

Garden of Harmonies

Reflections on Faith

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GARDEN OF HARMONIES

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Reflections on Faith

Garden of Harmonies

King and Prophet

Light Scholars

Paradise

Personality Program

Super Conscious

Never Give In

Theater of Everyday Life

Mirrors for Reflection

The Anti-Personality

The Battle Between Good and Evil

Competitive

Standalone

Reflections on Faith

Garden of Harmonies

Chapter One

Those who have power and glory are the ones who provide for others—providing a resource of strength and dignity that is world-changing. By giving their momentum to God and not themselves, they challenge the known structure of life. Do you understand this?

God said to me from anew, “Author, come close to me and the living waters of the Holy Spirit. Come close to the spirit I provide, for the spirit of Christ revitalizes. It is the spirit of Christ that allows us to acknowledge our faults and begin to regain ourselves in holy purpose. This transition between poor and lackluster faith to superior strength in glory is a fountainhead of power.”

Then God appeared to me with the living Christ alongside of Him. The Father spoke quite eloquently, saying, “The need we have from this story is that superficial wants are to be explored and dignified as much wanted aspects of wealth, and the wealth that is acquired is likely to come to an end in dust for all to witness. The legacy of a story is only as strong as its message, and that message of the superficiality of wealth is nothing but self-serving.”

At these words, I investigated my heart and found the light of Christ in me once more, this time very excitable and strong. The weakness I held onto, the controlling part of how I hoped my life would play out, was near extinct. I held onto what people thought of me for one last moment, and then the light overpowered that feeling with renewed strength.

Jesus Christ then said, “Through the Holy Spirit came a blessing that we seek from you. That your story is a model for others to witness. Your drive for purpose is shown through the face of adversity and remains lit with that purpose. Your fire for life is burning in the darkness of others’ diseases so that they may shine a light on their own stories of self-superficial wants.

“Author, know that the light is in your heart for more reasons than to prove us as a higher power. The power is grace. It is loving others and lifting them from their own self-pity. Let your legacy be of loving knowledge, learning from others, and providing hope and dignity.”

Then Christ investigated the heavens and saw that there were many who wanted to see me. My spiritual family was remarkable as they fought to keep me in their prayers, and they came into my spirit and told me they were still in my midst. That I had never fallen out of sight of them and that they awaited my return in heaven.

That power of love that transcends all is something so beautiful to fulfill that I had more motivation to anchor my thoughts to that light in my heart.

It became a practice for me to witness the light staying in my heart—the momentum of love was cast through the Holy Spirit, accompanied by my spiritual family, and received in inspired thought. My mind worked first through my heart and then through my perception of my truth. In return, my actions spoke of love first and then listened to the love of others to decide how to act.

That purpose was slightly different than my new intention—I shifted my understanding from controlling my fate in order to show others my wealthy achievements to embodying the

simple desire to let my light shine. This conscious shift was a tremendous accomplishment, and in that moment of serendipitous love between my creator, the heavens, my spiritual family, and myself, I declared my soul resurrected from the bones of my body.

The night came and went, and still the light was aflame in my heart. The light was constant, and I meditated on the center of myself in my heart, balancing prayer and active thoughts. I prayed, seeking truth in my heart, and listening to truth developed my soulful conscious voice. That voice was timid to begin with, but my reasoning became more evident as I balanced the voice, trusting it with my intuition.

In my heart, I saw and listened to past memories. All sorts of embarrassing thoughts came to my mind, and I wished them to be distant memories. But the light showed and gave me grace and glory, and I understood that the story I told myself was fueling hatred for those embarrassing feelings, and that hatred was controlling my life. That control was trying never to feel their hate, and that fueled my ambition to feed stories of my superficial wealth to those who hurt me to prove them wrong. That feeling of control over others soon became a desire to prove people wrong. This resulted in not only creating more pain for others in my thoughts, as my embarrassment turned to hatred, but also doing something quite unnerving to my soul—the light in my heart would fly out of my body and be cast on something worse for others to feel. That hatred was my cursed story of superficial desire, and I let go of my heavenly light to accomplish it.

I soon returned to my heart and reacquired my light through meditation. I could only control so much, and, through meditation, I was learning to reframe my need to require the respect of

others with whom I felt embarrassed. The embarrassment could have very well been fear, pain, or torture, but letting go of the light in my heart to curse the people I had disdain for left me with only empty and soulless thoughts. These empty and soulless thoughts of how others would suffer gave me no healthy answers—all it did was satisfy and justify my superficial desires for a legacy of achievement and wealth.

I learned another truth in those meditations on the light in my heart and conscious voice. In it, I could answer to God. The answer was that I could ask for redemption and pray that I could be a better person than my curses.

God came to my heart through my soul and spoke to me. I listened to my heart first, the people I prayed for second, and my logical thoughts last. God spoke to my heart through the light and said, “The person I love in this life is not the one who affects society most. These people have good chances to redeem themselves through the lever of worldly power, and this shows others how to live. But whom I love most are the people who listen to me and care about others enough to point them to their personal greatness. They figure out how to allow them the living grace they allow for themselves first and then support their growth. I will work in their purpose through the spirit in their hearts.”

I figured that the Christlike appearance of this answer of serving others through providing love and consideration was acquired through the Holy Spirit. I listened to the message, thought of others, and listened to my rational intuition. The spirit moved me, and I became aware of my efforts to help others, but it was the decision of the mind that solidified my account. This personal account was my purposeful belief that I could act

and create opportunities for the weak in faith to become purposefully better in spirit.

That was the belief that I did not need control to protect myself from others. That was the belief that I could protect myself from getting in my own way. I could listen to the light of my heart and trust that the Holy Spirit was creating abundant opportunities for all of God's servants, and that trust in Spirit was believing in myself to choose to keep my focus in my heart.

In the dark hour of the past, where I had hidden in my curses for others, I understood one crucial thing. My belief in others was only in what opportunities I could present to them. I was not in control of the outcome. It was no longer a superficial self-determined story of my own wealth that was to play out. I lived in a moment of uncertainty, only controlling my own actions. In that moment of creating opportunities for others, I envisioned my spiritual family in heaven praying for me.

I was given a prayer of foresight—the foresight to see and witness the future ramifications of what might be possible. This was momentum in the spirit casting in the hearts of others. I could see how others feel and act to provide support. I could feel others' indecision to trust Christ, and my support was a strength—they could also believe in the feeling of grace, power, and glory. I was an example not to show how to believe but as a resource for them to confide in, and that their ability to find confidence in redeeming themselves through the spirit was healthy.

I was given a vision from the Holy Spirit. While the other person could feel better about being listened to, and it was often confused with empathy, it was through prayer that the other person felt confident. This vision of the purpose of Christ was a story waiting to be heard, and that purposeful connection between

stories told, made, and kept were prophecies. The spirit asks but does not demand the actions of others, the spirit is patient with us, and the vision that I was given to me was the same. As I kept others in my thoughts, they appreciated the feeling of love flowing through the air and were transformed because they accepted their own story of spirit within their lives.

Then Christ's spirit took hold of my heart. The spirit came and went through me as I explained the story. The spirit took shape and pronounced that through the established word and my writing I could help affect each person with my thoughts. These thoughts were no mere reflections—the words I proclaimed contained prophecies. If I held purpose for the Christ spirit as my guiding light, my tongue would be aflame, and I could provide numerous services to the Lord.

As I gave myself these opportunities to unite the people who heard my story with the writing from the Holy Ghost, it became more apparent to me that I could not be in error. My tongue stayed magnetized for my words to ring true and these feelings of devotion were to bless the thoughts of others as inspiration.

The word of the Lord then came to me, and it was as if I could hear the ideas from within cry to me to discuss how faith can heal with the spirit. I was not a prophet myself, as I would write, but more like a conduit for the spirit to use and write out its thoughts to the pages in the story. In this fashion, I trained myself to allow the feeling to sit, transpire, come, and go as if I conversed with Jesus Christ.

God said, "Take these ideas in your vision and return to me. The words you write now are favorable to others as well. They should be greeted with a sincere heart if you keep your purpose

afire, and if being a conduit of words as an author is your purpose now. Then stories you tell are a blessing to your history.”

I thought about these ideas as God spoke them. It felt like my heart was newly devoted by a baptism of spirit. The ideas of Christian thought, as I had studied from the bible, came to life. These words from God coded my beliefs differently and more perceptually. I never questioned truth when I felt the spirit inspire my mind—as the perception coursed through me, I just let it occur.

My heart was focused on the light, and I made decisions based on the people I served. I thought about how the Holy Spirit works and inspires those to change their beliefs. I sat in wonder until the spirit began to write more through my fingers, onto the pages of the story.

“Author, do not mind the way you write now. You will write and consider the heart and the history of yourself first. The history you felt embarrassed about has taken you this far in life. It is a pattern that has been working before you could speak independently. This was not a forecast for your life, but genetics does play into what you can and cannot do. You are limited—Spirit is not. The Holy Ghost is extra perceptual. It is something of a holy order of instinctive prayer. And through the Holy Ghost is God.”

I trembled through this order of thought because I felt my purpose become closer to God. The heart that I had was a chamber to listen to my consciousness, yet it allowed space for life to flourish. I envisioned plants of a garden in a paradise. God was the grower, and he sat in the garden as a place where I could understand my love for others.

God said, “The way we planted the seeds to flourish is of a design in a holy order. These ideas and friendships will grow in-

to a collective harmony. It is okay to emerge in the garden with your thoughts toward the light—the light of your heart is the light source from the garden. The light of the universe is different—this is the light that is spiritual and unblemished from the heavens. It speaks into your heart and mind and activates growth opportunities for you to flourish and thrive.”

I thought about the flourishing ideas of the garden and how we inspire each other as a collective, given the word and light as nourishment. Then I thought to myself that our source of nourishment was light, which comes into our hearts as we grow stronger in faith.

God said, “This is the workings of the spirit. Listen to the conscious voice as it comes through you. You know the conscious voice as the truth because it nourishes your life and helps you grow in faith, and it is a balance of supreme intellect. I share my wisdom with you from the garden of paradise.”

With those words, I felt I had been given fruit to eat and nourish my accomplishment. I had been involved in writing ideas from the Spirit to inspire and give, and my act of faith bore fruit in terms of spiritual sustenance. It was mana from heaven.

It felt then and there that I could do more with the idea of my life and humanity’s legacy. That the idea of the history of life was spreading throughout the garden. I felt the Tree of Life close to my heart. But in this wisdom was something of a dark speck. The dark speck was the snake in the intellect. It asked me to agree with him.

I sat contemplating rescuing my senses and meditating on my heart again to close off my thoughts of spiritual nature so the snake’s words would fall on deaf ears. But something from the Holy Spirit told me to keep myself open in the garden of par-

adise. The Holy Spirit told me that the snake was of its own wisdom, and if I learned this lesson, I would not experience other people with embarrassment, hate, or curses. This was the darkest hour of my heart being open to the Tree of Life with the Holy Spirit. The spirit said that the dark hour of humanity's curses was opened through the senses, the knowledge of the snake was rebellious, and that the snake was making its play through humanity's actions for conquest. The quest for famine, diseases, and death for the planet was surreal, and it was in this willingness to conquer the surroundings through the plagues of humanity that humanity sat within its cursed path. The snake was cursed, and humanity was ignorant of its disease, and that this darkness would last until the Lord's spirit could break through the curses.

The serpent saw the end of humanity's story, finding it had crushed what God created to combat it. The serpent said the spirit of passion and purpose to fulfill the life-giving prophecy of a new heaven had not arrived through Christ. The serpent's story was something of life and death away from the Lord. At his words, I realized that in this war of religious obligation and self-proclaimed greatness, I should listen to the words of Jesus Christ from a meditative standpoint in the heart and then mind.

In the legacy of humankind was a fight to understand the light in the heart, to find a purpose to fulfill for its creator. And in this fight to understand life, the creator would allow its beauty and forgiveness as a heavenly kingdom.

Jesus Christ said, "Author, the snake is the enemy of most people because he has swallowed their minds and led them astray. My way is through understanding the light in the heart and giving other people opportunities to succeed in the ways of

my spirit. Therefore, I want to help you understand my thoughts through a vision.”

I started to see the serpent as a dragon of darkness scourging the planet. The curses that humanity fed itself were of the darkness that embodied itself as shadows. The shadows of the night were then the curses manifested through humanity’s unconscious practice. These tortured souls were being brought to the light from Christ to search for their new way back to heaven.

In this darkness, God promised his redeeming presence over the world. People would realize the darkness and shadows of curses and lies they told about themselves and sent out as curses on each other were haunting them in their souls. This darkness, separated from God’s light, would diminish as God spoke to them in a warning. God and the Lord would use the prophecy of light to search for the true remainder of heavenly servants before the night is expunged from the heavens.

In the nighttime on this earth, the glory of conscious thought was to be dimmed and regarded as non-existent. Not every servant would hear the word of God through this veil of spiritual night. This darkness coming over the land was to silence the evil once and for all, and in this silence was the meditative practice of searching for the light and reason in the heart. People could use that understanding to know that God was holy and evil would perish.

The people’s cursed shadows were their undoing. The shadows were cursed individual souls without a light to bridge them to the heavens. This darkness served as the shadow’s displacement from the earth and heaven and was included in the legacy of humankind’s downfall. Indeed, the serpent was found victori-

ous in the end, for these shadows would triumph over the Earth for mere moments.

The serpent, the cursed creature that exercised its will from the garden of paradise, looked upon the life and death of humanity as a game to triumph over. It had gone to great lengths to manipulate the souls of humanity until it had created its legacy of darkness.

In the way of the Lord, Christ is serving others, and the cursed shadows sought to reframe their embarrassment from their legacies. The souls that wandered the earth for generations, passing down their fears to others, were to be destroyed entirely by the light of Christ. Seeing that moment of excellence, I wondered how the passion and purpose of following the light in my heart would save me from those shadow devils.

In this prayer, I knew my spiritual family was looking down from the heavens. This heavenly vision was their prayer when reflecting on my life on Earth. From heaven, they saw me and my reflection of all I did and was to do. My spiritual family had a timeless understanding through Christ's spirit to understand my situation and speak to me through waves of rippling light in my heart.

Because of their vision, I became aware that the Lord would give me an understanding. I found grace for others through my obedience and listening to the foundation of my love for this beloved spiritual family. This was especially true from the shadows living and cursing the world through their plagues. Their vision became the anchor of love in my heart.

When my spiritual family came to my mind, the world around me transformed into light rippling through my surroundings. My path changed as I gave up that last bit of control

of protecting myself from others. I knew too that the end of the world was coming. Christ was to return and share his light and life with all on the earth who would survive his wrath of judgment. That for a moment in time when evil would win, the mercy of the Lord would shine on humanity. The heavens stared at the prophecy of the return of Christ as he would resurrect the dead to life once more.

In this vision, I began to wonder how to gain favor with the heavens. What could I learn from my angelic family on offering blessings from the holy spirit? How could I envision the prayer of reflection for my brothers and sisters on earth to help present the message of the Lord into their lives?

As I thought and prayed to the Holy Ghost, I witnessed a miracle. I witnessed that the purpose of the spirit would answer to the needs of those humbled enough to need the Lord. It was in this reflection on humanity that I could help a realization present itself. The Lord would offer the Holy Spirit where a realization would occur for those who were humbled, and the vengeance of the Lord would be quenched in the waters below the filament.

The waters were the same pool of Genesis that God created, and in those waters were the universes. Life was made in the rocky and bare spiritual ground, much like the caverns of hell, and in this rocky earth lived the serpent who consumed the souls of humanity over time.

A guiding member of my spiritual family told me, "We loved you and saw your living spirit grow as you offered prayer through these tunnels of light and love with others. There was nothing in the universes that is of greater power than love and light, so we are sharing with you the power of the love inside your heart."

They continued, “How does it feel when we shape your thoughts through your heart?”

In that moment of understanding that an awakened heart was full of transformative power, I thought of the incredible ability to help others.

Then angelic voices of heavenly design arose my inner light of wisdom, voices that were thoughts in my mind heard from the heart. These voices, these ideas, whatever they are called, are the voices that whisper inspired thoughts into the world through a transformative spirit.

In this material world, this is how the spirit can affect us: my spiritual family had offered their guidance in spirit to transform my heart; my body told my mind that intuitive prayers could be understood; and this intuition could be shared through the understanding of voice and stories.

I now understood why my tongue was magnetized to tell of Christ and his resurgence into the world. I was to share this story because it would liberate other minds and hearts. In the shadow of fog and forgetfulness of who we spiritually are, the story of our creator and his redemption would be a powerful vehicle of ascent for many souls. The ascent into the heavens would be and is the judgment of the Lord. How would it feel when those on earth see their consciousness illuminated and their souls set free? I saw many souls going into the heavens on the horizon while God stood on the earth.

I saw God come toward me and say, “All I want is to love those who come to me in their spirit—this is the understanding for others to know. Share this illumination of understanding through the stories you tell. Share these ideas with others when

they need help to resurrect their faith. Spread the Word of Jesus Christ.”

I found purpose in these words. The words were to challenge me to become a voice that presides in prayer for those I meet and to influence their habits towards God so they return to heaven.

Chapter Two

I saw and felt the waves of generosity by my Father, the God in Heaven. He moved the waters around my conscience to become aware of something new, his invisible hand waving through the waters and startling me. The ripples in the waters cascaded into my awareness as I spoke to God.

I asked, “God, where should I have been in my life up to now?” knowing I had taken many detours in my life.

In that moment of genuine curiosity of what His plans were for me, and knowing what my plans had been, a warmth washed over my heart. This warmth was of God and his appraisal of me was that I had been wanting. I had been stubborn in my own defeat—a defeat stemming from a denial of love. When others wanted to connect with me, I had to force it.

This realization left me aware of several outcomes. My spiritual family wanted me to have fun and enjoy myself, so why was I isolating? To keep me from running down that rabbit hole of asking myself the same several questions, God intervened and brought new light into my heart.

“Author, you have made your way in life in a method only you could understand and no one else. Do you see? You are too convinced of love as a mutual respect between you and the people around you. Love is not the same quality that you perceive it to be. It is not respect, but it is beyond that. In faith, you need to realize that love is a connection and a desire to belong. That desire, that passion, is fruitful for a myriad of answers.”

I sat back in my meditative prayer and acknowledged the truth of what God said. I said to myself, *Why had I believed re-*

spect was belonging? The idea that respect was necessary was a way to stay stand-offish in relationships. I began to feel the rippling laughter that God and the Holy Spirit always brought into the conversations.

God continued, "Author, now that you understand that connecting is a safe journey of belonging with other people, understand that we will help facilitate those relationships. You must *want* to belong though. Keep it in your heart and see the difference in how you attach roots into the world."

God stayed in the conversation longer than I realized. I thought God was someone whom I spoke with and then dissolved with the meditation, and then I took what inspiring thought He provided and applied it to my life. That was respectful of myself and God. The difference now is that I was willing to belong with God and allow his intervention in my life. This was quite different.

Then God took his hand and connected to me with a hug. What an inspiring event to understand that he was willing to embrace me in this moment. My heart leapt out of my chest and the door in my heart opened. God walked through that door, and the coldness that was there from isolating my whole life changed to something more humid. It felt like the garden was beginning in my heart, and there I could help plant a seed.

"The first seed, actually. As awkward a meditation as it is, it is a huge benefit to have this seed planted in your life," God said.

The Holy Ghost was then in my heart, and I witnessed the Holy Ghost provide the love in sunlight and nurturing the planted seed. The Holy Ghost said to me, "This plant will survive quite nicely if you pay attention to the nurturing of the plant. That means that you respect and want the plant to survive. It

also means that when you adore the plant, the love that you have shared with God and God has shared with you will trickle its way into your conversations with the plant. This garden is of God and should be kept holy.”

I was curious why a seed and a plant were used to symbolize faith in relationships in my life with God, but I was hesitant to control the conversation. I wanted to listen and hear what God said first and appreciate his knowledge before I put myself into the conversation.

This was the wrong approach—God wanted me to ask this question. The question of how a plant symbolizes my faith in relationships was brilliant for this story.

God said, “Do unto others as you would do unto yourself. Take the overlap of mutual benefit and plant that seed with it. The goodwill of amiable love and generosity is appreciated. That appreciation is something foreign to you now. The generosity and goodwill of the relationships in your life will carry much more meaning to you than just having relationships. You see, the inspired connections with other people will foster an attitude that only I can share with you. The nurture and nature of relationships is on your behalf.”

God continued, “I inspire the connections to other people in your life. I suggest and dictate whom you might love through my plan. That involvement is of a rippling universe that changes and adapts to the predictable outcome of your love for heaven in this universe. Universes are many and the great scheme of my current plans shifts to a larger understanding. We all do work on helping relationships either foster and grow or give up. That existence is nothing new. The love that you provide will help you grow yourself. Let me explain.

“The plants that survive are like relationships between you and the world. The plant only wants to belong when it is nurtured. The relationship then is healthy because the plant wants to belong with the other plants in the world. The garden will grow as you invite more opportunities of mine into your life. That belonging is like growing roots—roots that are the connections in the heart where love exists between people. It is a spiritual connection of tunnels of light and love. Do you understand yet?

“The angels come and bring love into your worldview and they provide incentive to belong with certain relationships. If you are part of my plan, you will obey these communications to belong with people. This is not a product of your emotions. This is the connection of spirit that tells you what and who is right for you in your life at that moment. You will understand the energy drawn from your willingness to connect with other people when you feel nourished with spiritual insights. Do you see? When you dream of people you might receive, the angels are telling you that you are going in the right or wrong direction. Listen to this spiritual insight. Your intuition will bring you the opportunities to find and foster the connections between people.”

I was unaware of the sense of belonging until this moment, and I thanked God for the lesson he provided on how to bridge my connections of love and light into relationships planted with other people.

God continued, “The plants symbolize your relationship and the mutual admiration you may have together. The relationship or the seed is something between people. Do you see how I work through a grand plan? The relationships are my earthly kingdom, and this domain is now available to you.”

I saw how before I had not loved and only held an isolating viewpoint, keeping myself at a distance—while I appreciated and respected others, I had not fully investing myself in the relationship dynamic. This was a great understanding.

God said, “Now is the time I must introduce my angels into this domain. The angels of nature are the spirits of the earth. You see that my angels are fields of energy that take form as winged deities. The spirits are flowing energy that bring nourishment to your soul and speak to the relationships for me. The nourishment of such gardens is then like a love for my grand design. Do you understand yet? The grand design is a garden, and I walk through the garden of love with my angels to foster growth and support of unification.

“Unification is the process where the garden continues to grow through the universes, and the roots connect to other people through various relationships. So you may receive growth by tapping into the love from someone who is near your soul. The roots connect you to many different universes and perceptions of love from different relationships. It is not the actual person with whom you are connected, but it is the relationship of love through me. I am that glue that ripples in time and space that connects the spirits together.”

I think I understand. I remember stories I know wherein the glue of love and light is like the waves that integrate the universes together. It cannot be seen through the material world per se, but we feel that love and are attracted to those people who have a strong belonging and positive outlooks.

God said, “Yes, that understanding is something close. Let me show you how Jesus manifests his identity of love as a savior and prophet through the Word. His Word is of me. He fosters

miracles in relationships between people through us, the Holy Trinity. That is not what you are going to do. The angels understand that Jesus is beyond their abilities to intervene in the connectedness of relationships of the universes. The angels that bring everything together know Jesus is to make miracles because of his abilities as Lord. He did not ask permission of the laws of the universes—he understands his power and gives me as his Father a certain dedication to belong on Earth and in Heaven.”

“Jesus brought heaven into this Earth for a reason, and it was for you to understand that life with me and in my love is everlasting. That was a prayer from me in my grand scheme, and that miracle of understanding changed the universe for a long time. The passion of Jesus is that he shows love through his miracle and unifies the world with heaven.”

At his words, I became aware of how the universe followed the great design of Jesus, up until we truly forgot the messages of his miracles. I knew that I had forgotten to ask for miracles in my life to show my appreciation of heaven’s kingdom.

God said, “Do you see? Truly building the garden of heaven on earth is about relationships. Now you will understand how to grow roots in connecting to people. The universes will grow and communicate with the heavens through this change in the tunnels that connect to people. The seed of one may become a living path of plants in the garden of heaven.”

I silently wondered, *How do I connect to others spiritually? Is a tunnel of love and light possible to create?* And God answered me in that moment: “Connect through the angels. In the spirit of the natural world, the angels will help you understand how they bridge connections with all life.”

The angels watched over me and took charge of my spirit. They went to my heart and found room to create a space in which the tunnel carried me into God's domain in Heaven. This showed me that it was possible to meet God and Jesus and the Holy Ghost. It turned out that the tunnels were made of a match of love and light. I'm not sure if that means these tunnels can be measured, but the spinning measure of my own soul, when I left my body in spirit, might be exposed. You see, the tunnels are the finest of details that we can see through the sun, even though the angels mask the tunnels through the light of the suns. The time is shown through our own subjective perspectives in how we move almost instantaneously through the light. The soul has a small mass because of the casing it has between the filament and the waters, and the rippling of sound can show us how we are unique in our perspectives.

God said, "You have visited me in the heavens, and for this you will be different when I return you to the world. You have come and seen the kingdom of heaven. Therefore, you will want the others in your life to talk about the kingdom of heaven because it is good and whole. The communication is your nurturing the relationships you have together through prayer. These prayers are fundamental for the angels to build tunnels between yourself and other people's hearts. These tunnels are then natural components of prayers. The tunnels of light and love connect you with each person in relationship. The communication between all is an influence—not so much power as a shared wave of love and insight gained in the mind."

God then gave me space to reflect on the teachings he had bestowed upon me: that He provided the soil in which the seed of ideas was planted, and that plant is the mutual respect and be-

longing we have with one another. That is of God's domain and that is the garden.

The angels glowed and danced fervently around me. I thought about Jesus and his passion to come to earth to perform miracles in bridging the known world with heaven. I understood what he did on the cross that day—he shared his body with our spirits.

It is profound that I may understand the tunnels in light and love through the heart. God abides with the known universe and spiritually permeates this understanding to his kingdom. I believe that he will come to us in our hearts if we ask the angels and Jesus to abide in us, and the conscious reality that is a reflection of our understanding of the universe will transform our lives.

This transformation was the way I could imagine my relationships. I could feel the energy dissipate when someone left the conversation with me. I could practically see the words about to occur as I actively listened into the other persons actions. This plant that was growing stemmed from these good conversations. The plant itself was the relationship and represented God's love, yet the balance between each person and how they fed the relationship should be nurturing. This nurturing was similar to respect. If both people put energy into the relationship, the plant in the garden is fed with mutual love and respect.

Love from God is like following his plan. The garden is a place that is holy ground, and we live on Earth. That is all very good. However, questions then arise: *When do people sabotage the love that they have? When can the plant do poorly?*

These patterns of neglect are often the result of poor relationships. When we cannot see the energy flowing or feel the support for God in the relationship, I would ask God or Jesus to

intervene. I often ask the Holy Ghost to intervene in hopes that opportunities will flourish for positive change, but I know I can only control my own energy in the relationship. The plant works as a symbol of our kingdom of heaven. Those God-given roots comprise our relationships, reflecting where we are, and we have that time to show to others in our lives that we care enough to pray for a faith-filled relationship between our community.

I know I do not control the other person. If I were to try to manipulate and control the other person then that would result in them trying to protect their own energy, sense of self, and safety. Therefore, when we respect a relationship, we embody the mindset that we are there to plant seeds in the relationship—knowing that God is the light and the spark of that plant—and nourish the plant the best we can to grow its roots.

God said, “Author, why do you not understand how we work in the seed?”

I was surprised by God’s question because I knew I had described the seed as a spark between people in relationships.

God explained, “The Almighty does not spark the light, I *am* the light. Generations of word and code exist inside the bodies you hold as yourselves—this body of yours is not the same as a body of light, at least not totally. The human body is spiritual *and* material—both and the same. It is a living testament to the seed planted that became both word and code, but it outlives even yourself in that body. You communicate and influence each other as relationships in prayer, or light and laughter, in the universe. But what is it in the heavens but a plant? No, it is not completely the garden—it is part of a plan and of course that plan includes your story.

“The plan is that the living word is of you and relationship is of the kingdom of heaven. You might ask, why is it so symbolic? Why is life in the universe so chaotic if it is a neat and nice garden in the heavenly realms?”

God continued, “These are fair questions. And the answers involve the mutual respect that you imagine as fostering and nourishing growth. It is the weight of the Word as the seasons of weather. Things change because life needs to adapt; therefore, the chaos is room for that seed to grow into the manifested destiny of the kingdom of heaven.”

I saw God’s passion as he explained.

“Author, I am pleased that you understand that the chaos in the world is of a nature, and the nourishing of the world’s heaven is part of your and my plan. This is our relationship. We have grown into a conversation which both of us can respect. Do you see?”

God continued, “The angels will provide much more information since you need help developing the ideas of the seed of life and the garden in heaven. Those relationships are a branch from the tree of life while the root stem was made up of all information in the heavens, purgatory, and hell. This is a communication that we have seen in the world before from other religions, correct?”

“Author, you have to imagine you have belonged to this root too. This stem of the tree of wisdom is then in a way my tree and my sap. I am the tree where Jesus is the vine. Such as a flower blossoms from wisdom, the trees communicate with each other and the seeds of fruits fall and reestablish an order onto themselves. The order you have described in your stories are of another branch of wisdom. You can be proud that you and I are estab-

lishing a new way to understand that message that existed when Adam was given his forbidden fruit to eat of the tree in Eden.”

The angel Gabriel appeared to me in my meditation at this point. I saw an angry demon in view, a demon that had been kept away from me until now. I saw that I had to fall a bit away from God in his garden to understand why the chaos ensued in life. The word was given, and I was the code of memory meant to realize the pain that was given to subsequent generations through Eve.

Gabriel said to me, “The Author requires the realm of knowledge and wisdom.”

At his words, I began to understand why Adam was given a choice to refuse to eat from the tree but did so regardless. It was out of pride. He wanted to listen to the serpent in this idea that he could stand and show himself as an immortal god to Eve. He wanted to show he had pride in himself and that he could duplicate the words that the serpent provided to him. He wanted her to look up to him.

Eve was the memory of what he held onto—the idea that Adam was God in that moment, and that he could rule the heavens in the Garden of Eden. She felt he was superior in how he controlled the animals.

Then the Heavenly Father said, “Remember I gave authority to the humans in my likeness to rule over all animals in the universe. This was the plan. My rule was in judgment of man in how he dedicated himself to either the serpent or myself.”

The world was then in the waters below the filament as the universes, and the serpent was the ruler of such ideas of death and rebirth. The serpent was not the God of the universes, but he tried to gather enough power to overthrow the heavens.

Generations fought this battle—either embracing the serpent speaking for us or having faith in God’s word. The code pulls us through life in generations as we developed our understanding in light and love with God and understand that the relationship with God is good and the heavenly kingdom has been established as a natural order on the Earth and, to an extent, with Jesus.

“Do you see?” God said, “Humanity is evolving to understand how we can continue to see me in nature and then in themselves. The miracles of Jesus was that he saw and redefined the natural plan of the serpent and created a bridge for heaven. He will reintroduce himself in life as well.”

The gradual demise of the serpent? I asked. Is that how life ended and the plan was fulfilled?

God said, “The angels will provide the opportunities to learn more of the tree of life and our plant between us. The tree of life is something that can reoccur at my will. I can create universal plans with new codes, and the light and my word will manifest into the universes.

“That nourishment occurs as humans wake up to the signs and messages throughout each day in nature. The animals that fly or swim will benefit as well since control over the world as a garden will prove to be respectful of all living things.”

God continued, “The world is now balanced by the control each person has as a boundary in a relationship between themselves and others. But when is it that control is given back to me? When are the angels welcomed back into each relationship with respect *and* belonging? When can we serve the other animals through the spiritual light of reasoning?

“The way to spiritual enlightenment about the seed in the tree of life is easily done. The way that we understand the seed of life is through a code of the Word, and that Word is something like my energy into life. The heavens intercede in the world through this Word, and the heavens created man again throughout their love for women. The successive generations then continue to evolve in a higher state of self-consciousness while the world gains its favor with the serpent. This balances out for the way humans have evolved. They face tremendous obstacles only because they are aware of their faults—so much that the resistance is fierce.”

I humbled myself and saw what God mentioned as dominion of the world and animals.

God said, “Have faith that the human race is becoming aware of their impact on the environment, that the world needs the animals and plants for survival, that women and the cycles in nature are going to slow down some as the earth grows imbalanced with the dominance of humans. The rebalance then allows the author to accept it as a metaphor for becoming cognizant of the roots to connect with other people again.

“Do you see, Author? The awakening is the first part of the milestone that people are aware of having respect for all plants and animals. The home on Earth cannot be ignored. This is the priority of the human race. That respect, once connections and roots begin, will fuel a race for innovation. That respect is for me once more as a solemn figure of truth in humanity.

“Until the human race can put themselves second to my unification plan, the world will grow out of balance.”

With those words, the demon that had brought me to a level into the world disappeared. The mighty angel Gabriel ex-

tinguished the moment in the world, and let me back into the Garden of Eden.

God said, "Do you see you are saved? Once the garden of relationships between me and my children is established, the world will be nourished. That life giving attitude is then a paradise in itself. It accomplishes my intention and plans for the world and humanity to believe in me. The religions can all forgive when humanity comes into balance with me. I accept that my children are often honestly searching for my love."

Chapter Three

God spoke to me: “Author, the plants in your garden were seeds, and they have grown up and borne fruit. These worldly friendships are the reason for our joy. Watching over your evolution from your struggles in life with the serpent to feeling confident and good is quite enjoyable. The friendships you carry are forever with you, and not only in your memories. They have changed you and challenged you to adapt to be a new individual. The person you see yourself as is the one I have blessed in love.”

As the author, I knew that God was correct in that I loved myself more because other people believed in me, and I wanted to share this feeling with the readers.

“Author, you know the feeling of self-worth. You deserve a great interpretation of life and the events that make it worthwhile now. But let us take a new and fresh approach to my demands. As you grow in friendships, these are the roots and the tunnels of light and love, yet you must figure in the trimming of plants and tailoring of stories to each and all. It is important to realize that the tales we tell ourselves keep us locked in a prison of our minds, and the heart is how we escape those thoughts and listen to what really is experienced. Through the heart, you will understand the motives and calculations of other people in life. Take what life gives you as a fascination.”

God reached into the garden and began to tend to the plants. The plants in the garden were seldom appreciated for the greatness of each plant, yet weeding out the frivolous was something to appreciate as well—the frivolous plants that were not helping the relationship of the roots to take hold and be

strengthened. Much like weeds are invasive, my thoughts were egocentric and wanting of wealth.

“These ideas you care for and invest in do not always hold value for your garden. Think of the relationships you have and all the manipulation you have done just today. It is often the way you are. You want to look and feel good, but you think of the self first and not the heart.”

I realized how correct God was in this assessment. What plants were I feeding? Were they the plants of friendships I loved and shared in mutual respect? Or were they plants that were invasive and drained the love I had for my own self-worth?

Then God said of Jesus, “Jesus is the crucible behind loving your neighbor as yourself. He gave this prayer as motivation to be a great family member and friend. And in this, he mentioned to be open to your neighbors as you would want others to treat you.”

In this prayer, I realized that I had hoped others saw my goodness in their hearts and for that goodness to be reflected and returned to me. If others questioned my motives, how would that shape our relationship?

The light in the heart transfers and radiates through the world as a coherent vibration. It ripples as waves of love and laughter. And this rippling of love and laughter is always attractive.

God said, “Author, you must enjoy the conversations you have in life. Do not go outside of these conversations again.”

I understood that I was to live in the garden of the relationships I planted and not search for more in terms of wealth.

God said, “I do not believe that any one person can believe in me and search for themselves at the same time. It is through me

that you search in others. You want to bring out the goodness in their hearts, as you mentioned, but you also want to bring about the expectations that they are holding up the truth to the Lord.”

I said to God, “Do I enjoy searching the word of truth through others? How do I finalize this metaphor in our conversations? Do I anticipate that the truth will shine if I search for it? How do I hold others to the grace and love of the Lord?”

God said, “Do unto others as you would have done unto yourself. It is that easy. That is the golden rule for a reason. As you wish others would treat you a certain way, reflect this knowledge as if you held the Lord in your conversations. Let Jesus lead in the way you anticipate an outcome—wishful thinking becomes truth when Jesus is involved.”

Then I realized how the plants in the garden all thrived with the love of Jesus Christ. The plants that I surrounded myself with were, in fact, the creator’s garden. I was just involved in learning how to live life with the garden in my prayers. I sought the help of others in the world in a new way. I sought to be living with my friends not just in thought but also in a physical manifestation to be explored. Always caught in my mind, I self-consciously worried about how I looked, but I wanted to be free from this prison of my mind. I wanted to live through my friendships with the love of Jesus in my life, and I realized he would remove this self-conscious dynamic as he tended to that invasive thought pattern.

This was a precursor to the feeling that Jesus lived in all of us. Could Jesus come back into my life and live out eternity with my friends and me? Would we search for him and ask the Lord for his return? This was the initial yearning I had as I turned to God.

God was so unselfish. I noticed how grace and light radiated from his being, and that was the feeling that I sought in others.

I saw that God was introducing the idea of the qualities I could search for in others—I began envisioning my friends with their halos and auras of light in the world. It was a blessing to visualize this light manifest in my friends.

I wondered how the curse was lifted for each of my friends in Christ, and in the garden, the plants began to blossom in their own abundance. I saw that this was good.

I planned to ask the heavenly Father who I was to become—by living in the golden rule, was I to become something divine in nature? The thought came to me that the energy and joy in these feelings would radiate in a rippling across the space of people. Light and laughter would catch on through their hearts, and they would feel included in the heavenly domain.

These ideas brought me great happiness, so I began to envision my friends with radiant light as I sought the wholesome nature of the Lord through the interactions. It became apparent that my mind was shifting a bit between the radiant light I searched for and the idea that living in the moment was reality. I sat in wonder as I reflected on big abstract ideas to answer why such things occur, yet my forward-thinking nature of searching for love and joy in friendships began to draw me out into the living world.

I found a sense of excitement when I learned of the nature of the people around me. Their personalities began to mesh, and in a collective mindset, I saw the light that was shared. I had thought in a backward way before, but forward-thinking was beginning to draw out my curiosity.

By asking more questions of the truest nature of other people, things began to be revealed. It seemed that the people who wanted to be of a greater purpose were asked to change and

adapt to the conversations we were having. Like a rising awareness overcoming the groups of friendships, they seemed bathed in love and joy.

Now, I would like to answer one idea that I had before. The light and aura of friends I envisioned was the light that I freely offered. The questions I proposed were in genuine curiosity about their heavenly true nature: How did these friendships affect me? How was this group mentality helping coax my misfortunes toward a greater collective mindset? The answer that came to me was that the spirit of the group members was followed by thoughts that challenged each other, and the reaction to the challenges was, in a sense, the follow-through to how the collective mindset would shift each person. I became fascinated with this topic as I asked God how to help write these ideas into this story.

God said, “Without the light in the heart, none would feel comfortable to be free of their own self-criticism. That critique of personal beliefs must be gone for awareness to occur, and the safety set in by the freedom of love and laughter releases these fears. You see how the childlike awe and wonder help free people to be their truest selves?”

I gathered that each person’s wonder and curiosity in what they received from the group was, in fact, their ambition as a pursuit.

God said, “Like the Lord shared his body with the world as heaven touching the earth, it is your passion to know a Christian conversation with others. It is your passion to share how Christian faith is akin to the laughter, light, and love that is universal. Therefore, you search for that truth from the heart in every mo-

ment, and in those moments, you will begin to see the truth from other friends' perspectives and care."

I felt the cold wind blowing in the garden grow warmer into a summery breeze. The feeling of freedom from the self-doubt that lingered was now a mindset that was as straightforward as my path.

God said, "It is in this path that a way will be forged for others to have similar conversations."

I let go of the idea of the golden rule and the friendships and the light that was in my heart. I saw that I had something of a demon come to the surface of the pool of water that was below the filament of heaven. From the waters, the demon asked, "Why shall you not open the doors to heaven for me?"

This prompted me to wonder why I had kept so many people out of my heart. It was fear of being hurt. God answered from the garden of paradise: "You who have not loved will not be loved back. You who have not enjoyed the compassion of the Lord will never find heaven. And those you felt comfortable preying on in the darkness will gain advantage over how you hurt them through the lessons of the Lord."

At that moment, I felt that my demon was something of a shadow brought to the light of awareness, a shadow I hid from people before but now cared about my friends. It was bizarre to think this illumination of consciousness was an act of setting my heart free from the shadows that I slept within. The land that I felt was home was a mere illusion of ground and space, and the physical dimensions that weighed me down were actually my own sentiments, heavy on my soul.

This freedom to search for and be enveloped in the light was ironic. I had sought the love I so dearly wanted through admira-

tion from others, and yet that kept me isolated. Now I freed myself through the thoughts to live a straightforward path in pursuing energy that would transform friends' perspectives. That freedom was resolving my burden in the illumination of consciousness.

I asked God where the demon went if he was no longer attached to my soul and the shadow of disgust and hatred for being abused was forgiven.

God said, "This is the age of forgiveness of sins. It was in a confession to me that you found your path to the truth, and in that truth, you sought my affection and grace. It will be that way with your friends soon. Enjoy watching these friendships blossom over time and your friends thrive into solid moral men and women."

I continued to feel a lightness in myself when I was with my friends. The Lord would come and go in my visions through my conversations with people. These signals that the truth had been given were in awareness, but it was also a profound understanding of their characters—the Lord was cocreating their lives in those moments of profound awareness. The Lord was giving them insight into their outlooks and softening the edges of their own self-hatred.

Much like me and my lifestyle, I had turned outward towards life. This passion was now the goal, and the straightforward thoughts were an intentionality to live wholesomely. I sought the light from the people around me and began to thrive under the right conditions.

The analogy of a plant flourishing as it opens its petals to the light of the world is well documented, and the seed God plant-

ed in my heart was now becoming realized. In that moment, I praised God for his glory.

The excellence in my journey through friendships now began, and in this moment, I understood how it felt to make and learn from other people in a straightforward way. I was not bashful or apologetic; instead, I learned to focus the light in my heart on others and ask powerful questions that led them to believe in my curiosity. They appreciated me.

In the end, the questions resulted in more genuine dialogue, and I could notice the backward thinking patterns in others more effectively. I noticed who internalized the dialogue and asked questions in a straightforward manner. It seemed ironic to be at a place in friendships where I was cultivating the desires of others and allowing them to be heard.

At once, I realized that the Lord had given me leadership qualities, and in these qualities, I could serve my friends in the capacity of a gardener in the garden of paradise. I still used my intuition to ask questions and used my reflexes to stay in tune with the straightforward nature of the conversations. I realized that forward-thinking was about the mechanics of friendships, whereas those who thought backward were more nurturing of the friendships.

In this moment of awareness, the dialogues seemed to shift toward a social pursuit. I noticed myself looking for and justifying the conversations to learn not only more about the friend but also what value I could get from them.

So these conversations led me to find a resource in my life that I could trust. This was fun and exciting because I no longer had my own interests in the mix of the conversation. I was seeking friends and the soil to plant seeds as God had done with me.

I learned that by searching for God, I found the Lord in other people. I learned to lead like the Lord. But God then cautioned me: “Be wary of the influence you have on other people. It is easy to manipulate the people who seek your trust and confidence in life. In life, lead with compassion first.”

I understood that there are those who thought backward, gaining the big picture first and then breaking the parts into categories of why and how the parts fit into the big picture. They cherished the conversations, and they cared so much that I met them where they were with compassion.

I also learned from God that nature is much more sound in its approach to feeding and offering drinks to the plants of my garden in paradise, and that allows space for friendships to grow. Indeed, it was like a moment where all things were given and supported by my learning from God.

In the search for God, I appreciate the friendships even more now. It was special to me that God had taken the time to allow me the knowledge to cultivate the plants in the garden of paradise.

God said, “This is the moment from when you were searching for validation from others. You wanted their acceptance, and yet it is from within the Lord that you found such wisdom. You, Author, have now understood wisdom from the apple of the Tree of Life. This is a message that you can feel rejuvenated from.”

I sat in silence. The moment God acknowledged that wisdom from the Tree of Life was purposeful action—keeping others in my thoughts toward the heavenly light—it made a difference to me.

The world then became much simpler. The dynamics that I could understand the world around me through my curious na-

ture were harnessed, and it felt like I had banished evil from my world because I found new confidence around people. I thought evil would try to enter my thoughts as pain is often placed on me by others, but I now knew that pain is a projection from other people and their wants. Pain manifests itself for others to view and it haunts them.

I knew how others' personalities were living out in the world, and I knew I could only control myself and not others. But I could be tactful and lead conversations with questions, opening people up and asked their opinions on certain ideas about faith and God. I searched for the Lord, and, in those moments, I trusted that since I sought God, the Father would be more apt to protect me.

With the idea of God challenging me to a straightforward path, I felt satisfied. I felt that my lifelong search for approval was gone, and I was now a wise soul, leading in a land of shadows and pain.

Chapter Four

“The heart is deep and truthful. It is a clairvoyant system where our spirits help us to understand the material world, and in this spiritual narrative, we cast ourselves from and embody the truth of how well we trust in our hearts.”

“In your story, you will find hardships and weaknesses. These are the self-doubts you let slip into a nightmare yet resolve completely—they are just part of your memory. You must let these things fade from the moment and your environment.”

The angel who spoke looked away, as if peering into the distance, and said, “Gather your intuition. Harness the heart. Take action toward making everything you seek an idealistic version of your bravery. Understanding how to turn yourself into a virtuous person who flourishes in the world takes time, and it takes small steps to get there. Know you have a faithful attitude that can lead others. Take your memories and shift them to great stories you tell—this will lead as well.”

Hearing the angel’s words in prayer, I gathered my thoughts and asked, “What can I do now, in this present moment, to practice and visualize success?”

The angel replied, “Follow your intuition and not your ears. Listen from your heart to how the world reacts to you. This is the nature of the serpent and the spirit at war. The war is not understood as well on a physical plane as it is understood spiritually. It is then a mastering of the virtue you uphold to demonstrate skills you possess without the fear that the serpent will attack you.

“The moments you feel weak come from the memories you have of growing up,” the angel continued. “You have certain

strengths endowed to you through generations of genetics, and through deep thought you have nurtured your talents as well. Now, the memories will present themselves to you. The world will begin to show you your faults and impacts, but you must not go within yourself. Idealize and appreciate your contributions as the first step.”

I began to idealize my life at that moment, and I said I wanted to talk to my higher self—my soul. I wanted to imagine what I had discovered about my intuition in alignment with the heavens. I wanted to make that line of intuition strong.

“Where do I find the inspiration for the spirit to intervene in my life?” I asked.

The angel was shocked. He sat momentarily and said, “From goodwill and grace. You make it sound like it is something you have never experienced before. You see, faith in your abilities comes from trusting in the Father for what you need in life, and your impact is something pleasant for your Father in heaven.”

I understood and appreciated the idea enough to allow myself to fall back into my body and open my eyes to the world I lived in—but now I was a little more aware of my surroundings.

Sitting back in my chair, I acknowledged that I made a difference in the world through my actions of wisdom and love. And in this difference-making through relationships, I wondered how I could ever be present in the moment.

The angel said, “Is it possible that you were just unaware of your surroundings while acting in the world? That you stayed within yourself and never noticed that other people wanted to draw you out and ask your opinion? Could it be true that they depended on you, but you shied away from the moment, just existing in the environment, thinking deeply within yourself?

Could it be that all these questions create fear now because you were unaware then? Do you wish to announce now that you will provide for others?"

I sat back and wondered if my intuition would guide my actions, if I could bravely respond to provide for others. I wished that I had been fierce enough in my attitude to trust myself and my faith in God. I leapt up and decided to take this moment to conquer my fears. I now discarded all that kept me turned within and kept me talking myself down. I saw God as a presence that could help me understand the war between spirit and serpent.

The angel said, "I see you have become the soul you would like to be in this world. You choose to stay outgoing, but you also choose to be arrogant. In all honesty, it feels like you will try so hard to conquer your fears that you will fail to stay humble in your thoughts. Patience in the moment is required, Author. Let that idea settle into your soul. Take a moment and be aware of the ideas of the spirit in the surroundings. See and listen to the ideas that seem like impressions of God's plans around you. If you feel like there is merit to the ideas in the surroundings, then explore those ideas silently and meditatively."

I grew hesitant to allow my fears to be introduced in the surroundings and just sit with them. I wanted to look for the spirit in my surroundings, but I was so used to reacting to my fears by withdrawing into myself that this seemed impossible. My angel was wise and genuine to ask me to reframe my belief system to include an appreciation for the spirit.

The angel continued, "The serpent will tempt you through lies and deceit. Do not fall for the opportunities to overindulge in a certain behavior because it feels good. The feeling of bliss is usually a byproduct of partaking in life and spirit. In heaven we

call it nirvana. In some circles it is akin to finding a rhythm or flow of ideas to enjoy. Either way, understand that feeling bliss is not a direct reaction to behaviors, especially when others find pain in your attitudes.”

I sat calmly to understand the spirit. The spirit came upon the surroundings and offered a graceful breeze as I heard whispers in my ears. I heard the idea that something new had evolved in my heart now—that the light was now focused on spirit. An unusual peace came over my heart.

At this moment, I saw the garden of paradise in my mind. I noticed a stream in the background that I had not heard or seen before, a stream that was something alive and new. I decided to continue toward it in my thoughts. This was an opportunity to stay in meditation, and I did not think about overpowering my senses to create a fictitious world to my liking. I did not create this illusion because I knew the serpent could predictably use that arrogance against me.

I moved with the spirit and I saw a spiritual family member I had forgotten about from my past. It was someone I had helped out during a grievous time when I was younger. My spiritual friend looked at me and hugged me, and I asked how I could assist her.

This guiding soul looked at me and said she appreciated that she could still be vulnerable with me. With love, my friend said it was innocence that kept me going in life, an innocence she knew was imposed to feel that my life was worth living. She also pointed out that I had not forgiven myself as often as others had forgiven me. She mentioned that I sat inside my thoughts because I did not care to understand the ugliness of the world. I did not forgive the world.

I wanted to push back—I feared those ideas. My spiritual family member was leading me out of my mindset, but all I felt was anger.

She said, “Believe me when I tell you this. You have made friends and left them as soon as they felt your own arrogance and brokenness.”

Again, I felt self-pity. I was fearful and weak and didn’t want to acknowledge that I was fragile. Anytime I felt broken, I wanted to hide.

My friend continued, “Know that you are not hideous. You are frail. You are simpler in your behaviors than others adjusting to and from their actions for desires. They want their lives to be great. You have these ideas, but you are far less grasping for your own immortal namesake.

“I want to thank you for your efforts in helping me in my past life. I thank you because you empathetically accepted the grief I felt. In that moment when I felt your acceptance and that my grief was normal, I simply felt exhausted. You helped me to understand a perspective of heaven, and in that perspective, I slightly accepted more of the Lord. Do you understand that gave me the strength to care for myself? That strength was fundamental to my faith.”

In learning about the help that I had given her, I wondered how I could have been more aware of these feelings from the beginning when she didn’t mention her gratitude. I sought answers that were so obvious that I would not have missed them.

My friend answered, “It takes a level of curiosity on your behalf to understand me. I went through a lot of emotions, and I was not always sure how you would react or what you would

think of me. So I waited for your emotions and actions to reveal your thoughts.”

I was so withdrawn that I never gave myself the chance to engage with her besides supporting her with empathetic gestures. I wondered where I could have shown more courage.

In that moment, she answered that I had been my own worst critic. That was the way I kept myself innocent of the fears I had. I could never let myself be forgiven. When I was fearful, I would not approach the moment with courage, and I stayed withdrawn.

“Do you understand how you could have seized the moment with anyone who wanted to get to know you better by being braver? The moments we share help us not only understand one another, but understand ourselves. This is why people work like magnets with one another. You were waiting for someone outgoing so they could balance your own fears, but they passed by and you never showed those friends who you really were. You kept yourself in a nightmare.”

She said, “You waited until you could handle your fears in the moment, and then you spoke. Or you spoke and withdrew while the people reacted. Either way, you are basing your life in the fears you had. Instead, you can embody the best vision you have for yourself and give yourself reasons and ways to accomplish a braver life. In those moments where fears actualizes itself, think of the impact you already have made with others. You can start by thinking of me.”

I understood then that the pattern of friendship I had begun with her could be built upon. I saw myself curious of other people in my environment. This was a basic trait, but she said that it could yield positive patterns and that I could search for

her—through the heavens, my spiritual family could help me find and understand my own struggles.

She said, “Do not let yourself be bullied. Envision the spirit impressing on your surroundings. Find the moments where time seems to be stilled and happiness is found. In this flow of events, you will find courage easily. This interest will draw you out. Practice making this behavior a ritual. The ritual is then understanding where you find your passion in your surroundings through nirvana.”

It all seemed easier said than done, but my friend guaranteed me that she could help me in this moment. She said I had to be a strong personality that was consistent with my values.

“You must recognize the faith in yourself through what you understand as honest. Your conscious will be a better compass with intuition serving you. You will understand how passions evolve into friendships thereafter. It is very simple actually—you must believe in your consciousness in your heart. That practice of believing in your heart and acting accordingly is intentional.”

I saw what I had not seen before—that I was first to look within to anchor my actions in the surroundings, intentionally basing those actions in my values. How I reacted was then braver because I already perceived the environment and my reactions were within a space I enjoyed. Therefore, my space was familiar to me as I found a flow of ideas. This was nirvana.

My friend continued, “Do not forget that you make impressions on people and your impact is valuable. You can better understand other people and how they react to you with reflective inquiry and open-ended questions. Take for instance when you helped me with my grief. You did not decide for me how I should act. Instead, you were empathetic and let me talk out my emo-

tions. You asked very good questions that led me to understand my faith.”

I saw this as basic polarity between people—the give and take of energy that forms a basis for relationships. I wished to know more about my love for life and the people in my surroundings.

I did not think outside of myself to find the right group to fit in with. I saw this as finding my own interests and values to pursue. I could not control other people, but I could listen, summarize, and ask questions of them.

She said, “Correct. But you may be missing the point. The point is not to be aware of yourself and your friends. The point is to be aware of your strengths versus your fears and continue to work diligently on your passions while building friendships. That is the point.”

I imagined myself in the garden of paradise and asked myself what would I do if I could think with my heart? And God appeared to me.

God said, “Do you know that you have always wanted to paint pictures of nature—nature as I see it? The way the heavens see things is of a different light than you would normally paint in a landscape or still life. You see the painter has an ability to visualize an ideal scene, yet it cannot be forced or contrived. It must flow in the moment. The ideas we share as spirit are easily mastered by the arts. Intuition inspires you to use different colors and place those in both positive and negative spaces. Thus, your flow in the arts is to follow your heart in painting pictures of this garden.”

I understood how to paint, but I visualized the scenes in the garden as true scenes of friendship within the heavens and with

people. This garden was the basic scenery, and the colors and stories told would be put on canvas.

My spiritual family member said, "Imagine what happens when someone in your surroundings views that artwork. What questions do you think they would have? And what impact would you serve for the spirit?"

God said, "You may ask yourself how these inspirations come from heaven into your heart. The impact would be for others to be inspired by your vision. For example, you could attach questions to the artwork evoking the spirit to work within those people. Those conversations may just lead to friendships." I agreed that may very well inspire me to find moments of intuition when I painted, while I followed a passion to understand the garden of paradise.

In a moment, I traced back what I had learned from this mediative account. I saw myself scared to be honest because I was unsettled by my environment and unwilling to forgive myself. But like a painter of canvases, I could find my intuitive self in each passing moment, painting with creative thoughts how I could live out my life.

And in a moment, it made sense to me. The very idea of visualization of my best self in each moment, while trusting my heart to intentionally lead my actions, would inspire others. I had missed those conversations before because of my fears.

Bringing my vision and lesson concisely to a final truth, God said, "Do not worry about the impact of other people and their conversations. Just be happy to work on projects you care for and feel deeply compelled to create."

Chapter Five

In the cold darkness, a field of energy awaited my recognition. This field of energy was unlike any I have previously encountered during meditation. I could not understand what in heaven it was. It lingered, and then I discovered a musical element reaching my senses. The apparition played a moment of music before it led me toward my own inner register—a register that was a sound I sang at my level of vibration.

In a moment, I felt this energy from afar transforms my light. This transformation was like the breath I had relaxing on a musical note. My willingness to try very hard to maintain my own standards started to spread out over the heart area. This meant that my expectations for a sensation or environmental sign were imaginary. My imagination was often a limitation of what I expected to occur, and this imagery was unconscious and below my level of actual recognition.

I became aware. I became intrigued by the music and the feeling that my expectations of control were smoothed out across the universe.

I wondered where the music was coming from. What was this spirit doing by intervening in my life? I wondered until I remembered that the present moment was fleeting and did not take me out of such a moment of serendipity.

The music stopped, and I was left feeling peaceful and in tune with the universes. I was thinking on a much deeper level of understanding, and, instead of reacting, I was absorbed in each moment's unique sound. This recognition was different from going from impulsively acting on one expectation to impulsively

acting on the next expectation. This feeling that all the universes were a sound at different depths felt good.

I wondered what the sound was. I wanted to hear it again, so I tried to remember it. In my heart, my consciousness spoke to me. I was still enjoying the feeling of lightness when I heard, “Author, do not mistake this feeling for something otherworldly. This feeling is a natural phenomenon. It is a peaceful state of knowing and being aware. The threshold you broke was a threshold of awareness. The awareness you have is the acceptance of things unknown, and this state of relaxation is something you like to feel because it is hard work to know and expect images in the world from moment to moment.”

The Holy Spirit said, “Author, you should note that this is not a musical note understood by your mind—it is a feeling of the universes. That feeling is deeply stirring to you. The awareness of everything evolving and growing into fruition is desirable. This knowing of sounds is natural, like knowing how it feels to be in a garden.”

“The garden is in light, and the sounds you hear are in the universes. It is the Word you imagined hearing before. You could listen and apply your senses to understand the Word from heaven, but in reality, you need to let your unconscious understand and be aware at this moment.”

I asked the Holy Spirit how I would change in my thought process. How would this moment of listening with my heart to the universal spirit impact my life?

“Author,” the Holy Spirit answered, “your request is a shift in knowing. In actuality, you will develop *more* awareness of the surroundings now. The difference is slight, but there are subtle ways you will change. The knowledge of having expectations to

fuel your impulsive reactions is a limiting belief. You believe in what you expect to happen and figure out how you will react in each moment. In the best case, you think positively about how you can gain an future outcome that will be the best offering to your family and friends. You want to be good-natured. But these are all belief systems.”

The Holy Spirit continued, “Managing your expectations without control is prayerful to you. At worst, it is overworking yourself to control the expectations to match an outcome. How willing are you to ask the Holy Spirit for grace in those moments?”

“It is in these moments of grace that I sing to you. I will allow you to be aware of your limiting beliefs and the systems of thought you find yourself in—this is a soulful awareness. It goes alongside knowing. It is the battle between evil and good in most cases. I allow God’s interpretation to be realized in your soul.

“If this resonates with you at a deeper level of your unconscious, you will not fight the heavenly Word when you recognize human nature in your surroundings. You can apply this awareness toward your reactions and let yourself mature and evolve spiritually.”

The Holy Spirit continued, “The angels in this world will help you understand these Words through your life occurrences. You will draw from your rich experiences of memories in life to understand human nature. The angels will speak to you through intuition and impress upon you memories that resist change. In these moments of awareness of spiritual lessons, you can experience the new peace that is released in your body. The sound, therefore, is a natural vibration of releasing pain and healing your expectations.

“Know that each time you are deciding how you will include these newfound lessons as you answer the challenges of the world, the heavens will help your resurgence in faith. If you are willing to listen to the provided lessons and apply them to your life faithfully, you will have ample support from the angels and heaven.”

I sat in wonder. I was truly aware of something beautiful in my life as I was given opportunities to learn from my past mistakes and be forgiven.

The Holy Spirit said, “Yes, it is true that grace is a moment of understanding peace spiritually, and in that moment of grace, I find that the surrounding environment may resist this knowledge you act faithfully with. The new knowledge you seek to find and explore will be met with resistance.

“This resistance originates in the evil that exists to keep you in line with the world’s expectations for you. Once you start to change spiritually and develop a more mature faith, the world of evil will take notice. You will encounter many who try to limit your heavenly understanding and wisdom. It may even seem that the Word has failed you because of the persistence of evil in the world, yet know that in heaven we watch for you. We give opportunities for strength throughout the trail of faith, and this worldly experience will change the world to be a better place because of you.”

The Holy Spirit continued, “Now, the world and the serpent are strong. There is no denying that the serpent controls the minds of those asleep. They serve themselves, trusting their belief system as idols. Yet, since they prize themselves as ideal, they have deep flaws that tempt them. Do you understand that evil uses good to give away their pain? Pain is distributed in moments

of weakness, and the evil forgets their painful memories. The good are hurt, and their faith is weakened.

“Author, the world will try to resist your faithful efforts. The hardship of being aware and wise to the workings of evil and good is worthwhile—then the good can combat the evil by not giving up.”

The Holy Spirit then produced a new sound. It felt joyous in the vibration it sent across the universes.

The Holy Spirit said, “Author, you will know how the impression of the Word of God intervenes with others. You will understand that the sound of awareness can be understood not only internally through sense-making, but also through the wisdom of watching the nature of other people.

“Through this conversation we are having, you can discover unconscious examples of the Word’s impressions in the actions of people surrounding you. The world will mirror the resistance you feel in how well you listen to your intuition—it will allow you to perceive how the world will react. You will learn to react according to your intuition through faith and awareness, knowing what is best for yourself. Also, as you perceive the world around you, you can learn about other people and their nature. You will see how they agree or disagree within themselves. The seeds of the Word will then be planted in them, and you can watch for those seeds to flourish in those around you.”

The Holy Spirit continued, “Author, you will belong only to God for the time being. Watch how the world waits to challenge you. It will resist, as previously discussed. And watch faithfully as you understand how people adapt to your heavenly wisdom. Then you will develop the friendships you desire. Friendships that help you better understand God’s plans for your life

are good—they will help you develop a sense of knowing their nature. In return for building friendships, you will understand your friends' needs and desires. Therefore, there is a mutual consideration that brings your friends together."

"Author, this is when you will begin to flourish in the world. This world is a dangerous place to live. It will draw out your resistance to God's Word with temptations, and it will isolate you and develop your hatred for the people around you. But you cannot hide from the world. You cannot deviate from this learning path. You must understand the awareness we present to you at the unconscious level."

I sat back and realized how foolish I had been for years as I blindly acknowledged people for being good in their capacities. I thought of myself and how I wanted to bring positivity to the world with the help of the heavens. As I found the heavens helpful, I realized that my intuition of learning about heaven was for my soul. I recognized that to be part of God's plans was to be aware of the dangers of society. I wondered how I could still persevere in helping the heavens establish its kingdom on Earth.

I asked the Holy Spirit a question. "Holy Spirit, how do you understand the evil in this world? How do I protect myself from that evil? I want to contribute to God's plans, but what occurs when devils harm me?"

The Holy Spirit replied, "Author, the heavens can help protect you from evil through those intuitive messages I mentioned. Listen to your heart. Listen to the wisdom we fill in your body as you encounter those who are evil. Many in this lifetime are evil, and their actions will disrupt your narratives that help create heaven on earth for your life.

“The evil ones who use their curses to hurt you are jealous. They sin by these curses. Remember that someone who curses others does not listen to their heart’s consciousness. They do not listen to God’s light. Because of this, they are angry and sorrowful in their hearts as they wield their power to control those they hurt. They are evil for that underlying reason.

“As you desire a heavenly life for yourself and friends, you will learn to identify these evil people by what they desire. They want what you have, but your ideas and feelings are protected by your intuition and awareness. This is a difficult task—understanding that trust between people is greater than respect between people is difficult learning.

“Author, you will learn to read people’s body language. This will help your intuition. You can make sense of the experiences through what memories are invoked.”

As I sat and listened to the sound of the Holy Spirit, I also listened for a long time to my heart and the intuitive memories that were evoked. I compared these feelings to what I desired from my life. I listened to the seeds that were planted. And in those moments, I began to grow. I began to understand it was a dangerous world—I needed to trust people in some capacity, but I needed to hold my trust back in other surroundings. I sat with that awareness, feeling it in my body and being at peace with the fact that I would start living the Word through my desire to be with God’s plans.

The sound of the Holy Spirit faded away and left my heart. The echo of the universes was gone, but I was left with a new awareness. I had to plan for my heavenly life now. I had to witness and watch the awareness of other people and how they deviated and resisted the good in the world. Through those intu-

itive messages and the memories evoked, I prayed for God's protection. I stood up at that moment and decided that I had faith in myself instead of listening to limiting beliefs. I would not be led along anymore by the world. I would not hide inside myself. I would think straightforwardly with clarity and vision.

Chapter Six

Emotionally I felt drained. I felt that in this moment of failure, I could not process anything in my soul. I felt like nothing lived in my heart and there was a darkness and a silence I was processing in my spirit.

Why, you may ask, was this feeling of dread and fear in my heart? It was because I was asleep and ignoring painful memories—memories from my family, friends, and surroundings. But most of all, I was responsible for the memories of pain I had given into.

The pain that I describe is superficial, mostly. No amount of pain was worth ignoring God, but I was faithless in these moments of silence as I attempted to contact the Lord and have conversations with him in my spirit. In these moments of indecision when I valued my own protection instead of conversing with God, I built belief systems to protect myself.

In those moments of blocked pain—when I built my belief systems to protect myself—I felt no enemy would hurt me again. Yet I continued to put myself in similar positions over and over again, building a tougher exterior to the pain. I cycled through pain and finding new ways to protect myself from that pain.

Why am I blocking pain for myself instead of talking to God? I believe the anger and jealousy I felt was easier to live with than accepting the guiding emotions of love and laughter that God planned for me. Suffering in the moment and finding my strength through God was difficult; the temptation of building patterns to escape the pain seemed an easier route.

Just as I thought of the emotions of my faithless heart, I realized that the blocks I experienced had limited power over me now. Welcoming light into my heart and listening to my consciousness helped guide me to understand how to incorporate my surroundings with my life. This path of forward thinking and inspired ideation was strong enough to unblock those long-held beliefs. I recognized that I had a spiritual faith that led me to remember the evils that scarred me.

In the mirror, I looked at myself. I saw in my behavior a younger version of myself—it was time to grow up.

“Author, I applaud your realization.” The voice of God struck down in my head. “It was time for you to learn of the mistakes you used as an escape in life. You were aware of the tempter in the serpent, yet you never realized how you held those temptations as emotional blocks. The body held those beliefs in memory for yourself.”

What about my dreams? I thought. *What were they then in my quest to satisfy a life created for this world?* I looked deeply into my eyes and remembered that mostly the illusions of my dreams were to satisfy the people I hated. I wanted to make those painful memories extinct, and the beliefs I held were in some ways the recognition of building a life away from those people. In a second of understanding that my life pursuits were illusions that kept painful people away from me, I realized I continued that cycle of pain by myself. I was actually my own enemy in that case.

I realized if I cared for the dreams that recreated my belief system, painful memories still surrounded me. It was a phobia of thought that was relentless. I learned that I amused those same types of people who caused me pain. The types of people I wanted to keep away were the types of people I drew in.

In a modest view of myself, I lost sight of what was truly important. I lost sight of happiness in life's suffering. My ability to lose my dreams and still accept that I was a child of God escaped me. The blocks that kept me away from God that I was processing were secretly awarding my own belief system as triumphant. I needed modesty and humility in this moment as I processed my emotional blocks.

The light came back to my heart. At the moment I understood God, a peaceful feeling came over me. It felt like God removed that painful emotional block from my heart.

"I did. I determined that through your humility, you conceded your illusionary belief system. Your dreams, as you put it, were no matter to you, and therefore, you listened to me."

God's response came into my thoughts as I focused on my heart. I was shaking, for I remembered the dissipating pain could still haunt me.

"Author, you are willing to work through difficult emotions with clarity, yet you still savagely try to produce an outcome of living a standard that does not match my plan. You are to remember something very different from your dreams—remember how to enjoy the moment in life that creates harmonies with your surroundings and remember that I can speak from your heart as well as from the surroundings. Plan to find me in everything you do. Plan to see me in the people you bathe in visualized light. Plan to find happiness in those moments. It may not be safety that you crave and want to control the world with, but it is worthwhile to find this outlook."

God insisted that this dark and numbing blockage be awakened to happiness in spirit. It seemed that the effort to change my outlook for myself was immense. God said, "I will guide you

if you are willing. The amount of transformation you will experience is partly reliant on your efforts to be willing to change, but there are efforts from the heavens that will give you reinforcement in believing that happiness can be achieved in sorrow.”

Each moment of suffering is a choice. I realized that my suffering came from an illusion of reality, predictably created by a belief system that protected me from pain. But because the dreams that drove me only encouraged those types of people who caused me pain, I continually suffered. So I began to look to God for happiness.

I never felt my soul so close to my physical body. I felt spiritual wings spread from my back as I worshipped God in my heart. Was this the decision to enter heaven on earth? I felt the light I visualized and the laughter that came with happiness ripple through my surroundings. That might be the effort and opportunities that God discussed for my spiritual growth.

God answered, “The spiritual being that you are is special to most people around you. Isn’t it strange that you kept yourself closed to the opportunities for happiness in search of protecting yourself? In that cycle of a punishing belief system, you created your own hellish life. The emotional blocks were the pit in your stomach, and that pit kept you physically engaged in the memories of fear and hatred. In that pit where the light was blocked, you imagined yourself triumphant in the work you taxed yourself with. This counterbalanced the good that you kept in your heart. Together, the mind was indecisive.”

The blockages and the light and the evil and good that arose from my lifetime were my judgment. However, in turning to God, I realized that no one was at fault for my own actions. I had limited control over my surroundings, but I created my

dreams. Therefore, I wanted to be released from my fears and abandon my jealousy so I could enter into the kingdom of heaven on Earth.

“Author, there is much to demonstrate in your mindset now. The effort you must make is not *for* me but looking and answering *with* me. It is from within that you will understand that light will overcome evil. It is in this moment of choice that I give you the wings you earned.

“Author, your garden on Earth will grow from both your efforts and the opportunities to display happiness in love and light you encounter. Remember that you are the gardener for your spiritual life. You tend to the garden of heaven in friendships here on Earth. You are the co-creator of this path, a path that can no longer be an illusory dream for yourself—it must be grace that you give yourself in the continued effort to talk with me.”

I understood that the control I had sought for protection would now become an effort to find God in my surroundings. It seemed difficult to change my mindset to this reflexive but present awareness in my life. Being aware and awake to having happiness find me was simple and difficult.

“Author, know that the people in your surroundings wanted to know you as well. When you kept yourself in your painful belief system, that was impossible. In realizing that you have more opportunities to find groups of friends in your life when searching for the Lord, you will change your life. We will continually help you understand this process of finding new people to share in the glory of heaven on Earth.

“Know that you will become a friend first and an enemy second since others will pull you into their pain. This is how the serpent uses the good people in this world. Evil forces use good to

promote more hellish belief systems, continually bringing more people under the serpent's temptations, and those evils will affect you if you let them.

"Author, you have control over yourself, and that is all. You have control to decide to live the life that you want for a heavenly kingdom. You also have the ability to showcase your skills and strengths in finding me. This is the advent of your rebirth into a life where you are fascinated by us. Trust in your intuition and work into a world we plan for you."

I answered back to God that I wanted to live a life that was happy. He said I would find this happiness because I would lead my life with strength and skills.

My belief systems were changing. They were becoming more flexible, and I witnessed the unconscious beliefs that held me in pain. They unraveled and came to my awareness.

God said, "Watch these memories with fascination. Watch as you become aware of how you pushed for the beliefs to become your prison. Understand with empathy, but do not indulge in these memories. The memories are to be witnessed with curiosity so you will not be drawn into these moments again. You will understand this feeling of distance while watching your memories come to light. These spiritual blocks are ways you chose to listen to yourself instead of me."

I watched in horror as I saw the decisions I made that kept me from God. They came to my mind and settled into my awareness, and I let them go as easily as they came. The trouble came when was when I was alone—I would fall back into similar patterns. How could I unblock these learned behaviors?

I reinforced my efforts to search out my surroundings and visualize things bathed in bright light. I would talk to the heavens. If things remained silent in my heart, I could find peace in that.

“That is good, Author. You will begin to reshape your beliefs soon. Keep aware of the surroundings. Keep peace in your heart. The mind will follow with focus,” God said from the heavens afar. I wondered, though, why should he worry about alleviating the pain in my life? Was it true that I was so distant from him throughout my life?

God said, “Author, you have found me and my heavens. You have found how the devil tempts you. You are progressing to find happiness in sorrow. The next challenge is to develop peace in the knowledge that you cannot control everything. You cannot control the world or the devil as you have requested me to do for you. Understand that my abilities and yours are different. In this conversation between us, you must find peace in silence and not in your request to change things to your liking through me. The pace of nature will slow down now for you. You will understand that time is not pushed forward by your desire to build and control the world of your illusionary dreams. I hope that this makes sense. Relax and find your center in your body. Relax and find a home for your soul to live in your body.”

I was still unsure how to react to people as I watched them bathed in bright light, and I wondered how to stay only in control over myself as I learned to relax in the world. I found this quite challenging at first. This pace of life was counter to what I had been accustomed to.

God said, “In this moment of understanding peace, you will search for the ultimate life to live. You will bring your strengths and skills to live in a world of suffering, but you will be the light

that is bright and focused on happiness. The reward is the ability to share this love and laughter with people willing to allow you to be your authentic self.”

I asked God when I had been aligned with these behaviors in the past. Could I remember from our conversations in the past what I had done right?

“Author, the past and the future are only perceptions for you,” he answered. “They limit your beliefs in some ways. If I spoke to your past, you would live up to those expectations. However, you might surpass those expectations if you let go of the past and live in the moment. That is why you are in a dialogue with me. It is all a state of flow.”

I realized that to be in a state of flow, the memories of the past and the dreams of the future are perceptions to live up to that I impose upon myself, limiting my abilities in both physical and metaphysical space. Maybe I had to get past not liking myself and seeing that as my own worst enemy now.

The spiritual wings at my back extended. I found myself flying in spirit as my soul was excited for me. It was strange to develop this awareness of acceptance of myself.

“You have done what we asked. You have surrendered your control over your perception of the past and future. You have accepted the spiritual blocks of memory as well as your forceful dreams of the future. You have accepted the ongoing conversation with your Father in Heaven and on Earth. This is a peaceful existence, as we discussed, and one that follows the pace of nature. Now I will give you space to understand how to focus on the center of your body. This will lead to greater assertiveness in your awareness.”

With his departure, I sat back into my body. What I could control was my focus. I could embrace my surroundings in bright light with greater ease as I became more used to doing it, and I could center my energy as well in my body. With practice, I could do both.

Chapter Seven

In a flash, I began to summarize my feelings from the first few days of my relationship with God and the heavenly kingdom. I felt inspired at some moments and educated at others. But mostly, I felt intrigued to know what I was to do for God. I needed to belong to the heavens to understand the relationships I wanted, but that belonging was held back as I mourned painful experiences through memories shrouded in pain. That was when I touched my soul and came out without the spiritual blocks I had been holding in my physical body.

I wondered about the first and last moments of these thoughts as they seemed on different ends of a spectrum. How can I restore my faith in God while physically cleansing my spirit? In this effort to cleanse a lifetime of memories of hurt and pain I held physically, I believed I had to hold myself accountable in the mirror. These feelings of guilt and shame that went through my thoughts came from a life of telling myself lies. I had often lied to myself and others, but I kept from going down those worthless patterns by listening to and projecting light from my heart.

Even if this summary of ideas was awkward in my mind, I could listen to my heart and hold myself to a standard that was impactful to other people. I wondered if they would care about me and want me to belong in their lives. This was something I had yet to consider fully as I had hidden away from my fears until I started listening to my heart. Now that I was on a straight path forward and sought to belong with the intent of shining my light into the world, I wondered if others would accept me.

I knew that others have lives and painful memories and live within their limiting beliefs, just as I had, but I took my own lies very seriously and expected myself to be perfect. I held my limiting beliefs above the chance to make friends, and I began to wonder if other people were protecting themselves around me until trust was developed.

Believing myself to be trustworthy, I felt God's presence materialize in my thoughts and heard his message: "Author, you have and will belong, but it would help if you waited while others came to their own conclusions about their lives. They are predictably programming themselves. Most people are looking for structure to know what to expect or avoid, so look for their patterns. You can disrupt these pattern if you so choose."

I wondered how to involve myself in those friendships but realized I did not need to do anything. Although I was aware that some people are in their patterns, I had never considered disrupting them, which seemed very awkward and forceful to me.

"Author, you have and will belong to your friends. Those moments are fascinating to me. Continue to climb out of the waters and barren rocky soil of life. In everyday life, your efforts only bear a small amount of fruit for yourself in your garden. But in heaven, we see it differently. We see your influence start to form in the friends you have, and the conversations you initiate disrupt the surroundings thus far. You have shared and led in your own way in conversations, and this affected the patterns in groups of people. It is now time for you to see the world in which you have influenced people's behavior with a positive and faithful effect.

“Now that you are aware of this impact, you will also understand your growth. It is a shared effect when you imagine the spiritual light you envision in the environment. The tunnels of love and light are being developed, and in faithful prayer, I encourage these conversations. You often have insight which others learn and laugh from, and you learn their patterns. You see that they are feeling the trust and belonging you seek in friendships—the community you are building is readily bearing fruit.”

The world seemed to be coming together without curses at this point. God had announced his presence to my friends. The community I was building was blessed. In this moment of everything working toward a faithful life of building up the kingdom I so eagerly wanted, I sought to understand how to continue to love and belong.

“Author, it is not from an awareness anymore that you would know how to act and speak of the Holy Spirit. The Holy Spirit is indeed in the world with you. However, you can have faith in yourself. The plants that surround you serve as the mutual recognition that I am present in those relationships. The plants represent the light and laughter between people, so expect that I will come into that light and bless your community of friendships.

“The angels will be present to those who understand that faith is needed to be at their utmost abilities, and that the angels will grace you in understanding opportunities for more conversations. But you are not to be expected to recite the word of God. Allow yourself that grace—in life you can be humble and meek. In that experience of gathering fruit from the manna of heaven, you will find ample evidence of myself.

“Your soul is excited. You feel the wings at your back as your spirit lifts from your physical body and flies into the heavenly

realm. This is good. This is where you have come to understand and accept that you are a spiritual being but live in a physical body, an understanding that will help you understand your community as well. Your spirit is waiting to hear about the concentration of energy in your physical core, so now I will discuss this with you.

“As you proceed in life, the core is a part of the body that gathers sense-making evidence of faith. It provides assertion in how you live. This assertion is faithful confidence that your physical body will be able to maintain a certain composure, and in that ability of physical mastery, your body becomes a temple to heaven.”

As I listened and took in these words, God continued, “In all holiness and what is good, your body is the testament of your fears. You have shown me that because of me you have accelerated in your faith without the fear of pain. You listen to the heart and the light that is good. Your awareness of the light in your heart then creates your reality through a conscious interpretation of the world surrounding you. This perspective is a realization and self-actualization of your faith.

“In everything you do, remember that the world is never the reason for your success. You shall always be confident that my light blesses your life. This confidence in your body is that you will be carried to new heights in your lifetime. Listen to your feeling of intuition.”

I relaxed my body and thought about what it felt like to be connected in my physical presence with my spirit. I felt that the community that surrounded me would create better opportunities for me to balance this spirit and my confidence in my living

body. I could show my confidence in myself through a humbled attitude of faith in God.

God said, “Do you see? The community in your surroundings contains a spiritual element of prayer. The physical element of confidence in me that you were looking to find is now realized. And in this element, going from fear to faith, you have given your body to me. That body is like heaven on earth for you at this moment. It follows the teachings of Christ.

“Let it be known that you have and are willing to share of yourself for your good and noble friends on this earth—that you have a belief system to share with them and that their trust is more than belonging to one another. It is a gift of presence in the Holy Spirit. The gift I share with you now is carried throughout the lifetimes of you and your friends on Earth.”

God continued, “There is much to learn in this realm of physical confidence in your body. You will share this feeling of belonging with other friends as well. However, the confidence is twofold. First, it creates the ability for you to belong with the people that you are in love and laughter with, and your presence will ripple across each other and will benefit one another. Secondly, this rule allows you to protect yourself—you will trust in the physical space around you as a warning. Through the intuition of your conscious and unconscious self, you will understand where to create distance between yourself and those you feel are cursing you. This intuition will help you keep a distance from any pain that they might inflict physically. This physical space also provides protection in the form of time-lapse—you might need time to understand what the angels are telling your intuition, and this space offers that moment of clarity.”

The body shared between my friends and those who curse each other was an extension of my light. The light was intuition, guiding me safely to understand the circumstances of the world.

God proclaimed, “Author, you will understand much more when you share the feeling of confidence physically with the spirit. Your soul will fly in, feeling safer in this world with an ease and graceful nature. No ability to control your surroundings exists outside of yourself. You may pray to the angels, the Lord, and the heavens for guidance. However, to receive this wisdom, you are required to trust in your body.

“Therefore, by trusting in your body, you will be less physically anxious from the surroundings, even if you are having trouble coping with your feelings. This coping with your feelings is a reminder that confidence is within our grasp when we accept that we have the ability to determine our future. This determination is not a matter of understanding failure and control—the feeling of confidence in determining the future comes from time and proven methods of rejoicing within our Lord. Do you see? The Lord is who we search for in our relationships. We search with the light for the Lord in hopes that love is solid. The characteristics of the Lord then present themselves in the world as the Spirit transforms us. We struggle to have the confidence to understand this inner transformation that the heavens present. The external struggle is behaving in a way and space that creates our determination in our abilities to cope with feelings. It is an emotional, intellectual feat to understand how to transform this feeling that the Lord provides with the ability of our personality and physical balance.

“It seems enough to understand the physical confidence at your body's core. Watch how you interact with more confidence

and introduce more spaciousness in your interactions with others. Slow down the conversations and look to gain insight into these conversations through the Holy Spirit.

“Through recognizing the tones that surround you, you will understand the Holy Spirit. This listening comes through the rippling sensations provided by the people in your surroundings. The rippling emotions you listen to come through the core, and this core will understand the emotions presented by other people. The Holy Spirit will magnetize your tongue and offer you intuitive emotions for your responses. It is like the transformation of the Lord that you feel in studying other people, yet that transformation will be given voice and the ability to understand and speak to the surroundings.”

God paused. He acknowledged that the weight of the world could be moved and lifted off my shoulders. The weight that I carried was my perfectionist attitude, yet at God’s urging, I let the stress of controlling the outcome of my speech patterns go—I loosened up and let my tongue be magnetized.

“Author, if you choose to select a tone for your voice that is opposite to the tone of the other people in your surroundings, you will achieve a certain aura or balance. The aura is the energy that ripples across the surroundings. It does not measure an oppositional attitude; instead, it becomes a balancing of emotions that weighs how significant the subject is in conversation. Remember, these tones are angelic in nature since you hear them through the Holy Spirit.”

God continued, “Author, it is not of you to acknowledge the points, but rather you are to speak them to the people with a holy tongue. The order of personality and physical confidence feels like a trance at times, but largely it is understanding that tones

vibrate and ripple in a sequence that helps manifest the actions of others. The Holy Spirit then gives these tones as positivity and good-naturedness. The Holy Spirit does want you to feel you have a choice in how you proceed and protect your space. The space is an interpretation of how you will walk in life to achieve glory for the kingdom you are planting.

“Sing for the relationships in your life through the Holy Spirit. Sing for those plants in the garden. And sing for us in the heavenly domain as we choose you to protect and live within. The spirit dwells in your body.”

God then issued his last directives in how I was to go forth. “This temple of Christ is powerful in the magnetized language you speak. Do not judge harshly, for you will be judged as well. Do not strive to control the surroundings, for you will lose your purpose. Spiritually understand that you will need space to understand all these lessons through the core of your body. Give yourself the attention you deserve by focusing your light at your core and letting your personality shine forward. This style of thinking is in line with healing. The laughter and love that emanate from your goodness will draw more people in.

“Be cautious of curses. Be aware of those who are hurt and want to heal. Learn the difference to lead the people in the surroundings. This internal struggle is difficult to maintain—it takes emotional logic and a sense of balance. What is more, it takes faith in how to transform those emotions confidently into a voice. Let yourself be freed from the constraints of trying to control the world. The serpent will fail to tempt you and will become obvious in the curses from people in the surroundings. That serpent will be tortured by your kindness as you will be hypnotic and riddled to it. It will know nothing of your light as you

leave those curses for the devil itself to understand its own fears. That is our gift to you for protection. The world does not measure up to the heavens. The serpent's lair in the belly of darkness is not acidified to your soul. Let go of the control, and your soul will fly in the heavens and earth. This is required for a sense of spiritual connection to the body.

“The physical core is important for these reasons. Measure what you can trust in your mind as that is an art form. Measure the reasoning of people in what they say. Trust and provide space in exchange for their evil methods. Trust your instincts, for the angels guide you.”

Chapter Eight

During these tumultuous times, there seemed to be hope. Others began to receive and expect the light that I showed. That hope that came from me was an altered and transformed personality through the Holy Spirit. The Holy Spirit was and had made his present known, and now I could rest easier knowing that the work was worth the effort.

As I sat back and noticed all the people around me, I struggled to identify how I could act with grace in my moment of clear thought—gracefully accepting myself and others. I strove to respond compassionately. It seemed that these moments where people accepted my new outlook wanted this compassion from me. The humor and love that emanated from these conversations was stark, and I could only guess how other people felt from their concerns. When they came to me, how did they approach and hold themselves? Were they comfortable or controlling? Did they laugh easily? Could I enter into a space without them holding back? Did they lean into the conversation like they belonged?

That seemed like a lot to discern from a conversation with other people, but I realized it was the transformation in myself that I saw occurring elsewhere. Holding myself up to a certain standard of acceptance and grace was on my mind so often that I began looking for it with other people. Or maybe I was getting better at seeing the holy in other people, as I had been advised to do, by looking for the Christ in my relationships.

So I went about the days and evenings, holding myself to the grace I intended for myself, experiencing the easiness that timing

provides and the friction that intuition makes us aware of. This feeling of comfort in myself—not to control but to adapt—was easily my favorite reaction to the work I put into my relationships.

God appeared in my thoughts and said, “Author, comfort in yourself and others will take you only so far. It is good that you are feeling less anxious, but that is only a portion of what we want you to take from our words. Compassion and forgiveness are hard. Especially when it is from the hands of people who disrupt your lifestyle with torment or pain—a pain that is not comfortable or easily forgotten. Let me acknowledge how you could act in this scenario.

“The pain that is inflicted often comes from expectations. This is the truth of witnessing or being involved in traumatic events. The event leaves an impression on you. This, then, is the word to be told—the hate and violent curses you tell yourself are to be forgiven to some degree. That is the grace you find in yourself. You had old trauma that you tried to control in your surroundings and thereby worked to avoid encountering it again. But if it is a new pain, the grace that is given may not be acceptable. That is, how much forgiveness is given before the pain becomes real again? And how much hate and sadness are okay to feel during the grieving process?

“These are conversations you must have with others; however, it involves your faith as well. Turn to me, your God, for answers to that pain and torment. Likely, it is not easy to think about the pain itself, but maybe there is a way to expect less control over the situation. Giving up control of a conversation is a huge first step, but a crucial one—the control and tightness of

blocking out the pain can do more harm than the actual event did.”

God gave me a moment to reflect on this conversation. *What was I to do in order to let God work in my life?* It depended, I guessed, on the area of my body that was blocked. It came down to being ready to work in areas of thought that might be afflicted by pain and torment. The attitude of just letting it go is not real—the mind and heart make the world real. The personality just guides us through that reality, and we react in moments from the past or anticipated future events.

God said, “Author, it is time that we get into some ugly thoughts about yourself. You must believe that the transformation of faith is very real. It is real in a way that only you can enjoy. In life, the transformation is not only about you but also about how you carry yourself—that part about having confidence in yourself is very important for a good reason. The mental distress you found in this story was about social anxiety. Some may not have that anxiety. Some may have other mental, physical, or emotional distress. Their answers from faith will take a different path toward overcoming pain and torment.”

God continued, “But these conversations are important to all in understanding how to process the pain. With this book, you can be an example to all. Your pain and torment were old, and your patterns cycled throughout your lifetime. Others will learn from how you grew to understand and resurrect yourself from living as a hampered and socially intimidated person.

“Author, believe me when I say that you shared yourself with me. That conversation was part of the comfort you sought from other people. Others who read this story might believe they know how to overcome their belief systems and those systems

will help them overcome the pain and struggles they have. A good place to guide them to so they may realize how they can reevaluate this belief system is to link their struggles to the garden. They will find me in the garden as their Holy Father awaits their return. These friends will realize how transformative their faith can be. I will heal their painful blocks with the light of heaven.”

Also by Todd M. Anderson

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