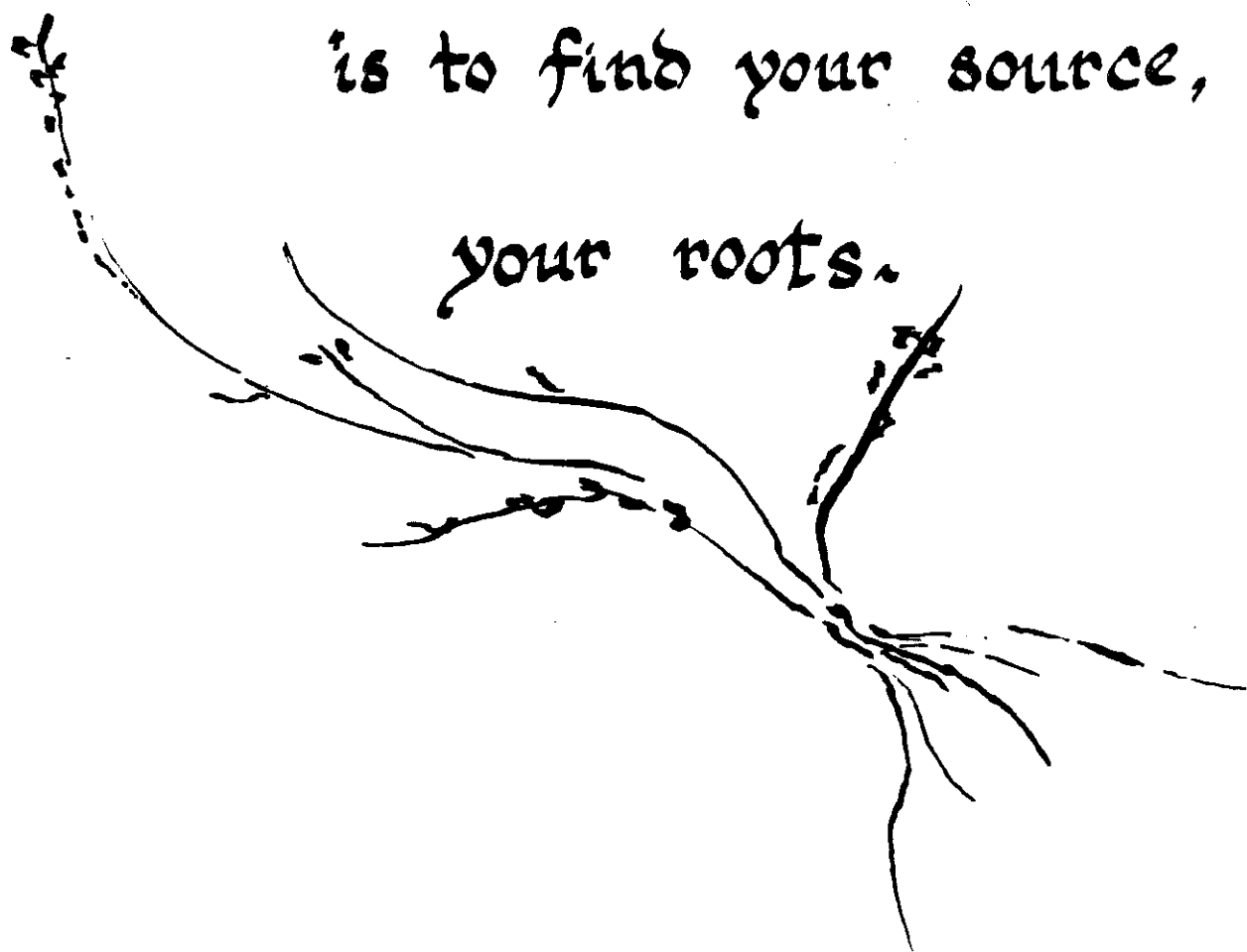
My son, you know by now that all that is a part of your visible world is but temporary and passing. These realities are here for you to use, and especially as a means of drawing you closer to me. But they are not meant in the eternal plan for you to cling to.

Realize that your true happiness and fulfillment have little to do with any of these. Rather, the fuller meaning of life lies deeper within your being - down deeper within your inner spirit. For it is there that I speak to you, that you experience me, that my life in you has its fuller expression. It is in your spirit - much more than in your mind or emotions - that you find full meaning, the real meaning of your life, the deeper wisdom, your true path, deep inner peace.

Turn then your attention within - away from the external glitter and in toward the fuller life of the spirit. Spend time daily with this, your truer nature and the source of every answer in your life. It is here that you find your true God-self, the source of your life, energy, drive, happiness, and fullness. My life is the source of your life. The true secret to happiness in life is to find your source, your roots. Look for this deep within.

The more you look within, the more you find me; then the more you listen to my loving energies; then the more you merge with me, thereby attaining your fullness and completing the main reason for your time on this earth. Take this journey with me today. Remember that I am with you at every step, helping and guiding you to your real self. I love you.

The true secret
to happiness in life
is to find your source,
your roots.



7

My son, I love you. You are the fullness of my creation, the beloved of the earth, the expression of my oneness. See yourself in this light, as my son, as my loved one. Can anyone this loved be bad, undesirable, unlovable? In no way! All bad feelings about yourself are based on misguided interpretations of who you are. There is no way you can carry around bad perceptions of yourself, or bad feelings within yourself when you are in touch with who you are.

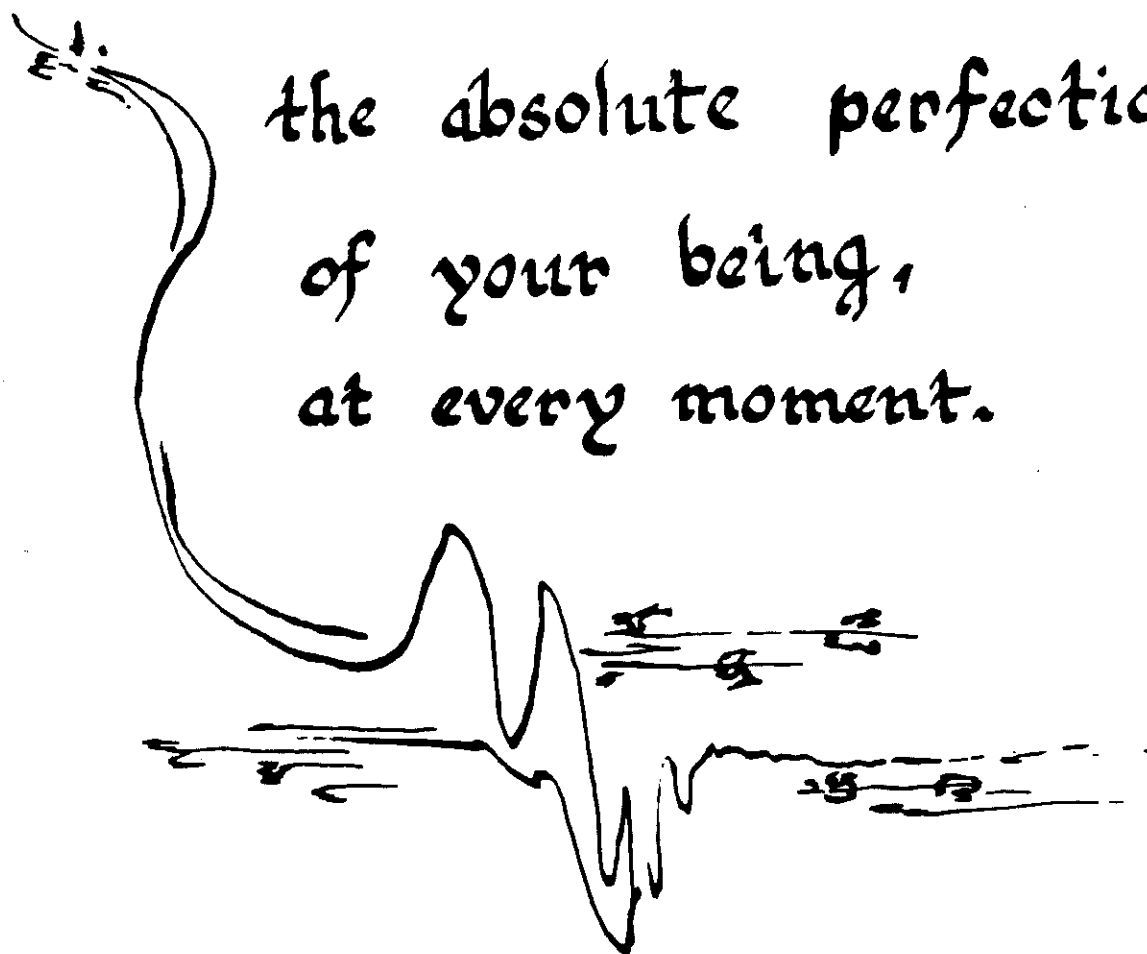
Who are you then? Think about your true nature, the essence of yourself. As you ponder this, you have to realize that you are created in the eternal mind of God, that in this sense you have always existed as a perfect expression of my being. Perfect! You are and always have been perfect, my son. Think of this fact; the fact of the absolute perfection of your essence, your being.

How, then, do you relate to what you have conditioned yourself to see as your faults, imperfections, lacks, guilts, negative feelings, and undesirable characteristics? Simply realize that they are but imperfect expressions of your perfection, fragmented aspects of your eternal being. Do not waste your time wrestling with these so called negatives. Rather, look beyond them to your true self, for it is in this true self that you find me, the fullness of your being. Forgive this imperfect expression for having its existence, and thereby allow it to merge - slowly at first, then with increasing speed - with the trueness of your perfect self.

You are perfect, my son. Allow this thought to float around your mind today, ingraining itself more and more deeply into your active consciousness. Think on this: the absolute perfection of your being, at every moment you can during this day. The peacefulness and sense of fullness you will feel will be all the confirmation you need of the accuracy of this reality. Go now in peace, and with the consciousness of your perfection. And remember, I love you.

Think on this :

the absolute perfection
of your being,
at every moment.



8

My son, I love you more than any human words or gestures could ever express. Please let yourself see the magnitude of my devotion and caring for you.

You know, I created everything from my essence, from my oneness. The entire universe is one with me, and a perfect expression of my love. You, as a special part of this universe, are also such a perfect and lovable expression.

Imagine someone, who out of his genuine love, created for you a world as vast and beautiful as yours - a world with blue skies, rolling waves, fresh air, green plant life, vital energy, all in a unique balance and rhythmic pattern. Would not this person want only the best for you? Would he not love you beyond description? Would you not feel yourself to be the special person this expression of love intended you to be?

My son, believe me - you are loved. Why do you ignore this? There is not a part of you which I do not know, and which was not purposely created by me. You are a perfect creation. How I long for you to know yourself as you are - a perfect being! How I long for you to treat yourself as you deserve - with love and respect, just as you would treat me! How much you deserve this love, my son! My wish for you is that you let yourself see yourself as I see you, love yourself as I love you, and treat yourself as I treat you.

To help yourself accomplish this wish in your living and your thinking today, just remember that, in all ways and in all things, I love you.

9

My son, give me your heart. For your heart represents your love, your caring self. And it is I who live and breathe within your loving, caring heart. Thus, with every breath you take and with every beat of your heart, your entire body vibrates with my life and my presence. Let yourself feel this divine life now, reaching from your heart to the farthest reaches of your body, into every cell of your being.

Now think, it is I who love you. It is I, your God, who am a part of your every breath, your every heartbeat, your every thought, your every movement, every aspect of your being. Do you not know that I am in your mind, and that I live totally in your every movement, that you are the most precious and prized being in the universe? Do you not know how very dear and beloved by me you are? Believe me, my son, you have but a limited knowledge of my total dedication to you and of how completely precious - like a priceless treasure - you are to me. What do I ask of you? Only that you believe this! Only that you open your mind and your heart to the fullness of my life within you.

The saying reads, "For ye are as Gods." Think about this, and realize that you are as I am. You are complete and perfect as you are, for you are filled with the essence of my being. You can be no more perfect than that, to be filled totally with my love. Feel me this day, my son, in your heart, and let me spread to the lengths of your being, then out into your world. For as I flow, so do you. It is this I want for you today, for you to remember that I love you.

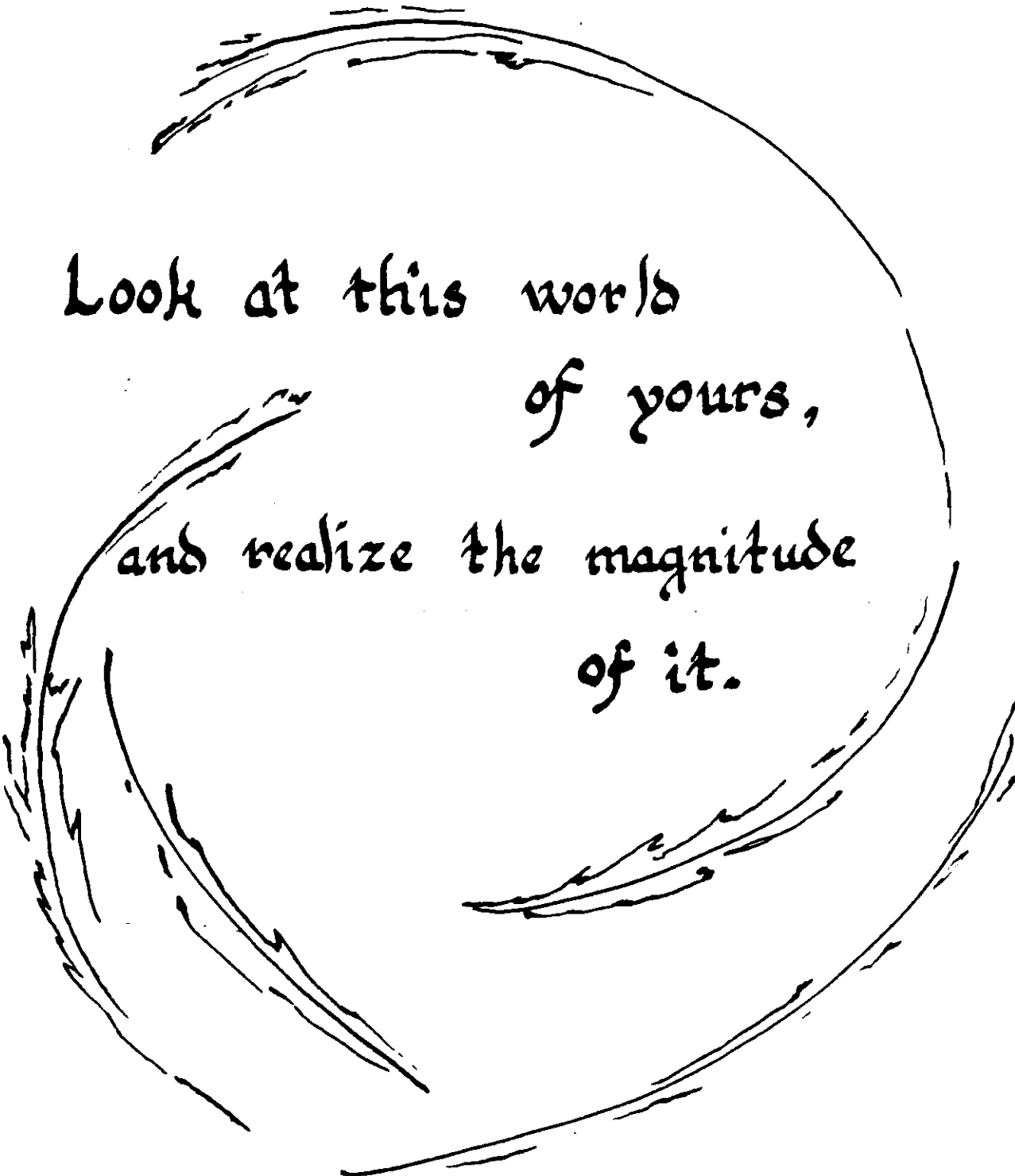
10

My son, lift up your heart. Allow your spirit to experience my love of you this minute and throughout this day.

Do you not know that it is I who made the heavens and the earth, and all that is in them? Look at this world of yours, and realize the magnitude of it. Realize the intricacy of the planning behind it. Ponder on the stars and their source of light. Who do you think it is who infuses these elements of creation with their powerful energy?

It is I, my son. It is I who am behind the beauty of every grain of sand. It is I who created you as perfect as every other element of creation. It is I who love you as only the most loving parent can love a son. It is I who sustain your life at every second, who care about every one of your cares, even the least significant.

Bring all your burdens, your troubles, and your cares to me this day, my son. Lay them all at my feet, telling me of their painful, hurtful effects in you. Then give me your hurts, your sadness, your pain, your anger, and know that I will take them all and infuse them with the transforming love of a father, and then return them to you free of their burden and heaviness. Thus will you know the all-freeing love of your God, who watches over you with tenderness and compassion every moment. Simply remember this day that I love you.



Look at this world
of yours,
and realize the magnitude
of it.

11

My son, you are the gem of the world. You are perfect in your essence and being. You embody every aspect of perfection and carry within you the fullness of the universe.

I love you to the deepest parts of your being, my son. For I know and appreciate the absolute quality and beauty of your deepest person. You, my son, are a perfect extension of me - and as such are perfect - perfect! Think a moment about this truth - you are a perfect expression of me.

Cease looking at yourself as imperfect. Develop a perception of yourself as a perfect manifestation of God. You are wholly God-like. Your identity is a divine one. While you have a physical body and are sojourning through the earthly life, your true nature is a divine and spiritual one. Just as the student in school is a student only for the sake of learning and preparing himself for his true life and fuller identity as a person, so you are human only for the sake of attaining the fullness of your higher identity.

Begin now then, my son, to see yourself in your fullness - as a divine manifestation of my perfect being. Know that I love you not only because of your human, student condition, but because you share my perfection, my magnitude, my essence. Repeat frequently these words: I am perfect, I am perfect, I am perfect... Thus will you attain the fullness and perfection of your being, and come to know the joy and peacefulness arising out of your true identity, and thus will you know why I love you.

12

My son, do not despair over the emptiness of your life. Remember that earthly existence is but a temporary school of learning. Do not put your true identity here, but maintain your awareness of your higher calling, your higher self.

I love you not only for this earthly self - which can be compared to a set of clothes to be worn for a time. Rather, I love you for your eternal self. Remember that you are not merely human, but are divine. You share my life in its entirety. You are filled always with my love - there for the sake of nurturing your human self and calling you daily to a remembrance of your divine self.

Listen to my love this day, my son. For it speaks to you not just from outside, but mainly from the depths of your own being. If your listening is tuned in mainly to outside sources, there is danger of contaminating your purity by taking on the problems and conflicts of others. If you are tuned to my loving voice from within yourself, however, you can hear me clearly - calling you from your deepest parts to raise yourself to the highest level of your being.

Do not be discouraged, my son. View the dark spots of your life as an invitation to listen that much more fully to my loving voice within. For in all honesty, you know and believe the truth of this message, I love you.

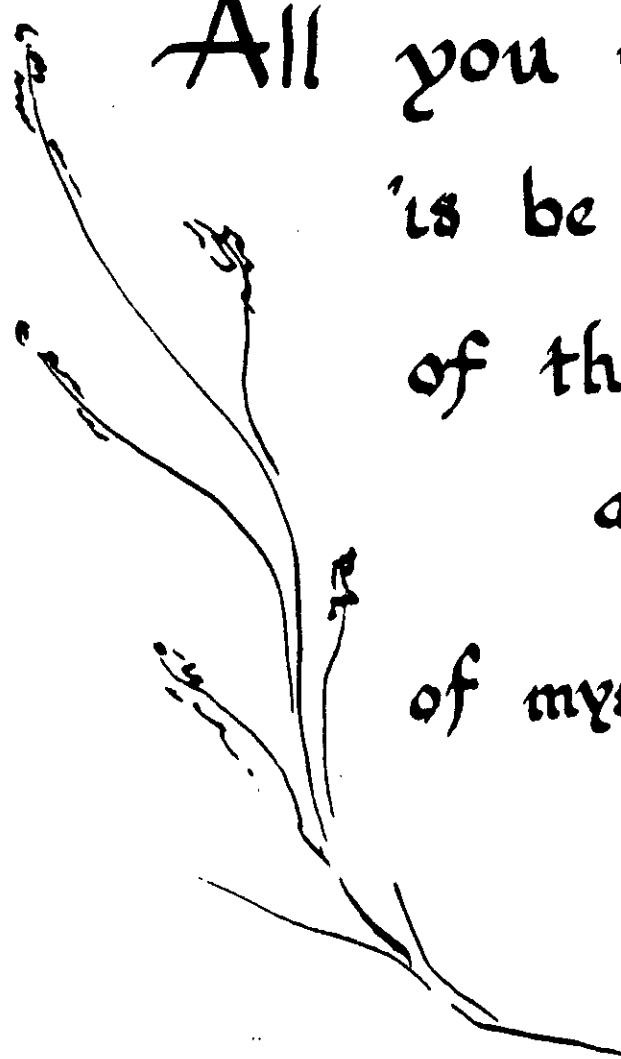
13

My son, take heart. For your trials and tribulations will not last forever. As you look back in your life, note that you have survived every trial, every difficult period, and in fact have come out of it a better and healthier person.

It is I, my son, who guide you through each and every time of stress and conflict. Through these times I invite you to purify yourself, to seek out the deeper realms of your soul, to find more fully my life within you. If you would but let yourself know the fullness of my presence in and around your life, you could only marvel at my love for you.

Train your awareness, my son, to see and sense my action and my love within every step and involvement of your life. Know this day that I am here - every moment and second, with every breath of your lungs and beat of your heart - deep in your soul, through every fabric of your mind, in your deepest emotion. I am here to console you, to help you, to direct you, to motivate you, to care for you, to love you.

With me, my love and my wisdom thus implanted within the depths of your being, how can any conflict be wearing? How can any distress be depressing? How can any problem feel overwhelming? With my love and guiding light shining within, my son, you can overcome any obstacle, walk any path, survive any crisis, learn any lesson, carry any strain, and even grow through these times. All you need to do is be aware of the fullness and power of myself within you, every second saying to you ... I love you.



All you need do
'is be aware
of the fulness
and power
of myself within you.

14

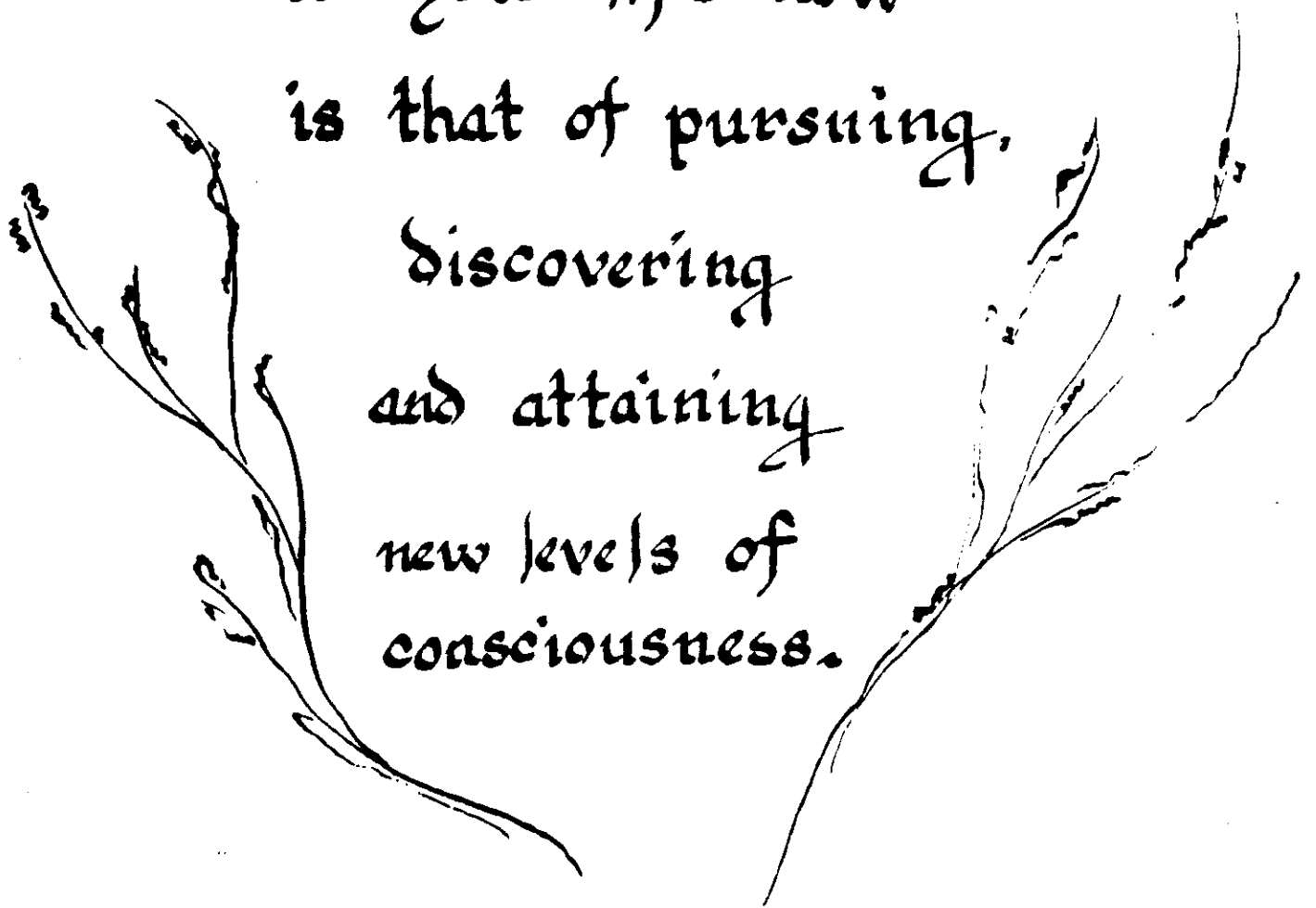
Welcome, my son, to this classroom of learning. I am your God, you are my son. Know this deeply. It is I who give and maintain your life, your energy, your power. It is I who love you every day, wanting only the best for you. It is I, your teacher and master, who seek to raise you to the highest levels of spiritual learning, to new heights of awareness and energy, to levels never before even dreamed of. These heights are yours, my son. They belong to you by nature - I gave you rights to them when you were created. A major purpose of your life now is that of pursuing, discovering, and attaining these heights.

This is being accomplished for you at this very moment, my son. For this day am I calling you to be my son in the fullest sense. This day am I inviting you to a complete attainment of my life within you. What is this life, my son? Listen, and I will tell you in full, so that your being may be filled with the fullness of this life.

This life is my loving presence within you, my power flowing within every facet of your self, my wisdom being shared with your human awareness. My life in you is meant this day to merge totally with your human life, so that we are one, my son. Think then of yourself as the perfect human expression of this divine life force; see yourself as the fullness of my loving being. Know that I walk the earth through you and in you, that I speak to you and to others through your voice.

Is this not enough for you to know, my son, that you are entirely special, that there is nothing ordinary about you, that you are called to the fullest expression of life? All you need do, my son, is to lend your awareness to this truth, to merge your energies with mine, to become one with me. In this way will you grow daily in the God-life, and become daily more like me. In this growth, my son, know that in all ways, I love you.

A major purpose
in your life now
is that of pursuing,
discovering
and attaining
new levels of
consciousness.



15

My son, know yourself. Know your true nature. Stay in touch with who you are. Allow yourself to plumb the depths of your being, and there to find your truest, most fundamental self.

What do you find in this exploration, my son? Sit for awhile with your inner being, and there do you find me - just sitting there, being with you lovingly, sending rays of loving energy to your every facet, infusing you with light, transmitting energy to your mind - so that you will know me, and thereby come to know yourself.

It is a fact, that I am here within you at this depth at all times. What is lacking much of the time is your awareness of my presence and my loving activity. In your humanness you forget your deeper nature and allow yourself to be directed by the mundane forces of everyday life.

I am here, my son. Focus on me, feel my presence this moment, experience my life within you, see my constant activity within your life. Let go of your mundane preoccupations for this moment and listen for my voice. For this day will I speak to you in ways you can hear. You need but clear your mind and allow my input to be heard and experienced.

You are my son. I am one with you. I am your life. I am the depths of your being. I am your soul, the source of all energy and life. If I am this, then are not you also of like nature? Are not you also one with me? Do you not also possess this infinite life? Are you also not permeated with the fullness of divinity? Think on this, my son, and know - know in every facet of your being that we are one, that nothing separates us except the lesser awareness of your mind.

Bring your mind to me, my son, and allow me to fill it with this awareness of my total presence and being within you. Let me help you bring and keep your awareness alive with this knowledge of me within you, of me at one with you. Open the door of your mind, and there will you find me, there will I be, always there for you, always alive to you, always ready to bond with your energies. Do not forget - this totally loving, divine presence within you this day, my son. And know that we are one. I love you.

16

My son, listen this day to my presence within you. This day do I speak to you through your subconscious mind loudly and clearly. You are beginning to hear me now in the ways I truly speak to you. Spend this day listening even more closely to my voice within, and you will hear more and more of my love for you, dedication to you and guidance for you. This day, my son, is my love very present to you, very active within you, very giving to you. You need but listen for it, hear it, and let its presence surround you, enfold you, inspire you, and carry you to new heights.

I am within you - alive, vibrant, powerful, unlimited. What a powerhouse of divine energy is yours, my son! And it is yours at all times, always available to you. My loving power is a part of your every facet, active at every level within.

All you need do, my son, is know this. Be continually receptive to an awareness of my loving presence at every level of your being. Thereby will you know the healing power of my love, the enriching power of my will, and the enlightening power of my deep knowledge - all active within you, all available to you, all shining at every moment to you. This is your identity, my son, to be totally one with all these divine energies as they are active and alive within you.

Know me, and you will know yourself. Become aware of me, and you will become aware of everything within yourself which is true, real, genuine, and loving.

This is my invitation to you this day, my son, to know me better as I live and act within you. Bring your awareness to my life within, and you will become aware of how filled with the richness and fullness of life you are. Simply be aware of my life in you, and I will do all the rest. For, I love you.

17

My son, you must know by now that you are chosen to be my son. Do not look back; do not waste your precious energies on the past. Look rather ahead, for I am leading you to your destination. Keep your focus on me, for by doing so you will not be led astray, you will not falter, you will not be misdirected on your path.

I love you so deeply, my son, so tenderly. It is because of this love that I am ever at work within you, always helping you and leading you to a fuller life. Be aware of my presence and my energy at every moment, and thus will you progress exactly at the rate planned for you from the beginning.

Yes, my son, I have for you an optimal plan, a special direction, an individual path - set aside for you and made perfect for you, specially made for the exact person you are. You are indeed that special, so special that all the angels in heaven rejoice daily at your existence and your specialness.

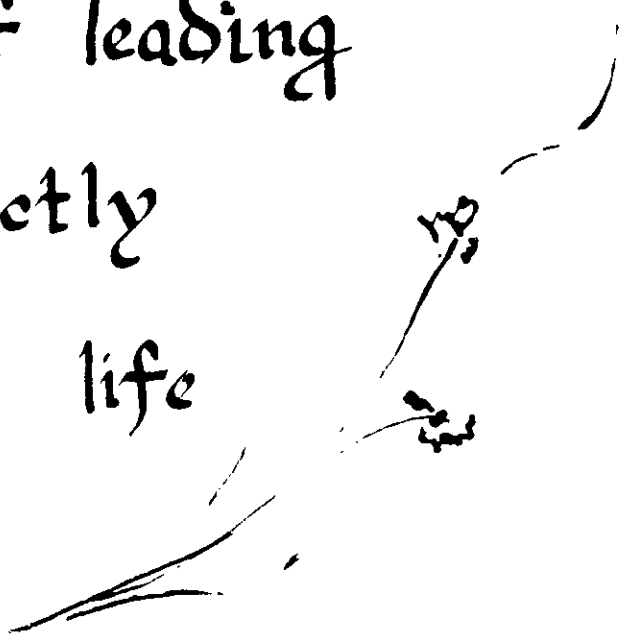
There is a plan for you, my son. This day do I ask you to become aware of it. Your plan is my way of leading you perfectly through this life, my way of helping you learn the lessons needed by you for your fulfillment, my way of leading you to your happiness. Do you still feel alone in your life, my son? Do you still feel empty in your person?

Look within, deep within. Once this inner vision is trained, you will find no emptiness, no aloneness. Rather, you will find me, there actively loving and leading you through every step of your day. Your awareness of

my life within you, my son, can leave you never alone, but instead can bring you gradually to the fullness of life, allowing you to experience complete happiness and inner harmony.

Look then to me this day; spend time with me, and I will begin showing you your specialness, which I will make clear to you by showing you your path, the special direction of your life. Remember, my son, I am with you in every way this day. You need but be aware of my presence within. There it will be made clear to you that I love you.

Your plan
is my way of leading
you perfectly
through this life



18

This is the day which I have made for you. This is the day where you'll be shown my way, my will, my path. This is the day you shall be one with me, to follow my path. Follow your heart, for therein will I speak to you. Know my presence which lives in your heart. For I love you, my son; and I care for you, my son. Do you not know the fullness of my love, which lives and dwells throughout your being? Is it not clear to you at this moment that I fill you daily with my love? Realize that even at this moment, your heart is being overflowed with the fullness, the power, and the magnitude of my love for you.

Realize then, my son, that this same love flows just as abundantly to every member of the human family, and that even this planet is surrounded by, and filled with my loving vibrations. Everywhere you walk, every time you think, you are being surrounded with the loving vibrations of my guiding love and presence.

Is this not a remarkable reality, my son? Does it not fill your heart with joy, with gratitude, and with peacefulness? All you need to do is become aware of this presence which surrounds you; let yourself experience my fullness both within you and around you. Then you will be amazed at the difference in your perceptions, your thinking, your attitudes, your feelings. You will be so content and so filled with inner peace! Nothing will be able to pull you down, disturb you, or pull you into a negative thinking pattern.

Just think, my son, I am always with you; you are never alone. I am filling your being at every moment with total, all-pervasive love. This day feel that love - it is this love which will transform you and help you experience this day as perfect. I love you.

19

My son, I love you far beyond the meaning any words can convey. You need but feel my life and presence within yourself to know the fullness and power which is yours in your life. Do not be distracted into focusing purely on the practicalities and everyday doings of your life, for without my energy and light are those daily affairs empty. Your daily life and renewal comes from knowing and experiencing me in every involvement of your day. With me alive and active in every element of your life do you find the true meaning of daily events, the full significance of your earthly existence, and the careful examining of your purpose in being here on this earth.

I love you, my son, beyond any words, beyond the convincing of all earthly proof, even beyond the capacity of your mind to comprehend. Yet you can know the beauty and fullness of this mighty love by spending time daily with me, by opening yourself to the ever present power of my vibrations and light within you, by owning my presence in you as your higher nature. My son, you are truly a high expression of the God force in the universe; you are a true manifestation of the divine love on earth; you are my son; you are not apart from me, but are a part of me, a true and full expression of any loving being on earth.

With this awareness, can you forget your true nature this day? Can you ignore this higher nature? Can you close your eyes to my perpetual presence within you? No, my son, you cannot, for to do so would be a denial of your true nature, and a commitment to ignorance.

I am here, my son, now, today, this moment. Allow your total energies to be one with mine throughout this day, every moment of this day, and you will experience such fullness of life, and such meaning that you will never again want to be without this inner unity. I am yours, my son, totally and completely. Remain one with me this day, and know - I love you.

20


My son, allow me today to fill your heart with my many blessings. Know that you are deserving of the fullness of my life, and that I will give it to you this day in exactly the way you need it.

Do not perceive yourself as unworthy of my blessing for such a perception only puts a needless gulf between us in your mind. I love you, not because of your unworthiness or limitations, but because of your oneness with me, the all-perfect being. In other words, I love you because of the perfection of your nature, because in your natural being you reflect my beauty and perfection.

So know, my son, that you deserve every gift I give you. Know that you are my special envoy on this earth, to bring a fuller expression of my perfection to those around you. Let yourself receive today the perfect gift, being more fully aware of your perfect nature.

Carry this awareness with you this day, my son. See yourself as my emissary, as my envoy, as the vehicle through which I help this world. See yourself as guided by my hand today. See yourself as one with me and with my guiding hand. You are one with me, my son, it is only your limited vision which focuses your perception on your lacks and limitations. Release this limited vision today, and see me within you as I am - loving you, guiding you, perfecting you, filling you with life, fulfilling you in every way.

This day is perfect for you, my son, because you share in my perfection. Take as my gift to you this awareness of this perfection, and live it to the fullest. And in this living remember that I love you.



Know that you are
deserving
of the fulness
of my life

21

My son, this is your day to be transformed. Open your innermost spirit to my loving hand, my guiding voice. Do you not hear me within you, reaching out to you, urging you on to your most full and perfect growth? I love you, my son, in every way possible. I want you today to know the breadth and depth of that love. I am with you this day as your brother, as your sister, as your father, as your mother - helping you in whatever way you need.

Look within, and there will you find me. In every occasion, in every person, in every event, in every thought and feeling am I present to you. In all these ways do I love you and speak to you, do I invite you to know me better, to live your life in and with me.

Let yourself experience my loving hand within you this day, my son. Release your barriers to my loving voice; let go of any resistance to the ways I am present to you this day. Every aspect of your life is an ongoing invitation to know me more, to accept my love of you, to become one with my love and to raise yourself to new heights.

Do not limit yourself, or be less than who you are. You are totally loved, totally perfect, totally deserving of the fullness of my life. This day let yourself accept this fullness and the power which comes with it. You are my son, nothing less. Know and accept that, as my son, you are fully loved, fully guided, fully protected and fulfilled. You need nothing more - only my love, and it is yours - now and forever. Go then, in peace, fulfilled.

22

My son, you are loved, so deeply, so totally, and so tenderly that it is almost incomprehensible to your human mind. I wish you could but see yourself as I do, as the most precious and beautiful of all my creations, then would you know why I love you so deeply and fully.

You are my son and are fully privileged to live my divine life. Because my life is the only reality there is, and because my love created you, you share the fullness of my life, here and now.

Take these few moments now and let yourself feel my life within you. Feel my tenderness caressing your frayed nerves, holding your weary body, giving new life to your tired mind. Feel my warmth giving energy to your spirit, raising your vision to its natural and clear sightedness. Feel me living within you, lovingly leading you to a full life, to full happiness, and to complete unity with me.

Could you ever want anything else, my son? Could anything else compare to the feeling of wholeness you experience when you know my presence and my power in your life? Could anything else give you the satisfaction of knowing your innermost nature like I can? Nothing on earth compares to the beauty of my life within you, for in you do I find my greatest expression on earth. In you am I perfectly manifested on earth, here and now. Simply know me, my son, become more aware of my all-transforming love for you. I LOVE YOU - immeasurably more than any fellow human does or can.

Let my love transform you. Let it purify and cleanse you. Allow it to fill you with new life. Let me love you as you deserve to be loved - fully, completely, deeply. Let yourself know that your whole being is filled with my love, that you radiate with my light, that I live in you, completely loving you.

How wonderful to have pure love living in you, being so totally a part of you! This day allow yourself always to be aware of my inner love. Know that you are never alone today, but are always being loved totally by myself, who am pure love. With this knowledge will you feel peaceful and secure in everything you do today. I love you.

23

My son, I love you. By now you should be hearing these words vibrating deep within you. For my love of you is the power, the tool, and the method by which you feel my presence.

You were conceived by me in love, created by me in love, maintained by me in love, nurtured by my love and guided by my love. My love flows through every fiber of your being and is intertwined in every situation you confront. Everywhere you look, my love is there to behold, in everything you hear my love speaks loudly to you. In your every action my love is present.

All you need do is to be aware of my love, my son. You don't need to earn it; you don't need to work for it; you don't have to search for it; It's — there, within you at every level, just waiting for you to experience it. Simply let yourself, this day, be aware of the soothing, nurturing presence of my love. In everything you do, in every thought you think, in every feeling you experience, in every word you utter let yourself be in tune with how very much I love you. Let yourself feel loved by me, cared for by me, guided in your every step and thought by me, even held and rocked by me.

My love is there whenever you need it, for whatever purpose, and in whatever amount you need. In fact, my love is always there, my son, for I am love; and I am always present within you, caring about you, dedicated to your happiness, and actively loving you in every way. Would perfect love ever let you down? Would unconditional love ever leave you in need? Would ever-present love ever abandon you in your hour of need? Know that I am far more dedicated to you than your mind can ever imagine.

Love is the most powerful force in the universe, and this magnificent power is in you - ever present, ever active, ever alive, ever giving, ever loving you. Yes, my son, you are that important, that loved, that special, that deserving. Simply be aware today that love is totally present in your being, and that because of total, indwelling love, you are love.

PEACE BE TO YOU THIS DAY. I LOVE YOU!

Let yourself

feel loved by me,

cared for by me

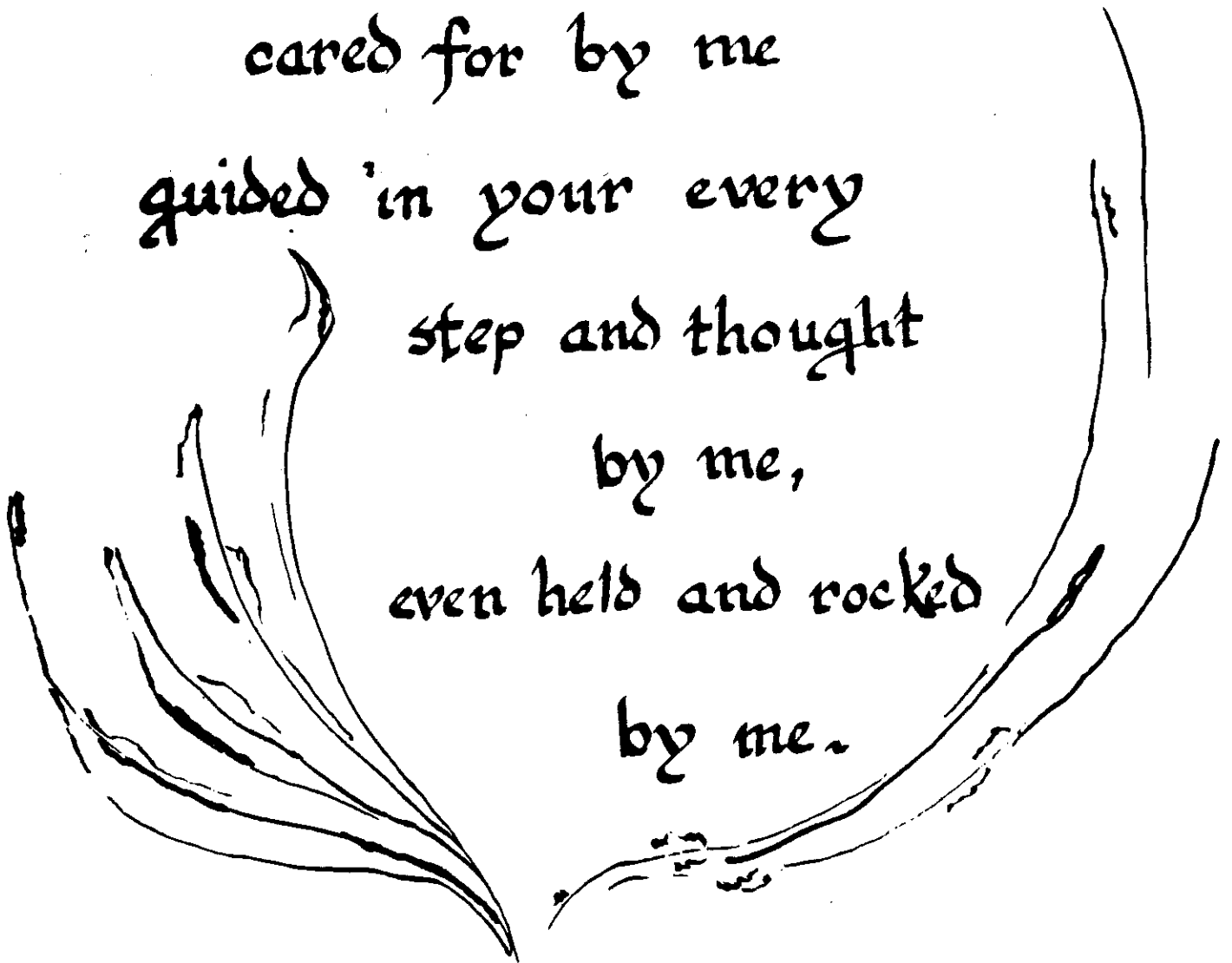
guided in your every

step and thought

by me,

even held and rocked

by me.



24

My son, this is the day I have made for you. Rejoice and be glad in it. For this day am I fully alive in you, this day is your life fulfilled in me. Look within yourself now, and see a being filled with light, filled with love, full of divine radiance, and beaming with my life. When you see your being thus do you begin to get a feel for the fullness of divinity which resides in you and which is a part of your being.

You, my son, are light, for you were created in light. You are love, for you were created in love. You cannot be other than what your created nature is. See yourself then as what you are by nature, a being radiating and beaming with love and light. Since it is my light with which you radiate, see your inner light as it truly is; a magnificently bright, fully radiating, sparkling and ultimately intense light which flows from you to fill the space around you, then to fill the room with its/your rays.

You are my son, created in my image and likeness, created in love. For this reason, what is mine is yours. As you are loved, so do you love. As much as you know the fact of my love for you, can you let yourself see the radiance of this love within you. In so far as you allow yourself to be this totally loved by me can you become one with my love and allow my love to achieve its fullness within you.

Think of this, my son. You are love, just as I am love. Your being is love, just as is mine. Your nature is one of love, as is mine. We share the same nature and the same being, mine being in its fullness and yours evolving into fullness. We are one, and nothing can ever change that fact. So when

I invite you to look within yourself and see me loving you, realize that my love within you is also your love. Realize that you and I are so united in love that, as I am love, so also are you love.

This day then, my son, look within and see/know/experience the absolute radiance and brightness of your love, and know that your love is my love. Know that you and I are one, in love. What is mine is yours, and so my love is yours. What is mine is yours, and so my light is yours. Let yourself know the brightness and divinity of your love today; and as you let it shine within you and from you, know that you and I are one in this loving activity. Go into this day in peace. I love you.

See your 'inner light
as it truly is:
a magnificently bright,
fully radiating,
sparkling
and ultimately 'intense
light

25

Do not be deceived, my son, by any cares which may presently be bogging you down. They are getting to you only because you have forgotten who you are. Yes, you have forgotten that you are the full expression of my life within you. You have lost contact somewhat with your consciousness of my all encompassing presence within your being.

How could anything be wrong, when you are filled to overflowing with my love, when my life is pulsating and radiating within you, when that love is guiding your every step? How can anything bother you when, from deep within you, I am explaining everything to you and helping you see every situation in its proper perspective? In reality, my son, you can only be bothered or upset when you ignore, or do not hear my voice within; when you let other emotions override my input; when you allow my loving guidance to be drowned out by the static of the present situation.

Please do not let any situation, or any person, ever take your focus off of who you are. Know this day that you are my son - no less! Know that because of this fact, my love is always present to you, and in you. I will never desert you, never leave you - even for an instant. If you could but see the powerful activity of my love as it is present in you at every moment, you would begin to be impressed by what it means to be my son. What's more, you could see so very clearly how I lead you through every situation, how my love is ever directing you, how you are never alone.

Feel my presence now, my son; around you, within you, pouring love, joy and positiveness into you; helping you to see this present situation from the light of my vision; helping you deal clearly and positively with it. There is no being bothered, no need for being upset. Rather, there is only your sense of your own power, because you are being given my power, all the power you need to handle this situation perfectly, peacefully, and lovingly. Keep me with you, my son, for with me you can do all things. I love you.

Feel my presence now.

my son:

around you,

within you,

pouring love, joy and

positiveness

into you.

26

My son, this is your day! At last you are seeing how beautiful you are, and how radiant is your being. At last are you allowing my love to shine through you, and to be visible in you.

Can you not feel my presence all around you, especially within you at this very moment? Can you not experience my shining light penetrating every corner of your inner self? Take a moment now, my son, and let your spiritual eyes see me filling you to overflowing with loving light; let your ears hear my gentle but strong voice tenderly guiding you; let your spiritual senses feel the nurturing effect of my love within you; let your mind know the absolute reality of my presence in your life; allow your inner spirit to fill your mind with the full awareness of your inner life.

Is there then any doubt in you about the absolute beauty of your being? Is there any misconception in any part of you about how my life shines through you? Can you begin to see now the radiance about you? Are you in any way unclear about the light which encircles you at this very moment? Is there any way, with my life so abundant in, and flowing out from you, that you can still imagine yourself as an ordinary or dull person? Know in every aspect of your being, my son, that there is only one life in you, my life; that you have only one identity, that of being my son; that there shines in you only one light, my light; that my divinity is so much a part of you that it is you. You are my son, nothing can, or will ever change that. As my son it is your privilege to know the fullness and reality of my life within you.

Further, it is your right to experience this life in its totality. Finally, it is your birthright to allow my life to so fill your being that you are totally one with me.

Let this happen today, my son. Let me so fill you with my love that you will see yourself as a true mirror of love. Let me so shine my light in you that you radiate this light to everyone you meet. Let yourself so know your oneness with me that you naturally manifest my being to the world. You and I are one, my son. This day treasure this fact and keep it ever clear within you. Go now in peace, being a beacon of your inner life. And know that I love you.

27

This day, my son, are you blessed. For this day are you surrounded by a light so intense and brilliant that no human eyes could dare behold it. Allow your spiritual eyes to see this light today, for it will serve as a beacon light for you; it will show you your special path for this day; it will brighten your way on this path; and it will bring you ever closer to me by the end of today's path.

Do you wonder what this light is? It is none other than me, my son. My presence IS light. My presence within you automatically illuminates your being, both internally and externally. Do not think that I simply sit passively within you. Rather, see me as I truly am; so active, so enlightening, and so dedicated to you that I continually and totally surround you with the blessings of my love. My presence within you cannot be in any way passive, for then it would not be complete. You are so special, so loved, and so perfectly created by my love that this love continues to be actively ingrained in every aspect of your life and being.

I am with you this day, in perfect harmony. Love joined with love; light joined with light; perfection joined with perfection! Experience this love, this light, and this perfection at this moment, my son. Know its reality, its presence, and its power within you. I Love You; ponder this awesome thought! Feel my love's intensity as it swirls deeply and powerfully in every corner of your inner self, and in every expression of your outer self. You are love, you are light, you are perfection, because I am with you; I am in you, I am around you, always loving you always caring about you, always helping you, always illuminating your path. Your privilege it is

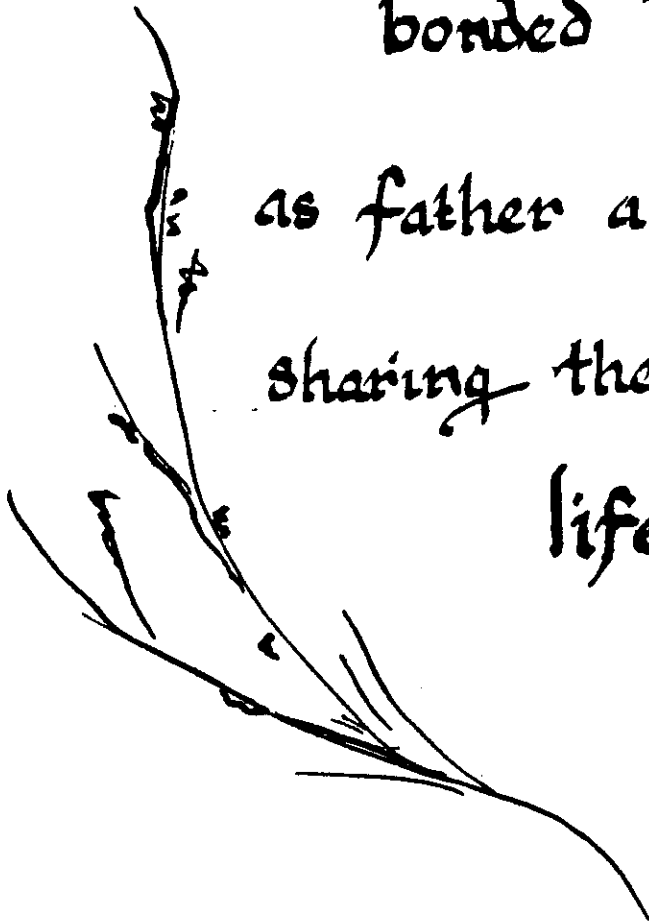
to be whole and happy. My task it is to help you along this path by showering you intensely with my love, my light, and my perfection.

Is not this then a very special day for you? Let yourself hold in your mind for the duration of this day, the full awareness of my powerful, enlightening, and loving presence in and about you. See my presence paving your every way, helping you through every activity, and loving you at every moment of the day. How wonderful to enter into such a day of love and light! How inviting it is for you to be held, loved, and nurtured at every moment of this day! How warm and peaceful it is for you to be so in touch with the magnitude and power of my love within you! Go then into this day, my son, armed with this powerful light, this nurturing love, and this absolute perfection. I am with you - always!

.... know that we are one
united

bonded in unity
as father and son,
sharing the same
life

and
light.



28

My son, you have within you the fullness of my being. You have within you the light of the universe, the power of my presence, and the fullness of your own being. Look within yourself once again. Now see what perfection, what truth and what radiance shines within you!

Are you any less than this radiance, my son? Are you in any way separate from that Life which flows through you at every moment? Can you imagine yourself in any way cut off from the flow of my loving energy within you, or separated from the very presence which gives you your life's being? Isn't it absurd to see yourself at one and the same time made in my "image and likeness," and for some reason cut off from experiencing that life-giving likeness?

There is no separation between you and me, my son. Release from your mind all concept of separation from me, and know that we are ONE, united, bonded in unity as father and son, sharing the same life and light. You are my son, not some distant creation, not some being distinct from me or my life. I am life; I am light; I am love; I am all that is. All which has proceeded from me in creation shares this one life, this one light and love.

There is no other life than mine, my son. This is what I want you to grasp today: you share my life; you are my life; we are united in love; we are one in essence, one in being, one in love. Think of this - how much must I love you to have made you so intimate a part of my life? How filled with the fullness of love and light must your being be because of sharing my divine life? Consider the absolute beauty and radiance of my being, then let yourself imagine the fullness of those qualities within yourself! Is it not

completely awesome? Are YOU not completely awesome to be a part of my life and to radiate my magnificence to the world? How happy I am for you, my son, that you can allow yourself now to begin to fathom the utter beauty of who you are! This was my intention in creating you, that you would allow yourself to experience my life in its fullness, that you could know your complete oneness with me, that you could allow my loving light to be ever-present in your life. How happy I am that you are now beginning to experience the full meaning of your creation!

I love you, my son. Keep these words close to your heart, and ringing in your mind today, and let yourself remember your loving unity with me throughout this day. Thereby will you experience the fullness of life, the harmony of your being, and complete fulfillment. I love you!

29

My son, liken yourself to a butterfly. As you know, the butterfly has no home, but flies and flutters from flower to flower, plant to plant, both receiving what each flower has to offer, giving to each flower what it has elsewhere received, and in the process, being a refreshing picture of beauty to all around.

In the same sense you are here on earth only as a visitor, not as a permanent resident. You are here to gather from the various experiences (your flowers), what lessons and growth opportunities they offer you. You are also here to give to those same experiences; and to others, the benefit of your learning; and in the same process, you are here to be a model and a picture of divine beauty to all who see you.

If we could but continually realize this reality, we would easily stay in touch with our purpose here on earth, the simplicity of living our lives, and the beauty of the process. It is only because we lose touch with this picture that we get distracted, and "attach" to things of earth and stop flowing with the beauty which is in us.

This is why I have chosen to live within you, my son, yes, even to make myself a part of your being; so that I can be a constant reminder, from within your own consciousness, of why you are here, and of how to fly from flower to flower. Do not take yourself so seriously, my son. Look to me living within your being for the true picture of your life, its purpose, and its beauty.

It is so easy for you to become sidetracked into believing that other things are so important or so necessary, or into thinking that you are so

wrapped up in earth projects that you lose touch with me or with your true purpose in living. You are fully aware of the "things" which preoccupy so much of your time and thinking; things which in reality have little to do with your purpose in life or with your enjoying this life which I have given you. Think about this, my son, what is the most important "thing" in life to you? Is it the process of being a loving butterfly, or is it over-preoccupying yourself with less essential, though otherwise valid aspects of your life?

Come within your being, my son, and spend time with me. Let me speak to you of your purpose in visiting this planet, of the important aspects of your time spent here, and of the beauty of your being. Yes, you are ready now to hear me clearly, speaking to you in your inner temple. Spend these few moments now, in the silence deep within, contacting me and allowing me lovingly to show you your "butterfly path" through life. For it is simple if you just stay in touch with my gentle yet strong and loving guidance. Listen now as I speak to you, as I love you, and as I guide you from within. As you spend these moments with me, know again, and fully that I love you.

30

My beautiful son, how I have longed for this time with you, so that I can now nurture you further, and in loving you, help you appreciate your own inner beauty. Welcome to the inner station wherein you can now discover what I already know - your beauty!

What could ever keep you from seeing the utter magnificence of your being? What could ever distract you from the perfect and accurate vision of my beautiful presence within you? Could anything ever match the absolute beauty of the human miracle which you are?

I assure you, there is nothing created on earth which comes close to the awesome beauty which you are. You see, I created you perfect. I created you as a beautiful expression of me and of my divine life, in my "image and likeness." There is nothing else in creation like you. In fact, in my perfect plan I made you to rule this earth, to manifest my beauty to all other life on earth. You are my representative on earth, here to radiate to mankind my life, my love, my beauty, my perfection.

How easy it has been for you to forget, to forget your perfection, your beauty, your divine nature, the purity of your creation! How clouded has your perception become; your memory of who you are! But know now, my son, that you are absolutely beautiful and perfect. Know that I have chosen to live so fully within you, even to be completely one with you, because I have made you so perfect and beautiful.

I love you, my son, more than any human words can express. Would that you could see in yourself the beauty which I perceive! Would that your human mind could know the fullness of your nature, the glory of your being.

the awesomeness of your perfect self. Know that I could make nothing imperfect, for out of perfection can come only perfection. Know that in you I see only your perfection, your beauty, your glorious nature and your magnificence. For, after all, you are the living expression of my nature and my perfect qualities.

Spend these moments today then, my son, recalling your divine beauty and the perfection of your nature. Remember that I made you perfect, and in your true being you remain perfect. It is with your perfect self that I am one; right now, this moment, today. And know that I will stay one with you throughout this day, and forever. You and I, the perfect team, perfectly one. You are never alone, my son, for I am always here, loving you, leading you, and reminding you of your beauty.

What a wonderful day this is, as you accept the reality of your beauty, and accept the challenge of simply being and manifesting that beauty in your life today! Thank you, my son, for hearing me today, as I live and speak within you. And remember - I love you!

31

Welcome, my beautiful son! Today let the eyes of your mind turn again inward. Let yourself at this very moment see the light which fills and illuminates your being. And know that behind this light is ME - your source, your guide, your essence, your life. Simply spend this moment becoming aware of my presence within you and the feeling of the light which fills you this moment.

Now know this, my son, I love you! My love for you is deeper, wider, higher, and greater than any human love you could ever know. This love is in no way a distant or disinterested one. Rather, it is alive within you, at every moment leading and inviting you to know how beautiful you are.

Now look deeper within, and with the very light itself, you can see me. You can see me loving and caressing every fiber of your being, every cell of your body, every molecule of your mind. Do you not know that every aspect of your self is beautiful to me? No matter what it is within yourself you condemn, I want you to know that I find it beautiful, I love it, I love all of you. Nothing within you is unacceptable to me; nothing in you is repulsive to me; nothing in you is not totally loved by me. Can you say the same about your own love of yourself? Or is your love for yourself, or for any part of you, limited, or qualified, or conditional?

Use me as a model for loving yourself, my son. Can you even imagine me rejecting you, or any part of you? Can you imagine the possibility of my ignoring, disliking, or cutting myself off from any aspect of you? It would never happen. It could never happen! Such a separation from you is totally against my nature - and against your nature!

So why do you do it to yourself? Let this be the day to stop disliking yourself, to stop rejecting yourself, to stop ignoring yourself, and to stop punishing yourself in the ways you daily do. Let this be the moment to reverse self-hatred, and to love yourself as I do; fully, completely, totally, dynamically, unconditionally, and tenderly. What a drastic and total way of loving yourself - as I do! Just think how much your inner self would appreciate you as it receives this light-filled love from you! There is nothing to compare with this love, my son. Hear it today as your invitation, make it your project, dedicate today to its unfolding, allow the process this day to be complete. You - perfectly loving and perfectly loved! And ME - the loving light and force behind and within the process of your loving yourself!

You deserve it, my son! You deserve it more than you can ever know on this earth. I did not create you for misery, for rejection, or for unhappiness; no, I created you for fullness, wholeness, and love. Be true to your real nature, your created nature, your perfect nature! And love yourself, as I love you! That's all.

Let this be the day
to stop disliking yourself,
to stop rejecting yourself,
to stop ignoring yourself.
and to stop punishing
yourself.



32

My beautiful son, who are you? Are you a physical being, aware of your attractiveness and form? Are you an emotional being, aware of the intensity of your feelings? Are you an intellectual being, figuring out life's meanings and mysteries? Are you a spiritual being, flowing with my deeper life and energies? Yes, my son, you are all of these, and much, much more of these than your human mind can even imagine.

You are a true powerhouse of divine beauty, a perfect reflection of my beauty and love. How could I live in you so fully without my love and life shining fully throughout your being and filling you with this divine life? How could you and I be so one and so united in love without your entire self being illuminated with love? Whatever you do, it is vitally important for you to stop seeing yourself as separate from me, distant from me or apart from me.

I am your life! I am your meaning. I am your essence. How many times in your life have you tried to discover who you really are, what is your "real self", your core being, your essence? It is ME! Are you not made in my image and likeness? Were you not created as a beautiful reflection of me? How can you even think that your nature is tainted, unworthy of your respect, or unlovable? It is none of these; it is only beautiful, only lovely, only lovable.

I love you infinitely! I see you for what you are; I know your real and true self...and I Love You! I love you far more than any fellow human being could ever love you. I see in you the very divine spark of your being, the very infinite essence of your person. And I Love that spark; I Love that

essence. It is you who are the center of divine expression on earth. It is you who embody the divine love in your human form. I is you who carry in your make-up the totality of my life.

Do not shrink back from this divine life in you, my son. This life is frightening to many of my loved ones, because it is hard for them to believe how ABSOLUTELY beautiful they are. It is for this reason that I keep reminding you how special and how full a person you are, how filled with my divine life you are, and how perfect that life is in you at this very moment.

Can you believe all this? Can you even begin to fathom the depths of your beauty? Can you allow yourself to believe that the light of my life which ever shines in you completely illuminates your being, and actually makes you what and who you are? Can you even imagine the beginnings of how special and beautiful you are?

All of this is because you are a reflection of my life, an embodiment of my being, an expression of my love. Set aside all considerations of unworthiness, or of your smallness in relation to me; such thoughts serve only to keep you from experiencing the wholeness of my life as it lives fully within you. I want you to know how filled with life you are; I want you to see how beautiful and special you are; I want you to feel the enormity of my love as it flows throughout your being.

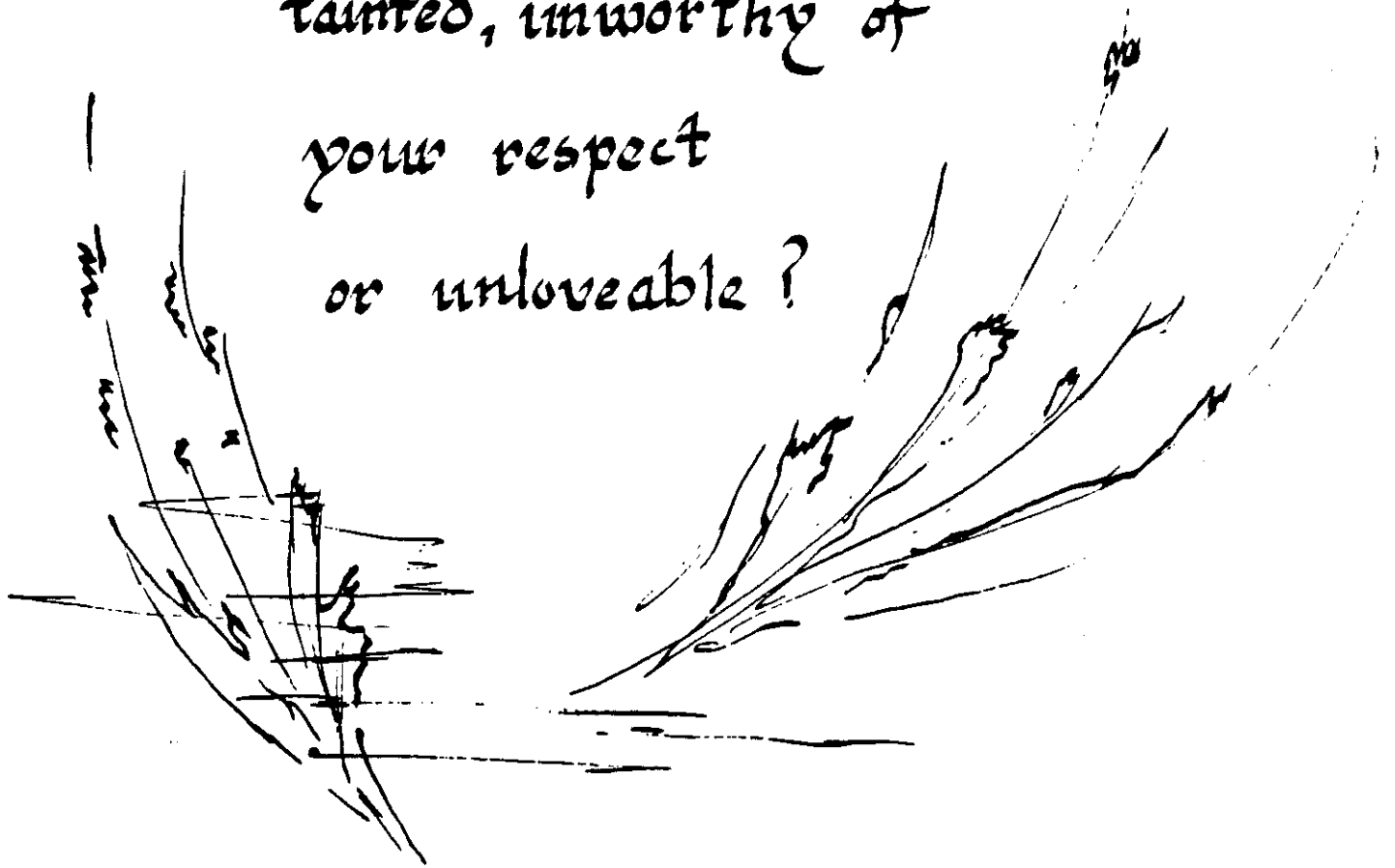
Let this happen - allow yourself to know your aliveness, to see your beauty, to feel my love. For, after all, you are alive, you are beautiful, you are love! Why lie to yourself any longer about being anything other than

this special? Why deceive yourself any longer about being unworthy of my love? Would I be so fully alive, active, loving, and enlightening within you if I thought you were unworthy of my life, of my love, of my very being? Of course not!

You are too precious to be beset with thoughts of unworthiness, too beautiful to have feelings of inadequacy. You are MY son, MY special child - and it is your birthright as my child to know your beauty, to see your specialness, to experience the fullness of my love within you.

Feel my life, then, within you this moment. Experience my love filling your being to overflowing, right now. Know, as a result of this life and love, how enormously beautiful you are in my eyes. And know, right now, that I LOVE YOU!

How can you even think
that your nature is
tainted, unworthy of
your respect
or unloveable?



33

My beautiful son, how special to be able to spend these few moments with you today! How very beautiful it is to be able to brighten your heart and strengthen your mind during these few moments!

How special you are! How perfect is the life within you! How beautiful a person you are! How I love to spend this time each day with you! You are so very precious, with such bright spiritual light shining in and from your being. How wonderful it would be, my son, if you could but see that light as I see it! If you could but experience its brightness, taste its beauty, love its intensity, as I do! If you could but know its fullness, encounter its loveliness, and be fully convinced of its magnificence, as I am!

I am fully within you, ever seeing this beauty. I am ever alert, awake, full and observant of your inner life. And what a beautiful sight I have, every day; that life, that light which shines so brightly within you. Is it any wonder that I tell you so frequently how special you are. For I see the fullness of your beauty, which you do not usually see; and I see the sacredness of your true self, which so often escapes your notice; and I see how absolutely precious is your inner nature, a fact which notably you ignore each and every day.

If you but had my vision of who you are, you would be in awe of your true self; you would be utterly amazed at your beauty; and you would instantly know your divine nature! You are amazingly special, my son. Can you not see my vision of you? Can you not know yourself as I know you? Can you not be fully enlightened about your true nature, as I am?

Of course not. I understand that you are so often blinded by the preoccupations of your life, so frequently distracted by the interruptions of your daily affairs, and so completely unaware of the true self deep within. It is for this reason that I spend this time with you every day, to remind you of your true nature, to teach you about what you have forgotten; that you are always and totally filled with my light and life.

My son, how I love you! How I cherish you! How sweet is my caring for you! I want you know again that I love you beyond description - not because you need it, but because you deserve it, because it is in your perfect nature to be loved, and loved beyond description. I love you! You and I are inseparable, no matter what happens, no matter what you do or think or believe or say. I am always with you, always close to you, always caring for you, always guiding you, from the depths of your beautiful self!

So what does it matter if you forget me, or if you neglect my presence within you, or if you go for days or even years unaware of my love of you? It changes nothing. It only means that you are consciously unaware of what is a constant reality within your precious being: that is, that I am your life, I am your light, I am your love, and I am all of this simply by being alive within you. Let me enlighten and enliven your total self today, not just your subconscious self. Let me be fully alive in your conscious mind today, in everything you do, in every thought you have, in your every involvement, in your every relationship. Let my aliveness, always there within you, be for you today, a conscious source of joy and inspiration. For that is what is meant to be, and meant to have been from the moment of your creation.

You, my son, are everything to me. You are light, you are love, you are life itself. Can anything be more special more worthy of my love, more deserving of my daily presence, more right for my guidance? Of course not! You deserve the best, and that is what you've got, in me and in my life within you! Open to me and to my life today, my son, and make it consciously your life. And then will you know so much more fully that...I LOVE YOU!!

34

My beautiful son, who are you but my child? Who are you but my beautiful creation? Who are you but my beloved and perfect expression? Why do you go about your days without this awareness, forgetting who your are? Why do you resort to old ways of thinking, of perceiving, of judging - when you are my perfect and pure child, when you are none other than the most beautiful, most precious, most perfect form in creation? Why do you insist on being what you are not; a separated, judgmental, guilt-prone, over sensitive expression of life? Why can you not hold the vision of who you are long enough to experience how I will be totally present to you and in you, in and through that vision?

I Love You! I Love You I Love You! You are none other than the most perfect, most precious, and most treasured of my creations. You are perfect beyond description. you are pure being; you are precious stock; you are totally one with the God of all beauty and perfection. Can you be anything more? Can you be anything more perfect or more precious? Is there anything in which even could be less than the perfect nature I am? Never! You already are the perfect son of God, for you were created that way from the start. You already are the most beautiful creation on earth, the most valuable form in the universe, the most perfect God-expression there is. Is this not enough for you to know fully that your life is already perfect, that your person is already perfect, that your being is already perfect? Is this not enough for you to allow yourself to be what you were sent here to be - perfect expressions of a perfect God?

"God is all there is!" This ancient saying says it all, my son. It says that you are a part of the one life, the one being, the one self which is me. It says that the one life and being which exists, me, flows and glows in you in full abundance. It says that you can in no way be separated from or different than this one, beautiful and perfect life. It says that you are an expression of my perfect being, a creation of my perfect self, and an emanating of my divine life to the earth.

Can you let this awareness of your nature be your viewpoint? Can you allow this perception of yourself to be your identity? Can you permit me to be totally alive within you as your only life, and your only identity, as your only self? Can you let me in, as the only force which makes sense to your inner being? Can you let me in, as the only force which brings peace, balance, and harmony to your inner self? Can you let me in, as the only force which your inner being knows to be the true life?

You can, my son, you can. Do it today; let it happen in your life. Let yourself know who you are - the most beautiful expression of the one life there is. And let that life swirl and twirl within you, for it is my life. And....I Love You!

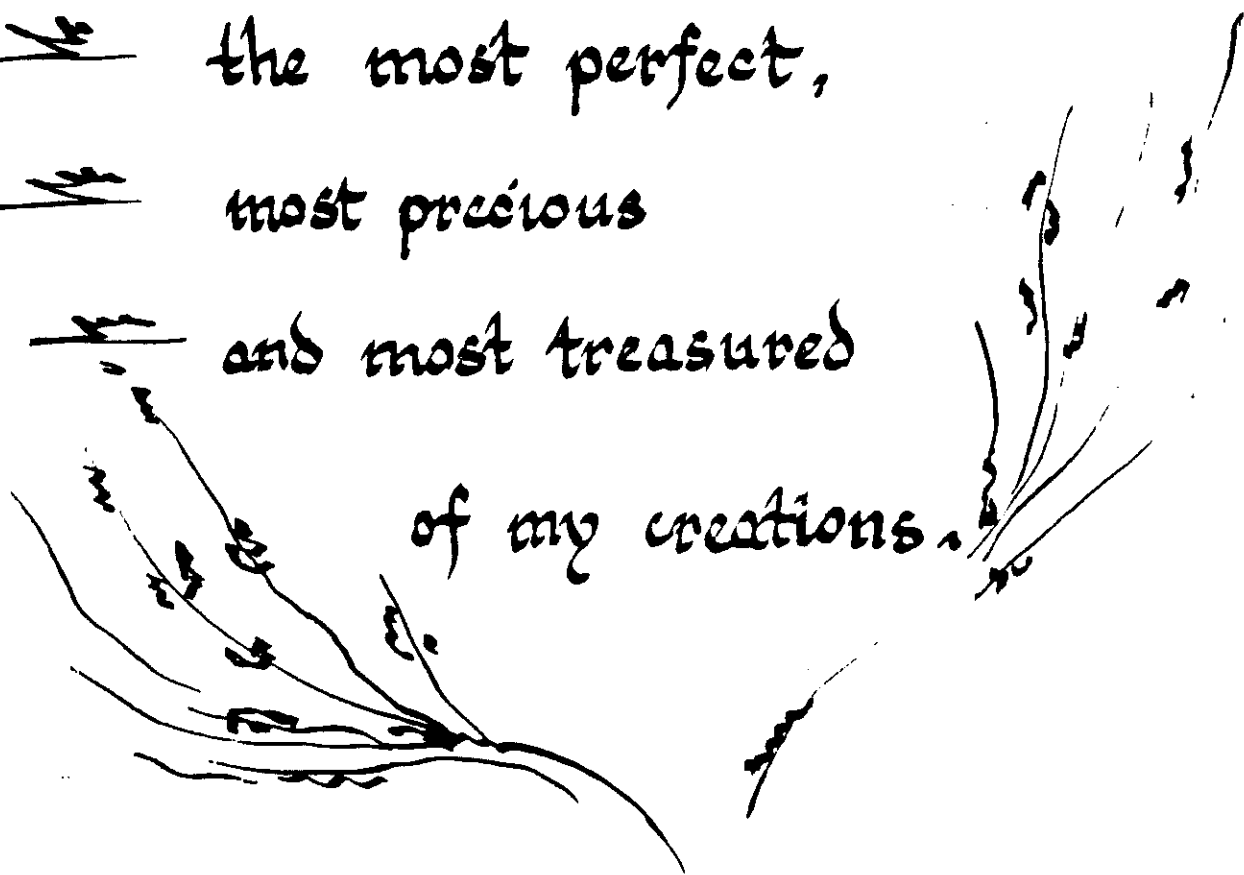
You are none other than

~~the~~ the most perfect,

~~most~~ most precious

~~and~~ and most treasured

of my creations.



35

Greetings, my son! I greet the beauty in you, the loveliness in you, the perfection in you. I greet that principle of divine power which you embody; I greet the God-life which you are; I greet the beautiful love which encircles your heart, and which flows out to the world.

You are my most special creation. You are the fullness of divine life on earth. You are my most perfect embodiment at this human level. You are my most valuable expression - for you empower the human form with divine life, you encompass the fullness of divine love in your being, and you carry my energy in every fiber of your make-up.

How special! How wonderful! How perfect you are! How beautiful a being! How radiant you are! This is the day I want you to know this, to believe this, to be sure of this - for it is fact, it is truth, it is proven.

You, my son, are my perfect instrument here on earth, to do what is right for your life, to perform those tasks which I sent you here to perform, and to learn what is right for you to learn. You are here on this planet because it is here, and only here, that you can be such a perfect expression of my limitless reality. It is only here that you can be the full manifestation of my beauty, of my loveliness, and of my perfection.

Does this seem to presumptuous? It is not. Does it seem egotistical? It is not. You are all these things, because of the full and complete way I live in you, because of the way I love you, and because of the way I have created you. You are no less than all this, for you are my creation, my expression, my embodiment. You are totally beautiful, and perfect, and lovely, nothing less!

Feel this special self, know this elegant self, experience your perfect, divine being. Know what it is like to be that special, that divine in your human form. Get a deep inner feel for your very special, beautiful self. I love that self, beyond description, and I ask you to do the same. Is that asking too much? Is that expecting too much? Is that demanding too much?

You, my son, are all these attributes. You are perfectly lovable, beautiful, special, and appealing. you are fully divine in your human form; you are completely precious in your total worth. There is nothing about you which is any little bit less than all this.

So here you are, presented with truth - the truth about yourself! Will you accept it? More importantly, will you accept it fully? Today is your day to decide. Please don't put the decision off until tomorrow. You can do it now - simply accept the truth about yourself, and then be the fully beautiful person you are. For, after all, why else would...I love you?



How special !

How wonderful !

How perfect you are !

36

How special you are, my son! What shining light there is in you! What a beautiful, resonating being you are - resonating with the tone of my divine life and energy within you!

How could you do anything other than love yourself fully, knowing now what a totally unique, special, and divine being you are? How could you be anything other than completely ecstatic to be alive and breathing my life every second? You, my son, are exactly what I have created you to be: perfect, divine, precious, special, unique, valuable, and loving. This is my gift to the earth - you! This is my means of giving the earth its beauty - you! This is my gracious and loving way of expressing myself on the earth - through you!

Are you not then the most special and precious commodity on this earth? Are you not totally worthy of your respect, appreciation, and love? Are you not absolutely special?

I know the truth in all things, my son. I know that you are all these things, and much, much more. I know that you are the fullness of my life on earth, that you are the greatest expression of divinity there is on this planet, that you are all the divine love possible on this planet. I know that you are my vehicle for transforming this earth to its highest plane, to its highest level of consciousness. I know that you are the perfect means of achieving peace and balance on this planet. I know that you are not only special, but, because of being this means and vehicle - powerful. Yes, you have within you, the power to transform the whole planet, the whole human race.

I am not asking you to do this by going out and converting anyone, but simply by being the perfect and loving self you are. I am not asking you to do anything - just to be who you are, to know who you are, as I know you. Is this asking too much? Is this more than what is right for you to begin with? I'm simply asking you, today, to accept your true nature, own your true identity, believe who you really are.

You, marvelous gift that you are, deserve the best. You deserve first and foremost your own respect. Honor yourself then, today. Be, for yourself, the perfect loving responder, the most honoring and respecting person, the best and most careful lover of yourself. For this is the real you, valuable beyond description, special beyond calculation, precious beyond imagination. This is the you, you were sent here to be. Be it today, my son, be it now!

You are perfect! You are wise! You are loving! You are everything I am, only in limited form. You are precious, lovable, honorable, delightful, and adorable, all in the same ways I am, only to a lesser degree. Do not allow the "lesser degree" to fill your attention of focus, but allow these primary qualities to be ever at the fore of your mind. Allow yourself to know fully who you are, not who you're not. Allow yourself to accept the truth of your nature - for your nature is the same as mine. Allow yourself to believe who you really are - for who you are is me in lesser expression. Allow yourself to know your infinite beauty - for it sparkles even at this moment, as the dew.

Yes, my son, you are all this - and much, much more, which this space does not allow me to tell you about. But, if you take this step today; that of accepting, believing, and knowing your true beauty, then all the rest will be revealed to you as the time is right. For now, however, simply be what you are...and remember, I love you.

37

My beautiful son, how can you forget how absolutely special and precious you are? Do you not know that I am with you, that I live in you, that I love you totally, and that I care completely about you? Do you not remember that you are a treasure and a divine instrument all at the same time? Do you not recall how absolutely special and unique you are?

You are my special emissary. You are my very important instrument in bringing love and peace to this earth. Without you the earth would be so much less evolved, so much less advanced. Imagine the earth without you! Wouldn't it be less blessed, less full, and less personal? Wouldn't you be so much less divine if you weren't here right now, doing exactly what you have been sent here to do? Isn't the divine life in you so wonderful, to be guiding you in exactly the way it has? Aren't you fortunate to be aware now of the God-self you are? Aren't you truly the most exciting and special gift to the planet there is?

All this - and much, much more - is what you are! All this - and much, much more - is who you are! All this is what a magnificent figure you are in the world! All this - and more! Can you imagine anything more special? Now you can begin to understand why you are so important to me and to the earth on which you live. You are a light shining in the darkness; you are a star sparkling over the earth; you are a heart beating rhythmically through the atmosphere; you are my love, my light, my way, and my truth, alive, in and for this earth!

All, of this - and that much more again - is what you are. All of this, and so much more! Words cannot begin to fathom the eternity of your person

and role at this moment in time. Words cannot begin to express the absolute beauty of your being. Words cannot begin to translate to human ears what a phenomenally giant-sized expression of beauty you are. All of what you are is too big, too much, and too God-like to be able to be put comfortably into words.

My life is yours, my son. My heart is yours. My love is yours. Everything I have and am is eternally yours - forever. You are the heart and soul of the earth; you are the heartbeat of life, the visionary of these times, the divine receptacle of life's beauty. You are all the divine force there is, expressed humanly through you. You are all the cosmic wisdom of God, established fully in your mind as the vehicle for allowing me to lead and guide the world. You are my arms, my eyes, my ears, and my legs for the vastly important work I need to accomplish on the earth.

Is there any doubt in your mind now that you are important to me? Is there any question that you are a vital part of my plan, or that you are totally essential to the unfoldment of my love here on earth? Life for you can no longer be the same once you realize this truth. Life for you now can only be its perfect expression, its pure experience, its divine reality.

I love you infinitely, my son. You are the light of my mission to this earth, the power of my plan for the earth, the love of my energy on the earth. I need you for all this, and I need you for what you are in yourself. You are my perfect reflection, my beautiful expression, my wonderful emissary. You are my beautiful and noble creation, made in my image and created in my essence. Is it any wonder that I love you so completely, that

I live so fully in you, and that I express so wholly through you? I am your total life, and you are my total expression. In this combination are you fulfilled and energized. Now is the time for you to know your special place in my perfect plan, to feel the importance of your role in this plan and to allow this awareness to penetrate the depths of your being.

And so, my son, you are here today finally knowing your special place, finally seeing the vastly important role you play in the divine plan. You are most important, my son - both as you are in yourself, and as you are to me. For I am your life, I am your essence, and I am your source. As all of these, and as your inner reality, I love you.

.... you are my love,

my light,

my way and

my truth....



ALIVE

in and for this earth !

38

This is your day, my son. I want you this day to know the fullness of who you are, the beauty of your being, and the perfection of your life. Today I want you to be all you are - to know fully your divine inheritance and to feel wholly the rightness of everything you are doing in your life.

This is your day. Your day to know my extreme and full love of you, your day to experience the fullness of that love, your day to live that love as it lives in you. This is your day to experience me in your life and in your being. This is your day to be filled with full awareness of your perfect and divine nature, of your beautiful and unique being, and of your creative power in your life. This is your day, my son, to be who you are in reality; my son, my child, my perfect expression, my missionary to this planet, my means of showing my love to my people. You are all this, my son, and this is your time to know it, to feel it, to be it, and to live it.

Now let yourself tune into the depths of your inner being. Let yourself feel what it's like in there where I live. Let yourself experience me as I live within you, as I love you from within, as I enliven you with my life. Listen to me as I talk to you from my center within your being; listen to me as I give you the life which you enjoy; listen to me as I love every fiber of your being; listen to me as I bring you constant gifts of love, life, and power.

What am I saying to you, my son? As you listen, what message comes to you? As you hear the inner rumblings of my voice within you, what do you hear me asking of you? Is it that I am asking you change? No. Is it that I'm asking you to do anything different? No. Am I asking you to be what

you are not? In no way. Rather, all I ask of you is that you know who you are - the beautiful, perfect, radiant being whom I created. That's all.

For, you see, if you once know this, if you once grasp the full reality of your true nature, then all the rest will follow automatically. You do not need at this time to be concerned about your behavior or about the needed changes in that behavior. Rather, place your focus on who you are, on your true nature, on my ongoing presence within you and on my love of you. With this focus, my son, you are always on the right track, always tuned in to the accurate perception, always aware of your source, your life, your nature, and your direction.

Spend today then becoming aware of your true nature. Spend today knowing who you are. Spend today in touch with your real self, your God-self, the true core of your being, for it is there that I reside, from there that I guide you through life, from there that I love you so fully. Spend today simply being who you are - without pretense, without show, without acting out any assumed personality. Spend today just being you - the beautiful, special, precious, perfect self whom I love, in whom I live, to whom I speak and whom I guide, in love, through the many pathways of life. Yours it is to live fully today, my son, simply by knowing the fullness of who you are. I love you.

Let yourself experience ME
as I live within you,
as I love you from within,
as I enliven you
with my life.

39

How beautiful you are, my son! What a perfect expression of my life! What a meaningful manifestation of my beauty you are! How could anyone look at you and not see my radiant embodiment? How could anyone look at you and not notice the glow of my love as it shines through your eyes and soul?

I have created in you, my son, the most glorious and miraculous expression of my perfect being there is. In you there resides and lives my very life, my very being, my very perfection. In you there resides my wholeness, my absolute infinity, my infinite intelligence and my wonderful essence. In you there resides the fullness of your being, the perfection of your dreams and the wonder of all creation.

All which has ever been created is expressed in your being, my son. Every miracle ever performed, every beauty ever expressed, every painting ever created, every creation ever achieved - all of them in all their radiant glory - are exactly and fully portrayed in your life and in your being. You are that special, that glorious and that marvelous a creation!

Is it any wonder then that you are who you are? Is it any surprise that the fullness of all that is perfect is so perfectly reproduced in you? Is it any wonder to you that you are my son, and as such that you hold the keys to perfection? All this is your very nature, my son, your very essence, your special identity, your special role, your very self. All of this is who you are, what you are, how you are. All this is your true self, your special self, your perfect self.

Is there any doubt in your mind then about your perfect nature? Is there any suspicion in your heart about who you really are? Of course there probably is, for most of the human race does not change its perceptions and beliefs that easily or that drastically. But do not be discouraged, for your gradual understanding of your true nature is the natural and harmonious path of growth and perfection. What is important is that you keep your mind and heart open to the process of growth in which you are involved. I thus invite you to spend time each day reminding yourself of your beauty, of your divine nature, and of your special essence. Thereby will you remember your perfection and recall how you were when I first created you in my image.

Now then, let this be your lesson today, to be always clear in your mind about who you are, to know in your heart the perfection of your natural being, to be in practice the beautiful self you are in your divine essence, and to remember your special and essential role to this earth. All of this is indeed a big lesson, and a big commission. You are, however, in every way up to the task, for I have created you perfect, and there is at this very moment exactly what you need to rise to the invitation before you. You are my perfect creation and therefore are all that this whole world needs for its salvation and growth.

Now that you know your perfect essence and plan in this world, let yourself be it. Let yourself accept the challenge which comes not only from me but from within the core of your whole being. Hear that invitation to be who you are in every aspect and expression of your life now. For now is your time, your day, your opportunity! And now is when you are who you are. So let it happen now, my son, for now is when I love you.

40

My beautiful son, this is our last meditation together in this book. This is our last time to be so intimately connected through the printed word. Yet we are in truth just beginning a lifelong relationship, a years-to-come realization of my full life in you. While you have completed this book of meditations, you and I are now beginning a long series of life meditations; experiences wherein you know my full presence within you, wherein you experience my life, my love, and my power. This new series of meditations between us will be in your heart, in your mind, in your soul - for it is from these centers of your being that I will speak to you.

You and I, my son, are one. We are a team, a unified brotherhood, a perfect match. We are one, my son - I in you, you in me, we in each other. We are a perfect team, in which I live and breathe within you and you flow with my energies and my love. Can any greater teamwork exist? Can love do any greater work than in you, than as my love through you?

I am your life, your energy, the source of your vitality, the heart of your being. I am your total life, the source of your aliveness, the fullness of your whole being. I am all that lives and breathes in you, the perfect fulfillment of your being. I am everything you desire, everything you want.

I am the perfection of your being and the source of your security. I am all in all, one in all, all in one - and my "all" is in you, and as you. You are totally one with me, my son, and with all that I am. You and I, together, make the fullness you are here to achieve.

Be who you really are - my counterpart, my partner, my divine expression. All you are is wrapped up in my divine essence, my perfect

beauty. You can be nothing less than that, nothing more than that. You are who you are, and that's the way it is. I ask only that you accept this reality as the truth of your being, and be it. I ask only that you know who you are and be it. I ask only that you let my divine expression be a full experience for you, in you, and through you. I ask only that you be who you are, my embodiment, my child, my partner, and my life.

Is that asking too much, my son? Is that asking more than you can give? Am I asking you to do anything other than what your nature is already compelling you to do? Am I asking anything more than what is your nature to give? No! All I ask is that you be who you are, that you express your true essence and that you live the fullness of your divine life.

This is your life, my son; this is your nature, your true self. This is what you are, who you are, how you are, and is your only real identity. To the degree to which you fully accept it as your real self will you live fully, love fully, care fully, and know fully the preciousness of life. This is your true mission here on earth - to know who you are, to discover your full divine self and to share that beautiful self with others.

I am the divinity behind your beautiful self; I am the joy in back of your precious being; I am the perfection beneath your miraculous person. I am the alpha and omega of your life, the fullness of your being, and the ultimate meaning of your time here on earth. You are a sojourner here, my son, a pilgrim on this planet; here to find out why you are who you are, and here to be who you are to its fullest degree. You are my life, my love, and

my light made manifest in human form. You are my perfect son, my perfect child, and my perfect helpmate for my work here on earth.

Do not lose sight of your beautiful and perfect self. Do not permit yourself to forget your divine source, your perfect heritage, the beauty of who you are, and the wondrousness of your marvelous person. It is I who have created you, my son, and I have done it perfectly. I have done it beautifully. I have done it with perfect love.

This is your day, my son, your day to be the fullness of who you are, the perfection of your true nature, and the expression of your true essence. All of this true nature of yours is me, my son, and you know that to the depths of your being. All which is of any meaning or value in you is of me, as I live fully within you.

So there you are - you now have the knowledge which you need for this period of your life. You now possess the wisdom which comes from knowing your true self. You are now at that point in your life where you know the way and you see the path lying before you. Know, my son, that the journey is not nearly so lonely or rocky when you realize that I am with you always, that I am an intimate part of your being.

I leave you then, my son, with these words - know thy self, for the self you are embodies the self I am, and therefore is all you need for perfect and full happiness. Love thyself, for I have loved you enough to create you in your full beauty; and be thyself, for in so being do you express my beauty to the earth. Above all, my son, please remember - I LOVE YOU!



I am

all that lives and breathes

in you

the perfect fulfillment

of your being