

## PREPARING FOR AWAKENING YOUR ETERNALSELF ACTIVELY IN YOUR LIFE

*Many people have awakened their eternalself and life as an extraordinary moment of awakening to "cosmic consciousness" ...but, as that moment passed, this experience, like a dream, quickly faded! ...is that the eternalself and awareness you want, ...one startling moment ...then "fade to black"? ...so you can continue your uninspiring self and life "as usual"? ...will you throw open the door and awaken your eternalself and world? ...and maintain that awakening until you communion together in your everyday life and world? ...and are you willing to continue this communion process in your life? ...or will you shut the door ...and continue your self and life "as usual"?*

*If you want to maintain your eternalself active in your life, be careful not to integrate or blend your eternalself and world into your life today! ...it is vital to communion the two, ...not merge them ...or unite them into a oneness! ...and certainly do not separate them!*

*The great mistake you made years ago was merging with your body rather than communing with your body! ...don't make that mistake with your eternalself!*

*Instead of blending with your personal body and mind ...and losing yourself in personal thoughts and language-thinking, in emotioning, and in everything you do ...communion with your body and thoughts ...and you will discover your eternalself as an image or vision or resplendentbeing behind and within every thought! ...and behind and within everything you do!*

*Awaken your eternalself! ...do not awaken to your eternalself! ...it is frequently declared that awakening to your eternalself is a matter of "grace" ...which is a kindness and empowerment bestowed by the Gods ...at their pleasure ...and cannot be prepared for or gained by merit! ...in fact, it is said, you can do nothing to make your eternalself occur and maybe that is true! ...however, we are speaking of awakening or transfiguring your eternalself and life! ...and there is a great deal you can do about that ...and do to prepare for that!*

*As you awaken and experience your eternalself ...do not surrender your personalself or try to become one with your eternalself! ...for you are to function as partners and companions as you decide ...or not at all!*

*The following practices will help prepare you for awarefully awakening and enlivening your eternalself as an eternalbeing ...and directly experiencing what you have given life to!*

**1. Practice expansive focusing!** *...do not narrow your mind down to a focus that excludes everything else! ..practice being so focused that you bring other matters, such as your eternalself and infinite minding, to you in the form and nature of your focus! ...for, in*

awakening your eternalself, you are to bring everything to you as your eternalself! ...which you can certainly winnow down to *your eternalself as you truly desire!* ...such that, then, everything you bring to your self and life to communion with is brought in that form and nature!

2. **Flow your thoughts as images!** ...when your mind is filled with thoughts, do not stop them or slow them ...expand them until you are breathless! ...let them flow as a pathway of images leading you directly to your eternalself and the inspiring self and life you truly desire!

3. **Practice maintaining your focus on another person, on an object, or on a task at hand** ...without relaxing or changing that focus to you! ...since you habitually change focus many times every minute ...and bring your attention back to yourself ...to "check in" ...to assure yourself you are alive and well, it is likely to be difficult to maintain your focus away from yourself ...and even more difficult to realize when you have focused back to yourself! ...but this is a necessary part of living fully and completely! ..for such a life is lived outside of yourself in the world around you ...not in some world within you!

4. **Practice living every moment by promises and dedication!** ...you are addicted to living by feelings, feeling your feelings, and reassuring yourself by your feelings! ...actually, being spontaneous instead of being yourself confines you to judging and reacting ...which is slowly destroying you!

Your entire life as an eternalbeing is built upon promises ...while your life as a personalbeing seems to be founded on impulses! ...when you as a personalbeing forsake your promises and give in to impulse to be spontaneous ...and do what you feel like doing instead of keeping your promises! ...this tends to induce underlying feelings of guilt and remorse ...and a bit of shame and discontent! ...and you feel uncomfortable, such that, to feel better, you do even more things to feel good about yourself again! ...but beneath these feelings is an awareness of promises and dedications you are neglecting! ...and as you continue this conflict between feelings and promises, your immediate feelings almost always triumph over long-term promises!

What eternal promises are you struggling to ignore or deny ...or cover with personal feelings? ...could it be that the fear of uncovering these promises keeps you from truly being aware of your eternalself ...and knowing yourself as a communioned personal eternalbeing? ...how long will you continue this drama ...or charade? ...or have you come to depend on this conflict to add excitement to your life?

5. **Create images in your mind** ...and observe yourself creating those images! ...have you ever wondered whether or not a God is actually watching you? ...and judging you? ...lovingly judging you of course! ...if you would like to see what is going on, create images in your mind ...and observe yourself creating those images! ...in this you are the creator ...and also the observer of yourself doing and what you are doing! ...this is important because everything you do clearly reveals you! ...almost to the point that you are what you do! ...well, what you have done is the source of you!

Ask yourself, "Does the wind blow?" ...of course the wind doesn't blow ...blowing is the wind! ...in the same way, like the wind, you are what you do! ...wouldn't it be nice to really see what you are doing ...so you can decide if that is really who you want to be?

6. *Listen with your eyes!* ...forget all about having the ears to hear ...or listening behind the words! ...what is important is whether or not you convert everything you hear to images, like dreams, and follow those visions to picture and understand what is being said!

7. *Pay close attention to your dreams!* ...for your dreams are speaking to you in the language of visions! ...most of the words you hear or sense hearing in a dream are your own comments ...and are not part of the dream! ...you certainly want to see what you as an eternalbeing are really doing and becoming instead of relying on your own judgments and commentaries ...isn't that right?!

8. *Practice selective focusing!* ...your tendency is to blend things together ...and obscure individuality! ...if you want to see and experience your particular eternalself ...you need to practice individualizing ...or making matters appear or coalesce as you desire! ...therefore, at a concert, focus on a particular instrument or performer until you can clearly hear that individual instrument ...with all the other performers merely playing background! ...this will teach you to focus through commotion!

9. *Practice seeing auras!* ...every good book about auras will give you instructions and provide eye exercises that will enable you to see the human aura! ...follow those exercises until you begin seeing auras around others!

10. *Practice being content ...even while upset or angry!* ...being content does not mean being satisfied or fulfilled ...it means not discontenting yourself! ...being angry or upset certainly seems to indicate you are not satisfied or fulfilled ...but you don't have to be discontent about that! ...your head says "Do this!" and your heart says, "Do that!" ...and your mind reminds you of your promises, dedications, and inspirations! ...will this create a conflict for you? ...is there anything you can do that won't annoy you ...and discontent you in some way, no matter what you decide?

You frequently have mixed emotions about the same thing! ...and you often struggle with mixed emotions ...such as being both pleased with and angry at something ...or a person or an event at the same time! ...this disagreement between "head and heart" ...or between conflicting emotions and mind is a constant struggle in your life ...why is that? ...what's going on? ...do you know? ...is it a normal and natural doubt and uncertainty? ...or is something else happening?

Are you both pleased and angry? ...is that possible? ...are you alternately pleased then angry then pleased? ...are you pleased about your anger? ...or angry at your pleasure? ...are you simultaneously in control and out of control? ...or is it possible that one aspect of you is angry ...and another part is pleased?

11. Practice going through a day with only one intention! ...living and experiencing yourself as an eternalbeing is to follow your promises and inspirations ...not your whims and impulses, ...therefore, living a day according to a single promise or inspiration for all things should be simple ...but it will be quite enlightening! ...what promise or inspiration would you choose to be and live ...if only for a day? ...without such an awareness ...you will struggle with or against what comes ...and live by judgements, reactions, emotions, and impulses!

12. Practice using your breath to bring matters into focus! ...breathe in deeply ...taking eternal matters in from around you in that one breath! ...then exhale slowly and completely ...with your focus on concentrating the eternaldata to a form you can perceive! ...this process of concentrating eternal matters to desired forms is the basis of all formed life! ...this is not a process of manifesting something to you ...it is manifesting yourself to what you have brought together! ...following this process will help you manifest yourself to your eternalself!

13. The greatest meaning of life is not that of serving others ...it is offering to life! ...for in that you offer to yourself! ...do everything as an offering to life ...and your life and understandings will change substantially ...and immediately! ...but only if there are no special or compassionate offerings, no right or divine offerings, and no actions of service ...all actions are your offerings! ...and do not treat communioning with your eternalself as anything but your offering to the world around you!

An expansive and extensive expression of yourself as an eternalbeing requires a new and different agreement with the world around you! ...in the past, your agreement was that the universe would be to you as you are to the universe! ...and from that, you felt you would be rewarded for right thinking and good deeds! ...that you would be loved as you love others ...that it will be done unto you as you do unto others! ...and you would be served as you serve others! ...all of this was unfortunately expressed as, "Do unto others as you would have others do unto you"!

Certainly, you are now willing to change your agreement with life ...such that the more you offer ...the more you will discover you have to offer! ...the more you communion ...the more you will be communioned! ...that service to others is actually service to yourself! ...and you are expanded only by what you communion with ...such that you have your eternalself and life only as you give life to your eternalself ...and communion that with your personalself and life!

Every act of life is complete in itself! ...there is no reward or punishment! ...no return for actions! ...and no quid pro quo! ...for what you communion is what you are ...and what you live and have! ...you do not reap what you sow ...you live what you sow! ...in fact, though you don't seem to realize it, you are what you sow! ...and every offering is a completed action!

14. Begin observing and feeling yourself! ...feel your personalself communioned with your body! ...listen carefully to what you are truly saying ...not merely to the words! ...and

practice stepping away from whatever you are doing to perceive yourself! ...don't just watch what you are doing!

You've probably felt sick ...and even felt pleased and happy, ...but have you ever felt yourself feeling sick or pleased or happy? ...and if you think carefully about it, can't you observe yourself being sick or pleased ...or happy?

Practice feeling yourself! ...not just feeling your body ...or feeling the same as your body feels! ...feel the self inside your body! ...then practice watching that self within your body!

When you hurt yourself, did you do that to yourself ...or to your body? ...and who saw you do that? ...are you willing to give your full attention to everything you are doing and saying at every moment? ...and simultaneously pay close attention to you ...saying and doing? ...you are your own witness! ...what would you like to see yourself doing ...and saying?

15. You already are an eternalbeing! ...so practice feeling yourself as an eternalbeing ...just as easily and completely as you feel yourself as a personalbeing! ...for all difficult and limiting problems and afflictions of being a personalbeing can be better-understood and dealt with in the awareness and context of your being eternal!

Suscitation practices and dreams enable you to stand directly in the shoes of an eternalbeing ...which provides a different perspective of everything in your personal life ...should you desire such a perspective!

There is no struggle or discontent in your body or life except in your mind! ...therefore, when your mind is fully active and not discontent ...there is no conflict ...and your eternalself can become a loving presence in your body and life for you to bring alive and personalize! ...for your eternalself does not act through you, you act for your eternalself! ...or you act as an eternalbeing with all the power and awareness of an eternalbeing! ...but the choice to live as a fully empowered personalbeing-eternalbeing is completely up to you!

There is no finer expression of life than being alive and not discontent! ...but how can you possibly not be discontent if you don't know what your life is all about? ...for certainly you have wondered whether or not your being makes any difference beyond your daily activities ...which probably seem so empty and meaningless ...don't they? ...what's that all about? ...do you know? ...and what are you all about? ...is there any real purpose in raising children who don't know the meaning and purpose in their lives either?

Is life really so empty and meaningless that it gives you a taste of life ...and then suddenly snatches it all away for no obvious reason? ...and if there is a self and life beyond what you know today ...what is that self and life? ...and what is the meaning and purpose of that? ...and of the next self and life? ...and the one after that? ...and if you are to learn lessons, what are those lessons? ...and what is the purpose of those lessons? ...and how can anyone possibly not be discontent in a life with so many unanswered questions?

Are you willing to enliven your eternalself ...and maybe answer a few of these questions? ...well, let's see!

16. **Practice believing you have an eternalself!** ...you say you believe you have an eternalself ...and maybe you do! ...but, if you are like most people, you need a little practice believing, ...simply because saying you believe you have an eternalself is not what you really believe until you are awarefully that belief! ...for, believe it or not, stripped of its distortions *believe* means to give credence to! ...therefore, if you haven't openly and awarefully expressed yourself as an eternalbeing, and unless you are unquestionably living as a communioned personalbeing-eternalbeing, you cannot claim to be giving credence to an eternalbeing! ...ohhh, certainly, you may think this is so or hope it is so, but you don't really believe it!

Isn't it reasonable to declare that if you don't live a belief ...you don't really believe it? ...besides, you only have the right to declare what you are truly living!

17. **Practice adding to your self and life!** ...all of your life, you have been told to change your ways ...do things differently, make better choices, improve your attitudes! ...we are suggesting that, instead of struggling to change, you use your time and energy wisely to add what you truly and eternally desire to your self and life until the old fades away!

By attempting to fix or change your self and life, you assure yourself that something is wrong! ...is it possible for you to understand that even if matters in your body and life are not as you desire, those things are not wrong! ...and do not indicate something is wrong! ...nor do they indicate something must be fixed or changed!

18. **Practice seeing and experiencing your relationships differently!** ...any relationship between you and I is actually a *ménage à trois* affair of you, me, and us! ...and as there are three separate and different individuals involved, though you don't normally realize it, this creates at least three distinct lives! ...for, obviously, there is your life without me ...and my life without you! ...but there is also a very different and separate life of our being and acting together!

19. **Practice the regression process!** ...leading yourself, or others, through the regression process to step into the light and meet an eternalself will enable you to do this directly ...or help prepare you to know and experience your eternalself in other ways!

20. **Practice standing outside of yourself ...looking back at yourself!** ...and describe what you see of yourself from that other position! ...actively living as a communioned personalbeing-eternalbeing frequently requires you to release the almost desperate grip you have on your body ...which has been your assurance of being alive for a long time! ...yet, you relax this grip every night in your dreams! ...now, we are suggesting you practice leaving your body while awake and alert!

21. **Practice being everything you do!** ...like it or not, language only has a place for you as the causer of things ...or the one to whom things happen! ...while life also has a place and

life for you as the action itself ...and the issue of yourself as an action! ...however, you have forsaken the expansive and extensive nature of life for the false comfort and security of language! ...does it seem wise to continue in this primitive choice and way of life? ...are you interested in being and experiencing all you are?

**22. Practice writing letters to your eternalself!** ...but, before beginning this correspondence, name your eternalself so your letter can be properly addressed, ...what do you have to say to your eternalself? ...and what from the past and future are you willing to know and read about?

Continuing this correspondence is up to you, for your eternalself will not beckon you! ...it is up to you to call forth and correspond with your eternalself ...and establish an intimate communioned relationship ...should you desire that! ...waiting for your eternalself to call you, ...or waiting for your eternalself to anoint you with a vision or calling ...or a purpose will withhold everything you truly desire!

**23. Practice considering and describing the partner and intimate relationship you would choose to have for a lifetime!** ...be very specific about a partner's desirable talents and abilities, beliefs and attitudes, and actions and activities you desire ...and write everything down! ...and since a partner you would desire for a lifetime is much the same partner you would seek to communion with eternally, ...you might want to write of this to your eternalself!

**24. Set aside time each day preparing to experience and involve yourself with your eternalself!** ...these practices are important, so that when you choose to awaken and enliven your eternalself directly, you will already have established this relationship in your mind and body and life!

**25. Practice not asking others for permission!** ...you are the authority in your life ...and you have authority, ...therefore, stop seeking approval and permission from others to do what you have the authority to do! ...but, whatever you choose to do, be honest and genuine ...and expansively authentic!

**26. Practice making connections!** ...to expand your view and image of your self and life ...and to understand that what you do in one area of your life you do in every area of your life ...practice making connections!

**27. Practice training your mind to think in terms of eternal!** ...expanding the context of your thoughts to eternal will completely transform your self and life and thinking!

If all of this seems too much to do ...and too involved merely as a preparation, then understand that these practices alone will completely transform your life and awareness even if you do not follow through to awaken, enliven, and experience your eternalself!

Earlier, we discussed the possibility you didn't really believe your eternalself actually exists ...so we suggested you practice believing, ...now, it seems that maybe you haven't really indicated your intention to awaken and enliven your eternalself ...and commit to that either!

**28. Decide and declare, if only to yourself, that you are meeting and experiencing your eternalself in every event and action! ...begin every situation and every moment of your life with a firm declaration of who you are ...and what you are doing! ...not what you want to do or will do ...or what you intend to do! ...and certainly not who you hope to become! ...and do not begin with an "open mind" ...that you accept what comes to you! ...for everything in your life depends upon what you declare and commit to ...not on what you accept or allow!**

**Do not struggle ...or stress yourself to fulfill your decisions and declarations, ...remain assured ...and do not discontent yourself! ...and carry your promises and commitments with you in your daily affairs ...in everything you do!**

**29. The highest state of enlightenment or wisdom is not when your mind and thoughts are stilled! ...nor when your five senses are quiet, ...and certainly not when your emotions and desires are controlled ...as in meditation! ...your greatest state of awareness and discernment is when you are fully alert to your eternalself and experiences ...and completely active and involved ...and not discontenting yourself!**

**30. Practice imaginative-minding! ...your imaginative-minding cannot be forced! ...nor can your eternalself be forced! ...they must be focused and carefully redirected away from your normal language-thinking ways ...and offered eternal visions and images! ...and let those pictured perceptions build and flow naturally ...just as your dreams flow visually and naturally! ...for obviously, since you dream every night, the imaginative-minding process is alive and well within you ...but it seems you haven't been paying much attention!**

**Transforming everything you hear to images ...and everything you see to understandings will give you the eyes to hear ...and expand your life and awareness! ...as everything you hear, or hear yourself say or think, will spontaneously produce visual perceptions, so you can understand and think those visions ...and image yourself and life beyond the distortions of language-thinking!**

**31. Practice seeing others as eternalbeings! ...seeing yourself with ordinary eyes keeps you from seeing yourself as extraordinary ...or eternal! ...and seeing yourself with extraordinary eyes that are normal for you ...certainly keeps you from seeing yourself as extraordinary! ...in the same way, you cannot see or know yourself as eternal while eternal! ...therefore, seeing others as eternalbeings enables you to know and experience yourself as eternal!**

**Know yourself and you will not actually know much about yourself! ...for knowing yourself is too self-referential to be of any real value! ...however, truly and genuinely knowing your neighbor as an eternalbeing ...and you as a resplendentbeing will become obvious!**

**32. Practice directing energy around you to flow through you! ...energy and power ...whether physical or "spiritual" or inspirational do not flow through you naturally! ...and certainly not with intent! ...however, you can induce energy to flow through you ...as music,**

poetry, healings, perceptions, understanding, or any other form and nature and intensity you desire ...for the intention you desire!

**33. Practice awarefully living in the past!** ...though each moment seems like the present, it isn't! ...no matter what you may believe, living in the "now" deceives you! ...for everything you experience, including yourself, is past, ...therefore, you are always living in the past, ...yet, despite all of that, you still believe you are living in the present! ...your eternalself lives actively in the past as well!

You are not tied to the past ...nor are you controlled or punished or deceived by the past! ...the past is always "forgiving"! ...actually, in being "ever-changing" ...the universe is "ever-forgiving without judging" ...and is quite gentle, but you punish yourself with the present and future! ...why do you suppose you do that?

All that is ...is past! ...therefore, you can only be truly yourself and live authentically in the past! ...and you can only be nurtured by the past! ...not by a present that doesn't exist ...nor by a future that hasn't arrived ...and never will come! ...besides, you can easily change every aspect of your past, ...isn't that grand? ...read Treasure 4 [Book 38, P53A]!

**34. Develop your memory and self-awareness!** ...do not negate yourself ...or any aspect of yourself! ...your mind is constantly aware of matters all around ...yet, you dismiss most of that ...and remember very little, ...does it seem wise to continue these habits? ...especially since you constantly dismiss your eternalself as well?

**35. Pay close attention to your attitudes and emotions!** ...don't just sense them and feel them ...and then dismiss them or struggle with them, for they are not just reactions to your experiences and judgements, they actually limit and control you ...and frequently create the events and conditions you are experiencing and judging, and they greatly influence your life and body ...and your eternalself! ...actually, your attitudes and emotions carry your discontent into every situation ...which keeps you endlessly reacting ...and further discontenting your attitudes, emotions, and body ...rather than being self-evidently communioned with your eternalself as you truly desire!

**36. Practice watching people!** ...meeting your eternalself as a first-time experience will be of little value or significance if you aren't practiced in observing individuals! ...of course, in meeting your eternalself ...you will be observing yourself from a perspective you've not seen in a long time, so you need practice seeing yourself [see 14,20 this pericope]! ...besides, carefully observing others is a worthy ability to develop! ...for it will strengthen your ability to access the archive of your body's DNA-data•information!

**37. Give your life a direction to follow each day!** ...this is not a to-do-list ...it is a direction your life is to take each day ...regardless of what may or may not occur! ...write out and date the direction you desire your life to take each day! ...in the past, you've probably set an attitude and followed that at times, ...now, it's time to set an attitude or presence for life to

follow! ...you can stop reacting to life and tell your senses what to sense ...and you can also set the character and nature for your life to follow! ...then, in the evening, consider the direction your life seemed to follow! ...what happened?

**38. Practice thinking of yourself thinking!** ...you think ...but you don't know how to think ...or even how to create a thought ...or an idea! ...as you think of yourself thinking, you will begin understanding how to create a thought or an idea or a perception! ...and that is a very important part of understanding how you create yourself, how you create an eternalself, how you create the image of another's eternalself, and how you create images of what you hear!

**39. Practice not planning your life!** ...assuming you understand that ensuing moments and events replace prior moments and events, then you understand that neither moments or events are sequential! ...yet, you plan your life sequentially according to language! ...this is why life seldom turns out according to your plans! ...you and life are not on the same track! ...so, why plan? ...instead, create options ...give yourself options! ...which are far-more expansive and "freeing" than alternatives!

Be careful not to create or plan options in an order of desirability ...that's planning again! ...and, in that, if you are not following plan A, your life is less than desirable! ...options should always be other ...or to take the place of ...never "better or lesser"! ...and do not consider options as preferred ...or not-preferred, but acceptable! ...options as "other" always gives you freedom!

With options, there are never optimal moments or conditions! ...never any failures or losses! ...never any disappointments! ...for every option is sufficient and complete in its own right ...or is easily and comfortably replaced by another option!

Options have no goals, conclusion, or endings! ...for those destroy options!

**40. Practice telling your senses what to sense!** ...stop living reactively ...trying to make sense of what you sense! ...instead, begin telling your senses what to sense ...and live accordingly at every moment! ...this is your self and life to be and live as you truly desire! ...actually, the randomness of all events enables you to do this quite easily! ...but, believing in oneness and in an intentional God or power, you react endlessly to the world around you ...and ignore being and living as you truly desire!

Instead of living life as you desire, you let life live you! ...in fact, you also let your body live you! ...does this seem wise and enriching and fulfilling to continue in these ways? ...how would your eternalself live?

**41. Practice falling asleep!** ...when you fall asleep each night, let the limited layers of sensing and minding dissolve into the essential and expansive nature and world of your eternalself and mind and dreams ...out of which a new awakened sense of self and life arises! ...in other words, consciously step outside of your normal awareness into a world and self of

expansive awareness! ...practice going to sleep each night in this state of eternal awareness ...so you can step into this self and world at any moment ...not just during sleep!

**42. Discover the gaps!** ...examine yourself carefully in a situation ...and you will discover there is a vital gap between an event occurring and your arising emotions or "call to action"! ...in that moment, you are free to react thoughtlessly as you have always done in the past ...or realize the eternalself and inspiration you have chosen to live and call your life! ...with practice, you will discover you can expand that moment into an expansive moment ...such that you have plenty of time to consider how you will be and live eternally ...not how you will react in the moment!

**43. Practice accurately visualizing, remembering, and recalling dream images!** ...every night, you have four or five dreams of your eternalself, yet, when you awake, most of these images have faded ...and you can't seem to recall them! ...of what real value do you suppose it will be for you to experience your eternalself directly if you can't accurately remember and clearly recall that experience? ...and gain from that experience? ...do you believe it would be wise to communion with and dedicate yourself to an eternalself you can't really remember? ...or to follow advice you can't actually recall?

As you have a body ...but you are not your body, ...you have a life ...but you are not your life! ...and you are not on a journey of life either! ...there is no continuing you or your journey ...for, in the actual universe, both you and the journey are emergent as you go along!

Practicing as we have suggested is more than training your mind ...or sensing and feeling, it is to be very real and literal ... or it isn't practice at all! ..."fake it 'til you make it" will not work for you!

In introducing you to these practices, we are inviting you to expand and extend your personal self and life today by calling forth your eternalself to communion with your personalself and life, ...so you can live and portray what has not been seen for a very long time! ...how would you like to portray your eternalself?