

**Joining in Truth**

**Toward**

**Planetary Enlightenment**

Workbook Addendum for Text:  
“Not Guilty – Undoing the Illusion of Separate Existence”

**Yaani**

## **Joining in Truth Toward Planetary Enlightenment**

*Workbook Addendum for Text: "Not Guilty" -- Questions and Answers*

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Twenty five years ago, when I was attending Western Washington University, I was looking for something which I quickly discovered was not available in the academic curricula at my disposal. I looked in psychology, philosophy, sociology and comparative religious studies. What I was looking for was universal truth, the very essential nature of being, the meaning of life. Subsequent to graduation, my search took me to India. There I explored ideas of enlightenment, life's purpose, who am I? what is God? a solution to all the suffering in the world... My studies transcended religious and intellectual thought and culminated in uncovering the cause of the dilemma facing us throughout history.

Today, I find myself very much done with searching, feeling that I have indeed found a painless, expedient solution which I yearn to share with young people so that they need not reinvent the wheel. I want to help them to their own enlightenment. I understand enlightenment to include the relinquishment of the ego thought system through trust in one's own inner knowing and conscience, and through leading a life based on certain simple fundamental, universal, eternal principles. The students will be expected to actively participate in passionate debate, lively open discussion and deliberation, to promote clear, reasonable and logical thinking. Once enlightened, they will know who they are, how to live life fully, how to negotiate life's challenges as upstanding citizens, full of exemplary character and self-confidence, eager to make significant contributions to society and to the world at large.

I read and hear of a painfully apparent vacuum in our young people's existence today. College students face agonizing indecision, confusion and vacillation in meeting life's tough decisions. I believe a new educational paradigm, wherein every university in America will offer classes such as the one being proposed will fill that void. We are entering a new age, an age of enlightenment, therefore enlightenment ought to be available to all, rather than to a limited few as has been the guiding rule to date. And what better setting than a university campus? America's future is shaped by its students of today and its present student body can be inspired and ennobled toward greatness beyond all here-to-fore witnessed possibilities. We will end sickness, suffering, lack and injustice when we know we deserve better. We will witness peace, love and joy for all people everywhere when we unite in the recognition that all are equally worthy.

This course does not intend to favor any one specific theology or spiritual path to the exclusion of any others so need not raise any controversy.

Though my particular path has taken me to certain specific experiences and teachers, my conclusions apply to all valid paths to truth and point to the exposing and relinquishment of the ego thought system and that is universal.

In this booklet are questions and answers for use in the Socratic spirit of asking the right questions to evoke the students own inner knowing. Questions should be assigned as homework to be done before class and then class content should be formulated on the basis of the answers students turned in prior to class, say via e-mail. There are audiovisuals available in the form of power point presentations, graphics and illustrations for overhead projector use as well as other visual aids. This syllabus can be adapted for use by any spiritual teacher or professor who wants to impart self-knowledge to his students.

Nine day teacher training available on campus at 1101 Vine Street, Wisc. Dells, WI 53965 USA.

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# Introduction

## IA. Information, Questions, Protocol

This class is based on the premise that all knowledge is to be found within and that asking the right questions will elicit that inner knowing. It is also based on the premise that we are all essentially so much more alike than different and that truth is the same for all of us and its discovery will benefit not only us, but the whole of humanity, as we are all one and truth is magnitudes more powerful than untruth. On page 2 are questions for today's class followed by some suggested 'rules of engagement.' Before we leave today, you will also receive a reading assignment and questions to be turned in prior to our next meeting, if possible via e-mail. We will use those answers to shape the contents of our next meeting.

You are encouraged to turn in your answers only for the purpose of sharing with the rest of the group, and not for correction. Be your own teacher. I know that you already know everything. No one outside of me taught me what I have come to know as truth. I had teachers who pointed me in the right direction. We are all responsible for our own salvation and no one can do it for us. However, if you find an authentic teacher, one who has completed the journey, that is very good news for you, as they can point the way if you can trust them enough to allow them to do that for you. Such a one could save you much time and help you cut to the chase.

This course is about your enlightenment, and not about getting a good mark on an exam. Be self-motivated - don't depend on someone outside of you to do it for you. Perhaps you could meet with a friend to discuss your answers. See if you are on the same page and if not, are willing to get there, whatever it may take. This is not an assignment in reaching consensus but rather in uncovering truth within your own heart – look deep within and listen alertly to what your partner is offering. When you have found truth, you will be on the same page as all who have found it, and you will know it because you really do already know everything. We're not looking for the truth, but merely to removing all interference which we've placed in our own way. When willing to be wrong about everything you've taught yourself thus far, truth will dawn of itself.

The purpose for looking at your answers will be toward joining in truth. Perhaps further questions can be posed to help you explore even more deeply within. Differing ideas or beliefs are opportunities to go deeper. We can look at them together. We might argue our respective positions, but hopefully only for the sake of arriving at truth, not to be right. We all have our contributions to make to truth. Your contribution is invaluable. Joining in truth gives a surge of energy so powerful, it can save the world. For that true joining no conflict or controversy need arise, as long as we are willing to hear each other out, in love, trust and patience, willing to stand together calmly, as long as necessary to truly meet. Answers to all questions are elaborated on in the assigned reading in 'Not Guilty.' You are free to agree with those explanations or not. Do not give your power away to anyone outside of you to tell you whether your answers are right or not. Please feel free

to ask any questions either in the context of this class or privately. Please also feel free to come up with your own 'right questions' and their answers as you feel so directed from your true teacher within.

Questions:

1. What do you hope to get out of this class?
2. What is your spiritual/religious background?
3. Do you believe in God? Why or why not?
4. Who is God? Where is God?
5. Do you think you were created by God? Why or why not?
6. Do you think truth to be the same for everyone? Why or why not?
7. Who are you? What is your purpose?
8. What is enlightenment? Do you want to be enlightened? How many people attain enlightenment? Is it a common occurrence or a rare phenomenon on the planet?
9. How do you recognize a true teacher? How a false one? Who is a true student?

Rules of engagement:

1. Please read the assigned reading and answer the assigned questions before participating in class discussions.
2. Please listen deeply within your own heart as to what your truth is and speak from that place.
3. Please do not interrupt others - honor everyone.
4. It's ok to differ and to argue our opposing points of view, as long as it's with the objective of meeting in truth, rather than being right at someone else's expense.
5. Please listen brightly to all comments. You are not required to agree, but you are asked to listen with an open mind, allowing for other possibilities besides your own idea of what is true.
6. Our purpose is to join in truth. If you believe one thing and I believe something else, there is separation and this is a false association. It is not enough to agree to disagree. In participating in this class, you are being asked to put all your beliefs on the table, willing to be wrong, willing to do whatever it takes to truly meet, for the sake of truth.
7. Let us find ways to overcome any differences amicably, without needing to be right. At the same time let us be true to ourselves, daring to take a stand, even though our truth may not be popular.

*May the teacher within guide you to use these questions and answers  
in the Spirit in which they are being offered,*

*Toward the relinquishment of ego and the uplift of all humanity.*

*May our joining in truth heal the suffering on our planet.*

*May all beings in all the worlds be happy.*

*May peace prevail on earth.*

## **IB. Answers to Overview Questions**

1. Who is God? God is my source, the creator of all that is real and good. God is Love. God is an idea in my mind. Where is God? Everywhere – Where is God not?
2. Do you think you were created by God? Yes. Why or why not? If God created everything, He must have created me. If God is everything, He must have created everything.
3. Do you think truth to be the same for everyone? Yes. Why or why not? Because we were all created by God - perfectly equal, perfectly innocent, whole and complete.
4. Who are you? I am a child of God, equal with God, perfect, holy, innocent, no different from God. I am a creation of light. I am mind and spirit. What is your purpose? God created me to create, to love and to know, however until the world is restored to the purpose God gave it, my purpose is to do all I can toward its healing, through joining with my brothers and sisters in truth - where separation is healed and we are restored to our true function of creating the good, the beautiful and the holy.
5. What is enlightenment? The state where we awaken from our self-imposed sleep. The realization that we are all the same, all equal. The one who is not awake sees difference, inequality, distinction based on religion, nationality, skin color, degrees, popularity, worldly success... The enlightened one is no longer deceived by ego and sees no difference, no inequality. How many people attain enlightenment? It is very rare at this time – Sai Baba says that in the last century only 5 attained. In my particular case the universe confirmed my enlightenment (detailed in Ch. 18 of Not Guilty) - thus assuring me that I'm not deluding myself. "There is none so hopelessly bound as one who falsely thinks himself awake." I offer a class on enlightenment only because I am awake.
6. There are many today who claim to be enlightened. How does one recognize a true teacher? True teachers will never think they have something that their students do not have, will always try to bridge the gap between teacher and student, will direct you to the teacher within, trusts the students to know everything, wants to give you everything and expects nothing from you, wants to help you cut to the chase and save time, wants you to do greater works than he has done. How a false one? A false teacher will act like he knows something you don't, is ego oriented and tries to maintain a teacher/student distinction in the students' minds, is out to dominate his students. Who is a true student? True students are willing to be wrong about everything they have taught themselves thus far. A true student attracts a true teacher. Today there are few real teachers. No one wants to have a teacher because the teacher/student relationship has been

polluted and students have concluded that they are better off on their own. I have a true teacher, and I am so deeply grateful.

## **IIA. Questions - Are you ready to give up nothing for everything?**

Related reading: Introduction and Chapter 1 of Not Guilty (NG):

From the introduction:

1. Are you the cause of everything that happens to you? If yes, is that good news?
2. Does the suffering of others affect you? Why or why not?
3. Is there anything you can or need do about the suffering in the world?
4. Are you Divine? How do you know?
5. Why does ego want you guilty?
6. How can one get lost in concepts, even with a true teaching?
7. Do you need to agree with my conclusions? Why or why not?
8. Sai Baba is my primary teacher and I frequently refer to him. Is that ok with you? Do you need to believe in Sai Baba in order to be saved?
9. Is truth knowable? How can one recognize truth?
10. Can we have opposing views and still both be right?
11. Why is it so easy to misinterpret the teachings?
12. Is ego a problem?
13. Do you have an ego? How do you know? Is it possible to be free of ego? Do you want to be ego free?

From Chapter I:

14. ACIM says you were created to be and have everything. Do you think that's true? What is meant by everything?
15. What might an experience of everything look like? What might cause unrest in such an idyllic setting?
16. Did we trade in everything for nothing? Why? What is meant by nothing?
17. Can nothing be part of everything? Why or why not? Where does everything end and nothing begin?
18. Where you created? Who is your Source? How do you know? Why were you created?
19. How did God create you? Equal with Him? One with Him?
20. How might we experience separation from God?
21. How do we stop giving reality to that which is not real?
22. How does bringing opposites together expose their complete incompatibility?
23. What is forgiveness? What is a miracle?

## **IIB. Answers – Are you ready to give up nothing for everything? YES**

From the introduction:

1. Are you the cause of everything that happens to you? Yes, we are all the cause of our own experience. If yes, is that good news? Yes, because it means we are also in charge of when our destiny changes and it changes when we believe we deserve better.
2. Does the suffering of others affect you? Why or why not? Yes, everyone's suffering affects me deeply because we are all one. If you are not affected, it is only that you have cut yourself off from yourself in order to escape pain. This will not heal it, but rather will perpetuate suffering.
3. Is there anything you can or need do about the suffering in the world? I was told to strive to my maximum capacity for perfection in purity, righteous, nobility, virtue, kindness... and to pray constantly for the uplift of all humanity. My constant prayer is, "Please show me what to do and where to go. I'll go anywhere. I'll do anything."
4. Are you Divine? Yes. How do you know? Because God created us Divine for all eternity and He created us such that we could not forget who we are. We all do know the truth.
5. Why does ego want you guilty? Ego lives on guilt. As soon as you realize your innocence, ego has lost its hold over you and you are free of it. Ego and guilt are exactly the same. All the suffering in the world is due to guilt for crimes that were never committed and it stops when we stop feeling guilty for no reason at all. We all make mistakes and mistakes are correctable. We must correct our errors rather than feel guilty for them. We must recognize that no mistake had any real effect and choose to act in ways that support the truth of who we are as God created us.
6. How can one get lost in concepts, even with a true teaching? As long as you are allied with ego, ego will try to convince you to misapply true teachings to your disadvantage so that it can exist at your expense. Ego is the full power of God turned against ourselves, at our choosing – ego is our only problem and our salvation lies in the fact that ego is an imposter (more on that later). As soon as we discover the truth, ego is gone, for ego and truth are mutually exclusive.
7. Do you need to agree with my conclusions? No. Why or why not? Because the truth is within you. However, it is very helpful to look at differing points of view. Many times I would think I had understood, but when I looked at the issue from a number of different angles, for example from someone else's perspective, I could expand my understanding and go deeper. This is why it would be helpful to post your answers so that others can benefit from them. Truth is the same for all of us. If we differ that means there is work to do. Differing is an opportunity for expansion, for open-mindedness, for new possibilities...
8. Do you need to believe in Sai Baba in order to be saved? Of course not. You are your own savior. Sai Baba, Jesus, Buddha... can help you to discover that, but no one can save you but yourself.

9. Is truth knowable? Yes. How can one recognize truth? It is known by the certainty you feel, and the peace. It is known by the feeling of true freedom in God, in holiness... It is hard to put truth into words because what I say will be heard differently depending on how you want to hear it, more to the point depending on whether you're listening with God or with ego. Words can point the way to truth. Your willingness to hear it the way it was meant, your willingness to be wrong, your willingness to have only the truth, your willingness to do whatever it takes will help you to recognize it.
10. Can we have opposing views and still both be right? Yes that is possible. It is also possible that only one of us is right or that both of us be wrong. I am always asking, always willing to be wrong, always willing to be shown by Spirit within.
11. Why is it so easy to misinterpret the teachings? Because we have allied with a slippery ego that wants to exist at our expense and truth and ego are mutually exclusive.
12. Is ego a problem? Ego is the only problem. If you think you have a problem but you don't think it is ego, that is because ego does not want you to see it as your only problem. Ego's objective is never to be found out by you, because once you see it as the problem, you will see that you don't have a problem, because ego is not real and only your power of belief keeps it alive. Once you look at ego, it simply vanishes into thin air because it was never real and then your problem also vanishes. However ego is also the full power of God turned against ourselves, and that's not nothing. Only by trusting God completely can we hope to free ourselves of ego's clutches.
13. Do you have an ego? Yes, though I've seen through it, I must still be constantly vigilant. How do you know? Anytime there is a feeling of constriction or separation that would be ego. Is it possible to be free of ego? Yes. Do you want to be ego free? We all made for ourselves an ego to experience independence from God. As long you are not awake you are under ego's spell. You cannot free yourself of ego's clutches, only God can free you – that is due to ego's cunning and deceptions. I want the whole world to be free of ego, for only then will we have a peaceful world of abundance, joy and love for everyone.

From Chapter I:

14. ACIM says we were created to be and have everything. Do you think that's true? Yes. What is meant by everything? I know myself to be and have everything. Everything means all power, glory, strength, knowing, holiness, truth...
15. What might an experience of everything look like? Undisturbed peace, pure love, ever increasing joy, perfect communication with everyone and everything, perfect equality with God and everyone, eternal life without opposite, grandeur, limitless creative expression, beauty, vibrant color, glorious music..... What might cause unrest in such an idyllic setting? A desire for more than everything, independence, freedom from God's will, choice, special favor, an idea of lack...
16. Did we trade in everything for nothing? Yes. Why? We thought we were missing something. We wanted more than everything, we wanted to be self-created -

autonomous, self-authored, free to be imperfect even though God depends on us to be perfect as He created us, we wanted to be greater than others though God created us equal with everyone, we wanted to compete with others, to be free of God's will though God's will for us is perfect freedom, except for the freedom to create ourselves or to be autonomous, as that is impossible. We thought we lacked freedom, but we traded in freedom for bondage. God created us one with Him, and we made ego to sever that eternal oneness. We cannot create what has already been created. We can create like God, but we cannot recreate what God already created. We cannot create ourselves or our source. Ego is an attempt at self-creation or at creating our source and as the premise is false, ego does not exist in truth. Just as we cannot give birth to our worldly parents, or ourselves, so we could not replace God as our source, nor could we create ourselves. That is what ego is – a false idea of self-creation, held in place by the power of our belief. Ego is nothing. What is meant by nothing? Nothing relates to our desire to have more than everything, all that changes, decays, dies... for God only creates the eternal. Ego and all that comes from alliance with ego is nothing.

17. Can nothing be part of everything? No. Why or why not? Because God and ego are mutually exclusive ideas and God is everything/a real idea while ego is nothing/a false idea. Where does everything end and nothing begin? Everything has no end and nothing has no beginning. The two are mutually exclusive and never meet.
18. Were you created? Yes. Who is your Source? God is my source. How do you know? We know because He created us to know, and though we have fooled ourselves into believing in that which is not true, we do not have the power to forget the truth. When God created us, He created us to know the truth for all eternity, so we do all know that we were created by God. Why were you created? God created us to express His love and extend His joy.
19. How did God create you? Equal with Him? One with Him? Yes, perfectly equal with Him in power and love and glory, perfectly one with Him for all eternity. There is no place where God ends and His creations begin. We were all created to be and have everything that God has.
20. How might we experience separation from God? By thinking we are not equal with God, that God is not who He is - pure love, that God judges, punishes, abandoned us... How might we experience our oneness with God? By recognizing our perfect equality with God and trusting that God loves us with an eternal and unaffected love, by being willing to have been created by God.
21. How do we stop giving reality to that which is not real? As soon as we stop believing in ego, we pull the plug on all that goes with having an ego, all suffering, conflict, pain... Those are really nothing, but have been believed to be everything. We must change our minds about who we are and the purpose for which God created us.
22. How does bringing opposites together expose their complete incompatibility? If you add nothing and everything together you get everything. Nothing does not increase everything. It has no effect. It is non-existent. God and ego cannot both

exist. Ego was made to replace God. God cannot be replaced, therefore ego does not exist. When light enters a dark room the darkness vanishes. Both light and darkness cannot exist together. It is impossible. Ego is only sustained by the power of our belief, because we are all-powerful. When we stop believing in it, it no longer has power over us, because it was never real.

23. What is forgiveness? To forgive is to stop giving reality to the unreal. We forgive ourselves for making an ego to replace God as source. We accept that we made a mistake and correct our error by seeing that ego is an unreal idea that lacks truth. Forgiveness sees that you are responsible for everything that happens to you because there is no one more powerful than you, and so you forgive others for what they did not do. Nothing can happen to you without your will, therefore no one outside of you can hurt you. You are invulnerable as created by God, therefore nothing happened to who you really are. You are not your body. To know all this is to have no enemies. That is true forgiveness.
24. What is a miracle? A miracle undoes the unreal. Miracles heal the world of sickness, suffering and death which were never real and thereby reveal the real world of peace, love and joy God created whole and perfect for all eternity.

### **III.A. Questions – Can projecting guilt free you of it?**

Please read Chapters 2 & 18 in NG (Projection Makes Perception) and answer the following questions:

1. If God created us to be and have everything, how do we find ourselves in an experience of sickness, suffering and death?
2. What will it take to end our experience of pain and return to an experience of love and joy?
3. Can your experience of peace, love and joy be complete while others are suffering?
4. Is the world in you or are you in the world? If God created the world within you, why do you feel the world to be separate from you or outside of you?
5. Why did God create the world?
6. What is your purpose for the world?
7. How is it possible for our minds to think unholy thoughts if God created us innocent and holy forever?
8. Is everything that happens to you due to your will? Or are you an effect of a cause outside of yourself?
9. What is ego? Where did it come from?
10. Do you have any objection to the Adam and Eve story in the Bible? If so, please state.
11. Why did God ask Adam not to eat of the tree of the Knowledge of Good and Evil? Is eating the apple the making of ego?
12. Why did God place the tree in the Garden if it was not in Adam's best interest?
13. What happened when Adam ate the fruit?
14. Why did he blame Eve? Can Eve be guilty when God created her innocent? Can she be misperceived?
15. What happens when you blame anyone for any reason?
16. If ego was made to replace God as our creator, did we succeed? Did God in fact get replaced?
17. Is it possible for you to trade in your parents for new parents? Can the new parents ever be your birth parents?
18. Why did Adam feel guilty? Why were Adam and Eve banished?
19. Can you think of examples of projection of guilt in your own life? How does ego get you to project guilt?
20. Why was Jesus crucified?
21. Why did I assign my story as part of this class?

22. Is correction of another's errors your responsibility?
23. What's the main idea being presented?

### **IIIB. Answers – Can projecting guilt free you of it? NO**

1. If God created us to be and have everything, how do we find ourselves in an experience of sickness, suffering and death? We are in an unreal experience by our choice. This is good news because it means we can choose again. We will choose again as soon as we know that we and everyone deserve better and can have better. Our minds are all-powerful, thus we can have whatever we want. It would be in our best interest to choose God's heavenly gifts rather than the things of the world as ego tries to convince us to choose.
2. What will it take to end our experience of pain and return to an experience of love and joy? It will take joining in truth. It will take a willingness to turn the reins over to God to undo the insanity that is our present experience. It will take a miracle. It will take a shift in consciousness. It will take constant vigilance for that which is good, true, holy and perfect. It will require the relinquishment of ego which takes no time at all, but only our willingness.
3. Can your experience of peace, love and joy be complete while others are suffering? No, for all are myself. Therefore whatever I want for myself I must want for all and until all have everything as they deserve, my salvation is incomplete. This does not mean that I can choose for anyone else. Each must accept salvation for themselves – all were created free, and that freedom must be honored. However, as more and more accept the truth, it becomes a natural choice for all.
4. Is the world in you or are you in the world? The world is in me, for God created me to be like Him, and the world is an idea in God's mind. It means that I affect my world, rather than that the world is the cause and I its effect. If God created the world within you, why do you feel the world to be separate from you or outside of you? When we made ego to replace God, we accepted ego's idea of reality which is not real or true, but which served our purpose of securing a hiding place from God. In projecting the world outside our minds it became what we wanted it to be, rather than what it is in truth. It became a place in which to experience separation from God. This did not change the truth, however it did change our experience.
5. Why did God create the world? Out of love for His beloved children and to enhance His joy.

6. What is your purpose for the world? God created the world and us to create in it with Him and to walk as equals with Him and all His beloved children – where none are excluded or special. Now we must heal the world and thereby restore it to its original purpose.
7. How is it possible for our minds to think unholy thoughts if God created us innocent and holy forever? Since God created us with freewill, it was possible for us to err. Errors are correctible. When errors are corrected there is no problem. When we make mistakes and blame others, or deny our mistakes, or justify them, or feel guilty for them, we make them real, and thereby get caught in unreality. This is because God created us free. If we did not have the power to alter our reality and chose what is not in our best interest we would be automatons, or God clones. This is not creation, but imitation, and God is pure creative extension.
8. Is everything that happens to you due to your will? Yes. Or are you an effect of a cause outside of yourself? Everything that happens is due to our free will. Once we really accept this fact, we will have stepped into self-responsibility and shifted from victim/victimizer consciousness to God consciousness.

9. What is ego? Ego is an idea that we could replace God as our source. It is a false idea as God is our source and irreplaceable, however, as we were created to create, everything that we create takes on an identity and wants to exist, just as we took on an identity when we were created by God, a real identity, so ego has an identity and wants to survive though it is not a real creation. Where did it come from? It came from our minds, totally unrelated to God, therefore is not real. Ego is an imposter but it has the full power of God at its disposal and thus we must muster all our combined efforts to overcome ego for all humanity, for when all God's children are free of ego they will again be our best friends, as God created them to be. They are not the problem, ego is.
10. Do you have any objection to the Adam and Eve story in the Bible? If so, please state. I love the Adam and Eve story, whether it is just a metaphor or not, for I see it as our one all-inclusive story. Every other story is merely a variation on the one theme of how we traded in everything for nothing. That story is very important as it gives us clues for how to be restored to everything.
11. Why did God ask Adam not to eat of the Tree of the Knowledge of Good and Evil? Because He wanted to protect Adam from trading in everything for nothing. Is eating the apple the making of ego? Yes, at least that makes sense to me. Only choosing to overthrow God could cause Adam to feel so guilty. That is what making ego is – an attempt at mutiny. The fact is nothing happened because God cannot be overthrown. He is our source, irreplaceable. Though nothing happened, Adam was convinced that God had been overthrown, because he had fallen under ego's spell.
12. Why did God place the tree in the Garden if it was not in Adam's best interest? Because God's kingdom is freedom. If He did not permit Adam the choice for independence from God there would be no freedom, which is a contradiction. The very nature of God is freedom. All His creations were created free for all eternity. However God in His infinite love, could not be separate from His creations. That is what ego promised – separation. It was a lie, for we are still one with God and each other irrevocably. However, our experience is of separation due to alliance with ego. Our experience is not a real experience and to be restored to a real experience we need simply accept our oneness with God and all humanity.
13. What happened when Adam ate the fruit? He got scared and hid when God came round, because he felt ashamed to be in God's holy presence, because he felt impure, guilty, imperfect. His perfect equality with God was shattered.
14. Why did he blame Eve? Because he wanted to get rid of his guilt. Can Eve be guilty when God created her innocent? No. Can she be misperceived? Most definitely!!
15. What happens when you blame anyone for any reason? Blaming others is how we keep guilt. This is ego's strategy to stay in business at our expense.
16. If ego was made to replace God as our creator, did we succeed? Only in our experience, not in truth. Did God in fact get replaced? No, it is impossible to

replace God as source, for He is our source and we do not have the power to change the truth.

17. Is it possible for you to trade in your parents for new parents? No. Can the new parents ever be your birth parents? No. It is the same with God. We can have an experience that is not in alignment with the facts because our minds are all the power in the universe, but we cannot alter the facts.

18. Why did Adam feel guilty? He thought he had actually overthrown God as His creator, by making ego to replace God. He thought he had managed to become self-created. Why were Adam and Eve banished? They banished themselves, due to thinking they deserved to be cast out of God's sight. They each in turn blamed something outside of them rather than taking personal responsibility for their mistake. If they had seen what they had done as a mistake and had corrected their error, they would still be in the garden, or the real world. It is the same for us. We need merely take personal responsibility for our errors and correct them now and we restore ourselves to wholeness. For this we need help, as ego is all the power of God turned against ourselves and ego's existence depends on our not correcting our errors. God can show us how to step into personal responsibility and correct our mistakes without fear and thereby be restored to a true experience of peace, love and joy for ourselves and all humanity.
19. Can you think of examples of projection of guilt in your own life? Yes, when I married my husband, I was seen as the cause of his banishment from Sai Baba's ashram and this permitted me to look deeply at the Adam and Eve story as I saw so many parallels. It permitted me to unravel the mystery that lay hidden within that powerful story. Now you can benefit from my experience. We don't all have to experience being projected upon in order to get the message. We can benefit from each other's experiences because we are all one. How does ego get you to project guilt? By persuading you that it is you. When you know you are not your ego, you will not feel the need to get rid of guilt. You will see its nothingness, correct your mistakes and be free.
20. Why was Jesus crucified? Others projected their guilt onto him. If they knew their innocence, none would have pointed the finger at Jesus. They saw in him what they did not want to own in themselves – projection makes perception.
21. Why did I assign my story as part of this class? Because it shares how I was misperceived and seen as the cause of someone else's downfall. I see what happened as a great gift, for it helped me to understand the human condition and to see truly. I am eternally grateful to Sai Baba for setting up this drama.
22. Is correction of another's errors your responsibility? Only after you are healed of your distortions do you have the perception to see others truly. Till then, you may be misperceiving them, therefore you are not in a position to correct their mistakes. Let Spirit within direct actions in relation to another's shortcomings. Take the beam out of your own eye first, and then see if there is still a mote in your brother's eye. You are responsible for your brother's behavior to the extent that you not condone his errors anymore than you condemn him for them. Your brother is yourself and we must want his perfect for his sake, for his salvation. You inspire his perfection by living a life of holiness and perfection. Our holiness blesses the world. When we want to be holy, God will show us what holiness is, and it is holiness for which we seek, for nothing can content us so much as being who God created us to be, perfect, holy, pure. Our holiness glorifies God and we do find great joy in pleasing our heavenly Father.

23. What's the main idea being presented? Projecting guilt is how you keep it. Taking responsibility for your choices is how guilt is overcome and restores you to a Godly experience.

## **IVA. Questions – Would you like to be out of time?**

Related reading – Chapter 3 of NG

1. Are time and eternity compatible ideas? (i.e. Can both exist?) Why or why not? If not which is real? Which is our experience?
2. What is ego's purpose for time? What is God's purpose for time?
3. ACIM tells us that guilt feelings are the great preservers of time. What is ego's solution to actions which produce guilt? What is God's solution?
4. How can we use time to facilitate/promote eternity? How is time collapsed immeasurably?
5. What is meant by 'past is past?' How can this teaching be misapplied? How is each and every moment a clean, untarnished birth back to eternity?
6. Taking it to a practical level, let us apply the teaching of time to theft, for example. Is stealing a real action? Is it a bad action? How do we apply the teaching correctly to this idea?
7. Is all of time a dream? Unreal? What does that mean? What are the implications? How can this teaching be misapplied? Does it matter? Why or why not?
8. I have understood the dream to consist of three levels of consciousness: deep sleep, the nightmare and the happy dream. Assuming that to be so, how do we move into the happy dream from the nightmare? How do we move into deep sleep from the nightmare? How can you measure where you are in terms of these three levels of consciousness?
9. In the Bible Jesus teaches through parables. What is meant by the story of the vineyard? How does it demonstrate that time is not real and can be collapsed immeasurably?
10. Practical Application: Here is a three-step process I have found to be effective in moving me from time back into eternity: 1) Time is unreal 2) I am responsible for my mistakes 3) I am willing to correct my errors. Please let us know how it works for you.
11. Summarize the key ideas to keep in mind about time and eternity.

## **IVB. Answers – Would you like to be free of time? YES**

1. Are time and eternity compatible ideas? (i.e. Can both exist?) No, they are mutually exclusive ideas. To the extent that one is believed in, the other has been abolished. Why or why not? Time cannot hold a candle to eternity. When brought together, time dissolves into eternity. Which is real? Eternity is real. Which is our experience? Generally speaking, time is my experience, though I experience glimpses from out of time. Why do we find ourselves in time? We traded in eternity for time when we made ego to replace God. In that act, time was made as well, for ego needs time to exist. Ego convinces us to use time to assuage guilt while simultaneously persuading us to chose guilt generating actions. It gets us to believe we are guilty for crimes we never committed, and guilt, it convinces us, needs time to be meted out. This is how ego has stayed in business at our expense for thousands upon thousands of years.
2. What is ego's purpose for time? To convince us that we deserve punishment for errors so it can live at our expense. What is God's purpose for time? To convince us to correct errors so we can spring back into eternity which we never left in truth.
3. ACIM tells us that guilt feelings are the great preservers of time. What is ego's solution to actions which produce guilt? Denial, justification, projection, sedation, dissociation...What is God's solution? To remind us of our innocence, which could never be affected by any actions, no matter how erroneous. No action has the power to defy God's will, and God willed His creations be innocent and perfect for all eternity when He created us. However, only when we act with purity, integrity and nobility do we demonstrate that we know who we are.
4. How can we use time to facilitate/promote eternity? By realizing that time is both unreal and precious, by giving time a sacred purpose, like praying for peace in the world, showing loving kindness to others... by using time to recognize all humanity as God's beloved creations, by fulfilling our function so as to regain eternity, by using time to bless and heal ourselves and others... How is time collapsed immeasurably? By choosing God's solution instead of ego's solution to the problem of guilt.
5. What is meant by 'past is past?' Past is part of time, thereby not real, as time is not real. It is merely a memory right now. This does not deny that it never happened, it just has no power except the power we give it. We can heal the past in the present, and then it has no charge. How can this teaching be misapplied? The voice for ego may tell us to act irresponsibly now, because whatever we do now will be part of the past in the next moment and thereby can have no real effects. Ego will try to convince us to deny rather than heal the past. If we hurt another in the past, only if we are sorry now can we say past is past. If someone has hurt us in the past, only if we do not hold it against them in this moment, can we say past is past. How is every moment a clean, untarnished birth into eternity? Each moment is a fresh opportunity to get it right. God will not hold the past against us, therefore we too should not hold the past against ourselves or anyone.

Even if we have made a thousand mistakes in the past, we do not have to punish ourselves for them, all we need do is correct our errors now and sincerely apologize where appropriate and the past is wiped away without a trace. That is how time is collapsed immeasurably. It also means we want our brothers and sisters mistakes of the past corrected rather than punished or retaliated against because we want everyone free and out of time.

6. Taking this teaching to a practical level, let us apply it to theft, for example. Is stealing a real action? No. Is it a bad action? It is not good to steal, however since it is not real, it is neither bad nor good. If we perceive it as bad, we have judged it and thereby made it real in our minds. If we see it as an error that requires correction, it is neutral. How do we apply this teaching correctly? Stealing, though unreal makes time. It is not bad because in the truest sense, God created us to have everything, therefore everything is already ours. Stealing is a meaningless idea. However, when one acts on that idea, he makes it meaningful to himself and binds himself thereby. One does receive the consequences of one's own mind. Alliance with ego leads to misapplication of the teachings to justify or condone unethical behavior and thereby bind us to time and space where ego benefits at our expense. If one would fall into temptation and steal, he can take three steps to heal his mistake: 1) remind himself that time is not real therefore in truth nothing happened so there's no need to feel guilty. 2) He is responsible – no force outside of him caused him to act against his better judgment. As long as he thinks he is incapable of controlling his impure behavior he stays bound to time. 3) He can choose never to steal again and as soon as he does, all his past is wiped away and time is collapsed immeasurably.
7. Is all of time a dream? Yes. Unreal? Yes. What does that mean? It means that everything that happens in time is unreal. It also means that everything that happens in time can either collapse or make time, depending on how one chooses to use time. It does not mean that we are not in control of what happens to us in the dream. What are the implications? Since time is not real, nothing that happens in time has any real effects. That is good news as it means that nothing that has happened to you has wreaked permanent damage. It also means that we can wake up from the dream any time we choose, as can the world at large. It means all of time is over when we choose not to be bound by time. How can that teaching be misapplied? When allied with ego one can be fooled into misapplying this teaching to convince oneself that since time is not real, it does not matter what we do. Does it matter? Yes. Why or why not? Every choice we make either collapses or makes time for ourselves and for all of humanity. Since we are all one, every choice we makes affects everyone and everything. If you're not contributing to the solution, you're contributing to the problem.
8. I have understood the dream to consist of three levels of consciousness: deep sleep, the nightmare and the happy dream. If that is so, how do we move into the happy dream from the nightmare? By depending on God; by using time wisely, for a sacred purpose, for loving our fellowman, for kindness, for wanting the end of suffering for all humanity. From the nightmare how do we move into deep sleep? By feeling guilty, through denial, dissociation, projection...All these are mechanisms that ego tries to convince us to employ to keep us stuck in the nightmare, if not our own then the nightmare that the world is experiencing. How can you measure where you are in terms of the happy dream, the nightmare or deep sleep? If you love God and all of humanity and want the very best for everyone you are in the happy dream. If you feel guilty, the nightmare, and if you feel disinterested or dissociated, you are in deep sleep.

9. In the Bible, Jesus teaches through parables. What is meant by the story of the vineyard? In that story whatever time you come to the vineyard your past is left behind, demonstrating the unreality of time. How does it demonstrate that time is not real and can be collapsed immeasurably? For example, if you have a history with anger and you leave it behind today, your history has no effect. You are always welcome in God's kingdom. What keeps us away is the idea that we have to make amends for our past or that we are undeserving do to actions from the past and thereby unreality is perpetuated.

10. Practical Application: Here is a three-step process I have found to be effective in moving me from time back to eternity: 1) Time is unreal 2) I am responsible for my mistakes 3) I am willing to correct my errors. Please let us know how it works for you. Just today I heated a drink for my bed-ridden mother and my sister served it to her through a straw. It was a bit too warm and startled her. I felt remiss that I hadn't been more vigilant in making sure it was the right temperature. Even as I was sitting here just now I was feeling a residual regret in the pit of my stomach, so I turned it over to Spirit and asked to be healed of the negative effects of my mistake. Here's the three step process: 1) I caused mom discomfort in the past, and the past is not real, it is only a memory, 2) I am responsible. I did not blame my sister or somehow try to justify my error. It was my fault. I immediately told mom I was sorry, 3) I am determined to be more conscious and alert in future so as to avoid that mistake again and I asked Spirit to show me how to heal any negative effects of my error.
11. Summarize the key ideas to keep in mind about time and eternity. We collapse time when we use it wisely. We make time when we do things for which we feel guilty and subsequently punish ourselves. All of time is happening all the time and is over when we so choose. When we heal the past and entrust the future to God, we transform time back to eternity, which we never left in truth.

## **VA. Questions – Are you ever acting independently?**

Suggested reading – Chapter 4 of NG

1. Who is God? What is ego? What is the same for both God and ego? What is different?
2. What keeps us from total surrender to God? Were we created dependent on God? Are we giving up anything in depending on God? What are we giving up in turning to God for everything?
3. Is independence attractive? What would it take to gain independence? If we made ego in order to experience independence, did we succeed?
4. What is ego? How does ego get us to forget who we really are? What is our identity when allied with ego? When allied with God?
5. How does ego try to prevent us from turning to God? How does ego stay in existence? How is ego the full power of God turned against ourselves?
6. Is ego our only problem? Is there a solution to our problem?
7. Is God independent, autonomous? Do we need God to complete ourselves? Is dependence on God a good idea?
8. What is the relationship between freedom and God-dependence? What is the relationship between freedom and ego-dependence?
9. Can you be both dependent and free? Is it possible to be independent of both God and ego? Is it possible to be completely free of ego? Is it desirable?
10. If we think of God as the ocean and His creations as waves, where does the wave end and the ocean begin? Where does God end and His creation begin?
11. Can a wave create the ocean? Can a creation create its creator?
12. What prevents a wave from totally merging with the ocean? What prevents us from totally immersing ourselves in God? What does it mean to lose ourselves in God?
13. How can two waves meet? How can you and I truly meet?
14. What is our true relationship with God? What is our true relationship with each other? What with ego? What is the gap between our experience and our true relationships?
15. Misapplications to guard against– Can you be both dependent on God and responsible for your actions?
16. How can you apply these ideas in your daily life? How much do you depend on God? How does ego try to prevent you from turning to God?
17. How would you summarize the ideas regarding dependence on God or on ego?

## **VB. Answers – Are you ever acting independently? NO**

1. Who is God? God is love, goodness, holiness, all the power in the universe, the Creator of all that is, an idea in my mind. What is ego? Ego is also an idea in my mind, an idea that I could replace God as my source. It is a false idea. What is the same for both God and ego? They are both ideas, both in my mind, both have identities and wills. What is different? God is a true idea, while ego is a false idea. God is everything, ego is nothing. God has a true identity and ego a false one. We originated from God and ego originated from us. We were created to create like God, but we could not create our source – that ego would have us believe, since that is how it came into our minds. We have an interdependent relationship with God and ego has a parasitic relationship with us. We are one with God. Ego would have us believe separation possible. God created us innocent, while ego depends on our guilt.
2. What keeps us from total surrender to God? Fear of loss of independence behind which is ego, needing our dependence on it in order to survive. Were we created dependent on God? Yes, God created us dependent on Him, as He is dependent on us. Are we giving up anything in depending on God? No, because we never had independence. We were created one with God, not independent of God. Independence is an illusion, a spell we are under when allied with ego. It is not possible to be independent as we were created interdependent for all eternity. What are we giving up in turning to God for everything? In our utter and total surrender to God we give up nothing and gain everything.
3. What would be required to gain independence? We would have to push God aside. We would have to make our own source to replace God as source. If we made ego in order to experience independence, did we succeed? No, God is our source, irreplaceable. Nothing happened in truth. However, when we chose to depend on ego instead of God we turned the full power of God against ourselves. We gained nothing and lost everything, or so it seems. Fortunately we can choose again.
4. What is ego? Ego is a false idea we invited into our minds and then invested with the full power of God. Ego is an idea we entertained to replace God and is sustained through the power of our belief. Though not real, ego is both fearful and desirable because it promises independence. Ego is an idea of separation, an idea that we could be different from how God created us. Ego is an imposter, non-existent in truth because we could not be different from how God created us, we could not be independent. Ego is the cause of all suffering, lack, bondage... Once given life, ego is determined to live, and that at our expense, thus it convinces us

to listen to it rather than to God within. It is a voice in our minds attempting to replace the voice for God though God cannot be replaced. Ego always speaks loudest and first for its needs at our expense. Ego is competitive while God speaks of peace and offers only peace. Ego is an idea of conflict, limitation, separation, imperfection, independence, choice, undeservedness... all based on guilt. Ego is an idea that things could happen to us against our holy will. We are as we were created – all-powerful - nothing can happen to us except by our will. How does ego get us to forget who we really are? We made ego to make our own source. Then we convinced ourselves that ego is our source and since that is not true our premise is false, therefore we don't know who we are. What is our identity when allied with ego? We think we are our bodies. We think we are nothing since our source, ego, is nothing. We think we are guilty, limited, vulnerable, lacking... When allied with God? We know we are precious children of a holy loving creator and we know we are whole, complete, perfect and innocent because our premise is correct.

5. How does ego try to prevent us from turning to God? By telling us that God judges, seeks revenge, condemns, punishes... Nothing could be further from God's mind. How does ego stay in existence? By distracting us away from it as the cause of all our trouble. All we have to do is look at ego and it disappears. Since ego does not want to disappear, it tries to convince us that God is the cause of our problems, or that we are victims of forces beyond our control... It tries to distract us with the things of the world. It tries to convince us to trust in our independence rather than in God who wants to give us everything. How is ego the full power of God turned against ourselves? When God created us He gave us His mind. When we made ego, we in turn gave it God's mind.
6. Is ego our only problem? Yes. Suffering is a symptom, not the problem. Ego is the cause of all problems therefore it is our only problem ever. Separation is a symptom of ego as well – ego wants us to think ourselves separate rather than one with everyone and everything or interdependent. Is there a solution to our problem? When we look at ego we see its nothingness, and then it disappears. If we fight, threaten, defend, make friends with, punish, embarrass or hate ego, we make it real. However, for the simple act of calmly looking, we need all the help in the universe. The last thing ego wants us to do is look, therefore it uses every trick in the book to divert our attention away from merely looking. Once seen truly ego is exposed as the imposter it has always been, and it will be impossible for it to fool us into depending on it or believing in it. When we withdraw belief from ego, it simply vanishes without a trace.
7. Is God independent, autonomous? No, God gave up His autonomy when He created us. He depends on us as much as we depend on Him. Our relationship with God is a healthy mutually enriching dependency. Do we need God to complete ourselves? No - God created us whole and complete within ourselves, lacking nothing, for God's creations are created perfectly in His image and likeness. However without God we are nothing for nothing can happen without God. Is dependence on God a good idea? Yes, as it is the truth anyway. No use fighting what is in our best interest.

8. What is the relationship between freedom and God-dependence? God created us free, therefore when we depend on Him, we are free. Can you be both dependent and free? In depending on God our freedom is limited to limitless creative expression, but cannot include autonomy as we were created inseparable from God and each other for all eternity. What is the relationship between freedom and ego-dependence? Our relationship with God and each other is like that of Siamese twins – we're stuck with each other for all eternity – and ego promised to free us of this unity, this oneness, this interdependence. Perhaps it sounds good in theory, but what's so bad about loving each other forever? Sure beats killing each other, wouldn't you agree?
9. Is it possible to be independent of both God and ego? As Jesus said, "Of myself I am nothing." We are of God, we are dependent on God, even if we reject that truth, don't experience it or don't believe it. We could not alter the truth. Even for ego to survive, God's power is required, but God entrusted us with His mind so that we could create like Him. We misused God's gift in making ego so now find ourselves in an experience that is different from the one God created us to have where our interdependence is a joyous dance with God and each other, loving everyone more and more deeply...Is it possible to be completely free of ego? Yes, in our total dependence on God for everything, for that is how we were created. Is it desirable? Yes, as soon as we are free of ego, we are enlightened, then we are contributing to the solution rather than the problem. However, as long as we have a body, we must continue to guard against ego taking hold again.
10. If we think of God as the ocean and His creation as the waves, where does the wave end and the ocean begin? Where does God end and His creation begin? There is no place where the Father ends and we begin. Creation is merely extension, not separation. Creations were not created separate from their Creator. Separation became our experience when we made ego. That idea is comparable to being a wave without the ocean – it is impossible and the impossible did not happen, however in our minds we can convince ourselves of the reality of that which is not real and then we need a miracle to be restored to sanity. We ask for a miracle by admitting that separation/independence is not really what we want.
11. Can a wave create the ocean? Can a creation create its creator? That would be as impossible as you giving birth to your parents. It cannot happen, and it did not happen, however we are in the experience of creating our own creator because we wanted to experience autonomy. It is not a real experience, however it is very real for us. The good news is that our mistaken idea had no real effect, as we are not more powerful than God. Therefore our mistake can be undone when we no longer want autonomy. When we are willing to be totally dependent on God, totally one with our Creator, we will be restored to a true experience, not because God punishes us when we do not obey Him, but because disobedience to God means obedience to ego, and we punish ourselves when we listen to ego and follow its advice.
12. What prevents a wave from totally merging with the ocean? What prevents us from totally immersing ourselves in God? Fear of loss of false identity. We were created by God with a true identity in God. When we donned an ego, we gave ego

- the status of creator in God's stead. We donned a false identity as creations of ego. As long as we have an ego, we will have a false identity and will therefore not know who we are. It is ego that causes us to fear for the loss of our false identity, while the truth is we can never lose anything, so if we lose our false identity we only become who we are. It is a false fear that ego hopes we will not see truly. What does it mean to lose ourselves in God? To be completely one with God, though still a unique creation with a true identity.
13. How can two waves meet? How can you and I truly meet? Just as two waves meet in the ocean, so you and I can only truly meet in God. We can only meet once we both lose our false identity. We can only meet once we both accept ourselves as God created us, instead of as we wish. Till then we find our communications mixed with frequent misunderstandings, misinterpretations and misperceptions.
  14. What is our true relationship with God? Interdependence, symbiosis, oneness, unity, equality, true and joyous communication. What is our true relationship with each other? Same as with God. What with ego? No true relationship as ego does not exist. What is the gap between our experience and our true relationships? We experience communication frustrated and codependency relationships because we have not understood there is no lack either in ourselves or in others. This is due to choosing a co-dependency relationship with ego.
  15. Misapplications to guard against – Can you be both dependent on God and responsible for your actions? There are those who claim that in their total dependence on God, God is the cause of their less than perfect behavior. God created us perfect, and totally capable of choosing perfection under all circumstances, thus we are always responsible for our thoughts, words and deeds. God did not make automatons – we are responsible for every decision we make, every action we take. It is ego that would have us believe things could happen to us against our will so it can exist at our expense.
  16. How can you apply these ideas in your daily life? By constantly ask God to be our guide in every undertaking, watching that we not tell God how to do His job. He knows very well how to care for us if we let Him. How does ego try to prevent you from turning to God? It tries to convince us we can't trust God, that it is good to be independent, that to turn to God is weakness... How much do you depend on God? Sometimes I catch myself fretting about something and then I give it to God, but most of the time anymore I turn my every coming and going over to God automatically, for I have seen time and again the wisdom of doing so.
  17. How would you summarize the ideas regarding dependence on God or on ego? Total dependence on God is where true freedom lies. We were created to create, but could not create ourselves, therefore ego is an imposter. There is no place where God ends and you begin. There is no place where you end and I begin. We are all connected and in uniting with God and each other we overcome ego for ourselves and all of humanity. There is power in unity for that is the truth.

## **VIA. Questions – What's really going on here?**

Related reading – Chapter 5

1. What is real? What is unreal? How is all we see both real and unreal? What transforms unreality back to reality?
2. In Chapter 5 of Not Guilty, I share a traumatic experience. Are painful experiences real? Why or why not? Are they part of God's will? Can such experiences be avoided or are we slated to endure some hardships? Do we need discomfort in order to learn? How can traumatic experiences be used?
3. Are our fleshly bodies real? Why do we mistakenly think we are our bodies? How do you relate to yourself when you know your body is not real? How can we misapply the idea that we are not our bodies?
4. What is the source of unreality and what is its purpose?
5. Are you the cause of everything that happens to you or are you an effect of a cause outside of you? Why are we each responsible for all our experiences? What causes us to choose unpleasant experiences? Should we forgive ourselves when unfortunate things happen to us?
6. How is knowing an experience to be unreal helpful in taking personal responsibility? Why be responsible if nothing happened? How can this teaching be misapplied? What is the difference between telling yourself nothing happened from a healed place or from a place of denial?
7. What is karma? Is it of God? Is it real? Are we bound to the laws of karma? Is karma fair and just? Does knowing that we will reap karmic consequences help us to stop hurting others? How are karmic consequences from the past undone?
8. Can you be hurt? Can you exist in a body free of pain and suffering? Can an enlightened mind inhabit a broken body?
9. Are victimizers innocent or guilty? How are all crimes unreal? Should criminals be punished? What would cause one to commit a crime? Would hurting another make sense if we knew we were both Spirit and not our bodies?
10. Is it possible to defy God's will? Is a criminal defying God's will? How do we apply this idea correctly?
11. What is our responsibility toward those who act hurtfully toward us? What is true forgiveness? False forgiveness?
12. How do we close the gap between what is real and our experience in unreality?
13. How does knowing the unreality of suffering help to heal/save the world? How can we misapply the idea that the world is not real? How do we transform the unreal world back into the real world God created?
14. How do we make the unreal real? How do we make the real unreal? How does one discern between the real and the unreal?
15. If the suffering in the world is unreal, why care?
16. What is meant by nothing real can be threatened and nothing unreal exists?

17. Life application -

18. Pitfalls to guard against -

19. Summarize the ideas regarding what is real and what is unreal -

**VIB. Answers – Nothing real can be threatened. Nothing unreal exists.**

1. What is real? God and God's love, creations of light, innocence, bliss, peace, oneness, goodness, truth, that which never changes yet continues to expand dynamically eternally... What is unreal? Sickness, suffering, death, loss, lack, evil, conflict, guilt, separation, form, change, ego... as these have nothing to do with God or God's will or God's love. How is all we see both real and unreal? Everything is made up of existence, consciousness and bliss which are real, and of name and form which are unreal. What transforms unreality back into reality? Depending on God, loving God and each other, leading lives of noble character and holiness, taking responsibility for the unreal instead of making God or someone else responsible, withdrawing belief from the unreal, believing in that which is real.
2. In Chapter 5 of Not Guilty, I share a personal experience that was very traumatic for me – Are painful experiences real? No. Why or why not? Though they are real for us until they are healed, they are not real in the truest sense, for a number of reasons: 1) God did not intend suffering for us when He created us and He hasn't changed His mind, 2) pain cannot affect our true reality which is that we are invulnerable, 3) being hurt happens in time and time is not real, 4) negative experiences only happen to bodies and bodies are not real. Besides the physical body, there are the emotional body and the mental body which also are not real. Are painful experiences part of God's will? No, God only wills for our happiness. They are due to alliance with an ego which convinces us that we deserve to suffer – it is not true. Can such experiences be avoided or are we slated to endure some hardships in this unreal world? They can be avoided through a shift in consciousness. Destiny is altered when consciousness changes. Do we need discomfort in order to learn? No, God created us knowing everything, therefore we do not have to learn anything. All we need do is unlearn what we erroneously taught ourselves at ego's urging and for that no suffering is necessary. How can traumatic experiences be used? They grab and hold our attention more than other experiences and thus can be very effective toward recovering truth. They can reveal to us our mistaken ideas and can thereby be used as learning devices to expose the contents of our minds which we have hidden from ourselves. I learned that I'm not my body, that who I am is invulnerable, and that I am the cause of everything that happens to me. Today I could not draw such an experience to myself as that experience was used to make a shift in consciousness. You can learn from my experience. We need not undergo painful experiences to unlearn what we erroneously taught ourselves.
3. Are our fleshly bodies real? No, since God did not create them. God only creates creations of light, therefore if something happens to our bodies, we remain

unaffected, as nothing real can be affected or threatened. Our bodies are like garments we wear and then shed when they are no longer useful. To think your body real would be like thinking you are your car. Your car is your vehicle. It is not you. It takes you where you need to go. In the same way you are not your body. You are as God created you – whole and perfect, a creation of light. Bodies are vulnerable and imperfect. Why do we mistakenly think we are our bodies? Ego has convinced us to identify with ourselves as our bodies, because bodies prove us separate, vulnerable and mortal, all supporting ego's platform that we are not Divine as created by God. How do you relate to yourself when you know your body is not real? You will not be troubled when your body gets hurt, knowing that nothing can happen to you. You will not give the body undo attention, be a slave to the body's senses or be troubled when unpleasant things happen to your body. You will open the door to the experience of your true identity as God created you, Divine, pure, holy, perfect and complete for all eternity. How can we misapply the idea that we are not our bodies? You could use it to dissociate from your body (i.e. when the body gets sick you could miss an opportunity to be in touch with the contents of your mind). You could use the body carelessly, with the attitude that it is not real anyway. You could cause harm to your or another's body and convince yourself that it has no effect. All these misapplications come from listening to ego's interpretation of the teaching that the body is not real.

4. What is the source of unreality and what is its purpose? Ego is the source of unreality as ego is not real. As soon as we made ego, we entered an unreal experience. Ego tries to fool us into thinking the unreal is real so we will accept things as we experience them rather than yearn for them to be as God intended. Ego tries to distract us with the things of the world like progeny, reputation, money, troubles... so that we will forget what is real, true and good. As long as we remain content with the unreal, we will not be motivated to transform our lives and hearts and thereby the world back into a real world of peace, love and joy for all. Ego tries to convince us that God or our brothers and sisters are the cause of our trouble so that we will not see that we, allied with it, are the cause of our trouble. As soon as we see that we were listening to untrue information we will come into right relationship with all that happens to us, and from there we open the door to a real experience.
5. Are you the cause of everything that happens to you or are you an effect of a cause outside of you? We are each responsible for everything that happens to us, and that is good news because that means we are also in charge of when the unreal ends. When we take personal responsibility for everything that happens to us, we shift from victim consciousness to God consciousness. Why are we each responsible for all our experiences? Because God created us to have everything, including all-power. There is no one more powerful than you. If we can accept that, then we can see that we are the cause of everything that happens to us. It means no force outside of us is more powerful than we are. What causes us to choose unpleasant experiences? We convince ourselves that our past mistakes warrant punishment rather than correction. We suffer because we think we deserve to suffer, because we've forgotten who we are as wholly worthy children of God. We are not bad if we suffer, only mistaken and now we can correct our

mistakes. Listening to ego caused us to make unwise choices - we can choose again. Should we forgive ourselves when unfortunate things happen to us? Many people blame themselves for physical imperfections or feel guilty when they have been abused by others. This is not what is meant by taking personal responsibility for everything that happens. We are responsible, but we are not bad or guilty, we are merely mistaken. When we are responsible we step into true relationship with our unfortunate experiences and then we open the door to overcoming all suffering.

6. How is knowing an experience to be unreal helpful in taking personal responsibility? Only when we know the unreality of what happened can we be responsible without feeling guilty. There would be no reason to feel guilty if you knew nothing happened. In my rape experience, first I learned that nothing happened. Only after I understood that was I asked to take responsibility for the incident. Why be responsible if nothing happened? When responsible we open the door to a shift from victim consciousness to God consciousness and to a destiny free of suffering. That happens when we take responsibility instead of blaming God or someone else for our problems. If we say nothing happened from the place of accepting responsibility we heal the past. How can this teaching be misapplied? We could callously conclude that if someone is in pain they are doing it to themselves or it is unreal, instead of wanting the end of pain for all humanity. We always have to guard against ego's attempts at getting us to misapply the teachings for its use at our expense. What is the difference between telling yourself nothing happened from a healed place or from a place of denial? Self-responsibility. As soon as you take personal responsibility you are in right relationship with everything that happens to you and you are taking back your power. Self Responsibility is the bridge that permits a shift in consciousness from 'I'm a victim' to 'I am doing this to myself and I can choose again.'
7. What is karma? Consequences for past actions, whose purpose is to balance the scales. Is it of God? No - usually we associate karma with negative experiences and God only wills our happiness. It may help us to accept certain events when we put them in that context, and knowing that certain actions will produce certain consequences may also prevent us from making unwise choices, but the idea of cause and consequence cannot really satisfy us if we want the whole truth. Is karma real? No, because it is linked to time, and time is not real. Are we bound by the laws of karma? No, because they are not of God. When consciousness changes, destiny also changes, meaning that if we change our minds about who we are, our past is wiped away. Is karma fair and just? No, because we do not need to pay back for past mistakes, we need merely correct our past by changing our minds about who we are, to heal it. It is guilt that causes negative consequences for past mistakes. Does knowing that we will reap karmic consequences help us to stop hurting others? Perhaps, but love is more effective than threats of punishment. How are karmic consequences from the past undone? By correcting our errors and thereby healing our past, instead of feeling guilty for past actions and punishing ourselves. There is never a reason to feel guilty for God created us all eternally innocent. Karma leads to punishment which means

we do time so ego can live at our expense. Correction of error leads to healing and thereby to the undoing of the unreal and requires no time at all.

8. Can you be hurt? When we know who we are, we also know that we cannot be hurt. Our bodies may be hurt, but we are unaffected. However, this does not mean that others' hurtful actions toward us are to be denied or ignored. We need simply ask Spirit to show what to do in all situations. Can you exist in a body free of pain and suffering? I believe so, although I do not think there is much evidence on the planet as yet to support that idea. The body was made to separate but can be used to heal. Our bodies reflects back to us what is in our minds. When our minds are enlightened, our bodies will reflect that wholeness of mind. Can an enlightened mind inhabit a broken body? Yes, there are examples of enlightened masters who's bodies suffered, however I believe that when enough of us hold the truth that we can live in bodies free of suffering it will be everyone's experience. We are all the power in the universe so why not inhabit a body free of pain, while we find ourselves in a body if it is a choice. I wish that for the saints and the sinners alike.
9. Are victimizers innocent or guilty? Innocent since they were created innocent by God and God did not change His mind about them, however they are responsible for their actions and they will feel guilty for hurtful actions and receive the consequences of their actions until they change their minds about who they are and act accordingly. How are all crimes unreal? Crimes are perpetrated against bodies, and bodies are unreal, therefore the crimes also are unreal. Should criminals be punished? No, but they should be rehabilitated so they realize that loving their fellowman is in their best interest. Everyone really wants to be holy deep down, for we were all created holy, thus only holiness can content us. What would cause one to commit a crime? Listening to the voice for ego that tells us to do things for which we will feel guilty so it can exist at our expense. Would hurting another make sense if we knew we were both Spirit and not our bodies? No, once we know the truth, we could not think of acting hurtfully toward anyone for any reason.
10. Is it possible to defy God's will? No, it is impossible to defy God's will, otherwise it would mean we are more powerful than God. We are as powerful as God, not more or less. We are equal with God, since that is how He created us. Is a criminal defying God's will? No, he is harming bodies, and since bodies are unreal, he does not affect the truth, however, again, if he acts in a manner that is not in line with how he was created, he will feel guilty and perpetuate unreality, rather than transform the unreal into the real. How do we apply this idea correctly? We should always strive to lead lives of holiness and perfection and inspire all our brothers and sisters to do the same, for that is how ego is overcome. We should want criminals free of guilt as much as everyone. We should ask Spirit what to do to help everyone to be inspired to lead lives of noble character in the service of all humanity.
11. What is our responsibility toward those who act hurtfully toward us? We should make sure we not enable them, by neither condemning nor condoning unloving actions, asking Spirit to show us how to respond, wanting them to act lovingly

- toward us for their sake as much as ours. What is true forgiveness? True forgiveness recognizes that nothing happened to the truth and acknowledges that nothing can happen to us without our consent, that we are invulnerable, and that we are responsible for all that happens to us. False forgiveness? False forgiveness acknowledges that something happened to the truth and that we magnanimously forgive our perpetrator for harming us. When we do this we make the unreal real.
12. How do we close the gap between what is real and our experience in unreality? By being honest about our present experience while at the same time remembering that God only intended happiness for us, thus all unpleasant experiences are unreal. We can ask to be shown what to do to bridge the gap between our experience and reality and we can expect miracles.
  13. How does knowing the unreality of suffering help to heal/save the world? It opens the door to the miracle of the healing of the whole world. If it were real, it could not be undone. How can we misapply the idea that the world is not real? We can dissociate from the pain of the world and thereby contribute to the problem. Ego wants us to ignore the suffering. Suffering guarantees ego's existence. As long as we deny the suffering or dissociate from it, it cannot be healed, and as long as it is not healed, ego exists at our expense. How do we transform the unreal world back into the real world God created? Through the transformation of our hearts, through changing our minds about who we are.
  14. How do we make the unreal real? By believing in it, by thinking it cannot be transformed, and by thinking it is God's idea. How do we make the real unreal? By thinking that God judges, condemns... and that God does not love us nor want us to be happy all the time. How does one discern between the real and the unreal? A pure heart is needed to discern the real from the unreal.
  15. If the suffering in the world is unreal, why care? Because it is real for those who suffer and everyone is a part of me, created by God to have a beautiful experience. We should want that for everyone. If we don't, our minds need healing. As long as anyone is suffering, my salvation is incomplete.
  16. What is meant by nothing real can be threatened and nothing unreal exists? It means that no matter what happens to us in this unreal world, the truth cannot be affected because we are not more powerful than God and God created us whole and complete for all eternity. Any imperfections can be restored to wholeness. That is very good news. As soon as enough of us know this to be true, we will witness the transformation of the world into the real world God created for us.
  17. Life application – Be real, be loving in an unreal world and treat all people and things with sacredness to be restored to a real experience.
  18. Pitfalls to guard against – Doesn't matter what we do because none of it is real anyway - wrong. We cannot ever do anything to defy God's will, therefore whatever we do is God's will, even when it is unkind or unloving - wrong. Its ok to be careless with the things of the world since they are unreal - wrong. If someone is hurting they are doing it to themselves and we need not concern ourselves, using the teaching for attack rather than for healing- wrong.

19. Summarize the ideas about reality and unreality. Reality streams from a true source – God. Unreality streams from an untrue source – ego. Nothing unreal can affect what is real as we are not more powerful than God and God only wills what is real. All unreality can and must be transformed back into reality, through a shift in consciousness from victim-consciousness to God-consciousness by taking personal responsibility for all that happens to us. Everything can be used for a sacred purpose. We need simply stop making the unreal real and allow the real to be real. Nothing real can be threatened and nothing unreal exists.

## **VIIA. Questions – Can hell be transformed into heaven?**

Suggested reading – Ch. 6 of NG

1. Who created the world? How do you know? If God created the world, what did it look like upon completion?
2. Why did God create the world? Did God change His mind about the world He created? What are the implications?
3. Is the world we live in today the world God created? What happened?
4. If God created the world perfect, how did it become imperfect? What caused us to want to change the world God created perfect?
5. Is the world today real or unreal? How is it that we find ourselves in an unreal world? If unreal, does that mean there is no world? Can we change the world? How? What must we do to experience the real world?
6. What does it mean that the world is a projection of your mind? How do we apply this teaching?
7. How do we perpetuate the unreality of the world? Can we escape the unreal world? Can you escape your mind? What are examples of ways to try to escape the world? Are ashrams and spiritual communities escape hatches? What happens when we attempt to escape?
8. What is real about the world we live in? What is unreal? Is it possible to experience reality in an unreal world? How?
9. How do we apply the teaching that the world is not real? How can that teaching be misapplied?
10. If the suffering in the world is unreal, why care? What is the difference between sympathy and compassion? Can you be content while there is suffering in the world?
11. How have worldly acquisitions and pleasures been used to distract us from our true reality? What can the world offer you? What can you offer it?
12. Is it OK to love the world? Is it OK to hate the world? What is meant by ‘forget the world’?

13. Should you be content with the world as it is? Is the world perfect just the way it is?
14. How would you like to see the world differently if you had a choice? Do you have a choice? What can you do to change the world?
15. What in this world is of value? Can anything real be found here? Why have people killed to possess the things of the world since the beginning of time?
16. If the world is a mess, how is that the same as nothing happened? Should we forgive ourselves for the state of the world? What does forgiveness mean?
17. Who is responsible for the state of the world? Can the world be fixed? Why is it our responsibility to clean up the mess if nothing happened?
18. What is right relationship with the world? What contribution can you make toward the salvation of the world?
19. Is it ok with you that God has a plan for the salvation of the world? Do you have a role in that plan? How can you know and fulfill your function?
20. What is hell? What is heaven? Where can they be found? If heaven is within why do we look for it without?
21. Was the world ever heaven? Can that world be our experience? How and When?
22. Why do some religions teach heaven is attained only after death?
23. What caused the world to become hell?
24. What are the teachings about hell and heaven?
25. What are the life applications?
26. What are the pitfalls to guard against?

## **VIIIB. Answers – Can Hell be transformed into Heaven? YES**

1. Who created the world? God and in our right minds we create in the world with God. How do you know? Who but God could have created the real world - the Bible, Torah, ACIM and Sai Baba substantiate this conclusion. If God created the world, what did it look like upon completion? It was perfect, beautiful, good, and there was no lack.
2. Why did God create the world? So that God and man could commune and co-create in it together - for our joy and as an expression of His love. Did God change His mind about the world He created? No. What are the implications? If God did not change His mind, then the real world, the world God created is available to us as soon as we change our minds about our purpose for the world we find ourselves in.
3. Is the world we live in today the world God created? No. What happened? We, allied with ego, turned the world into a place to hide from God, a place free of God. Allied with ego we turned the world into something unreal. All sickness, suffering, lack, death, corruption, injustice, violence, greed... that we witness in the world are due to alliance with ego and have nothing to do with God as Creator of the world.
4. What caused us to want to change the world God created perfect? When we made ego, we, listening to ego, thought God was angry, so we became afraid of God and wanted to hide from Him. Thus we turned the world into a hiding place, a place to escape God's wrath. As God is everywhere, the impossible did not happen, thus we did not succeed in hiding from God, however we have managed to make an experience very much devoid of God.
5. Is the world today real or unreal? The world we live in is unreal. How is it that we find ourselves in an unreal world? We have projected the world outside of our minds and given it a different purpose from the one God gave it when He created it. If unreal, does that mean there is no world? There is no world apart from our minds. I cannot say I have no mind, therefore I cannot say there is no world. To say there is no world leads to dissociation and an unreal relationship to the world, which does not heal the world, but rather perpetuates the suffering. Can we change the world? Yes. How? By changing our minds about our purpose for the world. How do we experience the real world? We transform the world back into the world God created by being real in an unreal world, by being good, noble, loving, kind and pure, by taking responsibility for the unreal world and believing it can be transformed back into the real world God created for us.
6. What does it mean that the world is a projection of your mind? God created the world as an idea in His mind. When He created us He give each of us His mind, complete with the world He had created for us, creating us to create in the world with Him. When we changed our minds about the purpose for the world, it became what we wanted it to be rather than what it was created to be. However since we are not more powerful than God, (thank God) nothing

happened. The unreal had no effect upon the real. How do we apply this teaching? We can take responsibility for the world. We can admit that we made a mistake and ask God to show us how to restore the world to the one He created for us. We are responsible though not guilty. If we feel guilty, we make the unreal real.

7. How do we perpetuate the unreality of the world? By thinking the unreal world is real, by thinking that it does not matter what we do since none of it is real any way, by wanting to escape the world. Can we escape the unreal world? No, because the world is a projection of our minds and to escape it would be to escape our minds, but we are our minds. Can you escape your mind? No, but it can be transformed and when transformed, the world is transformed as well. What are examples of ways to escape the world? Drugs, alcohol, too much sleep, over indulgences, avoiding problems rather than facing them... Are ashrams and spiritual communities escape hatches? They can be if our intentions are not the purest. Wanting to ascend as a group is a form of escape. Some people use meditation to escape or to misapplying the teachings. Saying past is past without healing it is a form of escape through denial. What happens when we attempt to escape? We make the unreal real.
8. What is real about the world we live in? Any expression of beauty, goodness, sacredness, kindness, courage, giving... What is unreal? Everything we see, as it changes and eventually dies, all evil, corruption, sickness, pain, lack... Is it possible to experience reality in an unreal world? Yes. How? By being real despite unreality, loving God and fellowman, forgiving the unreal by seeing nothing happened to the truth, being kind, good, noble, courageous, charitable...
9. How do we apply the teaching that the world is not real? We transform the unreal world into a real one through the transformation of our hearts and lives. As the world is a projection of our minds, when we change our minds about our purpose for the world, the world must change accordingly. We must invite God back into the world. We need to apply a perfect balance between the idea that its not real and that it can be used for a sacred purpose. How can this teaching be misapplied? We can conclude that since the world is not real it does not matter what we do. This conclusion perpetuates unreality. It matters very much what we do, though it does not matter what we have done in the past when we change our minds and act purely now.
10. If the suffering in the world is unreal, why care? Because its real for those who suffer, and as we are all connected, their suffering is my own. Only those who have forgotten the oneness of all life will be unmoved by all the suffering on this weary, war-torn planet. What is the difference between sympathy and compassion? Sympathy feels sorry for the suffering and thereby makes it real. Compassion acts to alleviate the suffering, thereby affirming its unreality. If it can be healed it's not real. Can you be content while there is suffering in the world? I cannot. That is why I am doing all I can toward planetary enlightenment. The suffering can be overcome by seeing it as a symptom whose cause is ego. The problem is ego and our expedient solution is ego's nothingness.
11. How have worldly acquisitions and pleasures been used to distract us from our true reality? They promise a false sense of security, pride of ownership, independence... We have aspired to them and depended on them for our happiness. We have not been successful for only loving and trusting God for

everything can give us true happiness. What can the world offer you? It has nothing to offer as it is not the world God created. What can you offer it? I can love the world and wish for its salvation. I can offer the world hope.

12. Is it OK to love the world? Yes, the world is within me, and when I love it, I love myself. Is it OK to hate the world? You can be anguished by the injustices in the world, and yearn for something better, but if you hate the world, you only hate yourself, for the world is a projection of your mind. What is meant by 'forget the world'? It means to forget about it as a place to find happiness. Don't be distracted by the world's lures and glitter. Go for the real gold and leave the fool's gold behind. It does not mean to dissociate from the suffering or to become callous or heartless.

13. Should you be content with the world as it is? The world is in my mind. Until there is peace in the world I am dishonest to claim to be at peace. My yearning for better opens the door to better. This is not the world God created. The unreal world is sustained by the power of our belief in a world that could possibly be devoid of God. The world is a mess, there is starvation, corruption, terror, jealousy, competition, separation, conflict... Is the world perfect just the way it is? No way! It is in seeing clearly that this is not the world we want or deserve, that we open the door to a different world, a world of peace and harmony instead of war and conflict. As soon as enough of us are willing to transform ourselves, and relinquish our egos and expect the healing of the world, the world will be transformed for everyone. We must lead lives of exemplary character to restore sanity to the world.
14. How would you like to see the world differently if you had a choice? I would like to see peace, love, harmony, abundance, kindness, joy for all humanity. I would like everyone to know they are God. Some so called spiritual people think that not caring about the world is equanimity or contentment. I call that dissociation. I don't know how to be content while even one person is suffering. Do you have a choice? Yes, we transform the world by transforming our lives and inspiring others to transform theirs into lives of goodness and sacredness. As soon as enough of us have understood who we are as Divine beings of love and light, the whole world will spontaneously come to know and then we will experience a peaceful world, free of suffering of any kind. It can happen so very quickly.
15. What in this world is of value? Any act of love toward God or fellowman is of value. Can anything real be found here? Yes, integrity, goodness, peace, sacredness, truth, God... Why have people killed to possess the things of the world since the beginning of time? Because allied with ego we have taught ourselves that nothing (the things of the world) has value, and that everything (heaven's treasure) is valueless.
16. If the world is a mess, how is that the same as nothing happened? God did not change His mind about the world therefore the mess has nothing to do with God. If it has nothing to do with God it is not real. If it is not real, nothing happened. We are not more powerful than God. Should we forgive ourselves for the state of the world? When we know the mess is unreal, we will not have a problem being responsible for it and acting to heal the world without feeling guilty. What does forgiveness mean? It means forgiving ourselves for what did not happen in truth. It means not making an error real by thinking anything unloving really happened. None of the unreal had any real effect, as we are not more powerful than God, and God only wills our happiness.
17. Who is responsible for the state of the world? We are all responsible. Can the world be fixed? Yes, when enough of us want it fixed for the sake of the whole. Why is it our responsibility to clean up the mess if nothing happened? Because we allied with ego, and though ego is nothing, our experience is very real to us, and we must not use the teachings to be callous or disinterested, or we misapply them. If we feel overwhelmed about being responsible we are

making the error real. When we know it is unreal, we will not find ourselves feeling guilty or burdened. We will simply be willing to do all we can to transform the world, through miracle-mindedness, by knowing that with God ALL things are possible.

18. What is right relationship with the world? To strive to our maximum capacity for excellence in everything we do. To see God in everyone and everything. To hold all things sacred and always act with love and kindness toward all. What contribution can you make toward the salvation of the world? The world is a projection of our minds – when we change our mind about who we are the whole world must change accordingly. When enough of us are willing to be who we are, the world will be transformed for everyone.
19. Is it ok with you that God has a plan for the salvation of the world? I'm so grateful. Do you have a role in that plan? Yes, and as long as I choose with God in every action that I undertake, I can know my part in His plan. A pure heart will be shown God's plan. How can you know and fulfill your function? By being willing to go anywhere and do whatever it takes. By choosing with God instead of with ego, being willing to stop running after the things of the world, striving to my maximum capacity for excellence and purity in thought, word and deed, knowing who I am. As soon as we know who we are, we simultaneously know our function.
20. What is hell? A state of mind. What is heaven? Also a state of mind. Where can they be found? Heaven is within and is experienced when we choose with God. Hell is also within and is experienced in choosing with ego. If heaven is within why do we look for it without? Allied with ego we convince ourselves to seek where we cannot find, so that our efforts get frustrated and ego wins at our expense. As soon as we realize heaven to be within, ego's days are numbered.
21. Was the world ever heaven? Yes, before ego. Can that world be our experience? Yes. How and when? Only when we invite God back into the world. Only when everyone is free of ego. As soon as a critical mass holds the truth for everyone, everyone will readily see the obvious and change instantly and the unreal world will be transformed back into the real world.
22. Why do some religions teach heaven is attained only after death? It keeps you locked in time, making heaven attainable only at some time in the future and death attractive, thereby real. To think heaven can only be attained in the future is to keep from transforming the world into heaven now, thereby keeping the unreal real. There are many ego-oriented teachers who distort the teachings of their particular religions founders. Each religion is true, but misinterpretations abound.
23. What caused the world to become hell? We made ego to replace God, then listened to ego tell us that God would come after us to punish us for replacing Him, so we turned the world into a place where we cannot find God. Fortunately God had nothing to do with this mad idea and is always available when we look for Him within our own hearts. We also thought we were

guilty and deserved punishment and those thoughts made us think ourselves unworthy to be in God's holy presence, thus pushed God away.

24. What are the teachings about hell and heaven? God created the world to be heaven. Heaven and hell are choices/states of mind. The world can be saved because God created a real world and the unreal world can be transformed back into the real world through a transformation of our hearts and lives and miracle-mindedness. The world is a projection of our minds. The world's unreality comes from choices we made and it is our responsibility to restore it to reality by changing our minds about who we are.
25. What are the life applications? Leading a life of goodness, holiness, loving kindness and relinquishing ego to the light of the soul will restore us to the heavenly world God created for us.
26. What are the pitfalls to guard against? Getting distracted by the lures of the world, feeling guilty for the state of the world, feeling helpless to do anything to restore the world to the heavenly world that is our birthright, thinking that since the world is unreal there's nothing we need do to save it, wanting to escape instead of transform the world.

## VIIIA. Questions – Can the eternally innocent become guilty?

Related reading – Ch. 7 of NG

1. When God created the world, He said, “It is good.” If God only creates good, is evil possible? What makes ‘sin’ attractive?
2. Did God create you innocent? Did He change His mind? Do you feel innocent now? Until we reestablish our innocence in our minds, can we consider ourselves free?
3. Are evil or guilt real? Where do they come from? What causes you to feel guilty? How can you get rid of guilt once you’ve done something for which you feel guilty? Why let God correct errors?
4. What does it mean to overcome evil with good? Which is more powerful, evil or good? Why? Give examples from your own life.
5. What is the advantage of knowing who your Source is? Can you make your own source? What is the problem with thinking you can make your own source?
6. Is behavior important? Why or why not? Can you change your behavior? What forces outside of you cause you to behave less than perfectly? Are these real obstacles?
7. Is it possible to be perfect? What does that look like? What is the attraction to imperfection/the resistance to perfection? Is it desirable to be perfect? Imperfect? What’s behind a choice for imperfection? Is holiness constricting? Does perfection relate to bodies? Are the imperfect less than the perfect?
8. What does it mean to be holy? Is holiness ambiguous? How do you know when your actions are pure, holy?
9. How do you feel in the presence of perfection? If you want to be perfect what/who is stopping you? List some examples of perfection in your life.
10. Is good behavior worth striving for? Why be pure? Can change at the level of behavior affect a shift in consciousness? When you change your mind about who you are, will your behavior change accordingly?
11. If you hurt someone, whether on purpose or accidentally, how do you feel? How do you respond with ego? How do you respond with Spirit? Is it possible to be guilty for any reason?
12. Once an East Indian saint told his disciples that if a murderer can murder without feeling guilty he will not suffer any negative consequences. What is meant by that teaching? How do we escape guilt? Why is it impossible to escape guilt when you act unkindly? Why does ego want you guilty?
13. If God created you innocent and He did not change His mind, does it matter what you do? How can negative behavior convince you that you are guilty and good behavior that you are innocent? Why choose actions that fortify your innocence if guilt is impossible?

14. What does it mean that you are always getting the results of your own mind? What would a life free of guilt look like?
15. Do actions speak louder than words? Share some examples. Should you expect a true teacher to walk his talk?
16. Ego stands on the tiny platform, "Don't look at me." What does it mean to look at ego? What happens when we look? Why? How does ego stay in business at our expense? How does ego keep from being seen?
17. What does it mean to entertain ego? What is meant by 'Invite ego in but don't let it stay for a cup of coffee'? Can we exist without ego? What happens when you ask ego, "Who are you?" What happens when you ask jealousy, anger, lust, greed, hatred, fear, arrogance... "Who are you?"
18. Is it possible to be free of ego? Is it desirable? If ego is nothing, why is it such a problem? Once we have overcome ego, can we relax our vigilance? In what way is ego like any other creation? In what way is it different?
19. Ego tries to persuade you that it is you and if you lose it you will lose yourself. What will you lose if you lose ego? Can you remain in the world without an ego? Can an egoless person remain in the world of ego?
20. What is holiness? How do you know? What keeps us from wanting to be holy? What excuses does ego try to convince you of as an argument for unholiness? Is it good to want to be holy?
21. Can anyone be guilty when you know your innocence? Is your brother innocent no matter what he does? How can you perceive his innocence when he acts counter to that holiness? If he is innocent no matter what he does, what is your responsibility in relation to his ego allied actions? Can you see innocence and unholy behavior at the same time?
22. Is our brother ever our enemy? What are our real enemies? Where do they come from? Are they part of human nature? Can they be overcome? How? Why turn errors over to God to correct?
23. Must we keep certain bodily senses in check? Why or why not? What bodily senses must we keep in check? How do we do that?
24. What does it mean to love everyone equally? Does that teaching relate to sexual intimacy? Why or why not?
25. Is it humility to think yourself a sinner, to think you are unable to overcome mistakes? Does Jesus death on the cross save Christians from their sins? Why or why not? What is original sin? Is it sex?
26. Why are the best of intentions not enough? How can you guard against mistakes when you have the best of intentions?
27. How can you best participate in the salvation of the world? What will it take to save the world?

28. Why, in the Bible, did God save Nineva? Why not Sodom and Gomorrah?  
Why did Jesus tell the prostitute to stop sinning?
29. Summarize the essential teachings related to guilt and innocence.
30. Practical application – How do we apply these teachings to our daily life?
31. What are the pitfalls to guard against?

## VIIIB. Answers – Can the eternally innocent become guilty? NO

1. When God created the world, He said, “It is good.” If God only creates good, is evil possible? Evil is only possible with ego and as ego is unreal so is evil. What makes ‘sin’ attractive? Sin is an idea of doing something we know we’re not supposed to do but think we can get away with. That’s both attractive and fearful. Its living on the edge and gives a false sense of freedom, but in the final analysis, it has produced a lot more heartache than the adrenalin rush warrants.
2. Did God create you innocent? Yes. Did He change His mind? No, therefore we must be innocent now. Do you feel innocent now? I always find myself vigilant against feelings of guilt for careless acts or omissions. This unreal world is set up to provide endless opportunities to feel guilty for all kinds of reasons and for no reason what so ever, so we must be ever vigilant against falling into the guilt trap. Until we reestablish our innocence in our minds, can we consider ourselves free? No, true freedom and the only freedom worth striving for is freedom from guilt. Any other freedom is only a ruse and not eternal. Freedom to do whatever we like, to be sexual outside of holy matrimony, to disregard our conscience, to be imperfect, undisciplined, cater to our bodily senses, give way to our baser feelings and emotions... are guilt producing acts and lead to bondage rather than the freedom they promise.
3. Are evil or guilt real? No. Where do they come from? They come from alliance with an ego that wants us to behave in ways that make us feel guilty because ego depends on guilt in order that it live. As long as you feel guilty, you will think you need to do something about your guilt and for that time is necessary and ego needs time to survive. To use the Adam and Eve story, when they ate of the fruit of the tree of the knowledge of good AND evil, they felt guilty, because they thought they had defied God’s will. Though in truth nothing happened, they felt they had overthrown God and were terrified. They wanted to get rid of their guilt, so Adam made Eve a scapegoat for his guilt. In order to do that, she had to become EVIL in his mind. Before, she was his best friend, now she was ‘guilty’ so Adam could be off the hook. In that moment evil entered Adam’s mind. Before, Adam saw Eve as one with him, now he misperceived her as separate and outside of him and the cause of the problem. What causes you to feel guilty? I feel guilty when I hurt anyone, whether intentionally or not, and whenever I act in ways that are not becoming of the perfection I know God created me to be. How can you get rid of guilt once you’ve done something for which you feel guilty? We can remind ourselves that our innocence does not depend on our behavior and that God created us eternally innocent. Then we can turn over a new leaf, determine to lead a life of purity and holiness to the best of our ability and ask Spirit to correct any negative effects of any mistakes. This, I’m betting, is the best guarantee against guilt and the best way to vanquish

ego. The way to keep guilt is by making someone outside of us the cause of the problem. Blaming others is shirking personal responsibility and leads to bondage rather than freedom. Why let God correct errors? If we do not give errors to God, we automatically give them to ego and ego is determined to punish us for our errors while God wants errors corrected and that we transform our hearts and minds toward goodness as that is in our best interest and the best interest of all.

4. What does it mean to overcome evil with good? Whenever anyone is unkind to you for any reason, if you respond with love you are overcoming evil with good. Your love will help them to remember that they too are love and will help them to change their mind toward kindness. Which is more powerful, evil or good? Good. Why? Because good is real and evil is false, unreal, non-existent. It has no power except the power of our belief in it. Give examples from your own life. A friend stopped a hijacking through the power of God's love. In the Bible God asked that a people repent so a city could be saved. Goodness saves whereas evil leads to self-destruction. I was raped and prayed for the man who hurt me.
5. What is the advantage of knowing who your Source is? It gives you a clarity about who you are and a template for what's in your best interest. If you know your source to be God, and that you were created in His image and likeness, it follows that you must be like God and have Godly characteristics like innocence, purity, holiness, love... You will know that guilt, fear, anger, hatred... are foreign and will not convince yourself that you cannot overcome these character flaws. Can you make your own source? No more than we could give birth to our parents – it is an impossible idea. What is the problem with thinking you can make your own source? You will be confused about who you are as you will be confused about your origin. How is it possible to become confused about something so elementary as your source? We can convince ourselves of anything we want, for our minds are all-powerful. We can convince ourselves that step parents are real parents, but we cannot change the truth. A step parent claiming to be an adopted child's real parent cannot alter the truth, but can be believed in by a child who does not remember his real parent. Untruth cannot change the truth. We can fool ourselves, though we cannot change ourselves, for truth is eternally unalterable.
6. Is behavior important? Yes and no. Why or why not? Behavior tells us who we think we are and at the same time, cannot adversely affect our truth. Can you change your behavior? Of course, we are all the power in the universe. True change takes place when we heal the cause of the behavior, when we realign our minds with who we are. What forces outside of you cause you to behave less than perfectly? Environment, others, seductions, parental influences, peer pressure, worldly desires and temptations, thoughts such as 'it is impossible to be perfect as we're only human, perfection is irrelevant, to be perfect is to be better than others or arrogant, holiness is a loss of freedom, we are already perfect and nothing

we do or don't do can change that... Are these real obstacles? No, none of these are true impediments unless we give them power over us by believing them true. We can take back our power any time we choose.

7. Is it possible to be perfect? Yes, God created us perfect, and we are perfect, effortlessly, whenever we want to be. We are all-powerful, therefore whatever we want we do manifest. What does that look like? Perfection means purity, dignity and goodness in every thought, word and deed, seeing our brother's perfection, innocence and holiness, while recognizing his errors as unreal. What is the attraction to imperfection/the resistance to perfection? An idea that we could be different from how we were created. Is it desirable to be perfect? Yes, only perfection can content us because God created us perfect and anything less is living a lie. Imperfect? Imperfection is only attractive as long as we fool ourselves that we'd rather not be who God created us to be. What's behind a choice for imperfection? Not knowing who we are, a desire to be free of God's will, to be free of perfection, to be different from how God created us. Is holiness constricting? Constriction has to do with guilt and ego, while innocence and holiness expand our consciousness. Only holiness can content us because only holiness is true freedom. Does perfection relate to bodies? No, for bodies are not real therefore it is irrelevant to try to perfect our bodies, though the body can be used for sacred tasks and then it is used perfectly. Are the imperfect less than the perfect? Perfection recognizes the perfect equality of all God's children regardless of perceived imperfections. Perfection has nothing to do with bodies and everything to do with noble character and how we use our minds. Perfection is not for being better than others, but rather for being who we are and inspiring others through our sane choice toward peace and the end of suffering for all humanity.
8. What does it mean to be holy? To act in ways that are pleasing to God. Is holiness ambiguous? There are those who argue that holiness is different for everyone - in some cultures it is ok to have more than one wife for example... Holiness is the same for everyone, as God created us all equally holy and we do know what holiness is when we want to be holy. How do you know when your actions are pure, holy? When you genuinely want to be holy, the whole universe will rush to your aid to support you in remembering what holiness is.
9. How do you feel in the presence of perfection? Exhilarated. There are those who feel threatened or judged by the pure and perfect, but only because they do not yet want to be who they are. When you want to be perfect you are grateful to those who point the way with their perfect example, demonstrating what perfection is and that it is possible. If you want to be perfect what/who is stopping you? There is no force outside of us, more powerful than us, keeping us from being perfect if we want to be. List some examples of perfection in your life: lovingly helping a friend or stranger in need, goodness, nobility... moments where everything flows

magically, effortlessly... true communication with a loved one, sharing ultimate truth, true communion with God... watching a ballerina give an outstanding performance, listening to beautiful music, watching a sensational sunset...

10. Is good behavior worth striving for? Yes. Why be pure? When you are pure you are free of guilt and freedom from guilt is true freedom. Goodness has a positive effect on not only you but the whole world. When pure we can hear God's voice, perceive truly, know who we are, attain enlightenment quickly. Can change at the level of behavior affect a shift in consciousness? Behavior is a symptom which points to the problem of who you think you are. Though you cannot become who you are simply by changing your behavior, your behavior will change when you change your mind about who you are. When you try to improve behavior only, your behavior can conflict with your beliefs – you are trying to fix the symptom without healing the cause of the problem. When you change your mind about who you are, will your behavior change accordingly? Yes, it must, for you will only act in alignment with who you think you are. When you heal the cause of the problem, the symptom simply vanishes. Thoughts, words and deeds in perfect harmony is freedom and expresses who we all are.
11. If you hurt someone, whether on purpose or accidentally, how do you feel? Terrible. How do you respond with ego? Denial – I didn't really hurt them, guilt – I'm bad... It was his fault... How do you respond with Spirit? Apologize, remember that nothing real can be hurt for God only creates the invulnerable, ask God to heal any negative effects of my error and vow to turn over a new leaf. Is it possible to be guilty for any reason? No, because God created us all eternally innocent.
12. Once an East Indian saint told his disciples that if a murderer can murder without feeling guilty he will not suffer any negative consequences. What is meant by that teaching? Since nothing real can be threatened his action had no real effects, therefore it is only his guilt that would cause him to attract consequences for his actions. How do we escape guilt? By knowing who we are and by looking at our actions instead of denying errors or feeling guilty and projecting that guilt onto others. Why is it impossible to escape guilt when you act unkindly? Unkindness comes from alliance with ego and ego wants us to act unkindly so we will feel guilty. Spirit will never ask us to be unkind for any reason. Why does ego want you guilty? So it can exist at our expense. Guilt requires punishment to be meted out and as long as we have debts to pay off, we are stuck in time, where ego lives at our expense. Ego is the only reason we find ourselves in time, and we remain in time as long as ego fools us into believing that it has our best interest at heart while depending on us to feel guilty so it can keep us in time. Ego uses time to convince us that we are guilty and deserve punishment while God uses time to convince us that we are innocent by

encouraging us to lead lives of goodness and holiness to transport us out of time.

13. If God created you innocent and He did not change His mind, does it matter what you do? What you do attests to who you think you are. If you know you are innocent, perfect, whole, you will only act in ways that are in alignment with your truth. How can negative behavior convince you that you are guilty and good behavior that you are innocent? It is ego that tries to convince us to behave in ways that are less than becoming of our truth to secure hard evidence for its case that we can be different from who God created us to be and thereby guilty. When we listen to Spirit, we will be directed to act in noble, good and just ways that serve to bless and uplift, for that is the nature of Spirit. Why choose actions that fortify your innocence if guilt is impossible? Though guilt is impossible for a holy child of God, we must never underestimate the cunning of ego to constantly attempt to entrap us and convince us that we are guilty for crimes we never committed. It is much easier to act purely than to try to convince ourselves that our impure actions have no effects. We must act purely now, though our impure actions of the past cannot bind us unless we think them real now and unless we insist on continuing in unrighteousness. Every action either collapses or makes time.
14. What does it mean that you are always getting the results of your own mind? Every action has a reaction. When we act with purity we will feel pure. When we act in ways that are unkind or unloving, we will not feel good about ourselves and attract what we think we deserve. What would a life free of guilt look like? No pain, worries, sickness, suffering, lack, death, ignorance...
15. Do actions speak louder than words? Yes. Share some examples: Giving a blanket to someone who is cold is better than telling them you love them in that moment, if someone is sick comforting them is better than telling them they could change their mind... Sai Baba didn't tell me how to love myself, He showed me, as detailed in the ring story in Ch. 9 of NG. Should you expect a true teacher to walk his talk? Yes. Sai Baba says that His life is His message. We too should make our lives our message. We are all teachers in every moment so we have to be clear about the message we are sending out to the world with our every thought, word and deed.
16. Ego stands on the tiny platform, "Don't look at me." What does it mean to look at ego? It means to be willing to face our darkest fears, to be willing to be wrong about all our beliefs, to accept responsibility for what happens in our lives, to trust God to show us ego's impotence, to forgive ourselves and others for what never happened, to want to be who we are, to stop trying to fix problems at the level of symptoms rather than cause. What happens when we look? Ego is exposed as an imposter and disappears. Why? Because ego is an idea that we could create our own source and as that is impossible, ego does not exist and is only sustained by our belief in it. If we fight ego, defend it, befriend it or feel guilty we

make it real. If we look at it, we see it is nothing. How does ego stay in business at our expense? By convincing us that we are better off choosing with it than choosing with God. Every time we choose impurity over purity we are choosing with ego instead of with God. How does ego keep from being seen? By convincing us to look everywhere but at it, to distract ourselves with worldly distractions like wealth, fame, social status, family... to deny or disown guilt or project it out, to misperceive others as the problem instead of looking at ourselves as the cause of everything that happens to us, to blame God, to think ego is our friend.

17. What does it mean to entertain ego? It means to convince ourselves that we need ego in order to survive, for personality, freedom, specialness... that ego is our ally, that we would be nothing without ego. Acting in a manner that is not befitting who we are as gods and goddesses keeps ego alive at our expense. Feeling guilty and denying or projecting that guilt entertains ego nicely. Can we exist without ego? Much more than exist - as long as we identify with ego we will think we are nothing, for ego is nothing. As soon as we stop allying with ego, we will know who we are, we will know we are everything, we will know our true identity and we will know that we do exist. What is meant by 'Invite ego in but don't let it stay for a cup of coffee'? It means to look at ego without judgment, being neutral about ego, neither befriending it nor being repulsed by it, seeing ego truly as the nothingness that it is, not being fooled by ego, seeing through ego's clever ruse. Don't entertain your errors - don't deny them and don't engage them. What happens when you ask ego, "Who are you?" It's the same as looking - ego must vanish for in asking it must be shown to you that it is indeed nothing and as soon as it is seen as nothing it loses its ability to trick you into thinking it is something and has power to persuade you to fall for its treachery. What happens when you ask jealousy, anger, lust, greed, hatred, fear, arrogance... "Who are you?" They no longer have power over us and vanish as soon as we see them truly as symptoms of alliance with ego. As ego is not real, neither are they.
18. Is it possible to be free of ego? Yes, by facing it. Is it desirable? Yes, that is where true freedom lies. If ego is nothing, why is it such a problem? Because we invested it with all God's power, which it turned against us, in order to survive at our expense. Ego is determined to stay alive and does so by keeping us from looking at it so we will not see it as the cause of all our problems. As long as it can convince us that we are bad, guilty, unworthy, less than, greater than, victimized, victimizer, limited, powerless, special...we will continue to be asleep to our truth and be under ego's spell. Once we have overcome ego, can we relax our vigilance? No, as long as we inhabit a body, ego can slip back in, so we must be ever vigilant. In what way is ego like any other creation? Every creation is given the full power of God, has its own unique identity, wants to exist, is endowed with freewill, takes center stage, is an idea in the mind of its creator, and is loved by its creator. In what way is it different? Ego

was made, not created, to be the creator of its creator, which is impossible therefore its whole premise is faulty and it simply does not exist, nor has it ever existed. Ego is a false identity and as long as we convince ourselves that it is our source, we will remain confused about who we are.

19. Ego tries to persuade you that it is you and if you lose it you will lose yourself. What will you lose if you lose ego? You will lose nothing, for ego is nothing. You will lose a false identity and be restored to who you have always been. Ego had not changed you, but has fooled you into thinking you could become different from how God created you. When we lose ego, we lose nothing and gain everything. Can you remain in the world without an ego? Yes, for God created us and the world for us, and ego was not part of that true purpose, proving that we can survive in the real world without ego. Can an egoless person remain in the world of ego? To be in the world of ego when you have see through ego is almost impossible for you will threaten ego in everyone who has not seen through ego's treachery and they will be persuaded by ego to misperceive you because in order for ego to continue to live it must rid the world of those who are not allied with it. The world crucifies its saviors. The saviors can only remain while they have a function to play in the salvation of the world. God protects the egoless from ego's determination to get rid of them, for egolessness means ego's days are numbered. When a critical mass has the strength and courage to stand against ego for all humanity, like the 100<sup>th</sup> monkey, ego will have lost its hold and will be conquered for all. Until then ego will try to keep us from gathering strength and momentum. We must become egoless and encourage egolessness in others and stand together willing to be falsely accused, vilified, persecuted for the sake of the world, for the sake of our brothers who are unable to see that we are not the problem, but that ego is and had always been everyone's only problem. The challenges aren't over when you become enlightened, however enlightenment is a great blessing.
20. What is holiness? Loving all equally, leading a fearless life of nobility and moral character, full of love for God and fellowman, doing all we can to promote good and touch hearts and lives and inspire all toward nobleness and grandeur. What keeps us from wanting to be holy? Fear that we will lose the freedom to be unholy if we so desire. What excuses does ego try to convince you of as an argument for unholiness? Holiness is constriction, puritanical, uptight, old-fashioned, limited, boring, different for everyone therefore ambiguous... Is it good to want to be holy? Yes, for by wanting to be holy, we come to know what holiness is. To want to be holy is to want to be who we are. We do not have to have only holy thoughts and behaviors, we only have to WANT to have only holiness. That is enough to invite the hand of God to transform our hearts and lives. We don't have to work at holiness, we just have to want it – God will do the rest – even instantly if we are ready.

21. Can anyone be guilty when you know your innocence? When you know you are innocent, you will know that everyone, without exception is innocent since God created us all innocent. Is your brother innocent no matter what he does? Yes, even if he acts in ways that are contrary to how God created him, he does not have the power to change the truth for God did not create him more powerful than Himself. How can you perceive his innocence when he acts counter to that holiness? You have to look past his behavior to the truth that cannot be affected by behavior, no matter how hurtful. However, this does not mean you are asked to condone hurtful actions or take a beating with a smile on your face. You have to want another to act in ways that are befitting the truth of who he is for the sake of all concerned. He will be a tortured individual if not discouraged from enacting unrighteous deeds. If you condemn or condone his actions you make them real. If he is innocent no matter what he does, what is your responsibility in relation to his ego-oriented actions? I must want him to act as is befitting his holiness for his sake. I must ask Spirit to show me what my responsibility is in relation to him. Can you see innocence and unholy behavior at the same time? Yes, as long as an individual chooses unholiness. And so long, you have a responsibility toward his transformation, for he does deserve the best. His choices come from allying with ego. He needs to know who he is and that a choice with ego cannot serve his best interests. Spirit will direct you in what to say and do when you are willing to respond with love and act in the best interest of all.
22. Is our brother ever our enemy? No. What are our real enemies? Anger, jealousy, judgment, arrogance, pride, lust, greed, impatience, fear, hatred... Where do they come from? Alliance with ego. Are they part of human nature? No. Can they be overcome? Yes. How? By turning to God and trusting Him to direct our lives. We turn to God when we are willing to be responsible, holy, transformed, willing to be wrong and let our errors be corrected. If we deny or ignore our errors or feel guilty, we are not turning them over to God. We must look calmly on our errors without judgment. We must be willing to change our minds and turn over a new leaf. Why turn errors over to God to correct? If not God, then we are choosing for ego, and ego is determined to keep us bound while fooling ourselves that we are overcoming our shortcomings, or that we need not overcome our shortcomings...
23. Must we keep certain bodily senses in check? Yes. Why or why not? We are our all-powerful minds, temporarily embodied. We are not our bodies. We are the masters of our bodies and if we let them dictate to us what to do, we become the body's slave and forget who we are and think we are our bodies. What bodily senses must we keep in check? There are five senses to keep under control; touch, taste, sight, sound and smell. If we eat too much we will grow fat and become lazy and unhealthy. Sight, sound, and smell can all get us into trouble. When you know your body is not

real, you will have no difficulty controlling sexual impulses. How do we control the senses? We must remember who we are, and that our bodies are at no time real, but are our servants and not we the servant of our body's every craving and desire. Desire is a bottomless pit. To overcome desire we must remember who we are. To remember who we are, we must overcome desire. Our willingness is all that is needed – God will do the rest. Our unreal bodies are not more powerful than our all-powerful minds.

24. What does it mean to love everyone equally? To see that we were all created by God, equal with God and each other, and that the way a person behaves can not affect the truth in any way. Does that teaching relate to sexual intimacy? Definitely not. Why or why not? If it did, that would reduce everyone to bodies. We are mind and spirit inhabiting bodies. Sexuality relates to bodies unless it has to do with a total commitment with one partner with whom you are one in heart and mind. In that case, the outer is an expression of an inner state of mind. It is impossible to be intimate with more than one person and be pure for purity has to do with monogamy and self-control. To love all equally means to see everyone as the innocent precious child God created us all to be and to treat all with the utmost respect.
25. Is it humility to think yourself a sinner, to think you are unable to overcome mistakes? No, in fact it is arrogance in the guise of humility. Since God created us perfect, to think perfection unattainable is to think we can be different from how God created us, and thereby more powerful than God. We are equal with God, and therefore cannot become what God did not create us to be. Does Jesus death on the cross save Christians from their sins? No. Why or why not? This whole idea is faulty in so many ways: It sets up visions of God being a punishing, vengeful, punitive, judging kind of god, it means one's past mistakes had real effects, someone outside of you can be responsible for your salvation, etc. That whole idea goes counter to Jesus teaching to be perfect as our Father in heaven is perfect. We cannot be perfect and sinful at the same time. Jesus life of perfection can be used to inspire holiness and perfection in our own lives. What is original sin? The making of ego to replace God as source. Is it sex? Thinking sex to be the original sin has probably produced more guilt than any other act on this planet. To think sex a sin is ego's ruse. Sex is not the problem. Sex outside of love is a problem because then sex is being used to fill a lack or satisfy a bodily urge or make the body real. That is a lie and reduced both parties to bodies. Since bodies are nothing, to think ourselves to be our bodies is to think we are nothing, worthless... This in turn causes us to treat others with the same lack of sacredness and respect, leading to disregard for human life, rape, manipulation, exchange, murder... Adam and Eve could not stay in the garden because they felt guilty for overthrowing God as source, not because Eve seduced Adam to have sex with her. If Eve had bewitched Adam, it would mean that Eve has greater power than Adam. It is a lie. Adam and Eve are equal in God's

eyes and that means forever, and Eve did not force Adam to act against his will as that is impossible. Adam is responsible for his actions. Self-responsibility heals the problem, not abstinence or promiscuity. When sexuality is pure it is the most sacred act on the planet, when impure it is the most guilt producing. Since Adam and Eve are not more powerful than God they did not overthrow God as source and actually nothing happened. As soon as this is understood by a critical mass the plug is pulled on ego for all humanity.

26. Why are the best of intentions not enough? We generally don't have enough information to make decisions on our own, no matter how laudable our intentions. We can give a child a toy out of our love and he may hurt himself with it. We need to depend on God for moral clarity and foresight. We do well to always ask to be shown what miracles God would perform through us. Of myself I am nothing and know nothing. How can you guard against mistakes made despite the best of intentions? By turning to God to direct our every undertaking. God has the big picture. From our limited perspective we do not know what effects our actions may cause that we did not intend. When our hearts are pure God can direct our every undertaking. When we love God and trust Him, He can direct us to do that which heals and blesses. No greater satisfaction can we hope to find anywhere.
27. How can you best participate in the salvation of the world? By leading a life of goodness, purity, perfection and love for all humanity, by being willing to go anywhere and do anything, by depending on God to direct your every move. What will it take to save the world? It will take a critical mass willing to be totally free of ego, that means free of guilt and utterly dependent on God for everything.
28. Why, in the Bible, did God save Nineva? Because the people listened to Jonah when he delivered God's message of repentance. Why not Sodom and Gomorrah? Because there were not even 5 good people in the whole city. Had there been just 5 good people, that is, had the critical mass of goodness required to overcome evil been reached, God could have saved the cities. God did not destroy the cities, the complete corruption that overwhelmed the cities destroyed them. God was not angry. God did not judge. The cities self-destructed. Why did Jesus tell the prostitute to stop sinning? Because he knew she was capable of turning over a new leaf, that perfection was in her best interest and that her salvation depended on her acting in alignment with who she is.
29. Summarize the essential teachings related to guilt and innocence. Either we are all guilty or all innocent – since God created us all innocent, we must all be innocent. Our behavior attests to who we think we are. Good overcomes evil - with enough goodness on the planet, the world can be saved. We can be perfect because that is how God created us and only holiness can content us. We do get the effects of our minds until we turn over a new leaf and choose to be the holiness that God created us to be.

Ego feeds on guilt and survives by distracting us so we don't ever look at it as the cause of our irrational choices. We must reign in our senses and negative tendencies in order to be truly free. The only problem is ego and our expedient solution is ego's nothingness.

30. Practical application – How do we apply these teachings to our daily lives? When we do only that for which we know we won't feel guilty and don't feel guilty for actions that fall short of perfection, leaving the fruits of our efforts to God, aiming for loving kindness in every act, we are doing our part.
31. What are the pitfalls to guard against? Though we are innocent no matter what we do, we must guard against succumbing to the temptation that it does not matter whether or not our actions are righteous. Ego wants us guilty so we must always guard against seeing anything else as the problem. The problem is choosing actions that lead to baseless guilt and the solution is leading lives of purity and holiness in alignment with who we are as created by God.

## **IXA. Questions – Is death inevitable?**

Related reading – Chapter 8 of NG

1. If life is eternal, is death real? Is death inevitable? Can it be overcome?
2. Is death a choice? If death is a choice, how does knowing that you are responsible for your own death feel to you? What other options are available?
3. What is behind the reverence for death that seems so prevalent in so many cultures?
4. Who is responsible for your imminent demise? God? Forces outside of you?
5. Do you ever think about death? What statement is death is making? What is the message being conveyed through death?
6. How is fear of death its attraction? How is death an idea of separation?
7. Are you immortal? How do you reconcile immortality with death? What never dies?
8. Is life eternal? What does that mean? God eternal? How does knowing God is eternal make death impossible?
9. Does accepting death into our minds make it real? When God created us did he intend us to die? If not, did He change His mind? If not, why does nearly everyone die? Is there a time to be born and a time to die?
10. What is different after you die? What is the same?
11. Why is life in a body precious if the body is not real? Is there anything wrong with striving to improve the body? Eating healthy food? Focusing on longevity?
12. What is reincarnation? What is ego's purpose for reincarnation? For what purpose can Spirit use reincarnation? Do you believe in it? Why or why not?
13. What is karma? Is karma real? Is it of God or of ego?
14. How do you break the cycle of birth and death? What happens when you awaken?
15. What does it mean to accept no compromise where death plays a part? Is a suicide bomber accepting no compromise? Is one who is willing to die for the salvation of the world accepting a compromise with death? What is the difference between those who die for their belief while killing others and those who die for a noble cause? What is a noble cause? Is country patriotism?
16. How do we compromise? How do we accept no compromise?
17. How would it feel if you could take death away from everything?

18. What does it mean to be alive? What does it mean to be the living dead? What prevents us from feeling the pain of others?
19. Was Jesus death God's will? What was its message? What did he mean when he said he was willing to lay down his life for his disciples? Was he referring to his crucifixion?
20. Is killing ever justified? Could you justify killing Hitler, knowing that in so doing you would be saving millions? Could you justify not killing Hitler, even if it would mean that millions would be killed?
21. Can a victimizer victimize when there are no victims? How do we remove victim consciousness?
22. What is euthanasia? Who is to say what is incurable? When is it appropriate? When not? What is a terminal illness?
23. What are your thoughts on abortion?
24. Is it ever appropriate to commit suicide? What happens to those who take their own lives? Is death an escape from eternal life?
25. When you change your mind about who you are, can you still die? Is changing your mind merely an intellectual exercise?
26. What is life? What is death?
27. What is the problem with seeing heaven as attainable only after death?
28. Summarize the teachings regarding life and death.
29. Apply the teachings on life and death to your daily life.
30. What are the pitfalls to guard against?

## **IXB. Answers – Is death inevitable? NO**

1. If life is eternal, is death real? No, death is an idea that alliance with ego causes us to buy into. As mind and soul we live forever, and only our bodies which are not real die. Is death inevitable? No. Can death be overcome? Yes, through love for God and fellowman and by facing it calmly rather than denying it, ignoring it or accepting it as inevitable.
2. Is death a choice? Yes. If death is a choice, how does knowing that you are responsible for your own death feel to you? It puts me in a position of power and control. What other options are available? Ascension, transfigure the body into a light body, lay the body gently down when it no longer serves a purpose like any worn out garment, make a conscious decision to leave the body at will like the yogis in the Himalayas frequently do, invite God to take you home in His chariot... Its all possible when we take back our power and know that there are other possibilities besides death through unwanted circumstances like illness or accidents.
3. What is behind the reverence for death that seems so prevalent in so many cultures? Misidentification with the body, body consciousness, thinking death real, thinking death more powerful than God. Is death real? No. Can you raise the dead? Yes, because we made death, therefore we have the power to undo it when we so choose and when we know that we have the capacity. I personally witnessed Sai Baba raising a man from the dead, and heard of a number of accounts of similar accounts. A friend in Germany found herself going into the white light after becoming unconscious due to poisoning. She remembered from reading the Book of Brighu ( a reading that foretells the future like astrology only from palm leaves) that she was slated to die at age 82, so she thought, "Oh, I must be dead." Next thing she knew, she found herself back in her body. A month later her neighbor came to visit and said, "In my dream you died and a little man in an orange robe came and laid His body on top of yours and breathed life back into you." She knew that Sai Baba brought her back to life.
4. Who is responsible for your imminent demise? I am. God? No, God only wills eternal life for all His beloved, precious children. Forces outside of you? There is no force outside of me more powerful than me, therefore I am responsible for both my life's experiences and my death.
5. Do you ever think about death? I look at death curiously, fearlessly and see what a lie we all bought into in believing death real. What statement is death making? Nothing lives forever. Nothing is eternal. Ultimately death proclaims that God is dead. What is the message being conveyed through death? If death is possible for us, then its also possible for God, and so there is no God. Behind that of course is ego's assertion that only ego is real.
6. How is fear of death its attraction? In fearing death, we make it real and what we believe to be real we attract to ourselves. You won't fear what is

- not real. How is death an idea of separation? Death takes away the ones we love and thereby separates us from them, as long as we believe bodies real. Can death make separation real? Only bodies die, therefore death cannot separate you from your loved ones, for they, like you are eternal. I feel my mother's presence constantly, more now than when she was alive.
7. Are you immortal? Yes. How do you reconcile immortality with death? Only the body dies. I am not my body. When it has outlived its usefulness, I will lay it gently down and celebrate my release from this mortal coil. What never dies? Mind and Spirit are eternal. Truth, nobility, integrity live on even after the body dies. Jesus died two thousand years ago, but his message lives on today. What is the way to immortality? The removal of immorality. When we take away that which is not who we are, namely impure behavior, we take away guilt, and free of guilt we are free of our past and thereby free of karma and of the cycle of birth and death.
  8. Is life eternal? Yes. What does that mean? When God created us, He created us as eternal beings of light. We can never grow dim, or fade away, for that is impossible. We can try to annihilate ourselves, but we will never succeed. We just keep recycling until we get it right. Is God eternal? Yes. How does knowing God is eternal make death impossible? If God is eternal, then everything that God creates is eternal, and death makes no sense for anyone or anything.
  9. Does accepting death into our minds make it real? No. When God created us did He intend us to die? No. If not, did He change His mind? No. If not, why does nearly everyone die? Because we all believed the unreal to be real and the real to be unreal. We all listened to ego's verdict that we are guilty and worthy of death. We are free when we choose to be free. When we so choose we can overcome death for ourselves and others too. We were willing to accept death to deny our Father. We came to die, thus we see signs of death everywhere. Is there a time to be born and a time to die? We are born due to unfulfilled desires from previous lives, and so we live only to die with more unfulfilled desires, until we pause to see if this running after useless worldly desires is really what we want for ourselves. Once we change our minds about our purpose, we break the cycle of birth and death.
  10. What is different after you die? Nothing really. We will have only discarded a body, which was never real. We cannot lose what is real. We can never lose our mind or our soul. Nothing real can be threatened – death is a joke. What is the same? We always take our minds with us where ever we go. When we leave our body, we take our mind in whatever state of disrepair we were functioning at while embodied, so it is important to change our minds about who we are and become enlightened to the truth. We can only do that while inhabiting a body, as that is where our ego identity is undone. We will have to come back into a body if we don't succeed with the body that we inhabit now so we must see the preciousness of life and use each moment to awaken from the dream.

Only when our physical body, our ego and our dreams are gone, will we know that we last forever.

11. Why is life in a body precious if the body is not real? Because the body is a temple for the divine and must be used for a sacred purpose in order to free ourselves from the cycle of birth and death. We get to keep coming back till we get it right. Is there anything wrong with striving to improve the body? If our objective is our body's betterment, we are making the unreal real. If our objective is to keep it functioning maximally for a sacred purpose, we are in right relationship with our bodies. Eating healthy food? We should eat healthy food so that we feel capable of fulfilling our heavenly function. Focusing on longevity? Our focus should be on quality of life, not quantity, otherwise we confuse our existence in a body as real. The body has nothing to do with longevity as God created us eternal and that means forever.
12. What is reincarnation? Shedding one body to don another, relative truth since if it happens, it happens to everyone until they become enlightened, but not ultimate truth as it was never God's intention for us when He created us. What is ego's purpose for reincarnation? To keep us bound to time and space where it can live at our expense, to assuage guilt, to satisfy unfulfilled desires, to balance karmic debts. For what purpose can Spirit use reincarnation? It can motivate us to wake up if we don't want to keep recycling, repeating the same mistakes endlessly, feeling guilty for no reason, suffering self-inflicted punishment again and again, being mesmerized by useless worldly glamour... Is reincarnation of God or of ego? It is of ego though it can be used by God. Reincarnation has to do with bodies and God only creates creations of light. Do you believe in it? I believe reincarnation to be what happens when we die if we have not awakened. Why or why not? It makes sense in terms of some of the inexplicable things that happen to seeming innocents and the injustice that some seem to get away with. We do not know their past or future lives. We only see a very small portion of the whole trajectory. This does not mean that if someone is suffering it is because they did something wrong in the past for which they are getting what they deserve. Though we all make mistakes, we all deserve the best because of who we are. It is we who punish ourselves needlessly for crimes we never committed. When I was raped I was told I must have done something in a past life for which I was now suffering the consequences. This led to feeling guilty for a past that I didn't remember. Ego used my rape to make me feel guilty even now, until I asserted, "I'm innocent no matter what I may have done in the past. I'm sorry if I made a mistake and I'm determined to live a life of purity and holiness now." That's all that any of us need do to be free of our past, no matter what we may have done.
13. What is karma? Reaping the results for actions of the past. Is karma real? It is real as long as we believe that our actions can produce real results and can bind us and make us guilty. It is a relative truth, based on the idea, as

you sow - so shall you reap. It is sustained by the belief that we are bodies. Is it of God or of ego? It is ego's device for keeping us locked in cause and consequence, always tempting us toward actions for which we are sure to feel guilty. God can efface all our karma when we are willing to turn over a new leaf and be the perfection He created us to be. If that is so, karma is not of God.

14. How do you break the cycle of birth and death? By seeing through ego's cleverness, waking up to who we are, leading a life of purity and holiness, loving God and fellow man, making a shift from body consciousness to God consciousness... What happens when you awaken? All you past is wiped away instantly, you know who you are, you will never be born again, you will know death to be a joke, you will be egoless, you know you will live forever, you will know that to be everyone's glorious truth...
15. What does it mean to accept no compromise where death plays a part? It means to live life fearlessly, willing to die for the sake of the salvation of the world, unwilling to see death as a final solution, unwilling to let fear of death get in the way of truth, love, integrity... Is a suicide bomber accepting no compromise? No, he is accepting a compromise with death, because he is using his body to attack other bodies, and thereby he makes bodies real and mistakenly thinks his hatred is righteous. Though he has overcome fear of death, he lacks love as his purpose and only love can be a real purpose. He suffers from a lack of moral clarity. Is one who is willing to die for the salvation of the world accepting a compromise with death? No, he is fearless and knows that his love for humanity is greater than life itself. What is the difference between those who die for their belief while killing others and those who die for a noble or worthy cause? Those who kill themselves and others are not for God, but rather are against God. Those who are willing to die for a worthy cause are great heroes and an inspiration to the world of what love truly looks like. What is a noble cause? A willingness to risk life to save life, to end others suffering, to end injustice, violence, war... Is country patriotism? It is good to love your country, but it is better to live for freedom and to fight for it employing non-violent means, rather than resort to violence whatever the apparent danger. If we truly trust in God we cannot resort to violence. War and conflict are symptoms of alliance with ego. We are all brothers and sisters and there is always a non-violent solution to every problem when we are willing to trust God, face our problems and look for true solutions.
16. How do we compromise? Every time we do not take personal responsibility for all that happens to us, every time we blame someone else for our difficulties, every time we think death real, every time we refuse to act courageously (for a sane purpose) because of fear of loss of life, every time we meet violence with violence... How do we accept no compromise? When we live life fearlessly, nobly, willing to be unpopular, to take a stand, to take purposeful risks, to rock the boat for a worthy cause...

17. How would it feel if you could take death away from everything?  
Suddenly we could love God, because if we are honest we will admit that we all blame God for death. How many people don't say about death, "It's God's will?" God has nothing to do with death. Ego is the cause of death. In the garden, when God told Adam and Eve not to eat of the forbidden tree, He warned, "Or you will surely die." This was not God punishing Adam and Eve, but rather death was part of the package when they chose to make ego to replace God. Death is our choice, and never God's idea. When we come into right relationship with death there is hope of vanquishing it and coming into our true experience of eternal life.
18. What does it mean to be alive? To drink deeply of the teachings so that they take us to our enlightenment, to be happy learners, to embrace life fully, to welcome each challenge with enthusiasm, to be open to feeling the pain of others, to be courageous and fearless, to live for opportunities to give joy to others. What does it mean to be the living dead? To lead a purposeless, useless, meaningless existence, to live for oneself, to be immune to the suffering of others, to put safety before courage unwilling to take healthy risks, to live a life of pretense, to understand the teachings superficially so they are harmful rather than helpful. What prevents us from feeling the pain of others? An idea that we are separate, that their pain is not ours, that their suffering is not ours, that we are not all one.
19. Was Jesus' death God's will? No. What was its message? In the course, Jesus refers to the crucifixion as his last useless journey. I see his death as the result of others' projections of guilt onto him. The guilty find fault with the blameless. Ego was threatened by Jesus, so had to convince others to get rid of him. What did he mean when he said he was willing to lay down his life for his disciples? He loved them so much that threats on his life could not stand in the way of his love or cause him to denounce them as Peter subsequently did. Was he referring to his crucifixion? No, Jesus did not die to take away anyone's sins. That would make sins real and God vengeful. His crucifixion was not an expression of love, it was a demonstration that death is not real. Jesus knew his body was not real and that therefore it's crucifixion means nothing in the ultimate sense. Christians who believe Jesus died for their sins are making the unreal real and refusing to take responsibility for their own salvation.
20. Is killing ever justified? No. Could you justify killing Hitler, knowing that in so doing you would be saving millions? No, that's not my business. I would be willing do everything within my power to help him change his mind, praying to God to show me what to do for him and for the protection of others from him. Could you justify not killing Hitler, even if it would mean that millions would be killed? I would do everything possible to prevent life from being destroyed, including risking my own life, however I would never resort to killing another even to protect my own family. I subscribe to non-violent resistance to injustice – no

exceptions. We can always ask God for a non-violent solution – with God all things are possible.

21. Can a victimizer victimize when there are no victims? No, therefore, when we remove victim consciousness, there can be no victimizers. How do we remove victim consciousness? By knowing who we are, that we are responsible for everything that happens to us, that there is no force outside of us more powerful than we or capable of hurting us against our will and that we can change our minds. When consciousness changes destiny also changes.
22. What is euthanasia? The act or practice of ending the life of someone who has an incurable illness or injury or allowing or assisting that person to die. Who is to say what is incurable? Not me, but I can always turn to Spirit to guide. When is it appropriate? If they are on life support against their will or instructions. When not? We are generally not in a position to make that decision for another unless there is a clear understanding between two people. We can pray to be shown what to do if that seems the only reasonable recourse and then trust Spirit to direct our actions. What is a terminal illness? No illness is terminal as with God all things are possible. It is not necessary to suffer and die. We can go to sleep one night and never wake up... Those who have become free of guilt will leave their bodies gently, effortlessly. For them sickness would serve no purpose.
23. What are your thoughts on abortion? It is better of course not to have to make that decision by waiting for the right relationship and the right circumstances, however, I am of the persuasion that in the first trimester of a pregnancy, the soul has not yet entered the fetus so there are no karmic ramifications if one has an abortion during that period. I also think the emotional trauma of having an abortion should be carefully weighed.
24. Is it ever appropriate to commit suicide? No, if one commits suicide to escape the hell of life, he is escaping nothing because he takes himself with him. The only solution is to change his mind. When he transforms his mind and heart he has found a real solution. Death is never a real solution because death is not real. What happens to those who take their own lives? Like everyone else, their mind and Spirit live on, but they have to live with the inevitable guilt that suicide invariably engenders. Is death an escape from eternal life? Yes, under all circumstances where we have not accepted that life is eternal. We cannot escape from eternal life, as we are eternal beings and that's not negotiable.
25. When you change your mind about who you are, can you still die? No, for you will know you are not your body, and even if your body dies, you live forever. Then you will not fear death. Is changing your mind merely an intellectual exercise? No, our mind can either free us or bind us. Being willing to change our mind is where consciousness is shifted from fear to love, from death to life, from guilt to innocence...

26. What is life? Everything - Enthusiasm, joy, passion, exuberance, delight, striving for perfection in every undertaking, embracing each moment with full intensity and eagerness, cherishing everyone and everything... What is death? Nothing – unreal, a lie, a joke we play on ourselves, impossible for a holy, precious child of God, the shedding of a worn out body.
27. What is the problem with seeing heaven as attainable only after death? It makes death real. It holds heaven out as a promise in the future, making it unreal. It is simply based on assumptions and completely overlooks the possibility that heaven can be found right here and now. It sets out false hopes and false promises. Seek but do not find... Jesus taught that the kingdom of heaven is within.
28. Summarize the teachings regarding life and death: Accept no compromise where death plays a part. Death is not real as life is eternal. Only the body dies and bodies are not real. The mind and Spirit live forever. Death is a choice. Death's ultimate purpose is to prove God dead. The way to immortality is through the removal of immorality. Death yields to life simply because destruction is impossible.
29. Apply the teachings to your daily life: If death is not real we have nothing to fear. In holding all life sacred and precious, we honor life. In leading a life of purity, holiness and compassion we end the cycle of birth and death.
30. What are the pitfalls to guard against? Becoming careless since death is not real anyway, refraining from acting when someone else's life is in danger since death is not real or due to fear of death, feeling guilty when someone dies due to taking personal responsibility for their death, attempting to use death to escape life, attempting to disappear, obliterate, dissociate from the body... rather than heal the problem.

## **XA. Questions – Does God love everyone equally?**

Related reading – Chapter 9 of NG

1. If God is love, what else is there? If love is all there is, what is fear? Are all emotions reducible to love or fear? What other emotions are there?
2. List the different expressions that love and fear take. What form do they take for you personally?
3. Need love be taught? Why or why not? Do you experience yourself as love? When you love, do you question who you are? How do we become the love God created us to be?
4. How can love get blocked? What are the blocks that stand in the way?
5. What is love? What is its origin? When is love real? When is it not? What makes love work?
6. When do we seek love outside? Can we find it without if we have not found it within? What is self-love? Generally speaking, do people love themselves? Why or why not?
7. Is it important to love yourself? What form should self-love take? How do we cultivate self-love? Is it possible to love others if we don't love ourselves? Is it possible to love ourselves if we don't love others? When is self-love not really self-love?
8. What does love look like in relation to suffering? To sacrifice?
9. Should we love ego? Why or why not? Jealousy, anger...? Should we love suffering or at least be grateful for it? Should we see it as perfect?
10. What does it mean to love all equally? If you love everyone but make one exception, do you love anyone? If you love one other so totally that you are completely one, is anyone left out? Do we lose our autonomy when if we love with total abandon?
11. What does monogamy have to do with love? Polygamy? Abstinence? Are monogamy and equal love for all mutually exclusive?
12. Where does fear come from? Can you mistake a rope for a snake at dusk? Does it cause the rope to become a snake? Do misperceptions cause us to be frightened?
13. Is fear ever healthy? Can it serve a beneficial purpose? Does fear keep behavior in check? Is love a better solution?
14. What caused fear to take the place of love? How does fear serve ego's purpose? How is fear overcome?
15. Is everything either love or a call for love? If so, how do we respond to all situations? How do we respond to fear? How do we respond with love even in an unloving situation? If we mistake the unloving for love what are we doing in effect?
16. What are love's expressions? Are they limited to softness, sweetness, gentleness...? Can they be firm, hard line...? What is tough love and what is its function? It may not always look loving - how do you know when its love and when its not?
17. If one's child started taking drugs what would be the loving thing to do? When does love enable? Is that love?

18. What is the danger of using the teaching that love is all there is superficially? Can you say, "I love you" and not mean it? How is that possible? How can we deepen our love so that it is genuine?
19. Give examples from your own life where fearful situations were transformed through love.
20. Can we master fear? What happens when we try to master fear? Why do we fear death? Can we master love? Can we abolish fear? How? Love?
21. Why is God perceived as fearful?
22. What did Jesus mean when he taught us to love God above all and our neighbor as ourselves?
23. Can you be afraid of love? Can you be burned by love? Can you love too much?
24. Summarize the teachings of love and fear.
25. What are the life applications?
26. What are the pitfalls to guard against?

## **XB. Answers – Does God love everyone equally? YES**

1. If God is love, what else is there? There is nothing else. Everything we experience is either love or a call for love. If love is all there is, what is fear? Nothing, a call for love, an idea of lack, an idea that things could be different from how God created them. Fear is the opposite of love, though love can have no opposite. Fear is of ego. Are all emotions reducible to love or fear? Yes. What other emotions are there? Joy, compassion, goodness, happiness, peace are all reducible to love. Hatred, viciousness, suspiciousness, anger, jealousy, envy, greed, guilt, sadness, loneliness, emptiness... are all reducible to fear.
2. List the different expressions that love and fear take. There is love for God, romantic love, love for children, love for country, love for all humanity, love for the environment, love for animals, self-love, love for family, tender love, tough love... There is fear of God, fear of death, fear of snakes, fear of heights, fear of the dark, fear of being alone, fear of failure, fear of lack, fear of loss, fear of public speaking, fear of love... What forms do they take for you personally? Love for God, humanity, self, family, romantic love. I pray constantly for the end of suffering asking to be shown, willing to go anywhere and do anything. I love my husband purely and only in a sacred commitment, at the same time I balance my give with integrity and looking out that my give not be taken advantage of. When someone does something that's off, I neither condemn or condone it. I pray to be shown what to do to serve my brother so he will want to be the goodness God created him to be. I live a life of purity, integrity and nobility to the very best of my ability. When I make mistakes I apologize, correct them... When we love completely, fear simply is not part of our experience.
3. Need love be taught? No. Why or why not? Because love is who we are. Do you experience yourself as love? Yes, although others reactions still affect me at times. When you love, do you question who you are? No, because love IS who we are. How do we become the love God created us to be? We ARE the love God created us to be. We don't have to become who we are. However, we know who we are when we act with purity, integrity, kindness, constant awareness of when love is not flowing and seeing what is getting in the way and being willing to have it removed, being compassionate toward others, giving, blessing, sharing, caring..
4. How can love get blocked? Fear blocks love's flow. What are the blocks that stand in the way? Projecting guilt, misperception, exchange – you scratch my back I'll scratch yours, looking for love to fill a lack, looking for love outside of ourselves, fear of loss of individual freedom, fear of God, fear of death... We made ego without love, therefore it does not love us, and blocks our experience of love.

5. What is love? Honoring all as precious creations of a Holy Loving Father, knowing all are equal, no difference, none inferior or superior, love is patient, kind, gentle, selfless, good, noble, courageous, uncompromising... Love is extension, giving and receiving with grace, humility, integrity and gratitude. Love unites, while fear separates. Love expands while fear contracts. What is love's origin? God. When is love real? When the blocks to the awareness of love's presence have been removed. When is it not? When we love in order to get something in return, manipulate, hold a superficial understanding of love, or hold someone guilty yet pretend to love them anyway under the guise of unconditional love, when its canned, lacking spontaneity or enthusiasm, when its taught or learned. What makes love work? Knowing that all God's children are innocent and deserving of the very best and wanting that for everyone, knowing that the only joy we can hope to experience is in giving ourselves away constantly, knowing the tremendous love that God has in order that He created us in love as love forever, being faithful and true to one partner in a total commitment.
6. When do we seek love outside? When we do not love ourselves. Can we find it without if we have not found it within? No, that is impossible. What is self-love? Knowing who you are, knowing you are complete and whole within yourself in need of no one and no thing not even God to fill a lack, only needing God and others to enhance your joy, knowing that you are wholly worthy of the very best. Generally speaking, do people love themselves? No, rare is the person who truly loves himself. Why or why not? We have all allied with an ego that convinces us that we are undeserving of love. Ego has convinced us to make choices that are less than becoming of who we are, and if we identify ourselves with our actions we will think ourselves unworthy to be loved, or if we identify with ourselves as our bodies we will not love ourselves for we observe how vulnerable and uncooperative our bodies are and that they will ultimately perish.
7. Is it important to love yourself? Yes. What form should self-love take? Honoring ourselves so that we are treated with dignity and respect, self-discipline, self-respect, being able to enjoy our own company without feeling lonely or incomplete. How do we cultivate self-love? By giving to others, through noble acts that we can feel good about, through love for God, through asking God to show us how to love ourselves, through loving others. Is it possible to love others if we don't love ourselves? No, true love for others can only come from true love for ourselves; how you respond to others comes from how you feel about yourself. Is it possible to love ourselves if we don't love others? No, for we are all one, and we will feel selfish if we don't want the very best for everyone and strive to uplift and help all of humanity, either on a large or small scale. When we love ourselves we will know how to give to others in ways that do not cause us to feel depleted, we will not give to fill a lack, we will give from a true place and will be rejuvenated from that give. Women have a tendency to

give in an unbalanced way. This is prevented when we love and honor ourselves first. When is self love not really self love? When we look outside of ourselves to fill a lack, when we are selfish instead of selfless, self-centered, arrogant, domineering, overbearing, self-indulgent, lacking discipline and dignity. Selflessness is demonstrated by those who love themselves.

8. What does love look like in relation to suffering? Love cannot bear the suffering of others and does all within one's power to end it for all humanity, turning to God for a solution to the suffering in the world. When someone is suffering, all he need do is change his mind and the suffering ends, so what we really want to accomplish is that change of mind. We may not know how to facilitate that, but we can be willing to be used in the service of that shift in consciousness. A gentle touch may be all that is necessary, or a smile, or a word of encouragement... To sacrifice? Love knows not of sacrifice. When you sacrifice, you give up something. When you love you experience not loss but gain from every act of giving. A mother getting up in the middle of the night to feed her newborn, does not feel she is being burdened, all she feels is the joy of the opportunity to nurse her precious child.
9. Should we love ego? No. Why or why not? To love ego is to make it real. Ego is nothing. Ego is also the cause of all the suffering in the world. Ego does not love us – ego loves itself only - selfishly and callously. Jealousy, anger...? We might try loving ourselves despite these shortcomings and then we should give them to God to heal. Should we love suffering or at least be grateful for it? No, in truth suffering is not real. To love suffering is to make it real. We should look on it calmly and ask God to heal our minds. With a shift in consciousness the suffering is undone. Should we see suffering as perfect? If we see it as perfect, again we make it real. It has nothing to do with God. It is therefore devoid of love. When we love those who are suffering and act to heal the suffering we are expressing love.
10. What does it mean to love all equally? To know that everyone was created by God equal with everyone else, none more special or endowed with more than any of the rest of us, therefore it must be so today, since God does not change His mind. If you love everyone but make one exception, do you love anyone? No, if you make one exception, you have not understood love, for in order to be love, it has to be for all God's children equally, no exceptions. If you love one other so totally that you are completely one, is anyone left out? No, then you have understood love and all will benefit. True love blesses everyone. Do we lose our autonomy if we love with total abandon? Yes, if we think we ever had autonomy. Love is loss of autonomy, because oneness is real and separation is false, and love unites and makes one. I remember when I first came together with my husband, there was a moment where I knew that I was giving up my

individuality and it really frightened me. I now see that was ego trying to prevent the inevitable from happening.

11. What does monogamy have to do with love? If you love your partner perfectly seeing no lack in yourself or your significant other, having eyes for no other, you have overcome body consciousness, and that is true love. Is love partial if directed to one spouse only? Not if it is pure and virtuous, where two have found their deep heart connection and have become one. Polygamy? Polygamy has to do with body consciousness and has nothing to do with equal love for all and everything to do with misapplying the teachings. Polygamy is for those who want to remain stuck in the world of illusion. Abstinence? Abstinence is the path to God that many yogis and renunciates have chosen though it is a slower path than the householder path. Abstinence is not more holy than monogamy as some choose to believe. Are monogamy and equal love for all mutually exclusive? No, we are asked to love all equally on the level of mind and spirit, and limit intimacy to one man and one woman in a sacred commitment – this is holiness and expresses true equal love for all.
12. Where does fear come from? Thinking there are others outside of us who can hurt us, thinking separation real, misperceiving, attempting to hide anything – trying to keep secrets, seeing error as a positive assault. Can you mistake a rope for a snake at dusk? Sure, you can project a snake onto a rope. That's how easily we can project what is not there onto others. Does it cause the rope to become a snake? No, no matter how hard we try to convince ourselves of our misperceptions, we cannot make them true. We cannot make someone else guilty, or evil or less than God created them to be. We can see that they are off the mark, when they are off, however nothing anyone does can change who they are. Do misperceptions cause us to be frightened? Yes, until we look calmly, inviting God's love in. Anyone who is not afraid will not use force. When we remember that those who act insanely are really frightened and are making a call for love we will remember to respond with love instead of fear. On several occasions I have responded to anger with a look of surprise or amazement. That usually defuses the anger.
13. Is fear ever healthy? Sometimes fear can serve to keep us from doing what is dangerous. A child will not touch a hot stove if he is afraid that he will get burned. Can it serve a beneficial purpose? We live in a 'fearful' world - that is what an unreal world is by definition, so we have to use common sense with how we apply the teachings. If you fearlessly jump off a bridge, without knowing how to swim because you were instructed to be fearless, you may drown. We must always temper the teachings with common sense. Does fear keep behavior in check? It certainly can, though it never really gets at the cause of the problem. It just masks symptoms. Someone may choose not to steal because he might get caught, still there is always the temptation. When he knows who he is, stealing will not even be a temptation. Is love a better solution? Yes, theft becomes meaningless

when we know how much God loves us and look to Him to take care of all our needs.

14. What caused fear to take the place of love? All fear comes from the idea that we could actually replace God as source. That is both a fearful and exhilarating thought. How does fear serve ego's purpose? Fear keeps us from looking calmly on our mistakes and more to the point keeps us from looking calmly on it and seeing its nothingness. How is fear overcome? Any act of love overcomes fear. We cannot master fear, but we can master love and when we do, fear disappears. When a friend who was hijacked allowed God's love to pour through her, all fear simply vanished instantly.
15. Is everything either love or a call for love? Yes, if a call for love, it is fear. If so, how do we respond to all situations? With love. How do we respond with love even in an unloving situation? We can ask Spirit to show us what to do. We should be interested in the transformation of the unloving situation for the sake of all concerned. Give examples from your own life. Once a friend was cuffed by her husband. She was told by Spirit to look at him with love until he said he was sorry. She kept looking and did not take her gaze off him sending a constant stream of love in his direction. Finally he apologized and never touched her again. We should not let unkind deeds go unnoticed, but should face them with love and self-respect. If we mistake the unloving for love what are we doing in effect? If you view an unkindness as love and treat it that way, you become an enabler and contribute to making the unreal real. We must always be bright. We can feel whether it is love or not and then we must be willing to do our part as directed by Spirit. We may be asked to part company with a loved one, if they are hurting themselves or us if that serves the whole. We have to be willing to set boundaries, to take a stand where that is required, even if its not easy and even if it leads to fearful reactions. Ultimately it will pay off – right actions always do. Some people think they are doing the right thing by responding with kindness in the face of unkindness. For example, a boss is unethical and a worker keeps quiet and lovingly carries on as though blind to what is taking place, to hold onto her position – wrong. She should find the courage to speak out, willing to risk losing her job for the sake of integrity, both hers and his.
16. What are love's expressions? Giving, a willingness to go anywhere and do anything for the sake of the whole. Are they limited to softness, sweetness, gentleness...? No. Can they be firm, hard line...? Sometimes that is the most loving. If we are firm with a child where appropriate, they will grow up to be happy and well adjusted. What is tough love and what is its function? Tough love positively withdraws support from hurtful acts, disciplines when appropriate, chooses to be non-responsive, non-violent resistance – when directed by Spirit all these responses can be effective tools in collapsing time immeasurably. It may not always look loving - how do you know when its love and when its not? You can tell by the vibration that is being put out. Sai Baba's expression of tough love was

received as love because I could tell even though it looked very angry. What are expressions that fall short of love? A pasted on smile, lack of spontaneity, false equanimity, bliss ninny, out of touch with unloving acts, sugary sweetness, false magnanimity, false humility...

17. If one's child started taking drugs what would be the loving thing to do? Get him rehabilitated, isolate him so he can't hurt himself... When does love enable? When you let others hurt themselves or others without taking appropriate measures to stop the injury or when you let others hurt you. Is that love? No, that is fear, fear of rocking the boat, fear that they will not like you, fear that your interference will compound the problem... Ask Spirit to direct and you will receive guidance that will be effective. We should always keep in mind that we are God's instruments, not his assistants. Let God do the work through us.
18. What is the danger of using the teaching that love is all there is superficially? We lose our faculty of discrimination when we use teachings without understanding them deeply, we make the unloving real by loving it. Can you say, "I love you" and not mean it? Yes, recently, someone was accusing me falsely while giving me a lift. On parting she gave me a hug and said "I love you." Saying I love you could not be received as love because of her earlier accusations. In her mind she was expressing unconditional love, despite 'my guilt' she was loving me, but her whole premise was faulty, so her magnanimity was false as was her love. How is that possible? She had projected her guilt onto me, so could not perceive me truly. How can we deepen our love so that it is genuine? By taking responsibility for what is ours so that our hearts are pure. Then we will see others accurately and will be a blessing and a joy to be around.
19. Give examples from your own life where fearful situations were transformed through love: blessing rapist caused him to ask forgiveness and healed the negative effects of that experience. More examples in Ch. 9 of NG.
20. Can we master fear? No, because it is not real. What happens when we try to master fear? We make it real. Why do we fear death? Because we think death real and mistakenly think we are our bodies. Can we master love? Yes, because we are love. Can we abolish fear? Yes. How? By mastering love. Love? We cannot abolish love, but we can experience a loveless existence if we so choose.
21. Why is God perceived as fearful? Because ego wants us to believe God fearful, vengeful, raining hell, fire and damnation upon us, because as long as ego can get us to see that way we won't see it as the cause of all our trouble. Ego wants us to push God away to guarantee its safety.
22. What is the significance of Jesus teaching to love God above all and our neighbor as ourselves? When we love God with all our heart, soul and strength, we leave no room for loving ego. When we realize the great gift of having been given life, we cannot help but be so very grateful and so

very full of love toward our Creator. To love your neighbor as yourself is to love God's creation, and to know that your neighbor is yourself. How can we love others if we don't love ourselves? How can we love ourselves if we don't love everyone? The two go hand in hand.

23. Can you be afraid of love? Not of love, but of what we have taught ourselves about love. We have been taught to fear God's love, because we are told it will consume us, which it will. Can you be burned by love? There are those who fall in love, get hurt and then protect themselves from the pain by closing down and determining not to fall in love again. This is due to fear of getting hurt. When we know we cannot get hurt, we will open ourselves to experiencing love, with no regard for safety or protection from pain. Only when we love with abandon can we hope to experience true love. Can you love too much? No, there is no limit to love. If you feel over-extended by love, it was not love.
24. Summarize the teachings of love and fear. God is but love and therefore so are we. Love is all there is and therefore fear is non-existent. Misperception produces fear and true perception produces love. Love need not be learned, it is who we are. We do need to remove the blocks to the awareness of love's presence.
25. Life application: Be constantly vigilant to when love is blocked and ask to be shown what the blocks are and how to remove them. True love requires a willingness to take a stand when necessary.
26. What are the pitfalls to guard against? Loving the unreal and thereby making it real, fearing God's love and thereby making God unreal, putting ourselves in harm's way since fear is not real, not taking the teachings to the depth of understanding where they can be meaningfully applied since all that's happening is 'love.' Looking for love outside ourselves to fill a void. Responding with the same glib smile no matter what – this gives license, does not curb inappropriate behavior and lacks depth. True love unites, heals, abolishes fear and gives without ever being depleted.

## **XIA. Questions – Would you rather be right or happy?**

Suggested reading – Chapter 10

1. What is truth? What is untruth?
2. What is relative truth? What makes it relative? Is reincarnation the same for everyone? Do the laws of karma apply to everyone? What is forgiveness? What are miracles?
3. Is truth the same for everyone? Why or why not? How can you and I join if we hold differing beliefs?
4. If we have differing views, what are the possible causes? What is meant by the whole is greater than the sum of its parts?
5. How do we open ourselves to the possibility that even when we differ we may still each have a contribution to the truth? What are the benefits of knowing that?
6. How do you respond to someone who claims to have the truth, especially if it differs from what you know to be true?
7. What happens when you need to be right about your beliefs? Is it ok to be wrong about everything you've taught yourself thus far for the sake of truth? Are you willing to let go of all your beliefs if they don't withstand the test of truth? What is the test of truth?
8. Are all religions valid paths to God? What in religions is true? What is untrue?
9. Can truth be attained outside of religion? Give some examples. What is your chosen path? What is essential to every path? Why?
10. What is the difference between content and form as they relate to truth? Is it ok to differ where form is concerned? Where content is concerned? Give examples.
11. What is ego? Why does ego always speak loudest and first? Why is admitting error such a big deal?
12. What evidence are you gathering for your case for truth? Do witnesses constitute hard evidence? How can witnesses cause you to draw erroneous conclusions? Can what your senses tell you be used as hard evidence? Does what you believe constitute hard evidence? What constitutes hard evidence? What do you know to be true?
13. If truth is constant, does it matter what you do? Why or why not?
14. What are the questions that can have only one true answer and what are the answers?
15. Who is your savior? What do you need salvation from? Why can't someone do it for you?
16. Where is truth to be found? How can you tap your inner wealth of truth? How will you know when you've found truth? How does self-inquiry lead to truth?
17. Is it possible not to know the truth? Is it possible not to know who you are?
18. Are we all more alike or different? What the same? What is different?
19. What caused a true experience to become untrue? How can our untrue experience be transformed into a true one?

20. What's the real problem? Why? What's the solution?
21. What is true seeing? How can this idea be misapplied?
22. What happens when we draw conclusions about anything, without leaving a margin for error?
23. What is the danger of spiritual experiences?
24. Please comment on these ideas:
  - 24a. We are always thinking either with God or with ego – never independently.
  - 24b. When we think with God, you and I will be on the same page, with ego, we'll conflict.
  - 24c. All negative thoughts, behaviors, experiences... are symptoms of alliance with ego.
  - 24d. All we have to do is look at ego and it disappears.
  - 24e. There is only one problem – ego – and the solution is its nothingness.
  - 24f. When enough people become egoless, the suffering will end for all.
  - 24g. Truth is the same for everyone.
  - 24h. We've all always been innocent.



## **XIB. Answers – Would you rather be right or happy? HAPPY**

1. What is truth? That which does not change. God and God's love are true as they do not change. Innocence, peace and eternity also do not change. What is untruth? That which changes. Ego, and anything that comes from alliance with ego, such as guilt, conflict, separation... are false.
2. What is relative truth? That which is true within the illusion, or that which undoes the illusion and restores us to truth. Miracles, forgiveness, reincarnation and karma are relative truths. What makes them relative? They serve no purpose in absolute truth. Is reincarnation the same for everyone? Yes, until we break the cycle of birth and death by being true to the truth. Do the laws of karma apply to everyone? Yes, until we free ourselves of the laws by remembering who we are – then all our past vanishes instantly. What is forgiveness? A relative truth that stops extending truth to the untrue. It sees that the untrue is in fact untrue. It says the unreal is unreal and therefore has not effect on truth. What are miracles? Relative truths that allow truth to reemerge by undoing the untrue, making it vanish from our sight. They deny the unreal by transforming it back into the real.
3. Is truth the same for everyone? Yes. Why or why not? Because God created us all endowed with the same truth. How can you and I join if we hold differing beliefs? We each have to be willing to be wrong and to ask Spirit to show us how to truly meet. We have to want truth more than we want to be right. Is there more than one truth? No, there are many paths to truth but all the paths end at the same place, just as there are many paths up the mountain, all ending at the same pinnacle, where the view is exactly the same for all who make the ascent.
4. If we have differing views, what are the possible causes? We could both be wrong, one of us could be wrong while the other is right, or we could both be right by each having partial truth or seeing truth from a different perspective or container. What is meant by the whole is greater than the sum of its parts? We all have a valuable contribution to make to the truth and need each other in order to gain the whole truth.
5. How do we open ourselves to the possibility that even when we differ we may still each have a contribution to the truth? Open – mindedness, wanting the truth above all else and trusting each other will expand our understanding of truth. We have to listen deeply and objectively to each other. What are the benefits of knowing that we might both be right? We will be tolerant and respectful of each other and inclusive, even if we perceive differences.
6. How do you respond to someone who claims to have the truth, especially if it differs from what you know to be true? Ask Spirit within to show you how to respond, know that truth needs no defense, protect the truth by living it, save your debates and discussions for those who are open and

willing to be wrong, and see what's behind your need to share – is it a need to fortify your position or to truly be of service?

7. What happens when you need to be right about your beliefs? You bind yourself to defending those beliefs and close the door to truth. All viciousness comes from needing to defend a thought system which is not true. If you find yourself needing to be right at all cost, know that you are wrong. Is it ok to be wrong about everything you've taught yourself thus far for the sake of truth? Yes. Are you willing to let go of all your beliefs if they don't withstand the test of truth? Yes. What is the test of truth? Is it reasonable, logical, does it come from the depths of your being, does it give you deep peace, or do you still find yourself searching, has the universe given you confirmation?
8. Are all religions valid paths to God? Yes, all believers worship the same God, regardless of their particular religion. What in religions is true? They all teach love for God and fellowman. What is untrue? Exclusiveness, intolerance of other paths. Ego pits brother against brother through beliefs that are not based in truth.
9. Can truth be attained outside of religion? Yes. Give some examples. Meditation, non-duality, duality, qualified non-duality, householder, renunciate, action, devotion, wisdom, meditation, inner inquiry, service...What is your chosen path? Wisdom and inner inquiry. What is essential to every path? Purity. Why? Without purity you will have a tendency to misapply the teachings due to ego's cunning, in which case it would have been better left alone. A little truth can be a dangerous thing so drink deep or don't touch the teachings.
10. What is the difference between content and form as they relate to truth? Content relates to essence where form relates to outer expression or ritual. Is it ok to differ where form is concerned? Yes. Where content is concerned? No, because that we all have in common. Give examples. You may be Christian while I may be a Jew. We differ in our day of worship, the literature we read and in the language we study in. These are examples of form. In content, we are both taught to love the same God and the same fellowman.
11. What is ego? Ego is the idea that truth could be overthrown, it is the source of all untruth, and we are the source of ego. Why does ego always speak loudest and first? Because truth is non-competitive so will not vie with untruth. Truth is respectful. Untruth is disrespectful and pushes its weight around. Why is admitting error such a big deal? Ego does not want us to admit error because ego is an error and if we are willing to admit any error ego becomes fair game.
12. What evidence are you gathering for your case for truth? I'm letting God gather all the evidence and trusting Him implicitly. Do witnesses constitute hard evidence? No. How can witnesses cause you to draw erroneous conclusions? We tend to look for others to agree with us, and

then conclude that we are right based on consensus, but it does not necessarily follow. Just because everyone agreed that the world was flat did not make it flat. Can what your senses tell you be used as hard evidence? No, our senses are not to be trusted because what they tell us is filtered through our belief system. In other words we tend to twist evidence from what we witness or hear to conform to our beliefs rather than be open to all possibilities. Does what you believe constitute hard evidence? No, usually what we believe gets in the way of true knowing. We have to set aside all our beliefs in order that we give ourselves a chance to know the truth. What constitutes hard evidence? Conclusions that are reasonable, logical and that support everyone's betterment regardless of what they might believe. What do you know to be true? God is love and He created us in His image and has not changed His mind, so we are still as God created us for all eternity. Untruth had no effect upon the truth.

13. If truth is constant, does it matter what you do? Yes, it matters very much. Why or why not? What we do attests to what we believe. If we are not supporting truth we are supporting untruth and will manifest untruth as our experience. Even though truth has not been affected by our choice, our experience is very much affected. To have truth we must want it, and we demonstrate our wish through our choices. Choose with God and our thoughts, words and deeds will all align with truth and be noble and inclusive. Choose with ego and we turn away from truth toward corruption, bondage, distortion, misperception, exclusiveness, separation...
14. What are the questions that can have only one true answer and what are the answers? Were you created? Yes. Was everyone created? Yes. By whom? God. Are you God? Yes. Is there one God or are there many? Only One. Is God love? Yes. Are you love? Yes. Is everyone love? Yes.
15. Who is your savior? Only you can save yourself. What do you need salvation from? From illusions and misperceptions, from untruth which we mistook for truth. Why can't someone do it for you? Because God endowed us each with freewill. Salvation is as simple as changing our minds. No one can change your mind for you – only you can do that. You are all the power in the universe. To want someone else to save you is antithetical to who you are and keeps you from your truth.
16. Where is truth to be found? Within. How can you tap your inner wealth of truth? By getting quiet, having a pure heart, trusting yourself, wanting the truth, being willing to be wrong, turning to God and away from ego, being open to all possibilities, self-love... How will you know when you've found truth? By the peace you feel, you will find that you know that you know, and the universe will confirm your enlightenment. How does self-inquiry lead to truth? As you have all the answers within, when you ask, the answers do come effortlessly. It's a grand discovery. That's why the Socratic approach is brilliant. The Greek definition for 'educate' is to draw

forth, to elicit from within. We have to keep diving deeper within till we catch hold of the core issue, for there we will discover the answer as well.

17. Is it possible not to know the truth? Not really, for God endowed us all with the truth when He created us, and made certain we could not lose it, and He didn't change His mind, so we still know the truth, even though we may have covered it up with untruth. Is it possible not to know who you are? No, that's a ridiculous assertion, for just to live we have to know who we are. Ego identity caused us to be confused about something so fundamental and basic. When we made ego to be our source, we let it dictate to us our identity. Since ego is nothing, as long as we identify with it, we think we are nothing. All we have to do is stop allying with ego and we remember that we are children of a Most Holy and Loving God, and that we too are most holy and loving.
18. Are we all more alike or different? We are all more alike than different, because God created us all the same. What the same? We are all equal in power, glory, holiness, grandeur, innocence, joy, love, creative ability... What is different? The way we express our creative ability. The sun has many rays, each is equally bright, however some rays may have a yellowish hue while others are more orange, or red or pink... Our differences only add beauty, and have no element of competition or better than or less than in truth. Our wills are our own, and we choose to will as one or autonomously, depending on whether we choose with ego or with God.
19. What caused a true experience to become untrue? Using our God given freedom to make ego to replace God as source. We have the freedom to choose our experience, but we do not have the power to change the truth. We saw ourselves lacking and wanted an experience of self-authorship, autonomy, imperfection and special favor. As all those are untrue, we entered an untrue experience due to our choice. How can our untrue experience be transformed into a true one? We can change our minds about what we want and reenter a true experience. We must be willing to look at ego and see that it is untrue. Then ego disappears and we are free to be in a true experience of love and joy in perfect harmony with all our brothers and sisters everywhere, all totally in love with God and each other. As long as we need to defend ego or see anything but ego as the problem we do not want to look where the answer is to be found.
20. What's the real problem? Ego is the only problem. Why? Ego is the cause of all our problems, which are all really just symptoms of alliance with it. What's the solution? See ego as the problem and its nothingness as the solution. When seen as nothing, it no longer has power over us. We defend ego while it is sucking our very blood from us. We need to stop defending ego and see it for what it is. We need all the help in the universe for this simple act of looking, because ego is a very slippery and crafty opponent who does not want to be seen. To vanquish ego, we must unite with God and each other. Ego is separation - union is ego's undoing.

21. What is true seeing? Seeing with God instead of with ego, not making the untrue true and allowing the true to be true, seeing God in everyone, seeing perfection, innocence and goodness beyond error. How can this idea be misapplied? If we look for perfection with ego, we will see the imperfect as perfect and thereby make the error real. If we look at bodies or actions or words, we will see imperfections. If we look at what God created beyond form we will see perfection. Those who know their perfection will act perfectly and those who do not, can be inspired to do so.
22. What happens when we draw conclusions about anything, without leaving a margin for error? We close the door to truth being deeper, fuller, richer... We close down, find ourselves defending our position, creating disharmony, being exclusive, and even fighting and resorting to drastic measures, such as killing in defense of our position. How many religions are not guilty of this very offense?
23. What is the blessing of spiritual experiences? They add substance to belief. What is the danger of spiritual experiences? We can misinterpret our experiences or draw conclusions from them that are not true, such as thinking we are better than others or undeserving if we don't have experiences or thinking we are enlightened when it was but a light experience, nothing more, nothing less. We should be grateful for all our spiritual experiences and let them be just that, beautiful experiences from out of time to cherish and support us along our way. Let us not fall into ego's trap of thinking we are special because we had an extraordinary experience. Let us not think we are better than others because of our heavenly gifts. God loves us all equally and wants to shower blessings and gifts on all His children.

24. Please comment on these ideas:

24a. *We are always thinking either with God or with ego – never independently.* We made ego to think independently, so when we think we are thinking independently, we are thinking with ego.

24b. *When we think with God, you and I will be on the same page, with ego, we'll conflict.* Thinking with ego produces conflict simply because ego was made to separate, and conflict is separation. When we think with God we unite, simply because God created us one with Him and each other.

24c. *All negative thoughts, behaviors, experiences... are symptoms of alliance with ego.* Ego is the cause of all our problems and we are the cause of ego. As long as we need to defend ego, we will be doing so while shooting ourselves in the foot.

24d. *All we have to do is look at ego and it disappears.* Ego was made to replace God as our source. As ego cannot replace God, it is simply an imposter and has no life except the life we give it through the power of our belief in it.

24e. *There is only one problem – ego – and the solution is its nothingness.* Ego tries to convince us to fix symptoms so that we will never look for the cause of our problem. As soon as we see ego as the cause of all our problems, we will be looking in the right place. As soon as we look where we can find, we will find. As soon as we see ego as the cause we pull the plug on ego and collapse time immeasurably. We need all the help in the universe just to look, for ego is very determined to stay alive, and that at our expense. Ego has been sucking our blood while we have been defending, protecting, nurturing and befriending it. We have been insane. Fortunately we can choose again.

24f. *When enough people become egoless, the suffering will end for all.* When there is a critical mass, the divinity is given welcome. From 8 billion individuals, all that the divinity needs in order to act is thousands. Sai Baba says all He needs is a handful of good individuals to bring the Golden Age onto the planet for all of humanity. When we are egoless, we are good naturally, and not before because even the best of intentions will be polluted as long as we are harboring ego. Once we see ego truly, we are free, we know who we are, we are enlightened and we bless the planet.

24g. *Truth is the same for everyone.* God created us all the same, therefore we are all the same, we all have the same truth in equal measure.

24h. *We've all always been innocent.* No matter what you've ever done, you are and have always been innocent, and so has everyone else. Until you see that is true for everyone, no exceptions, you still do not believe you are innocent. We must inspire goodness and perfection in everyone through our lives of purity and nobility. Make your life your message.

### **XIIA. Questions – Is there a solution to end all wars forever?**

Suggested reading – Chapter 11

1. What is peace? What is war? Can fighting bring peace? Is there a solution to end all wars? If so, how do we implement it?
2. How does non-violent resistance contribute to peace? Are peaceful demonstrations helpful? Is there a non-violent solution to every uprising? Give examples. Why are non-violent stands effective?
3. Do you think Biblical history has any bearing on the conflict in the Middle East today? Might the Adam and Eve story have any bearing on the dynamics between males and females today? Why is it good to include a historical perspective when resolving conflict?
4. What's the underlying cause of all conflict? Is ego your only enemy? How do we vanquish our only enemy?
5. Where there is conflict, does God take sides? Does God defend the righteous? How can we elicit God's hand of intervention?
6. How can you recognize ego's voice? God's voice?
7. What's the difference between force and power?
8. How is peace attained? What gets in the way?
9. What is meant by not compromising integrity to keep the peace? Are you willing to disturb the peace for the sake of true peace?
10. What does it mean to be miracle-minded when there is conflict? How can you arrive at a solution where there is conflict?
11. Why is there so much resistance to admitting error? If you make a mistake, how do you feed it, make it real? How do you heal it? If you say you are sorry, are you admitting guilt? If you take responsibility for your error, are you admitting guilt?
12. Is it possible for your peace to be disturbed by anyone or anything outside of you? How does knowing there is nothing outside of you help resolve conflict?
13. How would knowing that we are all equal help resolve conflict? Is peace for all humanity possible? How do we bring it about?
14. List the obstacles to peace, why they are obstacles and how they are overcome.
15. Is it enough to have peace for yourself while there is conflict or war anywhere in the world?

## **XIIB. Answers – Is there a solution to end all wars forever? YES**

1. What is peace? Contentment, harmony, calmness, oneness, ... What is war? Conflict, struggle, opposition, separation, miscommunication... Can fighting bring peace? No, engaging conflict breeds conflict. Is there a solution to end all wars? Yes. If so, how do we implement it? Peace in the world begins with peace in the home and can be attained through a grassroots movement where we each take responsibility for peace in our own lives. When enough of us do that, we will influence peace in the world at large. We must want peace above all else. We must elicit God's hand of intervention where there is conflict by being willing to lead lives of goodness, willing to be wrong, willing to hear another's point of view, willing to see all as our perfect equals. We must find the underlying cause of conflict. We can facilitate conflict resolution by sending pink light to all involved, for all in conflict are victims of ego and need the light of love to pierce through their misperceptions and restore sanity. We made ego without love, therefore it does not love us, and tries constantly to block our experience of love.
2. How does non-violent resistance contribute to peace? Goodness overcomes evil. We must resist evil but not on its terms, in other words we don't meet it in kind. We must meet evil with goodness, and wish the best for our perpetrators, having compassion for them. Are peaceful demonstrations helpful? They can be, however if we are not taking responsibility for a lack of peace in our personal lives they cannot be truly effective. More effective will be leading lives of purity and goodness, becoming enlightened, praying for peace in the world, being miracle-minded. Is there a non-violent solution to every uprising? Yes, when we trust God to guide our lives toward peace. Give examples. Gandhi and Martin Luther King were true examples of non-violent resistance to injustice. Why are non-violent stands effective? Because they create awareness instead of avoiding or ignoring problems/issues/conflict. When looked at, conflict can be healed. When enough people make a shift in consciousness toward miracle-mindedness, conflict can be laid to rest forever for all humanity. After Nazi Germany, there was silence about the atrocities. There was guilt and shame on both sides of the fence. It was too painful to look at, but as long as you avoid the past, it cannot be healed. It is ego that wants the past ignored so that we don't learn from our mistakes, so that we repeat mistakes over and over again.
3. Do you think Biblical history has any bearing on the conflict in the Middle East today? Yes, the past is not past until it is healed as all of time is going on all the time, so the banishment of Ishmael directly relates to the hatred the Muslims feel toward the Jews today. It is healed through self-responsibility. Might the Adam and Eve story have any bearing on the dynamics between male/female relations today? Yes, I think that when we look at that story we are looking at the origin of the problem between men

and women, and can finally hope to discover a real solution. Displaced guilt is healed through self-responsibility. Why is it good to include a historical perspective when resolving conflict? To get at the underlying cause of our problems. When the past is seen with clarity it can be healed, learned from and forgiven; thereby time is collapsed immeasurably.

4. What is the underlying cause of all conflict? Ego, for ego thrives on conflict and wants us to be at war. Its survival depends on conflict. Is ego your only enemy? Yes, our brother is never our enemy. Both the victims and the victimizers are victims of ego's treachery, however we are always each responsible for our own actions. How do we vanquish our only enemy? All we have to do is look at ego and we see it is nothing and then we are free of it. However this looking is not something we can do on our own, due to ego's ingenuity. We must ask God to reveal to us the truth of ego. When we pull the plug on ego, we will have pulled the plug on war, faction, hatred, violence...
5. Where there is conflict, does God take sides? No, God loves all equally and where there is conflict, there is ego, and God is absent. Does God defend the righteous? Yes, when they call on Him and respond to injustice with non-violent resistance, for that invites His participation. How can we elicit God's hand of intervention? Through goodness, trust in God, wanting a solution where everyone wins...
6. How can you recognize ego's voice? Ego always speaks loudest and first and creates separation in our minds in relation to others. Ego's voice is harsh, strident, aggressive, hateful, divisive, does not wait to be invited and always tries to create conflict, miscommunication, misperception... God's voice? Patient, calm, speaks of peace, waits for an invitation, counts on us to be who He created us to be, honors our freedom to choose.
7. What's the difference between force and power? Force is used by those who do not believe they are powerful - to manipulate, coerce, manhandle.... Force is used by the fearful to instill fear, tyrannize, conquer, victimize... Power is of God and is used to heal, bless and unite. It always honors another's freewill.
8. How is peace attained? By wanting it, being selfless, needing nothing, being content with what one has, having a divine discontent in relation to the suffering in the world, being miracle-minded. What gets in the way? Worldly desires, selfish interests...
9. What is meant by not compromising integrity to keep the peace? Don't do what your heart tells you not to do just to keep the peace. Once I was in a situation where a friend and I were taking a workshop. To my perception, the teacher was not in integrity so I felt that staying was compromising my integrity. My friend wanted to stay. We had come in the same vehicle. I told her I would be waiting in the car. Are you willing to disturb the peace for the sake of true peace? If I don't do what's right in my heart, I sell my soul, for the sake of peace between my friend and me. This cannot bring

true peace. We must be willing to face uncomfortable situations rather than avoid them. And at the same time not sweat the small stuff.

10. What does it mean to be miracle-minded when there is conflict? To trust there is a solution where everyone wins. How can you arrive at a solution where there is conflict? Be willing to be wrong, willing to hear other points of view, willing to ask Spirit for help in healing conflict.
11. Why is there so much resistance to admitting error? Because ego's survival depends on your not admitting your errors, for ego is an error and if you admit other errors, it's existence is threatened. If you make a mistake, how do you feed it, make it real? By feeling guilty, denying it, hiding it, refusing to apologize, refusing to do what you can to fix it. How do you heal it? Apologize, do what you can to correct it, learn from it, ask Spirit what to do, ask the person you offended what to do... If you say you are sorry, are you admitting guilt? No, only error. You demonstrate that you feel guilt in refusing to apologize. If you take responsibility for your error, are you admitting guilt? No, you would only be admitting error; refusing to take responsibility comes from feeling guilty.
12. Is it possible for your peace to be disturbed by anyone or anything outside of you? No, because there is no one more powerful than me, thus how I respond to any situation is purely and solely up to me. When I choose for God there will be a peaceful solution to every problem for God is peace. How does knowing there is nothing outside of you help resolve conflict? We will take responsibility for everything that happens to us and will solve problems without blame, judgment or fault finding, but rather by looking calmly, trusting Spirit to bring clarity and resolution.
13. How would knowing that we are all equal help resolve conflict? With perfect equality there would be no jealousy, anger or power struggles. Is peace for all humanity possible? Yes. How do we bring it about? When enough people become truly miracle-minded, then like the 100<sup>th</sup> monkey idea, peace will be the desired choice for all. All we have to do is change our minds about who we are and inspire others to change theirs, to restore the whole world to peace. All we have to do is be willing to shed our egos, for ego is the cause of all conflict. As soon as ego is gone, conflict is gone and peace is restored.
14. List the obstacles to peace, why they are obstacles and how they are overcome. 1) the desire to get rid of it keeps peace away. We think we do not want peace because ego depends on conflict and as long as we ally with ego we will find ourselves doing what ego directs instead of following our heart's yearning. We overcome the desire to get rid of peace by replacing it with the desire to get rid of ego. 2) Body consciousness keeps peace away. As long as we think we are bodies we will not be able to attain peace. As soon as we are willing to trade in our false identity for a true one as Spirit, we will be at peace. 3) The attraction of death is an obstacle to peace because death is an escape and as long as we are

escaping our problems we will not find peace. If we think death inevitable we are attracted to death. The solution is to see that death is not a solution. Then we will meet our problems and be at peace. To lay the body gently down after we have finished our purpose for being here is perfectly natural and will restore peace. 4) Fear of God keeps peace away because only in God is peace possible. As long as we do not know who we are, we will not know that God is love, so the way to overcome fear of God is to discover who we are, then we will rediscover our naturally joyous and loving relationship with God.

15. Is it enough to have peace for yourself while there is conflict or war anywhere in the world? No, the world is a projection of our minds, and until there is peace in the world, we cannot really claim to have peace. At the same time, until there is peace in our hearts and lives, we cannot contribute to peace in the world.

### **XIIIA. Questions – Where is true knowledge to be found?**

Suggested reading – Chapter 12

1. Did God create us to know everything forever? Do we know now? Why or why not? What stands in the way of true knowing?
2. Is evolution true or is creation true? If God created you whole and perfect, where is the need for evolving? Why do we see evidence of an evolutionary process?
3. Is waking up an evolutionary process? Are spiritual practices necessary? What is their purpose?
4. Who are you? Does it make any sense to strive to become who we are? Did we become ignorant? What is the purpose of ignorance?
5. How do we close the gap between who we are and our experience? What keeps us from experiencing who we are? How do we remove the blocks to our true inner knowing?
6. Were we created to learn? What purpose does learning serve now? Is it important how you use your mind? Should you use it to learn? How do you reconcile being a happy learner with the arrogance of ignorance?
7. What justifications have we given ourselves for learning? Is suffering a good teacher? Did God put us to sleep so we could learn to wake up? Are we in the experience of illusion as a gift to God, because God cannot ever experience illusion? How do we implement these ideas in the academic setting?
8. Does perfection need to be learned? Is it difficult to be perfect? Do you want to be perfect?
9. Is behavior learned? Is it important? How do we move from behavior back to creation?
10. If you were created to know, what can you hope to learn from a teacher? What will a true teacher teach his students? Is the student rightfully indebted to the teacher?
11. What is the cause of misperceptions or faulty learning, even from true teachers and true teachings? Who is responsible for your misperceptions? How do you know when you are listening to ego and when to God?
12. If you are all-powerful, is it possible to make the untrue true? What are the obstacles to true knowledge? What is true knowledge?
13. If God created us perfect, how do we find ourselves susceptible to errors? How is error corrected? Why is this the only error that needs correction?
14. How does God view error? Ego? Why? Does God punish error? Ego? What is God's solution to error? Ego's?

15. What is your responsibility when you make a mistake? When others make mistakes? Is it possible that your brother be seen as making a mistake when he is not in error? How can you tell?
16. What does it mean to see the imperfect as perfect? What happens when you see the imperfect as perfect? Is it correct to find perfection in the imperfect? Will God punish imperfection?
17. What happens when we make mistakes? How do we correct error? Are some errors worse than others? Are some more amenable to correct?
18. Why is it so difficult to admit a mistake? What's the big deal about correcting a mistake? Can past mistakes be corrected now? Do past mistakes matter now? Does what you do now matter?
19. What is the only real error from which all other errors spring? Why does ego teach us that error is more than error?
20. What is sin? Is sin possible? Why or why not? What is the difference between a mistake and a sin?
21. What is original sin? How is it corrected? Is sex a sin? Is it the original sin? Where does the idea that sex is a sin come from? Is sex outside of a sacred commitment a sin? Is abstinence a surer path to God?
22. Is it good to discipline a child? Is it ever appropriate to punish a child?
23. What's the difference between being responsible and being guilty? What is your responsibility toward criminals? What's the cause of crime?
24. Is punishment ever appropriate? Should criminals admit their crimes? Can a hardened criminal be transformed? How can a criminal not reap the consequences of his actions? If an error is unreal, how do we give it reality?
25. What are the teachings in this chapter? The pitfalls to guard against? The life applications?



### **XIIIB. Answers – Where is true knowledge to be found? WITHIN**

1. Did God create us to know everything forever? Yes. Do we know now? No. Why or why not? Because, allied with ego, we learned of the false to cover the true. What stands in the way of true knowing? False beliefs, ideas that we cannot know, that truth is unknowable, that it is a mystery; learning, misperceptions, conclusions drawn from inconclusive evidence, looking in the wrong places... which are all symptoms of ego's need to keep us in the dark so it can live at our expense.
2. Is evolution true or is creation true? Creation. If God created you whole, complete and perfect, where is the need for evolving? There is no need. Why do we see evidence of an evolutionary process? Because we made an ego to be different from how we were created, we have to learn anew who we are and that can look like an evolutionary process if we so choose, or we can take a quantum leap in consciousness or even take no time at all.
3. Is waking up an evolutionary process? It can be as fast or as slow as we choose. That is the only reason time exists. Are spiritual practices necessary? On the one hand they help to purify the heart but on the other, it cannot be necessary to do something to become who you already are. What is their purpose? To give us sense and mind control, self-esteem and self-confidence. They may or may not help, depending on our determination and desire. If we want the truth, we will get it, even instantly, even without any spiritual history or spiritual practice. The one who believes he deserves to awaken will awaken. If we think we have to earn it, we will do whatever we feel necessary to win God's grace. All we have to do is want to be holy, and God will do the rest. We do not have to become holy, for God created us holy and we did not lose our innocence. Spiritual practices loosen ego's hold over us so we can see it clearly and walk away from it. However some people think they are more holy because they are spiritual, in which case they are still trapped by ego, for the truth is we are all equally holy regardless of our histories. Salvation need not be earned. If we want liberation, we deserve it, no efforts, no time needed, only the willingness to trade in nothing for everything.
4. Who are you? I am a precious child of God, created by God to be equal with God, to be perfect, whole and all-knowing for all eternity. Does it make any sense to strive to become who we are? No, but due to ego alliance we cannot do nothing and not change and expect to close the gap between truth and experience. Did we become ignorant? No, we were created all-knowing forever. What is the purpose of ignorance? Ignorance is ego's way of hiding the truth that we know everything. Ego wants us ignorant because the truth is ego does not exist, and knowledge will tell us that and then ego will be finished.
5. How do we close the gap between who we are and our experience? By being willing to be wrong about everything we taught ourselves, by wanting to be

holy, by wanting to be free of our egos, by simply wanting to be who we are. What keeps us from experiencing who we are? An idea that we could be different from who we are, which is all ego is, the desire to be something else - unholy, imperfect, to be ego identified or mistaken about who we are, separate, autonomous, self-authored, the desire to learn, the belief that learning can get you there... How do we remove the blocks to our true inner knowing? By wanting the truth, by wanting to be ourselves, by being willing to see truly, by wanting to know. We do not have to know how, we need simply want the blocks removed – as we are all-powerful, our desire will manifest what we really want. We are already getting the results of our desires. Now we need merely change our minds and we will see the results of that shift in consciousness.

6. Were we created to learn? No. What purpose does learning serve now? Only the purpose of unlearning what we erroneously taught ourselves. The ability to learn has no value when change of understanding is no longer necessary. The eternally creative have nothing to learn. Is it important how you use your mind? Yes, we can use our minds for a divine purpose or for erroneous pursuits like learning and as our minds are all-powerful we will get the results of our own minds. We restore our minds to their proper function when we will to know. Should we use our minds to learn? We need learn nothing, but we do need to unlearn, and for that we need to learn anew – which is a remedial learning. We should be happy eager learners that we may collapse time for ourselves and others too. However let us be certain that our purpose is true, or we will attract to ourselves all kinds of ego-oriented teachers, who will teach us all kinds of unnecessary untruths. How do you reconcile being a happy learner with the arrogance of ignorance? We have to be happy learners to overcome self-imposed ignorance. In truth, it is arrogant to think ourselves ignorant, for God created us knowing everything, and to think ourselves ignorant is to think we succeeded in making ourselves different from how God created us, and thereby more powerful than God.
7. What justifications have we given ourselves for learning? That learning is a true function, that learning is of God, is necessary to wake up, makes us better people, worthy, deserving... that we can become who we already are. Is suffering a good teacher? No, suffering is not necessary to become who we are. We need merely unlearn that we need to suffer to become who God created us to be for all eternity. We need merely correct our errors instead of punish ourselves for them – that is what suffering is – self-inflicted punishment for crimes that were never committed. Did God put us to sleep so we could learn to wake up? No, God created us awake and intended that we remain awake for all eternity and He has not changed His mind. Are we in the experience of illusion as a gift to God, because God cannot experience illusion? No, God who is everything, cannot be benefited by our ignorance, in fact to feign ignorance is to do God a disservice. No matter what justifications we have allowed ego to convince us of for learning, none of them are true. As long as we justify learning, we will continue to learn, and ego will remain

well fortified, because we could go on learning and thinking we are getting closer while in reality we keep ourselves stuck in time as long as we think we profit from learning. How do we implement these ideas in the academic setting? It is good to be enthusiastic students of secular knowledge as long as we do not let that learning take precedence over self-knowledge, noble character, heartfulness and the desire to be truly helpful.

8. Does perfection need to be learned? No, God created us perfect and that for all eternity. All we need do is stop wanting to be imperfect and we open the door to the experience of the perfection that we already are. Is it difficult to be perfect? No, it cannot be difficult to be who we are. Do you want to be perfect? Nothing short of perfection can content us, because perfection is our natural state. It is not learned, it is not forgotten, it is who we are.
9. Is behavior learned? Yes, when God created us, He did not create us to have physical bodies, and only bodies can have behaviors. Before the separation, there was only the eternally creative, creating, not behaving. After the separation, behavior was necessary in order to survive. God created creations of light and light only shines, it does not behave. Is behavior important? Yes, now behavior is important to bring us back into the experience where behavior is no longer necessary. We behave according to our level of consciousness and how we behave tells us who we think we are. How do we move from behavior back to creation? By striving always to behave in a fashion that reflects who we are – namely one with God and all our fellowman. We should behave in a way that heals our relations with God and reunites us with God and each other, closing the gap between truth and experience. We must behave in alignment with who we are as pure, holy and good, as that is the portal back to a real experience where behavior no longer serves any purpose.
10. If you were created to know, what can you hope to learn from a teacher? Only that we do all already know everything. What will a true teacher teach his students? That all were created equal by God, how to surpass him, that the student is his own savior and no one can do it for him, that the way to tap his own inner knowing is by wanting to be holy and truly helpful... A true teacher will direct the student to the relinquishment of his ego to the light of his soul. Is the student rightfully indebted to the teacher? Yes and no. Of course the student should have a healthy regard for the teacher who can help him to collapse time, but only the ego-oriented teacher will try to extract anything by way of exchange from his student. A true teacher knows that God is his source and sustenance and should not look to his students to put him on a pedestal, enhance his lifestyle or fill a lack.
11. What is the cause of misperceptions or faulty learning even from true teachers and true teachings? The underlying cause is ego. We believe false information from parents, teachers, environment, religion, because we want to learn what is not true, due to alliance with ego. Even true teachings can be misinterpreted and misapplied, when we do not use them with purity and integrity. Ego does not want us to recognize or remember any true

knowledge, so it tries to convince us that we cannot learn the truth, that untruth is true, that truth is untrue, that we have understood truth when we have not, that we are enlightened when we are not... However ego is unreasonable, so as long as we think clearly, reasonably, rationally and with firm determination, we will see that we do know, for knowledge is logical and reasonable. Who is responsible for your misperceptions? We are. If I am all the power in the universe, I learn what I want to learn. No one outside of me can force me to learn anything I do not want to learn or mislead me in how to apply the teachings against my will. How do you know when you are listening to ego and when to God? We just know, for we really do know everything. The real question is "What do you really want?" If you really want the truth, if you are willing to do whatever is required, you will be able to discern between the voice for ego and the voice for God, truth and untruth, knowledge and ignorance, light and darkness...

12. If you are all-powerful, is it possible to make the untrue true? No, for we are not more powerful than God. Our power is equal with God's, neither greater or less, therefore our joint wills create our reality. If God wills something and you believe something else, you cannot change God's will, but you can have an experience in line with your belief. What is true knowledge? God is love and creates creations of love, equal with Him in knowledge and power for all eternity. What are the obstacles to true knowledge? The desire for something else, the idea that we cannot know, worldly distractions, self-imposed lethargy, belief in the untrue... All these obstacles are symptoms of alliance with ego. When we change our minds about what we want, our experience will change accordingly, however, its not as easy as it sounds because ego does not want us to know, so will put all kinds of obstacles in the way of our discovery of our true knowing. Our only salvation lies in looking at ego and seeing it's nothingness. Then only will it no longer dictate our lives and take advantage of us. Ego uses the power of our minds to convince us that we are powerless, ignorant, separate, worthless, best served by looking after our own needs at the expense of others...
13. If God created us perfect, how do we find ourselves susceptible to errors? Though perfect, God created us free. If it were not so, we would be automatons. The only choice we could make that would be meaningless would be a choice for independence or freedom from God's will. Freedom from God's will would necessitate the making of our own source, i.e. ego, which has ironically been the cause of all bondage. God created us free, but not independent. As God gave us all-powerful minds, we could give ourselves a different experience, but we could not change the truth. How is error corrected? By admitting that God is our source and cannot be replaced. Why is this the only error that needs correction? Every other error is a symptom of this one error. Once this error is corrected, all other errors are corrected simultaneously. By the same token, once any other error is corrected, this error becomes more amenable to correction. This is how time is collapsed immeasurably.

14. How does God view error? As a mistake that needs correction. Error that is corrected collapses time and undoes unreality. Ego? Ego leads us to believe that error is more than error, it is positively a sin that requires punishment. Why? If we saw it as merely error, we would correct it. As long as it is seen as more than error, you can be convinced that it warrants punishment instead of correction. Punishment makes the error real and requires time and ego depends on time for its survival. Does God punish error? No. Ego? Yes. What is God's solution to error? Turn over a new leaf, correct error, decide from this moment onward to lead a life of integrity, holiness, love and kindness. Each moment is a clean opportunity, a new birth, a chance to get it right. Ego's? Guilt and punishment, so it stays alive at our expense.
15. What is your responsibility when you make a mistake? To own it, to be in right relationship with it, to apologize and be willing to let Spirit direct you in how to reestablish communication with a brother or sister you may have hurt. When others make mistakes? Mistakes are correctable. Want them to act purely for their sake, ask Spirit to show you what to do... Neither condemn or condone their errors. Inspire perfection through your example. Remember for them that God created them perfect and they will be content with nothing less because of who they are. Is it possible that your brother be seen as making a mistake when he is not in error? Yes, when you project your guilt onto him you will misperceive his actions. This is another way ego tricks you into dealing with your mistakes. You can only perceive what is not there as long as you do not want to be holy. As soon as you want to be holy, you cannot misperceive your brother. How can you tell? If you are irritated by his wrongs, if you want him punished rather than transformed, that's a red flag that it's your stuff and not his.
16. What does it mean to see the imperfect as perfect? To see error and condone it. What happens when you see the imperfect as perfect? If you see someone hurting another and overlook it as seeing only the Christ, you are making the imperfect perfect and thereby making the unreal real. You are judging while you think you are practicing non-judgment. To support imperfection is to enable or to be an accomplice. We are responsible for each others' behavior, for we are all one. However, we are not in a position to correct others. That must be left to Spirit. Perhaps we will be instruments, but only a pure heart is a worthy instrument. Inspire goodness. Make your life your message. Is it correct to find perfection in the imperfect? No, though it is correct to see the Christ beyond human error, to know another's perfection even though his actions may not be perfect, to know that he is innocent no matter what he does, to know that God loves him and does not judge him on the basis of his actions. Ask Spirit to show you what to do, willing to act in the best interest of all, willing to resist evil... I like the idea of non-violent resistance to injustice. To be passive in the face of injustice is to be out of integrity. Will God punish imperfection? No, but ego does, therefore it is always in our best interest to act perfectly and to inspire same in others, for if we do not we are acting with ego and ego depends on our guilt for its existence. The only way

to beat ego is to live a life of purity, holiness and goodness to the best of our ability, leaving the fruits of our actions to God.

17. What happens when we make mistakes? The tendency is to deny, avoid, suppress, repress, condemn, feel guilty, hide, project and justify our errors which make them real, rather than look at it calmly with God as guide. How do we correct error? By being willing to be wrong, by being willing to look at them calmly, by asking God to show us how to correct our mistakes, by doing whatever is necessary to come back into alignment with truth. As ego is the underlying cause of all other errors, when we relinquish ego, all errors will have vanished at the same time. Are some errors worse than others? No, they are all just errors. There are no levels of illusion. Are some more amenable to correction? Yes, but only because of our faulty training. It is generally harder not to feel guilty about murder than about gossip, though both are destructive.
18. Why is it so difficult to admit a mistake? The human tendency is to defend error rather than admit it because ego is invested in error being seen as more than error. Ego wants error to be seen as sin, irrevocable, wreaking permanent damage. What's the big deal about correcting a mistake? If we correct other mistakes we might be willing to correct the mistake of harboring an ego, and that mistake ego cannot afford to have us correct, therefore it convinces us that our mistakes need not or cannot be corrected. Can past mistakes be corrected now? Yes, all of time is going on all the time. If we heal the past, we are free of it and of time. Do past mistakes matter now? Yes and no - the past is not real, however it is only truly past when it is healed. We need not dwell on the past, we need merely want it healed. If we heal present mistakes, the past is healed automatically as well. The past is truly past when we turn over a new leaf now. Does what you do now matter? Yes, we are always getting the results of our minds. If we use the teaching for license, since it does not matter what we have done, we bind ourselves not only in the present, but to past mistakes as well.
19. What is the only real error from which all other errors spring? The making of ego to take God's place as creator and source. Why does ego teach us that error is more than error? Because ego is an error and its existence depends on not seeing error for what it is. Also as long as ego can convince us that error is more than error and requires punishment, it is guaranteed life.
20. What is sin? An error that cannot be corrected. Is sin possible? No. Why or why not? All errors are correctable or we are stating that we are more powerful than God. If we could actually do irreparable damage, it would mean that we are more powerful than God and as that is simply not true, neither is sin. What is the difference between a mistake and a sin? A mistake is correctable while a sin causes permanent damage to God's perfect creation and deserves punishment. Since it is impossible to sin, no one deserves punishment. Katha, the Aramaic word for sin, means to be off the mark. If you are off the mark, if you miss the bull's eye, you will not punish yourself, you will merely aim more carefully and try again. If you hit the bull's eye,

you feel a sense of deep satisfaction and accomplishment. It is the same with errors. When we make them, we can simply correct them and then we feel at peace.

21. What is original sin? The making of ego to replace God as source, the idea that we could be different from how we were created. How is it corrected? By seeing that it's not possible to make our own source or to replace God as source. Is sex a sin? Many have concluded that sex is the original sin and that we were born in sin, but that is only ego's plan to prevent us from looking at ego as the original and only error. Is sex the original sin? No. Where does the idea that sex is a sin come from? From ego, to take ego off the hot seat as the cause of our banishment from the Garden. Guilt around sexuality is ego's greatest defense against the truth that it is the cause of all our problems. Is sex outside of a sacred commitment a sin? No, however sex outside of a sacred container is body consciousness and leads away from freedom rather than toward it. To be a slave to the body's senses is the world's idea of freedom, not God's, but to think that Eve seduced Adam to have sex with her, and then God banished them is to think God punitive and sex immoral. This is the cause of much needless guilt and subsequent self-inflicted punishment in the form of sickness, suffering, lack... If sex were a crime, punishable by banishment, it would mean that sex could make you different from who you are. It does not have that power, for again we are not more powerful than God. However, to think you need sex is to think the body real and to keep one a slave to body consciousness. Is abstinence a surer path to God? Abstinence is not holier than monogamy. In fact the path of the householder is a quicker path to God because it demands greater self-control.
22. Is it good to discipline a child? Yes, children need the safety and protection of limits and discipline to know what is in their best interest. A loving parent lovingly disciplines a child. You know how well you are doing by how you feel about your approach. Is it ever appropriate to punish a child? No, discipline that takes the form of punishment cannot be love and true discipline comes from love. You will invariably feel guilty for punishment. If guilty you may fall into convincing yourself that your harshness was justified, and you will have started a cycle that is hard to break. Punishment makes error real and causes everyone to feel guilty, so that everybody loses except ego.
23. What's the difference between being responsible and being guilty? When you take responsibility for your mistake, you own that you are its cause and that no force outside of you caused you to act counter to your will. When you feel guilty for your actions, you own that you actually caused real and permanent damage and thereby are more powerful than God. What is your responsibility toward criminals? They too are innocent as God created them. They must be supported to accept responsibility for their mistakes, without causing them to feel guilty. We should want them transformed or rehabilitated rather than punished for their sakes as well as the safety of society. What's the cause of crime? Alliance with ego is the underlying problem, so the relinquishment of

ego is the only true solution. Ego must be found guilty and relinquished by seeing it truly. Wrong circumstances, poor parenting, environment... are not causes but merely symptoms of the one cause - ego.

24. Is punishment ever appropriate? Punishment makes error and guilt real and strengthens ego rather than weakening it. It is never deserved or helpful, not even for a hardened criminal. If he does not agree to rehabilitation, he should be given the chance to chill. This is not punishment, it is time out. As soon as he is agreeable, he should be guided toward taking responsibility for his error and turning over a new leaf, so that he does not make the same mistake again. Criminals should be taught that kindness toward all is in their best interest, that they are equal with everyone and to hurt another is to hurt oneself. Should criminals admit their crimes? Yes, only the truth can set one free. We come into right relationship with our actions by taking responsibility for them, because there is no force outside of us causing any of us to do anything against our will. Can a hardened criminal be transformed? Yes, everyone was created innocent by God thus has not the power to lose that perfection no matter how out of integrity one's behavior. Every saint has a past and every sinner a future. How can a criminal not reap the consequences of his actions? By turning over a new leaf and not feeling guilty for the past, though willing to do all he can to correct his past error and make amends where possible, wanting to be holy now... If an error is unreal, how do we give it reality? By punishing ourselves, feeling guilty, blaming others, avoiding or denying our mistakes, acting in secret...
25. What are the teachings in this chapter? God created us all to know everything for all eternity. We could not lose this state, but we could teach ourselves otherwise and learn to be who we are not. The pitfalls to guard against? Thinking that learning has some real purpose. The life applications? Correct mistakes instead of punishing ourselves for them.

*Drink deep or taste not the waters – A little knowledge is a dangerous thing.*

#### **XIVA. Questions – Can separation be healed by separating?**

Please read Ch 13 of NG

1. What is oneness? What does it mean to be one with God? Is God greater than you? Are you the same as God? Are you connected with God? What is different?
2. What does it mean to be one with everyone? How would a state of oneness with everyone look? Is an enlightened one greater than one who is not enlightened?
3. What is separation? What does it mean to be separate from God? What caused separation from God? Is separation possible?
4. Do you have a connection with others? Is anyone excluded? On what basis? What caused separation from others?
5. Do you have a mind? Do you have a soul? What are the characteristics of mind? Of soul? Are they connected? What is separation of mind from spirit? Is it achievable?
6. What purpose could separation serve?
7. How do we experience separation in the form of projecting guilt? Please give some examples. What other forms does separation take?
8. How do we experience separation in the form of inequality? Please give some examples.
9. How do we experience separation in the form of specialness? Is it ok to want to be special? What is a special relationship? What is a holy relationship?
10. When is marriage a special relationship? Is sex a legitimate need? When is marriage a holy relationship? How does a holy relationship contribute to the salvation of the world?
11. Is marriage of God or of the world? When is divorce legitimate? How do we overcome marital problems if divorce is not an option?
12. Is marriage to be limited to one man and one woman? Why or why not? What is your position regarding homosexual relationships?
13. When is abstinence right? When is it wrong? Should you be sexual with your partner if his eyes are roaming?
14. How can specialness be confused with sexual intimacy with one partner? Does the moral fabric of a society depend on the purity of its women? Why? When is purity confused with jealousy, possessiveness, exclusiveness...?
15. What is the body's purpose? What does body consciousness look like? What does freedom from body consciousness look like?

16. What is mind? What is Spirit? What does it mean to be one in mind and Spirit? What caused separation of mind from Spirit? How do we realign our mind with our soul?
17. How many souls are there? How many minds are there? Is it possible to share one mind? Is it possible to use God's mind when we think? What is a split mind?
18. Are you the lord of your universe? What does that mean? Why do some ego oriented teachers teach that to mean there is only you and there are no others?
19. Can you be both the central figure in your experience and created by God? Why do some ego oriented teachers teach that you were not have been created by God as there is nothing outside of your mind?
20. Can you be the central figure in your experience while there are others who are also the central figures in their universe simultaneously?
21. Can you be the central figure of your experience, created by God and equal with everyone all at the same time?
22. What does it mean that ideas do not leave their source?
23. Is the world an idea in your mind? What does it mean that the world is a projection of your mind?
24. What are the real ideas in your mind? What are the unreal ones? How do we interact with real and unreal ideas in our minds? do we do with them?
25. If we all share one soul and one mind, are all God's creations the same? What is different?
26. If we share the mind and soul of God, how is it possible to have unreal experiences? Is it possible for the soul to have unreal experiences?
27. What heals the separation? Is there separation in a real experience?
28. What is meant by inclusion? What needs to be included and what excluded for a true experience? How can the idea of inclusion be misapplied?
29. If you love everyone but make one exception, have you loved anyone truly? If you love one truly, has anyone been excluded?

## **XIVB. Answers – Can the separation be healed by separating? NO**

1. What is oneness? Unity, harmony, connectedness, communion, true communication, perfect equality, perfect love, interdependence... What does it mean to be one with God? To be equal with God, connected, in joyful communion, to be friends, on good terms, comfortable... Is God greater than you? No. Are you the same as God? Yes. Why is that hard to fathom? We made an ego to be different from how we were created and ego convinced us that we are less than God and that God is fearful. To be equal with God would require personal responsibility for that which we've put the onus on God, like suffering and death... Are you connected with God? Yes, when God created us He placed Himself in our minds and us in His mind. There's no place where God ends and His creation begins. What is different? God is the central figure in His mind, while I am the central figure in my mind and you are the central figure in yours. God created us and we cannot create Him, though we can create like Him. God created us to create uniquely, so my creations will be unique, within me, and I within them. I will be their creator and they cannot create me though they can create like me. It's an ever expanding, holographic idea - the part is whole and the whole is in every part.
2. What does it mean to be one with everyone? To be equal, to love everyone – no exceptions, to respect and honor everyone totally, to live together in peace and harmony, to know that we were all created by God as a gift for each other to enhance each other's joy. How would a state of oneness with everyone look? We'd have peace instead of wars, meaningful, purposeful, joyful relationships, we'd all want everyone to be happy and blessed, and do all we could to manifest that. We'd want the end of suffering for everyone. Is an enlightened one greater than one who is not enlightened? No, the only difference between an enlightened one and one who is not enlightened is that the enlightened one knows there is no difference, while the unenlightened one still sees difference where there is none. An enlightened mind is not deluded by ego, while an unenlightened one is under ego's spell.
3. What is separation? A descent from magnitude to littleness, a failure in communication, leading to an experience of division, conflict, hatred, attack, fear, inequality, specialness, judgment, sickness, pain... What does it mean to be separate from God? To think that God is the cause of suffering, that God does not love us, that God is vengeful, punishing... What caused separation from God? An idea of lack, a desire for more than everything, a desire for an independent will, autonomy, self-authorship, special favor... from which ego was made to replace God. Is separation possible? No, because God created us one with Him for all eternity. We can think separation possible and experience separation, but we cannot make it real.
4. Do you have a connection with others? Yes. Is anyone excluded? No. On what basis? People exclude on the basis of misperceptions, grievances, misunderstandings, prejudices, judgments... What caused separation from others? Projection of guilt for separating from God.

5. Do you have a mind? Yes. Do you have a soul? Yes. What are the characteristics of mind and soul? Mind is free to err while soul does not have that freedom. Mind is part of the soul and can think itself separate from the soul, but cannot achieve separation. Soul is unaffectedly perfect forever while mind can think it possible to be different from how it was created. Soul cannot experience separation, autonomy or self-authorship while mind can. Soul cannot conceive of an ego, while mind can manifest one. Soul knows, love and creates, while mind has freewill and choice, though it derives its power from the soul. The mind can be healed through forgiveness and miracle-mindedness while soul is whole for all eternity therefore does not need healing. Are mind and soul connected? Yes, though mind can enter an experience of separation from soul, from God and from fellowman. It will be an illusory experience, a dream that never happened in truth for we are all irrevocably one. God is both Mind and Spirit perfectly one and He created us in His image, so that is our truth as well, though our experience may differ from the truth. What is separation of mind from spirit? An idea that mind adopted to achieve self-authorship. Is it achievable? No, for God created mind and soul inseparable and so it is.
6. What purpose could separation serve? 1. Assuage guilt by projecting it onto someone outside of oneself. 2. Specialness, which must come in relation to others who are different - has to do with comparisons, winning special favor. 3. Immunity from the suffering of humanity, another's pain is not your responsibility. 4. Independence – freedom to act in isolation.
7. How do we experience separation in the form of projecting guilt? Adam had to separate from Eve in his mind in order to blame her for making an ego to take God's place. In that act, he entered an experience where she was outside of his mind and thus became who he wanted her to be rather than who God created her to be. What other forms does separation take? We separate by misperceiving others on the basis of behavior, skin color, history, race, gender, nationality, gossip, hearsay, religion, social status, jobs, class distinction, physical or mental shortcomings, ability to persuade... God created us all equal and sense of inequality is due to projecting what is not there.
8. How do we experience separation in the form of inequality? We think we are less than God, less or greater than others; the Nazi's thought the Jews on a par with dogs, the Whites thought the Blacks subhuman, The Native Americans were seen as savages, the Pope is thought to be God, the doctor's word is final, the president is seen as more powerful than anyone else, a husband may think himself superior to his wife, some Muslims think women inferior and Americans to be heathens... these unreal thoughts give reality to the idea of inequality, which is ego's weapon. As long as we think these thoughts we make separation real.
9. How do we experience separation in the form of specialness? Children who want their parents to love them more than their brothers or sisters, teacher's pet, wanting attention, wanting to be better than, wanting to be seen, doing with and for others to win their favor perhaps at a loss of integrity, trying to buy love, wanting God to love us more than others, thinking we are better than or more

persecuted, participating in exclusive clubs like religions that claim to be the only way... Is it ok to want to be special? We are all unique and special. However, to want to stand out is to want to be different from how God created us. It can only lead to unhappiness and pain rather than the satisfaction we were hoping to achieve. What is a special relationship? A relationship where two come together to fill a lack, to get something they don't already have, based on need rather than love. It is a false relationship. Special love turns to special hate, and is fed on the belief in separation. What is a holy relationship? One where two come together to enhance each other's joy rather than fill a lack. Each has recognized that he is whole and complete and in need of nothing, but finds his joy enhanced in the company of another, whole as himself. Each brings error happily to correction.

10. When is marriage a special relationship? When you think you need a partner to fill a lack or complete you, when sex has strings or produces guilt, when you think you need sex to be loved, to have children... Is sex a legitimate need? No, we are not our bodies and to think we need sex is to think we are not whole and complete as God created us. If you think you need sex then you think your body more powerful than your all-powerful mind. You will not die if you do not have sex. When is marriage a holy relationship? When both know they are whole and complete. When both know that their marriage is ordained by God, when their sexual expression is love and joy and has no strings or guilt, when both are willing to correct errors in themselves and see the holiness in each other. How does a holy relationship contribute to the salvation of the world? Two voices raised as one call to the hearts of all to beat as one. As we unite, we gain momentum and ego loses it hold. Uniting overcomes separation and ego depends on separation for its survival.
11. Is marriage of God or of the world? As with everything it depends on what you choose to make of it. It is of God when two come together for a holy purpose and of the world when two come together to fill a lack. A special relationship can be transformed into a holy one. We can always change our minds without needing to change our circumstances. Everything can be used. When is divorce legitimate? When your partner is unfaithful. How do we overcome marital problems if divorce is not an option? We have to face our problems, be willing to do whatever it takes to truly unite, be willing to be wrong and willing to ask Spirit to help us find our oneness. With God all things are possible, even the healing of impossible marriages. All we really need do is want healing and let God do the rest.
12. Is marriage to be limited to one man and one woman? Yes. Why or why not? As soon as you bring another into the sacred container, you are looking through the eyes of body consciousness rather than God consciousness. There can be no holiness in seeking for sexual gratification outside of a sacred commitment. What is your position regarding homosexual relationships? I think they are not based on God's laws, therefore are not holy. They have to do with body consciousness. Some homosexuals are afraid of heterosexual relationships and so have gravitated to what is easy out of fear of getting hurt, fear of rejection... Homosexuality is a choice. If we think we have no choice about it, it is because

we think we are our bodies. You are not your body, you are mind and spirit as God created you. If you are a homosexual, you can always choose again, for a heterosexual relationship or if that's too difficult a transition, abstinence is also a choice. We are not our bodies and so we do not need sex in order to live. Though I do not condone homosexual relationships, I do not condemn them. All are God's innocent children for all eternity. No choices or behaviors can adversely affect our holiness.

13. When is abstinence right? When used to achieve enlightenment, when one is not ready for the responsibility of marriage as an eternal commitment, when you're not in love. When is it wrong? When it's easier, when used to give you a false identity, when used to think yourself holier than those who are in relationships. The householder path is the fastest path to God because it requires self-control. The path of abstinence is easier but takes longer. Traditionally, men who abstain remove themselves from society to avoid temptation. If a couple has eyes only for each other, their relationship is pure and they have achieved a holy relationship. No action has the power to taint your holiness. Only in the mind is bondage or freedom to be found. Should you be sexual with your partner if his eyes are roaming? No, for if you do, you contribute to body consciousness. Only sexual purity can content us. Jesus said in the Bible, "I have come to perfect the law. The law tells you not to commit adultery, but I say do not even look at another woman."
14. How can specialness be confused with sexual intimacy with one partner? This confusion is due to level confusion. Sexual purity could be seen as giving special favor to one person to the exclusion of others, but this confusion comes from identification with bodies rather than minds. In treating all bodies the same, we give reality to bodies. When we love all as equally precious children of God we are connecting on the level of mind. Does the moral fabric of a society depend on the purity of its women? Yes. Why? When women are pure, men will look for an eternal partner, i.e. he will look with his soul, rather than to satisfy a bodily urge, shifting him from body consciousness to God consciousness. When is purity confused with jealousy, possessiveness, exclusiveness...? If a marriage partner is playing the field, his spouse may be falsely accused to justify inappropriate behavior. This is an example of projecting what is not there to assuage guilt. A spouse who does not understand this dynamic may accept his false accusation and everyone feels guilty while ego thrives. To expect purity is not possessiveness or jealousy, but rather holy, virtuous and true. Purity requires strength and all the power of God constantly in a world where sexual freedom has become the fashion.
15. What is the body's purpose? The body was made to separate but can be used to heal and to bless. What does body consciousness look like? One who thinks he is his body finds himself a slave to the senses, running after bodily appetites such as lust, greed, addiction to food, sleep, drugs, alcohol, homosexuality, chaotic lifestyle, self-serving, sickness, suffering, loneliness, making choices for special favor rather than from integrity... What does freedom from body consciousness look like? Monogamy or abstinence, ceiling on desires, selflessness, noble

character, healthy body, happy existence, integrity, purity, healthy peaceful lifestyle...

16. What is mind? Formless, all-powerful - whatever we will we manifest through the power of our minds. We bind ourselves or free ourselves depending on the choices we make with our minds. What is Spirit? Also formless, unaffected for all eternity, source of creative expression, love, knowledge. What does it mean to be one in mind and spirit? God is one of mind and spirit and He created us in His image, thus we too are one in mind and spirit. Mind is part of Spirit. What caused separation of mind from spirit? Mind chose to ally with ego which convinced it to identify with a body rather than with God or Spirit. How do we realign our mind with our soul? By thinking thoughts God would have us think, thoughts of love, joy, peace and brotherhood.
17. How many souls are there? There are billions, and yet they are all one. How many minds are there? There are billions and yet they are all one. Is it possible to share one mind? Yes. Is it possible to use God's mind when we think? Yes, the part is whole and the whole is in every part. It is not possible to think without using God's mind. What is a split mind? A mind that thinks separation real, that projects, that wants to be special or better.
18. Are you the lord of your universe? Yes. What does that mean? It means I'm in charge of everything that happens to me, responsible for all my actions and all my experiences. There is no force outside of me more powerful than me, doing things to me against my will. I cannot be a victim. The good news is that with a shift in consciousness, I will manifest different experiences for myself and others too. Why do some ego oriented teachers teach that to mean there is only you and there are no others? Ego wants them to teach it that way so they fool themselves into thinking they have understood oneness while continuing to propagate separation. 'Since there's only you, it does not matter that you hurt another – they don't really exist anyway,' is ego's trap. If there's only you, you have no responsibility to heal conflict, or overcome anger... Its amazing how a little knowledge can do so much damage when allied with ego. If you hurt another, you are responsible, and the past can be healed.
19. Can you be both the central figure in your experience and created by God? Yes. Why do some ego oriented teachers teach that you were not created by God as there is nothing outside of your mind? Ego wants them to teach this so they will not have to acknowledge that they made ego to replace God as source and in that way ego continues to survive while they think they have attained oneness.
20. Can you be the central figure in your experience while there are others who are also the central figures in their universe simultaneously? Yes, mind is infinite and limitless. That is how God created us. We all use the one mind of God. We are each the central figure in our personal and unique experience, complete in and of ourselves. It's a holographic idea. The part is whole and the whole is in every part.
21. Can you be the central figure of your experience, created by God and equal with everyone all at the same time? Yes, this is the understanding of oneness that we

must all come to embrace in order that we be free to be who we really are, free of ego, free of separation on all fronts.

22. What does it mean that ideas do not leave their source? God created you as an idea in His mind, and as He did not change His mind, you are in His mind forever, exactly as He created you. God is an idea in your mind as well, and though you can think you don't know God, you cannot really fool yourself. Ego is also an idea in our minds, though ego is an idea that we placed there without God, against God's will. Ego is the cause of all that is not Godly and when we look at it calmly and see that it is an imposter, we are free of it. Real ideas are eternal and can never leave their source, while unreal ones must be relinquished or transformed so that reality be our experience. Ego is an idea of separation, a statement that ideas can leave their source and a way to keep us from being responsible. We cannot exclude, reject or get rid of true ideas or change them in any way by projecting them out. Miracles transform unreal ones back into real ones when we stop insisting that the unreal is real and when we become miracle minded.
23. Is the world an idea in your mind? Yes, the world is an idea God placed in our minds. What does it mean that the world is a projection of your mind? It means that the real world that God placed in our minds was projected out of our minds in an attempt to make it different from how it was created and to have an experience of separation. Projection is an unreal action of mind as it is not an action God gave us when He created us, therefore the world is in our minds, though we believe that we are in the world. We are the cause of the world rather than an effect being buffeted about by a world outside. We cannot escape the unreal world but we can transform it back into the world God created by allowing it to be in our minds and by allowing it to have a real purpose, namely a place to walk as equals with God and each other. We can invite God back into the world. Ego is an idea that things can happen to us against our will. Then we are part of the solutions and contribute to the end of unreal ideas for all humanity.
24. What are the real ideas in your mind? God, the world, others, all of humanity, peace, love, holiness... What are the unreal ones? Ego and all that comes from alliance with ego – death, illness, poverty, war... How do we interact with real and unreal ideas in our minds? Real ideas are quiet because they are true. Unreal ones are always clamoring for our attention in an attempt at being given reality. We feed them by believing in them and heal them by seeing them clearly, with God as guide. When all we have is real ideas we are free.
25. If we all share one soul and one mind, are all God's creations the same? We were all created equal, with a true identity, with the same purpose - to love, to create and to know. What is different? Creation is not stagnant, does not use replication or cloning. We each have a unique identity, and are capable of a unique creative expression. God created us free to create creatively. In that we are all different expressions of the one Divine principle. We are each the center of our universe.

26. If we share the mind and soul of God, how is it possible to have unreal experiences? Mind can think unreal thoughts and convince itself of the reality of unreal experiences, but it cannot change reality. Mind is capable of error as it was created free. If it were not capable of wrong choice it would not be free in the truest sense. Because it is free to err, it is also free to correct mistakes or to take them seriously which would lead to the making of ego and getting lost in time and space for a moment of unreality. This is how we all find ourselves locked in an unreal experience. Is it possible for the soul to have unreal experiences? No, because soul was created eternally unaffected and cannot don a false identity. Fortunately, since mind and soul are eternally one, we cannot sustain our unreal experience for too long. Now is the time for that unreal experience to end, therefore we find ourselves looking for, recognizing and remembering true teachings.
27. What heals the separation? Perceiving oneself as mind rather than as body, looking at separation calmly and reasonably, leading lives in line with oneness, unity, harmony, wanting to heal the separation, wanting to be one with God and everyone and everything, communication, uniting in truth, inclusion, reason, accepting that we are all so much more alike than different, using our bodies to join our minds rather than to separate, knowing that separation is only a thought and thoughts can be changed, recognizing that the continuing will to remain separated is the only possible reason for continuing guilt feelings. Is there separation in a real experience? Sai Baba says, "I separated myself from myself that I might love myself." ACIM says that God created separate beings who have everything individually, but who want to share it to increase their joy. This idea of separation means unity, inclusion, love, harmony and oneness. I like to think of it as oneness in individuation. We are all whole and complete in and of ourselves and yet separate in the sense that we are all free to create uniquely, for the purpose of enhancing everyone's joy. We are all equal, all included, all seen as precious, holy, innocent, glorious creations of God, no one wanting special favor, everyone desiring the collective good where everyone wins. This is oneness and not separation as ego would have us believe in separation.
28. What is meant by inclusion? Loving all, no exceptions, seeing all as equally endowed by their Creator, while reserving intimacy for marriage partner only. What needs to be included for a true experience? God, all our fellowman, the world as God created it, life, love, purity, holiness, innocence, peace, joy, mind and heart identification ... Excluded? Ego, corruption, guilt, sickness, suffering, death, war, lack, body identification... How can the idea of inclusion be misapplied? You could use it to include that which must be excluded, like corruption, which is ego's idea of inclusion to keep you guilty while thinking you are free.
29. If you love everyone but make one exception, have you loved anyone truly? No, if you make one exception, you have not understood love, for love includes all or it is not love. If you love one truly, has anyone been excluded? No, when you love one totally, purely, truly, you are love and your love affects everyone for we are all one.

*Let us unite in shining our egos away.*

## **XVA. Questions - How much freedom do we really have?**

Suggested reading – Ch. 14

1. Can anything happen to you against your will? Why or why not? Where does your will come from?
2. Is everything predetermined? If everything is predetermined, what's the use of self-effort? How can destiny be altered? How are pre-destiny and freewill reconciled?
3. What is karma? When do the laws of karma apply? Are we bound to the laws of karma? How is karma wiped away?
4. What is freewill? Were we created with freewill? What did our freewill look like before the separation? Do you have freewill now? What keeps us from getting what we really want?
5. Is freewill an attribute of our mind or of our soul? Do we have freewill in the ultimate sense? Do we have an independent will, separate from God's? Is God's will our true will? Yes. What is God's will for us? If we had everything, what did we perceive ourselves as lacking that caused us to make ego in an attempt to gain greater freedom?
6. Is God's will independent? Were you created to create? Can creation happen without freedom? What does it mean that our freedom is limited to limitless creative expression? Are we free to create now?
7. Can anything happen without God's will? How is your will different from God's? If nothing happens outside of God's will, are we responsible for our actions? Is there some force outside of us causing us to think and act against our volition? How can the idea that there is no freewill be misapplied?
8. Did God create us free? Baba says we have about as much freedom as a calf tied to a rope. What kind of freedom is that? Why does Sai Baba say there is no freewill?
9. What do you think Sai Baba means when He says we are like puppets on a string? Can you be both a puppet on a string and all the power in the Universe?
10. Before the separation, that is before the making of ego, was it possible to make mistakes? How is it possible to make mistakes if we were created perfect? What kind of mistakes might we make? Is it possible for God to make mistakes? Does that make God greater?
11. Is it weakness to admit mistakes? Is it good to be willing to be wrong? Do mistakes make us less than each other?
12. Are freewill and susceptibility to errors compatible ideas? Are errors and perfection mutually exclusive ideas? How were errors dealt with before the separation? After the separation? How do we heal the separation? How does the willingness to be wrong lead to freedom?

13. Are we in the experience of the freedom God intended for us when He created us? What happened? What is the source of an experience of bondage? How is the desire for autonomy the cause of bondage?
14. Is the wish to be in the experience of freedom to be autonomous or separate a problem? Why? How is autonomy possible? Do we have the power to defy God's will?
15. Would it have been possible to make ego to replace God if not for freewill? What happened to freewill after ego was made? Before ego was made?
16. Can anything happen without God's will? Is everything that happens God's will? Are natural disasters and impure behaviors God's will? Is a murderer doing God's will? Who is responsible for unpleasant experiences in your life? I am, for there is no one outside of me. What happens when we deny unpleasant experiences? What happens when we step into personal responsibility for them? Do you have the power to change your experience?
17. How should we deal with untoward events? How can self-responsibility for untoward events be free of guilt? What is self-responsibility?
18. If there is no one more powerful than God, can there be another will besides God's? If there is no one more powerful than you, can there be a will besides yours? Is it advantageous to have a will apart from God's? How do you reconcile there is no one more powerful than you with there is only God's will? Is your will bound? Does anything happen without your will? Is your will stronger than God's? Is God's will stronger than yours? Can you defy God's will? Is making ego an attempt at defying God's will? Did we actually succeed in making a replacement for God? Was God angry when we made ego to replace Him as source?
19. What is surrender to God's will? What would keep us from surrendering to God's will? Is God's will fearful? Is it weakness to surrender to God's will? Are self-responsibility and surrender to God's will compatible ideas or are they mutually exclusive?
20. When you give yourself permission to cut loose and follow a worldly desire do you experience freedom? How is body consciousness bondage? What is self-discipline? Are discipline and freedom compatible ideas? Are discipline and punishment compatible ideas?
21. Do we have the freedom to change our thoughts?
22. What will it take to reestablish an experience of freedom? Does true freedom require dependence on God? Are freedom and dependence a contradiction in terms? How does purity lead to freedom? How does impurity lead to bondage?
23. What is freedom from guilt? Is it ok to do whatever you want as long as you don't feel guilty? How are we guaranteed freedom from guilt?

24. Does God have rules for us to live by? What is their purpose? What are God's laws? What happens when we don't obey God's rules? Will God punish us? Is obedience to God's rules bondage? Is defiance of God's rules bondage?
25. Is your will different from ego's? What is ego's will? Does ego have rules for us to live by? What are they? Are you free to control your thoughts? Are you free to control your actions? Is it important? Why?
26. How does the story of the vineyard in the Bible point to freedom?
27. If God is all-powerful, how could He allow some of the horrible things that have happened to us? If God is all-powerful, why doesn't He save the world? Is it your will that the world be saved? Do you have the power to save it? Is it possible to save the world? What is the salvation of the world? Can you be free while the world is in chains?
28. Is your will limited? What will it take to be restored to an experience of true freedom? What do you want?

## **XVB. Answers - In our total dependence on God lies our limitless freedom**

1. Can anything happen to you against your will? No, here are no victims, no random happenings, no accidents. Why or why not? When God created us, He created us with power equal to His, therefore whatever happens to us, we have asked for and have received as we have asked. It is ego that wants us to think things could happen to us against our will. Where does our will come from? It given to us by God when He created us.
2. Is everything predetermined? No, although we did take birth with a rather fixed program, including karmic consequences from the past, the consciousness we came in with from previous lives and the unfulfilled desires we drag with us from the past. We also came in with an assignment or spiritual purpose. If everything is predetermined, what's the use of self-effort? If what we have done in the past affects us now, what we do now will play out in time to come, and can even change the events already set in motion. If we have lemons we can make lemon aide. How can destiny be altered? Through a shift in consciousness from victim consciousness to self-responsibility, a shift from 'I am a body' to 'I am mind and spirit.' That happens when we want to make that shift. Its that easy. How are pre-destiny and freewill reconciled? Pre-destiny comes from choices made in the past, so its all ultimately freewill. The law of cause and consequence – as you sow, so shall you reap forms destiny, and what we do with that law is freewill, self-effort.

3. What is karma? An idea of reaping the consequences of past actions. When do the laws of karma apply? When we think we are bodies and feel guilty for past actions. Are we bound to the laws of karma? No. How is karma wiped away? By making a shift from body consciousness to God consciousness, by taking responsibility for all that happens to us, by turning over a new leaf and leading a life of purity, nobility and loving kindness now, by loving ourselves and knowing we deserve the very best, regardless of any past. In the past, we may have done something for which we felt guilty. That guilt had no basis as we cannot do anything that can defy God's will. We can only hurt bodies, which are not real. However, as long as we think bodies real, we are bound to our past guilt and as long as we hurt others we do think we are all bodies.
4. What is freewill? Freedom to choose. Were we created with freewill? Yes and No. God created us free to choose for His will and He wills our freedom. No, in the sense that there is no will apart from God's and yes, in the sense that God's will and ours are one and the same. God awaits our blessing for every creative act He undertakes and never forces His will on us as He honors us and respects our freedom to choose what we will. What did our freewill look like before the separation? Unlimited freedom to co-create with God, meaning everything we wanted, we asked God's blessing for, before acting on our creative impulses. Adam wanted a mate and discussed the idea with God. God blessed the idea and Eve was co-created by God and Adam. We did not have freedom to create independent of God, because we share God's mind and are not independent. If we share God's mind, we also share His will, and cannot have a will independent of His. Do we have freewill now? Generally speaking we find ourselves doing what we have to do to survive rather than what we really want to do, so we cannot call ourselves free. Also, we do not find ourselves able to manifest any of the things we think we want. However, we are always getting the results of our own minds. We are getting what we think we deserve, even though it may not be what we thought we were asking for. What keeps us from getting what we really want? Making ego to be free of God's will. We have to relinquish ego in order to be restored to an experience of true freedom. Our attempt at greater freedom plunged us into bondage.
5. Is freewill an attribute of mind or of the soul? Of mind, as soul always remains changeless or allied with God's will. Do you have freewill in the ultimate sense? No, as there is no will apart from God's, however God's will is our will. Do we have an independent will, separate from God's? No, our will was given us by God and though we made ego in an attempt at giving ourselves the experience of an independent will, we could not succeed, as independence is not a real choice. Is God's will our true will? Yes. What is God's will for us? Perfect freedom, perfect happiness, limitless creative expression, ever increasing love and joy. God wills us to be and have everything and this He guaranteed when He created us as everything. If we had everything, what did we perceive ourselves as lacking that caused us to make ego in an attempt to gain greater freedom? We misperceived ourselves as lacking independence and special favor neither of which contribute to our happiness as we have surely discovered, regrettably the hard way.

6. Is God's will independent? No, God gave up autonomy when He created us. He awaits our blessing for every creative act. Were you created to create? Yes. Can creation happen without freedom? No. What does it mean that our freedom is limited to limitless creative expression? It means that since God created us inseparable from Him and everyone, we have no independence. We are free to create freely, but not free to be independent or autonomous. Are we free to create now? As long as we have an ego we cannot create, we can only heal our mis-creations and only after healing the unreal are we restored to a real experience of creation.
7. Can anything happen without God's will? No, if our will is out of accord with God's we are willing without meaning and nothing is happening. How is your will different from God's? In the truest sense, there is no difference. We chose a different experience from the one God intended for us when He created us, but that experience had no real effects, thus we can change our minds and reenter a real experience of true freedom whenever we so choose. If nothing happens outside of God's will, are we responsible for our actions? Yes, if we make mistakes, we are attempting to will without God, but in the ultimate sense, nothing is happening. Is there some force outside of us causing us to think and act against our volition? No. How can the idea that there is no freewill be misapplied? We can pretend to ourselves that when we do something we know we shouldn't its not our responsibility because we have no freewill. That means that we are saying that God is responsible, but God would never ask us to do anything senseless or hurtful so we fool ourselves when we justify imperfections in anyway, and ego thrives on our fool-hardiness. Those who use this teaching to do whatever they like because everything is God's will are digging themselves into a big karmic hole. Only purity and holiness can content us for only they are a guarantee of freedom from guilt and only freedom from guilt is true freedom.
8. Did God create us free? Yes, God wills our freedom, though that freedom does not mean freedom from God's will which is what we were hoping to accomplish in making ego. Baba says we have about as much freedom as a calf tied to a rope. What kind of freedom is that? A calf can choose whether it goes round the tree from the left or from the right. We can choose only between God and ego. We are never independent. When we choose with God, we choose for freedom, when with ego, we choose for bondage, and ego always speaks loudest and first so we have to be very, very vigilant. Before ego, there was only freedom to choose with God or without God, there was not a choice between freedom and bondage, there was only God's will, which is our freedom, or independence. Once we free ourselves of ego, bondage won't be a choice we have to struggle against. Why does Sai Baba say there is no freewill? All our will is bound to karma from the past, we have no independent will and only God's will is real. However, God created us to be and have everything including limitless freedom. It is God's will that we be free.
9. What do you think Sai Baba means when He says we are like puppets on a string? Can you be both a puppet on a string and all the power in the Universe? Yes, God gave our will its power and when we choose with God, God empowers us to be

all-powerful, majestic, glorious, noble, grandeur, resplendent; we are both the Lord of the Universe and a puppet on God's string, though hardly powerless. When we made ego, we gave all our power to ego, and fell into an experience of powerlessness. So with ego we are also a puppet on a string this time seemingly powerless, however, we are still all-powerful, because the truth could not be altered, as God did not change His mind and ego is not more powerful than God. All we have to do is change our minds about what we really want to be restored to a true experience, and take back our power by seeing ego's nothingness.

10. Before the separation, that is before the making of ego, was it possible to make mistakes? Yes. How is it possible to make mistakes if we were created perfect? Because God created us free. What kind of mistakes might we make? Thinking we lacked anything or that we could be different from how we were created, self-created, self-authored, independent, to gain special favor, to excel, to learn, to be better than - competition, choice, behavior, imperfection, impurity, unholiness... We acted on those thoughts, ego was born and we entered an unreal experience. We traded in everything for nothing. Is it possible for God to make mistakes? No, God would never have a reason to make ego for God is source and first cause. Does that make God greater? No, because God created us equal with Him and our mistakes had no effect on the truth. Our mistakes are correctable and when corrected we return to the experience God created us to have for all eternity as His perfect equals.
11. Is it weakness to admit mistakes? No, it is strength as it is where salvation lies. When we view our mistakes as mistakes we are in a position to correct them and when corrected we restore ourselves to a true experience. Is it good to be willing to be wrong? Yes, ego is an error and when we admit error ego loses its hold over us. Do mistakes make us less than each other? No, however leaving mistakes uncorrected leads to needless suffering, so we must always be vigilant, always willing to be wrong, always willing to do whatever it takes to reenter a true experience, especially while we find ourselves in bodies, because until we are free of our physical bodies, we will constantly be tempted to fall into ego's guilt trap.
12. Are freewill and susceptibility to errors compatible ideas? Yes, if we were not free to make choices that were not in our best interest if we so chose, we would not be free. That is what the Tree of the Knowledge of Good and Evil in the Garden represents. We are free to enter an experience that is not in line with God's will for us if we so choose. God will not stop us from an insane choice because to do so would be to interfere with our freedom. Are errors and perfection mutually exclusive ideas? No, we can err, but those errors cannot adversely affect our perfection. There is an exhilaration in perfection, because it is our true and natural state. How were errors dealt with before the separation? When we made mistakes we admitted and corrected them eagerly and instantly. After the separation? We defend, justify, make someone else responsible, blame each other, fight over who is right, deny, avoid, err in secret, cover up error, punish ourselves for our mistakes, feel guilty, suffer punishment and make amends for our errors. How do we heal the separation? By admitting our mistakes and correcting them, by accepting our dependence on God and each other, by wanting to be one with God

and everyone, by wanting to be the holiness and perfection God created us to be. How does the willingness to be wrong lead to freedom? Errors need correction and as soon as they are corrected, we are restored to a true experience. Only errors that are seen as errors are correctable.

13. Are we in the experience of the freedom God intended for us when He created us? No. What happened? We wanted to try independence, and that independence led to an experience of bondage. What is the source of an experience of bondage? Making ego to replace God as source. When we made ego, ego convinced us that God wants us bound while in truth ego keeps us bound by convincing us that it has our best interest at heart. We projected guilt outside, which ensured bondage. We changed our allegiance from God to ego which assured ego's freedom and our bondage. How is the desire for autonomy the cause of bondage? In separating from God, the source of freedom, we stepped into an experience of ego and self-imposed limitation and bondage.
14. Is the wish to be in the experience of freedom to be autonomous or separate a problem? Yes. Why? Because it is a wish to be different from how we were created and since God did not change His mind, there is a conflict of interests. God is not conflicted, but we are. How is autonomy possible? By pushing God aside, becoming self-created, self-authored, by willing without God. Autonomy requires separating mind from soul. Do we have the power to defy God's will? No, we are not more powerful than God, therefore making ego to replace God did not really happen, but because we have been endowed with all the power in the universe, we have given ourselves the experience of the impossible and convinced ourselves that the impossible was possible. We can experience what we want, and we did all want to experience independence. Therefore, we do all have egos that want to survive at our expense, and that is our only problem, which fortunately has a very simple solution. All we need do is see that ego's basis is false, and ego vanishes into thin air. It is ego's will that we not see just how simple is the solution to our grave though non-existent problem.
15. Would it have been possible to make ego to replace God if not for freewill? No. What happened to freewill after ego was made? We lost it to ego for we gave all our God given power to ego which it turned against us. Our will is bound to karmic consequences and to running after bodily desires, designed to produce guilt on which ego thrives while we suffer. Before ego was made? Our will was limited to limitless creative expression, boundless joy and an all consuming love for God and everyone. In short we shot ourselves in the foot big time in making ego to replace God!
16. Can anything happen without God's will? No. Is everything that happens God's will? If it is love, beauty, inspiring, holy and joyous it is God's will. Anything else is not real, as only God, God's love and God's will are real. Are natural disasters and impure behaviors God's will? No, thereby they are not real. Is a murderer doing God's will? No, and nothing is happening in truth. Only bodies can be killed, and God only created mind and spirit which are eternal and cannot be touched. Who is responsible for unpleasant experiences in your life? I am, for there is no one outside of me causing me to do things against my will. What

happens when we deny unpleasant experiences? We make them real. What happens when we step into personal responsibility for them? We step into right relationship with them and shift from victim consciousness to God consciousness, and when consciousness changes, destiny also changes. Do you have the power to change your experience? Yes, because we are all the power in the universe, and we can take back our power any time we so choose. It does mean the relinquishment of ego, but once we see that ego is the cause of all our problems, that won't be so difficult.

17. How should we deal with untoward events? By recognizing that we are supporting a will beside God's and changing our minds toward self responsibility and miracle-mindedness. How can self-responsibility for untoward events be free of guilt? Just because we are responsible does not make us guilty. If we could affect God's will we would be guilty, but since we are not more powerful than God, we can rest assured that we did no real damage, and thereby remain guilt free. Paradoxically, to the extent that we are unwilling to step into personal responsibility, we are making our errors real. What is self-responsibility? Taking responsibility for all that happens to us, by owning that when negative things happen they are due to choices made with ego as God only wills our true freedom.
18. If there is no one more powerful than God, can there be another will besides God's? No. If there is no one more powerful than you, can there be a will besides yours? No. Is it advantageous to have a will apart from God's? No, it is the cause of all bondage, suffering, lack... How do you reconcile there is no one more powerful than you with there is only God's will? It is God's will that we be all-powerful. Is your will bound? Only to the extent that we have bound it by making an ego to replace God and giving our power away to it. Does anything happen without your will? No. Is your will stronger than God's? No. Is God's will stronger than yours? No, our wills are equal and one. Can you defy God's will? No. Is making ego an attempt at defying God's will? Yes. Did we actually succeed in making a replacement for God? No. Was God angry when we made ego to replace Him as source? No, as nothing happened. God cannot be replaced. He had no reason to be angry.
19. What is surrender to God's will? Trust in God that He knows better than we what will give us true peace and happiness, without needing to tell Him how to do His job. What would keep us from surrendering to God's will? An idea that God does not have our best interest at heart. Is God's will fearful? No, for God is but love and His will but reflects His boundless love for His creations. Is it weakness to surrender to God's will? No, just the opposite, it is where true strength lies. In the world surrender means to give up, to give in, to weaken, but surrender to God's will is sanity for only in doing God's will can we find true happiness. Are self-responsibility and surrender to God's will compatible ideas or are they mutually exclusive? They are totally compatible, only you are in charge of when you surrender to God's will, which is your true will.
20. When you give yourself permission to cut loose and follow a worldly desire do you experience freedom? Usually gratifying worldly desires does not lead to the happiness we were hoping to experience in giving in to bodily or worldly

temptations, or there are strings or setbacks. Nothing in the world lasts, so to look for happiness in the world is to set ourselves up for disappointment. We must put a ceiling on desires as desiring is a bottomless pit, leading to bondage, not freedom. How is body consciousness bondage? The body is perishable, vulnerable, subject to fleeting desires, whims and weaknesses... To think you are a body is to be a slave to the body's senses and you cannot be a slave and free at the same time - it is a contradiction in terms. What is self-discipline? A willingness to restrain the senses and control our thoughts, to turn to God to guide our every action, a willingness to be the holiness and perfection God created us to be. Are discipline and freedom compatible ideas? Discipline of the body brings freedom of the mind. Freedom of the body brings bondage of the mind. True freedom lies in discipline. Thoughts and senses under one's control equals freedom. Are discipline and punishment compatible ideas? No, discipline with love is of God while punishment is of ego.

21. Do you have the freedom to change your thoughts? Yes, once I was infatuated by a man from Australia. I happened to be at Baba's ashram in India, hoping he would show up. Every morning I would sit by the temple at 3:00am, looking pious enough, could have fooled anyone, but in my thoughts I was a yearnin' and a burnin'. One morning, after about a month of this, Baba's voice popped into my mind and suggested that if I wanted to be with this guy so much, why not go there? It was very startling and embarrassing, and immediately I changed my mind and focused my energy on God, the purpose for which I was there. I saw how all that passion was only a thought and a thought can be transformed instantly. Its so simple.
22. What will it take to reestablish an experience of freedom? Surrender to God's will, willingness to be one with God and everyone, limited to limitless creativity, and to let God's will be our true will. Does true freedom require dependence on God? Yes, God gave us His mind, we can do nothing without God. Are freedom and dependence a contradiction in terms? No, as independence from God's will means dependence on ego's will, which means bondage in the form of suffering, sickness, death, evil, corruption... none of which have anything to do with God and God's will for us. Ego promises greater freedom while offering only bondage. How does purity lead to freedom? A pure heart can discern what is real and what is not, what is the voice for ego and what is the voice for God. A pure heart is innocent and innocence is freedom. How does impurity lead to bondage? Impurity lead to guilt and when guilty you will fear punishment and punishment is hell not freedom. The only true freedom is freedom from guilt.
23. What is freedom from guilt? The discovery of the joy of holiness, purity, perfection, love, peace... Is it OK to do whatever you want as long as you don't feel guilty? It is impossible to entertain corruption and remain free of guilt. If you touch it, it will burn you. How are we guaranteed freedom from guilt? By making sane and wise choices, by wanting to be holy, striving to our maximum capacity for excellence and purity in every undertaking and surrendering the results of our actions to God. If they fall short of our expectations, this is no reason to feel guilty, for we have the satisfaction of knowing we did our very best.

24. Does God have rules for us to live by? Yes. What is their purpose? God's rules are given for our protection, safety and freedom. What are God's laws? Love God and fellow man, lead a life of integrity, discipline, perfection and holiness, observe limits to attain limitlessness, do only that for which you know you won't feel guilty and don't feel guilty no matter what you do, marriage is to be limited to one man and one woman in an eternal commitment, in giving we receive, do unto others as you would have them do unto you, correct your mistakes, depend on God for everything... What happens when we don't obey God's rules? We hurt ourselves and perhaps others too and feel guilty. Will God punish us? No, but ego will. Is obedience to God's rules bondage? No, just the opposite, it is freedom from guilt and there is no greater freedom. Is defiance of God's rules bondage? Yes, not because God punishes us if we break His rules, but because we bind ourselves, because they are given with our best interest in mind, not to limit us, but rather to free us.
25. Is your will different from ego's? Yes. What is ego's will? Ego wills us to be bound while thinking that God is the cause of our bondage rather than it. Does ego have rules for us to live by? Yes. What are they? Do whatever you want, include your corruption in, to give is to lose, truth is different for everyone, chaos is desirable, impurity is freedom, take care of yourself at all cost, freedom means independence from God's will, separation from God and others is freedom, holiness is different for everyone... Are you free to control your thoughts? Yes, there is no force outside of us causing us to think anything other than what we want to think. Are you free to control your actions? Yes. Is it important? Yes. Why? What we do either frees us or binds us, makes time or collapses time.
26. How does the story of the vineyard in the Bible point to freedom? It demonstrates that when we turn over a new leaf our past is completely wiped away without a trace or a need to make amends and we stand free and innocent with a clean slate, totally new in this moment. It does require a willingness to be who we are right now, holiness, perfect... as God created us.
27. If God is all-powerful, how could He allow some of the horrible things that have happened to us? He isn't behind them. We, aligned with ego, are responsible. If God is all-powerful, why doesn't He save the world? Again, we are responsible for the state of the world. If the world is not being transformed, it is not because God is not willing, it is because we are not inviting the hand of God to act in our behalf. God is our perfect host. He will not force His will on us, because He honors us and awaits our blessing for His every act. Is it your will that the world be saved? Yes. Do you have the power to save it? Only God has the power, but we can harness God's power by wanting the world saved. Is it possible to save the world? Yes, with God all things are possible. What is the salvation of the world? The enlightenment of all humanity, peace on earth... Can you be free while the world is in chains? No, for the world is in my mind.
28. Is your will limited? Yes or no depending on what choice we make. When allied with God our will is limited to limitless creative expression leading to boundless joy and peace, when with ego, it is limited to independence from God, leading to freedom to be imperfect followed by guilt and subsequent suffering leading to

bondage. What will it take to be restored to an experience of true freedom? A willingness to admit that we made a mistake and to surrender to God's will as our true will. What do you want? The end of suffering, peace on earth, that all my brothers and sisters know who they are as precious children of God, that the world to be restored to the world God created... Baba frequently asks this question. I think He's trying to tell us that we are always getting what we want. Desire is the source of all experience.

## **XVIA. Questions - Can judgmental tendencies be overcome?**

Suggested reading – Ch. 15

1. What is good judgment? What is faulty judgment?
2. What is non-judgment? What is discernment? How do we discern the real from the unreal?
3. Do you judge others? How do you deal with others' judgments of you? Do you judge yourself? What is the purpose for judging?
4. How do we see the world through the eyes of judgment? How do we see the world through the eyes of non-judgment? How do you look upon the world?
5. Why do we judge? Does ego judge? How do we overcome judgmental tendencies? Are we really in a position to judge others?
6. Have we all judged ourselves guilty? Of what? Is this cause for punishment?
7. If you see corruption in the workplace how do you refrain from judging? Are you judging if you condone the behavior? Are you judging if you condemn the behavior?
8. When is judgment a problem? Please give some examples. How are obviously erroneous conclusions drawn? How does judgment lead to justifying the unjustifiable?
9. When is non-judgment a problem? Is non-judgment passive? How should we respond? Is indiscriminately condoning all behaviors non-judgment? Is it OK to do whatever you like as long as you don't judge it?
10. Are some people guilty? Do you think of anyone as guilty? Can you be innocent while you see guilt in another? How should we respond to inappropriate behavior? What happens when you condone actions that are not in alignment with truth?
11. Is it a judgment to be honest and call someone on their stuff? Is it effective? How do you know when another is out of integrity?
12. If someone commits a murder, all the evidence proves that he committed the crime, and even he has admitted to the charges, how do you respond and still maintain his innocence?
13. What is the cause of a critical mind? Are there people in your life greater than you? How is making an idol a judgment? Is there a way to feel separate from others without judgment?
14. When are beliefs judgments? What are some such beliefs? When are beliefs not judgments? What are some of those beliefs?
15. Did God create us perfect? Yes. Did He change His mind? No. Did we change ours? Yes. Do you want to be perfect as God created you? Where does the idea of being different from how we were created come from?

16. Does perfection require judgment? Why is perfection judged? Will the perfect judge those who are not perfect? Can perfection lead to arrogance? Is it hard to be around someone who is perfect? Is it arrogant to be perfect?
17. Is it good to expect perfection of yourself and others? Is it possible to err and still be perfect? Does tolerating imperfection require judgment?
18. Does God judge? Does God punish the wicked? Does God expect perfection? Does that require judgment? Do we judge God?
19. Are we ever in a position to judge anyone? What is prejudice? Can you see inequality and not judge? Can you think God creator without judging Him as superior?
20. What is good use of judgment? If we refrain from judging, how do we respond to hurtful behavior?
21. Is it a judgment to call something off when it is off? What do you do if you aim for the bull's eye and miss? How does it feel when you hit your target? How is it the same for mistakes? What is the spiritual bull's eye? If someone misses the bulls eye would you tell them they hit it?
22. Is it a judgment to see yourself a sinner? Yes, as long as we think we can sin, we are judging ourselves to be different from how God created us. What is your experience with those who hold this belief? The act defensive, take license, feel helpless, feel forces outside of them to be the cause of their errors, shirk self-responsibility and do not speak or act from integrity.
23. Did Jesus die for sins? Did Jesus teach perfection? Can one be both perfect and in need of salvation from sins? Can one be perfect and make mistakes? Does correction of mistakes restore perfection? What is the point?
24. Is it ok to believe Jesus is your savior?
25. What is the last judgment? Will God destroy the world?

## **XVIB. Answers - Can judgmental tendencies be overcome? YES**

1. What is good judgment? Judgment which draws conclusions based on sound, incontrovertible, undisputable evidence, reliable witnesses, looking at all the evidence, detachment from the outcome, basing conclusions on reason and logic. What is faulty judgment? Judgment based on inconclusive evidence, misperceptions, ideas of inequality between teacher/student, parent/child, God/devotee, healer/patient... irrational conclusions, opinions, false witnesses, hasty or foregone conclusions, differences on the level of form, social status, degree, wealth, job...
2. What is non-judgment? Seeing the big picture, not drawing hasty conclusions, staying open, willing to be wrong, seeing all as innocent, neither condemning or condoning imperfection, seeing imperfection as unreal, seeing all as equal, being tolerant of others' ideas and shortcomings. What is discernment? A determination to find the truth, willing to look carefully at all the evidence, being broad-minded, willing to be wrong about evidence gathered, separating the real from the unreal, the worthwhile from the useless... How do we discern the real from the unreal? The real is unchanging, holy, pure, love, true... and the unreal is changing; fear, hate, prejudice, harmful, vulnerable, deteriorates with time...
3. Do you judge others? Most people judge all the time and most judgments serve to maintain separation, based on gossip, misperceptions and a tendency to see things as they are not rather than as they are in truth. Because I see all as created equal by God, I cannot judge. It makes no sense to me. How do you deal with others' judgments of you? One who is unaffected by what others think of him is free and possesses self-confidence and self-worth. Self love helps one to be unaffected. Sometimes I get frustrated by others' judgments, but I always ask Spirit how to restore oneness and trust. I learned best what it is to judge falsely in being judged as the cause of my husband's banishment from Baba's ashram. All the evidence pointed to my guilt, however all those who saw me as guilty never gave me a chance to at least give my side of the story. No one heard Sai Baba say, "Yaani is guilty." It showed me how easy it is to draw false conclusions and how damaging those false conclusions can be. I am grateful for that rich experience. Do you judge yourself? I used to, but that went with seeing all as equally precious children of God, created whole, complete and innocent for all eternity. What is the purpose for judging? It is ego that wants us to misperceive and judge others as different from who they are, because ego thrives on judgment, guilt and punishment. All judgment maintains separation and all separation is due to alliance with ego. Judgment is a symptom of not seeing everyone as our perfect equals. We can only unite when we stop judging, and we can only stop judging when we accept that we are all the same in God's eyes.
4. How do we see the world through the eyes of judgment? By seeing it as full of evil, injustices, guilt... We see in the world what we do not want to look at in ourselves. How do we see the world through the eyes of non-judgment? By seeing it as a place that needs healing and that can be healed when we expect miracles.

How do you look upon the world? I see a lot of suffering in the world and send light out to the world, praying constantly for the uplift of all humanity and holding a vision of peace and plenty for all. I believe that the world can be saved, even instantly when enough of us want the world restored to the one God created and know that real world to be possible. This world can be transformed in the twinkling of an eye, because it is not real. As long as it is judged as bad or guilty we make it real and keep the door to the real world closed. As long as we say it does not exist therefore it does not have to be saved, we make it real through the power of denial.

5. Does ego judge? Yes, it judges in terms of threat or non-threat to itself. Our judgments may tear families apart. This creates much heartache for all concerned, but would not be a threat to ego, so ego stealthily encourages us to judge harshest those nearest and dearest. How do we overcome judgmental tendencies? By judging ego and seeing it as the cause of all our misperceptions. Once we see the cause of the problem, we have uncovered the solution as well. Are we really in a position to judge others? No, because we do not have the big picture, we do not know the past or future of anyone, therefore are not in a position to draw conclusions one way or other.
6. Have we all judged ourselves guilty? Yes. Of what? Of being unkind to each other. Is this cause for punishment? No, we need merely want to be kind and loving now and willing to let the past go. It is ego that has caused us to have a different purpose than God gave us for each other. God created us to increase each other's joy. Now we must relinquish ego that we may find ourselves spontaneously knowing how to enhance each other's joy in purity, holiness, and unity.
7. If you see corruption in the workplace how do you refrain from judging? If there is corruption, it is not a judgment to call it same, it is a fact. True seeing would see that corruption is a mistake that warrants correction. If I inspire reform, I am not judging but rather am demonstrating love and trust in humanity. Are you judging if you condone unrighteous behavior? Yes, if you overlook the behavior, it may mushroom and if you have not lifted a finger to stop it, you are in effect the cause of the problem, because you are judging the imperfect as perfect and thereby making the error real. Are you judging if you condemn the behavior? Yes, if you sever communications or react with anger or hatred, again you make the error real. Both to condemn and to condone make error real. Only inspiring correction demonstrates the unreality of error.
8. When is judgment a problem? When used to reject, punish, exclude, separate... Please give some examples. Muslim fanatics judge the world as heathen and want to destroy all those who don't believe as they do. They draw erroneous conclusions like 'because you don't believe as we do you are wicked,' based on inconclusive evidence. This is an example of faulty judgment based on false or insubstantial information. Obviously, all those who do not conform to the Muslim religion are not wicked. How are obviously erroneous conclusions drawn? Alliance with ego is the cause of narrow-mindedness, bigotry and prejudice. Ego wants us to hate each other so it can prevail while we kill each other for no reason

what so ever and then feel guilty and come back to play out negative karma, assuring ego's continuance at out expense. The solution is to see ego as the cause of the problem and to unite in shining our egos away. Its only a wrong thought and thoughts can be changed. Even if a Muslim doesn't want to cooperate, as long as you and I unite, and send love and light to all our brothers and sisters whatever they believe, our united efforts will offer a better way and others will take note and soon, even the fanatics will see that unity is in their best interest. Every problem has a solution when we turn to Spirit. How does judgment lead to justifying the unjustifiable? When we judge others to be who they are not, we give ourselves permission to treat them in ways that are not in keeping with who God created them to be. The Nazis gave themselves permission to treat Jews despicably by convincing themselves that Jews were subhuman. Whites in the South espoused a similar justification for their ill-treatment of Blacks, and before Blacks, of Native Americans.

9. When is non-judgment a problem? When it is passive and used to enable corruption, evil, unkindness... Once I was in a room with a fanatical man who was laying into me for not supporting his position. Had any of those others present spoken up in my defense, he would have chewed them out on the premise that they were judging him. He was misapplying the teachings to protect his distortions. Had any spoken out it would have been an act of true non-judgment for in remaining silent they were condoning a heartless dictator, and that requires judgment. Sai Baba specifically sent me to this teacher who taught everything backward. I learned a great deal about how mind allied with ego operates and am very grateful. Is non-judgment passive? No, being passive in the face of injustice is not non-judgment. How should we respond? We should meet evil with good, willing to fearlessly take a stand in the face of injustice, sending love and employing non-violent resistance. I stood up and whispered softly in the man's ear so as not to shame him in front of others, "You are out of integrity." Subsequently, I wrote him a letter expressing my disappointment. I did not choose to remain passive in the face of injustice. Is indiscriminately condoning all behaviors non-judgment? Big NO. Is it OK to do whatever you like as long as you don't judge it? Of course not. This absurd conclusion comes from listening to ego's misapplication of the idea to give up all judgment. We are responsible for all our actions and we do get the results of our own minds. If we turn over a new leaf today, however, all our past is wiped away without needing to make amends.
10. Are some people guilty? We are all innocent, for nothing we have done could take away our innocence, as that was given us by God for all eternity. Do you think of anyone as guilty? No, to see anyone as guilty requires judgment and condemns both of us. Can you be innocent while you see guilt in another? No. How should we respond to inappropriate behavior? We should want mistakes corrected for the sake of restoring joy, peace and happiness to all concerned. If bizarre behavior produces irritability or anger, that would be a red flag that you are misperceiving. What happens when you condone actions that are not in alignment with truth? That requires judgment, for to do so is to judge someone to

be different from who God created them to be, namely perfect, and you are an enabler thereby.

11. Is it a judgment to be honest and call someone on their stuff? No, but it may not always be appropriate. I have a girlfriend who requested me to do just that for her, and she very much appreciates my honesty. Is it effective? Generally it is better to keep quiet unless you really feel a nudge from Spirit, because most people don't appreciate having error pointed out to them. In that instance it is better to lead a life of integrity yourself and let your example do the work. How do you know when another is out of integrity? When they act hostile, guilty, suspicious, defensive. To truly assess any situation requires a pure heart. First be the purity and holiness God created you to be. First work on yourself, then see if there is still a problem with others, and see whether you are responding or reacting.
12. If someone commits a murder, all the evidence proves that he committed the crime, and even he has admitted to the charges, how do you respond and still maintain his innocence? I have a duty to protect society. I do not want him to be a danger to himself or others. I want him rehabilitated so that he knows that he only serves his best interests when he leads a life of love for everyone. I do not want him punished, for punishment cannot bring back the dead, nor will it serve the convicted. He must be educated to change his mind about who he is. I would send him to a correctional facility where he would be expected to work for his sustenance, taught anew the preciousness of all life and that being a loving, upstanding individual is in his very best interest. He is not guilty, because he is a holy precious child of God, no matter what he may have done, but he is wrong and he is responsible. This, I would endeavor to communicate.
13. What is the cause of a critical mind? Being critical of others is an attempt at tearing another down to build ourselves up. Of course this is ego's voice for how to be better than others, which in turn maintains separation. This tendency is overcome in accepting that we are all equal as God created us. Are there people in your life greater than you? We go through life giving our power away to others outside of us; parents, teachers, healers, leaders... because we think they are superior. When we support and encourage others only on the basis of their character while at the same time remembering for everyone that they are precious children of God, equal with us in every way, regardless of what they may or may not have done, we are practicing non-judgment. We must inspire noble character for their sake and not condemn a person on the basis of skin color, nationality... How is making an idol a judgment? If we set someone up as a savior, as some Christians have done to Jesus, we give our power away to someone outside of us to do for us what only we can do for ourselves. Is there a way to feel separate from others without judgment? No, judgment is the underlying cause of all separation and separation is overcome by uniting.
14. When are beliefs judgments? When they are not true. What are some such beliefs? Jesus died for your sins, God judges, some people are guilty, ACIM is the best, some people are greater or less than others... When are beliefs not judgments? When they are true. What are some of those beliefs? God does not judge, all

people are innocent, God created everyone equal, heaven is a state of mind, with God all things are possible, the world can be saved...

15. Did God create us perfect? Yes. Did He change His mind? No. Did we change ours? Yes. Do you want to be perfect as God created you? Yes. Where does the idea of being different from how we were created come from? A thought of lack which resulted in the making of ego. Ego encourages us to be different from how we were created to assure its survival at our expense.
16. Does perfection require judgment? No, though the imperfect may judge the perfected ones as arrogant. Why is perfection judged? The voice for ego wants us to resist perfection so will urge us to find fault with the perfect. Will the perfect judge those who are not perfect? If they do, they are certainly not perfect! The perfected ones never think of themselves as greater than others and only want everyone to be pure for their sake, not from a place of competition or superiority. Can perfection lead to arrogance? Only if you think yourself better than others. Is it hard to be around someone who is perfect? No, because they are perfect love and know everyone's innocence. Sai Baba is perfect and His perfect love is so yummy! It is difficult only if you do not want to be holy and refuse to accept holiness to be in your best interest. Is it arrogant to be perfect? No, it is simply choosing who we are as God created us.
17. Is it good to expect perfection of yourself and others? Yes, as that is where true joy lies. However we have to balance that expectation with not feeling guilty for actions that fall short of our objectives. God expects perfection of us as He created us perfect, but that means that we should always respond with love and kindness to all situations, including errors and when we fall short we should renew our efforts and not beat ourselves up for our failings. We should aspire to perfection and inspire perfection in others for the joy that perfection offers, rather than to be holier or better than anyone. Is it possible to err and still be perfect? Yes, as error cannot adversely affect our perfection, however the only way to feel pure is to strive to our maximum capacity for excellence and to correct our mistakes. Does tolerating imperfection require judgment? Yes, it means that we judge ourselves and others to be other than the perfection God created us all to be. Still it is also good to have forbearance and patience with others shortcomings as well as our own. No spiritual practice is required to be the perfection God created us to be. All we have to do is want to be perfect and we are given all the support in the universe. God created us perfect and He did not change His mind. Therefore we are perfect now, and only our judgment to the contrary keeps that from being our experience.
18. Does God judge? No. Does God punish the wicked? No, we judge and condemn ourselves and others too, not God. Does God expect perfection? Yes. Does that require judgment? No, for God knows who we are and is not confused. Do we judge God? Yes, God has been judged as judgmental, vengeful, wrathful, punishing, domineering, authoritarian, out of reach, for abandoning us... All these ideas about God give an impression of separation from God, yet God created us equal and one with Him for all eternity.

19. Are we ever in a position to judge anyone? No, we undoubtedly do not have enough information to make sound judgments about anyone or anything. What is prejudice? Judgment based on superficial or unfounded information like: Some races, religions, nations, peoples, communities, clubs, groups, tribes, clans... are superior to others. We are all equal, as we were all created equal by God. It is ego that causes us to convince ourselves of difference, better than, less than... Can you see inequality and not judge? No, all comparisons involve judgment. Can you think God creator without judging Him as superior? Yes, as the truth is God created His creations equal with Him, and when we understand this, we will stop judging God and others.
20. What is good use of judgment? Judging where we slip into judgment, discerning the real from the unreal, using judgment to heal and protect, using judgment to inspire perfection in ourselves and others. If we refrain from judging, how do we respond to hurtful behavior? By asking Spirit to show us how not to enable. We should not want to encourage hurtful behavior through passivity on the premise that we are not judging. We must employ non-violent resistance to injustice.
21. Is it a judgment to call something off when it is off? No, it is merely stating the fact. What do you do if you aim for the bull's eye and miss? You muster up your self-confidence, determination, perseverance... and try again. How does it feel when you hit your target? Terrific! How is it the same for mistakes? If we make a mistake it is like missing the bull's eye and rather than judge ourselves as bad, we need merely keep trying till we get it right. What is the spiritual bull's eye? The willingness to be who God created us to be, namely pure, holy, noble, virtuous, loving, kind... If someone misses the bull's eye would you tell them they hit it? No, for that is a lie. It takes courage to be honest yet loving and diplomatic. Sometimes its ok to say they hit when they missed, if only to encourage and support, depending on the nature of the error.
22. Is it a judgment to see yourself a sinner? Yes, as long as we think we can sin, we are judging ourselves to be different from how God created us. What is your experience with those who hold this belief? They act defensive, take license, feel helpless or victimized while being victimizers, feel forces outside of them to be the cause of their errors, shirk self-responsibility and do not speak or act with integrity.
23. Did Jesus die for sins? No. Did Jesus teach perfection? Yes. Can one be both perfect and need salvation from sins? No. Can one be perfect and make mistakes? Yes. Does correction of mistakes restore perfection? Yes. The point is...? That you cannot both have someone die for your sins and be perfect. The two ideas are mutually exclusive and that means the whole premise for Christianity as it is taught today is false. It is not what Jesus taught.
24. Is it ok to believe Jesus is your savior? Yes, as long as you follow his teachings and do not look to him to do for you what only you can do for yourself. Only we can save ourselves, no one outside of us has the power, for we were created free. If we lead lives of selfless service, non-judgment, unconditional love... we are following the way Jesus set out for us. Jesus is the way through his life of noble

character, courage and uncompromising determination. When we find his life an inspiration and follow in his footsteps, we are saving ourselves.

25. What is the last judgment? The last judgment means we will stop judging, and when we stop judging we will stop inflicting punishment on ourselves and each other and will see a world transformed back into the real world of peace, joy and love for all, free of judgment. The world will be uplifted into the Golden Age, the end of the world as we know it, the end of suffering. Will God destroy the world? No, God does not judge, God only blesses and loves all unconditionally.

## **XVIIA. Questions - What is creation?**

Suggested reading – Ch. 16

1. What is the act of creation? What exactly is created in the act of creating? If you were created in God's image are you a God replica, or are you free?
2. What is the difference between a creation and its creator? What is ego? How is a mis-creation the same as a creation? How is mis-creation different from creation?
3. Did God create you? How do you know? Does He love His creations? Are God's creations gender specific?
4. Did God create the world? Is the world we see God's creation? What does it mean that God only creates creations of light?
5. For what purpose were you created? From where does your mind derive its ability to create? If you were created to create, do you create now? How can we be restored to our creative function?
6. What is meant by to give is to receive? How can this idea be misapplied? What does ego tell you about giving? Should giving be for the purpose of filling a lack? If you see a person shivering or a child hungry and you give a blanket or a bowl of soup are you acting in their best interest?
7. What is meant by ideas increase through sharing? What can expecting miracles do to save the world?
8. What is a miracle? What do miracles do? Can we perform miracles? How are miracles elicited? Would bending spoons, walking on coals, getting parking places... constitute miracles? Are miracles real?
9. What is healing? How does forgiveness heal? How should we respond when our body falls ill? Is healing the body without healing the mind a miracle?
10. What is sickness of the body? If the body is not real, what does its illness have to do with us? If your body is sick, is it God's will? If your body is sick, is it part of your transformation? Is it a cleansing? Can suppressing symptoms heal you?
11. Is sickness due to karma from the past? Is karma due to choices made in the past? If we change our minds now, can we alter our destiny? If karma can be altered, is it real? If karma is not real, is sickness real? If not real, can it be healed? If sickness can be healed, can it be God's will? What happens when you deny sickness on the premise that it is not real?
12. Who is responsible when we fall ill? How can we experience miracles? What if the miracle does not happen?
13. What are the justifications for sickness? Are any of the justifications valid?
14. How do we overcome sickness and suffering?
15. How is creation reconciled with evolution?



## **XVIIIB. Answers - What is creation? Love extending itself**

1. What is the act of creation? An act of giving, of extending oneself within oneself. A separation of self from self for the purpose of extending love and enhancing one's joy. What exactly is created in the act of creating? Creations of light, completely one with their creator, always in the mind of their creator, created in the image and likeness of their creator, yet new, fresh and unique. The creator also is an original and always in the mind of its creations. Each creation has its own identity and ability to create. Each creation is whole and complete in and of itself. Creations are equal in all ways with their creator. Both creator and creation contain mind and spirit in equal measure. Both know themselves as eternal existence-consciousness-bliss. Both are ideas contained in each other's minds. Creations are real ideas. You are a real idea. God, As First Cause, is also a real idea. Each creation is created as an expression of joy. The created feels eternal gratitude to its creator for the gift of having been created. Creations are sacred, beautiful and holy. Creations were created to know, to create and to love. All creations have this in common with their creator. If you were created in God's image are you a God replica, or are you free? God's kingdom is freedom. We were created free. We would not be able to create without freedom.
2. What is the difference between a creation and its creator? There is absolutely no difference what so ever, except the creator creates the created and the created creates creations as does its creator though it cannot create its creator. What is ego? An attempt at creating our creator, a mis-creation. How is a mis-creation the same as a creation? Mis-creation is still a genuine creative act in terms of the underlying impulse. How is mis-creation different from creation? It is not a creative act in terms of the content of the creation. The content is false, because the premise is false. We cannot create our creator – that is impossible. This does not deprive the mis-creation of its own creative power. It does, however, guarantee that the power will be misused, or used fearfully.
3. Did God create you? Yes. How do you know? We just know, when we get quiet enough to drown out ego's voice because God put Himself in our minds and we could not lose what is true and real for all eternity. Does He love His creations? With an eternal, intense and burning love. Are God's creations gender specific? Yes, God created males and females. As soul you are either masculine or feminine for all eternity, though as bodies we may be one gender one life time and another in the next.
4. Did God create the world? Yes, as a creation of light. Is the world we see God's creation? The world we see cannot have been created by God as God creates only the eternal and everything we see is perishable. What does it mean that God only creates creations of light? God's creations are not created out of matter as such. They are formless, created as light bodies, as is their creator.
5. For what purpose were you created? To know, to love and to create the good, the beautiful and the holy. From where does your mind derive its ability to create?

From our soul. If you were created to create, do you create now? No, for though we were created to create, we cannot create as long as our will, which is a function of mind, is bound to ego, for ego knows not of creation. How can we be restored to our creative function? Through willing to be wrong, through love, through giving, for to give is to heal our mis-creations and thereby to be restored to creation, as to give in heaven is to create in heaven.

6. What is meant by to give is to receive? In giving we come closest to our true nature. Whatever we give in the true spirit will come back to us by way of joy, gratitude and appreciation. We can only increase what is real by the act of giving it away. How can this idea be misapplied? It can be used for exchange, or to take advantage of, or be taken advantage of. Some churches coerce their followers to give as a way to save their souls. Some teachers urge their students to give in exchange for salvation, politicians use bribes to get votes... What does ego tell you about giving? To give is to lose. The truth is if you give, ego loses and you win. Should giving serve to fill a lack? No, as we were all created whole and complete for all eternity there is no lack, so to give to fill a lack is to perpetuate unreality. However, when we respond with love to any situation we serve to heal the mind, for lack, which is a misperception of the mind, is a call for love, and is filled in the giving of love. If you see a person shivering or a child hungry and you give a blanket or a bowl of soup are you acting in their best interest? Of course, and at the same time we can remember for them that God's kingdom knows no lack and that it is the mind that needs healing. It is given us to change our brothers and sisters minds by believing in the truth for them, as minds are joined. Shivering and hunger are symptoms of lack consciousness. The cause of the problem is in the mind. When the mind is healed the beggar will spring to his feet and cast away his beggar bowl. We can both fill a lack and pray for the miracle of the healing of the mind that thought lack possible. Let us not use the teachings to intellectualize ourselves out of serving those in need.
7. What is meant by ideas increase through sharing? If you share a true idea, it will affect many more than just the one with whom you share, because true ideas are extremely powerful. Using the 100<sup>th</sup> monkey idea, one monkey accidentally dropped a gritty sweet potato in a stream and started washing the grit off before eating it because it tasted better to do so. He showed others. By the time he showed 100 others, thousands suddenly started spontaneously washing their sweet potatoes, without having been shown. Minds are joined. True ideas have power and sharing those ideas gains momentum in miraculous, inexplicable ways. Do unreal ideas also increase by sharing? Yes, but only because ego speaks loudest and first, not through the process of osmosis as do real ideas. What can expecting miracles do to save the world? When enough people expect the world to be saved, it will literally be our experience because restoration of the world to the one God created for us is a real idea and God's will. ACIM says if a sufficient number of people become truly miracle-minded, the shortening process can be almost immeasurable. Sai Baba says He needs but a hand full of good devotees to save the whole world and that it can happen very quickly.

8. What is a miracle? A translation of denial into truth, a healing of the unreal, a maximal expression of love, a restoration of unreality to reality. Miracles are God's answer to the problem of the experience of unreality. What do miracles do? They undo the unreal, they demonstrate that learning has occurred under the right guidance for learning is invisible and what has been learned can be recognized only by its results, they heal, they restore faith. In the ultimate sense, they do nothing, because the unreal is only an illusion and never existed, however the unreal is very real to us, or we would not find ourselves in the experience of the unreal. Can we perform miracles? Not on our own, but God can perform them through us if we invite Him to do so. How are miracles elicited? Through prayer. Would bending spoons, walking on coals, getting parking places... constitute miracles? No for they do not heal. Are miracles real? No, they are relative truths that restore truth by canceling out interference.
9. What is healing? Forgiving the past, release from fear, correcting our misperceptions, restoring our minds to God's mind so our experiences line up accordingly. The body is an extension of the mind. When the mind is healed the body's healing follows accordingly. Healing overcomes separation. How does forgiveness heal? Forgiveness recognizes all are innocent as created by God and acknowledges that no one can hurt us without our consent. We forgive the past and in so doing let go of the need to make ourselves ill for any hurts by or against us. Forgiveness says nothing happened to the truth. If nothing happened, there is no need for guilt. Without guilt, the suffering ends. How should we respond when our body falls ill? We can pray for the miracle of the healing of our minds and ask God to show us what to do to meet our body's needs as well. We can detach from the body by remembering its unreality, be willing to be wrong about our consciousness and remain giving, loving, patient and calm. When the miracle of the body's healing does not happen in a timely fashion we should balance our faith with a willingness to seek professional care to do what is most beneficial in the moment. Is healing the body without healing the mind a miracle? No, for the body is a projection of the mind and merely reflects back to us what is in our minds. The body's illness is merely a symptom of a mind that needs healing.
10. What is sickness of the body? A call for love, an indication that our minds are not healed, a simple lack that can be filled through love and miracle-mindedness. If the body is not real, what does its illness have to do with us? The body reflects back to us what is in our minds. If we do not use our bodies' illnesses to acknowledge that our minds need healing, we dissociate from our bodies and miss opportunities for miracles. If your body is sick, is it God's will? No, God only wills our perfect health. If your body is sick, is it part of your transformation? No, our bodies do not need to get sick in order that our minds be healed, although everything can be used. Is sickness a cleansing? Maybe, but how much cleansing do you want to do? Can suppressing symptoms heal you? No suppressing bodily symptoms through the power of your mind, cannot heal the mind, and it is in the mind that healing needs to take place.
11. Is sickness due to karma from the past? Yes. Is karma due to choices made in the past? Yes. If we change our minds now, can we alter our destiny? Yes. If karma

can be altered, is it real? No. If karma is not real, is sickness real? No. If not real, can it be healed? Yes. If sickness can be healed, can it be God's will? No, however we can see it as God's grace when difficulties come so that we find the good in them and remain positive and connected with God. What happens when you deny sickness on the premise that it is not real? To deny it is to give it energy of reality. To take responsibility for it and expect miracles of healing is to deny the denial.

12. Who is responsible when we fall ill? We are. How can we experience miracles? By knowing the illness is not real, by expecting miracles, by praying and leaving the results to God. We should expect miracles without knowing how that will look. We should know that we deserve miracles. We should know that we are worthy because of who we are as God created us. What if the miracle does not happen? Don't worry about it. We have lost nothing in opening the door to miracles. Be patient, persevere, ask God to show you what else you need do. The miracle may not always look the way you want it to. I prayed earnestly for my mother's healing from breast cancer, fully knowing it was possible, fully expecting miracles. She passed away recently, and I realized that there were lots of miracles along the journey she was on, only not the ones I was looking for. All the loving care and support she received, the comfort and lack of pain, and the transformation from anger toward God to gratitude were incredible miracles.
13. What are the justifications for sickness? We can learn so much, expose our vulnerability, slow down, understand that pain cannot affect us, give ourselves a rest, see that pain is a good teacher, that we are not our bodies, cleansing, transformation, evolution... Are any of the justifications valid? No, to justify suffering is to make it real. We do not need to suffer in order to grow, we do not need to learn in order to become who we already are. God created us whole and perfect. All suffering is self-inflicted punishment for crimes that were never committed. Who would want the "benefits" of sickness, when he has received the simple happiness of health?
14. How do we overcome sickness and suffering? All we need do is become miracle-minded, knowing that with God ALL things are truly possible, and remember who God created us to be. Then we must step aside and trust God without imposing our ideas about what the miracle should look like.
15. How is creation reconciled with evolution? Creations were created eternally changeless. Evolution requires time and time is not real, therefore evolution is not real. However within time, it does appear that an evolutionary process is taking place. Science has evidence that man evolved from apes. I believe that I was created by God, in God's image and likeness. That rings true for me.

## **XVIII.A. Questions - Are you really all that powerful?**

Suggested reading – Ch. 17

1. What stands in the way of the salvation of the world? Is God unable to save the world? Are we impotent? Is God helpless? Are we all the power in the universe?
2. Are you as powerful as God? How is that possible? If the world needs salvation, why doesn't God just fix it now?
3. Are you responsible for everything that happens to you? Can you be both a victim and all-powerful? Which would you rather be? Do you want to be the author of your life, or do you want someone else to be responsible for what happens to you? How does self-responsibility reestablish our power in our minds?
4. Do you feel like you really wield all that much power? What power does ego really have? What forces have power over us if we are not vigilant? What is the difference between God and ego in relation to power? What are subconscious or unconscious aspects of mind?
5. What will re-open the door to self-empowerment? What is self-confidence?
6. Are thoughts things? Are we in charge of our thoughts?
7. What happened to being all powerful if we find ourselves constantly frustrated in our attempts at getting what we really want?
8. When is power used appropriately? What is the cause of power struggles? What form do those struggles take? When is power misused?
9. What is the difference between power and force?
10. Who do we give our power away to? How do spiritual students keep from giving their power away to gurus?
11. If you find yourself in a tight spot, how might you respond to injustice? Should we resist injustice? When Jesus told his disciples to resist NOT evil, what did he mean? What is forbearance? Is it passive? What happens when you are passive in the face of injustice?
12. What is non-violent resistance to injustice? Why is non-violence better than violence in response to injustice? Is non-violence passive?

## **XVIII.B. Answers - Are you really all that powerful? YES**

1. What stands in the way of the salvation of the world? Only the idea that the world cannot or need not be saved or that we have no responsibility or power to save the world. Is God unable to save the world? God can only act on our request. Are we impotent? We must come to understand that our desire is needed to enlist the hand of Divine intervention in our behalf. Only our desire for other things rather than our one pointed desire for the salvation of the world keeps the world from being saved right now. Is God helpless? God is all the power in the universe and God is our perfect host. He will not go where He is not welcome. Are we all the power in the universe? Yes, God created us to be and have everything, that includes all the power that He has. If we so choose, we can transform hell into heaven in the twinkling of an eye. All that is required is enough enlightened minds wanting the world saved, and it is accomplished, literally, miraculously, by God's grace. You have to want enlightenment, and you have to then use your enlightenment toward the enlightenment of the whole planet. Until we attain enlightenment, our minds are limited by alliance with ego and we are not as effective as we need be in order to really, literally heal the planet.
2. Are you as powerful as God? Yes. How is that possible? God created us equal with Him and gave us His power. Our mind is the mind of God. Our power is His. If the world needs salvation, why doesn't God just fix it now? God awaits our blessing to act in our best interest. He gave up autonomy when He created us. That means that He will not/cannot act without our blessing. His hands are tied. He cannot force His will upon us, by its very nature because He wills our freedom. God is all the power in the universe, and we direct the use of that God energy, whether for good or for evil through the power of our will. We have an awesome responsibility.
3. Are you responsible for everything that happens to you? Yes. Can you be both a victim and all-powerful? No. Which would you rather be? All-powerful. Do you want to be the author of your life, or do you want someone else to be responsible for what happens to you? I know that I am responsible for everything that happens to me and that my destiny can be altered when my consciousness changes. How does self-responsibility reestablish our power in our minds? Self-responsibility is the bridge that takes us from victim consciousness to God consciousness. In coming into right relationship with all that is happening to us, in not depending on others outside of us to change in order that we be happy, we naturally turn within. Once we look within for answers, we will find them, for the kingdom of heaven is within.
4. Do you feel like you really wield all that much power? We have limited our power by giving it away to ego. Ego uses the power of our minds to convince us that we are powerless. What power does ego really have? All the power of God which it uses against us, as long as we put our trust in it. When we take back our power, ego vanishes. What forces have power over us if we are not vigilant? Our unconscious mind until we bring it into conscious awareness, giving power away to someone outside of us to save us or make decisions for us. These are symptoms

- of alliance with ego. What is the difference between God and ego in relation to power? God gives us power while ego usurps our power to the extent that we let it. What are subconscious or unconscious aspects of mind? God created us with conscious mind only. Unconscious aspects of mind are not of God and consequently not real. They are illusion, a way to fain ignorance, ego's way of keeping us stuck thinking we are helpless to control our minds, powerless, victims of circumstances beyond our control...
5. What will re-open the door to self-empowerment? Self-responsibility, striving to our maximum capacity for excellence in our every undertaking without attachment to the outcome, self-confidence, knowing our glorious truth, perseverance, determination, a willingness to draw our circle, to be who God created us to be. We don't have to know what to do or say. We need merely trust the hand of God to direct our every move. We reclaim our power when we stop giving it away, seeing others as greater, projecting guilt out, thinking we have no power, thinking we are helpless. What is self-confidence? Knowing who we are, knowing we are worthy of the very best, knowing that with God all things are possible...
  6. Are thoughts things? Yes, every thought has the full power of God behind it, so we must watch what we think. 'God if you think, God you are, dust if you think, dust you are.' What we think either binds or frees us. Are we in charge of our thoughts? Yes, there is no one outside of us forcing us to think or act differently from how we are choosing to act in any situation. We are responsible and all our thoughts can be changed when we so desire. As thoughts are merely symptoms of ideas or seed thoughts, if you think that someone is inferior or superior to you, that is a symptom of the false idea that we were not all created equal. As soon as the seed thought is changed, the pattern will have been interrupted and we will see all as equal, because that is the true thought that has been covered up by an untrue one. Its just awaiting our shift in consciousness to emerge. As soon as we see everyone as our equal, our troubles are over and ego is gone. As long as we try to change thoughts on the level of symptoms, we will have very little success, because symptoms just keep popping up as fast as we try to suppress them, but as soon as we change the seed thought, we've cured all the symptoms instantly, simultaneously.
  7. What happened to being all powerful if we find ourselves constantly frustrated in our attempts at getting what we really want? We have to be willing to admit that we are getting in our own way and are doing it to ourselves, whatever we may be experiencing. We have to start by being in right relationship with our circumstances. Only then do we open the door to change. When consciousness changes, destiny also changes. Self-responsibility shifts our conscious from victim consciousness to God-consciousness from alliance with ego to alliance with God.
  8. When is power used appropriately? When it is the power of love, oneness and unity used in the service of all God's precious children. The best use of our God given power is in the service of truth and toward the transformation of ourselves and the world into the world God created perfect for us. What is the cause of

power struggles? Ego wants us to be in conflict. What form do those struggles take? Competition, inequality, cause and effect confusion (i.e. thinking the cause of a problem is outside of us), thinking we are separate or autonomous, rather than one with everyone and everything. When is power misused? When used to get things, to be superior or inferior, to coerce, manipulate events, bend spoons, force circumstances, make another different from who God created him to be, i.e. guilty, evil...

9. What is the difference between power and force? Power is assertive while force is aggressive. Power is love, gentle, confident, does not control or compete. Force seeks to dominate, intimidate through anger, violence, abuse...
10. Who do we give our power away to? Wives to husbands or visa versa, employees to employers, students to teachers, patients to doctors, devotees to God, (even though God does not use the power against them they are creating separation and thereby getting in the way of their salvation). How do spiritual students keep from giving their power away to gurus? By trusting themselves, following their heart, looking within for answers, being aware that no one but you can save you.
11. If you find yourself in a tight spot, how might you respond to injustice? With love, forbearance, non-violence, dignity, honoring yourself, honoring the sacredness of all life, knowing you deserve the best, asking to be shown how to bridge the gap between what is happening and what you know you really deserve. Should we resist injustice? Yes, of course. When Jesus told his disciples to resist NOT evil, what did he mean? He meant they should not meet it in kind. He did not mean they should be passive in the face of injustice. Rather they should overcome it with love. What is forbearance? Patience, tolerance, not reacting to provocation... Is it passive? No, forbearance does not ask you to take a beating with a smile on your face or to enable or support injustice. Rather, it asks you to meet wrongs with strength, fearlessness and dignity. What happens when you are passive in the face of injustice? You become an accomplice or an enabler, and ego wins while everyone else loses. If a wife allows a husband to be unfaithful, she dishonors herself, if a worker allows a boss to abuse her, she enable him... they both lose. There can be no victimizers when all the victims stop allowing themselves to be victimized, by standing up for who they are.
12. What is non-violent resistance to injustice? Using non-violent, non-destructive means to confront and thwart injustice, such as praying to God for a solution, bringing awareness, writing letters, taking a stand in the face of injustice, being willing to be unpopular rather than untrue, being miracle-minded, sending light to the perpetrators as well as the victims, knowing that with God ALL things are possible... Once in a movie depicting the oppressiveness of the Blacks, a Black was being beaten to death. The cotton plantation owner's wife, who was witness to the brutality, could not bear the injustice and fearlessly wrapped herself around the Black man and took the beating onto her own body. The whipping stopped after one lash. She demonstrated non-violent resistance to injustice very effectively. Why is non-violence better than violence in response to injustice? Non-violence is of God. Violence is of ego. God would never encourage responding in kind. God would never encourage harming another for any reason.

Using non-violence, we can employ restraint, reform, transformation, correction, or education as directed by Spirit within, but not punishment or correction through force. God knows what is effective and when. Always ask to be shown. I send light to Bush and to the troops in Iraq and pray constantly that our leaders be granted the wisdom to find a better way. Is non-violence passive? No, it resists evil, and that is by no means passive. To be passive in the face of injustice is to compromise your truth. Respond with love, true love, a love that has the power to transform hearts and minds and turn them toward light, love and truth.

## **XIXA&B - Final Exam**

1. What are the right questions and what are their right answers?

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