

## General Insights

### Suffering

Suffering in the world has reached a climax in the eyes of the media but the knowledge of suffering is being depleted as it becomes more and more artificial and dependent on the repetitious delivery of examples into our lives by the media. Without the continuous delivery of pictures of other peoples suffering we are at a loss to see what suffering really is.

Since the beginning of time there has been suffering within the lives of many, but there is a state of being where suffering can be put into perspective and can be accepted or removed from your life at will. There are few times where a person can honestly say that there was suffering at the exact moment a physical incident occurred in their life. There may have been pain due to injury but even pain needs some time to manifest. Suffering is time based and must be generated over time to exist. It usually occurs as a result of another person's actions or an illness or misfortune that disturbs the flow of a person's life. The key to suffering is "disturbance". If we are happy to be disturbed we do not suffer or if we remove the disturbance we do not suffer.

Much of our early lives consist of experiences and determinations of what is good, bad, acceptable or not acceptable for the remainder of our lives. This produces guidelines for the building of our future experiences. As we move on there are numerous disturbances that make us change direction until we have built a base line for our life and its various judgments. Our ability to handle upsets in our lives depends largely on our concept of what we can and can't handle and has nothing to do with anything else. If we decide we can handle an upset then we don't suffer but our decision is soon overridden if we are forced into an area or situation that falls into the "not acceptable" part of our life's determinations. This overriding force really gets our attention and in some cases takes on the focus of our whole life.

We all know the art of "getting people's attention" is common to almost all advertising, sales, politics, media, deception, religion and many other activities in life. This art has developed to the stage that it is starting to take over the emotional and decision making portions of our personalities to the extent that we now look for something to "get our attention" to stimulate the dysfunctional emotional body and take up the roll of the decision maker in our fear ridden world of the "not acceptable". As a result, those with the art of getting people's attention for the good of society are overshadowed by the sensationalism of suffering, unfair practice and wrong doings to a point where these "not acceptable" things are the focus of our lives.

It is for this reason that we focus on suffering and the elimination of suffering. This is why we find so many things about ourselves that are unsuitable and in need of rectification. We are focusing on the unacceptable and excluding the things that combine with the unacceptable to make everything perfect. In nature we see many things that are unacceptable in isolation but necessary for the overall survival of the complex balance of natural growth and we accept these things as part of nature's process and remove our focus to something more pleasant. In the same way there is a need to move our focus in life and allow things to proceed naturally without the aggressive infliction of worldwide suffering.

Many millions of lives are wasted because of the massive effort put into attempts to fix things that are not in need of fixing. The universe takes care of many things, and it will take care of more if we are sensitive to its capability. The universe with all its wonders and special talents has been set in motion by the Creator to support the growth and development of all things within its extremities. This includes all things known and unknown. If a person moves throughout the universe and only sees what is known then there will be very limited resources available to ensure that life is acceptable. It is the creator's intention that we all have a perfect life and we will know after the event that life is perfect because our point of focus will be different, but to know this now while we are on earth we must be willing to let go of all things that are not perfect and accept all things that are perfect for our lives.

It is easy to say the word perfect and allow your mind to dream up a lot of things that have been implanted in our mind to fit the definition of perfect. Perfection is unique to each person and it has nothing to do with likes or dislikes. There is no logical reasoning that can determine perfection and there is no way to know the full effects of what you are accepting as perfect. There are many unknowns that will prove to be perfect in the future but these unknowns must be selected now. It is your inner knowing that connects with your creator that gives a sense of perfection. If this is not available then there is a need to adjust your focus and make life feel perfect without changing anything in the external physical world.

A change of focus will most certainly change your physical world but it may not be obvious until well after the event and it may cause changes in other dimensions that will never be obvious in the physical world.

### **Step Forward**

It may be the beginning of a new world but it is only the first step in the development of mankind. This is not to say that we have been standing still but we have not yet taken a giant step from one set of standards to another. We have developed and improved and found out what is required but we have not taken on the actual change of mankind.

The number of combinations of improvement in this world of conditions, understanding, knowledge, technology and human relations are hard to imagine, and the stimulation of the mind and body have been our focus from the beginning of time. Our abilities seem to grow every day and our ownership of our destiny is becoming more and more a critical part of our focus.

We have been told by the prophets and continue to be told by modern day channels of the changes destined for the earth. Some of the results of such changes will be the sudden step forward of mankind to a state where there is a brilliant sense of knowing in the hearts of the majority. This change will take place over a relatively short period and will be led by those who have been attracted to the special seeds placed on earth to pave the way forward into a multidimensional future.

In order to follow the steps from this point to the point where we are able to experience a multidimensional future it is necessary for us to take the step before the predicted changes take place on the earth. It is also necessary to understand that we can never understand why or how this step will take place. All that we can say is that it must happen for our benefit and the benefit of the universe, and as a result we continue to step forward and make ourselves ready for the next step.

To date there have been many inputs into the preparation of people and it has reached the point where the pressure on some people is totally overpowering. There is too much to change, too much to fix and too much to make right. Every minute of every day seems to be far too little time to fix everything and the shock of finding people who have no concern is almost overwhelming. It is time to take on the gifts of God and agree to let all this difficulty pass without effort and without incident.

It is not necessary to fix anything but it is necessary to have a full knowledge of what must be fixed. At the same time it is not necessary to dwell on the detail but it is necessary to dwell on the outcome. If you are calling on Gods gifts you must take on the full power of the gifts and focus from the source of the gifts. You must look down on the world, as you would imagine God would look down, and experience perfection in everything without any thought of definition or personality. Your involvement will leave no stone unturned and will leave nothing behind as pollution in the world. Everything will be changed at the same moment and you will move past your obstructions and be left standing in the open as your true self with no restrictions.

When we talk of the Gifts of God we talk of something that has already been given to us. We do not have to ask permission to use these gifts and we do not have to know how they work. All we have to know is that they exist and we know how to use them. There is nothing on this earth that can describe the gifts available to us and there is no proof available outside of ourselves that can confirm these gifts. There is a knowing within us that allows us to accept our position in the universe and this knowing is often confirmed by spiritual connections or by people who know us well. The concept of position does not exist in the universal hierarchy, so there is no stigma attached to taking on your true position. It is not necessary to go to the end of the line, as there is a position reserved for all of us and in a multidimensional universe we all have a direct line to our special positions.

### **Conscious Connection**

The general sentiment behind spirituality is that of personal belief, even though we know that the source of spirituality is Spirit itself. It is often said that people's spirituality differ from one another because of their religion and their acceptance of teachings becomes the measuring stick for spirituality. A person's nature and actions are said to be an external measure of spirituality and a good actor can easily pass as a highly motivated spiritualist. The fact is that spirituality has become a popular word with many definitions and many directions.

There is nothing wrong with any of the spiritual definitions but they are only part of the overall actions of the spirit. There is no limit to the discussions that can be launched on this subject and there is only one similarity in the world today. In fact the similarity is so close that we are seeing many religions taking on spirituality in its new form to maintain their popularity. The thing to note is that we are not changing, we are simply modifying what we have always done and always believed, and we still have the same problems and difficulties but with a new name and an elevated degree of difficulty.

The change that we seek requires courage to step out and incorporate all of God's gifts into our life. The simple joy of a child's presence soon passes if we are unable to capture the essence of the joy and take it into our lives. The courage to change at every signal and

encourage every gift to show itself so that you may join with its presence and recognise its attributes is something that exists within the conscious connection between our Creator and us. We are always at risk if we attempt to change, but there is no risk in the courage that elevates and creates with every step forward and continues to elate and satisfy the needs of the soul with every movement and change.

We are all familiar with the beauty and special aspects of life but few of us are familiar with the special energies that exist all around us as. We practice feeling the energies under controlled or meditative conditions and are very familiar with the short-lived sensations of sex. There are energies that may be received through the eyes, the hands, the body, the aura and the mind, but the effect is small if you cannot grab a hold on the courage that is needed to take yourself past all limits and exist in a special state of awareness and connection, every moment of every day. The single minded pursuit of your conscious connection with the essence of God and your open eyed approach to the energies of this world is all that is required to skip our consciousness out of the third dimension and into the elegant dimensions of the unseen.

We spend our lives stealing energies from one another in the subtlest ways to maintain our lives at an acceptable level. The energies available to us are far in excess of what we can transfer by force and they are given freely by nature. The essence of life, or life force, is available to us in such magnitudes that we can take as much as we like and there will be no effect on the resource. Universal energy exists in so many formats that we could never hope to experience them all. The essence of God is a special combination of all energies that contains all the sweetness, power, joy and elation of all universes. This essence is available for us to access and bathe in, under the control of special beings or masters that have been able to come close to the creator and maintain their existence. It is not possible to survive these energies if you are not in the presence of these masters.