

“THE BULLY WITHIN”

My friendship with Dale Crowe

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Several years ago I was struggling with self forgiveness. I prayed for help, and, it came in the form of a new friend, Dale Crowe. Dale was a famous prize fighter in his youth who was convicted of first degree murder over 20 years ago, and, now has become a wayshower and a spiritual teacher for myself and countless others. Enclosed is our email correspondence together. Enjoy Folks, and, remember;

“Nothing unreal exists and nothing real can be threatened – Herein lies the peace of GOD”

April 9, 2020
Kenneth to Dale

Dale,

I had no idea we could correspond by email. Will this work for you? I arrived to David's community in Kamas Washington on Monday and I forgot to write down your physical mailing address. I emailed Jeffrey and he told me about Jpay.

I had planned to come to Kamas Washington for “co housing” with David's community last month. Then this big “corona thing” began to unfold; so I just took long walks and asked “what should I do?” I really don't have any formal way of praying. I just take long walks and ask the question and wait.

I used to laugh at religious people who would pray. I used to say to myself “how weak they must be!” (These were my “private thoughts). I had a real chip on my shoulder towards religious people.

Back from my 12 step days we would always read out of the big blue book of Alcoholics Anonymous. Bill Wilson outlined this ego dynamic in his big blue book. I can't remember exactly what he said or how he said it but the gist was “get on your

knees and pray!"

I don't really feel like I'm a spiritual person Dale. Ive just tried living without God for too many years and I have accumulated substantial evidence proving that "life without god" simply does not work!

My first real boyfriend who saved my life back in the 80's introduced me to my first spiritual teacher. Freddie was a loud mouth 12 stepper.. He was boisterous and "totally out of the closet" and made sure everyone knew he was gay back in the 80's when it was absolutely not safe to be gay (there are many fun stories attached to Freddie).

It was 1987 and Freddie was dying of AIDS, and he he was tuning toward God in a very big way. Its odd how this "dying man" saved my life Back in the 80's; a gift I will never forget. He was the first person who was able to get through to the "lost and confused" Kenny.

Michael and I knew he loved us. I can't described how we knew it. Its more like we could not not know it He sorta pinged my heart in a way that words cannot describe. But I recall the story of Freddie this morning because he would get real loud with both Michael and Myself and he would call us "codependent alcoholics" and he would then scream at us "you boys need god!" But it came out in a very humorous way which we were both able to hear and respect because he was our elder and, so, we respected him. I dunno why I bring this up (maybe its because you and I can talk about anything). But, I guess I brought it up because he was trying to plug both michael and myself back into GOD. Yes, thats why I bring it up!

He was channeling something for us back then. I did hear it. It might have taken three decades to understand but we all get it when we get it.

His job was to "plant the seed"

The mystic Krisnamurdi always said "don't believe a word I say, go see if it true in your own life" which I suppose had to be a part of my story - To go out and see for myself if "life without God" works.

Now I have proof. "Life without god" does not work.

So I pray and ask "where should I go? What should I do?"

Anyway, I just took long walks in Portland and asked "what should I do?". The overseer here in Kamas called and we talked on the phone for 1 hour last week and he was not in fear. Nobody here is in fear. Most everyone back in Portland is in fear. Then I attended David's online retreat and he was not in fear. That was the answer to my prayer. Very simple. So I just Began to pack my car over the weekend and on Monday morning I left the house at 5:00 AM. It was a 15 hour drive and I did not stop

except for gas. I wanted to respect "social distancing" so I did not stop to eat out and only twice for gas (washing my hands after using each gas pump).

Pretty much I am getting the sense that this all has to do with fear. Because, when I do not have a future and I do not have A past, there is nothing Really to fear. In this moment, if there is a corona virus, it is a thought in my head based on a story.

However, I will not go out on the street corner with a megaphone Like a zealot. ITs kind of crazy out there and a lot of people are having a really rough time of it so that would not kind.

I really enjoyed your last letter Dale. I was beginning to enter fear last week one day so I picked up your letter re read what you had written. I can't remember what you said but it was profound enough to pull my mind back into the present moment.

Its really kind of a surreal place I find myself in now. I'm not really interested at all in thinking or planning of any sort of future and this is also an experience you have been sharing in all of your letters. Perhaps that is why we have been connect for this correspondence. Its sort of a sublime place. Rather hard to put into words. Ive just sort of made peace with what is right now I supposed. Not that I don't care. I do still care but perhaps I trust more than I care.

Freddie was right three decades ago. "Trust in god!" Very simple.

It really is a game changer. I have your friendship to thank for much of this faith (is this faith?). I can't do this alone and when I get blasted by the old conditioned fears I often visualize you in Ohio and so many of the experiences you have shared with me and I go back in the direction of trust. If you have chosen peace than I can also chose pease. Is Faith a muscle that we work out? Was all of that bodybuilding for us only a backdrop for this faith muscle we are now building today? It this also your experience?

Ive also been going through a lot of sadness. I sense this sadness is energy that has to move. I don't think jesus was immune to sadness. My father did not allow himself to be sad. Some belief in our family contained the thinking error "real men tough it out and sadness if for wimps" or something like that. But, under his anger, I see, now, that he carried a very large reservoir of sadness.

Its either a thinking error or a fear or a belief. Nonetheless, when I allow myself to feel sad, then I can also feel happiness; both at the same time (something sort of like that). Thats was why I used the word "sublime" earlier in my email. Its a rather sublime place to hold both feelings at the same time and not be consumed by either. If I don't push away sadness I do not push away happiness. Just sort of ride out the waves.

When I have the courage to hold this place I am neither distracted nor depressed.

there was a Pixar movie that I watched last year called "inside out" which was a cartoon about a little girl. The whole film contained animated characters that were living inside of her head. Each character in her head Represented an emotion. The character "happy" kept trying to control the character "sadness" and the little girl was getting very sick and depressed in real life. The climax of the film came when "happy" stopped fearing "sadness" and the little girl melted into tears and her sickness came to an end.

Thats a short synopsis of the film, anyway, but the message was quite profound. It very much exemplifies the experience I am trying to describe.

Most of the sadness I experience is simply energy. Heat is energy. And, I heed heat to thaw out my frozen heart.

God needs me to feel sad. God knows I need to "thaw out"

I think I shared with you in my last letter the sadness I still feel about my mother. God is using that parable to really really really generate quite a bit of sadness right now.

It hurts, yes, but, today I a willing to feel that sadness.

When I say "yes" to the sadness, god immediately provides a solution.

My solution has come in the form of Susan.

I met Susan through the Living miracles community. Susan and I talk on the phone every week. Even though I missed the boat with my mother, I have been graced with the opportunity to "get it right" with Susan.

Susan has trusted me with her pain, and I am graced with the opportunity to be present with her like I could not for my own mother. I don't want to complicate this story because I don't' really do anything with Susan. I just love her the way she is.

Susan has been a gift. The friendship we have together is opening my heart and melting my guilt. And, I really don't do anything. I just "let it be" and something magical simply unfolds for the both of us.

Back in the AA days we would call this "living amends" (as if we could ever place something as large as a miracle into the box of any category)

This is how I am experiencing healing. David is always telling us that healing is also relaxing. He has said this many many times. So, perhaps prayer is also relaxing. Relaxing and trusting (Here I go again, getting into the complicated metaphors).

Maybe this is why every AA meeting had the slogan "let go and let god" pinned on the wall of every basement assembly room.

Even as I write you this letter at 5:00 AM before sunrise, I am feeling more sadness. This letter to you is my morning meditation.

God is working to break up the story of kenny and my part is very simple. Just feel these feelings and "let them be".

I think its time to take another walk now. Maybe watch the sun rise this morning..

Thank again for this correspondence Dale. Your are my mighty companion on this "return home" journey and I am eternally grateful. I can't do this alone.

Much much much love brother.

Kenneth

April 9, 2020

Dale to Kenneth

Kenny, I appreciated your email, glad you found me on here. Either way you choose to write, or type is fine with me. Listen, here's what I feel....can your essence get sick? Stay focused on the spirit....the substratum behind all form, the being beneath all names. This is who you ARE. Can that be hurt? Can it be sick? You gotta knock down the 4 walls which 'make' the room you call 'Kenneth'. Destroy what never was and merge. Its the ONLY way to feel peace. Let go of the world we see.

I just wrote JC/Jeffrey and said the same thing. I feel we only need worry about the 'quality' of the page this script is written. The quality of 'I AM'. Its only THIS, HOW WE SEE it, can we take with us. This life has little to do with the names and forms anymore....its ALL about 'undressing this image' we've built, and dwelling more in 'the One' who built it.

I've all but written off the majority of the world I was once close to. I have no commonalities with literally anyone I knew. I'm not running away or neglecting my responsibilities, I'm owning my ONLY responsibility by finding my Self! You? But 'they' were ALL necessary to assist my awakening. ALL OF THEM< my dad, my mom, my friends, Frank, my victim....I NEEDED each and every 'person' to be EXACTLY who they were, WHEN they were it, so I could be effected so deeply, and reflect on 'who' it was that was so 'effected' in the first place. My only Purpose in this Life, is that of Forgiveness. When my Self is fully Forgiven and Atoned for...so is the rest of the world I see! We gotta dig and dig....until we reach 'the digger', and then get through HIM who built him also. See why he was created, see 'what' it was that created him.

I don't know Kenny, maybe thats the safest place to be...'I DON'T KNOW?;) I appreciated your openness about your relationship with Michael also. There IS no 'he' or 'she' in Being.....there's just this one infinite consciousness. The diversity we see in this homogeneus being is mind. Go past mind, get rid of it. I say that because I too deal with my OWN mind, vacillating back and forth, from ego driven thoughts, to Spirit inspired thoughts as David puts it. It can be a bitch....until you realize the ONLY way you can even 'feel' suffering is if you've identified with a 'self'. We get caught in the past or anticipate a future...that's the ONLY time a 'me' or a 'you' can separately exist.

So take those walks you spoke on...and unwind your mind back to the Truth you ARE. You know this Kenny. I never was very religous either, I knew of God, but I never KNEW God...make sense? Friends tried to lurer me to 'churches and outside structures....and I was never drawn to any of it. I've had a diversity of friends and family try and sway me to the many different religions, but none of them broke through that hard shell I had built for an image...until I was caught for this crime and had to sit and contemplate, marinate, THINK....over and over and over about the wretched shit I had done. Finally I broke, I collapsed and I was finally able to reclaim my consciousness ever so briefly from my mind. But that abstraction was more powerful than any drug, money, or girl I'd ever experienced. I'll NEVER want anything else Kenny. Now I find myself fighTing my mind at times for the freedom I

felt. And WRITing you, and Jc, and other Course students helps me stay grounded. I love you ALL....and we're ALL returning Home....SOON, as One. :) See ya on the other side pal! :) With Love, Always, ME

April 20, 2020
Kenneth to Dale

Good Morning Dale,

Sorry its taken two weeks to respond. Ive been using this time here in Kamas to just crash. I knew I was tired but my body really shut down and I have been sleeping and not much energy for much else besides just being present. I guess its time to integrate this stuff. This stuff is huge, all of this “mind watching” and taking complete ownership of everything “no compromise.” Did you find yourself actually becoming pyshically exhausted when you were going through big chunks of your awakenings?

We watched a movie last night called “other life” and it really clicked, or, should I say, more of it clicked. That this is all a dream. David Likes movies, so he has something called “movie watchers’s guide to enlightenment (MWGE)” so he gave commentaries on this movie. It was about a woman who develops a drug that can put people to sleep and their memories can be programmed. But, David kept interrupting the movie, and he wanted us to take note that we have all been put to sleep and are being programmed. I did not catch the entire movie because its one of those movies that a person has to watch more than once to capture the full message, but the gist was this. The woman who developed the drug wanted to use it to help her brother who was lost in a coma. She wanted to give him the drug and program his memories so that he could heal himself. But, then, some evil people got into her company and used the drug against her to put her in a jail cell so she could not escape and she would then go crazy and kill herself in the programmed dream so her body in real life would die and these men could then get the drug for their own. But, this is what I got from the message, and how it ties into the letters we have been exchanging back and forth. This woman discovered that inside of her jail cell, she had a choice. She could resist the jail cell and then start to pound her head against the wall and hurt herself (like the bad guys wanted), or, she could calm down, sit, breathe, focus on her breathing, and then go deep into her own mind and discipline her mind to focus on the present moment only. She had the power to know it was all a dream and not resist the dream. IN the program she was supposed to be locked up for 365 days but in real life is was 10 minutes. ITs hard to explain but the message was more important than the plot, and it was a message I needed to hear last night. When she basically began to mediate and go inside, the days started to go by faster and faster and faster. And, when she stopped wanting to get out of the dream, she was out of the dream. Does that make sense? David was really on fire with

his commentary also. This is the message I got. I need to stop trying to escape this dream Dale. Spiritual tools are very valuable, and, also, I can use them to resist this present moment right now trying to seek enlightenment in the future if I try harder. This is also what you have been telling me in all of your letters, that you do not want to escape the correctional facility because you do not see the difference between an outside and an inside. And you also shared with me that you arrived by sitting in still mediation for long hours. I am getting this big time right now, the message at least. That if I try to fight my way to fight my way to a better more "pleasurably satisfyig" place it will be another ego attempt. A few people who have been honest enough to tell me the truth over the years have pointed out that I embody the archetype of a "runner" and they were right, I have always dropped painful relationships and painful settings to seek pleasurable relationships and pleasurable settings. It wasn't until I really began to crash big time and study study David and the course in miracles that I was shown that pain and pleasure are the same and see the insanity of my own behavior. David was the first teacher who explained that both pleasure and pain serve the same purpose, to keep me asleep and dreaming. So if pain and pleasure are the same, why do I resist pain and attach to pleasure? HMMMM????? When I was finally able to hear this message i started to notice I was getting unstuck and having moments of peace. Does this make sense? I know there was a huge "Ah ha" moment during the movie last night beause for a few moments I realized, if I am dreaming this all like the woman in the movie, then nobody got hurt and I never got hurt, and it was all a hypnotic nightmare. The movie of my life was like her jail cell. If I try to escape my movie, I will go crazy. If I allow the movie, I will be the dreamer of the dream instead. Just like you said in your last letter, that you hired all of your characters to help you wake up. I saw that i also hired all of these characters to wake me up. Even the character called "kenneth"

Whew - what a game changer!

Well, I do watch the news every now and then, and I guess its kind of crazy with corona virus, but I'm not in the camp that sees a problem. Its only a collective awakening taking place right now as the collective illusion begins to fall apart. I guess There is a lot of suffering taking place. People are getting real angry and protesting now against the lockdowns all over the USA. But, that is what my dream character also did in his youth. I protested against those who I perceived had control over my body. Mine came in the form of my father first who tried to control my "bad" behaviors and next by the christians who tried to control my homosexuality. The more I fought my farther and the christians the more unloving I became until I became a perpetrator instead of a victim and the whole cycle started over again.

Total insanity!

Archetype after archetype after archetype. Mine went from victim to rebel to perpetrator and then back to victim etc. I remember A CIM teacher 10 years ago asked me “are you done riding all of the rides at the amusement park Kenny?” “Would you like to exit the park now?”

This must be why Jesus told us to not resist. I can remember my counselor in treatment 14 years ago told me “that which you resists persists”

Anyway, not much else to share. We're here at David Hoffmeisters property in Kamas Utah. His community is in one part of the house and we're doing co-housing in the back part of the house. I am sharing a bunk room with a woman who has a very similar story to mine with alcohol and drugs so we sometimes laugh together to just make this whole “waking up” journey silly. But, we also both share our frustrations and hurts together. We make excellent roommates.

I will also share with you something I wrote. It was a post on facebook. I will cut and paste it in this letter. It conveys my sentiments with much clarity on how I view this current community situation.

Coming out as a gay man in the 80's made it quite impossible to digest conventional Christianity as had been historically taught. Three years ago I was introduced to the Living Miracles community in Utah that presented a very comprehensive metaphysical approach to Christ consciousness. Enter “The Course in Miracles.” This is not about the “man” Jesus. This is about the nondual teachings of Christ consciousness. Here, at Living Miracles, we do not pray for a change in form. Instead, we pray for the courage to find peace with what is RIGHT NOW. We must start anew in each moment from a fresh perspective that is unable to find fault (and this takes work!). We do not sit and chant all day. But we do not try to make things happen either. By surrendering the concept of hierarchy, we follow the flow of guidance and witness what unfolds organically with curiosity and gratitude. This is a social experiment and I will be here for 6 months practicing these life skills in a “co-housing” setting. When the quarantine is lifted, our world is going to look very different. We are not going to “re-emerge” and find the old models sustainable or workable. We cannot go back. What we are establishing in Kamas Utah can be called a “prototype.” Americans must use this crisis as an opportunity to grow and evolve and mature. A world based on the scarcity of economics was a stepping stone experiment that has run its course. Now, more than ever, we're primed to make a quantum leap into a more coherent heart based model with consciousness as priority and purpose. Although I am not a Christian, I stand firm on absolutely everything that Jesus said

2,000 years ago. Our temporal house built on sand has been washed away. The time is NOW to build anew on a foundation of ROCK!

OK, that's my update Dale. I can't wait for your next letter? Would it be OK if I shared your letters with people here in the community? There are 6 of us in co-housing and you have some powerful wisdom in your writings that would be very helpful to many people here.

Be well brother and talk soon.

Love

April 21, 2020
Dale to Kenneth

Kenneth! My pal....its always good to hear from you. I just received your email TODAY, 4/21, sorry for the delay. And our communication is open, yes, you can share anything you feel is helpful or 'could be' helpful with anyone you please. If it helps YOU, or anyone 'else', it can only help 'ME'. IT IS ME. :) In fact, each letter DOES help me, as my person, my character, because it helps my person grow, to write my feelings out on paper as they're being thought out. :) Otherwise the character suffers as he's trying to figure shit out. :) 'The one who figures' is quickly dissolving, and this is the acid that does the dissolving. :) That movie you spoke about and shared with me sounded interesting. Very powerful. You also spoke about being a 'runner' from your problems. I've been accused of this myself many times in my life for the way I deal with things. But, in some way, this resonates with me so its something that can be used to assist my own awakening.

The Buddha once said 'if someone calls me a rascal, it behooves me to find out why'. In other words, if the comment sticks, there must be something there that's 'stickable' that needs looked at or removed. And in the deepest sense, its the 'one who could be stuck' that needs removed the MOST.

So I think on that, and ironically, my ex just accused me of this today in an email. Am I running? My brother died last week from a bloodclot in a shoulder surgery! The most random thing! I told her last week while I appreciated her informing me of his passing, that I saw this as a time to practice silence, stilling my thoughts, and staying Present. In other words I would NOT be calling to 'talk'. This is about training my mind to be at Peace with WHAT IS. To rest in Being.

While I truly meant every word, I also know and understand the way 'the world' deals with such things as death and family loss. The loss is perpetuated for weeks, months, and in some cases, YEARS! Why do this?? Does the Ocean cry for HURricane Katrina now that she's passed? NO! It was always the Ocean, doing as the Ocean needed WHEN it needed to. :) There was no loss! Only bodies, names, and forms are lost, but they also weren't Real! It's very difficult to unwind 40 yrs of conditioning, of BELIEVING a loss of a loved one is REal, when the world you were once so close and attached to sees everything in a total opposite way. Its to the point Kenneth, that I feel that this pull within me is so strong, that I NEED to just walk away to pursue my Truth just as the Buddha did. :) I'm unable to believe in the world I see anymore, so much so that although I may see it around me, the pull within me tells me that its NOT SO. WALK AWAY! So if their beliefs no longer serve me, perhaps a radical shift and walking away could SERVE THEM? Maybe it opens or directs 'others' if there is such a thing, to looking within their OWN selves to see why I've shifted?

Still, it all comes back to HOW DOES IT FEEL? Because in this dream, my actions only affect MY BELIEFS. IF I was to awaken from a dream last night, and in that dream I just Murdered 5 people, upon awakening if I BELIEVED I really murdered those 5 guys, and the dream I was in was REAL, I'd carry on

in my daily waking life as a serial killer or 'a person' with immense guilt. But then I reflect, can that guy in my dream truly BE affected? Can 'he' be charged for those actions? For those murders? Are the authorities currently 'looking' for him?

NO! Only my beliefs need looked at and undressed. That's why for me, the world I SEE, needs seriously disassembled. How I die, has become just as important as HOW I live! Because the guilt, shame, anger and Pride I've felt, I want REMOVED from my heart before death. I desire for the 'person' to dissolve entirely! Because unless there is a radical change within THERE?...I'll just see a modified version of that same life, same beliefs, over and over again in another form. That's how I feel.

Your journey sounds great Kenneth, and I can't wait for the day we all meet face to face. You mentioned my referral to prison being no different than being 'out there'. For the 'person', the construct, it's VERY different, but for consciousness it just IS, what is here is there, what's NOT here, is no where. I read this quote somewhere and it stuck. EVERYTHING is included HERE, NOW. No-Thing, is missing. This must be felt, only thought brings the division and multiplicity. As the 'character' in this dream, I'm separated, Alone, and Apart from all that I love. As the dreamer of this dream, I'm unified, Alone AS the Universe, and AM the Love for ALL that I AM AWARE of. We go together....With LOVE, Peace, and JOY...Always your brother, ME

April 28, 2020
Kenneth to Dale

Dale,

THanks for your last letter. I have written you three letters actually. The first one was the day after your last. It was not long enough so I waited and two more letters came out at later dates so I combined all three in this one.....

Is it like this, are we only responsible to just be still and let it burn? I ask because that is what my day has looked like. My roommate has been very respectful since I told her a few hours ago that I was in silent mode today.

There are some days I cannot mind watch, I just have to breathe and trust that what is coming up with faith that it is healing and not a demonic monster trying to kill me. Or to try to figure it all out.

Maybe I can't fix this? I just finished your last letter and there was complete resonance. Maybe the reason I have had a history of anxiety is because I have been trying to fix what wasn't even broken????? Maybe self help and countless attempts to force myself out of the pain turned out to be the snake biting its own tail.

What self was trying to heal??????

Thank you for sharing the story with your Brother In-law. When there is an investment in the "HORIZONTAL" then grief must accompany every attached story. Grief, in my story, was a necessary stepping stone for. It helped to push me over the edge.

I'm tired of grief. Sorta like a "been there done that" in a way that I feel life is too short now to participate in grief.

And, also, without grief, I could not reach God either. While I was stuffing my grief and

playing the role of a spiritual person, I lacked compassion. The words that came out of my mouth were scripted.

I was shallow!

Getting really really really sober was a total shit show in my story. Admitting I had been a spiritual fraud was quite humbling. 11 years ago I went to see my godfather and his wife in the Bay Area. I told her I had forgiven my father and she screamed out "BULLSHIT!" (She was an attorney and i think she was putting on her 'judge judy' hat that day)

Friday April 22 5:30 AM

I'm not really sure where i left off on Wednesday morning so i will just start again. I got slammed by the "ego" yesterday big time. It started in the morning when i wake up and felt inspired to go jogging. Its been two years since I've been jogging and "holy cow" is all I can say. I was a runner all my life and, yes, of course, my "identity" was tied into being physically fit. And, as i look in the mirror now dale, i see the hair thinning, the wrinkles beginning to appear and the sags where there were one toned muscles. But, also, This "heart opening". This trust and vulnerability.

Thank god the body is growing old. One less distraction I'm sure.

Its almost prophetic that as my body and my stamina begins to decline my soul begins to awaken. I feel quite humbled to admit how simple its been this entire time.

Anyway, i was only able to do 1 mile and i made peace with that, but, it took a pretty heavy slam on my physiology yesterday and the adjustment hit about noon as the endorphins wore off and all of the past identity began to return in what David calls an "ego backlash" but with this stronger foundation i just went with it and just sorta "rolled with the punches" and, well, as john Lennon would have said "let it be" and just not fight it. Just like those slogans back from the 12 step days "this too shall pass" etc.

And it did, and by around 7pm i was back online. i see that you wrote two books about your awakening. I may be soon writing about mine or someday I'm sure. This whole story i generated might help others untangle out of their stories. As David Says "spirit will use what the ego made"

Tuesday April 28

Anyway, ive broken this letter up several times Dale. I think this is my third writing. Ive been going in and out of this. I go from peaceful understanding that God is source and dropping inside. Then the conditioning returns when mindfulness becomes slack and the projections return all over again.

This is probably where rubber really really really hits the road. I was talking with a friend

last night in the gay community who was asking a lot of questions about Living Miracles. He, like you and I, found these teachings and it opened up a portal in him also. And, our conversation was refreshing because he described a very similar journey. (I can't relate to the christian house wives in this community. I can relate to you though - maybe all of that will change with time though).

My friend described yesterday An experience where he is noticing his attraction to the dark and he his then brought back to the desire for truth. Almost like schizophrenia Thats what mine looks like also. I know this is why the slogan "chose again" is a part of the CIM mind training.

He was an invaluable reflection yesterday. At some level I am still holding on. I still find the dark attractive (my confession)

Anyway, I'm not sure what I have written. I think I started this letter over 1 week ago. I chose to paint here at David's facility in Kamas, so all day long for the last several days I have just been painting rustoleom over an outside fence like a monk in a monastery would. Perhaps that what we are. Are we cloistered Monks? I feel like that.

But, here is where I think we both find ourselves now. Some of the members of co living are feeling anxious to leave. This is not a very exciting place, and they are correct, this place can be very very very boring. But, you do not desire to leave your facility, and because of our exchanges dale, I have no desire to leave here either. is there anything better anywhere else? Is there even An "anywhere else'? Is boredom of the ego? I think thats it. There is nothing to do here but paint fences and mow the lawn and study and contemplate pretty much. Its the perfect place I find myself NOW to just notice the mind.

Some days I do want to run, but run where? To a place where my mind won't follow?????. Like the old adage "no matter where I go there I am"

You said you mediate at 4AM. I would be wise to start doing that.

Anyway, I hope this letter meets you well. You are part of the reason I am able to keep going and do this work Dale. I am eternally grateful for our letters back and forth.

Much Much much love brother,

Kenneth

April 28, 2020
Dale to Kenneth

Kenneth, I appreciated your email, as always I can only answer some of your questions from my OWN experiences. You asked if we're just to be still and let it burn? As I understand it, yes. Because it can only hurt or burn away everything that wasn't Real. It's only the concept we've made, the construct we built, or mask we designed. Until you have a full understanding and EXPERIENCE that it isn't Real? It'll 'FEEL' as if you're giving up something that truly matters and it hurts like hell.

You also said something about 'is there anywhere else to go?' IS there in Spirit? If you truly identified with the spirit, then what could be missing but a body? The consciousness you Are is all pervasive, it permeates all of the time/space cosmos. But even That, is just part of the construct in your Own Mind. In Truth, we've already attained everything we desired to attain. As the Awareness we Are, we can't go any further 'IF' we're aware of that awareness. Can we?

Again, I can only give you a perspective from how I understand and see things Now. There's a scripture I read where a sage says 'What is here, is also there....what is NOT here, is nowhere.' What I take from that is the Atonement, the Infinity of the moment, Presence. I sent Jc a similar statement earlier about a program he's working on. Heaven is Here, there IS no place ..Heaven is Now there is no other Time. Everything gets reduced down to it's true nature, its irreducible essence and returns to its Source. As they say 'EVERYTHING evolves from and resolves itself back INTO its original Buddha Nature, Christ Light, Shiva Being.'

Its a seemingly painful journey buddy, I know. Sometimes the past really hurts, sometimes people can be real assholes, but in truth, we're being assholes to OURSELVES! Its the thoughts within our own mind being reflected back to us. But!.....sometimes....our DESIRE to go past all those feelings, thoughts, and beliefs, lead us to the naked Awareness we have Always BEEN! To do so, we gotta let go of who we 'think' we are, and merge into what we truly Are. Just jump! Plunge off that cliff into the abyss, you might be surprised at what catches your fall. YOU!;)I hope that helps.

With Peace, Always,ME

April 28, 2020

Writing helps me process my own journey...I'm realizing that 'if' I'm still seeing bad situations, bad events, and bad people....then my own mind must still have the belief in those thoughts as being true. I say that to you because I know you struggle, and you can always vent when you need to, but I didn't want my explanation coming off cold or as if I already got things figured out. :) Trust me, I have my days too....the mask is dissolving.We go as One...Always, in Peace, ME

April 30 2020

Kenneth to Dale

Thanks Dale,

April 29

This Mornign was another day of momentum at Living miracles. It started out with our 8:00 AM expression session.

It was supposed to be an expression session but it turned into a huge vent session instead. I am sure it was helpful. At least nobody is stuffing stuff anymore. We all gotta start where we are at and many of us are still pretty unconscious. In a nutshell, we all got inside the "boxing ring" and pretty much duked it out. It was rather messy

WE all got lost in our stories of what we believed was happening.

An "expression session" is David's formals for community building based on his two

rules

1. No private thoughts
2. No people pleasing.

Its where we are all invited to get vulnerable and emotionally naked and express what we are perceiving (in another person) that has taken us away from the peace of god. What we are thinking and believing (and projecting). And, since we are all CIM students living in a nondual community environment, we have agreed to take ownership (to the best of our ability) of our projections with "I" statements.

Sometimes to take ownership of my projectson I have to almost forced myself. Maybe thats what is meant by willingness.

Expresoin sessions are oportunitites to practice "we are not upset for the reasons we think" by putting these teaching to the test. According to this model of community building, these sessions are to keep us from hiding any "private thoughts" and thereby expose our egos in order to discover that is not who we are.

It can get out of hand sometimes. Yesterday we just ended up fighting. I will spare the details and just say that When we got to the end i was able to see how were all just wanting love, period. None of it was complicated.

Everyone just wants to go home

One of the members here totally projected onto me last week and i was so grateful actually. it took about 1 day for me to recover but Without these teachings I would have fought back but he took ownership a week later and I feel closer to him now.

One of the community members bought a vacuum cleaner from Walmart two days ago. Talk about serendipitous timing. Totally perfect symbol because we all need to clean up the mess we made at the expression session when our personality masks came off. (all of the ripped up and torn remnants and fragments of our personality masks are completely littering the hallway floor this afternoon)

To be honest, though, i thaught it was perfect . I come from a very repressed family where expression was discouraged and heavily judged, so I'm glad i get to practice being honest. My family had a very "Victorian" archetype with emotional repression. My parents both died in their early 60's from cancer and i want to live longer than that.

Anyway, I talked with a friend from my gay men's community two days ago who is in California. He wants to join this community. I was excited that I might have a comrade from the old days here at the center, but he said he probably was not ready yet. Drugs and sex are a big problem in the gay community and he wanted to wait until he had more sobriety before tryng this out. I was amazed by his honesty which was refreshing. I was once in that world and I know how difficult getting sober can be.

The dark seems to have a strange attraction like moth to a flame.

I was listening to a satsung years ago when the teacher told his students to stop trying to be spiritual. The teacher assured his students “when your done your done” and don’t try to be done if your not done.

All I an say is I’m grateful that I’m finally done.

The people in AA who make the most progress Are often the ones who have the low low bottoms. They are the ones who are most willing often.

Anyway, not much else new to report. I spent 5 days with 2 cans of white Rustoleum just painting a metal chain that surrounds the property. Nothing exciting. No big deal, but, I just focused on each brush stroke and watched my mind struggle on the simplicity of the task at hand. Much like a “chop wood carry water” zen monk.

The ego would think this place to be pretty boring. But I think back to that satsung from years ago “when your done your done” and I know I’m done Dale. If I spend the rest of my life just painting rusty chains I would be quite fine with it all. Ten years ago that would have seemed like punishment. But, David is spot on when he says that all roads of the world lead to death.

I’m really done looking for anything anymore on the outside. Thats one of the reason I like reading your letters. I totally get it.

I was looking over my facebook page the other day and I realized That David was spot on. Ive traveled down countless roads and they were all dead ends. The story was my decision to prove that the world is an impossible situaiothn.

People in the USA have it all wrong. Most people think we retire from our careers, but thats proably only sruface. Probably more accurate to retire the ego instead.

Mine feels rather sublime in a way. I still have triggers every day all day long. Most of my triggers have to do with shame. That one is still bighting me in the ass quite a bit.

Pretty much unbelieve everything. If no story is true, then were all home free. Thank god.

Anyway, I will re read your letter again after I am done here. Ive got to go do some chores now.

Thanks for the emails dale. I enjoy reading every one.

Much Love brother,

May 1, 2020
Dale to Kenneth

Kenneth, my pal....how's the journey? How many 'people' are in this community you're staying with? I was curious if they had the older version of Flatliners to watch there? With Julia Roberts and Keuffer Sutherland? Kevin Bacon? great flick, but these past few days, I watched it in an entirely NEW way.

It reminded me how we ALL cling to our past hurts, our bad memories, and then how we resurrect those painful moments in the NOW by choosing to KEEP those memories alive. Towards the end of the flick he even mentions how he found the cure to be the Atonement for our karmic nature. Each individual has a shameful, hurtful, guilty past that they bring forth into their NOW and now they're faced with having to go back and FORGIVE their past to free up their existence. It flushes all types of shit up, you should watch it again if you haven't already. Its like rereading a book you've read a thousand times, but each read, you get a new interpretation because you're reading it from a new state of mind. I dig it.

It had me thinkin of gradeschool events that I've allowed to define my entire existence. YOU realize you can let just 1 comment, 1 rejection, 1 embarrassing moment, define your WHOLE LIFE!!!??? Its crazy. BUT its ALL Mind. ALL OF IT. Without thought, these worlds cease to exist. Can something really bother us if we just cease to think about it at all? Can it exist or breathe without our attention to it? NO! So my practice during this time of lockdown is silence within my own thought process. I still gotta interact, still gotta play my role, but inside I can be thinking about nothing at all. Where you're at I assume can be similar. JUST allow everything top be as it is...EXACTLY as it is. You interact as you need to, but YOU.....are the one observing it all from a point of silence. Stay on auto pilot. THE computer's on....but you don't gotta log in. :) Stay as awareness, the Witness, you know all this, I'm only reminding you through this message. I love ya pal.....everything's gonna be alright, this too shall pass.

Even if you DID go home today, even if you 'could' leave your surroundings. Who is it that needs to leave? Who's aggravated? The model you built right? What notices the model? The construct? The ego? YOU RIGHT??? Can THAT be aggravated? Can THAT be hurt? NO!!! So Stay there! WE gotta consistently walk our minds back to this one who notices the hurt, the pain, the aggravation....until that ONE can rest in NO THOUGHT, its original naked awareness it's ALWAYS BEEN. With Peace buddy, ME

May 10, 2020
Kenneth to Dale

Good morning Dale,

It's best to write you letters early in the morning. For some reason, sleep resets the hardrive computer in my brain. Its like a control-alt-delete that comes from deep sleep, and the virus' get cleared out over the night. And, as the day begins, always, my brain seems to return to to the old habits of "past" and "future" which are just nothing more than computer viruses pretty much.

The human brain is just Artificial Intelligence. I don't' know why Elon Musk is so worried about AI when Its already here, and its called EGO.

I heard one new age channel say that our soul returns to god every night with sleep much like in the movie "Avatar" which would explain a lot. I don't know how that would tie into the non-dual teachings of a course in miracles, but it does seem to resonate at a very very deep level with the experiences I am having with sleep.

So in the morning I can respond to your letters and extend something descriptive with a modicum of understandable content.

I had to take several walks again yesterday, so my life does not contain great

excitement to share. I would like to be able to provide a nice and easy description of my days facing myself, and make it sound all nice and tightly wrapped, but I cannot. Facing myself every day is a bi-polar mixture of momentary ecstasy and profound "ah-ha's" followed by long and drawn out hours of absolute disillusionment with nothing to hold onto but breath.

Its those moments of ecstasy which make it possible to endure the long long dry spells. Its those moments of sight which keep a man going through the horrible dark forest that most spiritual seekers Absolutely refuse to enter.

The happy days are beginning to anchor (very very gradually), so that is the good news I have to share. On some days, I can find peace without reason and, yes, I would like to grasp those moments . Those are the days when it only takes a blue sky or a blooming flower to breathe in the joy of life itself. "This is the moment I want to keep and hold onto" is the usual thought which burst the bubble however, and then it goes, only to be replaced by the next memory of a past story that wants to, instead, write a story about the flower itself, and then, like clockwork, right on schedule, the mind (AI) returnS to hijack, then come the storm of shame and guilt, then comes the familiar reflex "I do not want this moment, I must get rid of this moment and try to heal it and get back to the previous moment" and then, poof, the merry go round starts all over again.

Then I must "CHOOSE AGAIN"

There is a synopsis of what mine looks like. The miracle, then the trying to hold onto the miracle.

One of the mystics here has a video entitled "the shit show"

I get tired of all of this (at night usually) and go to looking at porn pictures here on the ipad and tryign to justify it by saying "at least they are not videos" but neither the pictures or the justification work. The distractions are not working at all anymore. This place has become completely monastic and nothing here is available to create a better version other than what is right now.

Yes, I would like to be the one witnessing the one who is having the shame and the guilt, but I'm not there yet, so taking walks and just breathing is where I find myself, which is improvement over seeking causal sex (which I cannot do anymore) or smoking a cigarette (which I cannot do anymore) or having a drink (not that either) etc. I think you can hear this dale. Its just a synopsis of a man who has no place left to run.

No more drugs, no more alcohol, no more accomplishments etc.

All good of course.....

I can share this with you. Not many people are willing to face this shit. Even most spiritual teachigns in the new age are being used to help people put love and light over

this stuff. Thats all fine, I am sure, and if I could cover it up with a golden ball of white light I would, but I can't. I just gotta face it and be with it.

I guess a man has to die to himself in order to be reborn. Gag!!!!!!

But here is also my experince.

There is always a miracle if I can sit through the storm with grace. ALWAYS!!!!!!

After every storm, Spirt, without fail, speeks through the body of kenneth, using human language, and someone is sent, and someone is healed as sprit uses my body to Communicate A message That i did not plan.

Then, of couse, after the encounter, I want to bottle and sell my newly discovered mystical powers, and that is the absolute end of all mystical powers.

My desire to have control over any of this just starts the shit show all over again I'm afraid.

God has a sense of humor is all I can say at this point. Doesn't the CIM say somewhere that "the tiny mad idea is when god remembered not to laugh" or somehting like that?

I can write about this in the morning hours. By the time the day begins to unfold the computer hardrive in my brain slowly takes on spam, Trojan horses and viruses which is all the ego is pretty much anyway.

I am not in control anymore, and its becomeing more and more obvious every single day. (As if I ever was in control of anything)

Spiritual awakening is horrible and awful and wonderful. David is the first mystic who I have really ever followed with consistency because leading a man out of this labyrinth of mind is not something that can even be done by a human mind. It takes a person completely outside of time and space to lead another person out of time and space, which is all that this world is anyway. If I were younger and had more energy to go back into the labyrinth and try to play the game just one more time, I most certainly would.

For some reason the light of god is the most frightening. I guess thats because everyone knows that god will obliterate absolutely everything that is not god, which, in this world, is only absolute everything.

This does not leave much wiggle room for compromising or victim.

When I wrote you about the ceremonies I attended last year with the shaman in California, well, now I can see the bigger picture. The only thing a shaman can do is speed things up for a person. Its all going to happen anyway, so its not a big deal in the larger picture.

The shaman's job is to kill a person. Crack him open.

I try to tell people how it can all be done in one weekend and how it only cost \$700 but when most people hear that they are going to die. Well, most people politely refuse (and I can't say I blame them)

Blah, Blah, Blah.....

Well, that's what I was able to procure at least. The more I fall into this abyss of absolute nothingness the less I am able to write about it or talk about it, so I hope this All made some sort of sense and contained some value Dale.

I look forward to your next letter.

It's 7:30 AM now. I'm going to see if this 53 year old body is able to do another 1.5 mile jog. I've been humbled to the core Dale. It's 6,500 feet altitude here and these short runs are kicking my ass.

Talk soon brother

Love,

Kenneth

OH, PS, I just realized I can send photos. I told you I made outdoor furniture. I was able to bring some to donate to David's monastery here in Utah. Check these out.

May 11, 2020
Dale to Kenneth

Kenneth, My buddy, Sorry for the late response, I just received this today, the 11th.:(Emails sometimes get held back for reasons I can't explain.:(I've learned it's a good time for mind watching.:(
You mentioned 'yourself not being able yet to be the witness of the pain you're apparently experiencing' and I feel I've had Spirit speak strongly to me this week in different forms reminding me to 'stay as awareness'. Observe. Witness. I wanna describe that later in this email so bare with me.:(
Today, my reminder came in the form of Jim Carrey on the Kelly Clarkson show. He spoke on a piece of artwork he did representing the Prodigal Son. He talked about how the Prodigal Son is 'our mind' and how each time it ventures out and experiences PAIN, it's 'our heart' calling us back home to Return. We gotta stay Home Kenneth! The Present moment is the Heart of existence, Time is in the mind. We wanna be special waves instead of just remaining as the entire Ocean. I dig Jim Carrey and his perspective on life. He really seems to speak to me. I'd never heard such a simple explanation given before of the Prodigal Son.
But we're ALWAYS the seer, never the seen. The noticer never the noticed. If you FEEL this as TRuth, you MUST APPLY This no matter WHAT! WE are the background and never the forefront. The substratum. All names and forms are part of the dream. ALL of it! These memories and images we see are all imagination. Hypothetical! YOU....are the one who sees this. Right? So you can't be the memory.

You can't be the one these memories occurred to because 'that one' no longer exists. He can only survive as a ghost in your mind. Vapors of thought are the only thing that holds this character you feel guilt and shame for..... together. Am I right?

Think about it, really sit in that stillness and find where this 'I' arises from. 'WHO was treated so badly? Who made these apparent mistakes? Where did those feelings arise to even MAKE such a mistake? You build up these walls and form a self as soon as you leave this moment here and NOW. Choose again. Can anything be a problem, can anything cause you pain...if you simply don't think about it? This self you form has become your very own prison. You built a house, a construct, A PRISON and you've locked the doors, tossed away the key, decorated the walls with memories and pictures of people from your past....and the misery you've felt, you've learned to feel comfortable with because it enables your ego to feel alive. It tells your sense of self 'I exist'. The past has made me who I AM your ego tells you. You call this prison Kenneth Price. Without this misery...'who are you? Who would you be? Would anybody even know you're alive? In a sense, you DESIRE people to hear your story. YOU WANT them to feel your pain. It's the narcissist in US. I point this at myself too, not just you. :) I did all this too by writing a book. I think I was at the bottom of my life and by having my lil awakening, realizing there IS no 'me'....I could now tell a new story of the newly improved 'me', a spiritual self. :) I could re-invent...but I never realized this until it was too late, but I still sought attention. ALL EGO! This experience was necessary though, without it, I'd never see what I see NOW. Never could I know who I AM. Hold to this I AM above ALL else, let all thoughts, feelings, and perceptions pass by your 'I'.

Listen, see if this analogy helps you. Life for me is like a conveyor belt you see in a grocery store when you go to check out. All the items we place on that belt are the things we cherish, our attachments, our families, our cars, our houses, our wives, our money, etc. ALL these things are transitory elements in our lives, so ALL things must go on this belt. At the end of the belt is a huge fire, and the fire represents 'TIME'. It devours ALL things. So as I cling to each item on this belt, I keep hitting the fire at the end when its time to let it go. Its not my time just yet so I get thrown back UP on the belt to grab the next attachment. THE only reason I FEEL pain or get burnt is due to my clinging. Maybe its another girl, another job, a new house, etc. But each thing I grab, I lose eventually to this fire. Right? NOTHING gives me lasting satisfaction! NOTHING! It HURTS each time I go into this fire, I get burnt worse and worse....and eventually, it hurts me so bad that I get thrown OFF the belt entirely, and now I find myself witnessing the WHOLE show from the parking lot. Consciousness kicked me OUT of the theater!. I'm no longer ON the belt, I'm outside it observing each item go into the fire, BUT...I enjoy it now and I can love each item with an open hand. I release it when its time is UP. :) Unattached. THIS is the best way I can describe my experiences. I got hurt so many times, I was forced AWAY from my mind, AWAY from my attachments and OUT of the theater, now, I'm able to reclaim my consciousness apart from my mind. I actually enjoy the show now. Make sense? Its the best way I can explain my own journey. Try this, place ALL things on this belt. DETACH. Let me know your thoughts, I'm outta room on here buddy, With Peace....Always,ME:)

May 11, 2020

I just sent you a longer email..I 'tried' to answer your email best I could buddy, but I ran outta room on my player. Hope it helped. I'm sorry you struggle daily with your experiences. I think in some ways...this pain that you seem to feel is the doorway to your freedom. YOU just gotta find a way to SEE that door and use your key to go in. Eventually, it will break your psyche and force your consciousness AWAY from your mind and all the thoughts and feelings will be easier to WATCH or observe. So far, Its how things seem to go for me anyways....I love ya buddy, say hi to everyone for me. :) With Peace, Always,ME

May 12, 2020
Kenneth to Dale

Good morning Dale,

Your last letter moved my soul in a powerful way, more powerful than all of the other letters. May I ask your permission to share this letter with others? I have a social media account on facebook and i sense the depths of your awakening can help, not just me, but Many many others. Coming from you, these Are not “cut and pastE” metaphors Regurgitated from a spritual book. They are powerful truths that carry weight and they can help many others who are ready To wake up and watch thier attachments on the conveyor belt from the parking lot now.

Im speechless.

I wrote David Hoffmeister a letter yesteday thanking him for making our connection. Here is what I wrote to him.....

And, also, I have also been meaning to thank you for connecting us all with Dale Crowe. Dale has been a invaluable godsend on my path this last year. We have been exchanging letters since 2019 and our friendship has helped me forgive the mistakes that i think I made in my youth. I needed to hear it from Dale. His transformation is exemplary. Its like he forged a path through the dark forest, leaving a trail of breadcrumbs for others to follow. When you gave us his address in Chillicothe Ohio, its almost like you spoke to my soul directly “Here is a trail you can follow, kenneth, that will lead you out of your confusion and back into the sun-lit meadow” What a gift David. My heart cannot express in words the gratitude that I feel.

THat was what I sent to David yesterday.....

Much love brother

Kenneth

May 12, 2020
Dale to Kenneth

Kenneth, I appreciated your response and letter you shared with David. :) I'm happy the letter I sent was helpful for you. And of course if you feel it could help 'others', feel free to share ANYTHING we talk about. That's the whole point of our journey right? To be truly helpful and for all of us to return Home?;) Together as One? I've been very blessed, appreciative, and grateful for our communication as well buddy, and we've just begun! I'm sure there'll be many more experiences to come. I look forward to it, with Peace, Always,ME

May 13 2020
Kenneth to Dale

Good Morning Dale,

Your letter made a HUGE impact yesterday. The conveyor belt example carried my soul through many painful flashbacks. The conveyer belt example stopped the looping of the flashback itself. When I was a young man, I played the role of the bully, and my brother was hurt beyond words. I have tried to ammend this relationship Over the years with Apologetic cards and letters, but he has said, in no uncertain terms, that he never wants to hear from me again. He let go a long time ago, but I was still holding on (guilt). The conveyor belt analogy helped me see that these characters we play must be consumed by the fire. Its a truth about the human experince that all is consumed by the fire. And, with that, I simply felt the sadness instead yesterday. It was very sublime yesterday. I dont' want to sound all spritual and call this "letting go" but it is just that, this is my 'letting go." Is this what it was like for you? I checked out a facebook page for your book "the bully within" and there was a video by a man who said he was your publisher. He used the word 'bifurcate." Is this what happens when we stop clutching to items on the conveyor belt? When the pain of clutching grows too painful, do we bifurcate? Echart Tolle said he was in so much pain that he woke up one morning and realized "there must be two of me, the one who is having the pain and the one who is witnessing the one who is having the pain". Mooji sayts the same thing. Did Mooji and Echart Tolle and Dale Crowe "bifurcate?" I ask because I am beginning to feel a split happening inside my own character as well. . out of all your letters, the lconveyor belt from Monday shot an arrow straight to the center of my soul. It was a bullseye. I went Sraight to the sadness part, bypassing all of my stories. I felt the sadness of my brother Yesterday!. I did not think, I felt!. I sense this feeling is the trail of breadcrumbs off of the supermarket conveyor belt and out into the parking lot. You nailed it, Everything i have ever held onto in this world has only caused me pain. And, now, holding onto The pain pain Itself is causing suffering. I am beginning to see that now. I know I can share these disclosures with you and receive first hand wisdom from a man who has Actually left the supermarket and gone outside I'm getting glimpses of peace and they are beginning to come more often and with more frequency, Anyway, its 6:00 AM and I am going to put my running shoes on and see if I can pound out some endorphins as the sun comes up this morning. My 53 year old body still has some capacity to do that. Also, yesterday, after I GOT YOUR permission, I posted your letter onto my facebook page. I was careful with the wording becasue i wanted to use the conveyor belt example strategically.. It came straight from your soul. (I will send you a screen snapshot of the post) And, Already several people responded, saying they were moved to tears. OK, time to go now, light a candle for my brother, shed the remaining tears and join you in the parking lot of the grocery store. I'm growing tired of the grief dale, inside the grocery store, the light is artificial and the air is recirculated. I join you in the sunshine Outside where the air is fresh. I want to go home Dale. Its my turn to bifurcate (take up my matt and walk) See you in the parking lot brother.

AHO!
Kenneth

PS. I just bought more stamps on Jpay so feel free to use as many pages without concern

May 13, 2020

Kenneth, I'm happy to ALWAYS receive your letters and even happier that you were helped through my response. I know the 'conveyor belt' analogy is a lil wordy but that's what came to me in meditation one day.

Again, I can only tell you from my own experiences, what has led me to this spot I'm seemingly at today. Much of my tools and help have come from the Course, and reading David's teachings, communicating with Jc....I take everything he says very literal, and I act as if I'm sitting in a room WITH him and his groups, hearing his words.

I got alot out of his tools from tracing my perceptions back in to my projections, to my emotions, to my thoughts, beliefs and then of course my Desire. The more I did this daily, through EVERY experience, my mind began to quiet and I started to understand or see through the maze. My constant thoughts and chatter were blocking what I needed to understand. They were building thicker and thicker walls, tossing layer after layer of identities on top of my already fragile self.

Then after an intense meditation experience one day I was laying on my rack in contemplation, and i was suddenly aware of what was truly 'looking' at the wall that I faced. Obviously in most cases we just say 'I am looking at the wall, 'me', 'my body' but this was different. The very 'I' behind my EYES was seeing the wall, and it was obviously a feeling that it was distinct from my body.

Balloon analogies are common, but the air in the balloon felt AWARE that it was AIR, it was ALWAYS air and never the balloon! I think my balloon had gotten so big at that point, it was in need of being popped. ;) And it DID! It popped. I remember running around the dorm that day explaining to anyone who would listen 'I'm not ME! There is no ME!';)

See, as soon as I popped, my ego wanted to quickly blow itself back up! Except THIS time, I could be a spiritual balloon, a 'good and better' balloon and not a murderous one that I had always judged myself as. 'Judging'. Kenneth, I've been judging myself ALL my life, kickin my own ass all over the ring of the world. I'm my toughest opponent! I suspect its that way for everyone. But I too, got alot from Tolle, and actually Jim Carrey that day because things began to click in my brain. 'If I wanted to kill myself, who is this self I want to kill? 'who witnesses the thought I want this self to die?'' Tolle helped me there because suicide was always my strongest thought and solution to this 20 yr sentence. Then, Carrey explained, in so many words, 'as actors/humans, we all play roles...and WE DO, if you look into what those roles are composed of, you begin to see your OWN role/character was pretty thin/shallow to begin with.' Thats not the EXACT quote but in essence it broke up some of the ice my mind had crystalized into being this dense character, Dale the boxer.

David talks about seeing the construct as a construct, and then the subject/object split is healed and you can rest in Being. I could clearly see what built my house for security, acceptance, admiration, and recognition. FEELINGS of Fear of abandonment, rejection, insecurity, and admiration.

Like a role for a movie I asked myself 'what character can BEST fit those afflictions/attributes?' I call them afflictions because they hurt me inside. I feel an attribute would only help or be positive. ;) 'The boxer' knowing how to fight, possibly becoming famous or atleast recognized, would be my best solution as an insecure, kid who was afraid of his own shadow in highschool. ;)

So I played the role, i made the costume....tattooes, steroids, shaved head/goat tee. ;) I sold it pretty well, until FEAR of failure set in and it was time to step up to the plate and hit that home run. When I swung and missed time after time on television....I panicked, and looked to take the life of my close friend so I could perpetuate the 'image' that I had sold to everyone.

Whether I was ever truly a 'boxer' or not at heart I don't know....what I DO know is that I never FELT GOOD ENOUGH to even be in that ring, and those feelings of FEAR were the cause of my demise. ;) This path is authentic for me Kenneth because nobody 'LED' me to it, I wasn't proselytized into someone 'else's' beliefs. I had my experiences googled and these names and materials came back from my search. I thought I was going crazy, losing my mind! But the Course, Tolle, David, Carrey, and it just went further and further from there. My son, friends, they were all tossing me references to what I was telling them

about my experiences. I think they too were worried and trying to passify my mind. ;) Kenneth, I just tell you how 'I' did it, how 'I' felt, in hopes it jars a memory lose or tosses some salt over an identification. These selves/egos we identify as, are like big blocks of ice, they're cold, insentive, and hard to break. :) But the density of each block of ice/self is dependent on our thoughts! The noisier the mind, the more solid the ice! Meditation has become EVERYTHING. Not just sitting, but daily WALKING, opened eyed meditation. No matter how noisy it is, we have the choice to be quiet. THEY don't gotta be quiet, YOU be quiet. In your mind, not by voice. Does that make sense? And it gets easier the more you just witness, observe, let go and not cling to thoughts. Place it ALL on the conveyor belt. :) Always remember, you are NONE of the things placed, YOU are the one WARE, who NOTICES each thought, feeling, sensation, or perception. Its all just neutral images, projections! I love ya pal....hope that helps some...With Peace, ME

May 13, 2020

Kenneth,

Sorry, I was contemplating earlier and what came to me was if I'm watching this whole scenario/movie/Life from the parking lot or out in the audience observing, as the conveyor belt analogy helps me FEEL...then I have the power to RATE the movie also according to whatever I wanna see right? So if I wanna watch a funny movie, I rate it as such, A Love flick, I rate it as such...Scary, Drama? It doesn't matter, I think this is what David means by putting your Purpose out in front of you. 'YOU' encompass this whole Universe! Its our Self concept. But what I feel most is giving the WHOLE movie from the beginning through Infinity a rating of Forgiveness. Forgive ALL the 'roles' because they know not what they do! Make light of it and let it go. I've been in some intense movies before on the outs and gotten myself pretty involved/attached to the characters, and when it was over with, I thought to myself 'thank God it was just a movie.' In the hospital I had the sense, ever so brief, that ALL of this was just ME. Just like A dream. It was after this I wrote David that letter. When I say Not 'me', Dale CRowe , or you as Kenneth Price, I mean me or you AS pure consciousness, unmodified, and impersonal. Its YOUR dream, YOUR interpretation, YOUR meaning, YOUR RATING. In that sense EVERYONE is YOU, its ALWAYS been YOU, we're just identified wrongly as the mind/character in the movie. All along we've been the Actor underneath! Just Witnessing. No, the Director! 'WE' gave out all the roles for each scene. In essence, you've handed me a role to type you this email from YOURSELF TO yourself, Kenneth Price! Now I might sound nuts huh?;) Just my morning contemplation, chunks of ice have fallen away this week. Hope this helps, With Peace, Always, ME

Sept 25, 2020
Kenneth to Dale

Dale,

I'm not sure whee we left off last. I got sidetracked in Utah, things got nutso, and I just got home yesterday, but you have been in my heart brother and i so much am glad I now have the time to return to correspondence.

I was looking at Jeffrey's blog the other day, and saw so many of the letters you had written him, and they reminded me of our correspondence together in the last year, and how I have been gifted with your exchanges.

I got slammed a few days ago dale in a big way. Mistake that I had blocked from my awareness for almost 20 years came roaring to the surface and I got slammed back down on my knees. This one was huge, and the details are actually too painful to begin to write about now, but, it must have been time to revisit my history and boy did it sting.

Its because of you and Jeffrey that I can do this now. And, thats exactly what I did, I called Jeffrey. I also called another woman who is also in the 12 steps, and, so, now i can move though this part of my story with words like “amends” that were not being used in the living miracles community.

I cannot go back and make amends to the “peson I had harmed” 20years ago becaue she disappeared off of the radar. I know in the course language nobody gets harmed, but this is where I got stuck, and where jeffrey helped me see that I still believe that I harmed this worman. Since the guilt in my heart was very very deep, there had to be restitution at some level. I wrote her a very very long and genuine letter, but its going to have to sit on the shelf because there is no way I can find her unless spirit bring her contact information back into my life.

WHEW! It was painful beyond words, but this must be where I had to slog this week. It was like slogging through shame and guilt that was unbenounced. OUCH!

Here is why our relatiohsip is so valuable Dale. I can't forgive I myself with spirutal teaching alone. You have helped me forgive myself becaue we have such similiar archetypes and stories. I developed many grievances with the living miracles community in utah but thats part of why this spirutal path is so very very very difficult becaue lthe Miranda of reflections was impossible to avoid.

I think ive hit another chasm Dale, Because this last reflection from this woman that I harmed 20 years ago went down into the core of my being these last few days. She was crying for help. Back when I used to have money lowned a condo and I rented to a woman who alwasy paid on time and she was ery nice. Then things in her life began to go south. I will never know exactly what heppened, and the story is very old and the details are very muddled, but to make a long story short, she stopped paying rent, and instead of hading it from a place of love, i went into fear. I did nto have the resources or the depth as a young man to navigate the sitation. I simply went to an attorney and started an eviction which was not somehting i would do today. In a sense, I was cruel and unloving.

Ive been feeling my own cruelty the last few days. This is what has been kicking my ass dale. Ive been actually feeling it. Or, perhaps, feeling what she went thorough. She was crying for help and I had not renounces to answer that call as a young man, and boy am I feeling tons of shame and guilt today.

Anyway, this is where our friendship comes in, and also jeffrey. I don't know jeffrey well, but when I saw the correspondence that you hand him hae established, I made it a point ot call him and expressed on the phone with him, and it helped yesteday.

I also called another woman who I know who said I could “drop the guilt” which was a godsend and another miracles. Ive got to rise “above the battleground” and see this truly is all an illusion. I cannot go back into the story and try to fix or repair this story, and i know you can hear this. After this last episdoes the last few days, I must now

dive even deeper into what david calls “no compromise” and that will not allow for any level of fence sitting anymore.

Anyway, its only 3Am but this is a perfect itme to write you and express and share. Ive got to try to get some more sleep this evening. I’m exhausted. This guilt has been keeping me up at night.

Thanks for listening Buddy. I love you.

Your friend,

Kenneth

Sept 25, 2020
Dale to Kenneth

Kenneth! the big Kp....how's my brother? My pal? I was happy to receive your email, I wondered where you've been. Jc told me he had spoken with you.... and I had asked him where you'd been. Now I know.:) So lets get down to the essentials....this 20 yr old event has been flushed up for you to face....yes?? Beautiful.

I say beautiful because we can relate, and hopefully we can heal together as One. Listen, all I can help you with is by knowing the TRuth of who I AM NOW. BY pointing you to something I SEE from the seat I'm in, inside this theater of the Mind. 'My' nature is 'YOUR' nature....its Jc's nature, David's nature....and all of these seeming fragmented dreams of form is the SAME SELF playing roles, that corespond to the NEEDS of each seeming individual fragment of the dream. So 20 yrs ago you were playing the role of a landlord, doing the duties you felt were BEST at the time of being a landlord. You did the best you could in that role as a landlord at that time. There's no mistakes Kenneth, the tennant was YOU as well. I'm sure in the tennants eyes, he has his OWN perceived guilt about what HE CHOSE to do in that momentof time. But Its YOUR DREAM. Do you think all the drops of water in the Ocean feel guilty that were involved in the manifestation of HURricane Katrina? Looking at a calm, still Ocean right NOW, the answer would have to be NO. And yet, there never was a Hurricane Katrina. Only the waves in the Ocean doing what waves in the Ocean had to do at the TIME. Its always been water, ALWAYS it was the Ocean....just as you were always consciousness, ALWAYS you were the one who was AWARE of the actions that consciousness needed to do at that perceived time. Control your mind, you control th waves....and the Ocean stays otherwise...STILL in its wholeness perfection.

But tell me this Kenneth, was the 'one' who noticed that 'eviction being served' any different than the one who NOTICES these perceived letters from my email here and NOW? 20 yrs later?? WAs this one who notices these letters being read or the eviction being served, any different from the one who noticed he was at the monestary last week? Was he any different from the one who noticed our initial greeting/friendship? NO!

I'm not even teaching you anything here that you don't already KNOW, you're reading stuff from YOURSELF, trying to nudge your awakening. Period. Its only your BELIEF in this fragmented 'person' where the darkness lies.Its your fear and doubt of letting this image GO, that perpetuates the pain. But listen Kenneth, I know this, just as I am NOT the same guy who murdered his friend 20 yrs ago, or collected money for a landlord 20 yrs ago leaving that person in a bad way....YOU are NOT that sameguy either. You're not even the sameguy you were yesterday or just this morning! You are EVERYTHING there is to be perceived. Merge your mind into That and FORGIVE YOURSELF. Remember, you are ALWAYS the guy in the theater, or out in the parking lot, observing this whole movie. The Seer, never the seen. Obserer, never the Observed. INCLUDING the character Kenneth Price. You are the Actor, the very substratum beneath EVERY role in this play Kenneth. Your Forgiveness is crucial! I love you buddy, and I hope this helped you. 'I am only here to be Truly helpful....I do not have to worry about what to say or do, beause He (who sent me will guide me. ;) I'm YOU....that YOU'VE placed in YOUR dream, attempting to wake you up here, in this moment!

Listen, I told Jc, I'm at the ONLY prison in Ohio where Death Row inmates are housed. David says 'the world is a metaphoe for the sleeping mind to wake up.' If I apply that to literally ALL my life I apparently see, then death row too....is something for me to look at. Its this self image we must execute...we ALL must commit a psychological suicide DAILY until its seen through to have never been there AT ALL. YOU are the dreamer of ALL of this in its totality. EVERYTHING! Merge your mind HERE.....until the shaking stops. This pain DOES go away when Atonement is once and for all ACCEPTED. But ONLY THEN! With Love Kenneth, Always your brother....ME

Sept 25, 2020

Hey buddy, I wanted to write again as a follow up. I only have so many characters I can put in one email.:) But...with all I said last email, I think we can relate to alot of the same issues, the same pain from the past. By all means, I want you to know... I have my days too....so I never wanna come off like 'I'm there' or I don't have 'my own mental struggles.' I do, its just I'm able to trace it back alot easier now and see through this smoke screen my facade puts up. I might for instance still have my issues, but I'm always able to walk back to my rack and dissolve it. The more I do this the weaker the hold of on my psyche my ego has. NONE of these scenarios are me anymore, in most cases, the things I fight were 20-25 yrs ago.....they no longer exist, they exist in my psyche, and its a daily effort, it takes vigilance, to watch our mind and trace these thoughts back. More and more though we merge into Presence. Our whole lives are one big boxing match, a title fight... with our SELF vs Ego! But I love ya buddy, and I just wanted to tell you BOTH sides of my experience. Oly Peace, ME
September 29, 2020

So this morning I was flippin through the channels and on the history channel, and you popped in my mind. They were playing a show that was solely about that ayahuasca drug you mentioned to me and sent the article on. I watched a whole episode on it....it seemed interesting, the shamans swear by it. But I think the problem with using drugs like that is you run the risk of tapping into some areas in your mind you've kept shut, locked, avoided, or maybe don't even know exist. I'd be afraid of tapping into some dark areas I wasn't even aware of nor knew how to reach, tap into, or heal from. I've told you about my two experiences, the meditation one, and the stroke. Both were deep experiences that broke through areas in my mind I've never known how to reach. But they were BOTH very different. In other words, the same place or destination wasn't visited in my mind and each time you go into those deeper areas of the mind, who knows what you might see, do or react to once you get there? Its interesting no doubt...it has me curious, but I had an acid experience once just before my son was born and flipped out. That single experience keeps me from EVER doing something like that again, where I have no control of my thoughts. It took the whole party to lock me down in a room by myself until I sobered up. Cops were called, I was talking all kinds of crazy... it was a mess. You see what I mean? This journey of healing does get me curious though, it does make me wonder in times that I struggle, what else is blocking my experience of letting it all go or complete forgiveness. I think 'for me' atleast, its better to just use what I've been given and have access to in here, physically and metaphorically, naturally, within my OWN ability, using meditation and deeper studies, than to try and heal those areas or even attain a higher level of thought. I believe that every ingredient we need is already within us to have freedom. Its our most powerful pharmacy, the mind.:) I hope you're doing better with things Kenneth, you were in my thoughts, With Peace, Always,ME

Sept 27, 2020
Kenneth to Dale

Dale,

Your last two letters packed a quality punch. But, the word "punch" only demonstrates how difficult it is to use the english language to convey these new ideas. But, heck, were friends, and every time we correspond its the meaning under the words that comes through most clear.

Man, did I get a jolt yesterday. Actually, it was the third jolt in several days. The backlash of my "landlord - tenant" story of 20 years ago has still been gnawing at

my heart in a very very deep way.

You helped me unwind that story in your first letter, and I have reviewed your letter several times already. The second miracle came with a woman who only listened to 5 minutes of the story before telling me to “take up my matt and walk!” But, it was not in her words, but, in her voice and her conviction that made it possible for Kenneth to do just that - “take up his matt and walk”

But I wanted to share with you yesteday the time I spent with my new roommate. His name is Jack. There cannot be any accident that we were connected together becasue yesterday afternoon the story came back (and with a vengeance) while we were together.

He talked a lot about unwinding, and it wax all good, but I stopped him in mid sentence when I was able to hear one specific and pertinacity message. Here it is..... (I will try to regurgitate the message as best as I can)

Here is what I heard. According to this teachings it was all an illusion and it never happened, but, when a course in miracle teacher tells me this I simply can't hear it. Way way to broad and general. This teaching is still out of my grasp so It always just goes over my head. But, when jack and I sat down yesterday and went deep into the nuiances, well, it was like a Trojan horse. He buried the message inside of a Trojan horse and was able to penetrate the citadel walls of my fortress called ego.

Here is what I was able to hear from him.....

OK, the episode from my tenant 20 years ago took place because I believed in subject - object. At age 33 I believed there was a “me”and a “her” (or something like that). But, there is more. Before that, even, we walked through the earlier decision I had actually made which preceded that belief.

According to our conversation, I made a decision that I wanted to experience “more than everything” (tiny mad idea or something like that). Then, from that choice point, I had to, then, generate a subject and an object for a reference point from which to attempt my experiment. Well.....I think you know the rest of the story. Because, based on that “tiny mad idea” I brought into story an entire world with countles dream characters who would reenact the same script over and over and over. But, this leads to the second point he made. According to this story line, all roads have failure built in. Or, every road would lead to disaster. Every single story line, based on this decision to be “more than god” must lead to some eventual drama that will generate pain. So, in my case, the decision to evict Susan 20 years ago was not about her not paying the rent, it was that I believed I could outsmart

god at some level.

I'm still having a hard time digesting this Dale, but I thought if I shared it with you this morning, of all people, you would be able to receive this. I told Jack yesterday to stop. I told him that I would need to sit and be with this one single message for a while to digest and contemplate. Because, it was my sense this is the actual thorn itself that has been driving all of my misery for over half a century.

He was very clear yesterday, and I agreed, that it had to have been MY DECISION! Now, this is the sticky point. I have to make this admission and, also, it has to be made without any shame or guilt. This is where it was vital that he was with me yesterday so that I could actually walk through it with someone else.

This, along with your words from your first letter, began to unwind the guilt I have been feeling for having treated Susan (Myself) with such cold insensitive 20 years ago.

I have had countless life coaches and sponsors and therapists, all well meaning, tell me "you were doing the best you could with what you knew," and although this is helpful, it was not the actual root.

It was like, for a moment, I got it Dale. I was Susan (tenant). If I was Susan I was not evicting her, I was evicting myself. (This one I am just barely almost able to grasp - but it is beginning to come into view)

So if this is the "how" of "letting go" then, like your letter, i can be free of the guilt (this one is still in process).

I was able to grasp this truth and feel about 10 minutes of freedom yesterday after Jack and I had our talk. Because, as we talked, I was able to move back into what you called "the projector itself" and see it from what David calls "above the battle ground" and from that place, for ten minutes, I was able to see that I was character "Susan" and I was also the character "Kenneth" so there had to be only one of us.

Ten minutes must be a good start. Ten minutes must be a very very good sign. We were both sitting on a bench outside for this conversation, and I noticed that our eye contact was then followed by a "knee jerk reaction" to begin to talk and tell another story; but He stopped me and we both laughed together.

So - if it is true (and my gut says it is true) that I was playing the role of the victim and the perpetrator 20 years ago, then both polarities would cancel each other out like an eloquent mathematical proof.

There, that's it.....maybe that it. Maybe the ego is just a bunch of random numbers and our job is to solve the equation so that the numbers all cancel each other out and reach the sum of Zero. HMMMM??????????

Maybe the ego is numeric. If Susan was a +5 and Kenneth was a -5 then perhaps we had to come together ten years ago to cancel each other out to total zero. Based on this mathematical hypothesis, then, that whole story shifts from a problem to a solution.

BINGO - MATH!!!!!!!!!!

Anyway, I'm still in the process of cancellation on this end. I was so exhausted yesterday after the "epiphany" that I fell asleep for two hours and woke up with my old familiar friend "guilt" standing at my bedside dangling the hook and bait for another descent into the story of guilt, so this new idea is going to take some practice.

That's what I told Jack yesterday. I told him that we had to slow down the conversation and just walk because the epiphany was going to take time to digest. This is a new way of looking at the story.

I had suppressed that story for two decades because it was too painful to solve from the egoic mind. Is this why the story resurfaced 20 years later? So that I could look at the situation from this new truth?

Even as I write to you, I will confess, I am not out of the woods yet. I can still feel the guilt and shame, now, at 5:30 AM as I write. So, this is why your second letter was so helpful because you shared that you still are working through yours, and your disclosure was helpful. If you're doing the work then we can do this together Dale.

If the sum total of this equation is zero, then it will let go of Kenneth. Kenneth could not let go while still on the screen, and he spent decades of his life trying to do just that. It was almost like I was trying to put new wine into old wine skins (or something like that).

To solve his equation, I must be in a higher mind. Since, according to Einstein, a person cannot solve a problem from the mind that created the problem, I have to, as you say, view that story from the projector itself.

I'm still going to be digesting all of this today. (It only requires that I shift my entire world view- LOL)

There was more to the conversation but i want to focus on just this one topic because this is the correspondence I have shared with you and Jeffrey (And to others) and it seems to have been the majority of my entire week's work pretty much.

Gosh Dale, if this is true (and I'm sensing it must be), then you did not murder another man and I did not evict Susan. (Did we simply both do that to ourselves?) Your "hurricane katrina" metaphor can now come into focus. Based on that metaphor. This is hurricane katrina (the belief that I harmed Susan) but, now, the decision has been made to ride out the hurricane (the perfect storm). But, based on this new platform, I have been graced with lighthouses (you, jack, jeffrey etc) who can guide my soul though this storm and back to shore. And, then, according to your metaphor, the rain that is falling from the storm can return to the ocean from whence it came. All of these equations will next cancel each other out and the final mathematical sum MUST equal zero.

No perpetrators and no victims.

Just sit and breathe and let the ocean consume us now.

I think I got it Dale (WHEW!)

This was the first time in over a year since we began corresponding that I did not go back and edit what I had written to filter out any dualistic language, so this must be another good sign.

As we were walking home yesterday I came across a few more ephimamies which I want to include in the closing of this letter.

Based on this new platform, I really dont' want any more hurricanes. Or, perhaps it can be said this way. Based on this new platform, I dont' need any more hurricanes. Perhaps I needed all of those hurricanes (evictions) to change the direction of my trajectory (hmm, that one sorta sounds clear). Let me see how else to put it into words.

(Its still real fuzzy and not real easy because even as I write there is a strong propensity To revisit the story of shame and guilt)

Ok, based on this new understanding, it would stand to reason that I would not want any more of this world. (Not just part of it, but any of it!). No more "trying to do the right thing" in the world. Because, now, if i don't want to world anymore, I can be free to not need to "do" anymore at all. That may sound very carte Blanche, but it was the general gist of our walk home yesterday.

And, it would also tie in this last year of correspondence we have been sharing and explain why we have been paired together because this has been the same message you have been sharing with me over and over. Perhaps it my turn now to make this discovery in my own story now.

I'm still very new to all of this, and that's also what I told Jack yesterday. I told him it would take me time to digest this because it went in very very very deep.

When I was growing up, my father (god rest his soul) wanted me to understand the difference between "right and wrong" so the wiring that is my conditioning has the habit of putting this into a jurisdictional category, much like the legal system would.

I did the best I could with that belief system, and my best wasn't good enough. It all came crashing down. Trying to be good doesn't work! (There has got to be a better way)

But, as my friend Tamara has told me time over again and again, that the ultimate judge, in the end, is going to dismiss every single case. When a man has the courage to face the ultimate judge (and I think I am standing at the bench right now) he has to face the fear that he will be found "guilty"

but, Tamra prepared two years ago with her ultimate discovery. When she faced the bench. She was found "not guilty". So, based on my conversation with Jack yesterday, and the ones with Tamra, it must be true (like Tamra said) that the judge, every single time, pounds down his hammer and Will always proclaim "not guilty"

Is this also why Gary Reynard titled his book "disappearance of the universe?" Is this how every story ends?

Because, what am I giving up? if I am found "not guilty" then does the whole world, next, disappear? Does someone pull the plug on the amusement park? Do all the rides come to an end? Is that when the light goes out and we all go home? Is guilt, then, what is driving this entire world Dale?

Kinda makes a man want to barf (in a good way sorta)

Because, then comes the admission "I have been doing this to myself"

This is a real game changer Dale. Based on this one week old discovery, am I not going to be interested in changing the world anymore? On improving the world anymore?

Does this end my career that has been founded on The entire premise of improving the world?

That several month lapse in our correspondence was filled with detourours in my story because I was too busy doing plumbing, electrical and carpentry jobs for Living Miracles properties in Utah to write my friend Dale. I was too busy servicing hot water heaters to inquire the deeper motives.

(Does anyone even need hot water Anyay?)

Alas, in summary, I can't thank you enough for helping me to unwind this story of the last Week Dale. I think the guilt and shame pushed me over the edge for one final time. I need to take a walk now, its now 6:00 AM and I still have more digesting to do.

Much Lover Brother,

Kenneth

September 29, 2020
Dale to Kenneth

Kenneth, I just received your response TODAY, the day that I sent the ayahuasca message. The email system we have in here isn't exactly top quality when it comes to getting/receiving prompt messages....so my apologies.

Your friend Jack's interpretation of 'your script' was beautiful. I got alot from your message. I can't always explain things in 'Course language' but I 'try' to say the same thing, describing the same experience, that it talks about. I suppose that's what drew me TO the Course to begin with because it gives my mind a detailed description of 'the process.' Its my EGO that WANTS TO KNOW HOW and WHY? It attempts to make sense of the unexplainable. Some teachings tell you to just 'sit and be silent'...'Do nothing'...and it will reveal itself. And it WILL!.....but my mind is too impatient and unable to return to the stillness that it points to. I don't have the patience to always SIT and let the ripples in the lake of my mind settle. Atleast not at this point in my journey I don't have it. My awakening was abrupt....I still had many things left unanswered and not looked into. DAvid compares it to bungee jumping and says when you try and just dive in like that and see that deeper REality without ever questioning or peeling back the layers of your mind...you get a glimpse of that deeper reality and then get hurled back into the dream and become fearful. Of course you'll be afraid if you're not 100% CONFIDENT that its just a dream. CONVICTION is everything. My ego likes to make WAVES. ;) Rarely is the water in the pond ever STILL. ;) There's grooves cut deep in our minds and there is an energy that wants to be expressed and felt, certain desires, attachments and tendacies HAVE to be played out or acted on....this is WHY the script IS written I believe. It's WHY we're born. These desires and these attachments and tendacies that we have in our minds CREATE this 'tiny mad idea' the Course mentons, for us to even experience. Thayts what BUILDS the construct and MAKES the subject/object split. If the mind were still, it would be whole, why project and object or MAKE a self if you knew you were both? 'Take up your matt and walk' I liked that also. If only it were so simple. For those who have seen entirely through this false sense of self and sat with that experience for a good amount of time, its as easy as

turning off a television show you're not enjoying or changing the channel from a movie you're too afraid to watch. ;) For those who have had only glimpses, (me and you) we find ourselves having to walk AWAY, or taking a time out, so that we can take some time to trace back the story in our mind and see our Truth or FEEL the sameness of all characters and things. Then for those who have NEVER seen, experienced, or ever HEARD of the Truth....they find themselves terrified, unrecoverable, and often destroyed. They spend thousands on the therapies, attempted suicides, and medications. But, on the flipside, all those things eventually lead SOME to the peak of the mountain. The suffering causes their consciousness to awaken and reclaim itself from the mind. I think you and I fall into the middle category right now. :)

But its true, think on the implications of these teachings and what they point to.....they're saying that no matter HOW terrifying, how awful, or gruesome these stories of our lives may be, the very nature of these enactments are just concretized forms, unhealed images, in our mind that are being projected and acted out on the screen of consciousness. Our own movies that each of us are watching. 'The meaning' of each flick can only be determined by YOU. We wake up one day and we literally FEEL, even if its just for a moment, that this entire drama was the same consciousness, the same awareness, the same Love, the same being, or inner self, it was the exact same 'I' as everyone 'else' in the movie! All that fuss for nothin! ;) Just that brief glimpse changes your WHOLE life's meaning. And you can then give the movie a rating of R, Pg 13, or even G. I gave mine an F...not for failure as I often received in school,, but for Forgiveness. ;) Its comical. This is the MEANING of my Life, another reason the Course speaks to me. Think on that, to go through the rest of your day, your week, your LIFE, KNOWING....that it was all just a movie, filled with action, adventure, love, horror and drama. But it wasn't even Real! It was only a dream. A dream we ALL shared and yet, a dream that EVERY aspect in this dream NEEDED to experience. The Mind has fragmented itself into ALL of these different pieces, played out all of these different roles....so it can HEAL. It seems like millions of years have gone by, even billions, yet no time has passed at all. It APPEARS as if there were some pretty amazing characters in this flick as well, who did some amazing things. But all of this is just the amazingness of YOU, Kenneth, the amazingness that you've allowed yourself to see and feel in this dream.

That tiny mad idea Jack explained to you was perfect! Sorry for my delay, please keep in touch, I have a video visit with Jeffrey on the second of October. Jc's great...he has helped me so much through all of this. I was just telling him about the second email I sent you, I worried that I gave you the wrong message, the wrong advice, as if I had everything already figured out or attained. Self doubt has been my kryptonite in this life. I might have all the insights, all the talents, the personality, or had even looks, to attract some amazing experiences and people into my life at one time....but I LACKED the inner WORTH to KEEP what initially brought these things TO me. :) With Peace, Always, ME

September 30, 2020

Kenneth, Another way we can approach this....is if the Script is written and there was no mistakes....then everything IS Karma. The COurse doesn't speak on Karma, but those Desires that we have, cravings and attachments...they HAVE to be played out thru 'some' form.' Yet David says one of his deepest teachings is you can change NOTHING in form...why? Because ALL form is a shadow of a decision that is already made within the Mind. All of this then we witness to, is the past. It has already been played out. If you can't yet FEEL this, change your beliefs. Once you realize that the only thing you need to do, no matter WHAT is happening on the screen, is to WAKE UP....like I said, you'll wipe the sweat off your forehead and know nothing ever happened. It was just a dream! Everything you witness to in form, its very nature is That which dreams are MADE of. As YOU heal...'I' heal Kenneth, I just had witness to my ex wife emailing me, TODAY, a beautiful email, and we haven't been on talking terms in months! Close to a year. So we heal TOGETHER Kenneth. I am you, you are me...and yet, neither of those characters can be truly said to EXIST. There IS no you, no ME, no we, or they, Only God exists. You already know WHY that is. Keep only HIS name and thought in your mind and the clouds will disperse! LOVE you buddy, with peace, Always, ME

October 1, 2020

Kenneth to Dale

Its all good Dale. Ayahuasca is a tool. It was helpful in my story. Probably much like yoga, psychotherapy, hypnosis or meditation etc. (albeit rather painful and brutal). spirit will use any and all tools. In my story, Ayahuasca was like a jolt. Not sure if everyone is going to need a jolt. I was in a hurry, I wanted to see what was down there, and I was too impatient to wait.

My heart had stopped, and ayahuasca was like those electrodes that the ER doctors use to shock a person back to life. Very effective but only to be use in emergencies. My condition was an emergency.

My friend in Portland Broke her hip last night. She is 79. Before I came here to mexico I was on her farm for two weeks cleaning her house, picking up trip hazards and clearing paths. I was hoping I could prevent something like this. Her house was very messy. Im still waiting to hear from the farm manager and his wife. They took her to the hospital last night. Her son texted me from New Zealand. Ive known her for 53 years and her son and I are the same age so they are like family. When I came out as a gay man 30 years ago she did not simply "accept" me, but, instead, she "embraced" me. That was a very long time ago in a long forgotten story, but we have all stayed close. I sense that we probably shared a past life together.

You are right, David does not talk about karma. His lectures are focused and that gives his message structure and precision. I was watching a documentary two nights ago about a young boy who could actually remember his past life, so there must be bleed overs. I know this was helpful because I never could explain why I had such turbulence with my own family. I have a brother who had a completely different experience growing up, so there has got to be more to the story that is still hidden.

Especially the relationship with my own father. There had to be a past life with him for sure. I simply have no other explanation.

I know I wrote you about the hairbands probably as far back as last year. I am still finding them everywhere I go. My guilt is still very painful, but these reminders keep appearing over and over, so I am using them as tools. I visualize my mother every time I find one, and create her soul in my path encouraging and encouraging. In my mind I see her in support of this metaphysical work. Although this is mostly new age. I'm finding it very helpful. Since It brings tears to my eyes, I know this is guidance

This must be what David calls "individualized curriculum" so this is how mine is unfolding

Anyway, There is a lot more I would like to share with you, but I'm digesting quite a lot right now. When I have a clear head I will share more.

On a lighter note, while I was in Utah, I adopted a chipmunk. I named him Alvin. I fed

him peanuts every day and he grew so tame that I could even pet him. He crawled on my head one day before I left so I drew an illustration.

Thanks for the letters Dale. I look forward to this correspondence and its opening my heart in ways that I am very grateful for.

Love

Kenneth

November 14, 2020

Kenneth, I was just checkin in on ya buddy. Making sure you're doing alright. Where are you staying now? How was your retreat? Jc's been really helping me through this journey. I've learned alot from him. I just wanted to touch base and say hello to you, make sure you was ok, and are in a good place. Love you buddy, Always your brother...ME

November 17, 2020

Kenneth to Dale

Hi Dale,

Its always good to hear from you amigo. I'm practicing my spanish big time, in mexico now helping Suzanne Sullivan with her new "light center." She has not got the website online yet but I will share that with you when its done. Suzanne lived with David for ten years, and she left community to create here own community <https://thealchemyofawakening.org/> and she leased a big place down here in Ajijic Mexico with lots of rooms for people to come and stay so I'm helping her with the facility maintenance. As of late, its all been about water filtration systems. Its all fun, I'm glad to be able to stay busy and productive.

I joined with a woman on Sunday who knew byron katie and we have been doing some great inquiry work together. I was struggling with the relationship with my brother big time over the weekend and so on Sunday we sat down together to inquire the beliefs that were driving the guilt. It only took a few minutes of inquire to see that I have no brother. Or, I've been creating my brother. It was one of my looping habits. I don't know why I create all of these cartoon characters that continue to generate guilt. Some sort of addiction to suffering that makes no sense. Anyway, this woman and I joined and she helped me come back to center on Sunday. Get back on track basically.

I posted a video to a drug withdrawal facebook page last month so a lot of time has been spent with people who wanted encouragement through their difficult withdrawals. Withdrawaing from psychiatric meds is not easy, so its bee a good form of service. I learn a lot from each person and it also helps to dissolve the residual

guilt from my own story, so its total grace on steroids. JC does this kind of work also. We both come from the 12 steps so this is the formula that I am most familiar with. The 12 step program calls it sponsorship, but when people call I replace that word with David's vocabulary ("joining" "collaboration" "mighty companions"). In a nutshell, its all pretty much the same anyway.

I got stopped by the police yesterday. I borrowed Suzanne's rental car and then a few minutes out of it own saw flashing red lights in the rear view mirror. I don't care what anyone says, I had a "holy encounter" with the police. I'm glad I got pulled over. They were so kind and friendly that meeting them was a lot of fun. I got to practice my Spanish. I guess they thought the car was stolen, because the registration was all mess up totally. Eventually the rental car manager showed up and I let him sort it all out.

but, there is more to the story. When I got out of the car I found another hairband. I think this makes #150. I think I shared with you last year that I find hairbands everywhere I go. David calls these "symbols" that the Holy Spirit uses to unwind us from time and space. Every time I find one I tell myself its a sign from my mother and I feel her in my heart and more guilt dissolves.

Since I still believe in stories, I'm creating a new story around these hairbands, in that, I'm telling myself that my mother is on the other side, and, this is her way of communicating, to let me know she forgives me and is encouraging continuation of this important work. I think in Christian vocabulary they would call these "angel signs" and that does come pretty close.

I got slammed like a boomerang from out of the blue by a friend from Portland who is trying to get off drugs. He reached out for help. We talked on the phone several times. He said he wanted help. I must have gotten caught in a role at some level because things got out of hand two days ago. That's when things went south very quickly. He became defensive and the exchange was not helping either one of us so I hung up the phone. He sent several texts calling me insensitive and unkind. In truth, I was not able to see him as the "holy son of God" but, instead, I was starting to see his addictions as a "problem" so I think that was the glitch. I think that's why he got so pissed off at me.

Sort of like your supermarket conveyor belt analogy from last summer. I got burned one more time, but, it was only a minor burn - not like the third degree burns of yesteryear.

My uncle and I have been texting and calling, and that is a total miracle. In my old story, I was distancing myself from all family. I did not know how to forgive - still all caught in judgment and blame. I am so glad I don't have to live like that anymore Dale. Chuck is 82, and he is really lonely, so this relationship is very sacred in my

new story right now. Its the kind of love I would be extending to my own parents if they were still alive. Very much like a "living amends." Ive been hanging with the people here in the living miracles community long enough to watch them exemplify this , so this must be rubbing off. Its a very interesting formula to go inside, do inquiry work, find peace and then shine the light out. The course calls this "special relationship turned holy relationship" and that feels like a good description . Instead of wanting to get something from him, i want to give something to him. love becomes like a fire hose that I carry around and I can use that water to put out fires wherever I go. Maybe the fire is fear . Since the water seems to have an unlimited supply, i just keep the tap turned on. In the old paradigm, the water was in scarce supply and metered and the water bills were expensive so giving love was rationed. I'm glad i don't need to ration love anymore. Its easier to live this way. Less stress. Everyone benefits and there is no more struggle.

I was only back in oregon for 10 days before I flew down here to mexico. Everyone in the USA was all talking about the election. Even if I were not doing all of this spiritual study, it's become clear to me that politics never has never really made much of a difference. Ever since I was a young Child ive watched politicians give speeches and people attend rallies and ive never really understood what all of the hype was about. I know it means a lot to many people so i do my best to respect others who find it important. I see mostly see all politicians as benign cartoon characters anyway. I suppose if I still had money or investments or a business or if I still paid taxes etc I would follow politics but all of that stuff is over in my story pretty much now.

I suppose even just a few years ago I would have wanted to become known for all of this spiritual work, or become some sort of spiritual teacher or life coach or write a book. Maybe some day that might happen, I dunno. What I do notice is when others come for love and when the love heals and to not take any credit for anything. Its a very simple formula. I think the zen teachers call is chop wood and carry water.

Thats why I like corresponding with you so much. Our exchanges this last year have been a huge huge leap over the nonsense of "I need to be a somebody" mostly because you helped me unwind some of the larger and more difficult to dislodge guilt stories. Our exchanges have been an answer to my prayers many times over.

One of the ephimies I had the other day was a friend who suggested I see the ego thoughts like bait on a fish hook. When I saw it from this vantage, I understood that all thoughts are temptations. And, then, I saw that most of my thoughts for most of my life were about past and future, and, then it was clear. Temptation is the same as past and future. The whole defenition of temptation was not about sinning, it was about thinking. It kind of rocked my world. I must practice now holding that discovery. Total AH HA moment to discover that every time I go into the past or future I'm sinning (in christian theology) basically (well, not really sinning, but I know you can hear this)

But when a person is creative, that might be a complication. In my story, I have always been creative, and, the ego has loved my creativity. Spirit has also loved my creativity. Very much “devil on the left shoulder” vs “devil on the right shoulder”

One of my favorite examples of creativity is Henry Ford. I love to study Henry Ford. Its fascinating how he took all of the technology available at the time and figured out a way to mass produce a product that everyone believed would improve our world because automobiles became affordable and reliable to the masses. I love his story because of my background in engineering, and I love to study Model T technology. And, yes, it was very very creative what he did to bring together on a huge scale manufacturing on such a scale as had never been done before, and to bring the cost of the Model T down from \$700 to \$250 and produce 15 millions of the damn things. And, in the eyes of our history books this was a “great stride” for humanity and in those paradigm beliefs all of that is valid and true for sure.

And I also see Henry Ford as a hero, but, not because he invented mass production and interchangeable parts. I see him as a hero because Americans needed proof that cleverness in form is not a solution. Capitalism won't help us. . Moving bodies faster and moving goods and services from point A to point B with more efficiency won't bring us together in the way that we believed could generate happiness.

So even though his creativity was used by the ego for cleverness it still served in a very helpful way. Humans need to discover what does not work to make quality strides.

Creating better, cheaper, and more efficient becomes a great big “not that” - simply check that one off the list (thank you Henry Ford)

Another one of my heroes is Albert Einstein. I like him because He really did not feel comfortable at all with his own discoveries. He went deep deep deep into science, and, then, as he looked deep into the microscope he was shocked to find the microscope of tearing right back at him.

Wow - how did I get off on those tangents? I must have had too much coffee this morning.

Anyway, it was good to hear from you Dale. I'm glad you reached out. Its all pretty tranquil down here. All of my doubt thoughts have been flying all over the place, still, but I'm getting better at catching them, slowly, one at a time. The fear thoughts of abandonment, also, still continue their “temptations” but the more I stay in service the more this work gets grounded. I guess the entire story of my Kenneth can be summed up very simple.

Man builds his house on sand
Rains come and washes house away
Man builds house on rock

That's about all I've come to know in 53 years. Not real complex anymore.

So many thanks for reaching out Amigo. I think it's time to hit some more Spanish grammar this morning. I talked to a man yesterday who said he knows of a woman my age who was able to become fluent in Spanish in just one year so I think that was a hint to get the flash cards out and hit the vocabulary.

I will write more soon. There is a lot going on here with the new shamans who live on site so if you're interested I will write about them also. This new center is designed to combine sacred medicine (ayahuasca) with the course in miracles but it's only a few weeks old still so as it evolves I will have more to share.

For now we just got to make the water safe so nobody gets Montezuma's revenge

Make it a great day Buddy. Love ya amigo

Hasta Luego

Kenneth

PS Suzanne named this community "the greater joining" so I will attach two cartoons

November 21, 2020

Ken....I appreciated your email, loved all you had to say. So you're staying in Mexico right now? I'd love to be able to visit there once I'm out. I'm not sure what my restrictions will be. My only plan as of right now is to try and get an out of state transfer to Nevada and stay with Jc. I don't think it'll be a problem, I'm low risk, my victim's family prefers that I NOT be around, so that, and staying AWAY from the people I don't need to be around should solidify the move.

This Light Center sounds nice...you'll have to send me some pics if you get some once it's up and running. The enquiry work you did sounded great. Deep. It's a beautiful discovery to realize you have NO brother, and your recognition of creating the cartoon characters as you put it :) Have you discovered WHY you create them? What gap do they fill?

I apologize for my late response, I had to comb thru a situation I created in here with somebody...just a disagreement, but I had to go back and trace things to my Truth for a few days.

I was accused of being too friendly or talkative with staff in here after just taking a porter job. To make a long story short, inmates usually don't correspond with staff and vice versa. I just see them as roles that we play and don't see any 'difference' between staff or inmate. Of course there's limits, rules, and regulations that must be followed. BUT as a result of that belief, I don't have the hard time that they do and I don't get messed with. To have, give ALL to ALL right? I give respect to everybody I see in here, staff and inmate alike. I see no differences, People are People, the BEing within each are the SAME. But that's the nature of the world, the movie we're in.

The roles we identify with are innate within the character...I don't know HOW to be any different!
Its similar to the cop who pulled you over. MOST people would be an asshole about it and see that as a bad situation...maybe even seeing the cop as abusing his authority. But you chose to see it as an opportunity to join. So is that the type of work you do? Maintenance, installing filtration systems, etc? What about your other business? The furniture you make? How's that going?
Fill me in when you get time.....I know I probably didn't respond or answer some of the last parts of your email. I apologize, I gotta go back and reread it again, these systems in here don't allow you to see your emails as you respond. IF there is anything you'd like me to talk about...please mention it to me in your next response. And...in my defense, my memory or recall abilities are horrible. I often gotta go back and reread chapters of books to even put things together in a book! I've always been that way....ever since highschool, but now, the boxing and 2 strokes definitley did'n't ADD to my ability.:) THE only GOOD thing thatcomes from this is it gives me a strong ability to forget yesterday and live for today. The ONLY obstacle I've ever faced, the hardest one EVER in my journey....is FORGIVING MY CRIME. FORGIVING MYSELF! That one action cut a groove in my mind so deep, that it's been tough to cross or fill over. I'm getting better though, I have my moments, but I'm healing.:) I can say I'm healed today, and then I'll burp up some horrific memory from what I did to Frank....and I feel like a failure.:) I suppose we ALL deal with this. We're ALL in the same boat. Stay in touch when you feel like writing Ken...I enjoy your emails and friendship. As I go deeper within my mind and this Course, I notice that my old circle of communication has all but dissolved and a NEW circle of communication is forming. 'People' are all the same.....but the level of understanding and topics of conversation are changing.:) Beneath evety costume, every role, lies the SAME Actor, the SAME BEING. I'm Going more towards Truth and AWAY from the false. SO that's progress.:)
With Peace.....ME

November 21 2020

Ken, Ya see what I mean...I went back and reread your message and it was your mentioning of the 'loop' that you seem to live in that immedietly triggered me to think of and FEEL my crime I'm here for. Its no fault of your's, I'm actually thankful for the reminder. It just shows me where I'm still not healed yet, even though I have spurts of FEELING HEALED. I compare my mind to a forrest. I've traveled ONE way for so long, again and again, over and over, that it has worn a wide pathway in my mind, and there's no 'other' paths to be seen so I can travel some place 'else.' So the work for me to do each day is to start clearing a path, approaching the boundaries of that pathway, breaking away limbs, tearing down trees, walls, barriers, and raking up debree so I can have a NEW pathway in my mind to take when I wake up. I'm creating a new habit with my mind training. After I've spent enough time working on this, the OLD pathway that I 'used' to take, seems to have grown over with weeds, bushes and trees...leaving no trace of a path like that in my mind. Its been a process, but I'm doing it.... part of that process, is reminding myself each moment, that I'm the Knower, the Observer, the Witness, placing EVERYTHING that is perishable, upon that belt we talked about and watch it go by, enjoying the time I have with it. If nothing else, I'm much more detached from 'my story'.I love ya pal...Always, ME

November 22, 2020
Kenneth to Dale

Dale,

Your rocking brother! Here is my experience with that “well worn trail” through the forest that was so well described in your letter. I spent the last 7 weeks helping my friend with her new spiritual center here in ajiic. She leased a huge property with 15 rooms, 3 pumps, 3 reservoirs and many water filters, so, since I understand plumbing and engineering, I agreed to be facilities maintenance manager (water in mexico is complicated). So, when she took posession of the property, she agreed to let me move onsite so I would not have to commute. Then, after three weeks, she asked me to move off property. The details are not important, but, what is important

is how I reacted. Every single abandonment button and rage victim suspicion button pumped cortisol to my brain so I saw the entire episode from the ego's vantage. It felt awful to see my close friend from the Ego's vantage (no love there). So, in order to take responsibility, I called a close friend, and I went over to her house, and I wrote down every single horrible awful grievance attack thought on three sheets of paper. My friend used to know Byron Katie personally, so she knows how to do inquiry work, and take apart the stories which are causing us pain. We spent 1 hour disassembling every single story together, and, like the course suggests, the stories were all taken back to the projector screen to the choice point where I could see this as an opportunity instead. The course is a very mental activity and inquiry is a very mental activity, but, this time I was able to spend several hours feeling the pain of abandonment before going over to Judith's house to perform the inquiry work, so this time I had much more success. This was the missing link in my story Dale, when I was so full of those Dr. Perscribe psychotropics for bipolar and depression I was never able to fully feel the pain of abandonment, so, I was stuck in that groove rut trail in the forest that you so eloquently described. But now that I've been off those pills for almost 5 years, and with all of this work with mighty companions (and much prayer) I am safe to feel the pain itself, then, when I do the work, I can notice feelings and refine the work and make the choices based on how I feel instead of just what I am thinking. I sense that rut through the forest that we have created (habits) all come from the mind (thinking) so were all just operating from programmed beliefs. In my story, the program belief was scarcity and lack, and, so, when my friend asked me to move, I looked at her decision from the "scarcity and lack" habit of thought. We have to have mighty companions and wayshowers to prove to us that change has been chosen by others. In so many of David's talks he understands that Jesus was the first human to fully waken up out of time and space, so, in your analogy of the forest, I would see Jesus as having left a trail out of the forest for us to follow. In the end my friend approached me today and said that she was not asking me to move because of anything I had done wrong. She was not out to get me or to use me either. I got to see how my mind has been walking around this world suspicious of everyone. It's not a fun way to live. Well, anyway, I'm glad those beliefs got unraveled. It's too much energy to try to second guess other people and try to stuff it down with psychiatric pills. Might as well just feel the awful and compare that with the wonderful and use those contrasting dichotomies to choose the latter over the former. It's great that you will go to live with JC when you get out. If I am in the states you can come stay with me of course. There is also the monastery in Duchene Utah or the Living Miracles facility in Kamas Utah. You have many options with our community. I love how us.

Oh shit, it did save, oh well, I re wrote it a second time. Maybe the second letter contains stuff the first one did now, I will post the second letter now, hope it's not too redundant.

Faena weed killer

Hi Dale, I wrote you a long letter, then it got erased, so i will try again. I like your Analogy of the well worn trail through the forest, and, now the analogy of getting out the machete and creating a new trail. Yes, it takes work, discipline, or, as David would say, mind training! My teacher here, Suzanne Sullivan, she has trained her mind to think with the voice of espiritu santo (Holy Spirit) and it is a voice which can say "no" but without all of the junk that comes with an ego "no." Just the other day, she asked me to move out, and I trust her, but, still, the ego came back in the middle of the night, attempting to sabotage my friendship with her. The next day, yesterday, I called a friend who facilitates inquiry work, and scheduled a session. I wrote down on paper all of the horrible awful ego thoughts and beliefs in raw and unbridled format so when I got to her house I had three pages of vomit on paper. We spent an entire hour unwinding each belief under all of the suspicion, and it was very very clear that i have a choice in all of this. For the entire day before I got to our 4:00 appointment I sat still with the actual feeling of abandonment and hurt I was feeling from the stories I had running through my mind rut. The inquiry work we do together requires that I notice my feelings, and chose the story that does not hurt. Its similiar to David's "Levels of mind" but byron katie just has a little different format. (David refer's to byron katie's format often in his Samsung's). The sadness part hurts life fuck, but, under the sadness there is a belief, so actually feeling the sadness stopes the projection from going into the red zone until I can get to work on the driving substratum. Its great that you can live with JC after you get out. I'm sure you can also find oportunites at living miracles. In Utah there are two facilities in Kamas and the monestary in Duschene. Perhaps we could live together after you get out. If I have a place of my own by then your always welcome en mi casa. Not much else new here. The Mexicans don't live by the same nonsense as in America. They simply don't really care about tomorrow. And, they are happy. Its takes ten times as long to fix water filters in this country, but, its more enjoyable this way to be without a goal. Ive heard stories about India, that India is a very spritual country, and never to plan anything. Rather similiar here. Anyway, I found another hair band this morning. I think thats #150 my mother is dropping them everywhere now. I know they are only symbols and I know my mother was only a dream character in my story, but these new stories in my dream feel much better than the old ones. Anyway, lets see if this letter sends. I love this correspondence. Total raw truth. Love you amigo. Hasta LUego, Kenneth

November 24, 2020

Ken....Thanks for your response..I loved it. The enquiry work you do is beautiful...intense, DEEP. I've been having to do similar work on MYSELF lately with a few minor struggles. BUt after I unwind to my Truth, I'm able to bounce back. I haven't read Byron Katie's work but I'm familiar with the name. I needEd tp hear those backstories you shared, it helps undo my own. Thank you. In here, there's plenty to train your mind with. ESpecially with judgement. I train my mind to see each day like Halloween. Everybody's playing some of the most horrific imagined characters, characters

NOBODY in the world will ever want anything to do with. (some) but underneath each costume is the pure consciousness they ARE. There are no 'people'. Only Spirit and my job is to see them as they ARE, WITHOUT each costume. Its alot easier to start each day seeing guys in here this way.

If I enquire to 'why am I here?' I take it to the essence of why am I even born? What's my Purpose? All I've come up with is what I've been led to in the Course. Forgiveness. Not just of everybody 'else'...but MYSELF. This has been an amazing journey. I see myself in a place where the majority of society has written 'us' off. We're the unsalvagable so to speak....the throw aways. :) But if I can SEE each and every perceived 'person' as whole and perfect, Forgiven and loved....then I see my purpose fulfilled. I guess I still stumble time to time with My OWN forgiveness just from the past conditioning of identifying as this role that I've played. Its been treacherous undressing this outfit I created. :) Its like trying to take heat outta fire, or wetness outta water. Its that strong.

But I appreciated your welcoming to live out there upon my release. I currently have plans to stay and work with Jc in Reno, and together we'll work in or with prisons, schools, centers, or jails...speaking, mentoring, etc. But who knows how things will unfold between that time and now. I'm just surf in the waves tryin not to fall backwards or forwards...but to stay on the CREST of the wave. :) I'm sure we'll cross paths as we journey through this life together. I love you buddy, I always enjoy your mail....please keep in touch with me and THANKYOU for the stamps that you sent. Very appreciative. With Peace, Always, ME

November 24, 2020

Kenneth, I'd like to look into some of Byron Katie's work...that format you wrote... I'm gonna USE...thank you. I'm glad 'the mask' helps you...its a stepping stone I suppose to see in the perfection in ALL things, ALL 'people' ALL Being..to see in BEYOND images.

Even the conveyor belt analogy...if you realize that literally EVERYTHING goes on it that can be devoured, INCLUDING YOU, the constructed self image you've made,....the only thing that fire can't consume is AWARENESS. The Awareness that YOU ARE. If we can KNOW thisand step back, PAUSE in any discomforting situation and sink to the bottom of this ocean of Being ALL of us ARE and reside in....AWAY from the play of the waves and activity on the surface...we can just Observe, Know, and Witness the play of consciousness or ideas in front of us.

I know to do this though takes heavy mind training and what better things can I devote my TIME to than THIS? I want ONLY THIS if I am ever to be released from the prison of the mind. That's the only place I've been incapable of receiving my release from...my judgemental MIND. :) But I'm taking this to the limit...even if I lose the 'me' that never was. :) It sounds crazy probably to the world to hear something like that but YOU understand. The world fears this dissolution. They run from these inquiries. I love ya pal...I love the correspondance, writing truly helps me..as I hope it does you too. I look forward to us all hangin out one day. Maybe even speak together at an event in prison, or a school....who can say? Our correspondance helps me get clear. Thanks buddy, With Peace, Always, ME

November 24, 2020

Kenneth to Dale

Dale,

Great letter! I love the way all of the players in your story are wearing haloween masks. Did you see the Broadway play "phantom of the opera?" I love Andrew Lloyd Webber's work. There is one act in the musical entitled "masquerade" and in that scene, all of the cast members are in costume. I can't remember the lyrics to the score offhand, but, to get inside of the mind of Andrew Lloyd Webber is to dissect the mind of a genius who fully understands all that we have been corresponding over, and, he creates musicals to exemplify the archetypes we all chose to play in our drama. This

once particular scene "Masquerade" reminds me of your haloween mask visual. If a man could hold this vision 24/7 that would be all the "mind training" necessary probably. If I could see every single character in my movie with a haloween mask, well, I would be completely free. David touches on this over and over and over, in that, he keeps telling us that this work, or, the course in miracles, is HOLOGRAPHIC. Just totally digest 1 of any 365 lessons and the nightmare is over. I was lost in the gravity of the CIM material for years until I found David, and when he made this point clear, I felt more encouraged and less discouraged. It seemed less daunting to be able to just do one lesson instead of all 365. In this way, I saw CIM for some reason as less exclusive and more inclusive nclusive of all other teachings that will point out of the well worn trail that we have entrenched ourselves in brains habitually. One of the persons I have been workin with in the drug recovery circles wanted to establish a foundation with "The work" from Byron Katie's format, so we needed to find a grievance one morning. Byron Katie invites us to judge others, rip out on paper what is truly going through our mind, then, disect the projections one at a time. This man could not find a grievance toward an actual person, so, I asked him if he had a grievance toward a concept, and we hit pay dirt! He was angry at the concept of time! He had the belief it would take time to recovery from drugs. So, this became our work. This was fantastic, becasue, we next ripped out on paper, together, all of the reasons time was cruel, unkind, and unfair. It was a great place to start. Because, what came next is similiar to your haloween mask visual and your conveyor belt visual. This time, I had him visualize a grandfather clock in front of him, and, then, I had him judge and project onto "Father Time"" himself. Very simple visual; man sitting in chair, clock on the wall, then, simply, rage and project onto the clock itself. It came out, all of the materials that was covering up the belief underneath. David encourages and invites expression, so I told him to blame the clock. So, next, the following steps were a no brainer. Byron Katie asks her participants the quesioon "who would you be without that thought (belief)?" So, while in the visual, I told him this was not reality, but, instead, it was a TV show. It was a 1960's episode of bewitched. It was simply a TV show. So, with that visual, I told him to visualize Endora popping her way into the scene. She had turned Darin into a grandfather Clock, and, then, becasue the episode was almost over, she undid her spell and turned him back into Samantha's husband. Very simple, because, next, Daren simply walked off the TV screen. Then the question was asked again "who would you be without The grandfather clock and Without Darin Stevens?" With the Help of this visual, the question was simple "nobody" or "nowhere!" PERFECT! That creates a blank screen. The projection toward time could not hold any more weight, and we were both left with a new feeling, or, lack of feeling, or, simply silence. He replied "I don't know!" Perfect- the "I don't know mind" Unwind the belief in time and we simply don't know. Its practice I do also. Weather it be Halloween masks, grandfather clocks, conveyor belts or Broadway musicals. Without a grandfather clock, and without Darrin, then, he had a choice. This work brings us to the choice point. Who do we want in our movie projection next? We're still in the movie, so, what characters would we prefer? I figure ive got about 30-40 more years in my movie, so, I told him I preferred Aunt Clara. She is the character in bewitched who I always felt

safe with. Maybe this is our happy Dream, I dunno, its just where I went with this man, and, with myself. We did it together, and we both felt better after. Anyway, I loved your email this morning Dale. It would be great if you and JC could collaborate on a prison ministry. Those men will trust you and respect you and hear you. Its like in the 12 steps. Only one alcoholic can help another alcoholic. They won't trust anyone who has not walked a mile in their shoes. Your purpose is powerful, and you have my full respect. Good work brother! Your rocking big time. Anyway, Ive got to run. I can't wait for you next letter. Keep em coming. I look forward to my JPAY inbox flashing!
AHO!
Kenneth

November 25, 2020

Ken...Hey buddy, listen, thanks for the stamps you sent. A blessing, thank you. And are you being serious? Did our talk/emails 'really' help you? Or are you being funny?;) If so, then who could ask for more?

I think my mind's ran its course or IS running it's course, and has been beat to hell and back...two strokes can only be proof. Because no matter what I see, how I feel...what I think, where I turn.....what I believe or what 'I' might desire....it all comes back to 'who' it is, no, 'WHAT' it is that is AWARE of all this perceived suffering. Perceived guilt, perceived pain. I'm able to 'feel' the false sense of self I've built....but my ego's so big, so strong, so conditioned, its like there's a strong odor or fragrance left to deal with. Almost like something's been disintegrated, burnt....destroyed to open up enough to realize it was never real... but it left behind the stinch, and its this stinch I'm waiting on to clear out.:) HURRY!;) That's the best I can explain. But I liked your inquiry method you talked about with writing all the feelings out on paper and tracing things back. Is there more to say about that?

Like you said, its just training the mind to surrender to the awareness 'we' ARE. I guess that's the realization....it can only grow stronger in our awareness. TRAIN the MIND. That's not a belief, its a recognition or a discovery....each day gets a lil easier because each day a lil bit of the stinch clears the room of my being.:) Thanks for what you wrote, I hope our talks have truly been helpful...its twofold, I'm not just helping YOU...I'm also helping ME, and vice versa. With love buddy, talk soon and have a great day, a great Thanksgiving. You're a blessing, Always,ME

November 25, 2020

And then, ya know....our sharing dissolves 'the sharer' Because in that understanding or realization that 'WE' are awareness, there IS no 'we'.....there's just Awareness...or as the saints and sages have always pointed out...Only That, the substratum. It takes AWAY the duality. The specifics dissolve, talking together strengthens this in my understanding. Thanks Ken...it's free reply wednesday also...so sharing this can't hurt.:) With Peace...Always,ME

November 25, 2020
Kenneth to Dale

Dale,

Very quick this morning before I begin this day. You said something yesterday. You

have said it 100 times already and all of my teachers have said it 1,000 times before, but, yesterday, when I read your letter, I heard it (finally!)

You said you are awareness.

Thats it, plain and simple Dale. I heard it yesterday. If you are awareness, than so am I. And, now, I don't have to dig through any more stories today to try to fix the avatar.

I don't have a lot to share this morning other than that. And, to thank you of course, because I heard it.

Ive had lots of spiritual teachers tell me over and over and over that I am awareness, but, I've not been able to hear them. I heard it from you yesterday.

Very much of a game changer for how this day is going to transpire now.

Your awesome brother.

Love

Kenneth

November 26, 2020

Kenneth, I wanted to share with you the message I sent Jc this morning. I attribute this insight partly to YOU. Thank you! We travel this journey TOGETHER. ; Jc, Morning to my brother....can I share a miracle on Thanksgiving day? Happy Thanksgiving to you buddy.

So I wake up to a miracle today...after several days of a beatin my mind has tossed on me that I've been sharing back and forth with Kenneth.... I just wasn't understanding why I wasn't FEELING the realizations I was having. Why wasn't I 'ecstatic' after seeing only what is TRUE? and it's because I haven't made the leap to 'identifying' with the Awareness that I AM. I'm identifying with hypotheticals and realizations from a 'person' who understands these things. Instead of BECOMING these things....getting RID of THE PERSON.

I woke up to the Avengers End Game...on a part in the movie that was critical in quantum physics. Bruce Banner was explaining to the mystic basically the MEANING and definition of the Atonement. He was telling her how the timeline 'she saw' would cease to exist if they returned the time stones back to where they were originally gotten. The time stones are the minds of all these 'people' in the dream...the one RETURNING the time stones/minds is the DREAMER, YOU. So its critical for ALL of us to return our minds to the original error. The SEPERATION. It even says this in the Course to some degree, which was my Course of Miracles card today. ! I read it, but Its early and I wasn't quite 'getting it' or putting it together just yet. T-4.1.12.1 ; Of your ego you can do nothing to save yourself or others, but of your spirit you can do everything for the salvation of BOTH.

Awareness!..... Atonement! is our refuge. There is literally NOTHING that can't merge into the perfection of THIS. NOTHING! I've been trying to explain to Kenneth basically this same thing, but it has only been intellectual for me. NOT ACTUAL just yet. But I'm saying it to him because I truly only want to be helpful. So he writes me back yesterday telling me that 'for some reason, even though he's heard this explanation 1000 times, yesterday's interpretation from me, he suddenley 'GOT IT'. ' I'm not sure if he was being facetious or not but if he was serious...great for him! What a VICTORY! What else could be 'better'? Then Today, 'I GOT IT!!! The struggle is OVER! Because there is nothing that this understanding CAN'T

dissolve. Transfer of training is to THIS! I get it. I TRUST. I have conviction. I have faith. What better symbol could be used to break into my mind other than BRuce Banner/the Hulk?;) Hulk SMASH!;)

Then I modified a sentence that Thanos says at the end....it made all the sense in the world that I SEE....'As long as there are those who hold onto what WAS, there will be those who will resist what CAN BE...overlooking the FREEDOM in the ACCEPTANCE of WHAT IS!' And to me, it's The continual awareness of the Atonement! HAPpy Thanksgiving brother...I FEEL IT! ;)With Peace and Love...Always,ME

November 27, 2020
Kenneth to Dale

Thanks Dale, trust me, I do enjoy your letters and our correspondence very much. Your doing more work than anyone I have ever met. Serious work, and, your letters contain rich honesty. I tell people that I'm not a spiritual person. I would rather be an honest person. I learned years ago in 12 step programs that my human flaws are omnipresent, and covering them up with light is just not possible anymore now that I'm age 53. So humility has become an art form of sorts. An art form in that admitting faults can also be egoic based, so it has to be done with skillful humility. I am still painting on that canvas.

I learned a valuable lesson just yesterday morning. I attended an inquiry workshop, and was operating on about 4 hours of compromised sleep. I took a long walk before dawn hoping for "some sort of shift" and then forced myself to the workshop hoping, again for "some sort of shift." I got the shift, yes, but not in the form of a warm fuzzy. The poor facilitator was trying her best to help us inquire into our thoughts, and I had an anger outburst. She asked me to leave so the shift came in the form of indignant and self righteous judgment towards the facilitator. Since she was a lovely woman the resentment made me feel sick to my stomach. More stuff to look at. I wrote her an apology note this morning. I know the course in miracles says "we don't apologize" but I'm not yet there on most days, so a good old fashion admission of an error felt guided. It just felt like the right thing to do in this situation.

This must have been the nuisance. I wanted to be out of pain and confusion yesterday. Trying to get out of the pain just made me angry and I had an outburst.

I've been shifting in and out of judgments ever since I was asked to move on Thursday. Its going to take time to sit with this stuff that is swimming in my head. Ive been judging all over the map, and, noticing how its not accomplishing anything. At some deep level something is brewing. Its more a matter of age that has made me familiar with this process, in that, I need to be with this and own it to the best of my ability and wait for grace. Pray to be shown. Back in the "good old days" of my early 12 step work we used to remind each other "restraint of tongue and pen" which is wisdom I often fall back on. I know the truth, so when I'm tempted to listen to the "other voice" I must get out all the tools ASAP!

All of this work we do is essentially and vital, and, also, mine usually takes time. Maybe today for Kenneth is as simple as patience.

Thats about all there is to share this morning. I have absolutely no idea what is going to happen here, and i can capture grace when I trust, which is not going to come from thinking. I have to feel the trust, so I'm admitting to you that I am a complete work in process.

One of my old tools was to sit and write down gratitude lists on paper, and that is a valuable exercise. And, now, I'm being called to go even deeper, and I can feel resistance at some level. I have to start this day, now, with complete trust. The thoughts that swim in my head can be very loud on many days, and that, too, must be pointing toward something good. So, perhaps my gratitude list is to now include "thank you for showing me where I still want security"

This morning I simply Dunno.

This is a time to develop faith muscle. When I cannot feel the presence of god, I am being called to have faith.

And, your letters are helping me with faith. So, here is item #1 on this Friday morning gratitude list at 4:50AM:

1. Thank you for my friend Dale!

There, I got it! Like my sponsor used to tell me KISS (keep it simple silly)

You asked about the inquiry work from Bryon Katie also. She simply asks us to write down all of our judgments on paper then notice what were doing to ourselves without blame or guild. Its very similar to David's "levels of mind" just another format. She keeps it simple. If it hurts, the thought is resisting reality. If it does not hurt, the thought is in alignment with reality.

Its so simple that my ego can't stand that its not complicated.

Anyway, I'm right with you Dale. I savor this correspondence because I need to get these thoughts down, and sharing them is joining. Your the best Brother. Keep the letters coming.

Love

Kenneth

November 27, 2020

Ken...Thanks for your response, I have enjoyed our correspondance. In reference to your experience with the inquiry facilitator woman the other day...I'm gonna be like one of those Na/AA sponsors to you this morning and

NOT allow you to GO BACK to drinking. I'm NOT gonna allow you to have the thoughts you're having. You're drinking poison. You said 'you're not THERE most days to NOT apologize as the Course says.' BUT I ASK YOU....'Who' isn't there? The image you made? Because THAT is who's responding to that quote. Who's aware of that statement? A better question to ask is ' what' is aware of that statement? See, you're in a place of recognition right now to BE this...you UNDERSTAND, YOU RECOGNIZE, you've DISCOVERED the treasure. In that sense, We've BOTH had the realization of our true identity THIS week, the week of THanksgiving. Lets be Thankful. Lets be grateful and TAKE that gift, be AWARE OF OUR THANKFULNESS AND GRATEFULNESS, and TAKE that medicine every time we feel ourself to be sick. It is the best medicine we could take! Our true position EVERY time we see something from our past is from the Knower, the Observer...the Witness. I use the acronym of K.O.W. NOT the Known, the Observed, or the WITNESSED. Holy kow!;) 'Kenneth' stays alive this way.

At first it hurts, it burns....so let it. It is only burning away everything that isn't ultimately Real. What's Real is the IMPERISHABLE....not the perishable. The more you do this, the more you identify and feel from the place of the imperishable and not the perishable. In other words the spirit, and not the flesh...the seer, not the seen. Freedom and not suffering. Refuse suffering....make suffering itself suffer! The Course states ; We either see the flesh or we recognize the Spirit. Flat out. BOTH of us are in a place in our journies where we're sick and tired of being sick and tired....but the only thing that can feel these ways, in other words FEEL SICK AND TIRED, is the self constructed identities we've created to play our roles in this world. Halloween is over...this world for 'us' is over....I choose to no longer play this role as Dale the Boxer, or Dale the murderer. BUrn these costumes TODAY...and always remember its OVER. You've woke yourself up....don't fall back asleep. The WORLD you see DESIRES to still dress up and play Halloween. WE DON'T! Train our minds each day to see this. Just like exercise, exercise our minds. REgardless of the dream OR its contents....regardless of the characters that we love..or miss. None of this was ever really there.

Listen, This has been experienced too many times now, ever so brief, to spend one more moment in a nightmare. Hell.

If we were all having dinner tonight, wouldn't you wanna have it as your Real self? With your Real friends? Or do you wanna sit next to a guy who you thought might flash back to his Halloween costume and murder the whole table of guests?;) JUst because he felt like it?;) The only way that could happen is if 'Kenneth', or 'ME' forgot `who` they were and identified with the past...thinking it was still Halloween in the PRESENT. Right?

I say this from a place of the Knowing today..or 'woke ' as they wanna call it;) Imagine if you've been or FELT humiliated, embarrassed, shamed, OR loaded with guilt most of your life....and then imagine the FEELING it would be, to WAKE UP and know that NONE of it was ever true. This can be felt Ken. The Actor underneath these costumes is having a play of ideas...your minf is running rampant right now LOOKING for a door to existence full of characters that can assist his awakening. You ever see in Lawnmower Man?;)

Do you know what I fell asleep to lastnight to end my day? The Wizard of Oz.:) How fitting! AT the end, she's telling her aunt how the place she saw and people she seen were so REAL....but none of them existed. Now... I can't say we will ever wake up as 'people' to know these things any place other than HERE, NOW. Afterwards can't be yet known by anything other than the spirit I AM...the Awareness I am, that YOU ARE!!! But it can be wished for or DREAMED from a 'person'. This is what we do in our lives...we die grasping onto a character that was never REAL....full of unfulfilled wishes and desires, and its THIS that perpetuates the nightmare. We have already experienced and fulfilled EVERYTHING there is to experience and fulfill HERE AND NOW. MERGE! Marinate on that today....its REAL. I love you buddy, we walk together. Always your brother, ME

November 27, 2020
Kenneth to Dale

Dale

This is absolutely synchronistic, because, this is the same thing that Judith said yesterday, she said I was drunk, drunk on thinking. I will have to marinate on this, but, if it came from you both, then there must be a synchronistic truth that I am able to hear now. Is it true DALE, that, we can let go of our past? This may be the last straw to fall in my story, because, when I fall back asleep, I still believe that I did all of those things, and, because of the letter you just wrote, I am invited to wake up more and more. In the past, Dale, instead of waking up, I was trying to control and stuff the murder inside of me, and let the doctors medicate that murderer with pshchotropics. I am thrilled that

you have shown me a way to see that I am not the murderer. This is a total game changer. Because, i always had the belief that If I showed others the murderer they would punish the murderer. You did not punish my murderer, you spoke to him with firm truth, but, it was not punishment, it was an invitation to see that I am not the murderer. This is why we have been joined Dale, because, inside of my heart I have felt the capacity to kill, and, you can hear this in me, you can meet this in me, and you can dissolve this in me, because, you have dissolved it in you. Or, you have seen past it in you, so you can see past this in me. Wow, did that make any sense? I just read your letter to my roommate and she was astonished. WOW! I thanked the woman facilitator for her honesty and she also met my ammend wth the same truth you responses with, so, this must be the end of haloween. What I really liked about your response was the grist honest that it does and will burn, and, yes, your right it does burn in my story. This is not a bunch of spiritual talk, DAle, this is two men who must change to live from the heart, no compromise. My ipad is slowing down so I can't toupe much more to this letter but this of al lathe letters has hit pay dirt. it did sting, but, it also points. Yes, it stings, it stings to know that all of Kenneth must go, but when your suffering as much as I have been for so many decades, its a biter sweet grief, to be replaced with something that does not suffer. Or someone who does not suffer (or something like that). the suffering has got to end, and, trying to keep the murmurous thoughts under wraps is creating baby murderous thoughts (ie.e there has got to be a better way). This letter is all over the map, bu I know you can hear the gist. The gist is thank you. Thank you paving a path through the dark forest. I am following your path Dale. I'm right behind you buddy. See you in the clearing ahead!

AHO brother!

Kenneth

November 28, 2020

My brother Ken...damn it...I accidentally hit the delete button on your message and now I've gotta go off memory to respond. As I remember you asking me to be patient with you along this journey....be patient with me on my response. :) I have poor memory skills.

But from what I remembered, you felt better after the email... you felt the emails were in agreement with your 'other' teachers who are helping you yes? All that really needs said is, you ARE AWARENESS, but for aspects of being like you and me, with heavy egos, we need, no, our egos need, detailed descriptions on HOW to arrive to a place we already ARE. Only the ego could make us feel this way. :)

I'm no teacher Ken...I'm you, the wisest teacher... the wisest GURU lies within you. I'm just trying to help or assist you in your own dream, as you all are ME. For a long time I had trouble listening to what teacher to follow because I felt ALL of them were speaking to me in different terminologies of the same thing. David, The Course, Ramana Maharshi, Nisargaddata Maharaj, Mooji, (by the way, check this out; Mooji drew a picture of my DAD!) Ask Jc....page 57, I believe, in the Mala of God....how could he have drawn my own DAD having never met him OR ME???) but anyways.... Eckhart Tolle, David Hawkins, Gurumayi and Siddha Yoga...they all came at me pretty fast about 10 yrs ago, all at once. I became obsessed.

You said in your email that 'I'm FREE, but YOU'RE in prison'....I say no, 'WE'RE ALL free, only the idea of yourself is in prison'. Awareness HAS NO STORIES, IT CAN'T BE IMPRISONED. That's the dream though, no you, as Kenneth, or ME, as Dale, its YOUR dream, SEEING WHAT YOU MUST, all we are here to do is WAKE up...and Know ThySelf.

I'm YOU, who you've placed in your own dream, to reach the part of your mind that you're unable to awaken, and I'm here...trying to awaken you. Our dreams are similar that's why things we talk about or experience resonate. What you've realized so far, ever so brief, like me, is....we are able to see the mask AS a mask...the construct AS a

construct...our story as a story, and an abstraction has taken place. Therefore, the subject/object split in our mind is HEALED, and you can now speak from your place in BEING, where ALL these ideas reside. Because that's 'all' we are Ken is an 'idea' in this One Mind, part of a projection in consciousness.

I will ALWAYS be patient with you buddy, what you perceive as 'flaws' in 'Kenneth'...are innate to the role of Kenneth, innate to his character that he 'MUST be' in this projection we 'see'. There are NO mistakes. The script is written, all this has already been played out by the dreamer, so relax, if we must play the part of a fool now and then, then we relax and play a fool now and then. :) Being too hyper or goofy as i was told as a kid, violent or short tempered, slow or smart...fat or thin, or even well built...are all in the script for us to take, reside in, and BE in this script.

The roles have been handed out, this is who you MUST be....our only job is to WAKE UP! Each of us are being who we can be..in each moment of each scene...to the best of our ability, we're being the best we can be according to our own BELIEFS.

When we wake up...none of this is here at all....and yet, ALL of it IS! It can be felt! The same Consciousness, the same awareness, same love, the same inner 'I' is what we ALL share buddy. Its safe to let go now. Let Life take care of Life. TRUST in the Holy Spirit to guide you HOME. Home is HERE there is no other 'place', HOME is NOW...there is no other TIME. The COurse says this of the Atonement, same thing...our ONLY responsibility in life is the acceptance of THIS. HOW do we get there? FORGIVENESS is the means. A conscious ACCEPTANCE of everything as it IS, moment by moment. Change HOW WE SEE.

We're in this together pal, I know this is wordy, but I'm only trying to help you in a way 'I' would want help. :) I have no idea 'what' my future looks like anymore, nor do I know WHERE my future will lead me once I'm released...I can't say i'm even 'person' right now...to a parole officer this can't be great news. To my ego, my separate sense of self? It scares the shit out of him....but to ME, my Self? My inner being? Its the greatest news in the world that I see....I concern myself about TODAY, HERE AND NOW and allow life to unfold. The sky is our roof! The ground is my bed....like the wind, I will happily drift wherever spirit leads me.

I sincerley WANT to be of help to you if I can...or to ANYONE, because I know how painful personhood is, and I know the heavy feeling of GUILT and self punishment. These hurtful feelings belong only to the false image you've made...let it burn. For the first time Ken I'm feeling OK with WHAT I AM. I want this for YOU. You're doing great Ken...don't get frustrated with yourself...and be patient with YOURSELF. I've been so impatient... ALOT along this journey, my ego has beaten me down, it has made a fool of me on many occassions, or should I say what I 'thought' was me, on many occassions. It's just mental battles...none of it is YOU...YOU are the one WATCHING. :) Last thing, lets watch this flick from the parking lot together pal...no matter what takes place on the screen, just WATCH. All phenomena belong on that screen. ALL OF IT! Think of it like this; 'If it can be SEEN, it belongs on the SCREEN'. :) Can the screen be effected? No! If there's explosions and typhoons...blizzards, or tidal waves....the screen lets it ALL occur on it's canvas, uneffected. So it is with YOU. With US! I love ya pal...stay watching the flick with me...with all the companions who are helping us...Talk soon, With Peace, Always, M

November 28, 2020
Kenneth to Dale

Good morning Dale, your letter as a poignant bullseye yesterday. Because, thats the same that Judith said to me, she said the same thing, that, to go back into the past is to drink poison. You used the same words she said even. So, this is where some rubber is hitting the road right now. I know we have been going over this for over a year now but have patience with this one man, he still has some very stubborn residual stuff.

Because, I've been trying to put this story in my past for my entire adult life, and, that has been my intention, so, eventhough the tools have not been a bullseye, the intention has all lead to this.

By now, from my own experience, life has proven that I cannot push the story down. Or, bury it in any way, so that has been crossed off the list.

After I read your letter (thank you by the way) I put together what you have even pointing towards and what some of the other "mighty companions" here continue to point towards (alone with every single other teacher).

Again, have patience, this, for some reason, seems to be a narrow gate through which I am passing through at this time now.

If I am not the one who wrote that story then freedom is not long and arduous. As Judith said (and you said also) its simply a matter of choice.

You came into my life because you added a component which made it possible to hear where Ive still been dismissing the other teachers and companions. You included "the burn"

It does burn Dale, and, ive said it before, and I will use our correspondence to reinforce that it does burn on many days. I have been living with a murderer inside. The only difference between our stories is you simply put yours into form, but, since form does not matter, we both have the same story. We both are walking this road together, out of this dark forest together.

.....I lost my train of thought.....this is a new letter picking up 1 hour later.....

OK, so this is how this correspondence is so helpful right now Dale. We're walking out of this dark forest together. After I read your letter yesterday I opened up lesson 158 and J solidified that we are free to leave, or, free to see ourselves as "sinless"

I was listening to David this morning (as I always do) and he put it this way; He said this is a matrix based on coding. I could hear that this moring - that was my "daily bread" this mornign at 5:00 AM

I really can "let go" of my past based on all of this. Based on "who I am" I can just shift this from the complicated "tryign to fix and heal" to simply knowing "who I am" instead (KISS) (Keep it simple Silly)

I need you brother. I need to hear this from someone who has and is doing it. Who must do it. I have to persue this truth as if "my hair is on fire"

OK, lets practice this together. Since we have all discovered that everything is backwards and upside down, your free and I am in prison. The mind, therefore, is the only prison.

There was an marination short film called "the prophet" based on the book by Kahlil Gibran that I watched two years ago with a friend. The animateion was based on the poetry from Kahil Gibran's book, but, it used a central character who played the role of the poet, and, his poetry was so true that he was put in prison. But, he continued to assert his freedom while they imprisoned his body, which is the foundation of our correspondence. You are free Dale. In the animation, there is a call Chlld who comes to visit the man in prison so he imparts his wisdom to this fresh visitor. I get to play this

role, NOW, so you are free to impart your wisdom NOW. I have nothing left to lose at this point by digesting what you are teaching.

This is Saturday Mornign's gratitude letter brother. Gratitude because I'm holding onto this one single truth, that I'm not the one who wrote that story. Gratitude because I'm not the one who played those roles. Gratitude because from this place, from this place of TRUTH that story simply cannot hold on any longer.

This is where Byron Katie points. Her modality is very simple. True or not true? If it hurts, it must be resisting what is, so that not true. If it does not hurt, it must be accepting what is, so that is true. AGain - my sponsor was right (30 years ago). Back to basics and KISS (keep it simple silly)

Thanks Brother, You're the best.

AHO

Kenneth

November 30, 2020

Kenneth, Hey buddy, I JUST received your last email you sent on 11/27 TODAY on 11/30. I think it was due to some of the words you used...it triggered the system to investigate or read it for approval. :) I am happy that our correspondance is helping you clear a safe pathway thru your mind. You're right, its the end of Halloween. Unfortunatley for the audience, it has like 8 different flicks to sit thru. Its oneLONG dream! Each one we believe will have a different ending. But they WON'T. They all have the SAME ending...they're ALL the same. All forms, all images, its all the same. You asked me is it possible to let go of your past? YES! I have only just recently crossed this threshold. Its not REAL. Does a drop IN THE Ocean feel guilty over Hurricane Katrina? NO! The Ocean NEVER forgets that it is waves, but the waves have ALL forgotten that they are Ocean. So it is with US. YOU are whole, perfect and complete...God knows nothing about disasters or hurricanes....murders and disease...these belong to the characters, the movies, projector. God is Love. God is Light.... But you have to go past your psychological mind past the images in your projector, the mind play to SEE that its not real. Its not even a seeing, it is a discovery, or a recognition. 'What' notices this story? 'What' is it that FEELS the need to watch this movie over AGAIN? A movie that you've seen already a billion times. You KNOW the ending, YOU KNOW the character...but 'what' is playing the character you're WATCHING? And are you WATCHING, observing, witnessing, or are you identifying, feeling, and THINKING you are HIM? You gotta trace that back. Dissolve it, and see it from the nothingness it first arose. Once you've FELT this Awareness that YOU ARE....then NOW is your ENTRY point to this dissolution. Merge this drop into the Ocean, lose the river by merging its riverness. Lose yourself the same way a river does merging into an Ocean...this is who you ARE and have ALWAYS been. I just got called off the machine, I'll talk more with you soon buddy, I love ya pal...you're drinkin thepoison. STOP! make sure you let me know you received my email...With Peace, Always, ME

November 30,2020

Ken...I had to get off the machine so I could do my porter job....but I wanted to touch on your question again...'can we let go of our past?' This is the kryptonite of our existence....so then, Why can't we? If something in our hand is hot...can't we drop it as well? If we don't...it hurts right? It burns. In the same way...this story burns...but you're not recognizing that it's not ultimately Real...like a dream,

it is all YOU. It can only burn away what wasn't Real. These characters in your story, INCLUDING KENNETH, are not YOU. YOU...are the spirit beneath each costume. The being. Consciousness. One brother is ALL brothers. One Mind is every mind. You handed out the roles because this aspect of the mind needed to see this dream. A step further would be to only identify with 'what' can see that, and this is AWARENESS. This is who you ARE Ken. Your mind is really putting up a fight, and it has a grip on you. Go behind the mind and STOP identifying with it. No matter what! Just watch it...let it play, let it be as loud as it wants...but YOU be quiet and watch. Fall behind the energy that makes you FEEL this way.

I meditate in silence each night...do you meditate? This is the only tool that has helped me become aware of the 'inner feeling/Reality' inside us ALL. It's an abstraction in the way that oil and water separate in a glass of water. The clear water is the Spirit, and the oil is the conditioned body/personality/mind. The water just witnesses the oil...in prison, they sell little viles of muslim oil...and guys will take it and cut it with oil...to stretch it out and make what 'appears' to be MORE...but its not...once we get it and set it on the table back in our cell, its obvious that we were duped. ;) We can SEE the separation, the subject/object split. I looked at this one day and I realized...this is US. :) Start identifying with what sees these thoughts, images, feelings and sensations...watch it as a detached observer....not an identified person. Its just your psychological mind giving you all the fuss. Go back in your mind and forgive. Forgive the 'person'.

Personhood is a disease...and it clearly CAUSES DIS-EASE. This is the darkness in us. Acceptance of the Atonement for yourself is the continual awareness of what IS...you fall BEHIND everything happening and that's all that is ever taking place. Happenings. The Light that we ARE is AWARENESS. You glimpsed this. So identify with only THAT. Because you ARE That, and everything you're seeing is just part of the projection.

I'm proud of ya pal...it takes balls/courage to FACE the things you're facing. For most of the world, drugs, money, or women has been the attempted solutuon. But all they do is suppress there stuff, express their stuff, or escape their stuff, perpetuating a 'sufferer'. This is strengthening this in our minds. Get rid of this sufferer Ken, you have ALL the tools that you need. Your house is burning down...is there anything that could be more important than focusing all your time on putting out that fire? With Love brother...Always,ME

December 3, 2020
Kenneth to Dale

Dale,

I finally have time to sit down and correspond. Ive been trying to coordinate several different balls in the air and be firm and be honest and also be kind and also be non compromising so many of my communication with others has had to wait with carefully chosen wording. I watched my step brother stay silent and wait for words to come from the unencumbered place which, for him, could take days, so that is where i have found myself. There is a young woman here who was dishonest and i must deliver a sacred "no" to the misalignment while delivering a "yes" to the soul underneath. I have another frien who is 88 years old and her son placed her in a memory care lockdown facility, and I call her as often as I can, and ive been called to deliver, for her, memories of the times we shared a heart connection. She is resisting and fighting alzeheimers and its growing exponentially so the lockdown is for her own safety so the friendship is requiring that I not enter her world, and its only capable when I'm in the heart place. My uncle has been emailing me with bait also, so all of these characters are more teachers, more teachers and more teachers. Everythign was resolved with the facility from last week. She said I had pushed her buttons and I commended her and I told her "you must really love yourself to have the courage to ask me to leave" and it all turned out to be water under the bridge. Anyway, i love yoru letters amigo. Its

time I start writing a book. I started a long time ago, and i got around 40 pages out. How did you write yours? I think you wrote two. My story seems to be a chronology of what it was like, what happened and what it is like now. Much like an AA speakers story. A trail of breackcrums out of the dark forest pretty much. Not much new here. There is a dog across the street i have named waggy. There are stray dogs all over the place. I just go outside and smoke and talk to waggy. Ive been feeling a lot of sadness also as of late when I think of the story with my own father. I told my roommate that this sadness is the last residual grief before the story lets go of me. All grace to feel what I've been praying for my entire life, just sadness. Not complex - just sadness. So, thats about it. Ive saved all of our letters. maybe they can be a part of the book I write some day. Until then, I will just keep going where I feel marcia (my spirit guide) points. On some days she wants me to speak spanish, on other days she wants me to fix water filters, on some days she wants me to, well, this life is her's now. Keep goign Amigo - your an inspiration! Love, your friend, Kenneth

December 5, 2020
Dale to Kenneth

Ken...Great to hear back from you...your message again, came late.:(It arrived today, the 5th....instead of the 3rd. Sorry buddy. It sounds as if you're workin thru the kinks in the script...;) But they're NOT kinks, they're just the way they NEED to be for the one who's starring as Kenneth. All things work for the greater good.... ALL people.... are being used for your awakening. Its the same Self, manifesting in a unique form, relative to the unique NEEDS that your character NEEDS in this flick that you're observing. Its all just YOU waking up. The pain will dissolve and it will grow weaker. Use you CPA to do this.....it's the BEST CPA you can hire, and its free. ;)Conscious Presence and Acceptance....regardless of how the situation causing these feelings 'appear' to make you FEEL. Its just your mind torturing you. You are NOT your thoughts, or feelings...OR the things that you're perceiving...you're not even the 'person that they're effecting. YOU...are the one AWARE of all this mind play. Stay rooted in Awareness, AS awareness. Its the only way out of the pain the mind causes. I gotta use acronyms for all the tools I use. ;) I'm proud of you buddy. I enjoy our talks...and I want you to stay in touch...drive THRU the smoke...its all just smoke and mirrors. Illusion! Maya!:) You're kickin ass so far, diggin up loads of pain that you've kept stored inside your character for decades. I love ya pal....keep going! WE walk together thru this storm....Always your brother, ME

December 6, 2020

Ken, my bad buddy, I didn't answer your question. I was sitting today with a friend of mine, helping him write a letter to my publisher, and I thought of YOU. You wanted to know 'HOW' I did it?

I took journal entries and tried to order them into story form. I then turned 'my whole story', based off my interpretation and what I could remember, OVER to him. He then would ask me or verify what event happened first and so forth.

My story was actually combed over twice, once by my friend/author David Garcia...and then my publisher, Robbie Grayson. David already new me pretty well and he was able to put everything I wanted to say into book form.

I'd like to do a third book someday based off of my understanding NOW, IN MY WORDS, with the confession of my actual crime and commentary FROM my victim's sister who I did a dialog with. I believe it'd be powerful and helpful for other people going thru the same process of forgiveness. BUt, we'll have to see how life plays out. Right now, I'm not so sure they'd even be OPEN to that. I'd call it The Bully Exposed.

BUT I think you should DO this Ken...find your voice thru your story. It helps unveil everything you're hiding and.... shows you WHY you are hiding it and also WHAT you were protecting with the costume you built. If I can help you in any way I'd be glad to turn you on to Robbie or anything you might need from me. Love ya pal...with Peace, Always,ME

December 15, 2020
Kenneth to Dale

Good morning Dale,

I have not forgotten about you. Ive been waiting for a quite morning to sit down and compose a quality letter. You deserve quality. I think its been about two weeks since I wrote last. Mostly, in the unfolding days, my temperament and mood has been rather sublime and contemplative. All of the material we have been exchanging this past year must have gone in deep at a profound level because ive not been very talkative (nor have I been doing all of that much writing). My roomates have had people over, and, while I do my best to be social and polite with everyone, mostly, to be honest, I excuse myself and go into the kitchen and clean up. Staying humble and doing dishes while the others socialize. I suppose to sum up this time its been sadness. Its just plain sadness. I used the word sublime because my heart has been guiding me to just be with this feeling in a quiet and reserved acceptance; almost as if the sadness is calling me to just be still and let this part of my story finish its final act. But, also, with the sadness there has come windows of peace which i have never before known, so i know this is a bullseye. Its sadness for the loss of the remnants of kenneth that has been, once and for all, placed on our convey belt. A lot of the people here want to talk about spiritual matters, and thats important for everyone on their journey. Ive just found myself needing, more than that, to just take long walks instead and trust this feeling inside my heart is leading towards an unknown that ive prepared myself for this entire time. When the junk returns, which it does every day, there is now, because of our correspondence, a level of trust and faith that I can finally be with myself completey during the moments of difficult burn. Trusting the burn might be why we were connected together, to support and encourage each other to "keep going." There have been a few other people who have been reaching out also, and its not complicated. We have been doing byron Katie worksheets together on facetime, but, More important than the actual work, just spending time with others I think is what matters most. People who are suffering just want to know they are not alone. That someone can see them under their stories i suppose. Just someone to love them enough to spend time with them. That might be our role from here forward. I'm getting the hint that my role, now, is just to love others no matter what. In this allowance of the sadness, ive been seing my father appear over and over, and, in this new place, the story of my father now contains sadness where there was once hatred. I am sensing that my job, now, is to grieve the last remendnace of the story itself as it passes along the conveyor belt into the fire for the final alchemy. From here forward, I have no idea what is going to happen, but, knowing that this new trajectory is built on a solid rock foundation of forgiveness, well, I'm actually excited to see where this story goes from here forwards. Anyway, i wanted to reach out and share this because our correspondence is what made all of this possible even. Withotu you, Amigo, I never could have found the strenght to be here now and actually embrace all of this courageously. We rock! We're walking the walk as

they would say in AA. Well, thats about it for today. Much love amigo, your friend,
Kenneth

December 15, 2020

Ken

I'm always happy to hear from you, I'm happy that you're having spurts of peace, glimpses of joy, and even episodes of love. Of course you're gonna keep fighting with the feelings of sadness that you described, because it's a battle with duality. Even though we BELIEVE in non-duality, still, we're SEEING and perceiving duality....while BELIEVING in non-duality. This isn't 'seeing' at all....its causing us frustration.

Let me share something I've noticed here lately in my OWN journey. Maybe it helps because it's helping ME by opening up and sharing with others. These insights and realizations I've been feeling here lately feel great, but still, I'm having days that are dark, at times unbearable. This time of year is always a struggle for me anyways. BUT I've noticed that I'm drawn to correspond with, or reach out to, 'others' who are 'like me'. Or...what society would claim to be, WORSE than me. I'm drawn to them because they ARE me, but, in my own mind, I perceive them to not be as BAD as I am....no, i see myself much worse. I have to or i wouldnt be drawn to rreach out to the people in here that i am. And so, I reach out and try to heal 'them', with the belief that I am healing ME. ULtimately, they ARE me, but this piece within myself is unreachable until I come across cases that are 'horrific' or what the world would see as unforgiveable. When I see these, I feel useful and in purpose, I feel as though I am healing, yet still not healed...so I continue the search. Why? Because there's a part of me that I've only barely touched that is in my eyes, unforgiveable and horrific. In my own eyes, I see a part of myself as the worst, so I am drawn to try and understand, help, or even heal these 'others' because ultimately I hope...to understand and heal MYSELF. I'm close! I can feel it each day I wake up, I MUST attain this before I'm released. Complete Forgiveness...not from my victim's family, but from ME. It's the only RELEASE I'm capable of being given Ken...because without it, I'm always gonna be serving a life sentence, WITHOUT parole.

So, while you and I KNOW, we've even FELT ourselves to be consciousness and NOT these bodies, these roles, still we choose to interact with duality as though we ARE. WE haven't awakened entirely until this sleep is wiped away from our eyes. Whatever attachments we may have that are holding us back, keeping us living in the mind, linked to a past, or anticipating a future, has to be let go. Because if it's not HERE, NOW, it's NOWHERE at NO TIME. ONLY what is Real, here and now is ultimately Real...everything 'ELSE' is imaginaton. These things must be APPLIED DAILY, not thought about every few hours. Mind Train, Mind train, mind train! You and I are on a mental diet for this entire week, we can NOT dip into the past or get on any trains of thought...no stories! for this WHOLE WEEK! Each time we get into a thought of the past, we must drop it, and bring ourselves only into the present moment. The past will dissolve itself and be transmuted into NOW. Why? Because there is NO OTHER WAY! My acronym for N.O.W.;) THINK about it...what other WAY is there than NOW, this moment? WE begin TODAY, this instant you read this...to even 'think' of Kenneth, or his actions has to create a mental image in your mind made self does it not? So NO-THING is to be thought of, if so, drop it immedietly. YOU...are the life Source that everything is merely appearing and happening IN. Just REST and WATCH. There is never a moment you are not HERE. IF that statement feels to be false it's because you are identified with your MIND and NOT the AWARENESS YOU ARE. NOW is our entry point. With Love buddy, Always your pal, ME

December 15, 2020

Kenneth to Dale

Dale,

This is profound and helpful!!!! Helpful times ten! I'm hearing service. There was that movie years ago about queen victoria. The one where she develops a friendship with an Indian man in her later years that enfuriaed the rest of her court. (Judy dench played

queen victoria). The only scene I remember from that movie is when she asked him "what is the purpose of my life?" And his response was simple; "the purpose of your life is service!" This is what I heard from your letter. We just keep extending all of what we are given and the purpose grows and the fog clears. Ive been communicating with my uncle these last months more and more. If my parents had lived, this would be the relationships I would have extended towards them. Its really quite simple, just love others and we love ourselves. Anyway, thats my gratitude to my friend Dale on a Tuesday Afternoon . Thanks buddy for this reminder. I needed your daily injection of truth to stay ontrack today.

Love
Kenneth

December 15, 2020

Ken, Yes..that's my point of the message. Reach out and forgive. Extend and not project. A torch is always a torch...just shine, smile, and be kind to everybody. Nothin ever happened in Reality. You understand the meaning behind this. Reach out to the unreachable. We'll call this 'unreachable ministries' this Christmas. :) I recently wrote a guy just the other night who's prolly hated by 95 percent of the world and 100 percent of Ohio for sure. NOW perhaps 'I'm not' hated by these people, but at times, I've hated MYSELF as much . My letter, it might not be understood by anyone I tell about it...not even HIM this holiday, but in my own heart, it IS...and its our OWN Forgiveness we need MOST. If the world WE SEE is our own projection, then we gotta raise our level of understanding, change the prescription of our glasses, and be HERE, NOW. UNless there's an inner change deep within, we will only recreate the SAME world again and again in differentt forms. See ONLY Love, or....a CALL for LOve as the Course says, leave our perceptions, our projections, our feelings and thoughts behind. Why? Because they don't exist! They stem from the beliefs of a false mind made self, our EGO! Forgive the murderer within OURSELVES, transcend this ego, this sense of separation. MERge this stream into the Ocean of existence. :) I'm glad you're reachin out to those feel this way towards. Forgive Ken...that's not a commandd, it's a statement...FORGIVE KEN. :) Its our CHristmas GIFT....Forgivveness of OURSELVES! Oh, also....with Peace buddy, Have a Merry Christmas...Always, ME

December 25, 2020
Kenneth to Dale

Dale, amigo,

I looked at the date of this letter, I'm 10 days behind. YIKES!!!!!!!!!! I was taking a walk and I cannot let today end without thanking you for this last year and 1/2 of powerful and quality friendship. I have been using this season to go out and extend and extend. This season is not about giving gifts, but, LOVE. And, that is what our whole correspondence has created. SELF love or AGAPE love. Anyway, you have touched my life and I'm sure the lives of countless others. I have been using this newly generated light to spend time with some men who are going through pharmaceutical withdrawals so its been pouring out in ways that I could never have planned. Anyway, this letter is going to be brief because my experiences lately have not been all that worth writing about. Mostly, Dale, I'm going through sadness. Its fine, its all good. Its just what I need to be with during this time. Sadness is just a feeling i need to make peace with, so its where I just find myself

this Christmas. I want to just send you all the respect and gratitude this season. Ive said it before, but, its christmas, and I need to say it again. This correspondence has made it possible for me to forgive. Forgiven myself and become a fully adult man. A man fillly present to feel all of his feelings. I love you buddy. You mean the world to me.

Feliz Navida

Tu Amigo

Kenneth

December 26, 2020

Ken...merry Christmas my brother and thanks for your message. Yes...keep extending to others. Be a Torch, a torch can only shine.;) GIVE all to HAVE ALL. I'm grateful for your friendship also, together we've mirrored many things that we've been able to remove as smudges from the reflection yea?

You've also helped me and I'm sorry to hear you're experiencing sadness thru the holidays. Just always 'try' and go past these feelings to the deeper Reality where 'you' CAN'T EXPERIENCE these lower vibrations, they can only move THRU you...just as a sky doesn't go thru storms, storms merely pass THRU. Right? I know this isn't always easy, its often very painful, even torturous. BUT,

Together we've RECOGNIZED our Truth, now its our job to continually RETURN to that Truth within our mind until it is with CONVICTION, until WE KNOW, and ARE that Truth. I'm not a convict...I AM CONVICTION!;) The self that feels this sadness isn't real, nor is the sadness it sees, it only appears this way thru identification with the habitual habit of thinking and being 'Kenneth'. Confirm your awareness. Let go of his story...WATCH his story as its being played, just as the bottom of an Ocean in it's stillness watches an entire play of waves at it's surface. LET the waves come and go, rise and crash...it's not YOU. YOU're the one who notices.

Tell me this, Can awareness itself be sad? Can THAT which notices this sadness...can that itself feel sadness? This has been the ONLY way to feel a release within myself, its the ONLY thing that has worked for me. I trace all this shit, all this poison, back and I confirm my Reality, my TRuth. 'Who' feels sad? 'Why' is there sadness...from 'WHEN' does this sadness begin? 'What' experience did this sadness arise from? Isn't it usually because you've lost the Presence that you ARE....isn't it because you've identified with this false mind made self....that you are feeling these illusions? Its not a recognition you can have while driving your car or raking your leaves...you gotta still your mind, quiet your thoughts and see can there really be a problem...is I don't THINK about it? Confirm your Reality, Witness all this turmoil from your TRUE position. ALL this is YOU. THE entire dream you see, is YOU. THE sun shines equally on ALL of us, everything in creation....but WHERE are we standing when we see this? Its hard to see from darkness and the ONLY darkness is the identification with personhood, being this 'person'. I love you brother..and THIS is a new year, OUR year, new beginnings, new surroundings, new experiences....stay in touch, your letter brought me JOY. Always your brother, with Peace....ME

December 26, 2020

One last thing before the day's over...you're never alone pal...it's an impossibility and know that you're loved, appreciated, and people are grateful to have you as our brother. Enjoy the New Year Ken...With Love, Always,ME

December 29, 2020

KEN...you ok buddy? I wanna know you're ok for this NEW YEAR...Where will you be staying?Just checkin on ya, makin sure you're ok for the holidays....With Love and Peace...ME

December 30, 2020
Kenneth to Dale

Thanks Dale for the check in friend. Would you like to join in a video call next year? It would be great gift to get to meet you. I must surrender my devices today for 12 days. I will be entering a silent retreat and there will be no communication with the outside world until Jan 10. I think I saw that jpay has a video conference feature so this has been on my mind for the last few days. It would be an honor and a privilege to be able to meet you in person in 2021. Thank you so much for these exchanges in 2020, we are doing powerful work together, and I can only sense this work will grow stronger and stronger.

¡que el valor del espíritu de Dios dé fuerza y fe en el nuevo año que viene!

Tu amigo, Kenneth

December 30, 2020

My pal...of course I'd love to do a video...it'd good to meet you finally. I was happy to hear from you, and I dig the silent retreat...I might try the same...no jpay, no phone calls, no letters, just study, meditate and practice.

Ken, I wish you a happy and peaceful holiday buddy, and I've enjoyed our talks also. Stay in touch with me, and let's get that video visit started when you're ready....ONLY Peace, Always, ME

Jan 31, 2021
Kenneth to Dale

Dale,

I think I messed up again. I just logged on and saw I wrote you earlier in the month but it did not send. This has happened before. The problem with ascending into our light bodies is that I become more and more absent minded with technology (LOL).

Last we left off we were going to schedule a video call and finally meet in person. Can we still do that? I would love to meet you after all of these letters amigo. I can work around your schedule.

Not much really new to share. I use a lot of the tips and pointers that you have written. It's hard to apply this stuff so many days I am going through more and more burn, but, there results are prodigious and clearly this does work. My life has grown very very very simple, and my heart is opening, so that's about the only truth I'm really able to share for the most part.

Anyway, I'm totally at a loss for words this morning. It feels good to have a blank mind. It's rather peaceful.

Let me know what would be a good way to schedule our video call.

Much Love

Kenneth

Jan 31, 2021

Kenneth....we can do a video call whenever you like, mornings are best for me, I work second shift in medical. Any time works. I'm glad to hear some of the principles and techniques are working for you. Ya know, reaching out to these seeming 'other' people who 'I' perceive the world as recognizing them to be unforgivable, and having committed sinister acts, has really helped HEAL me, it released a piece of myself that still held onto my story. As long as I look at myself, only as I AM NOW, with NO PAST...then I can look upon and see ANYTHING, ANYONE, without 'their' seeming past as well. The world I see then lights up.

Staying rooted in that continual awareness is the most potent formula...it is the ONLY thing that can devour 'time'. So whenever a piece of time is hurting me or even reminding me of an event that IS no more, I trace it back to the obvious fact that 'I' am NOT this memory, I am the ONE WHO NOTICES IT. I'm AWARE that it is passing through my mind, just as a dark cloud passes thru the clear blue sky. You can let me know what works for YOU Ken....I'll look forward to meeting you...Only Peace my brother, ME

Feb 12, 2021

Kenneth to Dale

Good mornign Dale, i needed your email this morning or my reminder to stay rooted in the present. I read from you that if I don't have a past then neither does anyone else. It is so simple, but, i need daily reminders. Something clicked this mornign when i read your last emails, so thank you brother. Can we do a video call tomorrow morning 9:00 AM your time? I tried to schedule a call with you already but it says that I am not on your "visitation list" (I will send you the error message) so is there a way you can put me on your "visitation list" so that I can schedule that call tomorrow morning? Are you free tomorrow morning at 9:00? I am really looking forward to meeting you in person.

Much Love

Your brother

Kenneth

Feb 13, 2021

Ken, Thank you first and foremost for the stamps buddy, a blessing! Thank you, and I AM available tomorrow morning, but it'll take a lil more time to get you approved on my list.:(You gotta send in an application from the ODRC website for Chillicothe visitation. Send it to Ms. Urhig, my case manager, along with a copy of your driver's license and a copy of a utility bill....It's all included in the application. BUT let me know if or when you've found it and mail it in to; Ms. Urhig

Chillicothe COrrrectional

Po Box 5500

Chillicothe, Ohio 45601

Only Peace my brother, Always, ME

Feb 13, 2021

Kenneth to Dale

Ok, got it Dale, let me ask today how the mail system in Mexico works and I will get the ball rolling to get on the visitors list so we can do a video call. Thanks for sending this information. I will jump on this today.

Love you amigo
Kenneth

March 24, 2021
Kenneth to Dale

Hi Dale,

I have not forgotten about you. Last we left off we were going to schedule a video visit, but I needed to mail something in, so I wanted to wait until I returned to the USA.

Tomorrow I return to the USA so I will have a mailing address for a short time so I can jump on those hoops.

I hope you have been well. I've been writing like crazy, so now it's my turn to write a book. It had to all come out on paper (computer) first, so the last two months it's all been going into one file. I bought an app for this iPad so it's in a word file. It's not actually possible to write into Word itself, but, if I write in notes and then paste the paragraphs into Word, then it can all become one file.

There are several books in this one file. The correspondence you and I have shared together these last two years has made this possible. It's only possible to write this story if I am watching the story from the audience in the movie theatre, and, many of these stories have been difficult to write, so it's been a very very very healing adventure.

It's not possible to write in a linear format so some days I share with my reader the emergence and the discoveries, and the next day I am sharing the adventures that date all the way back to the 80's during the lost years, so the editing process will take a lot of cut and paste etc.

Is this how you wrote your books? I've never done this before. This will be my first attempt.

Anyway, it would be great to hear back from you. Not much else new. I spend most of my free time listening to David's archives and continue to unwind and unwind and unwind.

That helped me most was a lecture he gave recently when he compared the ego to "false memory implants" and that was the visual I carried in my head all day yesterday and all day today. If it's true that the ego is a "false memory implant" then there never was a Kenny attached to this body and none of what I believe happened ever happened.

It's really really hard to put into words and that is why I have enjoyed our

correspondence these years because you are one of the few people that went all the way to dissolve the actual dream character.

I've been writing and writing and writing and writing and it's my sense that a lot of editing will be required to take this concept and apply it to my own parable in a way the reader will be able to follow the trail of breadcrumbs out of the dark forest.

Anyway, I hope you're doing well. Once I return to the USA it might take me a few days to get settled because there are all sorts of rules now about social distancing and quarantines etc.

Much Love brother
I miss our lessons
Namaste

Kenneth

March 27, 2021

Kenneth, Thanks for your email buddy and I'm happy to hear all about your writings. I'd love to check them out some day. How have you been? Writing, like you explained, can be a deep dive into your mind, and take you possibly into some gorgeous places, or...depending on the mood your mind conceives at the time, it can take you down a treacherous path, leaving you with a lot of unwanted feelings.

You asked if that was how 'I' wrote my book? I began with journal entries over a span of like three years. I wasn't consistently writing everyday, but when I had painful memories, regretful thoughts and actions from my past on my mind, or needed to talk, but had nobody to vent to, I would write in a journal, taking things back as far as I could to where I believed the 'link' in my chain first broke. I turned all those entries over to a friend who was also an author and had asked me to write a book. He then took the entries and through talking with me frequently, and he tied my story together in a linear sequence. In other words, he was the ghost writer of 'my story'.

This process DID help me grow and I've had thoughts of writing a revised version, from MY words only, but if I'm honest, I feel tired of 'my story', I'm tired of this sense of 'ME', lingering around, the pride, the arrogance, the sense of self importance that comes with it, I feel all of that would only be strengthened by a third book....and I'm finally in a good place to just let it go. REtelling or explaining any of it only perpetuates my 'image'...and I prefer to let em die. ;) Bury em, burn em, Or let em fade away back into the nothingness from which it came.

I hope you're well Kenneth, and I wish you only Peace along your journey...this could be a great experience for you. :) If you wanna converse about the writing of YOUR book, or need any help, I'm HAPPY to talk with you my brother, and I love ya buddy stay in touch and get back to me soon, Always, Only Peace, ME

March 27, 2021

Hey Ken, I wanted to sit and try to type you out a better message, my last response was timed, and written on a broken keyboard...I had to constantly go back and reread everything I typed and correct a lot of mis-spellings.

I just wanted you to know I think you opening up and writing a book is great, it's a positive experience and will lead you to growth, and yes, it can dissolve or disassemble the 'character' you've seemed to play. I

felt I gave a negative report to you on the last letter and I wanted to leave you only with encouragement and positivity.

You were right to say you must write this book from the witness or the observer perspective. Stay detached as you write or you'll seem to get pulled into those old states of mind & emotions after you've finished. Emotions you 'assumed' you've HEALED from. I went thru a few dark periods as I wrote things out, it flushed up old ways of being, old ways of feeling, and it enhanced the dark images that had begun to fade in my mind.

BUt... when it was over, thankfully, I feel I drove through the illusion of darkness and I 'think or FEEL' I grew from it. Part of my experience was a true understanding of 'who' I was really writing the book for? 'Other's approval & recognition'? My self image? Or...ME? I just want you to have a positive experience and stay rooted in the witness. I'm here if you have any questions....I Love ya pal, Always, ME

March 29, 2021
Kenneth to Dale

Thanks Dale, this is rather where I am at also. I mean with the ghost writer. Ive been trying to write for many years but it was a lot of venting on paper (which was fine for where I was at at the time) but a few months ago the writing began to come from the observer, so, it is starting to contain rich depth. And, the ghost writer, well, thats what I keep seeing (sensing) on this end also. The stories are coming out rapid fire and they are all broken down into chapters but its holographic and readers are going to require linear. When I was in college I edited many papers so it's probably time for me to bring back some very old skills.

I have found humor is working well to convey the stories that were very hard to digest, and, then, at the end of the humorous chapters, a brief note to my reader that under the humor is pain, but, to continue reading to the part where the dream character "kenny" is able to unearth the pain later in his story.

I was tired last night and I wanted something mindless to watch on youtube so I began to watch the biography of Joan Crawford and began to have compassion for the woman. My father was much like Joan Crawford. Christina Crawford wrote mommy dearest when she was too young, and she went back in later years to revise her book. I can avoid a lot of the flack that christina got in the late 70's because my family was not famous and ive waited this long for more healing.

I had a sponsor in the late 80's who shared with me that as life unfolds, I would have small "ah ha" moments, but, that this experience would take time. And, I can see, now, what she was pointing towards.

Reading your letter yesteday was a joy because it contined peace, and your formulas and stories (supermarket conveyor belts and parking lots) are tools I use every day when I am pulled back into the story of Kenny. I know David calls it mind training, but, sometimes, I am not there yet, and I have to use, instead "mind forcing" to pull my head out of the past.

I know I told you the story of the hairbands, and, yesterday I found #178 which is the sign I believe is coming from my mother on the other side. I know there is no "other side" in truth, but, on most days I'm not there yet, so I'm using the belief, right now, that

my mother is in the spirit world. David would probably call this a symbol. He says that spirit must meet us where we are at with what we are believing. That's why I am so attracted to him. The practicality!

Guilt is still a very big challenge every day. Guilt for the way I behaved and the decisions I made in my "lost years" and, also, the belief that I "hurt" other "people" so, to be honest, I am not anywhere close to enlightenment.

But there are moments that I can see; almost as if I am in a cocoon and there are cracks in the shell where light is pouring in. This must mean that the butterfly is beginning. And that's good because it's impossible to return to caterpillar.

Back in the 80's and 90's we were all very involved in 12 step programs which were healthy in many ways, and, also, they were still very much based in story telling which is a dynamic that can be helpful for my reader to see from the point of my own parable.

We were not doing drugs or getting drunk, but, also, we were very much in a holding pattern (I guess that's why they count time in recovery)

And in my story I found myself in a healing trap. A common dynamic that takes place in most religions because I was judging my family but attempting to place positive stories on top of the judgments, or place light on top of the judgments.

Very very very common dynamic for humans.

This book will express this experience in story form, and, then, guide my reader beyond all of that as the character Kenny finds a better way.

I think where I am going with all of this was the ultimate discovery - what I was resisting was persisting. I judged my parents and then I became my parents.

Or I discovered I was my parents.

It makes judgment intolerable to have this truth in the headlights, so, it very much forced my soul to look and seek deeper, and that is when you and I connected 2.5 years ago, and began to correspond.

I have to laugh, Dale, because in my writing the dream character Kenny continues to say to himself chapter after chapter "there has got to be a better way"

Anyway, that's the gist of Monday morning during morning coffee. I am not close to the editing part yet. If your journal took 3 years then I should not be in any hurry. In my story it's so so so simple now. It's like everything that you and I have been sharing all of this time, and, also, the same direction David continues to point.

Purpose is the only choice now.

I loved your letters yesterday Dale, both of them. I was having a down moment in the evening when they arrived so the timing was perfect.

Thanks for hanging in there Amigo. I was absent for several months with letter writing during more "convey belt burn" but it feels like ive come up for air once more.

It feels good to breathe air.

Talk soon
Your amigo
Kenneth

March 31, 2021

Ken, it was good hearing back from you and I'm glad the responses helped you. We're often telling each other what 'we ourselves' need to hear most...so don't say you're far away from the goal. You ARE the goal whenever you CHOOSE. It's just a matter of being right minded or wrong. Choosing Spirit or ego. Love or Fear...guilt or forgiveness, etc. David uses the phrase of 'stop, drop, and roll'...use that whenever your mind takes you on a journey. Stop into silence, drop from your head space to the Heart space and roll, MERGE into existence. Its analogous to a drop merging into an ocean. Listen, i get it though buddy, I struggle too, i have my moments, but i just know the pathway BACK to my peace and i go there when I need to. i think you're writing these journal entries, or stories out from your past can be helpful for you to work out in your mind. Atleast for ME anyway, I often didn't SEE my issues OR the triggers until I wrote it out from my interpretation of the event. i was able to heal that way. In truth Ken, the doorway for ME has been selecting someone I have the most problems with in the world, i mean the worse of the worst. find a way to FACe that 'person'....or even TALK....and heal like that. i literally healed this way, by looking a guy in here in the face and seeing myself. I viewed my OWN crime...my own 'self' as the unforgiveable, the unredeemable, the un ACCEPTABLE....by society or myself, and by looking at someone 'else' that the world saw that way, in HERE, I was able to see him as I see MYSELF....and FORGIVE him. It was a symbol to let go of 'my story' and move on...let go. FORGIVE. :) Anyways, its deeper than that, but I'm outta time..I love ya pal...keep up the writing, talk soon, Only Peace, always, ME

April 1, 2021
Kenneth to Dale

Dale,
This was wonderful, perfect, and it cold not have come at a better time. I hear you loud and clear because I'm being given mirrors of what I do not see forgivable about myself or what I cannot even see in myself. There is a woman i was supposed to do inquiry work with today, but, she cancelled, and, she is all over the map and unstable. But, she is the perfect inquiry partner for me because I could not see my own erratic "unstable and all over the map" without seeing it in her. I needed your letter because if I can love I her "unstable and all over the map" then I can love myself and surrender more of my own outdated and untrue stories. I am going to go take a walk now. Sometimes surrendering means I just need to walk and breathe. I really am having a hard time

believing any of my thoughts anymore. They are all just mostly habitual patterns anyway. Simply not true most of them.

OK, there is my brief message for Thursday Morning.

Adios Amigo
gracias gracias and gracias
Tu Companero Poderoso
Kenneth

April 1, 2021

I liked that...'unstable and all over the map'.;) If you were to ask anybody around here who that reminds you of, I'd have to agree, it'd be ME. ;) But I don't deny it, nor should you. Be like the wind. Flow. I don't believe in staying in just one spot. The issue for me atleast comes when I'm presented with many choices. I always seem to have alot of choices. Choices all under the same umbrella if that makes sense. In other words, its not ever a choice between right or wrong anymore, good or bad, but a decision on what works best FOR ME in the environment or situation I find myself in. 'I HAVE' to be in this prison so to speak, that's part of the script. I can't move to Florida or Vegas anymore....no matter how muc I mignt like those places better than HERE in Ohio. ;) I can only make the best choices I can to better 'my time' and make it a smooth bit, here and now, with what I've got. I think you can clearly see, we mirror each other with our scenarios. ;) There's a REASON for our correspondance. I'm happy you can feel helped my brother...Only Peace....stay in touch. Always, ME

April 1, 2021

and to add, you are NEVER your thoughts...you are the ONE WHO NOTICES them. Always stay rooted in the Knower, the Observer, the Witness. Be a K.O.W. ;) With Love, ME

April 1, 2021

Ken, I had more time to actually 'sit and write'....these past two emails I've sent, I'm timed, rushed, and on my way to work. Tonight I can concentrate....I'm about to meditate and go to sleep. ;) I wanted to touch more on the 'all over the map' phrase.....I told you I believed it's better to 'be like the wind'. It's just because nothing in 'form' is ever permanent or stable. Is WHO WE ARE permanent and stable? No....I'm not the same 'person' I was 5 yrs ago, 10 yrs ago, or even 5-10 minutes ago. The body is always is a constant change.....but YOU are never the body, you're the Awareness that you HAVE a body...Always you are this....it's changeless. The substratum beneath ALL activit and form. It becomes easier to feel the more we meditate....not with eyes closed, and in silence by yourself for segments of time. This is ok too.....but ALL DAY, as we walk around, you can stay in an open eyed meditation. The mind'll tell you all types of things you won't always like, but those thoughts will become less and less important, and you'll see them for what they are. The voice of ego. And you'll just 'notice' them, and let them go. You know all this anyways, stay in the parking lot and watch the show. Watch this play of consciousness... This outpicturing of our thoughts.... I hope you have a good run of writing to come and things just flow. I'd get writer's block here and there and set things down for a few days, or even weeks...then I'd go back in when I felt inspired. Damn it Ken....I might try and begin a third book while I got the opportunity. U've had some good ideas, and I'm in a more clear state of mind, I'd like to sit down and finish one more just before I go HOME. I gotta see if I can get an approval from my victim's family for the book I REALLY wanna write. WE'll see how it's meant to play out...I love ya pal, Get back to me with some thoughts...maybe we help each other?;) Yake care, ONLY Peace, ME

April 3, 2021
Kenneth to Dale

Thanks Dale,

your the one friend I have who really really gets it. I simply cannot compromise at any level any more. Either I am the observer at all times or the pain returns unbearable. Its kind of like the chick in the egg who has to peck its way out because the yolk becomes toxic to the chick and escape from the shell is no longer an option. I know you can hear this. The other metaphor I like to use is the caterpillar to the butterfly, but i like to turn it into a story. I call it caterpillar nation.

A world full of caterpillars with caterpillar life coaches and caterpillar doctors and caterpillar psychiatrist with caterpillar pills and caterpillar retirement accounts to keep the caterpillars safe and to make sure they can be successful caterpillars.

Because there is legend in the caterpillar kingdoms about the poor unfortunate caterpillars who start to fail. They spin themselves up in cocoons and are never seen again.

I feel like I'm totally mush a lot of the time, but I have seen cracks in my own cocoon so its all fine to let the mush simply be. I do not feel the anxiety to try to fix the mush with a new age recipe anymore. Its hard, and also, its because of the mush that you and I have been able to share this beautiful correspondence, so it can bring a chuckle to my days when seen in this light.

I guess this is much of my writing is to describe this in my own story and parable, to guide the reader through the caterpillar, cocoon and butterfly experience with a real life story. Its what I see and sense at least.

Because, inside the cocoon when all is dark and cold, angels (butterfly's) seem to congregate. I don't think the butterfly's can help caterpillars who still need to eat leaves all day, but, when seen in this light, it is impossible to judge caterpillars because everyone is on their own timeline. And, the caterpillars need to eat as many leaves as possible.

I use this metaphor when people call me and want to share with me all that is wrong in their lives and how things should be different. Every person who I talk with believes that they have failed at life, but, when they are let in on the secrete that the cocoon and the mush part, then it seems to give purpose and meaning and makes it possible to relax without struggle and let GOD perform the transformation organically.

Anyway, just my two cents on a Friday Morning.

OK, this was in response to your first email. I will now go read the next two.

Love you as always amigo
Tu poderoso compañero
Kenneth

April 3, 2021
Kenneth to Dale

Dale,

Let me know if you received two of the same replies. I'm having trouble with jpay. I hit the send button yesterday but I don't think it sent. I hit the send button again this morning on the same email. I think this is the same glitch that has delayed other times for the both of us during our correspondence.

Yes, your third book, you must write. I read several of your letters to our community in Kamas Utah last year, and the response was overwhelming in awe. You are doing the forgiveness work full time, and the world needs examples. But, also once you finish your third book, your jpay email infolder will become too busy to answer any of my emails priority

I was listening to David this morning (in fact I listen to him every day) and it came through again. Maybe this time, after hearing it for the 100th time it will sink in, that forgiveness work must come priority over everything else. I mean, you have been saying this in all of your letters for years. I must be a slow learner.

David said something else I was able to hear this morning. He said that I am not the one having the thoughts. I know, I know, this is what he and you have been saying for years, but it clicked this morning, finally.

This must be the open eyed medication you were referring to in your last letter, to use go about the day noticing what crosses the mind of Kenneth basically. This is starting to sound very very very simple. If all I have to do is notice what thoughts come and go, then it really should not be rocket science.

There was an animated movie several years ago, called the prophet. It was based on the prophet by Kahlil Gibran, the Sufi mystic poet, so the whole cartoon was based on his poems in the book "the prophet" which is a famous book, its like one of the spiritual staples. Anyway, the animated film had to have a character, so they created an actual character who was put in prison for the heresy of his writings. I'm not sure if I am explaining it very well.

I don't think I've shared with you that the character in the movie often reminded me of our friendship and our correspondence. Because, this man was in prison, and the maid who came to clean the prison every day brought her daughter with her to work, and, this little girl developed a friendship with the prophet.

The little girl said “don’t you want to escape?” And his response “the only prison is the prison of our own mind” and from there the animation had some beautiful visuals. It was really well done.

In fact, do you have a DVD player where you are? If you do, I could go on Amazon.com and send you a copy.

Here, at age 53 (54 on monday) I finally can hear what my father came to convey in my youth. I don’t think i shared with you much about my father. We had a very turbulent relationship and when I left home I shut him out and he shut me out. It was like he was mirroring what I could not face in me and I was mirroring what he could not face in him. My mother kept saying “keep the apart, keep them apart or there will be violence in our family”

But so much later in life, I see it clearly dale. My father and I came to mirror and heal this ginormous belief in money. In my family there was a good old fashion trust fund, and, it brought to the surface all of the egoic greed and selfishness, or, should I say, it brough the family fears to the srufac. All of those beliefs in scarcity and lack were pushed to the sruface thanks to that family trust.

But if it were not hte famly trust it would have been some other trigger

But anyway, i see what my father was pointing towards today, and, at midlife, i can now feel the man’s heart and feel my own heart, and, this is what my writing is attempting to express. The only way I know how to write is to use blurt it all out in order too have the emotions go into words, so, its simply not linear at all.

Oh well, if its meant to be then some editor will show up some day perhaps

My father kept getting stuck, and he even told me, he kept staying “kenny, help, I’m stuck” but he was asking a teenager for help, and when I attempted to help him things went from bad to worse, but, now, 40 years later i see that all of us were dancing a very dramatic script. All of us were on the movie screen attempting to fix what is on the movie screen.

That pretty much is now my life lesson and discovery. Don’t try to change the movie screen, just get off and watch the show.

Well, if it took this man 54 years to figure it out, then so be it. Now, I just have to practice this every single day for the rest of my life.

My grandmother looked at my father before she died and asked “have you figured it out yet?”

I know now this was the answer to that riddle. I don’t know if my fther ever found the

answer. Its to him i will dedicate my book, though. He gave me a huge gift. Not the trust fund but something much much much more value able. He gave me the family riddle. Grandma's question "have you figured it out yet?"

I did figure it out. You figured it out. David figured it out.

We're not the one who is hving the thoughts.

LOL

Ok, ive got to go clean Jackie's house now. She fell and broke her hip right after i arrived in mexico. She never asks for help but its a free day and ive had my coffee.

Maybe we dn't need to write any more books dale. Perhaps we can just print out our letters back and forth. What do you think? I think our correspondence could be a best seller.

Love you amigo
Tu ponderoso companero
Kenneth

April 4, 2021

Ken, So I've decided I'm gonna take my next 4 years and work on the third book, just before I'm released, I want THIS released. Telling the full Truth of my actions that got me here to the many who never knew. And also what I learned from these actions and all the years behind 'these walls' in a metaphorical sense. the Bully Exposed....Coming 'HOME' is the title. You obviously see where I'm going with this with the 'Home' comment. I figure it'll leave me in a good place with a solid platform to come back IN prison, to speak, mentor, and help other inmates get free also. I even considered a prison publishing company for inmates who wanna tell 'their story'.

So many in here HAVE one, but waste their time on frivolous things, wasting years away. In Ohio, the penal system is DRC, Department of Rehabilitation & Correction...A DRC publishing company would be perfect. These inmates don't have to be BEST Sellers, they only have to have a positive, uplifting story and direction to help guide "others' in here get out and do the same. These stories only gotta influnce ONE powerful investor who is interested in 'helping' IMPROVE the prison population. You figure he invests as a tax write off, and donates hundreds, maybe even thousands of dollars to distribute these books written by inmates all over Ohio, or even the United States?? Who can say? EVeryday I get guys in here asking me how to write a book, how to publish their idea....how to tell their 'story'? And this could be a potential job one day. Ya know? Traveling around, speaking, passing out books, mentorship, guiding others to stay the path, etc...you get where I'm going with this right? Tell me your thoughts. I know alot of successful people who would buy into this idea.

But this'll take time and concentration...I've got myself in a great place, with just the amount of 'time' I need, left to do something like this. Tell me the goal of your book, share with me the direction you wanna go.

April 5, 2021

Ken,

I dig your letters Ken, you're an enlightening cat and you go deep, there's substance to your writing, and I enjoy the deeper waters of the mind. A lot of people I correspond with are only interested in staying in the shallow end, or playin in the waves upon the surface. If only they'd dive deeper to feel just once the UNity of our being. The sameness in ALL beings, the Truth that we are all just expressions of the same Self. Your dad's story was nice for me to read....I have dealt with my OWN dad and his relationship with me for decades. It's left scars....but it's only by sitting through and FEELING those emotions when they arise, can our Heart truly be opened. The burning burns away the crust that veils our Light. Each painful memory, that we've yet to let go, imprisons us and KEEPS us from the PRESENCE WE ARE. The Heart is the Present moment. 'Time' is in the head, if we keep training our mind to merge only into NOW, to BE the Knower of what's Known, the Observer of what's observed, the Witness to what's witnessed, or, in Course terminology, the Dreamer of the Dream...we will wake up to WHO and WHAT is truly behind this play of Consciousness. We will wake up to WHO WE ARE, who we've ALWAYS BEEN, WHO we'll ALWAYS BE. Why NOT BE LOVING to EVERY character if it's only YOU? How you SEE YOURSELF is how you will SEE OTHERS.

It's comforting to FEEL just once, that all these dramatic events, all these seeming mistakes, all these apparent let downs, were nothing at all but a dream, ALL was in the mind of this dreamer. If we train our minds to SEE the falsity of everything in form, we can FORGIVE what never WAS. IN doing so, we realize that the only reason we witness things like rape, or murder, disease or poverty, guilt or shame, is because that is the level of thinking of the dreamer. Look at a teacher or symbol like David....if he were to pass on from this life of form, his mind would only merge into the LOve that he FEELS EVERYWHERE. HE has relinquished the BELIEF in anything but God, or Love, or PEACE. WE must follow his teaching, his example, his path he laid out for 'US'. IN other words, it's the SAME message Jesus left us YESTERDAY, Easter Sunday....the Resurrection is EVERY MOMENT. Which moment will you CHOOSE to be YOUR'S?:) I love you buddy.

And no, I don't have access to DVD players in here. I plan on doing a lot of catchin up with you all once I'm released.:) I wish I could listen to David's talks.:) That day is coming...I want NOTHING else but a life of HEALING and PEACE, expressing only LOVE and KINDNESS....I came up with my acronym for LACK...live in Love, Acceptance, Compassion, and Kindness.:) What do ya think? Easy enough right? I 'try' to express this to anybody I speak to in here....we are ALL the SAME. Each brother I see, is a mirror reflecting my unhealed thoughts in my mind BACK to me. I'll get glimpses where the images disappear and there is only BEING. BUt it's still only glimpses, conditioned judgements roll over me at times and I gotta train my mind to see beyond them. We ALL do. I appreciated the support on my third book buddy, it'll take some time, I need to get myself positioned in a place where I can focus on THAT first...I believe it could be a book that inspires healing. My publisher is interested in hearing what it'll be about, and I'm gonna call him in the next few days to share. True enough, you and I could write our OWN book just based off our dialogs huh?:) That's why I've found our friendship to be such a blessing, a joy....Take care Ken...write soon, Only Peace, Always, ME

April 6, 2021

Ken, Morning buddy, today, 'Let me perceive Forgiveness as it IS.!:') Everything in your day is just an outpicturing of your own thoughts, believed to be TRUE. Every painful memory you have, involved only people that 'knew NOT what they do...why? Because they know not who they ARE. EACH one wearing a mask they've designed to hide behind, believing it to protect them like armor. But YOU created this mask as YOU PERCEIVE them....so as the Course says 'Would you condemn yourself for this?' See everyone today only as YOU....NOW, see them as you would a dream you're just waking up from...none of this ever happened.:) The same Self, manifesting a unique role, designed to meet the unique karmic NEEDS of the people you and I are in relationship to. Love you brother, Always, with Peace, ME

April 7, 2021
Kenneth to Dale

Dale,

Its an absolutely amazing idea, and, the best part your idea, is that I can hear the inspiration, which means that it comes from the only place that can ever be Trusted. Thats one of the things I like about David hofstmeister, is he puts it all into human language, so, in his own words, its all guided!

I wish my friend ben were still alive. Ben was a wealthy philanthropist and he spent his whole life on causes just like the one you described, and, he would have jumped at the chance to get on board with such a worthy idea, but, alas, there are many more Ben's out there, so it will come to pass no matter the money or not.

Yes, mine is much like yours, in that I had to ask a lot of people before getting hitting takeoff speed and adjusting the flaps for V1 rotate. One of the reasons it taken me 3 days to get back to you is that my first book has gone into the edit mode and its taking off with a life of its own, and, you need to now that I have your encouragement to thank. So, you got mine off the ground, so, now, I am just the first of many.

And, I like the title of your book, the bully exposed, and coming home, becasue HOME is the word what will be most important for the reader to understand, and, coming from you, it will carry weight. It will be the real deal.

I'm kind of in the same boat Dale. I was on those psychotic pills for over 25 years and all of those drugs and all of that alchol and sex and work etc, and, when I was in mexico, writing it all down was hard, and I kept having to take breaks and walk away it was so awful. But, it was only awful because I had to cough out all of those nasty fur balls. Cough then up and spit them out.

The editing process is actually not as bad a the writing was. I'm taking my reader thorough the dark forest, and using metaphors that we have used in our correspondence such as the caterpillar to cocoon, giving birth, the perfect storm etc, and, right now, I'm using these metaphors to help people understand that if they can turn ther withdrawal into a dark night of the soul, they can shift gears like I did and instead of this being a problem, its an opporunity to start researching saints and mystics and avatars and this what these communitis need so much. Hope.

Its also a conglomerate, mixing in course in miracles with the 12 steps, but inside of all of that, something new is being board, and, like yours, its coming though with little effort so its supposed to come out now.

So take the ball and run with it. Go for the gold!

Not much else new here. Ive been making repairs aroudn the house since I returned. I went to see a few friends in the hospital and one nursing home. I can't do more than simply visit, and two of them want me to rescue them, but I can't. One friend wants me to help him buy a car, and it won't help him. Ive tried to take hi to church and 12 step

meetings but he believes his problems can be fixed if he just gets a car. I love the guy, so I have to wait until I'm guided before I go see him next. the other friend is very old and her family had to put her in a memory care facility, and she wants me to help her leave and find an apartment, and its hard, because I love suzanne, but she has a drinking problem, and ive talked with her family and if she leaves she might get behind the wheel, so the only safe place for her now is the memory care facility. I think these two friends are mirrors of where I would have landed had i not found DAvid and you and all of the other mighty comapnions many years ago.

I'm trying to explain in my book that when we hit bottom and get on our knees and pray that we are guided and shown the next right step. Its got to come into language that will not sound all religious or new age so Ive got ot find synonymous for words like angels.

So far I think the best one is surf instructor. I'm tryinto to explain to my reader that life will bring wave after wave after wave, so I used asurphone metphoar and called the holy sprit a surf instructor instead of an angel. How does that sound?

Anyway, its good to hear from you as always. I see there are two more emails in my inbox. Gotta get to those next.

But, before I do, one more nugget I got from David last night. OK, you remember me telling you last year that I still felt guilty for having evicted that woman 23 years ago? How It came back into my wariness last August? Well, it was a monkey on my bac the whole time I was in mexico, but, that only goes to prove that this stuff still will require patience in my story.

Well, someone called in an asked david a very similiar question last night. Someone was feeling totally guilty over a past digression that could not be amended with a step 9, and I can't remember exactly how david put it, but in a nutshell he said something like this;

He said that the ego loves to hold us back, and the ego loves to make us feel guilty, or something along those lines. I now you have been telling me this for years, but for some reason it took until last night for it to sink in finally. And, so, all day long today when the memory of Susan has reutnred, ive been referring back to David's lecture for last night, and the moment I felt that sigh of relief.

OH, wait, now I remember. Here is what it was. David said the ego loves to go back and analyze, yes, thats it, he said the ego loves to analyze situaionts, and that was the missing link Dale. Ive been analyzing and analyzing and analyzing because Susan did drop the ball and legally I did have the authority to serve her, but it was not about any of that, it was about the cold hearted way I could not hear her cry for help, but all of that aside, i saw it clearly last night.

It was the analyzing. My ego has been analyzing and analyzing and analyzing. The situaion itsefl never hurt Suzan because i told the attorney if she could pay she could

stay, and she never did have to leave, but that is no longer the issue.

The entire parable was in my awareness for over 6 months so that I could discover that my ego analyzes.

Its been that simple the whole time, and it finally, in one light bulb moment, it went "ping"

Anyway, thanks for sharing with me your publishing company ideas. Not much new here. I have just been writing and writing and writing.

Oh, one more thing, I have always had trouble connecting with my cousin, and before I go I would like to share with you about that.

I have a cousin who is 1 year older than I am, and I have always felt so jealous of him. He went opene cup a business 30 years ago and it too off like a bonfire and made lots of money and he has been a well known entrepreneurs for 3 decades in Orange County. Basically, in a nutshell, he opened a restaurant in Costa Mesa California and from the very beginning it became the hot spot for the Orange County "who's who" and I have always been jealous because in my famiily money equated success and success equated love and, well, you now the story.

Anyway, ive been trying to connect with him for years, and in his own way, he has sorta been tryign to connet with me, but, finally this morning he texted to tell me happy birthday and I saw, for the first time, something hat I had missed before.

He has been hurting Dale. He wanted a cousin and I was just not available, because I did not love myself, and all of the other stuff, to be there forr him, or, to be able to tell him that i Love him with genuine integrity. Well thats what I get to do now, and i answered his text with some very honest disclosures, and, well, here I am, approaching senior staus, and some of these family relationships are slowly begining to come back online.

The same with my ucle, Dan's father, and its because of all of this work all of these years that I no longer want anything form them or need anything from them, and, as this continues, slowly these characters are returning back onto the screen of my movie.

I judged them but i knew that Judging was not spritual so I turned it into humor, but I don't need to do any of that anymore, and I can set aside the humor now, and get more real.

Humor is great, and, in fact, I'm using much if in my bood, but its has it place and time, and when it comes to relationships, well, it simply feels good to have outgrown it.

Anyway, thats it for Wednesday PM. I might save your next two letters for tomorrow morning. I always like to have time to fully digest your letters. They are the most authtinc conversaiton I have ever had.

Be well amigo, talk soon

Kenneth

April 7, 2021

Kenneth to Dale

I'm much like you Dale, I think of things to say after I hit the send button. This is about your idea for the men, and how it will help them. Writing is one of the best forms of therapy, The last two months in Mexico, had I not met Betty, I would not have had much impetus to start, but, that's the funny thing about writing, is that most of us need just that, a reason to write, or, also, an audience to write to.

I can't just make up an pretend audience. A good and seasoned writer can, but I'm not able to yet, so I needed Betty in Mexico to send my writing to every day, and get her encouragement to "keep going" and this is what you can do for the men in your facility.

All anyone ever needs is for someone to read what they wrote, much like a good teacher would encourage any student.

There is so much potential that you have in the facility because those men are crying for expression, and that's the reason I spend so much of my time in the drug recovering communities, and also why Jesus preferred to hang out with tax collectors and prostitutes probably.

But, I just wanted to give you a kudos on your idea, to light a fire. Its service for us both, from now on, its all about serve. DAvid says purpose, and that's one of his secrets ,he just serves and serves and serves and it comes back to him tenfold, and that's how he can do what he does.

Its not a complex formula, but to get there, most of us have to face the foo dogs who guard the gates which is the real real real yucky part.

Anyway, total green light from your friend in Oregon. I can't wait to hear more.

I'm exhausted, end long day, gotta collapse now.

Hasta mañana

Kenneth

April 8, 2021

Ken, Yea, you had the acronym right....it's catchy ain't it?:) Also with the Jpay, usually mail will go right thru, the longer ones can sometimes take a few days depending on 'words' or phrases we

use...sometimes it triggers off the system to alert them that something's being talked about that possibly needs reviewed.

No big deal...but yea, the 'writing aspect' of putting a story together, especially YOUR story, takes time. It can take you into some deep waters where you find yourself needin a few days off to reflect. The more you learn to dwell in the deeper waters of being the noticer of what's noticed...the observer of everything observed, the background of everything being watched...the easier it gets NOT to take things so personal. You naturally seem more detached, and find yourself in a state of surrender.

I'm jottin down ideas and things I want to focus on for this book as I go...I'm waiting til I get placed in a spot where I can type daily and be left alone. It'll come when it's supposed to....I had a great visit with my son earlier today. He brought his girlfriend up from California, he's gonna propose next month, he surprised me today and told me. He is takin her to Cancun and has everything set up already. I'm proud of him, he's light years away from where I ever was at his age. :) I'm hopin to be a grandpa when I go home. :) Take care Ken...Only Peace, Always, ME

April 8, 2021
Kenneth to Dale

Dale,
Thanks for the kudos, and, right back atcha.

I love that acronym for LACK, what was it again, I thin you said Love Acceptance Compassion and Kindness. Anyway, thats the way your mind works, and, your mind rocks amigo.

I think i figured out Jpay, if I do not break this up into paragraphs, fewer pages and fe were stamps, so i guess its ok if these paragraphs just run all together. Anyway, do you have the name and contact for your publisher? My friend in Mexico said that when I was ready, she would hook me up with hers, but I like your book so much that It might be good to see if he would be interested. I dunno. Ive never done this before. My friend in mexico wrote a sorta similar but kinda different kind of book. She traveled around the world and interviewed 50 different spritual teachers and masters and she titled her book "the search for spritual intelligence" and she gave me some real good advice. She says that when writing, I need to have a conversation with my reader, as if I were sitting down and having a cup of coffee with them, and i liked here advice. But, as we both know, spirit will write the book the way spirit feels how this message should come out, so I guess that makes us both just messengers and channel ears in a nutshell. (New paragraph) I listen to DAvid, but, he got all of what he captured from the coruse of miracles book itself, so that would make me a second generation. You are more like david, so you can call yourself first generation. I stopped reading the course a long time ago, and, instead, spiritu said 'just listen to david for now" but all of that may change because I never now what the next day's assingment will bring. (New paragraph) this depth that we share used to make me feel like a total retard.. I used to try to share depth with people most of them would run away, but in my book I explain how caterpillar crawl away but, not to fret, becaue butterflys take up the vacuums space void. I go to extreme lengths in my book to not judge caterpillars, but, to reframe their necessarily because they are not done eating leaves and in order to survive the cocoon, caterpillars need to be real real real fat first (New Paragraph) I wrote you an email last night, and, said I would respond to your next two this morning, so here is my second response. You are an enigma Dale, because very few have really gone down to the bottom of the

Mariana Trench where the pressure is so intense, but, also, that is the only place where the giant oysters can be found, and, also, the huge pearls. Healing requires huge pearls. My father kept trying and trying to dive deep, but my mother kept cutting off his oxygen supply at the surface, and he kept having come back up before descending down as far as he ultimately wanted to. She did it out of love. She was afraid if he descended down too far she would lose him, so there is no fault and no blame of course. I remember when I was 18 he finally confessed and said "i should have never had kids in the first place. Youve got to leave here and figure it out kenny. Good ludk and Godspeed" which was really quite loving when looking back becasue trust is love. He trusted me that I could make it to the bottom of the Mariana Trench and pick up where he left off. He at least showed me how to use the diving equipment, which was extremely valuable. And, besides, very few fathers ever taught their children about diving equipment, so that is how I like to memorialize my father today. Now, to put all of this in a book form, well, this is where lots and lots of editing. (New Paragraph) OK, so thats it for Thursday. I still need to get to your next email. Keep me up to date on your writing class. Ive got to do some housework. Both my roomates work full time and they said if I could help them out domestically then the rent could slide, so I want to show my appreciation for the offer and get to work. Cheer amigo, I look forward to your next letter as soon as I return back down here to my basement cave. Siempre to poderoso companero, kenneth

May 24, 2021

Ken...you ok buddy? Just checking in on you, seeing how the journey's going? Jeffrey came into town last week and visited me and 5 other inmates here in Chillicothe Correctional. It was nice, I've been trying to steer guys who seem receptive or ASK me.... towards the Course and the principles towards this kind of life. Its a different perception to many who've never even HEARD of these kind of principles, beliefs, or ways of living. So it can be challenging as you can imagine. Things have been great other than that, I've been writing back and forth thru the mail with other students also, so its kept my mind in a pretty good place. You? You explained to me onetime about how the monestary was when you've visited....are you at one now? How is your mind training going? Has the journey been smooth since we've last talked? I'm sending you Peace my brother and with Love always, I hope to hear back....only Peace, Always, ME

May 25, 2021
Kenneth to Dale

Thanks Dale,
Its always good to hear from you. All is well on this end. I really know at a much deeper level what you mean by "the burn" but its all good. Your encouragement is part of the reason I have found the courage to enter all of this.

My friend on the farm is going through a very slow and "not very pretty" transition. I took her to the hospital several weeks ago for a serious surgery, and I'm simply must go through my feelings and my judgments and its hard work. I would be dishonest if I shared that I was not angry. I'm not sharing this much with my course in miracles community because any and all unsolicited advice is not welcomed right now. Just a

few people who i can be confident can hold the space while I move through this time. This grieving process that I must face as she declines on her own terms. I want things to be different, I want her son to be involved, I want many things that are not going to happen. She has been honest with me to not save her and let her die with dignity, and I must respect her honesty. And, also, I want this to be a smooth transition for her, and to not have to watch another body suffer, and I'm not getting that either, so this is what my burn looks like right now. My ego is riding on my back every day Dale, I want to call her son and tell him to get his ass down here and help out, and thats not happening. I'm not getting what I want in other words.. My ego is on fire with this one. And, Thats not the voice that can be trusted. Ive loved my fiend for 54 years and, also, we have a long history of specialness, so all of that is coming forward in addition to this pending hospice. The specialness was not bad or wrong. It was our life assignment together, but it simply can't be ignored. And, as if that were not enough, all of my "rescuing" buttons are getting pushed right now ("Kenny, the hero of the dream, can fix this....."). IM a puddle of mush and, on many days, oscillation between confusion, anger and just plain old sadness. So, Lots to digest.

How great the JC came to see you Dale. Is he still living in Las Vegas? I talked with his wife, Susannah, a few weeks ago, and she is in Mexico. I was at their wedding 4 years ago.

Its great that you can correspond with such eloquence Dale. Your ministry is your writing. Did you ever find a way to assemble a writing class?

I did finish a rough draft of my book "the psychiatric shaman" but I set it down and will pick it back up again when there is inspiration. All of the ideas are down but its very rough and needs a fresh perspective to bring something to life with direction and improved flow.

But, in the meantime, ive been sewing ever since I returned form Mexico, to create cushions and pillows for the furniture. The store bought cushions and pillows were not giving the furniture enough appeal, so with these hand crafted pieces I may be Eligible for the portland art show this summer, but its not about the product. I will enclose a picture of some of the fabrics I chose that I think would be eye catching. Mind training takes place while sewing, while building, while writing. The priority is always mind training.

Anyway, its good to hear from you as always. IM sorry I've been remiss. I will continue to digest this pending loss with all of the new tools that have been arriving these last few years; and from this time will come greater compassion and wisdom. Its just one of the life assignment that.a man must face in order to awaken from this dream that we all share together.

Love you amigo!

Kenneth

May 27, 2021

My friend Kenneth, my brother! Its always great to hear from you and thanks for the response. 'The psychiatric shaman'...I dig that. :) You'll have to share it with me once you're finished. And the sewing sounds cathartic during this time for you.

I read your words about your friend. And I'm happy that you felt you could share this with me in an open space. Feel free always to open up and share your thoughts, feelings, and perceptions of what's going on around you in your life. Share with me your beliefs and question your desires, your TRUE desires for Life. Really try and trace it back to where you're feeling caught up or attached at. Question it. What's the belief? 'The burn' is a GOOD thing. Welcome it. I love you buddy and I'm with you anytime you feel like sharing. With Peace, Always,ME

May 28, 2021
Kenneth to Dale

Thanks Dale,

Its all good. Jackie has been my teacher for 30 years, and, as she begins her transition, she is still my teacher. She is teaching me how to die. We have had this conversation many times. She was raised christian scientist so she totally digs the course in miracles. She has told me to not save her body, and now I must honor her request. She has a drinking problem so its rather complicated but thats also my judgment, so I'm just practicing everyting that you and I have been sharing together and using it for mind training. More and more mind training.

Can I send you a copy of the psychiatric shaman? Its about 120 pages long. I put it down several weeks ago but i would love your input. I dont' know what to do with it.

I'm assembling my application to the local art show for the furniture this moring, but, i got frustrated with Microsoft word and I would rather correspond with you anyway.

My website went down yesterday and I had t total trigger. When I got back from mexico i went to see the man who is hosting my site and during the covid lockdown he went off the deep end and stopped taking care of himself. I sat with him and his partner for over an hour just holding space while he told me all about his suicide attempts, and, then I just kept praying on what to say and sprit told me to keep my mouth shut and just listen. I wanted to share with him how I recovered but spirit just kept telling me to just hold space. Then, yesteday, my website went offline and I started to get angry at him and spritu told me to not worry about the website. I have got to listen to spirt Dale. Two voices, my ego, which wants things to go my way, and spirits voice, who has a plan that I am not privy to. More and more mind training.

Everytime i go back onto the timeline dale the same things happens. I start to make plans, I then look for pleasure, then the pain returns . More and more mindtarining. I know you can relate.

Anyway, things are pretty mellow here in portland. When I got back from mexico I did not now if my roomates would let me back, but they were happy to have me return, and

they kept the old room vacant, so it was a real miracle. With the covid lockdown things are nutso, so its good to be back in portland. Its not a fancy room, but i make all sorts of home repairs for john and he is a very sweet man. Sean is the other roommate who is a mirror reflection of my former self decades ago so living with him has been mind training and forgivenss on steroids.

Remember the hair band story I shared with you? I'm up to over 200 hair bands. This is totally way big time proof that there is more going on beyond these unreliable 5 senses. I even talked to a psychic in mexico who said that they were coming from both my mother and granmother. I know that my mother and grandmother are only symbols, but, the holy sprit is using those symbols right now and no where in the course in miracles did jesus say he was going to drop hairbands in front of us, but I think its pretty kewl.

How long did JC stay in Ohio? I don't really understand how the inner ministry of living miracles works. I know somehow he is a part of all of that.

Next month I'm going to drive back to the living miracles monestary in Utah and help them build a deck. It should only take about two weeks. We're tryign to get all of the materials ready to go before I drive out. It should be a fun project.

Anyway, thats all thats new on this end. I just continue to listen to david hoffmeister 24/7 and he is unwinding my mind. I guess we just keep on plugging away at this, every day.

The book, the psychiatric shaman is online, but, would you rather I send you a hard copy? Its got a lot of hyperlinks but thats only for people who are not familiar with the CIM language, so you would be fine with a hard copy.

Ok Dale, its was good to hear form you as always. Much love brother.

Talk soon

Love

Kenneth

June 12, 2021

Kenneth, Sorry for the delay, I'd love to read a copy of your book, by all means send it. It has to be from the publishing company though or it won't be accepted. Let me know if you send it and I'll look forward to reading it and tossin you some feedback.

It sounds like everything you said that you're going through with your friend was a good experience that NEEDED to be dealt with. You're facing it, giving it the space, and you're still 'open' to share this experience with your friend. All we can really ever do is BE with them in the moment and extend the LOve we share as One. Share the LOVE and NOT the 'belief' in sickness or death. How you SEE this is everything.

I'm waiting on a new player to come in...as soon as I get it, I'll be able to give you a better response, I'm

unable to go back and reread my messages from anyone so bare with my memory recall if I seem short.:)
Enjoy your weekend Kenneth, Only Peace, Always, ME

June 17, 2021
Kenneth to Dale

Thanks for the check in Dale.

Its been a bumpy ride these last few weeks, but, the bumps are not a problem, because my vehicle has been traded in. Instead of driving a Subaru Forester, sprit provided a skip loader, so, each time i hit another bump, the scraper on the back is grinding the road smooth behind me for those who are following. I can only imagine how bumpy the road would be if I were not following other skip loaders ahead on the road (ike you and David Hoffmeister).

Anyway, enough with the metaphors.

I'm leaving tomorrow morning for Utah. I really packed the car to the hilt with tools for a deck project for the Living miracles gang. Its been a hectic month following the guidance until I get exhausted, then following the guidance for sleep until its time to start moving again and follow the next clue. I'm not in control of any of what what is happening at all and its the only time in my life that the feeling of congruence has been convincingly solid so there has not been any hesitation.

None of it makes sense in a logical way but it is making sense based on this continued unwinding.

There is no room for pride in any of this because the slam of mirrors and terror of fear predictably proceeds every miracle, so its only by faith that this new way of life is unfolding. So, zero pride. Zero zero zero!

If it were not for faith and help, I would not have the courage to face all of this fear, so, again, zero pride. Sprit is providing all of the tools to make it possible to pass through the fears.

Sometimes sprit just says "its 2:00 AM, get out of bed and take a walk down by the river." I never know what tools to use until its time, and the next tool is always obvious.

Did you move forward on any writing classes? One of your gifts is expression through the written word. David has a gift of expression through the spoken word. I am more like you. I can express myself on the keyboard.

My book never made it past the hard drive (do we still have hard drives?). It may have been for myself only. I named the book "the psychiatric shaman" and I may revisit the book again when I return from utah. I'm not sure why I wrote the book. Maybe it does not need to be psychical. Maybe if were all one mind if I just anchor solutions for the medically injured community in my own mind and on my own hard drive it will go out

energetically. Perhaps; I just don't know.

Tomorrow morning I leave for Utah to help the gang rebuild a deck off their main house at the Monastery. Ive loaded the car to the max totally. I drove the car on the freeway this Morning just to make sure It was not beyond the weight limit.

I have been unwinding and unwinding and unwinding. I do not know what sprit has in store. All I now is what sprit puts on the path, and that includes more hairbands, which continue, which now number well over 200.

My entire life I have self identified as gay, but, in the last year I have been experiencing accelerated intimacy with women which may be the sign of the hairbands. I just dunno.

Its not been a sexual intimacy but something much deeper and more profound based on genuine compassion and women appreciate this, and I do too.

When I was a small boy my own mother, god rest her soul, was not healthy. She was very frightened and very confused and I tried to help but we both ended up taking each other down in a very unhealthy codependent way and our relationship together contained a very very deep love but it was very painful for us both considering that history. No fault and no blame but it has taken this one man 50 years to move through issues with women, the main issue including fear. I had a subconscious belief that women were predators. It was a core belief that has been unwinding at an accelerated rate along with the core belief surrounding scarcity and abandonment (those came from my father).

(I must have chosen those parents for a very powerful soul assignment)

Anyway, Since the predator believe has been dissolving, I continue to develop more relationships on a deep level with women (beyond surface)

Its beyond sex now, hetero sex or homo sex, its past that, and thats a good place to be.

My issues with Christianity were understandable because mainstream Christianity called homosexuality a sin which was a misunderstanding. Homosexuality and heterosexuality are actually both misunderstandings. All sexuality is a misunderstanding. All sexual attraction is a misunderstanding is what I have been shown. . I may be the first gay mon on the planet to shatter the sound barrier of this sacred discovery. Religious all through history have tried to address the gay issue but never could successfully. They always just kept getting hijacked by the ego because they could not go deep enough. No fault and no blame because both gays and Christians together just ended up throwing jello pudding and spaghetti at each other in a great big food fight like a bunch of errant rebellious and uncontrollable children.

All quite comical now, actually, in hindsight.

Beyond homosexuality and heterosexuality there is a deeper truth that can invite true intimacy without regards to gender, and, its deep. Ive not shared this with anyone yet. I'm sure some of the gang at living miracles might hear it. A few of my close friends who are older would be able to hear this. Otherwise, its not for anyone else anyway. Its just a discovery that came after smoothing out countless more potholes.

I use the skiploder analogy because my father had a skiploder on the ranch, and it did not have springs or shocks. Driving a skploder meant you had to brace yourself for very bumpy ride. It was like riding a bucking bronco!

I had a dream as a young boy that one day we would smooth out all of the pot holes on all of the grove roads on the ranch enough to, one day, pave the roads. Perhaps that was it Dale.

Perhaps thats what were doing energetically by facing the subconscious fears in our minds. Are we smoothing out the bumps in the road for the collective?

I know in truth there is no collective, so i think its time I stop trying to figure it all out.

Anyway, I was listening to one of David's lectures the other day and he mentioned you. He was telling us about his friend in Chillicothe ohio who was working on his thoughts and beliefs full time, and it left the rest of us with no wiggle room for excuses to not be doing the same. David can say this in a kind and gentle way but his words were absolutely firm so it did not come across as stern but it definitely was without compromise. A Call for his listeners to drop all excuses and put mind training and purpose priority. That is what I heard at least.

Anyway, I've got to get a move on. I promised my roommate I would fix his bathroom floor before I leave for Utah in the morning and he has been so kind these last three months to host my portland stay that I want to make good our agreement. He is not home so I can run the power tools and not bother anyone this afternoon.

Thanks for letting me ramble this afternoon Dale.

Love you tons Amigo,

Kenneth

June 24, 2021

Kenneth, I just received your email this morning, the 24th. Its always great to hear from you and what you're 'doing' on your journey, what you're thinking, feeling, experiencing, etc. I think you said it best towards the end...we have to try to 'stop figuring it all out.' This 'figuring' is the personality, trying to perpetute itself by becoming an 'explainer' to OTHERS. I've done this and was stuck here for a klong time. It partly motivated the writing of my books. ;) There ARE NO others, only thoughts in our mind.

These 'others' are concretized thoughts.

I've noticed here lately my tendencies to want to switch lanes, change, and jump from wave to wave, experience to experience, and it has increased with a heavy momentum. I mean its almost daily. ;) I switch jobs, housing locations, or whatever presents itself for the day AS it comes, with NO sense of commitment in the snap of a finger. And I wonder if it's my ego struggling to hold on for its existence, or....if spirit from MY perspective, is in fact becoming more free? Who can say...I'm just staying in the flow.

It seems as I do this though, so much is opening up to me at the same time and presenting itself as an opportunity. I got elected on as program director for an organization in here called Helping Hands. I enjoy facilitating classes and mentoring, this will be a great thing. My heart's intentions are pure, they are good, but my mind is always changing channels, lately it seems at an increasing speed. You ever see Lawnmower Man? Its like at the end when the computer program is searching every outlet it can to survive. I feel like all my programs are exhausted, and I'm just riding the wave of life as it comes. there IS no wrong choice, only what IS in each moment.

I appreciate your openness with your experiences and desires Kenneth. Always you can talk and share with me. On the relationship side of life, that too, is NOT a desire for me....from any female. I just enjoy my time by myself. However my ex wife and 'family' I had with her is presenting itself to me heavy these days here lately as I get closer to the door. I have been open and honest these past few years with her explaining this is NOT for me, I don't seek a marriage or committed relationship with ANYBODY. I'm moving to Reno with JC, and doing our work in the prison system. The guilt tries to creep in and drag me through the past because being honest, I DID lead her on to believe I needed her, desired her, and WANTED her to be my girl, and so, with that, she invested years of loyalty to me. Its tough to untangle. BUt this struggle is only when identifying with personhood, wrong identity. Had I never experienced the things I had, that release into spirit, I woulda thought I was crazy, or even WRONG on every level. BUt I'm not.....I'm certain who the 'Actor is' beneath each costume and if I deny thatthen I fall back into playing my role, negating my Purpose, and I die oneday, being buried in my grave, grasping onto a character that was NEVER ultimately Real. Does this make sense? I'm being rushed because guys are waiting on this kiosk....I love you buddy, and lets stay in touch more regularly, share what's on your mind, because it's OUR mind. :) The One Mind we ALL share being reflected through each channel of expression. With Peace, Always, ME

June 24, 2021

Kenneth, Again, I wanted to reiterate, I go through everything YOU go through, I'm not where David is, although it's important to remember, David is ME, David is YOU, what we believe ourselves to be, is just a reflection of where the mind is NOW. ALL of this....is ultimately YOU. Ultimately, the journey is finished, it's already complete and forgiven. We just have to focus on our practice of mind training, staying as the witness, the Observer, the Knower or Seer of what's seen. WE are the substratum of everything that IS, but we identify with these finite forms, these limited specks. Its a stepping back in the mind, and allowing ourselves to rest in the identification with our true Nature. more and more I approach the ledge, where I just need to make that leap and JUMP into the ID of Awareness. Always being THAT which notices. The doubts we have about this in our minds are reflected in our circle of 'friends'....all who will try to convince us we are going the wrong way, or 'lost'.

This path isn't understood in the world WE SEE. It appears to 'others' as a waste of a life to rid ourselves of ego and merge into Self. But the world WE SEE, is a level of consciousness. Meaning we allow ourselves to accept within our sight, things that aren't necessarily True. We lack discrimination. Dispassion or detachment, Devotion, etc. Principle based life is living a life devoted to God, Dharma. I just wanted to add on what I ran outta time for earlier.....it helps me to write and voice my thoughts. Its a battlefield sitting at the kiosk, typing away with 30 guys behind you full of noise, distractions, and impatience. But again, that could also be attributed to my mind being noisy, busy, or undisciplined. ;) Only Peace my brother, Always, ME

July 2, 2021
Kenneth to Dale

Dale

Your letter could not have come at a more perfect time Dale, because I'm having a very rough evening, and, I needed to be reminded. I drove to Utah to replace a deck for David's Monastery and the director asked me to leave just a few hours ago, and it's not easy. It's a complicated story, but, what is not complicated is my choice on how to view this. I can see it as an opportunity that awaits somewhere else that I must discover or as that I have been "kicked out" which is at the surface right now. I know this work is absolutely true to the core of my being, and, with that, it's the hardest on many days when I must face with dignity these life curveballs in the face of such heartache. I sometimes can't seem to tap the pain's location even, because it's not about this silly deck project. I listen to David's lectures and he says it's an ontological guilt, and, for now, I simply have to trust him; that it's not mine even, but, I'm still feeling it, and it's hard work. No alcohol, no pills, no sex, no distractions, and, nobody to tell a story to anymore. Just comes down to one man and his creator. I guess this is how we find God.

It's no accident your letter just landed on my computer because I forgot JC lives in Reno. I might drive to California with my tools and Reno is on the way. Maybe I can stay with him overnight. I might find work in California. I have two offers, so maybe that is the next direction.

I'm not interested in a relationship either. I suppose if it were some sort of spiritual union but the whole concept of committed to one person for some reason other than unwinding just would not make any sense.

I'm a hotbed of grievances on some days. I just need to make peace with that. I just take a lot of walks and appreciate what shows up when I go outside or when the next assignment arrives. Still, the heartache is deep, but, in my travels, I've not met one wise person who has not had a parable of hardships or heartache, so I am convinced that wisdom is an earned rite of passage.

I am so glad you wrote. The letter was dated 6/24 so we must have a time lag. I hope to hear from you soon.

Gracias Amigo y Hermano

Kenneth

July 2, 2021

Kenneth,
Thanks for sharing what's on your mind and in your heart. I liked your quote from the sticker you mentioned...for me, it was similar, 'You don't know you NEED God, until GOD is ALL you HAVE.!:') I've

broken down and FELT this in here.

All these forms and images that torture our minds, begin to clear as we go.....and these walls of thought begin to dissipate or fall. You start to realize how vast you really ARE. The only thing holding this construct, this house of pain, together is your clinging to thoughts. But 'who' is doing the clinging? The SAME one who did the building. Stay as the seer, never the seen, the builder and never what's built. We grasp onto this nothingness, hoping to perpetuate a dream...desiring these clouds in our sky of awareness to be permanent. The only thing left to do with that realization is to stay rooted in LOve, by allowing the Spirit to guide ALL of our decision making. Peace, Love, and Joy is ALL we can extend. But I understand the unraveling right now Ken....certain desires, attachments, and tendencies will do all of our guiding while we are in this process of letting go or taking apart this model we built. It's what created this dream to be experienced AS it's experienced. ALL of what's experienced is PERFECT for your journey, for OUR journey...it's just what our character needed to see, and it is ALL here to assist our awakening. ALL OF IT. The sense of self importance or sense of unworthiness we all share, the insecurities, the low self esteem/image, etc.

This character was BUILT to shield us and compensate us from everything we fear experiencing. So welcome it, welcome EVERY hardship, every aggravation, every obstacle because it will ultimately undo 'the sufferer' in you. ALLOW it's undoing. That which suffers can no longer suffer once this is clearly seen through.

I love you my brother, and I enjoy ALL of your shared experiences...thanks for being so open...With Love, Always, ME

July 2, 2021
Kenneth to Dale

Good morning Dale,

I responded to your letter last night when I was tired, so my response was succinct. But, this morning, I had more time to digest your letter, and, it was most powerful.

Towards the end you asked "does this make sense" and my response is thus "I can hear you loud and clear, every single word!"

It's about as raw as any experience I have ever encountered, other than my own, so, this is an awesome letter. I hear this experience. I absolutely hear this experience.

I now I said this in my response from last night, but it's the first prompt I have to write this morning, in that, this is the bottom of the barrel, and, it's the beginning also.

Did I ever share with you that my mother and I used to go to church together? It must have been in the 70's and my mother was searching for help. Help for herself and help for her sons.

Her kind and gentle soul will be etched in my heart forever, and, on Sunday mornings, we would attend church together, the two of us, searching for help.

Back then the options for us were limited to the mega christian churches of Orange County. One specifically was called Melodyland christian center on Katella in Anaheim about three blocks from Disneyland.

It was a typical mega church with Pentecostal "born again" and "jesus died for our sins"

messages that sent the congregation into gyrations and “hands on healing” along with “speaking of tongues” with TV cameras for live broadcasts etc. I am trying to paint a picture of the 1970’s for you at Melodyland Christian Center.

My mother was very frail. Our home was turbulent and confusing. She was much like princess Diana trapped in the royal family, and my mother was given all that money could buy. Everything exempt freedom,, love, voice and understanding.

A son picks up intuitively on his mothers’s pain, and as a little boy, I encouraged her to get dressed every Sunday morning and attend a worship service (hoping that there might be found a solution)

I remember nothing of what those preachers used to say. Usually it was about “jesus died for our sins” and “joy this and joy that” and “if your a homosexual we will pray for you” etc.

But why I share this has nothing to do with all of that, because none of that story really matters anymore at all.

I’m sharing this because of what I remember above and beyond and foremost. Something that may sound trivial but it was what I will never forget.

After sunday service my mother and I used to go to the book store together. And one day I made a purchase with the small amount of money that I had in my pocket.

It was a bumper sticker. And, the bumper sticker simply read “when there is nothing left but God, God is enough”

Out of those years of going with my mother to all of those churches and not remembering hours and hours of preaching, what I do remember is something very simple but more powerful than anything else. The message that stayed in my heart for 40 years came from a bumper sticker that summed it all up

“WHEN THERE IS NOTHING LEFT BUT GOD, GOD IS ENOUGH”

I know thats it dale. I have nothing left either. I have absolutely nothing left.

My ego is just like yours. We share the same ego. My ego is fighting this also and is constantly changing channels, and, also, not sure if this is sprits voice or not, and the path is anything but logical or linear or predicable. Thats my experience also. We’re sharing the same experience.

My ego want to know. It really wants to find solid ground, and i can see its not to be found in thinking.

There is no fault or no blame from the Pentecostal messages from those years at

melodyland Christian center. Because, it took all of that to hear the real message that came from that bumper sticker

“WHEN THERE IS NOTHING LEFT BUT GOD, GOD IS ENOUGH”

I guess I am supposed to leave here tomorrow or Sunday. Their deck structure is complete. I poured a month into the design, the ordering of materials, the engineering calculations, I bought my tools here, I assembled the work teams and stayed on the job with integrity every day for two weeks, and now the structure, the foundation, is solid. 20 concrete footings that under 4 solid beams to carry the weight of all joist members that must be evenly spaced and level to accommodate a professional installation of the composite decking to provide the ministry with a three decks to hold a myriad of healing functions that are in the form of large retreats that can sometimes number into the hundreds.

My ego wants credit for this work. My ego wants god to see my worthiness because I poured countless hours into the engineering and dedicated all of my construction experience into the project I was asked to complete. My ego wants this project to “pay for my sins” and my ego wants for David Hoffmeister to call me and say “we welcome you into our community now that you have proven your worth to us”

I wanted something from all of this. I wanted something.

I still want something.

I don't know Dale, and, that's also where we share this common experience. I simply don't know. I drove all the way here and completed this assignment to bring home this truth that I don't now.

My ego wants them to hear my pain. My ego wants them to take away my pain. My ego wants them to say “atta boy” and on and on and on.

Its down to something very simple. A message from a bumper sticker purchased at the melodyland book store after the 10:00 AM worship service in the summer of 1978 in Anaheim California.

“WHEN THERE IS NOTHING LEFT BUT GOD, GOD IS ENOUGH”

What I read about Dale are stories of saints and prophets. Men and women who trusted. To the core of their being, the more they trusted, the more they were tested, or, maybe better said, the more they trusted, the more from them was removed.

I only can sense that there is a plan. Its like a still small voice deep inside that just knows there is a purpose. I will admit, its a very small voice. And I will not pretend like there not another voice that is screaming for justice and reciprocity for the accomplishment I am leaving behind here at Living miracles in Duschene Utah. I will not

be dishonest and say I did not want something in return.

I wanted love.

I don't know what love looks like or feels like even. And as I drive home with all tools in the car back to Portland this weekend, I'm sure I will have lots to ponder.

Love is not in any security. Security in my heart only perhaps.

In the world of form, I could have charged thousands for this job. For the planning, the engineering, the coordination, the management and the professionalism.

Kirsten told me I was not the leader and that I was not the general contractor. She said Jesus was the general contractor.

I'm sure I got it all wrong Dale. I tried to manage and control into form a deck structure that would pass building code ordinances and structurally create professional lines that were architecturally and visually impressive for an organization, or, maybe not for the organization, but for David. For David because he is the teacher that I have been finally able to hear after leaving behind God so many decades ago.

I don't know Dale. It simply hurts. That's just a feeling. It hurts. So it's just trust.

I want someone to hear this pain, and to hear my hurt, and, I also know that it is being heard, that it is being seen and it returns to trust. Trust is the core. "When there is nothing left but God, God is enough"

I'm with you Dale. I have not desire for a conventional relationship with a man or a woman. I just need to be as still as possible to trust that there is a purpose and a reason and trust over and over and over because I don't know.

Every said and every mystic had to pass through a great "I don't know" and so this is why I am grateful for your letter last night. In this place I meet you. In this mystery I join with you.

Thank you for joining with me in the unknown Dale. Thank you for walking into the unknown. Your courage to be in this place fuels my courage. I don't need recognition and I don't need sentiments. I need mighty companions right now.

You are my mighty companion in all of this and I am grateful for this friendship more than you will ever know.

I love you Dale.

Thank you for being my friend.

Kenneth

July 3, 2021

So Ken....what are your thoughts tonight? You came to mind this evening...Lets keep going deeper into the mind and see what comes up. You KNOW your identity is Spirit...so then, why continue to suffer over the attachments to these characters? Why grieve if you can make grief itself grieve? You're the substratum, the Being, the Light, Spirit or Consciousness behind this WHOLE play, projecting out your OWN horror show to watch, witness, and observe.

But you've become so enthralled with your own projections....that you've lost yourself in your movie, identifying as one of the projections YOU put there. EVERY single role has been played just as it needs to, including YOUR'S as the character Ken. You're not tracing this back to the realization; ALL this is YOU. I can speak this way to you because you've glimpsed this subtle Truth. But the work comes in when you start to see and feel the pain of NOT PRACTICING this unwinding of the mind and resting in your Being. You deserve to be at Rest Ken...Peace, Love, and Joy...Happiness, Kindness, and Bliss. These are all the Beatitudes of Spirit...the Spirit that you ARE. I love you brother....Only Peace, Always, ME

Aug 12, 2021
Kenneth to Dale

Good morning Dale,

I wanted to check in. I've been in a rather sublime place all summer, almost like a hermitage of sorts.

You have been on my mind. I was just listening to the Jan 2019 "From Imprisonment to freedom" online archive which must have been when you and I began our correspondence. It was the online retreat that has been archived on YouTube. It was the one where David read your letter to us all, and, following, gave out your address. I wrote you right after so we've been friends for two years now because I think I waited a few months before writing my first letter.

Anyway, I really don't have much to share, and that's actually good. Most of what I've been doing is just being with my own thoughts, and it's not been much to write home about. I refer back to your coaching to harness the courage to simply be with the thoughts themselves. Mostly just trusting.

David keeps saying that our only function is to un-believe the ego, so mine has been diligent mind watching.

Nothing else around here would be all that exciting or even "worth writing home about" to be honest. I've been doing countless home repairs here at the house, but, still, that's only been a backdrop for more mind watching. I suppose on the outside it looks like electrical and plumbing, but, it's only been given to just keep on noticing.

This will be my shortest letter of them all, and, I would write more if I had more to share,

but its just been about practice and practice and more practice. Its sort of like I figured out how to play the instrument, and, ive just got to practice until it becomes habit.

I hope all is well for you amigo.

Love, your friend,

Kenneth

Aug 12, 2021

Hey Ken....

Its always great to hear from you, It'd been awhile, i've wondered where you went.:) It sounds like you've taken the summer and have devoted it to something worthwhile. The mind.:) It's truly our ONLY prison, and everyone we're aware of it seems, is incarcerated right along with us. The David's and the teachers we study, for me, they're like the few who've been granted an early release in this dream, and are out there helping us get HOME.

But this journey Ken, has been amazing...it has. I wouldn't change a thing because I CAN'T change a thing. It already IS, so it HAD to be this way. No mistakes were ever made, the flaws were inherent in our role. The script! I've been fortunate enough to be able to recognize the unhealed thoughts in my mind by realizing who these characters were in my life and WHAT they were put in my script to represent. (My ex wife, my dad, etc)

You've been a blessing to me Ken....a mighty companion as the COurse says.:) And I'm appreciative for our friendship, please stay in touch, Enjoy your Thursday morning..:) With Peace, Love, and Joy, Always, ME

Aug 17, 2021

Kenneth to Dale

Thanks Dale,

“The script is written” was a hard one for me to digest. I had to listen to david explain it over and over and over before I could even entertain the implications. I finally was able to digest this teaching when he explained the it as the “past past” and the “future past”. Its almost impossible for a human brain to wrap their minds around “the script is written” concept so your one of the few residents of planet earth that has actually been able to break the sound barrier.

I have a young friend in 12 step programs who has been calling for two years now, and he is doing amazing healing work. He is expanding his limits into alternative healing circles, and, he is also confused by the propensity for the 12 step programs to contain rigidity.

I was guiding him through his experiences slowly by shedding light for him on AA's “conventional model of recovery” (old timers were telling him to take the cotton out of his ears and stick it in his mouth when he started discussing non duality).

I told him to view most of the AA community as “background extras” in his own movie.

He told me he would have to ponder this for a while. This morning he called again frustrated that the nondual teachings were being met with fear and resistance in his AA meetings.

This time I told him that he was trying to explain water to a school of fish. For some reason, this young man has a sense that there is more than water, but, instead of going to the surface and seeing for himself if its true, he is trying to ask the other fish if it is true.

He has the right question but he is asking the wrong audience (Its really not that simple but it was the best metaphor that I found available at the time).

Its kind of a mindfuck (zen koan) and I'm not sure if it answered your question about your dream last night about having dinner at a nice restaurant with your ex and a few of her friends, but, its the best I could come up with this afternoon.

I have a friend in hospice right now and I've been driving down to salem to see her every few days. They are giving her morphine so she is not in any pain (thank goodness) and this afternoon she was awake so i could talk with her and thank her for our friendship. I don't know why we were such close friends to be honest. Her husband died 9 years ago and I think she just wanted to lean on man and she must have felt safe because I am gay. And, since she is very smart and also loves to write, well, we had a very good friendship.

Susanne is 88 years old and she has had a full life so its not a tragedy at all. In fact, its all proceeding very peacefully the morphine is keeping her very comfortable).

But this does tie into your letter (albeit in a very circuitous way) because her kids can't really figure out who I am and why I keep visting an old lady in hospice (her family is very traditional)

I was never close to my maternal grandmother so I never really grieved when my grandma Elma went into hospice 20 years ago. I just wasn't feeling it. And, to be honest, i kind of felt guilty about that.

Well, since spirt wanted me to end the nonsense of guilt, I was sent susanne, and while sitting with her, I get to feel all sorts of feelings. The one that is most valuable is sadness and compassion. Spirit wanted me to know that I had it in me, that I am capable of feeling, and that I am not a robot after all.

So it does not matter if it is my own maternal grandmother or a friend. Since its only one mind projected out into 7 billion bodies and 1 ego split 7 billion different ways, then it does not matter if I feel sadness over a family relative or sadness over a friend. Sadness is sadness, and, spirt wanted me to feel it and then move past it and "get on with it" basically.

To “let go and let god” as we used to say in AA.

Two weeks ago I was getting blasted by junk from my roommate who lives upstairs. And, since I was not paying attention, I got angry. But, as the world turns, it was just another signal that I had gotten way too complacent and off track. I was focused too much on work and was neglecting the mind training.

I will confide, it took a few days to get back on track, but, once I did, instead reacting I was able to respond. I did not become defensive. But, instead, I was able (after a few days) to see his behavior as a cry for love, and, that same feeling of compassion that I feel for Susanne is now replacing the angry feelings toward my roommate.

Again, my roommate was helping me expose more shadow. If I want him to stop being angry, I have to, instead, find out what anger inside of me I am projecting onto him (if I spot it I got it etc)

So it all turned out for the best. I have learned from David, also, that I do not have to “be nice” (people pleasing) so I do not have to pretend that I want to socialize with him (love does not mean we have to compromise).

Rather, I can hold him in my heart with gratitude. That is simply all that is being asked.

Anyway, thanks for the letters. We just got done with a blistering heat wave here in PDX. It drained all of my energy but now we're back to normal weather so the “body of Kenneth” is emerging from his “basement man cave” and beginning to participate in the world of the living once more.

Write back soon Amigo. I always love your letters.

Hasta Luego,

Kenneth

Aug 17, 2021

Ken, Morning buddy, I wanted to bounce this off ya and get your thoughts. David says 'our choice for Spirit is NOT in the script'....so then basically 'we' are all just derivatives, aspects of Fear projected....all running off One programmed mind that is asleep, a set level of consciousness....and YOU as Ken, ARE that One Mind, 'I' as Dale am this One Mind, and so on. Even DAVID, is this One Mind. This realization collapses on one another and it's our 'choice' to either elevate the mind and return Home, or remain stuck in this dream of opposites/duality.

I'm just up this morning in contemplation...I had a great meditation last night, but I woke up having had a dream of my ex, along with a few of her friends. We were all at a nice restaurant, and the 'person' bringing us all to the table to meet...is unknown in my mind while having the dream. It wasn't 'me' Dale, meeting up with her, and yet, it was...I was never able to SEE the one responsible..because it can't be seen, the seer is not able to be seen...it was the One having the dream. You see what I mean? The seer of the dream, the knower of what was known, the actor behind the characters...was the one dreaming of her. I'm stuck on the meaning, but I thought it was interesting that I finally grasped that we are all playing the script as it

should be played out. This is what I felt.

But the script is all written by ego. Our sense of separation. To wake up and stop this horrific nightmare it's only necessary to Forgive the dream in ALL its 'forms'...understanding that WE put these events that are judged IN the dream to begin with. It's all just aspects of our unconscious guilt being played out in all these seeming characters. We need do nothing because its already been DONE. JUst enjoy the watching I suppose is all that is left to do once we've made that choice in the mind to Forgive. ALL of this is only OURSELVES we are FORgiving.

I love ya buddy, and I just wanted to write out my contemplation and share with you this morning....Love ya buddy, With Peace, Always, ME

Aug 17, 2021

Ken, to add, the main point of my email I never even got to..(I was trying to say that our roles already carry within them the flaws and mistakes we're going to have and make. THE unworthiness we feel, the regrets that we have, the desires, the attachments, the feeling of not being good enough, its all inherent in the character, its already within the unconscious Mind that projects this WHOLE play. EVERYONE fels this to some degree in their lifetime. I can't see me choosing any other way of living my life than the way I've already LIVED it. Everything was done 15 yrs ago-20 yrs ago...just as it needed to be done and everything'll be done 15-20 yrs from NOW just as it has to...but my only focus needs to be on THIS MOMENT NOW. To FORGIVE anything I find unacceptable within the NOW. Its our only role to Forgive, and change the BELIEFS. I'd like to hear your thoughts... With Peace, Always, ME

Aug 26, 2021

Ken,

A few weeks after that reflection, I realized its 'this path' we're on. It's the only way we coulda ever had a 'choice' to change direction. Otherwise there IS no choice. Without this path, without the effect it's had on my mind, our mind, we woulda just continued the actions & patterns our minds were conditioned & programmed to make.

David mentions the script is written but he also says, in this sense, this CHOICE IS NOT in the script, and its up to us to break the cycle or pattern NOW. scary to think what mighta been had I never came to prison. You prolly already knew this or recognized this, but it just came to ME here these past few weeks. Hope you're well, With Peace, Always, ME

Aug 27, 2021

Kenneth to Dale

Good Morning Dale,

You and I both share a very clear common denominator. We both made mistakes in our youth (mistakes from the human perspective at least).

But, from the script itself, our actions were actually orchestrated. Designed to save our minds from another incarnation of hamster wheel unconscious sleep.

There was a book written many years ago titled "Radical Forgiveness" which was my first introduction to this higher level truth. It sort of "broke the ice" so that I could even begin to digest Course in miracles, which had to wait and come along much later.

The book entertains that every human body makes a soul agreement with other human

bodies before even being born. We all agree on a script together in order to play the victim/perpetrator roles for as long as is necessary until we are able to “trampoline” off of the horizontal axis once and for all.

I was working with a man who suicidal last year who was coming off drugs and going through a very painful and frightening withdrawal. We spent countless hours on the phone ever day for almost two months. We lost contact after I returned to the USA back in march and two weeks ago his mother wrote me a very touching email to inform me that her son had committed suicide.

She was absolutely distraught with guilt.

I was grateful for this work for all these years because my exchange with her made it possible to be supportive. And, to extend condolences, not with platitudes, but, instead, with true empathy.

We can serve, now, not in spite of our mistakes, but, rather, because of our mistakes. If I had not goofed in my story, I could not have helped this woman. If you had not goofed in your story, you could not be helping me now.

Therefore, it must have all been an agreed upon script.

David keeps reminding me that I am not responsible for the error. But, instead I am responsible for accepting the correction only.

IN a nutshell, that pretty much sums it all up.

True empathy must come from solid foundation.

I know you are the one friend who I can share this with. You and I both can fully digest that a sharp contrast experience is absolutely necessary for the high amount of willingness and surrender that is required to be fully committed.

Yes, its all a dream, but, if the world has placed us in the category of “perpetrator” then we simply must want gods grace more than we want our next breath of air.

God then uses us, plain and simple.

And, this has been the purpose of our friendship. Because, you remind me of this ever time we share letters together. You remind me that this is a 24/7 discipline.

This variety of reminder must be delivered from a voice who has done the work. And, this is what you are able to do Dale.

You can remind me that to get back on the horse, but since your only reminding yourself, i am able hear it from you.

How awesome is that?

Anyway, thanks for the Friday Morning Check in. I was thrilled last night when my gmail arrived saying I had a new message on Jpay. You are my spiritual teacher brother.

Love you tons Amigo

Kenneth

Aug 30, 2021

Ken, I gotta digest your message, I'll respond to the meat of your message next email....but as far as 'the script it written'...I'm not sure iof I understand it as David does, I've never heard his talks. I wish I could. This subject came up in class this morning and I told them 'until they reach a higher level of thinking, by training their minds to harmonize with higher thoughts such as Peace, Love, and Joy, etc....going BEYOND the personality, the self image or facade.....they're unable to CHOOSE.' They are ran by the programs they were conditioned to follow. Until then, there IS no choice, the script is written already, but only for the egoic perspective. Our higher Self can choose to step OUT at any point and THIS... is NOT in script. ALL my mistakes, ALL my flaws, they're inherent in the role that I play...until I CHOOSE to radically shift my life into another level of thought. The world I SEE doesn't really resonate with spiritual thinking, but the world I see for me, is also FALSE.... let alone a spiritual LIFE are they interested in. And so, this is sorta where i find myself in this world anymore Ken...an outsider. the world I once KNEW and role I once played gravitated to that role, they loved it. It was hard to say goodbye. But as you begin to see your self image as a facade, as false...you also begin to learn that everything and everyone in your world you once knew was also a facade and false as well. But I don't have that in me anymore, my heart changed, and I'm unable to go back towards that life because of my experiences along this path. Do you get what I mean? that world I knew has literally nothing to offer me anymore. I'm content with not knowing what will be, or WHERE I'll go, i enjoy uncertainty now, wheras before I needed the control. I'll read through this again, because you touched on alot and I'll get btack to you here soon, love you buddy, and thanks for your feedback. talk soon, only Peace, ME

Aug 30, 2021

Ken....give me til this evening, this longer message I'm responding to came in on the 17th! It took two weeks to get to me, not sure what that's about, but I just wanted you to know 'what' I was responding TO. :) Love ya pal...talk later, Always, in Peace, ME

Aug30, 2021

Ken,
it sounds like you told your AA friend what he needed to hear at the time. I was told never to doubt myself, Trust...and let all things be exactly as they ARE. We're always telling others what WE need to hear most. In essence, turn everything you said to him back to YOU....maybe YOU needed those answers? I'm sure they were helpful, and your friend has those other people chiming in as well, conditioning him as he's already been conditioned, adding to the layers. He's not your responsibility, you're ONLY responsibility is accepting the Atotntement fotr YOURSELF. In turn you save your buddy, AND the world YOU SEE. I've noticed not everybody's open to or ready to hear some of these teachings. Jc turned me on to Emmet Fox, who

I think does an amazing job interpreting the Bible and making it relateable to the Course, AND AA meetings. Surprisingly, I had a class this morning who was very open to stuff I was initially afraid to even mention this early in the class. They fed right into it....and it all led to a positive dialog. So all we can do is tune into the guidance, be still, prayer, and allow ourselves to be used in whatever way that ends up being. An ear to listen, a mentor, a facilitator, a mighty companion in the Course of Miracles, or maybe just a stranger saying hello at the right time, the right place. Maybe that was what it took to turn their life around and change? It really could be this simple. A guy said that to me in here one time on the track...he said 'he appreciated me always saying hello, and that nobody ever talked to him..it made his days a lil easier.' And for me that was worth everything to hear. Life's a mirror and its always reflecting back to us what's in our minds. This has never been so obvious than doing this past 16 yrs in prison. As 'I' changed, so did my surroundings. So did my living conditions, and so did my EXPERIENCE. The real arena for change of any kind in our physical experience, is our thoughts and beliefs, along with our attitude. I've really tried to focus on that this past year or two....and its been well worth it. I love you buddy, I enjoy the feedback, you help me more than you know, With Peace, Always, ME

Sept 2, 2021
Kenneth to Dale

Dale,

i read this one last night, and, again, this morning with coffee, and I had to stop short at the first nugget. I can't read your entire letters sometimes and expect to remember each point, so, as in the case of this morning, I need to take the first point, stop, and begin my response.

Let me just start off by quoting you "until we go beyond the personality itself we are unable to choose"

Those are almost verbatim your extract words, and, I have two more letters from you waiting for a response, but, rather than try to cover all of the points, I actually need to just be with this one, probably all day.

If you had more time and access to the computer you would surly be breaking up these letters into actual bullet points, but, none of that matters for kenneth, because, trust me, I can hear every single word you say (these letters herald like a trumpet on this end)

(And, besides, bullet points are simply the job of an editor anyway)

What you gift me with in these letters are like journal entries, and, with our correspondence, its more than a journal, because someone is reading our journals. What does that make us? Pen pals?

Anyway, back to the point

So many of us are run by programs, thats the topic I want to stay with for this specific letter.

The programming in my script is very complex. Ive been talking with people all week long, and, its the same script over and over and over. Its the programming.

I loved my father, and, also, he was a mad genius, and, he worked very hard to

indoctrinate his sons with a very complicated script (it was sort of like growing up in a cult being around my father), but, the complications and the stories are not important. Its not important at all, because, most everyone comes with a complicated program.

All programs have different stories, but, really, all stories are the same (there are no new stories)

The ego is limited. Cosmic law has a stop gap measure built in. The ego cannot go faster than the speed of light. Einstein discovered this for us.

All programs and all stories hit the glass ceiling (the speed of light) and they just bounce back and must recycle themselves. Its an ingenious algorithm for sure, I must admit.

Once in a while, there comes a human form which must penetrate the speed of light, and, ergo "go beyond the personality itself"

Then and only then will there ever be a real choice. The ego's script or the spirits's voice.

I love these exchanges Dale. And I have not even gotten past the first of your next three letters.

I think you said that you were teaching a class, and, that many of the men in your class were actually unable to choose (at least I think thats what I heard you say), and, well, isn't that our role now? All we really have to do, from here forward, is just to Be the witness of the truth which lives beyond the "speed of light" limitation? To be the living example perhaps?

Isn't that our ministerial work? You and I know that many people simply do not know there is a choice even available. The men in the correctional facility especially. They did not commit a crime, because, given when they were thinking and believing, they did not have a choice point available? (Is that point worth pondering?)

Man, this is a deep topic. You sent me three letters and I barely got through the first half of the first letter and I picked out the mother load of all topics.

This is where your previous letters have also pointed towards an escape hatch, because, I specifically remember you sharing with me "the How" of it.

Remember the supermarket conveyor belt letter from spring of 2020? Can we revisit that analogy now, but, at a deeper level?

So, When those items were falling off of the supermarket conveyor belt and into the fire you described. Was it because they were temporally based and not able to go faster than the speed of light? (Or the speed of sound?)

If it is not true, does it have a speed limit? A “stop gap measure” beyond which the ego cannot pass?

OH HECK - Now Ive gotten all wrapped up. This has gotten way way too complex.

I don't know if any of this makes any sense, because, you sent my mind in several different directions, and, its taken me 24 hours to even compose this response.

Am I totally off my rocker or are we on to something (LOL)?

Ive got to take a break. My brain is about to explode. (I feel like a sonic boom is about to go off inside of my skull). I will cut and paste what Ive got into Jpay now.

I hope this one does not take two weeks. EGHAD! Thats a nutso lag time.

Do you think that they are actually reading our letter correspondence Dale? And, if they are, what do you think they think about our friendship?

LOL!!!!!!

Love you Tons Amigo. I can't wait for your next letter

Hasta luego,
Tu Amigo,
Kenneth

Sept 2, 2021

My brother Ken....thank you for my stamps, a blessing.:) Speakin of blessings, ave you ever read Disappearance of thE UNiverse? Gary Renard? I correspond with a Course friend named Bob, and he sent me this book. After I read it and digested it, I had such a better understanding of the COurse. I looked his name up on my GTL tablet and he has an audio that I can listen to with 20 discussions all about the COurse.

And I've been listening to it all morning long. I went out early for a workout after meditation, and this as been my morning devotion so far, Gary's words. I wish I ad David's taks on here to isten to. They won't allow me to ave his cd's sent in....they did away with cd players in here.:)

The COurse is in my veins now, every word, every attribue, every moment or chance for application, I'm on it...and I think how this string of events came to. It al began with that first letter to David. Jc, You, Bob, Elizabeth, Karen, and so many others ave entered my life and have replaced my world I saw and left me with only joy were there once was only misery. I first read the Course back in 2011 and couldn't grasp thing. But I took the full 365 days and stuck to it, and I let it transform my thinking. Now there's an entirely NEW person behind the vehicle or body driving thru this journey.:) It feels so good to see the facade AS a facade, it healed the spit in the mind and eft me with only Being.

Its a practive still, don't et me wrong....stil there are moments I gotta trace it back to the mind and undress my conditioning, but its gotten so much easier to live my life. Its wrong to even say 'my Life', there is only Life, EVERYTHING, TRUTH..and its in ALL things, all places, simultaneously happening NOW, pulsating in each moment, in the Heart.

What a gift you ALL are, and then again....'who' am I taking about? Who? I'm finally feeling that FOrgiveness of Self, which atey I've come to recognize as the whole point for my existence. With that

FOrgiveness of Self, comes the Love for Self....and it al was found IN HERE! WITHIN! PRISON! What a metaphor. ;) Love you brother and thanks...With Peace, Always, ME

Sept 3, 2021
Kenneth to Dale

Dale,

this is an absolutely astounding letter (well, so too are all of your letters), but, this one is especially astounding. So much so that; may I have your permission to share this last one with the LM community? I am with the community once more at their Mexico facility and I am convinced that what you have written will help many others who have come here from around the world seeking the exact experience you describe with poignant eloquence.

The gratitude in your words almost brought tears to my eyes (and it may, yet still) because its a gratitude that comes from deep inside. It really is the only gratitude that is possible, so I can assert that its TRUE gratitude.

We only have to be grateful for god. BINGO and BULLSEYE!

And, yes, its no accident that Gary Reynard's "Disappearance of the universe" has found you. Arden and Pursah came to Gary to help him understand the course at a deep level so that he could extend the put into the english language in ways that this material can be heard and received.

David had no teacher with online lectures or spiritual retreat centers either. He had to do all of his work and his study and his prayer in the woods in a small travel trailer in the woods of Kentucky. And, you are doing all of yours without any online teachers or CD's or spiritual retreads.

Yours is not taking place in a travel trailer in the woods. Yours is taking place in a correctional facility in Chillicothe Ohio.

David received all of his guidance directly from the CIM book itself.
You are getting all of your guidance directly fro the CIM book itself

See where I am going with all of this?

When david left his travel trailer in the woods of Kentucky and began his vision quest, people started following him.

When you leave your correctional facility in Chillicothe Ohio, people are going to start following you.

(There was also some homeless middle eastern guy around 2,000 years ago who also had the same time happen to him)

When our assignment is to forge our own path (metaphorically speaking) its a new trail to the same designation that will require more faith and more discipline than if we were the average joe following.

You are not a follower Dale.. You are a leader.
But, yes you are a follower
But you follow Jesus himself
The king of all leaders

None of this is black or white, but its what I see when I digested your last letter.

I always see this earth culture as a dark forest. (Its one of my favorite metaphors).

The ego is just a very thick and dense jungle in other words. So many people chose to live in the jungle, and thats fine. The jungle also must be tamed (temporarily at least).

And I just adore the many people who have tamed the jungle. They are my friends, all of them, because they always provide us travelers a place to stay in their homes and villages.

But, our job is not to stay any longer than is necessary in any one place. We are not to stake roots here or build up stores of any kind. We are the travelers, and we have a destination.

We must continue our vision quest. All travelers must walk.

Our vision quest, out of the jungle, and into the cleaning. The meadow. A place where the sun shines all day long and is not lit by artificial light (inside the jungle they must use streetlights)

So, again, back to my favorite "tried and true" Lewis and Clark metaphor. If you were privy to all of David's lectures at this time like the rest of us here at LM, you would not be Lewis and Clark 1803.

You would, instead, be 100 years later, siting on a comfortable steam Train on the newly built transcontinental railroad.

Those who traveled on the train were not the first generation pioneers.

And, our world needs more "first generational"

But, in order to reach the west coast (analogous to the meadow), there must be another survey done to chart another course, and you have been entrusted with this very difficult and also very sacred assignments.

You must chart the souther route.

There had to be a southern route through the desert, and, you were afforded the contract.

I see you as a surveyor, a track layer, a grader, a bridge builder all rolled up into one.

Ergo is is the role of every Prophet!

Is this metaphor making any clear sense?

Because, if it is, I only have one favor to ask of you Dale. When you nail the last spike on your newly built RR from east to West, Can you send me an invitation to the ceremony? I wold not want to miss it for the world!

Party times ten methinks!

Anyway, i don't know if you got my last letter but I tried to find some humor in the last paragraph that I wrote. Humor because you and I both know that our correspondence is being read. I'm rather curious, also, because I can't not wonder if the person who is reading our correspondence thinks were both totally bat shit crazy or completely enlightened beyond words (the latter I certainly would hope LOL)

I'm wondering if this correspondence is being used to enlighten someone behind a computer desk in the correctional facility system. Are we both being used to wake up a correctional officer that we may never know about or get to meet?

Kind of fun to ponder.

Anyway, that was just a vision that puts a silly grin on my face.

I'm glad the stamps were helpful. Anytime you need more please let me know. The correspondence you have to offer and extend is valuable beyond words and anything i can provide to continue your email ministry goes without saying at all times.

Love you tons Dale

Looking forward to your next letter

Kenneth

Sept 3, 2021

Ken,

Thanks for your response, of course you can share my letter, any letter, no private thoughts right?;) I've

really had a fire lit under me lately with the Course.....everything feels rejuvenated, renewed, REBORN! Each chapter I'm reading now with more clarity, more desire for 'forgiveness moments', more 'application opportunities', and what better place than the metaphor of 'prison' do DO it all in? ALL the seeming 'unforgiving thoughts' pop up daily in here, or should I say get raised up? But it's all coming from within my own mind! it's IN MY MIND! I did this! An outward picture due to an inward condition. Its never been so clear that my thoughts BELIEFS, and attitude are responsible for the conditions and experiences I seem to go thru daily. My mind is opening, and it could only be possible by the communication with the mighty companions that've been sent to me to heal this projection. MY PROJECTION. ;) I love you brother, Only Peace, Always, ME

Sept 5, 2021

Ken, This is great...great your mind is about to explode. We WANT it to suffer so much that it actually gets to a point that what 'witnesses the thoughts' actually forces itself to awaken and dis-identify from the mind and it's thoughts. But you'll never see this until we've all raised our consciousness enough to see we are NOT our thoughts, this is why the purification of the mind is so important.

Love has no opposites, it's ALL encompassing. So if WE, our True identity ARE Love, which is synonymous with Spirit, or Being, then WE know no bodies...and everythin 'else', is FALSE. These forms are only temporary, they're called an illusion because they're considered 'not real', why? Because they don't last. Impermanence as the Buddhists say. Its all maya. I will not value the valueless. What's Real can NEVER be threatened, what's Un-real, doesn't exist. What's unreal? Everything we SEE. When we're awake, we don't see with with the body's eyes, we see with Vision. ALL 'things' become equal. No opposites, just ONE that I AM. The 'I' of the eye opens. There is only ONE 'I'....seeing through 7 billion forms, slowly but surely, collapsing upon one another back to Oneness. Back HOME.

Everything in that sense goes on the conveyor belt we talked about. ALL 'form'. Because it doesn't last...your only position is to Observe and Extend as these forms pass through your seeming life. You understand? So 'as you interact' with these temporary forms while they appear to last in your life, you only extend to them the Love that you ARE, regardless of how they seem to act. Remember, they're only acting that way because YOU'VE projected them to be in your life from your unconscious mind. We ALL have. So in that sense, anger is NEVER justified as the Course states. Place everything YOU SEE on that conveyor belt because the inevitable end IS the fire that consumes it, death. Everything in form has THIS outcome. we can't impose form on the Infinite....remember that, no form lasts for eternity. eternity is not endless 'time', it is NO TIME. It's THIS moment, here and NOW collapsed into ONE Forgiven miracle. I love our correspondance too Ken, this is ALL I care to focus my mind on, in here, I could care less about 'what goes on'...so I float around everywhere keepin myself busy, OFF my thoughts. Whatever pops up, I drift to, whatever happens is what's SUPPOSED to be happening so I train my mind to let ALL things be exactly as they ARE. What better training ground than 'prison' for the COurse of Miracles? we ALL must go INTO 'prison' to undress our self image...because the only 'prison' there is to GO TO, is within our own MIND. Merge INTO LOVE, I tell my buddies to set their compass (Intention) on Love and it will guide us HOME. Every prisoner's DREAM. ;) Love you Ken....Always with Peace, ME

Sept 5, 2021

To keep it short & simple....read Chapter 3, section 8, verse 3... I 'believe' it was, and meditate on that Truth, in a nut shell, that explains the experience we're going for. :) I told Jc that I was reading over it this morning and it really stood out for me. Love you my brother, Always in Peace, ME

Sept 20, 2021
Kenneth to Dale

Wow, another chest of Gold Dale.

Ive not had any luck with writing any book, but, tomorrow, monday, I'm going to see if

JPAY has on their server, still, all of this correspondence. I think instead of writing a book, i should just print all of these emails back and forth and just bind them and give them away for the cost of printing (with your permission of course)

David is having an online retreat this weekend and one of the participants called in who was very much struggling with the words "jesus" because of his religious stories are still on the conveyor belt and had not fallen into the fire yet. David mentioned you and I both for the purpose of outreach to help this man unwind and speed up the conveyor belt from slow to fast. I will reach out to this man today after the Zoom retreat ends and see if I can get him set up on Jpay.

I am going to need to keep it simple this afternoon by picking out just one or two nuggets from the last email you sent. So, here is the first nugget "if it does not last forever it contains no value but if it last forever it contains value"

(If I could just chew on that one for next 40 years I could probably activate my light body)

But, then, also, you said that the present moment is not endless time but, instead, no time at all.

I've got to spend the rest of the day chewing and digesting those two. Is that the truth the produces the "free energy" that drives the conveyor belt?

Is the conveyor belt run by a perpetual motion machine that, in the end, gets consumed in the fire last?

Ok, so I digress, I can't keep it simple. I want to elaborate on one more gold nugget from what you wrote

You also said something along the lines of "purification". Is the fire at the end of the conveyor belt the purification? I rather know this to feel as a fire, and, the reason It popped out at me is because the end byproduct (i think you said) was to become the one who was watching the conveyor belt.

I got a glimpse of that on Friday when David was lecturing, when he said "I am both the perpetrator and the victim and I am also neither the perpetrator nor the victim"

My circuits started to fry after that one so I had to leave the online zoom retreat and just digest that one single point because it felt like I was supposed to be with that one for the rest of the entire day

In fact, I'm still digesting all of it, all of what he has said this weekend and all of what you have said this weekend.

OK, let me wrap this up by telling you that David and I are planning to send you a jpay

videogram. I looked on the jpay site and it says we can send a 30 second video. That's just enough time for all of us to get formally acquainted before we all meet in person. I know you have met JC in person already, but I still have not made it to Chillicothe OH yet (that's a yet) so this will have to suffice in the interim.

These emails rock the casbah. Don't stop writing.

love

Kenneth

Sept 20, 2021

Ken...my brother, always great to hear from you. How's things? I'd LOVE it if I could hear from you and David on a videogram! Wow...that'd be great. Let me know ok? I'll return one as well.

I'm going off memory here so bare with me because I'm unable to go BACK in and see all you wrote. I'm happy you're receiving the help you wanted from our correspondence. Just always know, that YOU help me just as much by our dialogs back and forth...as the Course says 'we learn as we teach.' I wanted to touch on that conveyor belt.

The conveyor belt... I came up with in a meditation I was doing one night. If I had to say...'I believe' the belt is ran off the energy or desire of the mind. Once the mind has bought into the 'belief of linear existence', the belt begins to run. It becomes the power that runs it.

The 'fire' at the end I just saw as That which devours all form....which for ME is best described as TIME, which as we know consumes 'ALL things' EXCEPT awareness. We can't identify with Awareness until consciousness suffers enough or purifies itself enough to dis-identify with the mind. It forces itself AWAY from the mind so to speak and becomes the Observer of all 'the images' the mind has projected. It helps me NOT get attached to any 'form' anymore because 'ALL form' belongs up on the belt because I am 'seeing it'. Its not ultimately Real, its being seen by the body's eyes and not with Vision. ALL form is temporary....fleeting, so it gets placed on the belt. YOU though, are actually the belt, the items ON the belt, AND the Observer. You made all this up. I hope that helps, its the best I can explain in words. Its a stepping stone I guess towards the goal. :) Brings me a lil more peace throughout my day. As long as I'm identified with this body or this world, I'm subject to the world of CHANGE. Duality. Opposites....so the belt just helps me with my discernment. I'm glad it was helpful for you though, just know, I'm not claiming it to be an official teaching or nothing like that. :) It was only something that came to my mind while meditating in here, to assist me in my journey through here.

In prison, it can become easy to get attached to things or HAVE expectations ya know? This tool was useful for me to develop while I believed I was 'in prison'. :) I love you my brother...please tell the community I said hello and send my love. Only Peace, Always, ME

Sep 20, 2021

Kenneth to Dale

Dale,

We must have some sort of telepathy because your description matches some of my own intuitive hits because its much like you described. In order for the conveyor belt to move, it requires time.

Or - could time also be analogous to electricity??????????

If time were to be like electricity, then could it also be like an amusement park? A carnival with fun rides, scary rides, benches to sit on, and concession stands with hot dogs and ice cream? With people dressed up in costumes as clowns and different characters?

Because, carnivals are usually traveling shows, and they are set up, often, in big Walmart park lots, and, then, under the temporary metal fences, there are usually huge rubber extension chords taped to the asphalt.

And I often see myself tracing the carnival extension chords to their source, and, well, simply “pulling the plug” on the entire carnival.

The carnival loses power, the rides come to a stop, the lights go out, the music and then we get bored without amusement and get in our cars and simply drive home.

Sorta like the conveyor park example in a way (I guess we still need visuals to try to convey these concepts)

I remember when I was a young man, Twenty five years ago, my aunt and I reconnected after not having seen each other since I was a little boy. She had some “not so nice” experience with my family that needed to be expressed and a lot of hurts to share regarding her divorce with my uncle.

I was not a course student back then but I did share with her a metaphor very similar with the carnival metaphor.

My aunt was a naive young woman from Mexico City who married my uncle and came to the USA to live with “rich Americans” but she soon found herself embroiled in very dark and “not so functional” family

But when I reconnected with her I found a kindred soul with a fire for life and heart integrity that I will forever remember. She did not have the course in miracles but she had heart and she would not compromise at a soul level.

And even way back then I described her experience with my family as a carnival ride, but, instead of walking out of the carnival willingly, she was thrown off of one of the rides violently.

After we compared notes way back then we grew much closer. We became good friends and she even looked at me with tears in her eyes and said “find a way to forgive them Kenny, don’t end up old and bitter like me”

So, perhaps in a way, all of this CIM work is to honor her legacy. Because, yes, I finally did figure out how to forgive. And, instead of growing old and bitter, I found this path and, instead, discovered that it was just all one big carnival.

None of it was real.

But, Eventhough she did not have these teachings, she had her intuition, and eventhough she was not metaphysically polished, she had her heart, and, and without that, I may not even be alive today to even write this email.

That woman saved my life!

And, isn't that it? The body is on the conveyor belt anyway, so it will eventually drop into the fire for everyone , but since the awareness was our "holy grail" discovery, is not that the true definition of life?

At some level my aunt had awareness, and eventhough her body dropped 4 years ago, I can still feel her.

My aunt did not die!

I'm probably all over the map with this letter. I'm rather strapped for time but I saw your jpay notice on my ipad screen so I wanted to get this off this afternoon.

I messaged david today. He has a dental appointment tomorrow but after he is going to message me back so we can schedule to get together to make a video for you. We only get 30 seconds but that should be fine. Hopefully he will have more to say because I'm simply not a video person.

Great on the mediation you stumbled upon. I'm grateful we all have either other. You remind me every email to stay in the observer role. I just keep plugging away at this. I guess as the old adage goes "practice makes perfect"

Talk soon amigo

Kenneth

Sept 20, 2021

ken...one last thing i left out on purification of the mind....and i realized, recognized, and confirmed it today with a situation in here. following those higher principles, following 'only' the holy spirit...literally burns away everything that was never 'real'...because the ego can't survive in that kinda climate...the costume melts away and the spirit underneath which was always pure and innocent reveals itself. i saw i didn't touch on that by re-reading your letter....thank you for your email ken...i love you buddy, with peace, always, me

Sept 21, 2021

ken, your message from the 20th came in today....you said 'time' runs the belt. but what runs 'time' but the desire of our mind? coupled with the 'BELIEF'??.....a still mind would be 'no time' at all would it not? It'd

leave only the unmodified, unconditioned, undifferentiated consciousness, being Aware of itself yes? At REST.....) Just in thought...Love ya pal, always, ME

Nov 20, 2021
Kenneth to Dale

Good morning Dale,

I opened up face book yesterday and I saw a photo with you and jeffrey. You guys were smiling. It was great to see you happy together. I still need to come and see you. Ive looked on the map at Chillicothe many times asking myself “when will my travelers move in the direction of Ohio?” One day soon I hope.

How is your writing ministry unfolding? I guess we will all be guided to go in a unique and “specially designed curriculum” to join and meet with those who have been placed in our path for the purpose of extension and unwinding. I don’t remember the exact words, but, there was a question that Helen schuckman asked Jesus once. This is not in the course in miracles itself, but, i think this was in some of either Ken Wapnik’s writings or Bill thetford’s writings.

Anyway, Helen asked Jesus a question one day “when will we all arrive to the happy dream” and he explained to her that there is a long term plan that involves “people we have not met yet” and, also, “people that have not even been born yet.” He was trying to convey to her that there is a script that has already been written, and, for all of us to completely trust in the plan itself and to fully immerse ourselves in our own unique role and to simply trust.

I bring this up because my journey has gone in an unexpected direction since I left Mexico back in September.

Many years ago, when I was completely immersed in the old paradigm, i was on many many psychiatric meds. Lots of them. And, when they started actually making me sick, i had to stop taking them, and getting off of those pills was not easy (the withdrawals were very very difficult)

But, here is the irony of all of that Dale. For many years now I have been doing outreach for the “medically injured” community (people who have chosen to surrender their pharmaceutical psych meds) and ever since leaving Mexico, that direction has been resurrected and ramped up on hyperdrive.

I thought I might be staying in Mexico with the living miracles community, but that was not the direction that Jesus had in mind. He wanted my energies to return to the medically inured community, not to talk about the course in miracles, but, instead, to love them.

Or, to present them with a testimony. Share with them that when I saw the illusionary nature of sickness, that my withdrawal stories began to vanish.

Not to teach them about the course in miracles, but, instead, to use the love that has resulted from my own mind training and inject a lighthouse into a community that feels hopeless.

Most of those people are fully immersed, still, in the allopathic model. And when I was in the allopathic model still, I went into fear.

Jesus is sending me back into the trenches to basically “pop fear bubbles”

I did not plan any of this at all Dale. But, because i was drugged to the max for so long, Jesus is using my own story to inspire others. Much like the way you inspire others with your testimony.

People in the medically injured community who were prescribed psych meds have this narrative floating around that their brains have been damaged, so, in my first video, i extinguished that narrative by speaking a higher truth “who we are cannot be damaged”

Its become an actual slogan.

Anyway, thats what has been germinating the last two months. Just telling others that “who they are cannot be damaged” is evolving into an actual ministry.

Its because i get to teach myself this simple message by sharing this simple message, basically in a nutshell (teach what we need to learn)

After I left Mexico in September I spent a month with my godfather helping him with home repairs, and, while i was there he had many of his own nuggets to share.

He would wake up each morning, walk outside, raise his arms high and announce to the world “what a beautiful day, lets make the most of it by living in the present moment” and then, after dinner, every night, before gong to bed, he would repeat a similar mantra “all we have is this moment right here and right now!”

I think thats pretty much what Jesus has been trying to tell us the entire time. Just be present and let go of control.

My godfather was in Vietnam and he saw unbelievable carnage and he had to pass through his own “dark night of the soul” so it was another assignment that i was sent to him for more of this “spiritual training”

He is one of my teachers also.

Anyway, I have been thinking of you and I am long overdue for a letter so I’m glad that jeffrey posted those pictures on facebook. You both looked happy in the photo together.

Fill me in on your writing ministry. My writing got put on hold. Maybe soon i will pick that all back up.

I have absolutely no idea where I am going or what i am doing Dale, but I have noticed one thing. I am beginning to feel actual joy in my Heart, and, its that joy which is the first sign of spring after a very long winter.

How about that for a miracle!

Love you tons Amigo
Can't wait to hear back from you soon.

Tu poderoso compañero (your mighty companion)
Kenneth

Nov 20, 2021

Ken, How's my buddy? Thank you for the stamps I received this morning. Its been awhile since I've heard from you...everything ok? Things are good here, I'm about to begin a new set of classes for the compound, this time I'm going to run it for a year straight, changing the name every 8 weeks, making it possible to receive certificates ALL year round. The classes as a whole will ALL be based around A Course in Miracles....so each class the concepts we discuss will all be based from the COurse so in that sense, it'll kinda be like an AA/NA session each week. The name changing is only significant because most guys 'in prison', are only concerned with a piece of paper or recognition that says they've completed something while being incarcerated.

I had a great visit from Jeffrey (JC) a few weeks ago. He came to see around 9 of us I believe. It helps the diverse group we've put together to have someone positive on the outside they can speak to. SO...once realizing or RECOGNIZING your identity as pure consciousness...to having actually experienced the feeling of being Spirit all along, the question comes in of 'why did I have this dream? Why do I SEE the world I see? Why be this character I made? These are contemplations I'm having this morning....they're questions or feelings that've LED ME or attracted me to the COurse of Miracles. IT lets me know I'm not lost or crazy. THEN, I READ IN THE COurse that my belief in the separation from GOD is WHY I built this whole self concept, this world I SEE, and most of it being honest is built around shame, guilt, anger and self hatred. Also beneath all those feelings are a hidden desire to feel special, to feel important, be recognized, or famous. ACceptance is a huge desire beneath the facade of these costumes we all wear. WE're willing to do ANYTHING to get it, even commit heinous crimes, despite the seeming consequences.

So in the end, as I'm seeing the Light at the end of the tunnel, is the MEANING to all of this. It's Forgiveness and Love. Forgiveness and LOve for my Self, because otherwise 'this world' could've NEVER been projected to begin with. The characters in my movie are of my OWN making, my family, my friends, and especially the inmates/brothers I'm currently surrounded by. I'm on a fast track to Forgiveness because literally eVERYTHING and EVERYONE around me day to day, reflects something I NEED To see, or 'think I see' to HEAL from or Forgive. YOu delve deep enough in the mind to see these are all ways I've seen MYSELF in the past and therefore EVERY image I see in front of me is to be forgiven because it has ALL been projected from my unconscious mind, reflecting my unconscious GUILT.

That's all I got to reflect on this morning. How about YOU? TELL me YOUR Thoughts? Feelings? Insights? Plans? LOcation? I'm not even sure 'where' you are right now in the US?:) AS ALways my brother, I look forward to hearing from YOU....I suppose I can't step away from these contemplations because of my current 'time' on my hands? I don't know...I just don't see anything 'else' important to talk about.:) FOR instance, I believe if I HAD all the answers to all I JUST Wrote about, those doors to this seeming 'prison'

I'm in, woulda opened for me last month at my judicial. INstead, there was no denial but a postponement, giving me MORE time to HEAL all I just wrote about. The judge said she would review my case in a year or so AFTER I've served a lil more time on my last charge of 5 years. I have over a year served on that and she wants a lil more time served before feeling comfortable in letting me leave EARLY. Love you brother, I'm outta time, talk soon, Always with Peace, ME

Nov 23, 2021

Ken,

'The specially designed curriculum'..I like that. It makes me recognize that there were no mistakes, I'm right where I was meant to be, I'm living out my function. 'Prison'...just imagine how many 'others' there are in here who the majority of the world's perception would like to FORGET, would never Forgive, let alone, choose to REMEMBER.

It makes me see that a recent email I sent out to someone was 'right'. I said that I read in the COurse that ' Spirit's function was to extend GOd's Being'. And for ME, that showed me the MEANING of FOrgiveness because without Forgiveness, we are liMITING the KIngdom, leaving OUT certain ASPECTS of God's creation. But then again, these personalities were never ultimatley 'Real' anyways.

We never truly meet anybody as they 'ARE' anyways, we only meet who we 'think' WE ARE, reflected in an 'other'. We only meet 'personalities', disguises, outfits created to hide what 'we' don't want 'others' to ever find out about 'us'. It's really pretty shallow and basic.... these costumes we design. You dig deep enough under the surface and you begin to realize your OWN character was pretty thin or shallow to begin with, in other words, not much to it.:) A facade.

We're kinda 'basic' really. Just 'pretenders' trying to fit in, be accepted or validated by 'others'. I'm doing ok with the prison ministry, We've got a handful in here who are beginning to open up and taking a closer look at 'who it is' they THINK they ARE. I kinda slowed down on the reacghing out part/writing to other inmates, but I'm about to start up again. I'll let you know how it goes in a few weeks. I'm thinkin THanksgiving is a nice time to reach out. With LOve and Peace my brother, Always, ME

Dec 14, 2021

Kenneth to Dale

Good morning Dale,

I'm slow to respond on this one. Here is where we are both in sync. You are doing a prison ministry and mine has become a ministry for the medically injured community.

In the last month things have ramped up with my own ministry. Ive been taking calls and doing zoom meetings and posting videos on the internet. I call myself the "psychiatric shaman" and explain that the psychiatric shaman is a dream character who goes into the nightmare and turns on the lights so that it can transform from nightmare back into a dream.

Or something like that.

I don't really have a script. I just take calls and let what comes out be expressed. But, I had to make up a name, and the name "psychiatric shaman" sounded very appropriate.

Its helping me back out of my own nightmare. Your probably one of the only friends who would get it. Its not like i am doing this to help others. I can't help anyone, but, when i

love them, I love myself and my nightmare goes back to dream.

While were here we might as well have a happy dream.

Yes, its true Dale, not everyone is ready for the message, and, thats where I have much to learn, and, so, this whole outreach is like school perhaps. What I do know is how I feel when I take calls, and thats the new commodity.

And, also, I'm not any sort of spiritual super hero. I got triggered by my roommate just three days ago by something he said. I called one of my mighty companion friends in Mexico and took three pages of notes. What I remember from the notes most was the gratitude. The mind training requires that I say thank you to a brother. It dawned on me yesterday that his comment was a cry for love.

In the larger picture its basically a "stick and stones" i suppose.

I took two walks to dog park yesterday to pray for the willingness to have the higher sight. The higher perspective (holy spirits perspective) vs the habitual egoic perspective.

Were all works in progress I suppose. Maybe were just taking a bath or a shower washing off the egoic dirt. Would that be an appropriate metaphor to use?

Its always good to hear from you Dale. I will try to be more reliable on my responses on Jpay.

Love
Your mighty companion,
Kenneth

Oh, ps, how does this look for a book cover? I will attach the image from my files.

Dec 14, 2021

Ken....I was happy as always to hear from you, thanks for the response...excited to hear about your ministry. THIS is cool, working with the clients that you have...those who are 'in need'. We can only 'hope' for people like you when we get older or become disabled.

It sounds like you're going through much of what I am, and your metaphor of 'the shower' was nice.:) Washing away the dirt of ego. Beautiful. This wash and rinse cycle won't stop now that we've started, and its magnifying ALL the spots and stains to be removed. Some of those stains are OLD, and really tough to get out. ONLY in Presence can they be dissolved and assimilated into WHO we ARE.

I've been having to stay vigilant, and I'm often not vigilant enough, in my mind training..against the negativity I seemingly seem to be surrounded by daily. I respond wrong at times to the few closer friends I have in here and I perceive things WRONG. Absolutley wrong...and I feel as if I failed and am back at square one. When really I think its just a fear of losing my 'mind made self' to nothingness. Total obliteration. To not be accepted, recognized or 'important' anymore. Not that I ever was, but you know the ego loves that 'feeling' when those short moments occur.

So much of our turbulence is a backlash of ego...fighting to stay alive through drama...negativity, or even

sadness and despair. It loves this because it perpetuates a 'sense of self'...a separate 'me'. Does that make sense?

We just gotta stay vigilant on mind training...at a deeper level we both KNOW the answer, but we're unconscious to it's application in the moment. Keep in contact Ken...I love you pal...thanks for your correspondence buddy...and your friendship, Only Peace, Always, ME

Dec 14, 2021

To add one last thing, I'm recently seeing that we also project out 'people to contact'...often its people we no longer NEED to be around, but it keeps that sense of self we're trying to shed ALIVE.

Dec 16 2021
Kenneth to Dale

Were in the same boat Dale. I think it was 3 days ago when I was fixing the basement door and Sean was in the kitchen upstairs, and he was saying something about "new age is a all just a bunch of bullshit" and, it was like he was dangling a fish hook down the basement stairs where I was installing the strike plate. I took the bait buddy, and, he sent a verbal fireball down into the basement "get a job you loser!"

It sent me to about 2 mighty companions in the last few days so far, and, I will probably continue until this grievance is washed away (like the mud in the shower). It had to be me telling me "get a job you loser" but its going to take more mindfulness to pull that reflection back.

There were a few moments when I saw that it was a cry for love, but, i can't just announce this like an affirmation. Affirmations are helpful, but, we both know there is deep work and deep diving to find the reflection itself.

The old pattern wold be to move out but thats not the guidance that I am hearing in this moment. So, were all in this same boat together Dale. We've chosen to go down the rabbit hole and be like one of those monks who is able to meditate in a boiler room.

On a more positive note, I took a walk last night and found the next assignment. There is a homeless camp under the freeway bridge on the bike trail. They were trying to say warm so I went home and got John's wheelbarrow and delivered the a load of firewood. I think, again, this morning, a second load. They were very appreciative and thats about as far as I am really able to plan right now. It just felt right

Thanks for the kudos on the ministry. I just sent my father's cousins. Christmas letter and I shared with her that this ministry does not have any room for ego interference because its based on the premise of my own story of alcohol, drugs and addictions. When I air all of my own dirty laundry it gives others the permission slip to take themselves off the hook. When the guilt is less the healing happens faster. I don't point to the actual spiritual teachings a lot unless its absolutely necessary, and only then I put them into a language that can be received. Everyone wants me to continue so this must be the directional pointers.

In the withdrawal communities people have this allopathic information that says their brains have been damaged, so I have made the slogan of the Psychiatric shaman thus "you have not been damaged because who you are cannot be damaged" and so I just keep making videos with metaphors like the ones that you and I have been sharpening these years. Those allopathic narratives are based on the dream character being damaged, but, when others hear that a recovered drug addict is not damaged, they start to feel hope.

Anyway, its good to hear from you as always. Oh, and also, I made a funny cartoon yesterday on the computer. I will attach it to this letter. I think it sums up this crazy roller coaster ride that we have all chosen. Its kind of like a zen Koan "do we leg go or do we hang on?"

And the answer is "exactly"

Love you tons Dale.

I am going to read your second letter now from two days ago

Your mighty companion,
Kenneth

Dec 27, 2021

Ken...my bad buddy, I didn't receive your email til the other day and it says it was sent on the 16th! Can't wait til the day all this will be unnecessary. My calls, my emails, my visits...I can talk what I want and not be monitored 24/7. Not that what i'm talking with 'you' is private, my point is EVERYTHING i say or YOU say has to be tailored to the monitoring of this computer or it'll get hung up and take weeks before it gets sent.

Your argument with your buddy Sean, yea, it seems we have the same thing going on. If it was said to 'me'...I'd have to trace it back if it hit a nerve. The statement 'Get a job you loser'...what is it you found inside yourself that got mad? I mean...'something' in the construct had to resonate for that sentence to get stuck on did it not? The statement itself had to get hung up on an idea within, a box inside yourself that you hold onto that you haven't addressed. If somebody outwardly says something to me and it hits a nerve....I should probably thank him because for it to strike ANYTHING...means I already hold onto an idea inside myself that resonates with the statement ya know?

Plus, it burns only what NEEDS to be burnt anyways because its only part of the costume you've designed to hide what you don't want seen. BURN IT! The call for Love then is apparent because he's actually SAVING ME by pointing out what needs fixed inside myself.

But anyways...I hope you had a happy holiday and we all have an even better New Year. This year I'm devoting soley to mind training, just as I would training my body for a fight. I agree with the affirmation idea you brought up. It has its benefits but it's not the cure. In here, the key's been for me creating new habits. I focus on my thoughts, they become my words, my words become my actions....the actions become my habits, my habits become my character and my character....becomes my destiny. It's been an effective way for my own journey of change, and I use it for my classes. You can literally change ANYTHING you want with that code...its like a winning lottery number. All we gotta do is apply it and cash it in. :) An affirmation thought on daily would then change you on a cellular level with that idea ya know? I love ya buddy and as always lets continue our discussions. :) Talk soon, With Peace, Always, ME

Dec 28,2021

Ken, you know what's crazy? Right after I wrote you my email, a situation came up in here the next day about a guy I know who was fired and who's allowed to now come back now to work, my place of work, as needed, but not the shifts 'I' work. So immedietly I didn't like it....incidentally 'I' was given the same opportunities over and over again ALSO. ;) I was fired, rehired, quit, quit, and hired again. So why then did it bother me so much??? Maybe the statement you wrote about 'Get a job loser' really DOES hit home with me. ;)

I had to sit with it myself, and see what it was in ME that saw this as such a problem? Granted the other guy's personality with mine doesn't mix very well, we've had our issues in the past, but personalities aren't Real, they're masks we've built...and its the reflection of my mask that I hate so much. I never see him as he IS in the present moment, I see only him with my own 'story' and I interact with a version of my own self concept.

So what was it in HIS mask that I didn't like? Its MY MASK! Its who I BELIEVED I was! The role of 'my mask' naturally feels it can destroy his and can do as it pleases...but this is what PUT ME here to begin with, EGO! and this is the kinda thinking that has to dissolve. It HAS TO entirely!!! Seeing this feels like death initially, somedays I'm all for it and others it feels almost impossible, it feels as if 'this is just WHO I AM, and its not something I'm ready to admit on sight...with ANYONE! But with mind training, we can be consciously aware that we can only identify with Spirit which is as the Course describes Right mindedness. We're close Ken! You see, THIS is why 'I feel' I was given a postponement from my judge, THIS is why I feel I NEED a lil more 'time'. It's literally impossible to identify with any construct, if we follow Spirit's guidance, and this has been my own lazyness this past year of working on myself. I have TO APPLY this daily, until its my habit, my character, my destiny. I've seen through the mask, but I've not continued to identify with the realization. No matter how painful it might seem, no matter how humiliating it might feel to our ego, ultimatley, nothing REAL can be lost. Its an unreal effect from an unreal cause and nothing really happens. I guess it all boils down to the type of Peace we're searching for right? I just wanted to share what occurred AFTER our email, I love ya pal....keep in touch, Always with Peace, ME

December 30, 2021

Kenneth to Dale

Happy new year Dale!

I hope this one arrives on time without the lag, but, I just thought of something. Maybe our correspondence is enlightening the people who are reviewing our exchanges? How does that sound? Maybe they are helping a correctional officer somewhere behind a desk make some of their own metaphysical discoveries! How would that sound for a miracle!

I'm all in with you brother. Since my roommate is my savior, I had to simmer in the grievance for almost two weeks. The fog began to lift slowly when I saw myself in him, then, the love came, but, the process seems slow from the human perspective.

Mine is sort of like a "checkmate" because now that I feel love for him, I feel love for myself, and, the two opposites cancel each other out like solving an algebraic equation. Then, the numbers themselves are free to disappear.

I need you Dale to remind me of this purpose. I can get sidetracked with other things that are not important, but this correspondence always puts my intentions back into alignment.

I don't have much to share this morning. This year I simply delivered firewood to the homeless camp on the bike trail. Ive been doing more outreach with the medically injured community and making more repairs on John's house. Nothing real I exciting to write home about.

Each person who I connect with in this new ministry is a reflection of myself, so, its all one great big healing assignment. I guess there are endless algebraic equations to be solved, so, every time I can love another person's beliefs in illness, more numbers disappear off the blackboard of my dream character.

Is this why it's called "Tabula Rasa?" (Blank slate)

I had one man send me his website and there was a button I pushed on the screen of my ipad that asked "who am I?" And the link sent me to a page which said "under construction"

It made me laugh. If i ever make a website I will also include a button titled "who am I?" But mine will send the web surfers to a blank white page because I really don't know anymore.

You are the best Brother. Keep the letters coming.

Love
Your mighty companion,
Kenneth

Dec 30, 2021

Ken,

I got your message on time, thank you and Happy New Year to you also. Its a New year, with new beginnings, a new Self. To be reborn again is to let the past go and live without condemnation in the Present. This year, for us will be solely devoted to mind training. I'm gonna make this my ONLY priority. The Course and applying it's teachings each day in here.

I was trying to explain to a guy who is NOT familiar with the Course OR it's teachings the other night....that 'we' created the world WE SEE. It's our bekliefs and perceptions we gotta work with. He asked me for advice on someone stealing his tv...what should he do? Sheesh. The construct I've held onto for the majority of my life wanted to immedietly chime in and say let's go FIND him. ;) But instead I asked 'how important is your tv?' After all WE put ourselves here and its THESE situations we've created for ourselves to face, heal, and LEARN from.

And so, throughout the day, EACH day, we find ourselves in situations with the oppportunity of Forgiveness. ALL of this in here is for healing of the mind. YOUR mind...MY mind, the world WE SEE's mind. I find myself involved with guys who've committed what the world would call the 'worst' crimes...and I embrace them as my brother. Only because I can finally embrace MYSELF. I can look at myself in the mirror Ken and finally begin to 'like' what I see, which is what I'm doing when I look out onto the compound. Its one giant mirror, as I see 'them' I will see MYSELF. I said 'begin' because I still have my days I see I need WORK!;)

As I practice this stuff, it becomes more and more evident where the true freedom lies. Its not in what my body's eyes 'see'. Its what VISION gives me. I get glimpses where ALL the boundaries and walls fall,

there is only Spirit, its all the SAME, my breaths are long, clear and clean...there IS no judgement, or interpretations of ANYTHING, the world I 'saw' disappears. Its wicked. ;) and I 'recognize this'..... instead of seeing only flesh as the Course points out. For us Ken, I believe that's ALL we gotta do is devote ourselves to the training of the mind. Why? Because once again, as the Course explains, 'an untrained mind can accomplish NOTHING.'

I'm taking the focus off my body and focusing all on my mind, my thinking, my feelings, and my beliefs. Its my beliefs the COurse must work with, because EVERYTHING 'I' was taught is entirely WRONG. I took life for granted, I had it ALL wrong, and it's this whole construct I must go against and focus entirely on GOD. Even a refined, 'better' me, is not enough....the 'me' I'm desiring to improve has to go. A psychological death is what we're in need of Ken. This is the year pal. ;)

I love our talks...keep me posted on your work with your ministry, as I will you on mine. Keep me posted on your daily experiences when you feel guided, I love you brother and I'm grateful for your friendship... Only Peace, Always, ME

Jan 20, 2022
Kenneth to Dale

Good morning Dale,

I've been remiss. I go into contemplation and seclusion then i come back up for air. This time it took a few weeks. I Since I can't always turn my thoughts around right away yet, I do know when they are not coming from spirit, and when to go off and be with them until the dust in my own mind settles. This time it took longer than expected.

I got my 54 year old body back on the trail two weeks ago to start jogging again. After about 1 mile the fog finally cleared this morning and i got the prayer for the day. Very simple, my only desire is for my body to be used as a communication device today.

Other then that not much new to report on this end. Ive just been taking outreach calls for the most part. The rest are just stories basically.

I talked with a friend yesterday on the phone and when spirit starts to speak my voice can get very loud, so i knew to take the phone call down by the river where there is mor privacy. Basically we both burst into laughter together. God is real, and, everything else is up for conjecture. We both fell into agreement on the insanity of the "everything else" and just burst out laughing.

I heard david in a lecture once share a bumper sticker he saw "seriousness causes reincarnation"

Its not only me. I went upstairs two days ago and john was sitting at the kitchen table and there was a glow in his eyes. Whenever I see that glow I stop and take notice. So, I sat down and he began to speak some very profound words. Here is what I remember most from that day. He said "Kenneth, randy is not gone! I still talk with him every single day' (randy was his partner who died 7 years ago). There was a lot more that he said, but basically here is the gist. He then told me "nothing is real so why are you taking anything serious at all?"

I was listening to a lecture by david the other day and he said the same thing that john

said about dead bodies. David said that just because a body gives out does not mean "gone." Then David said "go ahead and talk to those who you believe are gone because they are not"

Anyway, I've been meaning to write you back for quite some time. Forgive my lapse in correspondence.

How is your writing class going?

Love you buddy.

Talk soon,

Kenneth

Jan 20, 2022

Ken,

I needed your message today of all days, what a miracle.:) I've been asked to do a video tomorrow morning for victim services based on my crime, how it effected my life, my victim's family's life, 'others' of course, and hopefully put together a positive experience to aid other people who could be going through the same thing. Naturally, I'm a lil nervous, but I'm Trusting that everything will come together as it needs to. Thanks for your correspondance Ken, I'm grateful for your friendship. I'll write you back as soon as I am finished and let you know how 'I think' it went.:) 'Seriousness causes reincarnation'....PRICELESS.:) Love you buddy, In Peace, ME

Jan 22, 2022

Ken...I told you I'd send an update on the interview...I think it went good. Naturally I felt afterwards I coulda said some things better or went in a lil deeper but it came out as it had to. I woulda liked to give my understanding of things NOW, today...but I think it woulda only confused and upset people for the intentions of the video.

I was prompted by questions and basically had to re-live the events that took place 20 yrs ago. It felt like I was putting on a outfit that no longer fits and one I didn't particularly care for if that makes sense. There's ruts in the mind, grooves that run deep, and energy can still flow easily through those grooves when prompted. They become like a filter to my inner Self and they distort what it is I want to say most. Its these memories that are superimposed over what is innately Pure and Perfect. Whole and complete. The mind training this year has to be directed towards merging those memories, letting the images dissolve back into the nothingness from which they arose. Anyways, toss me your update when you get time....in a sense, its all the same. Everybody's 'story' is the SAME. That which takes this personal is only identification with ego, the sense of separation. The Mind is dissolving all 'these stories', these fragmentations, awakening to what it Always WAS. One Mind, One consciousness, One Self. YOU!!!! No matter how I feel yesterday went, in the end I feel it was needed. I got alot if not ALL of the junk outta me and expressed it to his mother...who I wanted to tell things to MOST. I feel lighter, maybe now I can finally let it GO? Enjoy the weekend Ken... Only Peace, Always, ME

Jan 23, 2022

Kenneth to Dale

Amazing and profound and honest to the Core Dale. Those are just a few of the adjectives I can use to describe this last letter. There are more of course.

Such a profound truth that we will be asked to revisit our former dream character's story, and, I know how lost I can become on this end when I am to go back and revisit what I call "land of the lost"

I know that may be one of the reasons spirit has not made it possible for me to reconnect with my own biological brother. There was no way I could have been or done anything more than those actions decades ago given what I was thinking and believing. My dream character behaved like a dishonest prick and an asshole when he believed that god hated him and would punish him for his sins if the truth were to be exposed.

This is also our contrast experience, and that's where we both join now, today. David gave an excellent metaphor on this that I was finally able to hear. He described the ego's judgment as a good way to bring order to chaos with no intention of ever letting it go. He used the example of a food fight. Did you hear his food fight metaphor?

It took him many metaphors before I could hear it and digest it. But, it all made clear sense when applied to my own story, that, if I had not been a prick and not been a dickhead to my own brother then I would still believe I could bring order and chaos at the level of form with rules and control. Sure, that may have prevented my behavior from escalating to the point of violence, but, it would have prevented my violence from surfacing. Mine had to surface so that it could go through all of this alchemy, being brought back and back and back. This is the whole foundation of our friendship dale; You and I both support each other in this mind training discipline required to bring it back and back and back.

If a person has not been shaken to the core with perpetrator story in their parable then this work will not commence in earnest. This is why I am not a popular person in most spiritual circles. In AA Bill W said it point blank "half measures availed us nothing" were his exact words.

He also said "we tried countless vain attempts to drink like normal men" but that was only his surface vernacular. Like any good aviator, he was pointing to a much much deeper truth. What he was really saying was that we can try to judge and control all that we want but it will never work. It's hopeless. The only way is GOD.

Now, back in the 1930's he did not have mind training, of course, so he had to use the word GOD. Very very very few people ever got the depth of his program but those who did (and do) they are actual saints. David loves the 12 step program and JC also.

I arrive in Montana last night. Part of the reason for this trip was that my own violent archetype was about to re-emerge with my roommate. He knows exactly which buttons to push and he loves pushing them. I've been spiritual and forgive for almost 3 months, and, then, I finally had to admit that I am not a saint yet and I just need space, so I

called my friend in Montana and drove out here for a while until the dust settles in my own mind and I can capture more clarity.

While i was driving I was listening to more of David's archives. I finally got another difficult nugget but, for the life of me, I can't remember it now. But, if it sank it, it will be regurgitated at a later date when necessary. The complexity of the ego is such that it takes great intelligence and great dedication and discipline along with a life shattering event along with courage to really do this work. This is why I am not popular. Most people want to do the course in miracles just a little here and there, but it simply won't work. One must be fully immersed and pushed into the deep end.

Thats probably why I stay living in Portland Oregon in the basement room with a roommate upstairs who hides in the closet with his emotional hammer ready to strike at any moment. Until I see him as me and me as him, I'm still remain a hypocrite.

OK buddy, thanks for the update on the interview. You rock the casbah. Keep going. You are one of the few people I can join with on these matters and get honestly and not get a bunch of fluff spiritual unicorns and rainbows. Your the real deal. You are my spiritual teacher Bro.

Much Love

Kenneth

Jan 25, 2022

Ken, I appreciated your response, you mentioned your biological brother and why you felt you never re-connected with him.

You triggered my dad and my relationship, which I cut off recently, I let it go, feeling that we went as far as we could. I forgave him for our past, I forgave MYSELF. for MY past with him, and I just feel we're on two paths that can never meet. Never could they be reconciled if I'm to stay the Course I've discovered and follow.

Then I reflected more on this...is it possible our memories of our past with these individuals are WRONG? What I mean is, we only remember what happened back then based off the beliefs we had about ourselves at that time. I'm an entirely different person than I was 20 yrs ago. Truthfully, we're an entirely different 'person' every moment. Only our clinging to memories and attachment to personhood keeps us bound to these forms. Its like a car and who's driving it moment to moment. i'm not the DURango I drove 20 yrs ago anymore...yet this is what we identify with daily....our bodies, our forms. That Durango belongs to someone 'else' now....and has been thru probably 5-10 different owners...just as WE have been thru 5-10 different lives, people, incarnations...whatever you wanna call it. i 'thought I was a different guy 5 yrs ago, but now I'm 'THIS GUY'....couldn't 'that guy' I believed I was been really ANYONE? You look around the world and see all types of 'people' that remind us of WHO we once were. Yet we were no one. All Along we've been that ONE who played ALL those roles underneath each facade, each costume. Am I right? If I'm following the teachings as I should then the next time I go to sit in a 2002 Durango, should they even still be driven by anyone...then I should see it brand new, just someone's 2002 Durango....rather than the vehicle my victim died in 20 yrs ago.

The COurse says there IS no journey, only an Awakening. That means everything that seemed to happen in linear time collapses into this moment, and we realize it has only and ALWAYS just been US. YOU. ME. ALL this is YOU, One Consciousness, and NOTHING IS OUTSIDE YOU! The awakening is

THIS...nothing ever happened, its always been YOU, and you have always been HERE, NOW, resting in Oneness, where everything 'else' you 'thought of' with your mind in the dream....exists. Love you brother, Lets FORGIVE the dream and LET IT GO. Always in Peace, ME

Jan 25, 2022

From: DALE CROWE
Date: 1/25/2022 7:37:51 PM
To: Kenneth Price

Attachment
S:

I got swayed off course in my email a lil...:) A point I was 'trying' to make to you was what if our perspective of the things that happened between me and my dad, you and your brother,.....are only the perspectives of the 'person at that age'? In my case, a teenager! Your's? So how TRUE could the memories we remember really BE? YOU see my point? Look how much deeper we've seen things then. I'll keep this short, but you see where I'm going with things right?

These conversations between us are like my journal entries :) I learn things as I write....because I got that pause between sentences....that's the filter problem i mentioned last email. If I could just remove whatever it is in my mind that blocks me from feeling and expressing these insights each moment, I'd be golden. Instead I have to sit and journal. :) Love ya pal, get back to me...Always, ME

Jan 26, 2022
Kenneth to dale

OMG - Dale - for some reason this letter popped out at me more than the others. All of your letters are good, but, like any writer, there is editing, and, this one would be an absolute Keeper.

You have a beautiful mind, Dale, because you can picture these truths with visions. I have been looking for our archives here on my ipad because the supermarket conveyor belt from 2020 has not left my memory. but, now, the Durango example is another bullseye spot on!

It could not have come at a more perfect time also because I am staying with a friend in Montana this week, and, last night we watched a movie called "Don't worry, he won't get far on foot"

I asked Tyler if he wanted to watch a movie last night. He has something called netflixs. He mentioned this movie, and, it could not have been a more perfect choice.

Both Tyler and I have been talking about just these topics the last few days, and, the movie conveyed the same message also. And, yes, it pushed my buttons in that I had to face the old "me" while watching the character in the movie who was a version of my young addicted frightened narcissistic self.

I should probably give you a synopsis of the plot before I go any further. The movie took place in the late 1970's and the plot revolves around a man who is an alcoholic and just wants to party the whole time to cover up his pain. He behaves recklessly with his best friend and they get into a car accident and he becomes a quadriplegic.

The story tells the story of his bitterness and his alcoholism that continues even after the accident, and, his hard journey towards sobriety where some very loving friends in AA deliver him some very tough love in the form of truths that he could not face inside of himself without help.

In the end he simply breaks down and cries, and, then he begins to see and then he begins to restore faith in god. But, that was the missing link Dale. His sponsor had to love him enough and long enough to restore faith in god before he could start to reawaken his heart.

That was when he traded in his old car for a new car.

I'm sorry I digressed but I had to inject some content with the movie before continuing.

You pegged it. We are not the same people we were 5, 10 or 20 years ago, and, this progression has not been linear in my story, Mine has always been 3 steps forward 2 steps back, and, it has to come with some very painful reminders of the man who was once lost, selfish and frightened.

What courage to allow that pain and to trust that pain. That was one of the messages from the movie. The man had to connect with enough faith to trust the pain and be with it, and, this has been much of our correspondence over the years.

One of the letters you sent called it "the burn" which is a very accurate description.

And, I think at the end of your 2020 conveyor belt example, didn't the convert belt end by dropping the into an actual fire?

I get it Dale, i really get it. And, also, what I have noticed is that when I find the strength to allow "the burn" then resources and tools synchronistically arrive to support. I can't explain where they come from. I certainly do not look for them or pay for them, but, in my story, they just simply arrive.

Its sort of like there is a cosmic safety net or a cosmic social services department. Yes, thats it, there is a cosmic social services. Or, perhaps angels? Is this making any sense?

I'm seeing reflections of my old self with every person I meet, and, practicing allowing with appreciation and thank you, and, in my experience, this is how my stories are dissolving (back to the conveyor belt, they simply fall into the fire)

Mine is daily, of course, and moment by moment, and, that is also what you and I share and that is what Tyler here in Montana and I have been talking about. This was the message of the movie also.

The man's sponsor told him "this is your new life assignment, and, you will be practicing this forever here forward"

All good Dale, and, this is only your first of two letters. I have one more letter to read this morning.

This last letter had me thinking that I would like to find a way to share this correspondence with others. May I put this letter on a blog? I don't know what a blog really is and I have talked before about sharing this correspondence with others. It just feels to be a good direction.

People really need this stuff. You are a messenger!

Anyway, I'm probably going to re-read this last letter before going to the next one. You were able to let go of your father, and, that is what I needed to hear this morning also. I cannot do this by myself right now. I still have sharing and expressions on the topic of family stories.

I loved my family, and, in the climate of the 80's, the model of the time broke down. Our cohesively dissolved. The conditioning of fear made it impossible for my father, mother, brother And myself to keep the unit in form. We all had to seek help outside the family in our own ways, but, to see it from this light is the true light. The old story that "something went wrong" is the ego's voice, and that is not true.

The old paradigm says "biological families should be cohesive"and our culture calls that "success" but that would be like trying to fix an old car that is beyond its expiration date.

Because I left the family, my mother found AA. Because I left the family, my father was able to free himself of a collapsing farm venture and move my mother to an art community in the mountains where she found a community.

So, you are right, we have to trade in our old cars. There simply comes a time when the repairs become too expensive and we must buy a new car altogether.

I like your analogy because this is also when the the "snake sheds its skin"

Whats left is sadness, what then arrives is appreciation, and then understanding and these commodious are universal currency. The angels operate on the fuel of appreciation and understanding (David calls it true empathy). We can hear others when we have earned out "true empathy" credentials. But, instead of hearing their stories, we hear their cry for love under the stories they are telling.

Boy, did I ever ramble on this letter.

Your the best brother. I am so thrilled I was able to come out of my two month slump and return to this priceless correspondence.

Love you tons mighty companion.

Kenneth

Jan 26, 2022

Ken...

my pal, I liked your response. You mentioned the problems and the pain from your past with your biological family..... if we go back far enough in the mind...to the I Am-ness, are these 'biological families' nothing more than something ego created? God knows only Spirit, Spirit begets Spirit, Our REALITY IS SPIRIT, ALWAYS IN A STATE OF GRACE, therefore WE ARE ALWAYS IN A STATE OF GRACE:) He Only Spirit EXISTS! GOD knows nothing of form. So these problems we have from our past, growing up, etc...are we not remembering these things from the perspective of a 5-6 yr old? The 'feelings' we had back then are what created the grooves in our mind. It left an impression, and it lives on as an unfinished energy pattern in our mind that continues to swirl around inside us until we're able to release it. these feelings we have have become the crust that surrounds our Heart...and as we sit thru and allow the things in our lives each day....to move through us, it creates the burn...it takes off a layer of separateness....it releases us into the Heart. The Heart is NOW, its in this present moment, 'time' is in our mind....we can go 'Home' any time that we choose because its the Mind that our prison exists. ALL these stories have fragmented off and live in these apparent separate bodies....but the 'stories' are really all the SAME. They can be generalized into the SAME category of experience...does that make sense?

The fire at the end of the conveyor belt is symbolic of 'Time' because ALL things are temporary so ALL things in 'form' must go in the Fire. In that sense, nothing we 'see' with our eyes in this world is ultimately Real....for to be Real, would mean it would have to be eternal. NOTHING in form is everlasting. A Whole Mind is what we seek, meaning that everything in our Awareness, merges into the Oneness that we Are. We lose NOTHING....these personalities we 'believe' we are, is blocking our experience of WHO WE ARE. WE can lose nothing for they were only ideas in our mind to begin with.

See, I know all this, and I've witnessed all this ONCE, ever so brief, but its when we gotta delve back into the past, put on that nasty sense of self we created and made such horrific mistakes, that we allow ourselves to get immersed in the 'movie' we call our life. Our feelings get involved, our emotions get stuck, and before you know it, we BELIEVE we're that character all over again. We FORGET we're HAVING the DREAM! But nothing is or ever HAS BEEN happening at all! I'm outta time buddy, I love ya pal and lets continue our dialog. This helps me untangle my mind....I found myself feeling what I just described above in this last interview I just did in here.:) Only Peace...Always, ME

Jan 28, 2022

Ken....have a good weekend buddy, thanks for the dialog.:) with Peace, Always, ME

Feb 4, 2022

Ken....now stay with me.....;)

I'm calling this entry 'The Day I Woke Up'.....because literally, I just woke up, and at the same time, I WOKE UP.;) I took the day off from doggy daycare and chose to sleep in. Its all ice outside, I figured it'd be a slow day, so I slept in....and as my gift for the day...I WOKE UP.;)

The Life principle that exists underneath all of these personalities is ALIVE. NONE of this ever happened....and yet, everything happened for the mind that 'thought' it. Its still foggy to explain, and understand.... I'm only 'explaining it' to YOU, my friend, who is on the same journey with me.

Look at a still Ocean. Nothing is 'appearing' to happen, and yet all waves, all storms, all hurricanes exist in that moment. Everything that ever 'seemed to happen' is happening in that still, quiet Ocean. For a moment, I woke up today to experience this quiet, still Mind we all ARE. In that sense, I could only be writing to...MYSELF. I'm not writing or telling anything extraordinary or new. I'm only talking to ME, myself, my Self! There IS no we, no they, no them....there's no I, ME, or THIS.....there's only Life, expressing itself in all these forms. All these notions and concepts are just the mind or ego's attempt to perpetuate it's existence. Everything we DO, consciously or unconsciously...is a construct the mind builds to perpetuate that Existence. But it will always BE, because it has always BEEN. Its the essence!

In this moment, i feel stripped of identity....it feels beautiful. It feels beautiful because 'who' could I have ever LOST? 'WHO' was ever added? In this state everyone is HERE, everyone is NOW. ARE they not all extensions of my Being? Or a dissolution of what wasn't really there? Emotions and thoughts...beliefs and desires or anything that've been felt til NOW,...including perceptions and experiences... were all just a necessary heating or burning away of what was never ultimately Real. ONLY what can always BE is REAL. Only what IS has existence, what was or might be never lived. It's this YOU and 'I' that needs to GO, it stands in the way! Blocking the experience of wanting to be One with God. 'WE' desire to exist along with God....but there can only BE GOD! We think we can be this One who's Realized, or One who knows the Self, but only the Self exists! Its taken between 13-15 yrs of this journey to begin this burning through EVERY layer I superimposed over this Pure and Perfect Life principle. I hope throughout my day I can maintain this realization. Who did I ever kill but my own self hatred for a character that 'I' created? Its comical from that aspect.

Anyways..you're my journal entry for this today....I'm no teacher to you Ken...I'm YOU, and the apparent WE is joining into what has always BEEN. This is the dissolution papers.;) Its what always IS...I love you brother as I love MYSELF....feels good to finally say, mean, and FEEL those words. Talk soon, In Peace, Always, ME

Feb 4, 2022

This whole damn existence has been of 'one learning to forgive one's Self.' Our BELIEF that we separated from God. Feeling not good enough, not enough, its the human predicament and ALL these characters in the projection feel this way to some degree or another. Why? Because they all belong inside this One Mind having the dream. My seeming actions were just projections from the mind that not only believes it separated from God...but it secretly HATES itself. These seeming characters are only projections from this One Mind that believes and perceives this. ALL of this, it only exists in the One mind having the dream. Its a level of consciousness in that sense. Our minds can only see what we're PROGRAMMED to see. Its ALL we're capable of...all we're equipped with. The only way out is to break free from the conditioning of the mind, it's programming....the unfinished energy patterns swirling around in our minds....and trying to open to the Heart of Existence. To 'see' a past is a thought...a description of a moment that has passed. A belief in linear existence, a past, present, and future. A still mind sees none of this. Cause and effect in THIS state, is simultaneous, in accepting Atonement, it never happened at all. In Being, there IS no subject Object split.

In fact, could I really forgive my Self, as long as I pull my identity together from all these seeming separate string of experiences? No! I can only merge what never ultimately WAS in a perfectly still mind. An alchemy of sorts....ALL things exist in stillness as pure potential don't they? They manifest from the nothingness from which they came do they not?

I'm sitting here in empty space this morning....looking into the objects I've placed in it. Questioning their real existence. If they didn't exist in the beginning, and they only appear now..then it stands to say they

won't be there in the end, which would appear to be death. But death is an illusion of what ALWAYS IS! YOU! The Isness is the suchness of Life, the background from which ALL things arise and return to. A play of CONsciousness. But YOU are the One who is WATCHING this play, remember? The I AM-NESS. From the parking lot? The conveyor belt? EVERYTHING which has an end date is to be placed on that belt....'you' as Ken are in this category....along with 'me' as Dale.....but YOU, ME...are merged together as One, 'The' One, OBSERVING this play. I gotta journal my thoughts...;) Probably sound crazy don't I?;) But if I can rest in this state, fully identified, then Who CAres? 'Who' is there to please?'WHO' could we really be searching for out there that doesn't already exist WITHIN us? Are we not the One we've been searching for all along? Love you pal....In Peace...ME

Feb 19, 2022
Kenneth to Dale

Good morning Dale,

Another great letter. ROCK ON! I read every single word you wrote, and, all I can add was SPOT ON and ROCK THE CASBAH!!!!!!!!!!!!!!

GO GO GO GO GO DALE!!!!!!!!!!!!!! Dont' every stop writing - let it rip!

Boy, was I remiss and late this time (two weeks to be exact). Never tell anyone to read the course in miracles, its a dangerous book, because, as soon as Jesus gets a hold of us, he will put a person inside of one of those contraptions that they used to have on old fashion washing machines. Have you ever seen an old fashion washing machine? The kind with the two rollers on top where you feed the clothes through by hand after the wash to ring out the water? How does that sound for a metaphor?

Several years ago you used a fire metaphor, the one with the conveyor belt and the fire at the end,so, now, to accompany that metaphor,we now have a water metaphor. One where, instead of our small selves ego falling into a fire, they just get squeezed between two rollers and rung out. How does that sound?

Hey, we keep getting better and better (or dryer and dryer and dryer)

The details of my wringing are not all of that important. Mostly is just a deluge of beliefs ever day where I believe that things should be different than the way they are, and, every single time (only without exception) I let thrown into either the fire or put through the wringer, over and over and over, so,when you don't hear from me, you can be assured, its not because I am on the beach of puerto Vallarta drinking. Pina coladas enjoying the sun and reading a book uber a tapas umbrella on the sand. Because, thats not where i am. No, if you don't hear from me, , its because I'm getting put through the wringer, one more time.

In order to do this, there needs to be faith on steroids, or, no alternative left but to do this. Or, well, actually, i really don't know. In my own story the amount of faith that it requires to take long walks while I am being "wrung out" is huge and enormous, and, well.....I know you describe this to me last year or so. You called it "the burn" and.

How about if I call it “the squeeze” or “the wringer”

Anyway, its all good. Ive got a few more students on board. For the support ministry i am starting for anyone who has chosen to exit psychiatry and come off the psych meds and use these teachings to chose purpose over illness.

I posted several more videos also on youtube. Its hard, though, becasue this stuff goes so deep so fast that tryign to teach it comes out rather garbled, and people think in crazy, so, I’m starting to get the gist that its not about teaching this stuff but about living this stuff. Thats where rubber hits the road. We gotta walk the walk.

Actually, that is one of the reasons i have been so remiss. I have a new student who is still in his early 20’s, bright young man, sensitive a talented and intuitively gifted, and, his parents told him to stop being gifted and fabulous. They put him on countless psych meds and told him to become an engineer instead, and, boy oh boy dale, did this one hit close to home.

I think you will be my only friend who can hear this. The amount of rage that came out of me has taken walk after walk in prayer and more prayer. The anger that came up from inside of me was a HUGE ENORMOUS reflection, and, i have to be with it still in prayer because this one is hitting closer to home than any other outreach assignment as of yet.

I see in myself a shadow of rage that I thought was all healed.

In order to forgive my family for my parable i have been given a reflection of the exact same parable in one of my students.

I’m begin wrung out one more time. - see it feel it and then cry it all out and unbelieve it and voila (oh if it could only be that easy)

OK - this is my own shadow thinking and believing that i know what is best, or, its my own arrogance believe we should live in a perfect world where people do not get poisoned for being kind, loving, gentle and sensitive.

My dream character is goign through the ringer, alas, one more time .

I will continue to write more as these current students continue to turn me into an avatar, but, for now, this is my first breath of air in a very long time. I finally saw the light after this one. I know there is more light (or my faith is telling me that I must hold steady without falter), so, its all to be continued.

Much love brother, and, may the force be with us!

Kenneth

Feb 25,2022

I 'heard' your message my brother, sorry for the delay.:(I am going to have to reread your message, might add more on later but I can see or understand why that rage woulda rose up in you Ken. Its an opportunity for a healing in your mind to take place for you, reflected outward in your friend. I'm excited for you with the videos and the ministry buddy. You will have to keep me updated, or, I was thinking, me and JC have joined in this prison ministry together, we have about 14 students so far, and I've just been transferred to ANOTHER institution where hopefully, I might add on more. That's the way I'm choosing to perceive this anyways.

I was recently put in the hole for 3 weeks, I'm out just today actually. I was accused of establishing a relationship with a staff member. IN truth, I'm guilty of just becoming too close to staff period. I'd been at Chillicothe for 10 yrs so how can I NOT feel as if I could be somewhat friendly or that I'm a friend to someone? I don't do well with roles, me verses them stuff ya know? Co verses inmate, blacks, whites, gangs, etc...people are beings. Its all the same to me. Ijust gotta be more mindful. Talk about being put through the ringer.;) I liked that analogy also. Its a constant wash and rinse cycle of the Heart.....Let each experience burn away only what was never real in the first place. Who gets enraged? YOU the Awareness of what IS....? Or, the construct of Kennetgh you've built in order to feel safe, liked, and accepted? This was my recognition in my last trip tothe hole that I just took. I was guiltyof people pleasing. I'm outta time my brother, talk soon! Lets build this ministry!Share our students. With Peace, ME

Feb 26, 2022

The boy you mentioned who's parents directed him and enraged you...don't forget he 'chose' his parents because they could assist him in the things he most needs to awaken from. He might not see this NOW, but hopefully through his challenges...'the burn' as we call it, he'll see the facade. Its also no accident that 'YOU' were put in his life....he assists you just as much as you do him. None of these outer stories are 'real'...only the Self is Real...the substratum, and while many might not be aware of this, YOU are, so just stay rooted always in the Self that you ARE, have always been, and always will BE. Just BE. Welcome everything that burns because its only burning away that which wasn't Real. Let the facade burn. I love you brother....til next time. Only Peace, ME

Feb 28, 2022

Last letter bud, I only have 15 minutes to reply...my typing isn't the fastest nor are my memory skills strong for response to emails. So I reread all you wrote and 'try' to reply. Again, I enjoy the dialog, our friendship....I also liked your analogy of the wringer.;) It feels that way for us doesn't it? I said to welcome these burning moments because it 'does' send us through the wringer, getting out every lasst drop of the facade we've created. Thats a great analogy. THis last hole vacation was unexpected and in truth needed. The quiet screams the Truth. It enabled me to see in myself what I would've fell victim to anyway. The people pleasing and not pausing to ask myself in each circumstance 'What is it for? Or why am I doing these things?' would've stopped all this. So I'm actuallyu grateful for the experience because it teaches me what I'm being unconscious to.

I'm excited to hear how your ministry goes with what you're beginning with Utube/internet....keep me updated Ken and have a great weekend. I apologize for all the emails.;) In Peace, ME

March 11, 2022
Kenneth to Dale

Hi Dale,

I am finally coming up for air. I have had more students on board, and, since I must practice what I preach, each one of them has been forcing me to pretty much live this stuff instead of just talking about all of this. Mainly what it comes down to is I have to have an open heart to do this, and, i have to see them as perfect. As myself as perfect, or, perhaps better said, I have to be fully present. I think that best describes it. No more wiggle room for past or future or stories.

Anyway, I built a website. I titled the website Psychiatricsobriety. Com so I have been able to put all of this information into one place and work to coherently compartmentalize this message as best as I can. I'm still working on it, and I am sure it will be an ongoing project to build this message as it evolves (or as I evolve) etc.

Your a few years younger than I am, so I don't know if you have begun to experience the effects of aging yet. I was also a smoker for most of my life, and i fell of the wagon several times the last few years, but, the reason I bring this up, is I'm noticing my body is not able to get up to speed anymore. When I moved into this house with john and Sean 5 years ago I was jogging 5 miles, and, for the life of me, for the last several months, I've been trying to get past the 2 mile mark and I think Father Time is having his way with me at last.

Yes, sometimes dale, I love this spiritual path, but, also, I think much of what we are going through is just the inevitable path of time itself. I am thrilled for all of these teachings and I am dedicated forever to the mind training, and, also, in my story, I'm going to be 55 years old in a few weeks, and that has just as much to do with all of this as anything else.

I just don't have the energy to fight myself anymore. Surrender is a matter of fearing resignation, then realizing that its not resignation at all; that surrender and resignation are not the same.

That is why I like to use the word Yield instead of surrender. Surrender has the opposite of victory but yield has no such opposite.

Yield is more of a freeway merge sign than a battlefield white flag. So, with yield, we do not run the rick of being placed in a POW camp perhaps.

Anyway, just my musings on a Friday Morning.

Are there any books or things that you would enjoy having dale that I could order for you? All of this time and I have never asked if there were things that you would enjoy having. I guess I have been pretty selfish these last few years.

Anyway, if there are any items I could order for you on Amazon dot com or anything like that just shout out.

Oh yes, I did get a letter from my biological brother a few weeks ago. I have been

processing heavy heavy heavy stuff for weeks, but, I'm still processing (I came up for air just enough this morning to write you this letter) so perhaps when the dust settles on that curveball I will have a debriefing to share.

But if I pan out (forest for trees) (above battle ground) then i can see that I'm revisiting some old stuff, but, now, its on a higher level on a spiral. Its not a circle, but, instead, it is a spiral, so its being seen from a different place than before.

OK, thats what came out on a Friday Morning.

Be well Dale,

Much Love,
Kenneth

March 11, 2022

I liked this last email, made me think.:) The website you built sounds awesome. You'll have to keep me posted on how things develop. You mentioned our aging and whether or not I feel the effects at my age? Yes. I didn't treat my body so good all those years I trained, much of it was padded with pain killers and my addiction to that, steroids, and amphetemines of course. 2 strokes later with a blood clotting disorder, and also my hips are going out.:(I'd say I'm 'feeling' it.;) but you also said how the spiritual path is just something we fall into the older we get to some effect. Am I reading right? I think for 'some' the inevitable search for any lasting happiness and our failure to FIND it externally ultimately leads us down this road. and yea, alot of us have to suffer some kind of tragedy or loss before we ever crack a hole in our egoic shell to allow the Light to shine in. 'Others' I believe are wired and programmed to STAY searching outwardly, to STAY doing what they're doing why? Because it perpetuates and gives LIFE to ego. But then again, if the world is within ME, and 'I' awaken fully, doesn't EVERYONE awaken WITH ME? So that brings us back to the Course and its teachings...only in HOW WE SEE things can true change occur. we always gotta bring it back to the mind. I won't lie, I've been slacking a lil...the recent move and time to think, kinda immersed me in this dream i'm in.;) but I'm tracing it back at the end of the day...ALL is well.

Hey you asked about books, and just today, I cae across and got interested in a book called the Ashtavakra. have you heard of it? it might be my Ramana Maharshi...or works done by him....not sure. but i wondered if i could possibly ask you to look into that book for me? i was reading some small exerpts taken out of it and it really resonated. i hope you have a great weekend buddy, my new address here is Dale Crowe 519303
5900 BIS Road,
Lancaster Ohio 43140 Only Peace Ken, ME

March 12, 2022
Kenneth to Dale

Hi Dale, I finally figured out something called a blog, and, I wrote a post. The whole time I was writing, I was saying to myself "this sounds like the letter that Dale Crowe wrote to David Hovvmiester several years ago". So I had to share this blog post with you brother. I hope you enjoy.

Love,
Me

I have the privilege and the honor of meeting wonderful and amazing travelers every day who believe they are failing. And, I am beginning to notice patterns. Because, I continue to hear the same stories over and over “this should not be happening” and “can you help me get my old life back on track”

“Yes it should and no I can’t!”

I don’t know how else to say this but to just be blunt and blurt it out. If I were some sort of a spiritual teacher or a therapist, perhaps I could find a nice and soft way to say it, but I don’t have any credentials what so ever (except in finance and architecture LOL)

But, it’s true folks, it should be happening and no I can’t help you reassemble your life.

Because in my parable, I had to let it happen. And, in my parable, I never was able to resurrect any modicum of a career. I am here to state, for the record, everyone, that I am card carrying bonfire Caterpillar Loser!

So, since I am not a credential life coach either, I’m just going to keep saying it over and over and over in the best way that I know how, because, this is what I really really did want. I really really wanted to fail in life, but, also, I did not want to quit either. (Failure with out quitting? Now there is a mindfuck for sure)

So, what is the formula? What is the recipe? How do we move past the stuck places without moving? How do we resolve this riddle which has generated in actual mental illness for us?

I had to sit in that place of “I have not a clue” for a very long time, and, the deeper I went into the unknown, the more I continued to face the cognitive dissonance of what my thinking was shouting (you a loser, get a job, go apologize, get a grip, stop dwelling on the past you hopeless spiritual reject) vs the results and the evidence was slowly slowly beginning to trickle in.

You see, the entire time I was moving further away from my worldly goals and worldly expectations, the closer I was moving towards something which did not have any material value whatsoever according to my father’s religion (he was a born again capitalist)

Don’t get me wrong, I loved my father (god rest his soul), but he was about as conservative as they come.

I could not break the cocoon of my depression with force folks. Conditioning runs deep for most of us, and, in my story, it had to do with love. I was seeking my father’s

approval the entire time. If I made money, then, perhaps, he might rise from the grave at Santa Ana cemetery and say "you are worthy now so you can relax"

No, I was stuck folks.. I was truly truly truly stuck. I could not think my way out of the cocoon of my depression. Nor could I really DO anything.

Yes, I could still DO in life, but it was still a very unstable variety of doing. I was like a ship at sea in a storm with a powerful engine but no rudder. I was an absolute train wreck mess (egos usually are)

I could not get that ship out of the storm folks. I even went to college to get a two college degrees (one in finance and one in architecture) to see if that might capture my life some modicum of steerage. A direction which could anchor a reputation for myself to capture a foothold in self sufficiency or financial security.

Because, isn't that why we are here? To solidify a fortress of financial success to bring us safety in a hostile world?

There must come a tipping point in every person's story when they must answer this question for themselves, and in my early 50s's came my time. My moment of surrender.

There is no way to succeed in this life folks, and, if you think you have it all figured out, you are mentally ill.

and if you have been able to carve out some safety in this world, then you will not have gotten this far in my first blog post.

There is no way to capture any security whatsoever, and, if you think I am a loser and if you think I am mentally ill, then you will not be alone. Many people are judging me right now. Trying to keep the conversation light and pleasant as to not upset me because if they share with me about their retirement, they might hurt my feelings.

But, also, there is a new dynamic I am beginning to notice as well, People are also keeping their mouths shut, not because they are afraid, but because they are perplexed.

Because I am Happy and succeeding. Not succeeding at accomplishing but succeeding at loving.

Does it need to take a complete collapse to open our hearts? Well, apparently for me it does.

And, Well, its an awful good question, one must admit. And, I don't know about you, but my ego loves to ask questions. And, since I still have an ego, I'm not impervious to getting caught in such circular dynamics (otherwise, then, why else would I be

blogging at midnight, in bed, unable to sleep?)

Here is what I can assert folks. I failed at life that I thought I should have succeeded at something unexpected is beginning to germinate. My heart is beginning to open.

And, I have to be honest with you. I don't know where any of this comes from, so, I am best off, now, to simply stand in this mystery from here on forward because questions (like from the previous paragraph), I have discovered by now, are completely unanswerable.

What is true? I have no clue except that I am starting to feel happy again. I am starting to relax and I am starting to share this feeling with others, and its working. For the first time In my life something is finally finally finally beginning to work.

The dark night of the soul has finally broken, and, I am begging to awaken.

So, am I a failure or am I a loser? I guess, then, it all depends on who you ask. Because, according to the local caterpillar career coach, I'm hopeless. But, according to the man stuck in the cocoon who is about ready to end it all and jump off a bridge, I am a breath of fresh air.

But, wait, please, hold on, because, again I cannot take credit for talking anyone down off of any ledge. because, remember, I am a failure. And, in order to emerge from that cocoon, I had to leave the doer in the cocoon. So, in all honesty and humility folks, I do not even exist anymore, so there is no person here to take credit for anything anymore.

please don't call me spiritual either, because, spiritual people succeed. I did not succeed. I failed.

But I did not give up. Yes, I ran out of steam, but I also kept going.

Thats when the miracle happened folks. Thats when I noticed that I was not a caterpillar. I was a butterfly.

So, then, who is writing this blog? who, then, built this website? Who, then, has begun this ministry?

Well, maybe you can answer those questions, because I have no idea. Absolutly no idea anymore. I'm absolutely clueless, and, it feels great!

When I feel this good, I'm simply not mentally ill anymore. Joy is not a vibrational match for any more mental illness, period, plain and simple.

So thats my story folks and I'm sticking to it! And, maybe after writing my first blog, I can get some sleep. I have a long day of unplanning planned for tomorrow, so I need

to get some rest.

good night everyone and see you Sunday morning on our zoom call.

Love,

Kenneth

March 12, 2022

Ken, I was thinking more this morning on your website idea...I liked the concept. Is it mostly Course students who reach out to you on this? Or do you have another group of people you target? You probably have alot of AA/NA contacts also? I was just curious. At this new place I'm at, its small. I had alot of guys I knew in the last prison that I was able to get involved with the COurse. I'm hoping they'll keep up their contact with JC now that I'm gone. I have one guy who approached me so far who wants to get involved here. Jc told me just to focus on the demonstration more so than trying to convince others. Like you said, WALK the WALK..and through that, others will be attracted towards the path. Anyways, stay in touch, don't disappear for so long.:) With Peace, ME

March 15, 2022

Kenneth to Dale

Hi Dale,

Got it - it should arrive by April 6. Looks like a good read, I am going to have to check it out myself. Thanks for asking about this new ministry. I have no idea what I am doing or where it should go, except that i am being drawn in this direction and I need to follow the signs and symbols. So far Ive got about 10 students on board and I am learning from them lots and lots. I have to be in my heart an present at all times, so its a great opportunity. JC gave some good advice. I'm glad you shared that with me so that I can remember, also, on this end, to just be the example and not worry about what happens basicly. Thats very wise. Not much new on this end, really. The life of a mystic would really be judged as boring probably if anyone wanted to describe my life, but, peace is priceless. Absolutely priceless. Anyway, I will write more when my energy returns. Its almost at the end of the day and I usually run out of steam about this time. I wll write more when I have had some sleep.

Much Love,

Me

March 15, 2022

really appreciate you Ken, I'll look forward to reading it and will let you know as soon as I have it delivered. I read 'some' of it, it was in a printed off version of a letter someone sent me and literally every word stuck. It looks really good.

You're gonna be great at the new ministry Ken, that advice Jc gave is universal, its priceless. and yet, so

simply, Just BE the change we're trying to see. Focus not on how they see US, but how WE SEE 'them'. I love you brother and again, thank you...keep me posted on your ministry. In Peace, ME

March 25 2022
Kenneth to Dale

I did it again Dale, I went missing in Action. I've been putting pedal to the medal on this website. I discovered something new called a blog. Ive always wanted a blog. Its kind of a journal feature where I can put down all of these thoughts inside of the website itself. I will send you my last entry. After I ordered for you the book, I ordered for my roommates two more items on Amazon.com. finally, after over 5 years, sean and I have found love in our hearts for each other. That was the hardest and longest relationship lesson of my entire life next to my own family. I am rather exhausted after having had been put through that ringer but at least now I don't have to keep traveling to all of those spiritual venues. Now I can stay home here in portland now that we have domestic tranquility.

Anyway, not much else new here. I spent most of my hours each day on this new ministry. The website is the most work. The message is delicate and so the use of words has to be chosen carefully because I'm talking to people who won't understand words like "dream character"and "ego" etc so I have to make it all sound understandable

Did the book arrive? Right after I ordered your book I ordered a ceiling mounted pot holder for john for his kitchen upstairs and a fire escape rope ladder for sean. Give the guys here at the house a symbol of my love for them.

Really, its been pretty boring around here. I did install a HVAC run from the furnace to my basement room so I won't be so cold all of the time, but thats all boring stuff. I won't waste your kiosk time with boring stuff.

Anyway, here is the latest blog entry. This one I titled "wounded healer"

Love you buddy,
Talk soon,
Kenneth

I am a wounded healer, simply put. Way bac a long time ago, when I was a young man, I experienced trauma, I got very lost, went down some dark roads, hit bottom and made the necessary course corrections and found my way back HOME. But, not the HOME I left. Back to a much better HOME. Back to a HOME much better off had I not experienced all of that trauma in the first place.

Am I all healed? I don't know to be honest. I really don't know. And, I don't care any

more to be honest with you. Why? Because I have begun to notice. Notice that, today, I am a wounded healer - and I am loving it!

I'm not at all any sort of a super good "riteous" spiritual sort of person. No, quite the opposite, I'm actually quite the "sinner." (if you were to put me in any sort of category). I am not a magician with any sort of "trauma" formula either. Because, there is no single formula for trauma. Yes, Love is the answer, but when it comes to Trauma, Love may not always take a linear or predictable path.

No, I am not all healed from anything. However I am one man who found the holy grail. Because, I emerged. How? By figuring out what works and what does not work. How did I emerge from trauma? I simply surrendered folks. Not because I correctly applied a single spiritual formula, but, instead, because I had to surrender. I had to surrender to the trauma itself (it was my only option left next to suicide basically). I simply grew too tired to try to fight it anymore and exhausted keep on trying to heal myself.

In fact, I probably never did heal myself or any of my trauma. And, this is how I emerged. This is the good news. No, this is not the good news, this is the exciting news!

If it were possible to heal, I would have succeeded by now. I spent my entire retirement looking ways to heal myself, and I came up completely empty. There are none. We simply cannot heal, its simply impossible.

I spent decades in 12 step programs. I spent years and years in therapies, dozens and dozens of psychologies 25 years on all sorts of pills that were supposed to be state of the art to tinker with my brain chemistry to ameliorate my trauma and mental illness. I've tried philanthropy, giving my money away selflessly to others to see if maybe the preachers at melodyland and Son Light christian center were right in that maybe I had been born into sin there was a punishing god who demanded sacrifices and penance. I've tried getting two advanced degrees, one in finance and one in architecture, to see, well, perhaps if I can simply anchor a career in this world, that might take away my pain. I've gone back and made amends to all of the people I possibly could have harmed to see if I could exhaust the 12 step model. Lets not forget the dating apps, because, perhaps my grandmother was right. Perhaps I just need to find the "right one" and simply "settle down"

I won't go and bore you folks. This is only a small window of my story.

No, I won't bore you. But, I will educate you. Don't bother. Simply don't put any more into healing yourself. I've done the research for you and I have come to the conclusion. It won't work.

Why? Because the yourself you are trying to heal cannot be salvaged. Its a dream character - A cartoon character. its not designed to survive even. Its futile - **COMPLETELY FUTILE!**

If you have made it this far you have reached the point in your own story where you can probably relate to much of what I have use described. And, since your probably too old to make any more attempts at healing, and, since you have come too far to give up and jump off a bridge or take a bunch of pills, then, I guarantee, you are in a good place.

Why? Because you are now ready to RETHINK the word HEALING.

This was exactly the moment in my story when something new began to germinate.

Because, it was also at this point in my story when I had to surrender (Not give up but surrender).

This was the moment when everything shifted, and, instead of using all of that energy on trying, I simply began to use all of that energy, instead, on trusting.

Just a small correction course and then, basically, the entire hologram which I had come to realize was completely futile was, actually, quite malleable.

And, also, of course it is the middle of the night again. And, yes, of course, I can't sleep. Here is my blog entry #4 I think.

I don't know if anyone will ever learn from my mistakes, or, really, if anyone is even reading my blog posts. But, what I do know is that my life works today. I mean, my life really really really works!

For some odd and strange reason, I am beginning to notice, inside of my soul, something powerful beginning to germinate. I can feel, inside of my heart, a very ancient but also familiar feeling.

And, its smarter than I am. This new innocent but fierce feeling is very very wise. It simply knows.

Its not a Peter Pan innocence. Its not a naive innocent. No, its neither of those varieties. Its a soft spoken and compassionate innocence which has, behind its gentle facade, the conviction of a lion.

The warrior can only be born folks, there is no other way. Maybe this is why I am so unpopular in the new age "Manifest abundance" communities. I simply hold to a truth which is not very comfortable for most spiritual seekers to digest. My truth!

I simply do not know how to put it any other way or describe it in any other variety of language. Its simply a feeling.

I will always remember the words of my last AA sponsor. She actually had a word for it. She called it Agape love (and that is about as close as I can come so lets use her vernacular).

I guess if I had gone to life coach school or gotten ministerial credentials they would have given me the formula. Or, if I had been wise and followed Joanne and Lisa in college and gotten a psychological degree instead of following andrea and going for the finance degree.

I dunno folks, I'm simply dumbfounded as I approach 55 because, all for the record, I am still here and I am beginning to finally wake up.

Wake up from what? Well, mystics and people who study metaphysics call this world a dream, so when we hear the word wake up, this is generally what they are referring to. But, when I use the term "wake up" I am not referring to a dream as much but, instead, simply a hopeless situation.

But hopelessness is perfect, because, to have hope, there is a juggernaut that will piggyback on that word. Hope requires a future.

What is the holy grail of all failure then? Have you figured it out yet? Because, I'm trying to lead you to the the fountain of youth here folks. And, I can lead a horse to water, but, it will be your decision weather or not you chose to drink.

Stop trying and start trusting!

Mostly what prompted this blog entry has been watching and following the mystic Jeff foster on Facebook document his recovery from Lymes disease. You see, Jeff was a spiritual teacher for most of his career, and, a dam good one at that. He had gifted our world with a very well assembled collection of spiritual teachings that were par excellent and very well presented. Then, the unthinkable happened. He became very very very sick.

Very sick much like I was all of those years while my body was being poisoned by all of those psychiatric medications and my mental illness had turned life into an unending struggle of seeking and searching for something that, for decades, was always just a carrot dangling and always unreachable and forever elusive and unattainable.

But, in following Jeff, I have simply begun to notice. Ive begun to notice, like he is noticing, something quite amazing.

All of these spiritual teachings (which I think are totally awesome and bad ass) are not meant to be discussed. They are engineered to be used.

We must learn them, not in order to teach them, but, instead, in order to live them.

When we say yes to life, then behind the scenes two things will happen. God will deliver us an Arsenal of tools that, at first, we will covet an display to others. We will say "look at me, aren't I spiritual, look at all of this wisdom I have accumulated"

Then there will come a moment when god will say "shut the fuck up and get to work!"

That, in my story, what the moment that god said "stop talking the talk and start walking the walk"

I laugh at the futility of life today because it is all so ironic. And, also, i bathe in these waters of curiosity and wonder. And, there is also humility. I'm not doing any of this. Nothing in my life anymore comes from me at all.

Through me, yes, but from me, no.

There is is folks. This is love. I do not know anything more beyond Love today. Plain and simple, and, thats fine with me. Because, is not that our entire purpose here on planet earth. To simply learn this one very simple lesson. How to love?

Because its the love that operates my life now. Very simply. Not rocket science at all. Am I wise? Am I smart? Can I boast?

LOL - no way! Of course not. Read my previous blog entry titled "how to be a successful failure." If I had succeeded in any way, then I wold not be blacklisted from all of those new age circles. And, I can understand. My message is very abrasive and does not follow any predictable rules. I cannot be trusted folks. I am a dangerous man. Because, when love speaks, it can be quite loud and quite socially unacceptable at times.

Yes, I am raw around the edges, but does that bother me? Well, probably about as much as the butterfly who is still all covered with ozze and goo. No - of course it does not bother me. Why? Because my wings are simply drying. No biggie - just a few more hours in the sun is all I need. Then I will be able to take flight and perhaps then all of those people in all of those new age communities might finally give me their ultimate stamp of approval (LOL).

No way Jose - its too late. Ive already started my own ministry. And, its all for the best. I can't afford to keep doing any more of that anyway. Ive simply run out of money for

any more seminars and workshops.

OK, how did I do for my 4th blog post entry? I know, I know, my writing might be rather hard to digest folks, but, remember what I said. My wings are still drying. I have not taken flight yet so this is the best you are gonna get. Yes, I am newly awakened, but until I have polished and refined this message, there will be scraps and remnants (cynicism and grievances) that are simply caterpillar bleed through.

You see - in order to be awake, it is not required that you not have an ego. No - of course I still have an ego. I have a huge ego. Its a pissed off bloody mess of grievances and desires at times. Its my ego that wrote the previous two paragraphs that still has grievances towards all of those new age communities.

Nope - it does not work that way.

In order to be wake, you just need to know who you are. Or, perhaps better said, who you are not!

And, those are all just residual caterpillar grievances and desires. They simply are not who I am. All phantom echos from the past.

I will never know who I am. Thats way way way too big. When I had my NDE I got about .0000001% glimpse of the truth and it was 1,000,000 times bigger than I any variety of language could every begin to even describe - so I won't even try.

But, now that I have been seen - I can never unsee.

So, who am I? I have no idea, but where is what I do know. I know who I am not. I am not this and I am not that.

Not this and not this (hmmmm - did I just stumble on something wise here?)

And this is where the true power source is coming from now. This is the free energy Ive been trying to describe and document in all of my writings. This is that force that is beyond the 5 senses that I cold not make happen with my own logical rational linear brilliance.

Nope - simply put - this is GOD.

But, before I end this, you will want me to get to the good stuff, right? Yes, here it is.

I'm seeing miracles folks. I'm seeing hopeless people light up when I see in them what I just tried to describe with the complicated and not at all polished blog. All we need to do in this world is see this truth in ourselves and others. I can't help people and I can't fix others, so i simply can't be a spiritual person.

And, thank goodness, because, now, instead, I am free to love others.

(Or just simply love, becaue, to be honest, I really don't' think there are any others)

Are you confused? If the answer is yes, then good, because there is your first KOAN.

ARGGGHHHH - another "middle of the night" blog.

I hope now, after having got all of that out, I can get some sleep.

Good night everyone and thank you for reading my blog.

Love,

Kenneth

March 27, 2022

Ken, good hearing from you as always....no the book hasn't arrived yet, but I'm sure it'll come this week. I appreciate you sending it to me.

I loved your blog, and I'm sure the website IS work, trying to reach 'others' with such a delicate message. Had you asked me any of the questions the blog addresses 10-15 yrs ago, I would've probably deleted you from my page because I simply wasn't ready to receive the message. I was closed to anything that wasn't about grabbing me attention, money, or a bigger reputation. To say to someone that the character they play is just 'a role' sounds crazy, the more appropriate response from 'the world' is...ITS WHO I AM! But until some tragedy or life altering event shatters the model you've built to experience your life, you're just not able to receive any of the light that has been trying to shine through the image you created. Its the image you created which is BLOCKING the Light to begin with. And 'what' is it that CREATES the image but thought? Walls of thought, descriptions of moments that have ALREADY PASSED are what defines what IS...but how can what IS, be described as what WAS? Such a paradox. I've learned that we don't need to preach to teach...we just gotta 'BE' in our demonstration. Our message has to be congruent with our character...if its not, the message falls on deaf ears.

But I suppose everybody has to reach their TRuth in their own way....my mistakes led me to MY Truth.....all we can do is accept, allow, and forgive as we move along. And finally, learn to extend Love as we move through our existence. I appreciate everything you do Ken....and thanks for your message, keep me up to date with your ministry, I love you Buddy, Only Peace, ME

March 28, 2022

Kenneth to Dale

Dale,

Receiving your letter this morning was my monday Miracle. Thank you Thank you thank you for taking an interest in my blog. It was no accident that David got us connected years ago because this is were we both find ourselves, and, its just like you described. 10-15 years ago I would have deleted anyone from my facebook page who would suggest that failure is the way to go, but, thats why the ego gave us these vernacular writing skills. Because, sprit needs to use these writing skills to carve through the delicacies of language to carve a path through the misunderstandings that only a writer can accomplish. The message is so so so very delicate that it must be expressed with the exact words that will not lend themselves to misunderstanding.

That is what happened with the Bible because it just could not be I've translated to the modern culture, but, thats also why Jesus returned to channel the course. I'm constant in awe of how these course corrections do not stop. The course corrections in our own personal stories and the course corrections in the collective (until the collective merges with the personal at least)

I'm going to be 55 years old in two weeks, and, it just so happens I have been trying to assemble a college reunion with 3 college roommates from the 80's who I was very close with. They were 3 girls who I felt safe coming out with back in the days when it was not safe to be "out" and, then, as time has it, we all lost contact over the years. But, with Facebook, we all found each other, and, in coordinatng a conference call between all of us 4, they all agreed on a date, which was April 5. Now, this is no accident. April 5 is my birthday, and, I've been going through a lot of "blues" on this end as I approach that date. But, again, there is no accident because now my birthday gift has been marked. I get to reunite with 3 old friends who I care about very deeply.

I've been working on an essay which might turn into a short story. Its still just beginning but its has to do with my experience with the course in miracles community. I'm a committed student but it took me a very long time to get past the "Jesus" and "holy spirit" part because the Christians were so hostile to the gay community historically that those are trigger words for almost every gay man of my generation still alive.

Yes, of course, gay is an identity that is being unwound, but, until a man can reach this place, he needs the identity still as a stepping stone, and, this has made the course in miracles unreachable for many gay men. A simple vernacular misunderstanding that "need not be"

And, since it "need not be" I'm writing a short story where Jesus reappears in my room, and we jump into mr peabody's way back machine and active the Mandela effect and he approaches helen schuckman, again, in 1965 and instead of saying "this is Jesus Christ of Nazareth, please take notes" he creates an alternate reality and establishes a different timeline where he says, instead "this is yogi bear, please take notes"

I want to anchor the message that it does not matter if the message came from Jesus or yogi bear because none of that mattes. The message is solid and the voice is irrelevant. And, then, the story must end with Kenneth returning to the living miracles community in 2022 and their facility is full of middle age gay men who all now have access to the nondual teachings and who are no longer sad and isolated.

Thank you for taking an interest in my blog. I will send you, in another email, another blog I wrote, but, for now, I want to keep this one focused.

Were doing it buddy. This is hard hard work, but, were also carving a path for others to follow. I still remember that email you sent two years ago about the supermarket conveyor belt and I still use the message from that email to continue to do the work on this end. You have made a huge difference in my life Dale, and, our assignments can only accelerate from here forward. Your still close to ten years younger than I am. Think how much joy is in store for us by the time we reach old age, because, by that time, we will both have completely unwound the believe in age.

This is ironic. Its no wonder that Jesus keeps laughing.

Thanks for the email Dale. I will send you another one now on my blog post on forgiveness.

Love,
Your friend
Kenneth

March 28, 2022

Ken....I appreciated you sharing your post with me. I agree with you, that writing helps sort things out within our minds...whether it be through sharing posts, journaling, or writing books. Its a healing process our minds must go through. For myself, I'm empty of all I want to let go of at this point in my journey, I'm just kinda coasting through right now, feeling the guidance as I understand it. I'm kinda at a stuck point....detached I guess is the best way I can explain it...but Thanks for sharing everything
Ken....continue to feel free to write or vent to me anytime. I'll let you know as soon as I receive my book. I appreciate you buddy, With Peace, ME

March 28, 2022
Kenneth to Dale

Dale, blog post on forgiveness Dated March 15, 2022

Last month I received a letter from a family member who I have been estranged from for over 30 years. The letter was very painful to receive and I did not even manage to make it through the first page before I had to put it down (it was very long)

[OBJ]

Instead of digesting the rest of the content, I turned for help instead. Help for myself. 1% of the help I needed had to do with the letter and other 99% had to do with how I was perceiving the letter. Or, perhaps better said, how I was choosing to perceive my relationship with the sender.

Do I view it from the Perception of the ego or spirit?

But, before I could even begin to make a perceptual choice, first I had to Address the feelings themselves. Because, triggers from my past were, once again, roaring to the surface. My mental illness was beginning to return with a vengeance and I needed help. Quick Kenneth call 911 - reach out to your mighty companions ASAP!

[OBJ]

I have been on this spiritual journey long enough to know the drill. And, by that, I mean, how and when to ask for help.

These are what my action steps look like folks. I want this story documented in my blog because I am a 12 stepper from way back and this is "How it Works."

Because, unless I can find complete forgiveness in my heart for myself, I am not allowed to move one inch from where I am standing.

SELF FORGIVENESS COMES FIRST!

[OBJ]

Why? Because the opposite of self forgiveness is mental illness.

Do you see now why I'm not at all interested in promoting myself as any sort of spiritual teacher? This is Recovery work, and its ongoing. I cannot think for one minute about turning this into any sort of business. Why? Because forgiveness cannot be purchased and forgiveness cannot be sold.

I cannot go numb and pretend that it did not hurt to receive that letter. It did hurt. That letter ran deep to the core of my being by rattling the cage of my entire spiritual resume (Karma can be a bitch).

However, if I do not address my own guilt first, I would be of absolutely no use to myself or anyone else.

Why? Because guilt causes mental illness.

You see, my youth was spent making mistakes, and, in order to reactivate the voice of

sprit, I must clean all of the skeletons out of my own closet.

☺☺☺

My stories must all be brought out of the basement shadows and into the light for spring cleaning. Then, to be alchemized without guilt into wisdom and alchemized without shame into service.

This is recovery, folks, and Denial ain't just a river in Egypt.

☺☺☺

Why? Because denial causes mental illness!

So, to have my past stories return like a boomerang was absolutely essential. It was all a gift.

And, since I am not an avatar quite yet, I will confess, for the record, that my first habitual response was not mature at all. I wanted to be right and share the letter with others so that I could get generate a good old fashion sympathy (can't someone please take my side?)

(NO NO NO Kenneth - old behavior - VICTIM CONSCIOUSNESS - Danger Will Robinson - RETHINK! RETHINK! RETHINK!)

☺☺☺

Why? Because alliances lead to war and war is mental illness (the war inside).

And, as my spiritual teacher always asks me; "do you want to be right or do you want to be happy?"

I don't know about you folks, but the roadmap for life I was handed was incomplete. It contained way too much fear and separation to be of much value.

So, basically, my instruction manual was missing a few pages. Therefore, all of my mistakes were inevitable.

And, until I found those missing pages, I simply could not have avoided wrecking a few cars along the way (never ask a blind man to be your designated driver).

☺☺☺

But, let's pan out folks and see if we can view all of this from "above the battle ground" for just one moment.

What are mistakes anyway? Was our family feud really a problem? Or, did it, instead, create an opportunity?

Because, I've spent the last month reaching out to members of my spiritual community asking for help

- "Hi, it's Kenneth, can you hold space while I scream?"
- "Hi, it's Kenneth again, can you help bring me back to 2022"
- "Hi, it's me again, can you remind me of the advice that I gave to you last week"

☺☺☺

And, in the last four weeks, I have seen miracle after miracle after miracle Unfold. I am beginning to find FREEDOM!

So, Was our family feud ever a problem?

Could it be, perhaps, that something very sacred has been gestating and lying dormant for the last three decades? Was my "mental illness" parable simply a necessary winter and could this new ministry be the first sign of spring time germination?

☺☺☺

Since I'm a course in miracles student, I rely on the advanced concepts that Jesus points towards in 365 daily lessons. In the course of miracles, Jesus explains that that

this whole world is an illusion, that time does not exist, and that I am projecting every single dream character in order for the Holy Spirit to show me where I still need to unwind my own ego.

Based on this foundation, there is no right and no wrong. Based on this premise, I am the holy son of God, innocent, free of all sin and released of the need to believe in any perceptual error to the contrary of the aforementioned.

And, furthermore, since the script was written before I was even born, my only responsibility is to choose how to view the script itself. Which leads, next, to a very simple fundamental choice point.

1. View it from the ego's perspective.
2. View it from the Holy Spirit Perspective.

OH, so that's all I need to do.....

☺☺☺

Well, yes, it's true, I am a fully committed Course in Miracles student, but the Course in Miracles is not supposed to turn us into metaphysical robots. That would be a complete and total spiritual bypass.

☺☺☺

The course in miracles is here to help us get REAL,. And, for me, this is what my reality looks like on the road to forgiveness. And, it can be a complete and total bitch slap quite often and on many days

If I had come into this world all enlightened and if my family had all been able to agree and see "eye to eye" 30 years ago then I would not have ever felt it necessary to hire that attorney that generated our family fracture in the first place.

If I had known how to go about all of that with adult honesty and integrity and if I had not been fearing my own unconscious shadow then there would have been a negotiation with an amicable solution.

If I had not been hiding my homosexuality and if Anita Bryant had not been abducted by space aliens then I would have not projected all of my repressed velvet rage at the Christians all over my poor father who was simply trying to keep our family together in the best way he knew how.

☺☺☺

If only.....

If only.....

If only.....all HYPOTHETICALS

However, did anything really truly go wrong in our family? Can I be absolutely convinced that families are not supposed to fracture? Do I know that for truth?

Because, This ministry did not germinate in spite of all of that, but, instead, this ministry is germinating because of all of that.

If my family had not gone to war in the late 80's then I would not have become mentally ill and I would have become a successful architect instead.

And, if you read my last blog entry, you know by now that success is failure.

Does it still hurt? Yes, of course it does. It hurts like a motherfucker! Why do you think I got lost in addictions and got trapped in the mental health system for so many years? Facing shit like that is difficult beyond words.

And besides, nobody is supposed to get it right the first time anyway (And if you meet the person who says they have never made a mistake then be sure to follow the advice

of Linji Yixuan)

☺☺☺

This letter came from my own flesh and blood for christ sake, and I cannot just wave the magic wand of metaphysics and expect the story to disappear as if by magic. It takes time to unbelieve in time, and, along the way, all feelings have to be felt!

THE GOOD, THE BAD AND THE UGLY.....

I can't put pink paint over my losses. I simply can't. I simply can't be like Dr. Spock from Star Trek. I am not a Vulcan!

☺☺☺

I understand the metaphysics, I really really do. Because, yes, of course my family member is just a character in my dream and who is also simply my own perceptual projection.

But, to be honest with you, I'm simply not there on most days . I have not reached avatar status just quite yet.

And, I must feel this loss and grieve this shit from beginning to end. And, for the record, I simply hate this part of the awakening process.

☺☺☺

But, grief is essential, and, without grief, I would not be a wounded healer. I needed that story to provide qualifications to begin this ministry.

I am going to be 55 next month, and I'm simply too old to escape to the baths any more and distract myself with any more anonymous sex in the steam room. That simply doesn't work anymore. I've got to face this shit head on!

☺☺☺

This is not a bewitched episode and I am not Samantha Stevens. I cannot simply twitch my nose and make my biological family reappear into my script with a great big "We all forgive you" happy ending.

☺☺☺

There are no shortcuts. I am a human and I must grieve.

My qualifications do not come from credentials folks. I simply don't have any titles or diplomas in psychology or counseling. Everything that I have learned has simply all come from the "school of hard knocks"

☺☺☺

In my ministry I use the word "reframe" over and over. Not because I'm a new age life coach with any wo wo solutions, but, instead, this is what I must do in my own story over and over and over.

Some people call it mindfulness. Some people call it mind training. I simply call it being and adult and taking full responsibility

A good ministry does not come from a whole bunch of complicated beliefs. The world does not need any more religions.

Instead, a good ministry must come from a man's heart, and that is where I must remain at all times from here on forward if I am to remain mentally well

☺☺☺

And, if my heart must be broken open a few times before it begins to ripen, then so be it.

So, That being said, I will state for the record that I love my family member for taking the time to sit down and share with me all of his feelings and thoughts. That is LOVE!

And, if he is reading this blog, I want to thank him. Thank him for holding me accountable. Yes, of course I wanted things to be different between the two of us, but that was not what God had planned.

And, with that being said, I would like to offer to him, now, the extension of Ho'oponopono:

☹️

Its a mystery folks, this entire life for all of us is just one great big mystery, and, I do not have any answers.

But, I do have solutions. Solutions which I have found that have ended my own mental illness and solutions which I must share with others.

And, for me, this ministry is my solution.

☹️

So, there you have it folks. Thats what I have been able to assemble in 54 years. How did I do? Do I sound wise or do I sound mentally ill (LOL)

Time to get some sleep Now. Boy I feel so much better after blogging all of this. Getting all of this stuff off of my chest is HOW I am turning it over to the Holy Spirit.

Time to get some sleep Now. Boy I feel so much better after blogging all of this. Getting all of this stuff off of my chest is HOW I am turning it over to the Holy Spirit.

Does it still hurt? Well, as long as stay inservice, no it won't hurt As long as I continue extending, no, it won't hurt, and, as long as I continue to blog at 2:00 AM, no, it won't hurt.

THIS IS MY SOLUTION!!!!!!!!!!!!!!!!!!!!

Thank you all for reading my post.

Good night everyone.

Love,

Kenneth

Share this post:

March 29, 2022

Ken, I thought to reply to you again this morning from a better state of mind. Something clicked this morning, and it was my 'need to explain or KNOW about things'. Its taken me a long time to let go of that part of me who 'wants to be' recognized or known. Its an energy that wants to 'matter'...and therein lies the problem, MATTER. All 'form' in Reality CAN'T 'matter'....because ALL form is temporary. Only BEING exists in the Kingdom we seek to reach. And so from the state of Being, all that can really be 'done' is extend the Love in which we ARE and have always BEEN. The 'person' never WAS, so the RETURN is letting go of the personality which we constructed to defend ourselves. This attempt to explain is only explaining our ego....beyond that is the Light, the Awareness, the inner Self in which we ARE. ALL personhood has to go. All the attempts I've made to 'explain' this to 'others' is just part of the dream and its the very fuel the ego needs to perpetuate it's existence. Its NOT Real. Nothing is....and yet, at the same time, EVERYTHING 'IS'. The Amness I Am is the Isness which IS...does this make sense? There's nothing to explain in Being, only Wholeness. THAT which KNOWS it is complete. The background to this whole scenery IS ALIVE in this state....so like Will Smith's slap at the awards th other night, defenselessness would be totally understood and justified. 'The attack' was only ego defending an illusion. The mind would have to be totally clear to stay rooted in this but you see what I'm saying. All

attachments would have to be uprooted and let go of because in Being, there is no-thing to be 'attached' TO. Love you brother, In Peace, ME

April 3, 2022
KENNETH to Dale

Hi Dale,

Your question to me was “does this make sense” and my answer is YES!

All of your letters make sense. More sense then anything else from anyone else I encounter on a daily basis to be honest.

I was talking with a student yesterday who lives in Alabama who attends a baptist church and who is struggling with the fundamentalist community and his involvement with the ministry I have started. Because, he is also in a 12 step program with a fundamentalist christian sponsor. And, his sponsor was helpful and also, at the same time, using a vernacular of “sin” and “suffering on the cross” and “paying a ransom” language etc.

I told him that we were on the same page, but, that, instead of us seeing this entire human experience from an oppositional perspective, that the course in miracles was catching those important and valuable biblical christian teachings and progressing them and massaging them and un complicating them. He was able to hear. And, that way, he was able to keep his fundamentalist christian sponsor, attend his Baptist church services and also keep a relationship with my ministry, so, it worked. He did not have to chose, he could keep all three.

I had a discouraging week after a difficult zoom call on Sunday, and, I just took many walks down by the river asking for guidance. I'm not here to help others, and I know that, but the zoom call began to go south and I was outnumbered and I could not hold the space. I had to kick one man out the call and then cut the call short when I ran out of energy, but I still recorded the call for our youtube Archive because Ive chosen to maintain complete transparency.

The miracle came forward on or about Thursday morning when I connected with another woman who has been doing outreach in the medically injured community for several years and I was pulled back into alignment. She encouraged me to continue with this work. She was an absolute godsend.

It was just good old fashion support. It was my message from spirit to keep going.

It was just a minor glitch, but, it was not a glitch in the larger picture. It was a signal to refine my skills as moderator. I'm only to hold light for others and be firm with communication before allowing others into the call. Its all a great big learning curve.

I'm leaving next week for Spokane Washington. I have a friend from David's community

who I met at mystery school 5 years ago. She wants some home repairs and I need a break so I'm going to pack the tools later today and get on the road this week. Its about a 7 hour drive. I need space to step back from this ministry so this new job could not have come at a better time.

Not much else new here. I installed an electrical outlet in John's kitchen along with a large heavy ceiling rack above his stove to help him organize his pots and pans. Our agreement has been work in exchange for rent, and, his home is 110 years old which is a perfect arrangement. He works full time and has no free energy or skills for home maintenance so this has been our collaboration for the last several years.

And, we have peace in this house finally. Sean and I have reached a place where we are done projecting onto each other. We both have just grown too tired to continue projecting. Too tired or too old, or, maybe just both. I have stopped believing the should be spiritual and he has stopped trying to control me, and, for some odd reason, there is a layer of peace descending that I really cannot explain. I believe were falling in love which has probably been the truth under all of our years of fighting. I can't figure out spirit at all Dale, but, I think that was in your letter. The mystery that just is not understandable.

All of these teachings are valuable and essential, and, they have lead me to that one simple truth. The mystery itself. Just ride these waves and trust. How simple is that?

Anyway, always good to hear from you.

Talk soon Amigo
Love
Kenneth

April 3, 2022

Sounds like you're doing great Ken....you mentioned how you explained things to the guy in the fundamentalist church, from YOUR perspective, and then went and 'took a walk by the river'.....it spoke to me in that what you were summing up to this guy was... ALL rivers lead to the SAME Ocean....and that the way he was going was just fine. We really can't mess this up, no matter how bad things may 'seem' in our lives...when we wake up, we see and feel that it was always 'us' the same consciousness the same awareness, the same Love or inner self, the same inner Being is ALL this was, and in Reality, nothing ever happened.

Of course we can't just spout that off to somebody who's having a bad day or to somebody who just experienced a heavy loss in their lives...but our job is just to extend joy, peace and Love and not project hatred, guilt, or shame....Forgive the whole scene and Rest in that Being we ARE.

Hey, your trip to Sponkane to help your friend...so what do you do, are you more or less a drifter? Or do you actually OWN a home? I dig the nomad idea....I'd love more than anything else than just to travel wherever I feel that I'm called to go, and then bounce on to the next spot I'm guided. :) I've always been that way...I lived all over the states while boxing, some places I'd just stay to train a while...and then onto the next camp. I loved Germany.....I woulda ultimately liked to stay in New Zealand but I had to come back for my son obviously. But maybe I could make it back out there down the road? Who's to say...I love

what you're doing though Ken and I think there's plenty of people in this cpath who NEED your guidance and help...stay in touch my brother and thanks for your reply...With Peace, ME

April 4, 2022
Kenneth to Dale

Thanks for the support Dale.

Yes, there is learning curve in all of this (or an unlearning curve). Ive noticed patterns which are actually exciting. Every zoom call has an interesting dynamic. Every call contains a specific topic which needs to be brought to the surface, discussed in a round table and unwound in community. Its nothing I could have planned and nothing that I am in control of, so, that leads a person to ask "who is orchestrating this ministry?" It is a good sign because I do not need to take credit for anything and that way it does not run the risk of ego interference. And, i state that very clearly that it comes through us an not from us. Its a ministry, so this is the way it should be. It just feels right, so that must be the green light.

I guess I am nomadic. 5 years ago I moved into a fixer home with two men and i have been putting this house back together when I am in town. I built a small room and a kitchenette in their basement because the two men upstairs have a relationship together which would make me a third wheel if I were to spend too much time up there, but after all of our disputes these last 5 years sean an I have surrendered our egoic conflicts and peace has descended in our small home so its working out for the three of us. I don't pay rent because its a work exchange, and were all happy with this arrangement.

Out of the blue my uncle called two days ago and his girlfriend just broke up with him and he sounded very sad. He is a retired Spanish teacher and it just came out of my mouth to invite him to retire to namaste village in Ajijic, which is the CIM unity compound owned by James Twyman, and, then I offered to take him down there. I think this might fly. I never in my wildest dreams believed i would have a connection with biological family but this forgiveness work is generating miracles so I'm beginning to grow accustomed to these unplanned synchronicities. Its taken 50 years to learn that my heart must make all decisions from here forward and to generally ignore that voice in my head which is usually just a spinning complexity of unimportant historical drunk monkey nonsense.

Besides, I have always loved my uncle, and an opportunity to show love with action is a dream come true. Sprit said I must do this for the next assignment, so, here goes all.

The woman in spoken was a woman I met when I went to meet David Hoffmeister 5 years ago in Utah. She was working in the kitchen. Her name is Frances. She was actually in the vide "take me home" that was filmed during our 30 day stay. We have stayed in contact these last five years and she needs a skylight installed, flooring and her house needs painting along with kitchen repairs, so I'm going to start loading the tools today. I think I will be sleeping in her shop. I'm not sure. This assignment is also a green light, so we must have a collaboration together. Its about a 7 hour drive so its not

too far from Portland Oregon. I need a break from this ministry anyway so the timing is perfect.

Tomorrow is he big 55 birthday. I realized now that these spiritual teachings are essential, and, another essential ingredient is just time. Its true that thee is a timeline that has been preordained for each, and, the waters cannot be rushed. No matter how hard I tried to wake up, the ah ha moments were scheduled to arrive in my 50's so it adds a blanket of humility and wisdom over this entire parable called kenneth. Or maybe a reason to not take any of this too serious anymore.

My grandmother used to laugh at life, and, she would make these poignant statements like "what did it all mean?" Followed by the question "have you figured it out yet?" She was not a very spiritual person, but, as she approached the end, here light bulb moments could not have been more profound. And, she is not gone. Her body may have dropped in 1983 but i still hear her voice whenever there is another ah ha moment. Clear and audible, in that gravely smokers voice, comes the announcement "BULSEYE!"

Did I send to you the part of my book on "marcia, my sprit guide?" I wrote a whole chapter on my grandmother who is my sprit guide. Let me pull it up from the files and I can send it to you in an email.

Anyway, I've got to pull this 54 year old body out of bed. This body can still jog in the morning so its time to hit the trail. Tomorrow I will be eligible for AARP and it does not bother me because youth, with all of its excitement, can now be replaced with wisdom and elder status which might just be synonymous with awakening. I'm just becoming happy so maybe that all we need to do here on earth is to just be happy.

Thanks for the letter Dale. I always enjoy this correspondence.

Much Love,
Kenneth

April 6, 2022

Ken,
thanks for your response...'these topics which get brought to the surface'....you mentioned.....do you think a certain point comes when we just STOP allowing 'topics' to arise to the surface? I'm asking because, aren't these topics only explaining our ego? Aren't they only explaining the illusion? The construct?? And if so, why tell 'others' about these struggles once this is seen? Our insecurities, low self esteem, fears of abandonment, or the cravings for attention, recognition, and approval? ALL of this defines EGO....or the devil, the enemy...whatever name cultures gotta toss on it. Wouldn't we want to focus more on the Truth of who we ARE? Awareness? The Light? Being? Would we not just need to take that final leap and let these things stay behind us? And start identifying wioth THIS instead of this wretched 'self' we've felt we've been all our lives? Always knowing that we are what's AWARE of these feelings to begin with, but NEVER the 'feelings' themselves?

I'm just curious....I was contemplating this topic this morning upon reading 'How is Healing Accomplished' in the manual for teachers section Jc referred me to. I've been explaining all my flaws now for some time, but I've become aware, I am not my flaws. I'm the unmodified, impersonal Awareness that 'notices' these flaws that are inherent in my character I play...as are YOU. How can I complain about them if they were INHERENT in who I was meant to BE in this life? NOW?? Fill me in on your thoughts about this when you get time...Love ya pal...talk soon, With Peace, ME

April 12, 2022

Ken...did you say that book was supposed to be here by the 6th? I can't remember..but I've never received any notice and i wanted to atleast be sure it was sent BACK to the correct address and returned the money. me being at this new prison, I'm not sure how the mailing system goes. Just checking in....everything ok? give me an update when you have time, with Peace, ME

April 20, 2022
Kenneth to dale

Hi Dale,

Let me check Amazon now to see what the status is on the book. I will get back to you as soon as I log onto the amazon account and track to see why it has not arrived yet.

Its been a crazy few weeks. The ministry is very much evolving, and this is how it should be. Several people who have been on the zoom calls have made suggestions that I have been taking to heart. I got way too heavy on the metaphysics, and, it was not helping others. The others did not understand and I was turning myself into a spiritual teacher, and, this was brought to my attention. I need to talk less and listen more, and, so, on this end, there is a definite learning curve taking place.

We talked about this on Wednesday at length. The course in miracles is for Kenneth, and its only for Keneth to grow to be more patient, more attentive and more understanding. The course in miracles is not for those who come into my ministry. They bring forward what their own chosen paths and it is my assignment to simply love them and continue to (of course) take it back into my mind every time.

And there have also been two women who have come on board who are taking up some of the slack and offering to help with the feminine energy which I am just not very good at, so that is another sign that spirit wants this ministry to continue.

My role is to stay humble and honest and transparent with everyone. And the honesty part is important also. Ive got to let them know when I get triggered, so there is much I have to practice as this evolves.

If it is meant to even evolve. If its meant to continue, it will. Its all in the hands of spirit from here forward.

I spent the weekend in Washington helping a friend who I met at living miracles 5 years

ago with some home projects. The drive helped clear the cobwebs out of my head and it was an opportunity to stop the car every 50 or so miles and respond to another outreach call.

And, her son was offering great forgiveness opportunities, so the trip to Washington to repair electrical was only a backdrop for more forgiveness work.

Not much else new here. I put an add in craigslist for handyman work locally and there is only one more electrical project here at the house which is not a priority so its time to hit the pavement again very soon.

The green light to fly to mexico in June with my uncle is unfolding in a good good good way. Spirit is letting me settle my karma with family by immersing him with the namaste retirement community, and it feels congruent. Back in 2020 plans for him to fly to mexico was not falling into place, but this time it is falling into place, which means that there is an assignment we have together. Or, better said, an assignment I have with him. To forgive more of that past which I still believe I have. I still believe he is my uncle so there is more work to be done.

Ive been taking a break the last two days from the course in miracles and I'm watching Mooji videos on youtube. Mooji has more of an inquiry approach which is helpful also. David went to see Mooji several years ago. I remember he had his photo taken with mooji because I saw it on facebook.

Not much else new here. Were taking the storm windows off of the house and I'm busy on the website getting this new woman on board who can take up much of this slack.

As my cousin Father John who was a catholic priest used to tell me "Soli Deo Gloria' (all for the Glory of God)

Much Love Amigo,
Your friend,
Kenneth

April 21, 2022

Hey Ken, thanks for doing that for me, the arrival time is helpful to know in prison. The mailroom gets backed up or behind sometimes and its good to just be aware that the book may already Be here ya know? I appreciate you buddy and I hope things are going well for you and the ministry. Take care, Only Peace, ME

April 21, 2022
Kenneth to Dale

Hi Dale,

Let me check my amazon account to see where the book is/went. I will get back to you

as soon as I am able to track the status of that order.

Its been a crazy few weeks. The ministry is very much evolving, and this is how it should be. Several people who have been on the zoom calls have made suggestions that I have been taking to heart. I got way too heavy on the metaphysics, and, it was not helping others. The others did not understand and I was turning myself into a spiritual teacher, and, this was brought to my attention. I need to talk less and listen more, and, so, on this end, there is a definite learning curve taking place.

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As my cousin Father John who was a catholic priest used to tell me "Soli Deo Gloria" (all for the Glory of God)

Much Love Amigo,
Your friend,
Kenneth

April 21, 2022
Kenneth to Dale

Hi Dale,
I just checked my Amazon Account and it says "arrive by April 27" so just a few more days. Here are the amazing pages that were on my account. Let me know when it arrives. I can keep watching the account from this end also.

April 22, 2022

Thank you for sending me the book Ken, no I haven't received it yet but I will when I'm supposed to. :) I'm diggin the direction of your ministry, you brought up a helpful pointer. I too, think I get into spiritual teacher mode and thats not my job. Thank you for sharing this with me. I get into the 'I know' mind and give my ego's interpretations to things I have no business commenting on. BUt its beautiful you see this for yourself.

HEy so check this out, you mentioned Mooji...you know in his book The Mala of God...on page 57...he's got a drawing he drew from his own imagination mind you...of my dad? I mean, its not similar, its exact. I'm in no way suggesting my dad is God or some saint to myself, the world, OR Mooji, I'm only pointing out the craziness of it all that he drew my dad! I sent it to my mom and immedietley she asked, 'How does 'this' guy know Terry?' My dad asked the same...'where did this guy meet me?' Its undeniably HIM. Crazy huh?

Then, I'm looking at The Essential Anandamayi Ma's book, and SHE looks in her later years to be a clone of my ex wife Holly, its nuts. Again, I'm not suggesting any specialness towards ME, Holly, OR my dad, I just think its crazy the people I'm most into following are the clones of two of the main people I'm trying to avoid in my life. Niether are really healthy for me, but maybe I can learn something from them....in MYSELF, by participating in a relationship with them? Just friends ya know? Buddies, if thats a possibility with an ex wife. :) or a strained father/son relationship. :)

Other than that Ken, I got nothing...I'm doing good here, days are flying by, I'm into my studies, lets keep in touch, I love ya buddy, With Peace, ME

April 26, 2022
Kenneth to dale

Thanks Dale,

It says somewhere that the holiest place on earth is where an ancient hatred has turned into a present love. And, yesterday, that miracle entered the life of myself and my roommate Sean.

I had oral surgery in the morning, and, I forgot to pick up the antibiotic. I asked Sean to take me to the pharmacy and between us, for the first time in over 5 years, after all of our fights, we both got it Dale. There was love in the car between us. I had surrendered my judgements and he had surrendered his, and, we both just enjoyed each other's company. I'm much at a loss for words because of what it took for us to arrive at this point, and, also, I'm very humbled. I've spent the last 5 years leaving and traveling looking for answers in ashrams, spiritual retreats, monasteries and countless workshops, and, finally, the miracle arrived here at home where it has been waiting the entire time. I guess it is all actually very simple. I got the message. I am from here forward to simply trust that everything is planned for my highest good, and, what I judged was going wrong was not true. This entire time these disputes were being prearranged for our highest good. I'm even beginning to find some laughter over this situation here at the house, and, my heart feels warm now. It's so simple that I am feeling very humbled.

We were both doing the work together because the pictures that Mooji painted resembled your father's sound so much like the messages that I receive on this end also. The stories that we carry about our dream characters are so so so very very deep, and, great spirit knows that these deep beliefs must be pulled up and out.

I was watching a video by Carolyn Myss last night and she pegged it and said it in a way that I could hear it from a different angle. She reminded me that healing can be very disruptive, but, she also went on with her compassionate teaching voice to assure us to keep the faith. That healing is dismantling, dismantling and dismantling.

Now I need to go look up Mooji's book, the mala of God, and check out page 57. You bring up so many valuable signs and signals in your letters that I am prompted to go see the picture you were referring to. I knew Mooji was an artist, so now I am very curious.

I also watch videos of Calico Hickey. Have you ever heard of Calico? She lived with the living miracles community for several years. She was diagnosed with cancer many years ago and she was in hospice and she had an awakening and decided to unbelieve in her own cancer and she got dressed and walked out of hospice.

Her story is actually more complex, of course, that is basically what started her ministry.

She is reminding me this morning to choose vertical over horizontal vertical over horizontal vertical over horizontal (I should tattoo that on my forehead)

I've got to check out, also, now, The Essential Anandamayi Ma's book because I'm fascinated by all of the synchronistic hits you are sharing with me. I love these stories Dale because they are like treasure hunts or Easter egg hunts because spirit keeps permeating the veil to send us all messages, messages and more messages.

Humans are going to all sorts of effort to make the internet faster and faster with things like 5G when, reality, spirit has an internet 1,000,000 times faster and more Efficient than anything that satellites could ever accomplish. Is our intuition like the internet? Is our intuition sort of like god's solution to the need to know?

Somewhere god is laughing and giggling, but, all from love to help us find our own laughter. Our own laughter at what has seemed so real for so long, And, with that laughter, god (great spirit)(jesus) is holding our hand through all of this. So much like "footprints in the sand"

And, oh yes, the strained father son relationships are biggies. I have been having more clarity in mine, and, I am 55 years old now, which is very humbling to admit that the real deep forgiveness work is a moment of grace that came after the confusion and anger part. Mine is sort of like alchemy. Its part of the reason that I disappear for so long between letters Because, when my storms return, it means I must drop everything while another belief has moved to the front of the line and I must go down by the river and get back to basics and breathe in more trust to face the next.

People call it prayer and that word is about as close as I can come to describe - I just ask god "show me because i need help!"

I like that you are reading "how is healing accomplished" in the manual for teachers. I need to pick that one back up. I was watching a video the other day by a man who helped to remind me of a kenneth Wapnick video on a similar topic that I found helpful.

Kenneth used to always say "don't try to heal your judgments, but, simply notice them, and, bring in the holy spirit as a guide and companion while you notice"

It was something similar that I was able to hear, and, mine takes practice when the storms of stories return, and, what I have also noticed is that spirit sends mighty companions and signs and signals to encourage and support this work.

Our friendship is one of my signs and signals to keep going. And, also, of course, more and more hairbands.

We are so blessed Dale, you are being sent signs of your dad and Holly, I am being gifted by Sean my "roommate mirror" and together we are doing just what Calico and David keep saying "go vertical go vertical go vertical!"

You are also my teacher dale, because, in your letter I continue to be encouraged, and, that is one of the huge blessings of a joining. To encourage one another, so, right back

atcha brother. And, with a mountain of gratitude!

OK, here goes the day, time to get out of bed.

I love you tons Dale. I am so grateful for this correspondence and these constant reminders. We are so lucky to be able to do this work. Our hearts are opening and this is the purpose of our earth assignment, and, its so so so courageous.

Time to go install an electrical outlet.

Looking forward to your next letter.

Love,
Your mighty companion,
Kenneth

June 2, 2022
Kenneth to dale
Good morning Dale,

Its 2.30 AM and uber is about to arrive for the airport, and, I must write to you and share what I know is a miracle (synchronicity). One of the most powerful emails that you ever shared with me was the conveyor belt email. What is funny is that I never know who a message is supposed to come from or when it is supposed to arrive, but, I now know (almost three years later).

I was overwhelmed last week, and, I heard a voice inside. The voice was clear “set down the metaphysics Kenneth, your becoming overwhelmed, go to YouTube and I will share with you what you must do next”

I did according to the instructions from the voice, and, the video that I was instructed to play was a Hare Krishna chant (more specifically Hare Ram Hare - Mahababa & Jai Sahaja! (Papaji) Jayanti Bhajans)

Then the vision arrived Dale. Now it was my turn. I started seeing. Because, suddenly, a conveyor belt appeared, and, much like the one that you also saw, mine began to empty myself and my entire world into a great big lake of fire. And, while it was happening, there were legions upon legions chanting “Hare Krishna Hare Ram”.

It was a chant of reverence. It was a chant of respect and it was a chant of, well, almost homage. I really don't know how to put it into words except to share the way i was feeling. And, even that is hard to describe except to say that I just knew. I just instinctively knew. I knew that this world was coming to an end, or, my world, or, my BELIEF in this world was coming to an end.

You tapped into this vision several years ago, and, of course, as sprit has it, I was

guided to meet you and develop this friendship just so that I could then capture the same vision on this end, and, well.....

There must be some sort or collective awakening taking place Dale, and, we have tapped into what many may call the “Akashic Records”

What I can also share is that for the last week this chant has been playing over and over, and, my own “conveyor belt” experience has been downloading.

I could go on and on. I’m on my way out the door right now. Uber arrives very shortly. I am flying to LAX where I will be meeting my 82 year old uncle, and, I will be flying with him to Guadalajara so that he can introduce him to ex-pat retirement options in Mexico (more on that soon)

I hope you are well Brother. Did the book arrive?

I love you buddy. There are more synchronicities to share but for now, this one is highest priority on the list. I could not wait to get to my computer this morning with a fresh cup of coffee to get this out and share with you this confirmation. Confirmation that this world that we have created for our experience, together, now, the belief in this world, for both of us, into the fires of purification.

What came next in the vision, of course, is the most exciting part, because, the phoenix did begin to rise from the ashes. The vision is still less than one week old so more on the words when I have more time.

Love you Dale

Your mighty companion,

Kenneth

June 3, 2022

I appreciated you sharing your experience Ken, its always great to hear from you. It sounds like it IS your time and what a relief you must feel! :) I believe all you spoke on about this collective awakening taking place. We need to attune our minds to a total abstraction. Love or a call for Love....anything ' else' belongs on that conveyor belt we talked about. The fire consumes it because all form, by its very nature ,is impermanent. For me....and I'm still stumbling to commit, I've found the conveyor belt metaphor to be helpful. Everything that I can 'perceive' belongs on that belt..including who 'I think' I am with this body I walk around in each day. My family...my son..my grand baby on the way, etc. From each point of perception....we've created these characters, these roles, and we handed these

roles out, and 'who' they play for us in each role, depends entirely on WHY this script was written in the first place, for Ken....for Dale. I've known this intellectually.... but my primary experience is that I'm in this world 'most' of the time. My few glimpses I've had where I'm NOT , keep me pushing forward. :) Its a 24/7 mind training, a reversal in thought 180 degrees.

The Krishna chant is beautiful.....from what I think I understand...its an aide in purifying our minds for this return to the Absolute. Our glimpses and episodes together are PROOF that its working! We are awakening from our slumber. :) All is YOU and nothing is outside you.

You deserve this transcendental experience Ken because I know from all the pain you've described to me that you've had to endure. But without that pain, we'd never seek this return of thought would we?

I did receive my book Ken, thank you. I'm appreciative of your friendship and very grateful for all you share. Keep in touch with me and let me know about your ministry. I just recently began to reach out to who the world would feel to be...unreachable. I'll let you know if I get a return letter or not. But what I'm feeling from reaching out to these people is healing. If i can perceive the innocence in Them...then I can begin to feel the innocence in myself. As long as I SEE pedophiles and murderers, rapists and thieves.....i will continue to sleep or misperceive. The Course says ' Innocence is not a partial attribute. It is not real until it is total. The partly innocent are apt to be quite foolish at times. It is not until their innocence becomes a viewpoint with universal application that it becomes wisdom. Innocent or true perception meas that you never misperceive and you always see truly.' Take care brother..With peace....ME

June 5, 2022
Kenneth to dale

Dale,

Wow, this letter was powerful, and, so much needed NOW Dale. Thank you as always!

I'm in mexico with my 83 year old uncle. He is a Spanish teacher and the guidance was to fly him down here to help him explore affordable retirement options. And, that is what my family believes this trip is all about. But, in my heart, this is more about forgiveness. Seeing him NOW without any of those old stories, none of which were true but were all fabricated by my frightened ego. This is a MIRACLE!

And, like you mentioned in your letter, this is all happening because of that long dark night of the soul. Its as if I needed all of those grievances to simply put myself on the conveyor belt of purification to reach this place where there is a choice now, weather or not to pick up an old story or to REMEMBER instead what is the higher truth.

And, also, you and I (and so many others) are doing this work together in so many ways, because, this forgiveness I speak of is the sun that appears when the clouds part. When i get Hungry Angry Lonely or Tired (HALT) my clouds always want to return (FORGETFULNESS). So, I am learning to do just that - HALT when the sun disappears! I must germinate FORGIVENESS like I would a tender new seedling with care, appreciation and gentleness.

The role I play down here is to just often hold space for others who are in the storms, and, just by joining without fear, others can sense that storms are normal and to be expected on this awakening path. I had a woman down here express last night her frustration as the pain of her childhood stories continued to return, and, our joining together was beautiful. This is the love that has been arranged by grace.

Anyway, I still find myself wanting approval from my family for escorting my uncle down here, and, I simply notice that propensity for “people pleasing” and place that outdated desire on our conveyor belt.

Were doing this Dale! We have been graced with courage. And, this is the time NOW as so many are just beginning this journey. As the outside structures begin to fail globally. The world needs anchors who are guiding the new internal structures NOW.

Great on the book! Enjoy!

Ive got to run. Spanish lessons on the horizon.

Love you Amigo,

Kenneth

June 5, 2022

loved the response pal...I loved HALT...I'm gonna use that. I use LAVA...because when I recognize that I'm desiring to be liked, accepted, validated, or approved of I use that recognition to melt my costume back into being. The good opinion of other people and a sense of self importance also, those have been the krytonite to my existence and has caused me alot of trouble. A sage named Baba Muktananda once said, 'the two surest ways to the foulest hell are a sense of self importance and the craving of the good opinion from other people.' That stuck when I heard that....it resonated as TRUTH. You're right though Ken, we're all doing this together, facing these props and disassembling the roles, we're undoing the script so to speak, because we're tired of participating in a shitty movie that has poor reviews. ;) Why finish your role in a movie when you KNOW the audience doesn't even approve of what it's watching? The 'audience' is the Self...the True Witness, and it's as if it doesn't even give the movie any relevance at all, it's meaningless!;) So why play 'AS IF' we're gonna get rave reviews? There IS no one 'else'! The one who is acting is the same One Observing! Love you brother, thanks for the update and enjoy your trip....with peace, ME

Aug 8, 2022
Kenneth to dale

Good Morning Dale,

I am going to Jump the gun this morning and write you first thing. You have been on my mind and on my list. So, when I woe up, I got a “ding” on this ipad and I see gmail notifying me that I have incoming “jpay” mail, so, this is the guidance. Write away.....

Its been a while so this may be a winded letter.....

OK, where to begin. Well, since we are both CIM students, how about just

HOLOGRAPHICALLY (im growing tired of all things linear)

HEART OPENING HEART OPENING HEART OPENING! Thats a good place to start. This is what matters most right now, because, the guidance has been pointing towards assignments that are to do just that.

I am in mexico again, and, this time the trail of breadcrumbs lead to village far outside the chapala community called Mezcala. There is a woman down here to invited me to carpool to spend time with children in a charity organization called Poco a Poco (little by little), and, when I arrived, I found a host of ascended master spritual teachers in the form of children, many of whom are special needs.

This was also in my story many years ago when I drove the bus for the special needs children in Portland Oregon so spirit is pretty much picking up where she left off.

These kids are wonderful Dale. And, they are enjoying life, and, they simply smile and i cannot soak up enough of their wisdom (didn't the Bible say somewhere that in order to enter the kingdom of heaven we must become like little children?)

And, also, I came up with an idea after meeting all of these wonderful kids. For my entire life I have been drawing cartoons, and, really, not ever sure what was the ultimate PURPOSE. Then, it was very clear, these cartoons are for these KIDS.

It made complete sense because my line drawings have always lacked color. Ive tried coloring these cartoons over the years on my own, and, its been a failure each time (sprit was saying "wait on the color"). And, now it all makes complete sense. Kids are supposed to do the color. In fact, they are much better than my color could ever be.

All of this is generating a feeling of excitement, and, also, it healing. The kids are happy and we play together when i bring the colored pencils and the line drawings, and, its simple. And, then, they show me their artwork, and, well, Im rather at a loss for words because its about how I feel inside and how they feel. Or, perhaps, how we get to share these feelings together. Or, perhaps, what we share in common beyond the language barrier and cultural differences etc (there I go trying to analyze it all LOL)

OK, thats the first part of my letter on a Monday Morning. I am going to send it to you now but, also, stay tuned for more. Its been several months so we have a lot of catching up to do and our letters are always very deep so the next letter will tie in more of the recent breakthroughs and discoveries, and, how they tie in to many of our past conversations together.

Yikes but for now, I need to run downstairs. I have an appointment in a few minutes

Gotta run,
I will right back and connect SOON ASAP

Love you Amigo
Kenneth

Aug 8, 2022

Ken,

How's my pal? Its been awhile....I figured I'd check on you and make sure you're still with us.;) I've been really going through it myself facing some things. I've recently received Ken Wapnick's journey through the workbook, and sheesh. Aother really helpfuil book, very powerful actually is David's new book 50 Years of Miracles. It really walks you back to CONTENT, AWAY from form. As I'm finishing it, I feel; so much lighter. :) The Spirit really reaches you in this book.

Its been so helpful to really get a grasp on everything the COurse is saying or pointing to. Its amazing to come to that recognition that everything 'you thought' you knew, you really knew nothing at all. Its all beginning to make alot of sense to me, the scariest thing was just realizing how much my ego wanted to take credit for shit I knew nothing about.

But...in it's defense, it did have some things it resonated with in the teachings. Without the metaphysical understanding though, it wasn't having the deeper effect on my mind. In other words, I was still and still AM struggling with letting certain blocks in my awareness GO. Ken's books are really informative in those first 20 lessons in the workbook. Taking those explanations into what I'm understanding NOW, helps dissolve some of those blocks in my awareness. This is becoming actually kinda fun, this unwinding. Its comical to see how much self importance I've cherished. I suppose we ALL do in this dream, its only ONE Ego appearing as many. In that sense, an entire population of 7 billion people are infected with the most treacherous virus ever know to mankind....EGO. ;) Love ya pal, just checking in, With Peace, ME

Aug 9, 2022

Ken....I appreciated the quick response, I usually assume I won't hear from you for awhile. But....we know what happens when we assume. I dig the work you're being guided to do with the kids. That's awesome. You mentioned trying to analyze everything....I do the same thing. I over conceptualize everything in my mind. It truly is a sickness....' did I say that right? Was that OK? How did it look? Sound?' I hate the mind..my mind anyways. ;) But its all the undoing of ego. The course talks about us still being convinced that our understanding is a powerful contribution to the truth, and makes it what it IS. That stuck when I read that.

I want to undo everything I've ever learned....I don't care how it looks anymore. I'm striving for David's three C's..careless, carefree, and cared for. TRUST is the number one factor for this....that all things work together for the good.

I hope you're well buddy, just checking in with you....only peace, Me

Aug 10, 2022

Kenneth to dale

OMG Dale, I love your last sentence "the most treacherous virus to mankind is the EGO!" And, may I even add to that? Maybe what makes it so treacherous is that most 8 billion (david said were up to 8 billion now) people don't know they have the virus - now that one is a total YIKES!

Ive heard people talking about David's new book 50 years of miracles. I had one man come up to me and say "you are in the book" and I looked perplexed - then I corrected him "that is kenneth Clifford not kenneth price" (trust me dale, for a split second my ego wanted to be in David's book - LOL)

Were both in the same boat amigo. I have been devouring kenneth wapnick for years and, also, boy is my STUFF coming up and up and up. On many days I just talk and trust and talk and trust and, then, by a miracle, another hairband appears. I need to add this into the letter because the PUPOSE of our joining in together all of these years has been to anchor FAiTH together to keep going - so - these hairbands are not just for kenneth. This synchronicity is for you and I and everyone else who has chosen this couragous assingment.

Jeffrey came up to my room last night and knocked on my door just to tell me something that David said. He came up to tell me that David compared the waxing up process to distrusting a nest of hornets. That was just what I needed to hear last night because i was getting stung many times yesterday by my own thinking, so, when I viewed my thoughts like insects, the visual helped tremendously.

One of the things that Jeffrey and I did last night was to listen to Bryon katie, and, if you have not found her yet, let me know and I can send you one of her books (my amazon account still has your address listed as mail recipeint). Katie was working with a woman who was believing some very painful stories, and, like a surgeon, she went in and brought light to the unreality of the stories, and, how NONE of what we believe is true. And, most important, the woman began to relax and laugh along with katie towards the end.

You got it brother (or should I say we got it). We have thrown a rock into the hornets nest but as we rise higher (from above the battle ground) the hornets will not be able to follow us. And, boy, does this take mental discipline. I was just doing a zoom call the other day and I reframed discipline for the group. "Its not punishment folks" I reminded us all "but, instead, its loving consistency" and we all got it. The old paradigm in my story put disciplining in to the category of punishment, but, since you and I began working together many years ago, we both have been sharing over and over how our discipline is must consistency consistency and commitment and repeat (and repeat and repeat). But, for us, this is like practicing a piano (or any other instrument). Were both preparing to play our instrument at Carnegie hall, so, we need to practice and practice and practice (practice makes perfect).

And those hornets are our loving paren telling us to keep going sing after sting after sting.

I know the hornet analogy is not probably the best because sprit will never sting and its our own ego doing the stinging but its still early and this is the best metaphor I can come up with only after 1 cup off coffee.

Im thrilled were back in connection dale. I took a several month sat at actual while I, on my end, have been immersed in my own swarm of hornets, but, they seem to have calmed down for a while so I can sit down and pick up our valuable and essential correspondence.

I referred earlier in the letter to Jeff. He is a man downstaris who I am caretaking right now. This guy is full of love, and, i think his body is about to transition very soon, but, I really enjoy being his caretaker. His eyes are so bright. And, also he is facing his own hornets big time (i wonder dale, does death bring the hornets out?).

Jeff is determined to WAKE UP and we've shared together that this is what his waking up look like, but, since god never gives us more than we can handle, god (spirit) connected Jeff and I right now while I am in mexico.

OK, this is in response only to your first letter. I need to read your second letter now. The letter i sent yesteday moring was about the kids in San Pedro and Mezcal. I got their coloring book printed yesterday (or one draft of their coloring book), so, let me see if I can send you one of the pages this morning. Its about 40 pages and I want to have for them a coplete book before I go back to the states. The kids absolutley light up. They are my teachers (like I said in yeseday's letter) and I cajoled not be more thankful for them.

OK ive got to run, got to go check in on Jeff.

Im thrilled were back on line with our letters. Tomorrow I will read your second email and respond appropriately

Talk soon amigo
Kenneth

Aug 12, 2022

Ken....I appreciated the quick response, I usually assume I won't hear from you for awhile. But....we know what happens when we assume. I dig the work you're being guided to do with the kids. That's awesome. You mentioned trying to analyze everything....I do the same thing. I over conceptualize everything in my mind. It truly is a sickness....' did I say that right? Was that OK? How did it look? Sound?' I hate the mind..my mind anyways. ;) But its all the undoing of ego. The course talks about us still being convinced that our understanding is a powerful contribution to the truth, and makes it what it IS. That stuck when I read that.

I want to undo everything I've ever learned....I don't care how it looks anymore. I'm striving for David's three C's..careless, carefree, and cared for. TRUST is the number one factor for this....that all things work together for the good.

I hope you're well buddy, just checking in with you....only peace, Me

Aug 13, 2022
Kenneth to dale

Good morning Dale,

Thank you Dale, your letter was my morning miracle!

This morning I woke up and the feeling of guilt was waiting. Do you remember that song

by simon and Garfunkel SOUND OF SILENCE “hello darkness my old friend Ive come to talk with you again”?

It was perfect, I prayed for help and the solution was to be had in about 5 minutes, because, there is a new woman in my ministry, and, the solution was to love her to death this morning. Share encouragement with another mighty companion! I cannot disclose any information because of the confidentiality but the ones who arrive to this ministry I am hosting are in a very very very dark dark dark place, so, sprit just sends these assignments to replace (ameliorate) the need to sing any more simon and Garfunkel songs at 6:30 AM

Last night i had a woman approach me before dinner, and, in brief conversation, I shared with her a small fragment of what this journey is looking like in my story. I laughed and said “if I were to tell a medical doctor they would write down on my chart ‘bi-polar”

Then, without missing a beat, she shared with me lyrics to a song which is perfect and applicable for this journey we are all sharing together;

Every time I go into the darkness
I return with fistfuls of jewels
Midnight magic wraps all around me
Stars glitter brilliant above
Dreaming darkness dreaming light

This is much like pearl diving, in that we are diving into the deep deep darkness, not to be consumed by the fires of satan, but, instead to capture more pearls. Or, in CIM language, to unbelieve in the darkness itself. And, also, this must be experiential, and when I am with another mighty companion who is also “diving”; instead of feeling fear, I GET to feel EXCITEMENT because there are only PEARLS down there.

I was watching a mooji video last night and he explained the same dynamics in his language with powerful simplicity. His pointers are to simply ask “since I am noticing darkness, who is the one who is noticing?”

Anyway, I am going to re-read your letter this morning. I have two more letters to write before this day gets started.

I am so blessed to have you in my life brother!

Love you Amigo
Your friend,
Kenneth

Aug 14, 2022

Morning Ken!....thanks for your letter, I'm not sure about Jpay's archives or mail they can save. Jpay is shutting down here soon and GTL will be the new form of communication for inmates. I'm glad because Jpay is outdated, and often delayed with people's emails.

Feel free of course to share anything you like that you feel was helpful in our communication. No private thoughts remember?;) We're an OPEN channel.

Just remember the essence of the conveyor belt was anything perceivable goes on the belt, because its ultimately not Real. Its impermanent. People, places things, memories ultimately, because they're just descriptions of a moment that has passed in our minds. and YOU..... can NOT be found there in ANY of it....because you're the one observing it pass by. The seer. The fire at the end represents 'time' because it consumes ALL things. :) Love you buddy, and keep me posted. I liked what you said about the mighty companionship along the way. Our communication together I think represents that as a great example. with Peace, ME

Aug 14, 2022

wanted to add, I appreciate you feeling I helped 'teach you' on this journey, but always remember 'YOU helped teach ME' as well....I don't want that title, I struggle just as much as anyone ya know? there's days I feel as if I haven't learned a thing....but when I write others, I help myself too, because we often say to others what We need most to hear ourselves. Enjoy your Sunday...love ya pal, ME

Aug 14, 2022

Kenneth to Dale

Another great letter Dale, and, I will read ASAP. But, first, I have a favor to ask you. I am staying in a spiritual community (Namaste Village) and I would like to share some of our correspondence together with the community here. You have been one of my teachers through this monumental assignment (unbelieving the entire world) and our correspondence contains so much valuable material that I can't not share your letters with others. The Jpay system only goes back to April 9 so I am going to copy and paste about 10 letters (there might be more). My only regret, Dale, is that we cannot go back further. Do you know if Jpay saves the older archives? The one from 2020 with the "grocery store conveyor belt" is the one that stands out above all else. It was the one that I read to the living miracles community in Kamas Utah 2 years ago.

Anyway, this morning I woke up and saw the story with my father from spirit's perspective. I've been praying to see that story from above the battle ground for years and years and years. It has been a monkey on my back for, well, no! No, its not been a monkey on my back. In truth, that story has been a GORILLA ON MY HEAD!

Anyway, this morning the miracle came, and, I saw the story from spirit's perspective, which is a miracle because the TRUE story does not contain complicated details, and, it brings a feeling of peace, and, since it is simple, it will be easy to surrender.

Its even too simple to even share, however, I know will get the significance of the miracle, because, it will only generate a small small small shift in perception, but, since this shift in perception will be taking place from the projector room itself, it will be broadcasting a completely new movie on the screen (the movie titled "Kenneth and his father")

Humans are a strange species Dale. David says the mind and the brain are not the same thing, and, the more I research and study and pray, the more I realize the mind is GOD and the brain is ARTIICIAL INTELLIGENCE (a self learning algorithm with a program that is founded on (small) self preservation.

Im with you Dale, my mind drifts off course ever single day. Part of the reason I want to share your letters with the community is that our relationship is a template on how MIGHTY COMPANIONS can support one another in many different ways. Email is one of countless ways, but, we have to expose and we have to share and we must trust and KEEP GOING at all costs THROUGH the darkness, and, all of this and more is inside of the work that you and I have been anchoring together, for almost 4 years now (i think it was 2018 when we started - i can't remember but that sounds about right)

And, i like that you went outside to REFLECT because as this new program gets downloaded to our new operating system, it does take time to wash away time. The saints and mystics used the word REFLECT and the shamans use the word INTEGRATE. And not matter the word, mine also takes lots and lots of walks as well.

Oh, I do have something to share this monring. I did find a person to read the book I wrote "the Psychiatric shaman" and she said she loved the book but it made her sick. I asked her "why did it make you sick?" And her only response was "your run on sentences of course Kenneth!!"

a little bit of humor to start off this day.....

OK - time to get this day going.
TALK soon Amigo
Much Love,
Kenneth

