

You are a Saint!

If I were to ask, 'Who are you?' I suspect you might tell me your name, your nationality, your occupation and maybe your age. But I would bet our house that you would not say to me, 'I am a Saint!' unless maybe you were being really, really ironic or sarcastic. So, it might come as something of a surprise to you to know that you are definitely a saint in the making, even if you have not quite got there yet! It might surprise you even more to know that even the worst genocidal maniacs that have ever stalked this earth were basically exceptionally damaged or distorted individuals rather than intrinsically evil beings.

Gloria and I have just come back from an exceptionally powerful retreat in Assisi (Yes, again!) During that retreat with an incredible meditation master called David Nowe, I soared up into a high state of consciousness in which it was absolutely clear to me that we are all - without exception - made of love and nothing but love. The only problem we have is that we have been so captured by the dark, totally selfish egoic thought system that we are constantly consumed by egoic fear, anger, paranoia and resentment day after day. This horrendously dark and dangerous egoic programming totally obscures all the love that lies deep within our own infinitely compassionate hearts and totally pure minds.

A Course in Miracles is quite clear on this. Lesson 67 for example is entitled *Love created me like itself* and states *Today's idea is a complete and accurate statement of what you are. This is why you are the light of the world.* Now I don't know about you, but when I first read this, I could not even begin to understand what it really meant. But after over 20 years of studying and practising the Course, I believe I now have just an inkling of an understanding of this profound spiritual truth about each and every one of us.

Each of us has so much pure love and light stored at the very heart of our being that we are all potential lights unto the world. Yet most of us spend virtually all of our lives locked in fear and misery or suffering from profound dissatisfaction with life just as it is in the present moment. We all waste so much of our precious lives here wishing for a better future that never comes. The core reason for this tragic way of living is that we have no idea that our mind has been captured by an egoic thought system that can be boiled down to 'Kill or be killed.' We may

like to think that we are a good, kind, compassionate human being. However, when push comes to shove, we will attack our enemy with all of our might and will then feel secretly quite pleased with ourselves when we believe that we have utterly destroyed them.

Now, the fact that we are all living under the spell of a wicked egoic thought system is not just a personal tragedy. The ego has also cast a dark, dark spell over the whole of humankind and only a tiny percentage of human beings in any one generation somehow manage to break the spell. This is the core reason why our whole world is always such a mess and constantly filled with so much violence, conflict and destruction.

Many good people in our modern world put all of their hope for a brighter future into bringing about some kind of new political system that will solve all of the world's endless problems. However, because all worldly governments are run by egoic minds nothing is ever really going to change for the better until our politicians are no longer completely captured by an egoic thought system that is basically narcissistic and destructive.

But here is the good news I want to share with you this month.

Whilst in Assisi last week, the birthplace of St Francis and St Claire who both broke the ego's spell on them around 800 years ago, I too temporarily escaped from the spell my own ego had placed on me. Now I have to tell you that this miraculous breakthrough only lasted for around 3 days before I returned home to Manchester and felt my ego more or less completely take over my consciousness once again. But I am still inspired to tell you what it felt like to be completely free from egoic fear and selfishness for that very short space of time.

When my consciousness soared upwards - as David Nowe led our little retreat group in incredibly deep and powerful meditations twice a day - I began to be totally in love with the whole wide world and every living creature within it. I also knew without a shadow of a doubt that my body was just a very temporary mobile home and I could even imagine my body dying and crumbling back into dust without experiencing even a twinge of fear or anxiety.

Meanwhile, my heart felt as though it was in a constant state of orgasm as blissful high energy poured in and out of it with every breath I took. With my

infinitely loving heart wide open, I felt so much love, gratitude and compassion for everyone I was with that week. But at the same time, I found normal human conversation rather draining, and so I spent as much time as I possibly could blissing myself out in solitude and silence.

OK, I hope you get a bit of the picture! But please do not think that I am telling you all of this to claim any special spiritual attainment or spiritual powers. I am the most ordinary sort of middle-class, older, English woman that you could possibly meet. The only reason that I now occasionally experience blissfully high, awakened states of consciousness is that I have been so incredibly blessed to spend at least a little time over the last 30 years practising meditation with some genuine meditation masters, including Ken and Elizabeth Mellor, Master Jason Chan and David Nowe.

My key intention for sharing my Assisi spiritual high with you this month is simply to encourage you to at least consider that at our very core, we are all as loving, pure, courageous, compassionate and joy-filled as the greatest saints who ever walked this earth. The only real difference between us and say St Francis or St Claire is that these two iconic Catholic Saints spent virtually every moment of every day doing their utmost best to mirror all the divine qualities of Jesus. To put what they did into non-religious language, they devoted their whole lives to their spiritual awakening or to the pursuit of spiritual enlightenment.

Now I know that neither you nor I is going to give up our worldly life to go and fast and pray or meditate 24/7 in an isolated cave or tiny enclosed convent the way St Claire and St Francis did. But maybe we could at least set our intention this month to spend a little more time than usual turning off our laptops and mobiles and quietly contemplating some deep spiritual truths about ourselves such as this one:

Whatever terrible mistakes I may have made in my life and whatever unforgiving thoughts I still entertain about myself and others, the eternal truth about me is unchanged. Love, light, joy and peace abide in me because God put them there. The Holiness of my True Self is miraculous and nothing else I have ever thought about myself is the slightest bit true. I am love and nothing but love for eternity. Alleluia! (adapted from A Course in Miracles lesson 93 Light and joy and peace abide in me.)

Please trust me this month when I conclude this message by telling you that I know you are a saint who is meant to become a healing light in our dark, dark unhealed and unawakened world. You just do not know your True Self yet! But you will, you will, and when you do, you will be as amazed and as blissed out as I was in Assisi all last week.

Peggy Foster
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