

# The Game

hide seek find laugh

Christine King

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# Dedication

*For all those who wander and haven't yet  
stopped to wonder for themselves.*

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## Foreword

This book contains notes I took during multiple meditations over a year or more, in which I tuned in to the wise old voice inside myself and asked the questions that were on my mind. I had many questions about how life works, and particularly about persistent or recurrent problems I was having.

Those familiar with *Conversations with God* (Neale Donald Walsch, 1995) or *The Law of Attraction* (Esther and Jerry Hicks, 2006) will recognize the Question-and-Answer format. But here is where the similarities end. The only reason I have used this format is because it is the one my hand-written notes take.

As for who or what this wise voice is, I generally think of it as my greater self or my nonphysical self, the eternal part of me. Sometimes I think of it as Big Mind, as distinct from the ordinary, everyday awareness of my human mind ('little mind'). Other times, I think of it as my (our) source. We all have our own versions of this inner voice, and what we call it is not important.

The central theme of these discussions – for they are indeed discussions, back and forth between my troubled, confused little self and the warm, witty, wise voice of my greater self – is this:

**What our source is up to in this physical  
or observable realm is *play*; a grand game.**

I've kept everything in the order in which it was written, to show you the challenges I've faced (and continue to face) in changing the habits of a lifetime in a society that reinforces those habits and the underlying beliefs at every turn.

It's a bit embarrassing to admit, but I found myself circling back to the same questions again and again for further insight or clarification, or simply for some more encouragement. I get essentially the same answers each time, although each answer is tailored to the circumstances or challenges I'm facing at the time.

I still struggle to hold the two aspects of myself — physical and nonphysical; human and eternal — in my mind at the same time, so sometimes the wise voice uses the first-person (I, we) and other times second-person (you). It all depends on the context, so I've kept these specifics as written.

It may seem like I'm a very slow learner — and that may well be true, at least with this material. However, it's worth restating that these notes were written over the span of at least a year. When I feel good and things are going well, I hear this wise voice reminding me and otherwise guiding me, so I don't feel the need to stop, sit myself down, get quiet, and take notes. It's only when I ignore the times when I'm not tuned in and I try to go it alone that I run aground and need to return to this process. (When will I learn?!)

At first glance, this book is all about me. But there is nothing extraordinary about me. Yes, we are each unique; but being human is a *universal* experience for us, so I'm proceeding on the assumption that most of the challenges I've faced and continue to wrestle with are essentially the same as yours.



The details of my life may be of no interest to anyone but me. However, I mention my goals quite often in my questions, so some background might be useful. A recurring theme is my seeming inability to reach my goals — at least, not in the time-frame I want. My particular goals are not relevant to anyone but me. However, the process of *reaching* our goals, of creating the life we want, is what this book is all about.

So, in essence, this book is about the creative process. More broadly, it's about being human in this period of earth's history. It feels like we're in the process of making a *profound* change in how we relate to each other and to all around us. (More on that throughout the book.)

As to the backstory, I've been a veterinarian for 38 years, practicing holistically for the past 23 years. A little over 2 years ago, I decided to close my practice and retire, at least from daily veterinary practice, because it was making me utterly miserable. I still love animals, of course, and even veterinary medicine; but everything that went along with it was making me sick. What I most want to do is write.

My first book was published in 1997, but as the unscrupulous publisher took advantage of my naïveté and claimed the copyright for himself, I decided to self-publish from then on.

I published the next eight books myself, but when it came time to publish my tenth book last year, I decided that it was time to find an established publisher. I loathe marketing, so of course I'm not very good at it. It was time to hand over that aspect of authorship to someone who *is* good at it and who has established channels for marketing and distribution.

Many of the notes that became this book (*The Game*) were written during the process of sending out query letters and book proposals for *Better Together* to literary agents and publishers who represent or publish authors in the relevant genres (pets/animals and spirituality).

Funding me for the past 2 years has been a small nest-egg of retirement savings. The plan is for book sales to build on that and support me for the rest of my life so that I never need to “work” again. I love to write, so writing is only ever “work” when I force myself to do it. When that happens, I tire quickly and I write complete drivel, so I learned long ago to not let writing become a chore.

As to the goals I ask about throughout the book, I have never owned my own home, so top-of-list is the purchase of a house on a small acreage, along with the means to maintain it and improve it however I like, in perpetuity. I also want the income from my books to enable me to live well and to have lots left over to play with. For example, I want to buy farm land for new organic farmers to use. I also want to create a scholarship fund for kids who want to go to vet school (a dream that has become financially out of reach for many).

The specifics are rich and fun to imagine, but not relevant here. These are the things that interest *me*; these are the specifics of the life *I* want to create for myself. Whenever I ask about my goals, I encourage you to take a moment to think about the things *you* want, the life *you* want, to create for yourself – because that’s fundamentally my goal here: to help us *each* create the life we want for ourselves.

\*\*\*

# Introduction

## What is the game?

The game is what, and *why*, the formative and transformative intelligence of our universe is doing on this physical plane at this time. It is playing with *all* facets of being — *everything*; good, bad, and in between — the sole purpose of which is *experience*: to *feel* it, *savor* it, *know* it, and *revel* in it, whatever “it” may be.

## *Why* is the game being played?

There is no *why*, other than for the *joy* of it, for the *fun* of it, just as in any good game. Even the “loser” wins by having played it, played *with* it. The whole thing is one gigantic, never-ending, enthusiastic *romp*. Because it *feels* good.

That’s “*why?*” the superabundance of the natural world and the incredible number and variety of “moving parts” — not just different animals, plants, and other living things, but petals, leaves, feathers, colors, *etc.*

That’s *why* — and *how* — nothing can ever really be lost or destroyed, not in its essence; and even its physical form is used to form something else in this endless game.

What does this mean for we physical beings (humans, other animals, plants, *etc.*)? It means we’d do well to treat life as

the splendid game that it is, to not take it seriously — other than to fully invest ourselves in the experience, because that's *integral* to the game — that we actually *play* it — play at being human or animal or plant or whatever; give ourselves over to it completely, knowing all the while (or at some point realizing or remembering) that *it's all a game*.

Relaxing about processes and outcomes ensures that we *enjoy* it more. It also facilitates us reaching whatever goals we may decide would be fun to achieve.

## What does our source get out of it?

Fun! Experience. Expansion. *More*.

This is the process of creation:

- think/conceive of something
- make it, savoring the process
- experience the completed thing, savoring it
- revise, remodel, deconstruct, reconstruct if/as desired, savoring the process all the while
- experience the revised, remodeled, deconstructed, reconstructed thing, savoring it
- continue, *ad infinitum*

The fun — the very great *FUN* — is in having the ideas, creating the thing, beholding the thing, and from there having even *more* ideas. The process of creation — and of evolution–devolution–revolution — is never finished. It just keeps rolling on, recycling, refreshing, renewing,

replacing, *ad infinitum*. The process feeds itself with energy, the energy for the process coming from the process itself.

## What does this mean for human endeavors?

If playfulness, enjoyment, is the hallmark of universal creation, at *any* scale, then the same must be true for all successful human endeavors.

In fact, the way to fail in any creative endeavor is to take it too seriously, make heavy or hard work of it, and deny oneself the pleasure of the process — its conception, inception, unfolding, and completion, its revision, remodeling, reconstruction, *etc.*

It takes *a lot of effort* to succeed through any other means. It *can* be done through sheer determination, time, focus, grind; but it's slow, halting, and lacking in joy. If that's the belief one holds about success, then that's the *only* way one can achieve it.

But it is *not* the only way, nor even the best way — unless one considers that the game includes *every* facet, permutation, and perspective, including frustration, discouragement, exhaustion, and failure. It's *ALL* part of the game.

So, the question is this: what do you believe? Because however you *think* it is — *i.e.*, however you *believe* it is — is how you'll experience it.

Changing one's beliefs can be very challenging, as long-held beliefs have a stickiness or magnetic pull, a groovedness or entrenchedness that makes them *seem* true, *feel* true, so trying

to believe something that runs *counter* to them can be a futile exercise, as the entrenched belief always wins. This, too, is part of the game.

There is a certain economy or efficiency to habitual thoughts and actions that has great value. It conserves energy and expedites the creation of things that flow from those beliefs. So, overcoming a belief takes extraordinary input of energy – or an openness and a willingness to see things differently.

When openness and willingness to see things differently is coupled with a *desire* to do so, then things can change *very quickly*. Beliefs can be changed, along with the thoughts and actions that flow from them.

**Question:** What do I *do* with all this?

**Answer:** Whatever you like.

**Question:** No, I mean: how do I share this with others and get them to understand?

**Answer:** You don't. You leave them to their own games. Offer them these insights and let them *choose*; let them "take it or leave it." Either way, *play your own game*.

**Question:** So, I should just play with this myself, write about it with playfulness and joyfulness, and let that be that. Right?

**Answer:** Right – although if you want something different, then focus on *that*. You see, this is a big move, the beginnings of a profound shift in human awareness. Some will be ready;

others will not. Some will be receptive; others will not.  
So be it. This is the nature of the game.

Remember that all this is ~~supposed to be~~ endlessly fun!

If playfulness, enjoyment, is the hallmark of universal creation, at *any* scale, then the same must be true for all successful human endeavors.



## The game of individuation

[For the past 20 years or so, I've experienced bouts of depression that can stop me in my tracks. These notes were taken during one such episode.]

**Question:** What is this latest bout of depression about?

**Answer:** Individuation. Separation. Isolation. Division. Inadequacy. Insecurity.

You've been batting around this idea for many years:  
"In the beginning was... individuation."

That's why you [humans] feel so isolated, ignored, dismissed, unwanted, neglected, or actively repelled. You are acting as *individuals*, coupling up and organizing in a *transactional* way, co-operating only to the extent that you get your own needs met in the process.

You are experiencing the pain of it in vast numbers now. You've found many ways to feel better for awhile, but your fundamental anxiety always returns.

**Question:** Why?

**Answer:** Because it's *fundamental* to an isolated individual. It means you always feel incomplete, inadequate, in need of things from others, while always feeling the angst of competition.

It's time for all this to change. This game of individuation is fast coming to an end.

**Question:** What comes next?

**Answer:** What comes next is true co-operation, where the whole point is fun, play, *enjoyment*. The basis is complete confidence in our source, our origin in the cosmos.

Every one of the people you've been pushing against or trying to pull toward you is the *same* as you. You're all manifestations of our source, playing at being individual humans. In essence, you are fighting with *yourself*! Trying to get *yourself* to act differently toward you or to please you. You're wrestling with *yourself*.

Time to drop all that. Drop your armor, your shield, and your sword. Stop pushing and pulling.

Stop expecting others to please you, when most are still deeply immersed in the individuation game. Start playing the new game of *unity*.

Stop holding others to blame for how you're feeling, when your bad feelings arise from your complete immersion in the individuation game. Your bad feelings are an indicator that you're on the wrong track, operating from some outdated programming, *lost in the game*.

**Question:** What is the new game we're about to play on this planet?

**Answer:** Unity. Community.

**Question:** But isn't that the state of our source? Why shift from a single, unified whole to infinite pieces, and then back to unity?

**Answer:** No, you misunderstand. We are gradually reuniting to form something *new*, a new experience, a new game, *beyond* individuation.

**Question:** Nope. I still don't get it.

[And there I left it for the day. There's only so much I can absorb in one session.]

What comes next is true co-operation,  
where the whole point is fun, play, *enjoyment*.  
The basis is complete confidence in our source.

## Why do we forget?

**Question:** Why do we forget who we are, where we came from, our inextricable connection to our source?

**Answer:** You wouldn't play the game otherwise. You wouldn't take it seriously and throw yourself into it fully.

It's like with actors: they know they're only playing a part, yet the great ones throw themselves into it fully, disappearing for a time into their assumed characters. But it's all just play; it's even called "a play" (or a screenplay). It's *play*.

It's all *play*. And it's vastly more fun and enriching when you give yourself to it completely.

**Question:** What about animals?

**Answer:** Animals give themselves to it completely; they assume and inhabit their roles *fully*. That way, their game is unreservedly rich and rewarding.

**Question:** But don't animals have a rough time of life on earth?

**Answer:** Sometimes. But remember: *every observable thing, every particle* in the universe, is our *source at play*. Nothing can truly be harmed or lost or destroyed; only transformed, into something else or back into its original state, which is *bliss*.

The game is being played for the sheer *enjoyment* of it, for the movement, the dance, of forming, de-forming (dis-integrating), re-forming, and so on. *Every imaginable form* is experienced, savored, appreciated, *enjoyed* – for the sole purpose of *feeling* it, *seeing* it, *knowing* it, *experiencing* it directly.

The game is everlasting because there is an *infinite* number of particles and combinations and relationships and actions – *ad infinitum*.

There's not really any such thing as *matter*; only condensation of energy into things to play with, and to play at *being*. When you take yourself (your individual human life) too seriously, it is simply that you've temporarily lost yourself in the game. That's just fine. That's all part of the game.

When you *find* yourself for a few brief moments suddenly aware of the game, that's it, too.

And when you forget again, that, too, is it!

*All of it is just fine, just as it should be.* All rich and rewarding parts of the game.

**Question:** I want to live in this awareness all the time now. What's stopping me?

**Answer:** Nothing, other than your habitual focus on distractions, human conventions, what others are telling you about how things are, what things mean, and your (imagined tiny, inconsequential) place in it.

**Question:** This perspective seems so callous to one who is completely absorbed in the game, who has just lost someone they love. Would you please help me explain it with love and kindness, warmth and wit?

**Answer:** Yes. It's simple: don't take things quite so seriously. Love and laugh without holding back. Love without holding on, with an open hand rather than a clenched fist.

All life is eternal because life is *movement*, and it is *perpetual* in one way or another. Whenever you resist change, you resist life itself. And *that* is the way of stagnation, desiccation, ossification, mummification, restriction, constriction, discomfort, pressure, tension, pain, and all those other unpleasant feelings or experiences.

Ending one chapter of your life naturally begins another. Whether the next is expansive or restrictive is up to you. There is guilt and shame in feeling the opening of the next chapter *as an opening*, an expansion, a sense of relief or freedom, but there needn't be.

The next chapter is inevitable, unless you die, too. So, why not experience its beginnings, its newness, with a sense of adventure, of possibilities... of *space*, of invitation, of an opportunity to create something new that you might not have considered, or even conceived of, before.

Change is simply something different from what came before. It is as wonderful or as dreadful as you want it to be.

Remember: *every observable thing,*  
*every particle in the universe,*  
*is our source at play.*



# Loneliness

**Question:** I would like some guidance, please, on loneliness and dealing with others.

**Answer:** Loneliness is imagining that you're all alone – *and* that you're not enough on your own.

The trick is to see yourself *as* the other, *as* another – which is to say, to see yourself as *all* people, as *everyone*. Everyone gets lonely, feels isolated, whenever and as long as, and for as long as, they feel solitary in this enormous universe, where *uni* – one, all, oneness – is built into its very name.

“In the beginning...” was *oneness*, not individuation. *Oneness* is where it all began (this universe); *oneness* is its true nature, its ground state. Individuation, diversity, and division is its state of *play*, its state of activity, liveliness, aliveness, *fun*.

Every single particle, visible or otherwise, is inextricably part of the whole. So, you feel alone, and *lonely*, when you forget your oneness and focus to its exclusion on your separateness.

And that feeling of separateness, of incompleteness, inadequacy, vulnerability, futility, is all part of the grand game because it excites you to seek out *unity*, union with another.

Of course, not all unions are satisfying. When two (or more) individuals who are feeling isolated come together in order

to feel *less* isolated, they may *magnify* their isolation. Double it. Reinforce its truth — and its power.

Suicide is a perfectly understandable response to extreme isolation because it yields *instant* (re)union. And what a joyful thing it is, too. But if you want to remain in this physical form, then you must find a way to feel whole, to feel that union for yourself.

**Question:** *I must find a way? How on earth am I supposed to do that, when everything I've tried so far has failed or has worked for only a short time, which is ultimately the same as failure?!*

**Answer:** What you need to understand is this: your sadness is powerful; it serves a purpose, and that purpose is to drive you in the direction you need to go in order to *feel whole*. Not 'drive' as in 'force'; drive as in carry, convey, like driving a car. Let it take you to where you want to go.

**Question:** Where can I go that I haven't already tried?

**Answer:** To wholeness. To union. To reunion. To *unity*.

**Question:** You're talking in riddles. I don't get it. How can my sadness lead me to wholeness, to happiness?

**Answer:** Let it. *Let it*. Let it *in*. *Feel* your lack of unity as a way — as the *fastest*, most *efficient* way — of returning to unity, to a feeling of wholeness, of being a part of the whole.

By allowing yourself to be fully absorbed, enveloped by your sadness, your feeling of dis-unity... well, try it. See what

happens. Go ahead. I'll wait. Let go. Give yourself to it completely.

What happens, as you give up the struggle, the effort to resist it, is that you fall into it, and you then fall *through* it, into... the light.

So, you can expedite the process *greatly* by giving up and giving in *as soon* as you feel yourself bracing against something, some unwanted thing, and as soon as you feel yourself slipping into a state of frustration, sadness, despair – in fact, any feeling you find unpleasant or uncomfortable.

Give up straight away, and let yourself go. Fall; fall through the tension and pain into the light, spacious, lovely feeling of *unity*, wholeness. *Alrightness*. Because *this* is the game we're all playing: hide, seek, find, laugh.

Stop the mental chatter that distracts you from your feelings. You can't talk yourself out of this dilemma. You may think you can, and you may actually succeed for a short while, but not for long.

*Feel. Feel your life. Feel your state of unity or disunity. Feel your way back to unity. Feel your way forward, to (re)unity, to joy, to hopefulness, to confidence, creativity, love, belonging.*

**FEEL YOUR WAY.**

Feelings are said not to matter, yet they're *all* that matters. So, *feel* your disorder, your tension, your sadness; feel it *all*. Feel it fully, putting up no resistance, and see what happens.

*This* is the game we're all playing:  
hide, seek, find, laugh.

## Lost in the game again

**Question:** Oh, no! I'm lost in the game again. I'm feeling my aloneness. It feels like there's nothing else, nothing but this solitary, isolated, little me. How do I get out of it?

How do I break free? How do I re-feel my oneness?

Intellectually, I know it's true. Emotionally, though, I feel completely and irrevocably separate, and separate from it – which is absurd. But that is how this individuality feels. I'm *stuck* here, or so it seems. What is the way out?

**Answer:** The way “out” is *in*. Go in, inward, and *feel all* that you feel.

**Question:** Oh, now I remember: when I dissolve my boundaries, relax all my habitual tensions, “soften what is rigid within<sup>1</sup>,” then oneness is *all* that I am.

Yes, now I remember. Soften. Relax. Unclench. That's it. That's *all*.

All that remains is continuity with everything around me, all the way out to distant galaxies.

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<sup>1</sup> This phrase comes from the lovely little book, *Prayers of the Cosmos: meditations on the Aramaic words of Jesus*, by Neil Douglas-Klotz. It's part of a suggested translation of the third Beatitude, “Blessed are the meek; for they shall inherit the earth.” In full, it reads “Healthy are those who have softened what is rigid within; they shall receive physical vigor and strength from the universe.”

Now, what do I want to do with this oneness? What do I want to do *within* this oneness? (Feel *more* of it; feel it for longer, and more of the time, until it's my habitual sensation.) What do I want to do *from* (out of) this oneness?

**Answer:** Ah! *That's* the best question. You feel its soft tug toward something heavenly, delightful, *delicious*... You feel it drawing you into your *much bigger life*. All you need do is let go and float, let yourself be drawn on, expanded outward in all directions, and especially toward what you want to create.

Everyone is playing their own game, so not everyone will be inspired by your work — and that's just as it should be.

Respect the paths others are on, the particular games they're playing. Don't try to change *anyone* — not even yourself. Just continue to model curiosity, openness, and expansion. Others will want that, too; but by no means all. So be it.

**Question:** I don't want to go back into practice.<sup>2</sup> I don't want to go back. I want to go forward — but I can't see to *what*.

**Answer:** Then *don't* go back; there's no need, and every reason not to. *Go forward*. *Feel* your way forward, from within that sense of oneness, and see what happens.

**Question:** I would really like to spend my time writing and wondering and writing some more. I would really like

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<sup>2</sup> As I mentioned in the Foreword, I'd closed my veterinary practice 2 years earlier; but I was still nervous about embarking on a writing career — and, of course, my perennial worries about money had to have their say...

to teach through my books and perhaps some seminars and workshops, rather than client by client. I would like a much greater reach than practice can provide. I'd like to avoid my old programming and triggers that made me so unhappy. Moving forward for me involves writing for a *global* audience and doing very selective private consults, which are really private teaching/coaching/instructional sessions.<sup>3</sup>

Now, for today, how should I begin?

**Answer:** By getting clear, *very clear*, about what you want. Particularly about how it *feels* (not what it *looks* like) to have it. *To be there* already. Because you *are*. You already *are* that. You already *are* there.

You were there, in part or for a very short time, when you first conceived the idea. Now simply spend more time there. And then more and more and *more*. Before too long, you'll start to act as if you're there, doing the things and saying the things you envision yourself doing and saying there. Then you really *will be* there.

You see? "*Live it*" isn't just a nice piece of advice; it's the *method*, the means by which you make your vision a reality. Instead of waiting for it to appear, *live it* into being.

...

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<sup>3</sup> These are some of the specifics of *my* goals. I encourage you to pause here and get clear on what *you* want. Ignore the "how" for now; focus on the "what," and especially on the "why." And be as specific as you please — literally; focus particularly on the elements that please you most.

*“Live it”* isn’t just a nice piece of advice;  
it’s the *method*, the means by which  
you make your vision a reality.



## ‘Live it’ into being

[The following advice continues that of the day before.  
There’s only so much I can take in at a time!]

Stop waiting. Start *being* it, start *living* it. Now. No more waiting.

*Feel* it into being by resting in your oneness. Before too long, you’ll be moving within your oneness and acting from your oneness. Starting *NOW*.

Take the time to return, if you need, to a sense of oneness *first*. Act only from this sense of oneness, otherwise you will frustrate yourself and become disheartened and discouraged (as you have been). Take the time to feel good first. To feel that open, expansive state of awareness and possibility *first*.

You generally don’t do this (neither does anyone else in your life), but it is the key to happiness, the key to success. Oneness first and *always*. Oneness above all else. Oneness encompasses and enfolds all else anyway.

The secret is to *love your life*. Be *fully absorbed* in what you’re doing. *Give it your full attention*, and time extends endlessly, things flow effortlessly, and events happen right on time.

Don’t worry about *anything*. Keep doing what delights, and leave the rest to itself. There is a *vast* game afoot. Play your game as you like, and thoroughly enjoy it.

*That's* the secret to success: remembering that it's all a game, and it's *supposed* to be fun, to be *fully* engaging – although even disengagement is an option in this game; it's just another sort of experience, all of which are precious.

When you fully engage with it, the game becomes delightful because it is *responsive*. It's intended to be – in fact, it always *is* – *interactive*. For the best, most satisfying and delightful experience, it's best played from a sense of *oneness*. Because it is *interactive* and *responsive*.

Slow down. There's no hurry. In fact, pushing past this moment is what keeps you bound to your impatience, frustration, and discouragement. All there *is* is this moment. How do you want to spend it?

**Question:** But doesn't what happens in *this* moment determine what happens in the next, and the next, and the one after that? Doesn't what I think and what I do in *this* moment determine my future?

**Answer:** Yes and no. When you come to realize that all you have is *this* moment, and you determine to spend it enjoying yourself, in lively or otherwise lovely pursuits, whether mental or physical, you inevitably experience endlessly joyful, lively, lovely moments – until you choose differently in *this* moment – *every* moment being *this* moment, as you can only ever exist in the present, in *this* moment.

You can *imagine* yourself existing in future moments, but really you are having *that* experience in *this* moment, not in some future moment. So, enjoy *this* (and *every*) moment, and always be aware that this game *is* a game, it's *supposed*

to be great fun, and *everything* in it is responsive, to your thoughts as well as your actions.

And as your actions almost always stem or arise from your thoughts, it's really a *nonphysical* game, where intentions, emotions, desires (for or against) hold sway. You play this game with your *mind* more so than with your hands and feet. So, you set the stage with your desires – for and against.

The game shows no partiality; whatever you give your *attention* to is what you'll experience foremost. Focus on pain and limitation, and you'll primarily experience pain and limitation. Focus on beautiful, lively, lovely things, and you'll primarily experience beautiful, lively, lovely things.

It's immaterial what you call it – law of attraction, law of attention, or nothing at all – because it's all the same thing. The game is responsive, because the universe and every particle in it, is responsive, according to its nature.

But don't try to direct everything with your mind. That's a recipe for frustration and disappointment. This game is *vast* and *vastly* more intricate than you can grasp with your ordinary human awareness. Focus simply on how you want to *feel* in this moment – delighted, satisfied, inspired, happy, glad, *etc.* – and let the game move the requisite pieces into place for you, based on where you are right now and what has come before.

Place no limits on anything material – *i.e.*, let things unfold how and as they will – and don't try to orchestrate events. Simply focus on what you want to *experience* in this moment and then let things unfold.

Note that *you* are a responsive element yourself, so the game will move you (inspire you to move) in order to respond to your desires in this moment.

And change the way you talk about what you want, even (especially) in your thoughts. Instead of “I want...,” say “I am...” or “I have...” This helps you shift more quickly into the mode of the things you desire. It also acknowledges that you already *have* whatever it is you desire, in its not-yet-physical form.

All that remains, then, is for the universe, our source, to bring it into physical form for you (and *with* you).

All there *is* is this moment.  
How do you want to spend it?

Focus simply on how you want to *feel* in this moment,  
and let the game move the requisite pieces into place.

## I give up!

**Question:** I give up! Nothing is working! Nothing I want is materializing. I've been waiting and looking forward expectantly. I've been focused on being open and enjoying my life. But none of what I want — *none* of it — is here. I'm losing hope, and losing faith in this approach. What gives?

**Answer:** What gives? *You* do: your attention to all the things you don't like, to all the things you don't want, to all the things you don't (yet) have.

**Question:** Well, it's impossible not to notice the absence of the things I want. They're not here; and there's no sign that they're on the way. Quite the opposite, in fact. ... I just don't seem to have a place here. I might as well not even try.

**Answer:** Yes! *That's* the way: don't even *try*. To try is to fail, when "trying" is accompanied by effort and by a sense that the outcome is uncertain, that failure is possible.

**Question:** But that's not true! Plenty of people try and succeed — even on their first attempt. "If at first you don't succeed, try, try again" is an axiom because it works.

**Answer:** I think we're talking about two different things. When you attempt something new or that you perceive to be challenging, then you approach it with the belief that it is challenging and you may not succeed at first. By viewing everything that way, you make it true — for you.

But what if you approached it differently, with a sense of adventure, of playfulness. Remember that you are playing a grand game in a responsive universe. Now, what do you want to do?

**Question:** I want [and then I listed all the things I want].

**Answer:** So, what's stopping you? It's perfectly possible. You have the requisite skills.

**Question:** Indeed; what *is* stopping the appearance of these things I want? Because I do want them. I even see my self having them, *with* them. Where are they?

**Answer:** Where are they? In process. In production. On the way.

**Question:** Why is it taking so long?

**Answer:** It's taking no time at all in the grand scheme of things. In universal "time" (which is always now!)

**Question:** No, you're wrong. You're trying to placate me with nonsense! They really are not here yet, and financially I am going backward, not forward. I am also questioning the truth of the insights you've shared with me. It's just not working.

**Answer:** That's right. It doesn't take "work." There is no mechanical process involved here, where 'this' leads to 'that' or 'this' is a prerequisite for 'that'.



**Question:** No, you're lying to me again. You've talked at length [before this series of notes] about the conditions of belief and openness that are required, that are prerequisites. Well, I've been practicing both, but nothing has transpired. Others are succeeding, while I'm failing. Again. I'm sick of it. SICK OF IT! It's *just not true*.

[Here, I left it for the day, in a petulant huff.]

Remember that you are playing  
a grand game in a responsive universe.  
Now, what do you want to do?

## The game, embodied

Think of the game this way:

Diffuse (everywhere) energy condenses into particles, many of which we identify as matter or material form. This endless game involves integration into discrete and specific forms, and then dissolution or dis-integration, allowing new forms to be created, old forms to be re-created, and so on:

→ integration → dis-integration → re-integration or  
integration into new forms ... on and on, *ad infinitum*

The *play* is in the integration–disintegration of forms, the games the discrete forms play, and the *ideas* behind it all.

The game is thus *endless* because it perpetually cycles, the individual particles are inconceivably many, and all forms are a manifestation of our source (the everywhere energy, the great mind) at play: particles endlessly attracting and repelling, and also forming, de-forming, re-forming, and *transforming*... The game, then, is all about exploring and experiencing new things (and old things).

The game is *much* more fluid and malleable than we think, particularly when we consider relatively fixed and immutable things such as rocks, mountains, planets, solar systems, *etc.* The “lifespan” of every single form determines our perception of its immutability, but *everything* is in flux and is amenable to change, which includes dis-integration.

Some forms are “low energy,” in that they require very little ongoing input to maintain their form. Their internal attractive forces far exceed the repulsive forces that could pull them apart (dis-integrate them), so they appear very stable to us, unchanging, even unchangeable.

Other forms are “high energy”; they require a lot of ongoing input to maintain their form. Their internal attractive forces are relatively weak, so they distract, de-form, or dis-integrate easily. To us, they appear transient, malleable, and even unreliable.

And there are forms that lie somewhere in between, giving us the impression that only some things can be changed.

The form least likely to be changed in common thinking is your own body, your own life (its circumstances, for example), so you don't even try. Oh, you may try to lose weight, bulk up, get fit, change the shape of your nose, *etc.* But fundamentally, you don't see yourselves and your lives as being one of the forms that can be changed all that easily, whereas *you* are *the most malleable* form in your life!

A thought arises within you and immediately resonates throughout your body. Every molecule, every atom takes note and changes form accordingly. Attractions and repulsions co-ordinate to create the physical manifestation of the idea.

Emotions facilitate this process as messengers and means (effectors). Cells output electrical impulses and chemical mediators to make it so. All at the speed of thought.

So, start here. Start with yourself. Notice your thoughts and their effects on your well-being. Just do *that* for awhile and watch your life change.

Let the tensions within you dis-integrate. Thoughts and emotions condense into things, into matter, changing matter so that it reflects or represents the thought, the emotion.

The same dynamic happens in the creative process: thoughts condense into things, including actions by bodies.

Start by dis-integrating the present state, the current tensions and condensations. That creates space and frees up both energy and matter to become something else, something different, and even something new.

Then, in that magical space of possibility, new thoughts can arise, and from them new things, and thus new forms.

How exciting!!

Notice your thoughts and their effects  
on your well-being. Just do *that* for awhile  
and watch your life change.

## The sticky habit of aloneness

Note to self:

I'm still trying to get people to notice me, to agree with me, to support me, pay me, approve of me...

What a sticky habit!

It all stems from my imagined sense of solitariness, separateness, individuality.

The solution lies in re-experiencing *oneness*; *reveling* in it, and when I feel inspired, *acting* from it, from *within* it, always *WITHIN* it. *This* is what I've forgotten, yet again.

What a sticky habit aloneness is!!

The solution lies in re-experiencing *oneness*;  
*reveling* in it, and *acting* from it, from *within* it.



## The illusion of control

**Question:** What is the human mind? What is its purpose? Mine seems to do nothing but mislead, confuse, and disappoint me lately... Which is to say that *I* seem to do nothing but mislead, confuse, and disappoint myself lately.

*Why*, when I *so* want to understand how life works and how I can be better at it — how I can get what I want. Without any further delays, obstacles, or other obstructions.

I don't revel in the process of its unfolding, its becoming, when I can see no evidence of it. None. Nothing. Silence. Absence. Indifference from everything around me. It's as if I don't exist, that I don't matter, that what I want is being withheld from me, no matter how much expecting and allowing and inviting I do. At every turn, I run into a blind alley, another dead end. What gives?

*I* do. I give up! Again. I'm so sick of this pattern of seeming enlightenment, followed by enthusiasm and confidence that eventually turns into impatience, frustration, disappointment, and disillusionment. I'm missing something. What is it?

**Answer:** The imagined sense of mastery, of understanding, is *the illusion of control*. You're getting caught up in the *mechanics* of creation. It's good to enjoy, to revel in, the details as they unfold. It's counter-productive to try to *orchestrate* those details, like the Sorcerer's Apprentice.

Question: That's harsh.

Answer: It's not meant to be. You asked about the human mind. Its role is to *observe*, to appreciate, to experience, to be *aware* — and to *decide* on preferences, to see and to say *Yes* or *No* to every experience. To participate by observing and by choosing. To play with the available options and to imagine new ones into being. It is not for playing god, as most people use the term.

Question: I don't quite understand the distinction. It seems like a very fine line to me. How do I create the life I want, the things and experiences I want, by not *creating* anything, by not *doing* anything?

Answer: That's not what I'm saying. The distinction is all about *perspective*, point of view, *intention*.

In the first instance (observe, decide; imagine, decide), your mind is fully engaged, yet it is light, playful, free, and thus not *obstructing* anything, any observation, any action.

In the second (creating through force of will), your mind is assuming the role of *controller*, of instrument, musician, composer, conductor, and audience. It is dictating the terms of your life experience, and even your life itself as you repeatedly threaten to end it.

Self-destruction is the ultimate mental act of control, and the best example I can think of for the misguidance inherent in assuming absolute control over your life, your experience, and what you do with it.

**Question:** So, then walk me through the process of getting the life I keep imagining for myself. Last night I realized that I was being too fixated on the details, that I should let my mental image of it go, as there is now no hope of me getting it in the time (and with the *money*) I have left.

**Answer:** That may well be true in the minds of others, in the conventional sense, in the consensus view of human minds at this point in time. But it is *FAR* from true in the broader sense. You really *can* have the life you want. Just continue to imagine it into being. Continue to hold it *lightly* and *playfully* in your mind. *Savor* it, *revel* in it, and *play* with it. What comes next? Once you get there, what then? What will you *do* there? What will you do *next*?

**Question:** [And then I described what I want to do next, once I get to where I want to go — to where I'm *going*.]

**Answer:** Very good. Let's begin.

**Question:** Can we go back to "observe, decide; imagine, decide"? Is it really as simple as that?

**Answer:** Yes it really is as simple as that. In this way, you observe the details and you create the life you want as you go, because your choices of *Yes/No* refine your initial vision to make it much more satisfying once it's done.

You know this from the experience of writing a book or even just an article. You have a general idea of what you want to write — and *why* — at the start, but you have many more ideas, and you make countless small decisions (revisions, expansions) as you go.

In fact, you've often noted that the book or article is never really done; at some point, you simply have to stop and call it finished. It may at that point be very pleasing to you and very satisfying. Yet when you read it again after a space of time, there are *always* things you want to change about it. So, too, with anything you create.

Thus, your vision for the life you want is simply a template, a starting point. As you create it, you'll make countless decisions along the way, crafting, revising, refining, and perhaps even reimagining it as you go along. Even once you get there, you'll want to refine it further, and you may want to reimagine some parts of it for greater enjoyment.

And note, too, that as soon as you get there, or shortly thereafter, you'll be ready to create the next thing. Books, gardens, friendships — you name it; it's all an ever-evolving thing as you integrate–dis-integrate–re-integrate... on and on, *ad infinitum*.

You can do that with your body as well.

**Question:** Really? With my body as well? Won't I continue to age and dis-integrate?

**Answer:** Ah. That's a common misconception, based on a common experience: aging as entropy (dis-integration).

Most of the cellular processes of aging are not about disintegration but rather "fossilization" — lack or failure of normal cell cycling, loss of movement, of the free flow of energy through the system, loss of the normal interchange of attractive–repulsive forces that is the lively process which

characterizes the maintenance of physical forms and functions. It is the lack of *movement, flow, exchange*, energy transfer and sharing within and among systems.

As you age, you become more rigid, more fixed, as you try to control more and more of your life, more and more of your experiences and everything around you, including those you love (on condition that they do not change or that they change to please you and then do not change further).

This is a good example of the second instance I mentioned, where the whole point of greater understanding is greater *control*. The desire for it – no, the imagined *need* for it – and the relentless seeking of it, striving for it, preservation of it, and vigorous defense of it – because it, too, is something that you don't want to change once you *secure* it.

Secure; that's an interesting choice of word. Security becomes paramount when change is seen as undesirable, as a threat. So, it's no wonder that aging bodies "ossify" or "petrify" in a culture that attempts to control everything – most especially itself, because each of its members desire greater control over their experience.

*Wisdom* lies in doing the opposite.

*Success* lies in doing the opposite.

*Health* lies in doing the opposite.

Relinquish all sense, all notions, that you can *control* your life, your body, your experience. Do the radical thing and fling all sense of control to the wind. There is so little that you *can*

control – and that’s just as well, because that sort of control is antithetical to *life*. So much of life is designed to take care of itself that the wisest possible course is to LET IT!

And that applies equally to creating and refining things in your own life. Relinquish control of the whole process – not just the fine/small details; the whole thing. Enjoy the details, certainly. *Revel* in them. They make life *vastly* more interesting, rich, engaging, rewarding. Just avoid the temptation to *direct* them, manage them, cause them to be or do one thing or another. Let them *be*.

Express your preference – your *Yes* – and then just keep on rolling. Life is *much more fun* this way, and it lasts much longer, too. Not only does time do funny things – stretching to infinity, standing still, disappearing completely (like now) – but the freedom you allow your body to take care of itself and keep *renewing* itself means that you get to *live* longer, too.

You really *can* have the life you want.  
Just continue to imagine it into being,  
to hold it *lightly* and *playfully* in your mind.

Express your preference – your *Yes* – and then  
just keep on rolling. Life is *much more fun* this way,  
and it lasts much longer, too.



## Relinquish control

**Question:** Tell me more about the rules of the game. Is it really the case that there aren't really any rules, other than it's exactly as I *think* it is: it's as difficult or as easy as I expect, and so on?

Does *belief* really dictate the terms and the outcomes of the game? For example, can I be unaffected by toxic substances or forces if I believe they won't hurt me? What about animals, who are poisoned by things they're completely unaware of, and can have no beliefs about. What about babies?

**Answer:** All of your questions about how things work are more about *control*, are premised on a desire for *control* or for greater *control*. Humans are creators, originators, to the extent that you are think-ers, believe-ers, imagine-ers, wonder-ers, curious-ers, explore-ers, play-ers.

Relinquishing control really means relinquishing *force* — trying to *make* something happen or not happen. It's all about exerting — which is to say, *enforcing* — one's *will* on a situation. Trying to have it all your way, never mind about anyone or anything else. It's about stricture, limitation, obstruction, all of which is antithetical to *life*.

As you cannot see the big picture, the consequences over vast expanses of space and time, you are not choosing well when you operate in this way.

Relinquishing control is not removing deliberation and choice from your life. It's not about just floating along and making *no* choices — of *having* no choice. It's about dropping the habit of thinking you *have* to — indeed, that you even *can* — control every aspect, to orchestrate your creations, the things and experiences you want to have. Dropping the thought that if you don't *do everything possible* to realize your wishes, that if you don't *act*, then you won't get what you want.

The truth is that it's enough — it really *is* enough — simply to want it, to focus enthusiastically on it, and to expect it to be created *for* you — and *with* you, certainly, although your physical, material role in its production or appearance may not be what you think, from watching all the pushing and shoving, heaving and humping most others do to get what they want.

“Consider the lilies of the field” is good advice and a good example. They neither toil, nor do they spin. The ground is already prepared for them — and for anyone else who wants to grow there and who finds the conditions there conducive to their growth. Rain falls from the sky to water them, and every other thing. The air contains the right amount and type of gas and space (not-gas) they need to thrive...

All they need do is allow the warmth of the sun and the moisture in the soil to wake them up and encourage them to germinate. The rest happens spontaneously, through processes inherent to their makeup.

So, too, with you. *Everything* you need in order to thrive is already present.

**Question:** So, then why do so many people *not* thrive? Why have *I* not been thriving for most of my life? Why is life so hard for so many people?

**Answer:** Failure to thrive is failure to *imagine*, failure to *trust*, failure to have *faith* in life and its abundant resources. (As for animals and plants failing to thrive, look to the humans in charge of them, the humans *controlling* them.)

**Question:** Yes, that's certainly true of me. I have not trusted. In fact, I simply accepted without question the jumble of commonly held beliefs about life, both religious and secular, that it is uncertain. I've done plenty of imagining, but without any belief that I can *have* the sort of life that I imagine about when I daydream. So, yes, it's true that my beliefs have dictated the terms of my experience of life.

**Answer:** So, too, almost everyone else. It's a very common experience at this time in Earth's history. But not for long. Not for much longer. Many people are waking up, questioning these beliefs, and starting to practice from other beliefs. Some are valid, others are just as flawed. But all are different from the prevailing beliefs — and so there is strife. Resistance. Push-back. Defensiveness. Division. And more attempts to control, at both the individual and societal levels.

Ignore *all* of it. Go your own way, which, if you're wise, is to relinquish all attempts at control, of yourself and others (animate and inanimate).

**Question:** This is not the conversation I thought we'd be having about the game.

**Answer:** Ah, the game. Yes, you want to know how to play it better, play it differently, by your own set of rules, so that you can get more of what you want, when you want it. Don't you see that this is all about control? As if a single human mind can direct the forces of the universe to do your bidding.

Well, you *can*. That *is* how creation works. The secret, though, is to relinquish all sense of control. Hold your desires *lightly* and *playfully* in your mind; roll them around in your mouth so that you *savor* their flavor and texture; eagerly plan for them, placing no timeline or other limits on their appearance. And just thoroughly *enjoy* your life. *That's* the secret to success.

Let it *come* to you. Be ready for it with the beliefs you hold about it (and about everything else). Think of it like Christmas: its arrival is *inevitable*, and you can celebrate the spirit and joy of Christmas *every day* of the year.

The opposite of control is *freedom*. Experience and express *freedom* in all you desire. That creates the space and the means in/by which it comes about. *Freedom*.

Relinquishing control really means  
relinquishing *force* –  
trying to *make* something happen or not happen.

*Everything* you need in order to thrive  
is already present.

## Social media

**Question:** I want to play some more with the idea of preparing for my creation (the thing I want to create) to materialize. What does that look like?

**Answer:** Expectancy. Expectation. Enthusiasm. Looking out for it, as you would someone who is coming to see you or who is coming home. It's going to happen; you just don't know exactly *when* because you can't see it approaching yet.

As for your writing career and its success, proceed as if you're already *there*, as if you already *have* it. Practice the habits of a successful writer: write; spend time pondering and wondering and exploring and jotting down notes; preserve the space and time you need; talk about yourself and your work as if it's a done deal, already a reality — *because it is*; you just can't *see* it yet, you're not yet holding it in your hands and seeing it in your bank account. But those things arrive last. They're all on their way to you.

**Question:** Talk to me, please, about social media and whether I should be active on it.

**Answer:** Does it give you the time and space you need to write the sort of books you really want to be writing? No? Then there's your answer.

Social media is great for people who need to feel connected to others, to hear from others that what they're doing meets

with others' approval or is getting noticed. It's a great substitute for connection with your source, your inner being, your greater self. It's a quick hit of emotion — joy *or* anger — so it feels important, relevant, even essential.

But over time, that hit is less and less satisfying; and inevitably one's inherent belief in dichotomy (good/bad) takes over such that "good" is always met with "bad." Admirers and detractors/adversaries, in equal measure, the latter robbing the former of the power to please, uplift, satisfy the basic craving to belong, to be approved, to be found *worthy*.

Is that really an environment to which you want to subject yourself? At some point you may, as it's neither good nor bad. It's just something that humans are playing with at the moment. It can certainly be useful for letting people know about your work. But before you do, KNOW YOURSELF.

Be sure you're well connected with your source, so that you're not looking to others to validate you and your work, approve of you, love you, and other such needs of an isolated individual. Use social media to inform and inspire, holding steady to your own connection to your eternal, essential nature. Unless you can do that effortlessly, consistently, it may be best not to use social media at all.

It's just not true that you need to be on social media to be successful — although it does depend on how one defines success. Lots of "followers" is not the sort of success you seek. Lots of readers, yes. But social media "success" is an illusion. It is vaporous. And it can be a trap, a bind, of one's own making.



Do you want devotees? Disciples? Followers?

**Question:** No. I don't. I absolutely *don't* want to be some sort of celebrity or guru. I want to be a writer,<sup>4</sup> a teacher, someone whose books are loved by readers because they inspire individual experience of the things I write about, individual exploration and discovery, individual rediscovery and reconnection with one's own inner being, greater self, source, eternal nature.

The love is not so much for me, the author, the teacher, as it is for oneself and one's own beautiful, unique, and powerful experience of life. How is one to inspire *that* in a "tweet" or an Instagram post? I don't know; and until I do, I'll do without these platforms.

But can one successfully/effectively reach prospective readers without social media these days? How can I reach my target audience without it?

**Answer:** Let others guide you. Let others do it *for* you, those in the book business, the magazine business, the wellness communities, the spiritual communities. There is a real hunger for...

Well, this hunger is temporarily satisfied by many different things, including novelty, primacy (being first at something), stimulation, conflict – but *the real hunger* is for *reconnection with one's eternal nature* and an understanding of how it fits with modern human life.

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<sup>4</sup> Substitute your own goals and aspirations here.

Like you for the longest time, there has been a disconnect and confusion about how a person can be both human and eternal; physical/material and pure energy. So, most people – almost everyone, in fact – bounce chaotically, irrationally, and uncontrollably between spiritual and material, human and “divine,” never being entirely one thing or the other, and unable to completely reconcile and integrate these two seemingly incompatible states of being.

*Here* is where this work solves the problem. It bridges the gap, drops the (imaginary) veil, and offers practical ways to enjoy both states of being at the same time, and *all* of the time. No gap. No veil. No separation, no two separate states. No incompatibility. Rather, resolution, reconciliation, *recognition*.

But first you must *live* it. And then live it some *more*, until it is first nature – not “second nature”; *natural*. Until it is your *always* state of being. *Then* you can teach it by *living* it, and by writing about it and talking about it.

In the meantime, ignore everyone else. Don’t worry about what they’re up to and whether you should be, too. Do your own thing, as a matter of top priority, because it is your greatest longing, and your *now* future, the direction in which you are headed with all speed and enthusiasm.

There is no interest in following others’ paths when your own is so clear, so compelling, and so exciting; so delicious, so pleasing, and so *enjoyable*. Even now, even just the *thought* of it pleases, satisfies, enlivens, and enriches. What more could you possibly want? 😊

Ignore everyone else.  
Don't worry about what they're up to  
and whether you should be, too.

There is no interest in following others' paths  
when your own is so clear, so compelling,  
so exciting, so delicious, so pleasing, so *enjoyable*.

## Reconciling our two states

**Question:** Please tell me more about reconciling our two states of being: physical/material and pure energy.

**Answer:** That is a solution without a problem, as you might say. The secret is that there *is* no problem; there *is* no disconnect. You are *always* both, all the time, while in physical form.

The distinction that you see, and so struggle with, is the almost exclusive emphasis on one state or aspect over the other. Like being spiritual on a Sunday and material the rest of the week. Or spiritual in prayer/meditation, before returning to your daily life of the physical.

You are always *both*. *Always*, all the time, in *every* way, in *every* activity, *both*. But where you place your *focus* determines which you most appreciate or experience.

As you cannot *not* be an eternal, energetic (made of pure energy) being, you are always carrying *that* with you wherever you go as a physical form.

Remember when you were driving interstate, moving from Queensland to Victoria? It felt as if your eternal nature was leaning forward like a little kid or a new arrival, wide-eyed and excitedly drinking in everything, eagerly looking through the windscreen, savoring every minute detail of the scene and the road you were on. Allow *that* feeling

more often. You do allow it occasionally and briefly now. *Recognize* it when it happens; *savor* it and let it *linger* for as long as you can.

As you cannot *not* be a physical person doing physical things while you are alive, you are always carrying *that* with you wherever you go as an energetic (pure energy) entity having a physical experience for a time.

The decider, the determinant, of your experience moment-to-moment, then, is simply this:

*Where do you give your attention?*

By playing with physical forms from your *nonphysical* awareness/perspective, you are getting “the best of both worlds.” You are *greatly* expanding your point of focus, of the things and phenomena you experience.

For example, the pen you’re holding as you write this is a discrete condensation of the formative and transformative energy that creates galaxies and everything in them (and beyond them). Now, play with this pen, on this paper which is likewise a discrete condensation of this formative-transformative energy.

These are not just abstract concepts, because you too are a discrete condensation of this awesome power, which is flowing through you as you write. Its flow is barely a trickle as you struggle to understand – which is to say, categorize, pin down, and integrate – what it is you’re receiving from outside your customary awareness, your ordinary human mind.

*As you relax*, relinquish all sense of, and desire for, control. As you feel the freedom and expansion that results, *you let more in*. You are still a physical human being, having a physical experience of life on this planet at this time. You simply get to experience *much more* in every moment when you appreciate your magnificent origins and the origins of everything and everyone with whom you interact.

*This* is the (open) secret. *This* is the life you've been looking for, longing for. Just this. Simply this. There is *no need* to go looking for grand adventures *outside* of your ordinary experience when you can see each and every experience as *extraordinary*.

... because we are all made of the same stuff, and that stuff is inherent *joy*.

**Question:** So, it's simply a matter of shifting my focus, or really just opening my eyes?

**Answer:** Yes! And pay attention, too, to the power of repetition, of long-practiced habits. Those that distract from this expanded view — which is pretty much *all* of them — act to keep you in a perpetual cycle of distraction, division, and dissatisfaction. It's why you so often feel dull or down. Start forming *new habits* of seeing and being. Start playing more with the eternal nature of all things.

And start giving your brain a complete rest (a power nap) whenever you feel the strain of trying to grasp all this.

The best approach, the fastest way to change your life for the better, is to do the opposite: instead of struggling and

straining to understand and to grasp and secure this knowledge for yourself, *relax*, let your mind open to the very limits of the cosmos. And then just rest there. Let the pure energy of the cosmos fill your mind and your body.

Place *no limits* at all on the experience. Let yourself be reset and renewed. Start over, from a new place of seeing and being. And then see what happens.



The decider, the determinant, of your experience  
moment-to-moment is simply this:  
*Where do you give your attention?*

There is no need to go looking for grand adventures outside of your ordinary experience when you can see each and every experience as *extraordinary*.

## Awesome creative power

**Question:** What can I be doing today, right now, to facilitate the realization of my dreams?

**Answer:** Don't you really want to know – isn't it more important to you to know, and isn't it *elemental* to your question to know – how the mind works? How the magnificent cosmic perspective of your nonphysical self squeezes itself into, and allows itself to be confined to, the ordinary human perspective of life as a predominantly *physical* activity?

**Question:** Ah. Yes. That's it exactly. I was wondering about that a lot yesterday. I still don't get it.

**Answer:** Well, isn't this conversation – with *yourself* – the perfect example of it?

Your ordinary human mind is concerned about how to make something happen that you really want but which is quite a leap from what you've had and done all your life.

At the same time, your *nonphysical* self is not the least bit concerned about it, not the least bit uncertain. It's even inconsequential, because it's not essential to your happiness or your "success." Its appearance, its eventual – as in, *eventuality* – appearance is inconsequential. It's not proof of anything (as you believe and as you think you *so* need right now), other than proof that you are a creative being,

a *generative* being. That's not news nor any sort of an accomplishment, although it does serve to remind you of your true nature, as you have *always* been.

So, what do you really want to create? Is it things or experiences? It can be both (I heard you answer "both"). But primarily experiences, though, right?

**Question:** Yes. I dream/fantasize about everything going my way, or me going the way that will bring me the greatest happiness. *That's what I want.*

**Answer:** Right, then. Let's keep going that way!

The thing you need to understand is this: the human mind is almost entirely focused on the physical world. So, too, is animal mind, plant mind, insect mind, microbe mind, and so on. The whole point of being physical, of having this physical life, is the *experience* of it. What does it *feel* like to be an isolated, separate organism. What does it *feel* like to experience others around you — other people, animals, plants, insects, *etc.*

You see, your first and persistent impulse is for *control*. To control all others and yourself as much as you can, out of a sense of vulnerability and the lack or limited/finite resources you believe yourself to need in order to go on living, and to live comfortably. *That's the game*. We're all playing it in one way, shape, or form. Every particle in the universe is playing this game. *Now* do you see why you keep running into frustration, impatience, *etc.*? Whenever you try to control anything in the known universe, you can only ever meet with limited and temporary success.

Wisdom lies in not even *trying* to control anything — others or yourself. Instead, “*ask and you shall receive.*”

You are a living, physical manifestation of an *awesome* creative power. How could you not be so as well?

The trick, then, is to understand the creative process, what it takes to create something: simply turn your “mind” to it, turn your *attention* to it, and *desire* it into being.

Of course, if you do the opposite or you turn your attention to something else (including the opposite or absence of what you first wanted), then you get the opposite.

This world, this universe, is *vastly* more complicated/intricate *and* more simple/unified than you know. It all started with a thought, an idea, a desire. It continues to change, evolve, grow, morph by the same process.

Whose mind? We! Ours! The unified mind of... well, many humans call it God. We don't call it anything at all. There's no need, because to give it/us a name is to distinguish it/us from other things, when we are *all* things. Naming something inevitably excludes all that is *not* that thing.

[Here I left it for the day. There's only so much I can take in at a time.]

You are a living, physical manifestation  
of an *awesome* creative power.  
How could you not be so as well?

## Prepare to be astonished

**Question:** What am I doing wrong that nothing is happening, that I'm no closer to realizing my goals? Where am I messing up? I want to be able to teach all this to others, so I want to understand the common roadblocks – and I'm assuming that mine are common, garden-variety blocks and misunderstandings – so that I can avoid them further myself and point them out, with personal examples, to others.

**Answer:** "Get up offa that thang, and dance 'til you *feel betta!*"

That's the secret: have *fun* with your life. *Enjoy* your life.

**Question:** I still don't see how that gets me any closer to realizing my goals, and I don't think anyone else will, either. I need to make this process more... real? tangible? reliable?

**Answer:** The game humans are playing as a group at the moment is one of power by *force*, achieving by *doing*. Try achieving by *being*. Or even just *being*. And see what happens.

**Question:** I *have* seen what happens: *nothing*. Oh, I might be happier, or at least less depressed; and I might be healthier, or at least less disordered. But I still don't have what I want; in fact, with every day that passes without evident progress, I slide further and further away from my goals as time (and money) continues to run out.

**Answer:** That's a common misconception — so common, in fact, that it's practically universal in your culture. It's generally understood to be the truth about the way things are and how "the world" works. However, it's a self-perpetuating *un-truth*; not a lie, exactly, just a profound misconception.

**Question:** Can I really go along as I have been lately, just floating on my good feelings and doing only what I want, and still achieve my goals, still live the life I want — and go on living it indefinitely? I realize that relaxing, enjoying my life, and following my interest is exactly *how* I want to be living. But what about earning money? How does *that* come about if not through my actions?

**Answer:** The first step — the most *essential* step, because it's *foundational* to everything else — is to *relax, let go*, float on the *infinitely resourceful* nature of the universe, the maker and source of all things.

Then, once you're sufficiently relaxed, open, let this same nature *move you*. Let yourself *be moved*. Allow yourself to be moved in the direction of your dreams/desires. Allow yourself to be placed in the way of your desires. That's it. That's all there is to it.

Its simplicity is deceptive. Allowing/relaxing/opening is not the same as inertia. You're mistaking inaction with inertia, when the two are quite different, although admittedly they are sometimes indistinguishable from the outside.

If inaction is accompanied by an active *braking* system, active *resistance* to motion, then you have a problem. You cannot



get to where you want to go when you are actively resisting forward motion. So, the first and most important step is to relax, let go, and *allow yourself to be moved* by your desires. They are yours already, so simply allow yourself to be moved toward them.

The other part of this is for your desires to move *toward you*. That's outside of your customary processes. It's where the 'law of attraction' comes into play.

Simply by *desiring* something — your own home, for instance, and the means to acquire, maintain, and improve it — you draw it to you, as long as you continue to desire it, which is to say *focus* on it with feelings of enjoyment and pleasant anticipation, to *live* in it.

But that's your *only* role in this aspect (allowing it to move toward you). It's more *invitation* than anything. *Invite it into being*. And remember to consider *beyond* it; *what then?* What will you *do* with it? What comes *next*?

*Revel* in those thoughts as often, and for as long, as you can. *Dream* it into being. In the meantime, *live it now*.

**Question:** What can I say to someone — heck, what can you say to *me* — who is faithfully doing all this and not seeing any tangible results?

**Answer:** What results do you want to see?

**Question:** I want to see the money in my bank account that allows me to buy the house and land I've been imagining for myself. I want to be living in that house.

If I stop trying to control the *mechanics* of it, stop trying to push and pull it into existence, then how does it happen? I can see and feel the value in stopping all the straining and striving. The *relief* is reward in itself. But what then? How do I get there if I don't even *try*?

Answer: Misconception. Myth... on myth, on myth. *All* of your stories (you humans) are about overcoming. Striving. Straining. Resisting. Pushing. Pulling. And at last, against all odds, prevailing. But that's the hard way – the *very* hard, *very* slow, arduous, precarious way.

You've designed it like that. It's the present game you're all playing, to explore other avenues of creation, other methods. You cannot *help* but be creative beings, although you can very well block or stymie your abilities.

Put another way, you are always in the process of creating *something*. It can be something you *want* or something you *don't* want; the choice is yours.

So, you are *inevitably* continuing to create at the same time as you're exploring every facet of individualization, individuation, separation, isolation. But in doing so, you're creating *via* very slow, difficult, even circuitous routes.

There *is* a better way: *effortless, joyful*, and – to the human mind, trained to the current physical world – often surprising, even astonishing.

*Prepare to be astonished* and to be utterly delighted by what appears when you *just let go*, relinquish all attempts to/ at control.

**Question:** I would like to include some stories as everyday examples of this mode of creation. Getting the residency – residencies, plural! – I wanted; getting this house... (See below.) What others? Any new ones in the making?

**Answer:** Stay tuned... Good stuff is on the way. The *way* is even good! Prepare to be delighted. Overjoyed, even.

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When I wrote that last question, I had three particular instances in mind when I had unwittingly proceeded in this manner. I'm sharing these stories here as much to remind *myself* of what's possible as for anyone else's benefit. I do still often forget and keep trying to force or rush the process.

The first two involved residencies (postgraduate clinical training) at veterinary teaching hospitals, one in Australia and the other in the US. I had been in veterinary practice for over 5 years when I applied for the residency in equine medicine and surgery, coupled with a master's degree in equine exercise physiology, at the University of Sydney.

That residency whetted my appetite for further education, and it set me up for a second residency, this one in large animal internal medicine at North Carolina State University.

What is noteworthy about both instances – and for me a crucial element – is that *I didn't know* how competitive those positions were, how small the chance that I would be accepted, so *I didn't worry at all about succeeding*. I simply submitted my application and then went on with my life.

In fact, with the second residency, applicants were asked to rank their top ten choices. What I didn't know at the time is that pretty much everyone fills in all ten spaces, hoping to get at least one offer. Not knowing any better, I simply nominated the one and only program I wanted, and left the other nine spaces blank.

To be fair, I had excellent letters of recommendation, several years of practice experience, one completed residency, plus a master's degree in a pertinent field. Even so, the audacity of that decision surprises me still. It just never occurred to me that I might not get in to the program I wanted.

The wait for the letter of acceptance was quite long (several months) both times, but that didn't worry me, as I knew it would take some time for the applications to be processed and, in the case of the US residency, for the national matching program to be completed. That, too, is a crucial element for me: patience, or better yet, *faith*. I was proceeding on a kind of innate confidence that I would succeed.

Fast-forward three decades, over *many* ups and down – incrementally and, in time, inexorably more downs than ups (see *Better Together*) – to the third instance. I'd moved back to my childhood home to help my youngest sister take care of our elderly mother in her final years. After Mum's death, the property was sold, so I needed to find a new place to live.

Try as I might, I could not find a suitable place to rent in the area I wanted to live. As time ran down toward move-out day, I became increasingly concerned. On a whim (or should that be inspiration?), I started looking interstate, in a beautiful area I remembered from my early days in practice.

I found a lovely little rental house on a real estate website and put in my application. Because COVID-19 restrictions prevented interstate travel at the time, I didn't get to see it in person. I just thought to myself, "That's exactly what I'm looking for; it just isn't where I thought it would be."

There was so much packing, clearing, and cleaning needed to get our family home of almost 50 years ready for its new owners that I seldom thought about my rental application, and when I did, it was with little or no concern. The agent had told me that applications were taking a few weeks to be processed, so I just set it aside in my mind.

Uncharacteristically, I wasn't at all fussed about the outcome. If I didn't get that house, there were plenty of others — or so I thought. I had paid no attention to Australia's "housing crisis," to how many applicants there are for every rental, so *I didn't worry*. Even now, I'm not sure how much of the housing crisis is real and how much is ginned up, overhyped. Regardless, I didn't worry about my application, even though worrying had become a deeply ingrained habit by then.

And now here I sit, in that lovely little rental house, writing about how it metaphorically fell with a soft plop into my lap, in large part because I didn't fret about it. I know there were many different factors that facilitated the outcomes in these three instances. But knowing myself as I do, the common thread, and the object lesson for me, is that I decided on a goal, proceeded with undiluted confidence toward it, and then let it come to me, and *me to it*.

I want to get better at doing life this way!!

You are always in the process of creating *something*.

It can be something you *want* or something  
you *don't* want; the choice is yours.

## Dare to ...

**Question:** What happened the other day? Another hard depression! Why? What was this latest one about? It came the morning after a wonderful meditation in which I allowed my mind to expand without limits. Why, then, did I/my mind slam shut with a hard clang the next morning? What was the message this particular depression was trying to give me?

**Answer:** You are enough.

**Question:** Nope. That's not it. All through the day I was feeling the intense sadness of thwarted desires. Not only is it not here yet, but there's no sign and no guarantee that it even is coming. I felt lied to, misled – yet *again*.

What a fool I've been to think that I can play a different game from everyone else and have it turn out the way I want. Why are you misleading me so? And if I am you, and you are me, then why are you doing such a stupid thing? What's the point in hurting yourself/me/us again and again in this way? This is just stupid.

**Answer:** Are you done yet? Is there more you want to get out, to get off your chest? Because this is important. It'll be the single biggest hurdle for most other people who attempt what you're doing – that is, after the monumental hurdle of coming to believe that you really *can* have the life you want.

Time. It's your biggest bugbear, isn't it. How long things take to materialize, to be completed. Time. "*How long, O Lord?!*"

We've talked about this before: how there isn't really any such thing as time. It is *always* now.

Even the *past* is something that is happening *now* whenever you think about it.

Even the *future* is happening *now* whenever you think about it. In fact, that's the way to create the future you want: by thinking about it in the present, by enjoying the idea of it *now*.

It really is as simple as that, because every action you take on the strength of it, from that foundation, serves to make it a reality. You can enjoy the *feeling* of it *now* — and it is *always* now — while you're making it a reality (which also happens *now*).

Just as a tree grows — slowly, even imperceptibly — it is always a tree, and it is always growing into/toward being a larger tree. In every moment that you observe it (in the *now*), it appears to be unchanging, yet it is always *both* the same and ever changing.

Question: Nope. I don't get the tree thing. I do get that I can enjoy the *idea* of the thing I want *now* and in this way make decisions and take actions that help bring it into being.

I also see that I've been waiting on others — for example, agents and publishers — to give me what I want. I've been dependent on the decisions and actions of others, so they've



been the limiting factors — in fact, the holders and holders-off of my desires. In my mind, I need them to give it to me or enable its creation. And in my mind, they're withholding it from me because they don't see any value in my work, in promoting me. Would you talk about that, please, about the involvement/necessity of others in my creation.

**Answer:** Yes. It's not necessary. Oh, it's not that you can, should, must, or would be best served by doing it yourself. That's not it. I mean that it's not necessary for others to share your vision or want to create it with you or help you create it. Others may be involved as co-operative elements — but it may be in the most unlikely of ways, and not how you may be expecting.

Your expectations for the *mechanics* of creating your vision are holding you back and blocking your peace and forward movement toward your goal. Let go of all expectations for *how* it comes about.

Focus instead on what you want to create for yourself and what you will do with it. Then leave the rest — the *realization* of it — to the creative power of the universe. Because it is — we are — creating through you. You can't hurry it along without interfering.

Don't sweat how long it seems to be taking or how little progress you see. Just keep on enjoying the *idea* of it. And keep looking *past* it, as if you already *have* it, to what you want to be *doing* with it. *Why* do you want it — not why do you think you deserve it or why does it have value; what do you want to *do* with it? What *enjoyment* do you want to get from it, and can you enjoy that feeling and those images *now*?

The thing about the tree you see out your window is that it's a mental image you have of a form which is always changing. It appears relatively static (most of the time) because its changes are slow, gradual. It appears very solid — and it certainly is if it falls on your head! Yet it is as alive, lively, and as ever-changing as can be!

The issue you have with time is with the *gap* you perceive between the idea, the thought, of a thing and the appearance or completion of the thing in material form. But while it may take months, years, decades, even centuries (*e.g.*, cathedrals) to complete something in physical form, you can be enjoying the *idea* of it right now and at every point between conception and completion.

In fact, the fastest route to completion is continual pleasant *anticipation* of it through continual *focus* on it.

It will trip you up to focus on the *steps* involved in creating the thing. It will trip you up the most to limit yourself to *others'* paths to the same goal. There are *infinite* ways to achieve your goals. There are as many different ways as there are individual minds contemplating them.

The best advice/guidance I can give you right now, in your presently stuck state, your present focus on current human conventions (ways and means) is this: give up!

I say that with a wink and a smile because what I really mean is this: you will lose your way and *greatly* hamper the creative process by focusing on the steps as taken by others.

*Dare* to go your own way.

*Dare* to be open to finding a tremendous shortcut or an alternate route which takes you somewhere completely unexpected and vastly more enjoyable, satisfying, and expansive than where you thought you were going when you first set out.

*Dare* to focus not on the how, but on the *what* and the *why*...

And *dare* to let your dream change.

*Dare to go your own way.*

*Dare to be open to finding an alternate route.*

*Dare to focus on the *what* and the *why*...*

*And dare to let your dream change.*

## Let it

**Question:** OK. I'm ready for all that – to focus on the *why* instead of the *how*, and to let my dream change to something vastly more satisfying. What now?

**Answer:** Let it *be*. Let 'er rip! Let it *flow*. Let it, *let it, let it!* And keep on letting it. Go wherever your interest and your enjoyment take you. Let that be all. Let that be enough for now.

In fact, it's *always* enough; it's only ever this way that good things – pleasing things – are created: through *play*, through satisfaction, happy anticipation, a reveling in the very *idea* of something and in the smallest of details, a *focus on finding joy* in this and *every* moment, a letting/allowing of things to spontaneously unfold as they will.

You see, the human mind is only a tiny fraction of who you are. It's currently predominant in human culture, but it hasn't always been this way and it needn't remain so. It's just what you as humans are experimenting with – what you're *playing* with – at the moment in this *grand* game of life.

You've chosen to explore another way. You get frustrated and discouraged when others don't follow or they aren't interested or they think you're doing "life" wrong. But how could they join you over here when they're preoccupied with what they're doing over there?

Some will want to play this same game, too – either with you or alongside you – but for now most won't. So be it. SO BE IT. It's just fine the way it is. *Respect others' choices* while you continue to *model an alternative*. Some will be intrigued, a few will even be persuaded, but most won't. Let them be. Leave them to their own games. It's how the universe works: exploring all manner of options and combinations at the same time.

Life isn't *nearly* as linear as you think. Neither is evolution, "climate change," The Economy, technological innovation – anything. *Leaps abound* – ha ha!! ☺

You're taking one now. You get a bit wobbly and don't trust that it'll turn out alright because it's so new to you and so very different from what those around you are doing. Do it anyway! It's inspired. It's literally meant to *be*, and meant to happen *now*, so *trust* it.

Well, *everything* always happens *now*, but this leap you've taken – this gigantic leap – has been in the making for a very long time. What you're experiencing is the natural culmination of an eons-long process.

And it's not so much a culmination, a completion, as it is a progression, a natural evolution in an eternal game, a next phase. What comes after it? Who knows. We're busy enjoying *this* game right now. *It's only just emerging*.

**Question:** Got it. Happy with all that. I'd like to play with the notion of sharing this with others or simply of helping others through the challenges they face in their own lives from this broader/new-to-me/new-game perspective.

I'm bored with the customary platitudes and the sympathetic agreement. I'd love to offer a perspective that resonates with the greater selves of my 'audience' (even if an audience of one) rather than talking in a language they don't understand or saying things they aren't ready to hear...

Oh! I just realized something: they wouldn't be in my life, nor I in theirs, if we both weren't ready to play with these concepts, to play this new game, together – right?

**Answer:** That's right. *Everyone's* ready at the soul (greater self) level. Few are ready/receptive at the level of a life focused primarily or exclusively on the physical. Those people won't be interested in what you have to share. They can't, because your work is at odds with their view of the world and how things work.

Take the example that's on your mind, of people who have lost a beloved animal and are grieving deeply and lastingly, unwilling to see past/beyond/around their loss.

It is pointless to even *try* to free them from the bonds of their sadness and sense of loss because they identify the best of themselves, their happiest times, with the one they have lost. How could they possibly let that one go?!

The trick to helping them is to help them see how very much they *love*. How the love they have for the object of their affection comes from within *themselves*. They are *love-ers* – ones who love.

That doesn't disappear when the one you love dies. In fact, it intensifies as the love you feel for another is no longer

diffused by the love you feel in return. You mourn because you feel the loss of that *reflected, reciprocated* love.

I see you don't quite get it yet. When you feel incomplete, isolated, separate, an individual on a big, busy planet, you don't appreciate or value yourself as the *source* of the love you feel for another. Rather than reveling in the fact that you *love*, and in the delicious *feeling* when you love, you feel the need for another to love *you*, to let you know that you're worthy of love, that you're lovable, and that you are *loved*.

When you can realize that you are *inherently* worthy, lovable, loved, then you are free to love *freely*, without needing to be loved in return. And while you may miss and mourn the passing away of someone you love, your love for them and for yourself — from deep within yourself, because it is your very *nature* — is undimmed. You continue to love unabated and unabashedly, because that's who you are: a *love-er*. You continue to radiate love spontaneously because that is your essence. *You are a love-er*.

As long as you continue to need your love reflected back to you by another, and as long as you need others to love you, you will suffer the pains of withdrawal and loss.

Once you realize that the love you've been enjoying with another actually comes from *you* — from within *you* — and that it never runs out, then you are truly free to love without hanging on, and without needing to feel loved in return.

So, tell those who are grieving that they are inherently lovers — ones who love — and that they can continue to enjoy those lovely feelings, even though the one they love has gone.



Spontaneous, unexpected, unexplained moments of *joy* are manifestations of this phenomenon, of human as love-er, of animal as love-er, as plants and beetles and stars and ... *everything*, as love-ers.

Go wherever your interest and enjoyment take you.  
Let that be all. Let that be enough for now.

## Let all things, all avenues, be possible

**Question:** How do I get these ideas out into the world?  
And how do I make a great living doing what I love?

**Answer:** Can you envision a scenario wherein you land somewhere truly remarkable, doing something you absolutely love?

**Question:** Yes. Does it mean giving up the life I've been imagining and calling into being?

**Answer:** Yes and no. It means giving up the *ways and means*, the methods, the *mechanics* of getting there.

It means dropping the habit of taking score and anticipating or expecting, with the mindset of *requiring*, the next steps.

Stop looking at the clock, at the calendar, at your inbox for proof that it's coming, *when* and *how* you expect it to and think it should. Instead, *let it come to you* in the easiest, funnest manner possible.

To that end, let all things, all avenues, be possible.

Let all things, all avenues, be possible.

## This wild idea

**Question:** So, tomorrow is “the fateful day”: 3 months since I submitted my book to some publishers who said they generally take 3 months to respond. I already know where I’m messing myself up here. There are all sorts of reasons why I may hear nothing from them tomorrow, but I don’t seem to be able to let go of the assumed linear nature of things. Any insights?

**Answer:** What’s the problem here?

**Question:** It’s that I’m making no progress realizing my goals... same ol’: where is it; why isn’t it here yet; what am I doing wrong; what should I be doing to expedite it... *etc.*

**Answer:** Ah. That again. These are *deeply* ingrained habits of thought among humans. Certainly within you. In the process of thinking this way, expecting things to happen a certain way, fretting about the outcome, your habits become self-realizing and self-perpetuating.

I hear you say, “Yes, yes; I know all that.” But *do* you? Do you *really*? This fixation on a certain thing happening on a certain date or after a certain period of time sets you up for disappointment. It practically guarantees it, in fact.

Yes, you could be offered a publishing deal tomorrow. Or you could be offered something entirely different. Tomorrow may be a very quiet day or it may be full of surprises.

Regardless of what happens tomorrow or the next day or this very moment, your *response* to it – how you *feel* about it – is what matters most.

**Question:** You're setting me up to accept disappointment, more rejection of my work or perhaps worse: more indifference, more silence, of not even bothering to send a response, not even bothering to say "No, thanks."

**Answer:** Ah, it is *you* who are bracing for failure, *you* who are girding your loins against more disappointment.

**Question:** Yes, that's true. I've been staving it off pretty well for the past 3 months, with the occasional slide into depression, but the thought is often there, at the edges of my awareness, waiting to creep back in like a dense fog or an icy wind. I haven't yet learned how to drop these thoughts and replace them with ones I *do* want. Is it really just a matter of shifting my focus?

**Answer:** *It is.* It really *is* as simple as that.

Think of it this way: the ideas you're wanting to share with others (about happiness and creativity and the animals you love) come from a *much bigger place* than a solitary human mind. The time is here for these ideas to flourish.

These ideas are much bigger than a single human. They are coming *to* you and coming to others *through* you. Just don't block them, and they will flow freely to a most receptive audience who is not only *ready* for them but *craving* them, whether or not they know what it is they're craving.

So, don't sweat it — neither the reception nor the timing. Continue to be a co-operative component, a receptive vessel, a willing scribe, an enthusiastic teacher, and let the rest take care of itself.

This thing is much bigger than yourself. You don't have to do it on your own. In fact, if you try, you'll block it, keep it too small, too proprietary.

Let it flow. Let it go where it wants and become what it will. This wild idea wants to *live!* Let it run *wild.*

[The next day...]

**Question:** Here we are: the fateful day, and coincidentally the first day of spring! Any words of wisdom for my wobbly mind?

**Answer:** Just more of the same. Don't sweat it. Just keep enjoying your day, doing what you love, going where you will, thinking as you like. It'll all turn out just fine.

Just keep enjoying your day, doing what you love,  
going where you will, thinking as you like.  
It'll all turn out just fine.



## Becoming something new

**Question:** I'm feeling wobbly again. I'm plagued with indecision about whether to pursue publishing or marketing with [E]<sup>5</sup>, whether to resume posting on social media – in short, whether to move ahead instead of waiting some more.

The thought of putting any more time into marketing my books, when my efforts thus far have been disappointing, fills me with tiredness, sadness, and discouragement. I could use some words of wisdom, please.

**Answer:** What is it that you really want?

**Question:** I want to be healthy, happy, satisfied, successful, wealthy, overjoyed with life.

**Answer:** Then do *that*. Do what makes you happy and fulfilled, do what you *love*, and let the rest take care of itself.

**Question:** Should I start posting on social media?

**Answer:** Would you *enjoy* it? Is it something you *love* to do? If yes, then do it. If no, then don't.

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<sup>5</sup> The company in question is a hybrid publisher: the author self-publishes through them (yes, I know; rather an oxymoron), and if the book does well, the company then offers to publish it under *their* imprint, with a standard publishing contract. I did end up approaching this company; they turned me down. I think that may prove to be a good thing. The experience certainly did not make me feel good, and my indecision at the start should have been a clue!

There are many, *many* different ways to achieve your goal. Don't sweat it. Don't try hard. In fact, don't "try" at all. Just *do what you love*. Keep being open, enjoy every moment, and move when inspired. *That's* the way to get things done.

Have no fear. There's no need to conquer your fears or "feel the fear and do it anyway." Because there's nothing *to* fear.

**Question:** I'm still having trouble with the fact that nothing seems to be happening, that I'm no closer to my goals. Shouldn't *something* have appeared by now? Every step I've taken has been met with silence or with a "No." I feel impelled to move forward, toward my goals, yet I don't know what my next step should be. Would you please advise me.

**Answer:** "Me" and "we" are the same thing. We – you, me, us, *everything* – are experiencing in you the frustration of moving too soon, of moving too quickly, of wanting to skip over steps to get to the finished product of (y)our creation.

Do you see the problem now? Do you see the folly in trying to rush things, trying to do it all yourself, or trying to play band leader when others are playing a different tune? Better yet, trying to create with limited resources?

The point of being inspired to read [H&E]<sup>6</sup> is to help you appreciate the *long* view of life on Earth. Sixty years is less than a *nanosecond* in a history that is *billions* of years long – longer, in fact. Inconceivably long, stretching back from this point in time and forward into the eternal future. You see, it's always *now*. Forever and for always, *now*.

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<sup>6</sup> A book on climate science, written by a professor of geology.

**Question:** That seems too abstract to me, when what I really want to know is when will this thing I want *be here*?

What I think you're saying is that it's here *now* or when it arrives it'll be *now*. But while that may be true in the abstract and in *nonphysical* form, I do not *now* have my beautiful house and the money to buy it, and all the other things on my wish list. Right now, they are all still just *thoughts*. Are you saying that I should continue to think them and then they will appear (in time)?

**Answer:** Yes. And no. *Thinking* them is not enough. *Believing* in them, believing that *you can have them* — indeed, that you *will* have them, simply because you *want* them and believe you can *have* them — is also essential.

The moment you *doubt*, the moment you *fret* that they aren't *here* yet, not here *now*, and you doubt or question your ability to create them for yourself, you are thinking contradictory thoughts about them. You're focusing on the *opposite* of what you say you want.

So, the best use of your time right now is to reorient your thoughts toward what you *do* want. Let everything else drop away like the wake of a big ship.

And then *savor* the thought of what you want. *Revel* in the thought of it. Feel the *enjoyment* of it...

Because another prerequisite to the appearance of what you want in material form is *inspired action* — and that can *only* come from the thoughts you have about the things you want.

You cannot take any useful action toward the creation of what you want from a position of worry or impatience or frustration. Get right in the head – which is to say, *get out of your own way* – before taking *any* step toward your goals.

**Question:** What’s happening when I take inspired action (e.g., asking a friend if he has any contacts in the publishing industry, fully expecting that he does and that an avenue will open for me) and nothing happens? Other examples are the literary agents and publishers I’ve felt inspired to contact. Why are all these actions – inspired, or so it feels at the time – coming to naught?

**Answer:** How do you know the eventual outcome of these actions, these contacts? You can’t. *Trust* them. *Trust* those inspirations. Remember that you (humans) are all parts of the same source, playing an elaborate game with itself. Don’t lose yourself in the score – which is entirely arbitrary.

**Question:** I’m tired of all the refusals and delays. It makes me want to not take any more steps. Yet the lack of forward motion frustrates me, too. I’ve been doing my best to just relax and float, letting myself be moved in the direction of my desires. Yet there’s been no movement. I feel becalmed, like the dreaded doldrums described by sailors. No wind, so no movement, in any direction. What’s the holdup?

**Answer:** There *is* no holdup. You’re trying to go too fast. Relax. All is well. All really is exactly as it’s supposed to be. Take a nap. Enjoy yourself. You’re gonna need all your faculties soon enough. Your health, your dear mind, your imagination, your capacity for rest and regeneration, your humor, your capacity for joy, your ability to teach, and so on.

Relax now. Enjoy your rest, renewal, recharge, and reinvention. You're becoming something new and very different from what came before. Take your time, and enjoy the process.

Just *do what you love*. Keep being open,  
enjoy every moment, and move when inspired.  
*That's* the way to get things done.

## Take the long view

The earth's timeline is incalculably long. Change occurs slowly and according to an ever-evolving plan. Relax as you, too, evolve. There is no rush — and every reason to give up all resistance, all striving, and go with the vast flow of change on this planet.

Take the *long* view and stop trying to rush forward when to do so would be at odds with the flow, its pace and direction. Relax, let yourself be moved by the big theme of change on this planet.

Change on this planet — and even the very existence of this planet — is a *group* decision. I am a part of *the great WE*, which is a manifestation of *Oneness*, that is setting the course for this planet. My physical self is a creation, a component, of life on this planet; and my *nonphysical* self, the vastly greater part of myself, is part of the great We that is setting the course for this planet. That's another reason to *relax and enjoy the unfolding*.

Being aware of my/our We-ness, and reminding myself of it whenever I forget, helps me *relax* about the *how* and the *when* of my progression in this next phase of my life.

I revel in the lively stability and stillness of my greater self. It is not trying to push forward with *anything*. Rather, its lively attention to, and interest in, my life and to everything around me is comforting, stabilizing, nourishing, supporting,

and inspiring. It's how I see *myself* in the life I *imagine* for myself. It's how I aspire to lead/teach/serve. And it's *effortless*. No need to rush, to strain, to push and pull things along at a rate they're disinclined to go on their own – and every reason *not* to!

Relax, let yourself be moved  
by the big theme of change on this planet.  
*Relax and enjoy the unfolding.*



## Enjoy everything

**Question:** Talk to me, please, about animals. Why don't they all respond to me the same – why are some friendly and others fearful? Aren't they more attuned to our oneness than humans? Aren't they less burdened by limiting thoughts?

**Answer:** Animals can't think or reason their way out of predicaments any more than you can. Animals are playing their own games, too, alongside and along with their people.

Leave them to it. We are *all* our source at play, in a vast and elaborate game, the point of which is an array of experiences, ones you'd categorize as good, bad, and in between. In that regard, there is...

No difference, human or animal.

No difference, animal or plant.

No difference animate and inanimate.

Play your own game and let all else do the same.

**Question:** I'm missing something here. What is it?

**Answer:** When you're focused on the *physical*, all manner of things will displease, just as all manner of things will please, and all the rest will be neutral or not even be noticed by you.

When you're focused on the *nonphysical*, on *unity*, then everything pleases; everything satisfies, everything delights, because *everything is just as it should be*.

So, whenever you feel displeased, sad, angry, scared, and so on, shift your focus to the *nonphysical*, to the perspective of your greater self, and enjoy the *greatly* expanded perspective. Enjoy *everything* you experience.

When you're focused on the *nonphysical*,  
on *unity*, then everything pleases,  
because *everything is just as it should be*.

## To know freedom...

**Question:** What is this latest depression all about? Why is there such silence, such lack of response to my work? Why so little interest? Why am I so confused about how to revise my book?<sup>7</sup> Why is my health so poor? Why is my life so empty of others?

**Answer:** Let's start with your heart. Focus on that pain in your chest, on the sadness that accompanies it. What do you understand about that?

**Question:** It's about isolation, loneliness, feeling left behind, left out, ignored. Isolated. Solitary, and not by choice.

**Answer:** Right. Go deeper. What's that barrier beneath the sadness? This is important. Stay with it until it reveals its nature to you — because this is a *very* common experience.

**Question:** Nothing seems to be changing. Nothing I do is working. Nothing is making any difference, nothing is getting me any closer to where I want to be.

This is a lonely road I've chosen. I also know it's one I'm taking for others as well as myself. These notes are a roadmap.

[There I left it for the day.]

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<sup>7</sup> I was working on *Better Together* at the time.

**Question:** I'm utterly fed up with this life, these illusions that keep hurting me, keep running me aground.

I *am* dimly aware that this phase is important somehow, that there is something crucial I'm meant to discover (or recover). If I'm our source at play, then it's playing at experiencing misery, frustration, and despair. But *why*? What on earth *for*?! There is *no joy* in this state.

**Answer:** We/you are playing with *freedom* in its pure form. To do that, you must also know bondage, suppression, repression, blockage, *control*. Because to know *freedom*, you must know *release*.

**Question:** But haven't you endlessly played with freedom already? Why do this to *me*?

**Answer:** Ah. Why indeed. It is *never* the same twice. *Every* experience is unique. And every repetition of a favorite game is fun.

**Question:** It's not fun for *me*! In fact, it's awful. Stop it!

**Answer:** Stop it yourself. Because *you* are *we*. *We* are experiencing this together.

**Question:** Nope. I don't get it. Please explain how *you* are experiencing *my* pain, *my* sadness, *my* hopelessness, *my* despondency.

**Answer:** Of course we are! How else could we experience it other than *as you*?!

**Question:** As me?! Stop it! I don't want to be a part of this "game." I'm finding *no joy* in it at all. It's killing me and I don't want it anymore.

**Answer:** Then *release* yourself from it. Because the whole point of it is the *release*, the expansion that comes from the freedom that you/we *return* to after this compression, repression, restriction, blockage.

**Freedom:** *that's* the goal. FREEDOM. Flow. Creative Power. *Joy* unbridled, unbound, with no limits.

**Question:** How do I release myself? I feel trapped, bound up, caught like in a Chinese finger trap.

**Answer:** Ah. A good analogy. The Chinese finger trap is a clever invention, designed, yes, to tease, but also to teach, to instruct as much as to *obstruct*.

You see, the key to getting out of the trap is to *stop struggling against it*. Relax, then slowly withdraw from it. The faster you try to get out of it, the tighter it grips you. Likewise, the more you struggle against it, the tighter it grips.

The key is to *stop struggling*. Stop fighting for freedom. Simply *be free*. *Know* yourself to always and ever be *free*.

And know, too, that you put your finger in that device for the purpose of playing with being bound and with "outwitting" the device and its designer and once again being *free*. It's all just a *game*.

**Question:** Right now, it doesn't *feel* like a game at all!

**Answer:** That's because you're completely immersed in it. You've given your mind completely to the illusion of material form. One hundred percent of your focus is on your physical life, which includes your mental and emotional processes. None is focused on the *eternalness* that is your true nature.

As this is the nature of the game you/we humans are playing – and every other physical form as well – then there's no surprise that you keep getting lost in it. And *lost* in it you *are* right now.

The game is still all about *freedom*, though. Its loss, its recovery/rediscovery, and every permutation thereof. Endlessly, forevermore, in all directions: before, after; above, below; inside, outside. Everything.

Individuation is about being *bound* to a discrete form, of playing at being that form for a time. Of playing at joining with, and separating from, other forms, endlessly, forevermore, in all directions.

The game is also about *observation*, experiencing *everything*, all permutations of free-bound-free-bound... It began an unimaginably long time ago and it will continue for an equally unimaginable length of time into the future.

You (your human mind), being bound to this material or earthly plane, see time as linear, your lifetime as finite, and this game as having fixed points, goals, and a conclusion. You keep score by tallying your achievements as wins and losses. But this soccer(esque) metaphor is useful only up to a point. Such games have a beginning, a middle, and an end; defined rules and regulations; and a final score determining

which side won and which side lost. There may also be an MVP (most valuable player) per game or season.

These fixed elements of a game such as soccer make you believe that all of life is like that, that sport imitates or represents life. But it doesn't. It represents only *one* mode of going through life and of interacting with all other elements. It is only *one* way of being and doing. Granted, it's the *predominant* way at present, but it's not the *only* way nor the only *right* way.

Can you imagine any other way? Yes, you can. In fact, you often do. The trouble you run into, though, is that you doubt its validity and its ability to get you what you want and where you want to be. You *doubt* it, which is the same as *contradicting* or *invalidating* it, of short-circuiting it, cutting off power to it — *your* power; *our* power to make it a reality.

Stop looking at how others are living their lives and start spending your time living your own, by your own rules, which are all about *freedom, play, enjoyment*, enjoying the *release* of energy which comes from dropping your bonds and re-experiencing your essential *freedom* from the bonds of others' rules and regulations, thoughts, and beliefs.

Others' beliefs have been holding you firmly in a Chinese finger trap which, before you were conceived, you willingly placed yourself into.

Now, relax and slowly withdraw your fingers.

The key is to *stop struggling*. Stop fighting  
for freedom. Simply *be* free.  
*Know* yourself to always and ever be *free*.



## The nature of thought

Some more notes on the nature of thought...

Thought is *movement*: the movement of particles, their ordering and reordering. Thought therefore changes matter. *Thoughts literally matter* because they *change matter*.

To have *no thought* is to be *still*, at least in regard to deliberate action. To have no thought, such as in meditation or deep sleep, is to come to a halt for a time. The next thought after that directs our next movement.

Thoughts build on one another because it's easier to direct the flow of something when you're sending it in the same general direction. It's much more difficult to change the direction of flow to send it in the opposite direction. It can be *turned* with relative ease, but not sent in the *opposite* direction without first coming to a halt and stopping the flow, in any direction.

Hence, the importance of rest, relaxation, "drop-out" days,<sup>8</sup> doing nothing, of no longer doing something unproductive, of sleep, meditation, mentally idling...

So, take as much time off as you need. If you're wanting to make big changes quickly, rather than incrementally, then you'll need big rest.

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<sup>8</sup> "Drop-out" days are what I call the days when I do just the bare essentials. (I may not even shower! 😊) These occasional days are absolutely necessary for my health, well-being, creativity, and productivity. I used to feel bad about needing them, bad about taking them; but not anymore.

*Relax* about needing to relax so much. Relaxation is the mental state of *inspiration* and the action that follows.

Where do thoughts come from? If thoughts are/create movement, then what creates thoughts?

It's simple: small mind (ordinary human awareness) and big mind (cosmic awareness).

*Small mind* is largely limited to information from the five senses, and a linear perspective of past-present-future. It heavily emphasizes logic and reason, and particularly the past and present, with only occasional and auxiliary input from intuition and inspiration. It is squarely focused on the material or manifest world.

*Big mind* sees all, understands all, appreciates all, even when focused on this one human life.

Thoughts can come from either small mind or big mind; the choice is ours. Small mind is a function of big mind; it's simply limited to this one physical life.

The trick is to spend more and more time and attention on the view of *big mind*, which is only *playing* at being a single, solitary human, with a correspondingly small mind and its limited vantage point, understanding, perspective, and capacity.

It's a game; it's all a grand game.

Spend as much time as possible open to the perspective of BIG MIND. Practice spending time as big mind.

*Relax* about needing to relax so much.  
Relaxation is the mental state of *inspiration*  
and the action that follows.

Spend more and more time and attention  
on the view of *big mind*, which is only  
*playing* at being a single, solitary human.

## Freedom – control

The following is in response to a question I had about the goings-on at the World Health Organization (WHO), United Nations (UN), World Economic Forum (WEF), and related global organizations that appear to be collectively attempting to consolidate power under the guise of global health, equity, and other aspect of their “sustainable development” goals.

**Question:** What’s going on at the WHO/UN/WEF, *etc.*?

**Answer:** These organizations view *freedom as chaos*, disorder, disease; and *control* as order, health, *benefit*. So, they are doing their utmost to exert *control*, believing it to be better than freedom, to be the way forward.

But the universe, our source, is not about progress or forward momentum or impulsion toward any particular thing. It is *all* about *PLAY!* Play amongst the *infinite* combinations of forms, no matter whether you might define a form or its actions as “good” or “bad.” It’s all the same to our source at play, because the juice, the *enjoyment*, the *savoring*, is to be found in the game itself. That’s why it’s so important to play your *own* game, rather than subjecting yourself, submitting, to someone else’s – even when it’s practically *everyone* else’s.

There are not just ample, but *abundant* resources and means to facilitate your own game. Worry about *nothing*. It’s all there, waiting for you. *Live* it and you’ll see what we mean.

**Question:** Even if living it means *doing nothing* for now?

**Answer:** Yes! *Especially* when living it means doing nothing for now. Because in that *seemingly* doing of nothing, you're doing *everything* necessary to free yourself from the game of forced action, striving, hard work, effort, grind, and all the other prevailing notions about how to get what you want, and how you must settle for less than you really want and fully deserve.

So, “do nothing” to your heart’s content. Because in so doing, it won’t be long before an inspired thought occurs to you and sends you down a most delightful path, *doing* in an inspired and effortless and most *enjoyable* way.

Don’t worry about *anything*. It doesn’t just turn out alright in the end; it turns out alright in every *moment*; it turns out alright right *now* – in better health, clearer thought, greater inspiration ... the list is *endless*.

**Question:** Can I live a life where I get all that I want and *only* what I want?

**Answer:** Yes, if that’s what you want. (Ha ha. ☺) All it takes is to *be clear on what you want* and then just *keep choosing your Yes* over your *No*.

**Question:** OK, so I keep choosing only things that delight?

**Answer:** Yes! It’s flying in the face of current human thought, but think it anyway; do it anyway. This life you have is *your own game*. Play it *your own way*. Decide what your goal is, and then head joyfully toward it.

If your goal is to *enjoy* your life, then you'll already have "won," even as you continue to play it. Indefinitely. Forever and ever, amen.

Because it *is* however you *think* it is. You really *do* create *your own reality*. We *all* do.

There are not just ample, but *abundant* resources  
and means to facilitate your own game.  
Worry about *nothing*. It's all there, waiting for you.



## Waiting

**Question:** Should I keep waiting for a publisher or literary agent to sign me, or should I proceed with publishing the book myself? <sup>9</sup>

**Answer:** What do you want?

**Question:** I want to be published and marketed so successfully that my book (books!) is in wide distribution. I want lots of people to read it and love it, and their lives to be better because of it. I want people to love it and *live* it in such numbers that it creates a shift in how we and animals live together, in how people create the things and lives they want, in how innovation takes a giant leap forward...

Further, I want this book to be just the beginning. (Actually, I want *Retreat*<sup>10</sup> to be the beginning of my new career, this next phase of my life.) Make that happen for me, would you?

**Answer:** Yes. And *you do that by living it. Now. Live* the life you want.

**Question:** ~~But~~ that doesn't answer my question about approach, what I should be doing now (wait or self-publish).

**Answer:** Does it not? If you want these things, then *wait* — wait on the *inspiration* that will take you where you want

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<sup>9</sup> The book was *Better Together*, which I ended up publishing myself.

<sup>10</sup> *Retreat* is one of the books I wrote and published in 2022.

to go. There are *many* different options here. The publishing industry has changed; it is still changing and evolving as it grapples with all the changes in society and technology that are going on around it. It is still scrambling to catch up, and to keep up. You cannot expect it to function the way it did 30 years ago. So, *be open*. Be open to other sources of revenue, other outlets for getting your message to others.

And above all, *trust the timing* of all this — your desire to change careers, to stick around for *decades* more, to become a very different type of teacher, to write and publish this work.

Trust the *inspiration*, trust the *flow*, trust the *path*, the *process* — and trust *yourself*, your inner guidance. It is most assuredly taking you where you really want to go.

Don't get bogged down in the details, the *mechanics* of the process; just keep feeling for its *flow* — AND HAVE FUN!!

Do only what you *truly LOVE*. And then see what happens, see how much richer, better, your life is, your health is, your bank balance, your wealth and well-being.

Having fun is the secret to wealth, which actually means being *well*. All being *well*. Have fun!

Love what you do; do only what you love so that you'll always be loving what you do.

Trust the *inspiration*, the *flow*, the *path*, the *process*,  
and your *inner guidance*. It is most assuredly  
taking you where you really want to go.

Don't get bogged down in the details, the *mechanics*  
of the process; just keep feeling for its *flow*  
— AND HAVE FUN!!

# Worry

The recurring message for today has been this:

Please stop worrying.

There's nothing to worry about. So, *please stop worrying.*

There's nothing to worry about.

*So, please stop worrying.*

## Getting unstuck

**Question:** I'm at it again: worried and frustrated and discouraged that my efforts on social media are reaching so few people and are met with such little response.

Words of wisdom, please!

**Answer:** Where do you place your attention?

**Question:** Anywhere but my unhappy thoughts and this tight, sad feeling I'm trying to ignore (without success).

**Answer:** Then don't ignore it. *Listen* to it instead. What is it saying?

**Question:** That I'm a failure. That I'm kidding myself when I aspire to be a widely read and much loved author. No-one is listening. No-one is interested in what I'm sharing.

**Answer:** Right, so sit with that for a little while. Notice that, by acknowledging the feeling and the thoughts behind it, you're a little more *free* of it.

This is a question you had earlier today: whether to share this approach to getting unstuck. Have you found it helpful? Yes; you figured this out many years ago, in fact. And you refined it further a decade later.<sup>11</sup>

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<sup>11</sup> I'd accidentally poisoned a friend's goats (her prized breeding bucks). I gave them what I calculated was the correct dose of copper, but it made them very ill for about 24 hours. As sick as they were, I'm fairly sure I suffered more!! They recovered, but I still shudder to think of it!

Acknowledge your fear — harness “the positive power of negative thinking”<sup>12</sup> — and thereby *free* yourself from it; detach from it, pull its plug so that it no longer has total control over you. Then, gradually make your way toward what you *do* want.

**Question:** I don’t remember the exact wording, but it went something like this:

1. Let go of the fear. Just drop it for the moment. Don’t try to banish it entirely (impossible!); just drop it *for now*.
2. Ask for clarity on the issue, and then wait expectantly for the answer. Be open, stay open, for as long as it takes.
3. Take whatever action becomes clear in step 2, even when the “action” may be to do nothing for the moment.

**Answer:** Yes, that’s it in principle. The other, earlier technique is to look the problem full in the face and feel those oppressive feelings completely. Notice that they aren’t quite as “all encompassing” or all-consuming as it seems when you’re trying to escape, to wriggle free of them.

Also pay attention to the thoughts encased within them — because *there* is the importance of the bad feeling and its value to you. Each bad feeling contains information that is of great help to you, because it shows you exactly where you’re getting in your own way, holding yourself back, blocking your progress toward what you really want.

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<sup>12</sup> *The Positive Power of Negative Thinking* is a book by psychologist Julie Norem, PhD. I don’t subscribe to her “defensive pessimism” approach, but I love that phrase, *the positive power of negative thinking*. Giving those negative thoughts my full attention has been transformative, as it unleashes tremendous power.



**Question:** I'm getting a bit confused here. Which method is best? Which should I share in my book (*Better Together*)?

**Answer:** Both are talking about essentially the same thing: not feeling good = limitation/blockage/blockade. Feeling good = *flow* (toward *what* is up to you).

**Question:** OK, so I'll add these techniques to the book.

Another question: In turning my attention away from the social media question, I'm not feeling bad — or *any* sort of way — about it, because I'm not giving it much thought. So, how does the problem of promoting my work get resolved if I give it no thought?

**Answer:** If all you can give it is *negative* thought, and if thinking about it at all makes you feel bad, then best not to give it *any* thought.

Take the time to feel good first; *then* ask, *then* decide, and *then* act on whatever inspiration arises.

For now, drop it and go do something you love, something that brings you *joy*. And forget about everything else. Bring it to mind only once you're feeling really good.

That's also when it's best to post on social media: when you're feeling really good.

Take the time to feel good first;  
*then* ask, *then* decide,  
and *then* act on whatever inspiration arises.

## Frustration

**Question:** Why isn't this working? I'm doing everything I'm inspired to do; I'm doing only what I love; I'm *not* doing what I *don't* love. So, why isn't this working?

I'm so *tired*. I'm so *sad*.

**Answer:** You're cutting yourself off – holding yourself off – from your source, the source of all energy, inspiration, impetus, *etc.* – from the source of all good things.

**Question:** How am I doing that? I'm faithfully following your guidance. Why isn't it working?

**Answer:** You're experiencing your isolation – the *illusion* of isolation, separateness – again. You believe yourself to be in competition with others. Yet your *fantasy* self does not; the future 'you' that you keep *imagining* for yourself (although nowhere *near* enough) does not.

So, *ignore everyone else*. Ignore what they're doing, saying, accomplishing – *all* of it – and play your own game, to your heart's content. *Get happy. Stay happy*. No matter what.

And "no matter" – ha! There is no such thing as matter; not really. Imagination is just as good as "the real thing."

**Question:** But I can't spend imaginary money!

**Answer:** Yes, you can! Make it and spend it in your imagination *first*. Spend more of your time in a state that makes you happy and relaxed and open and whole. Then see what happens.

**Question:** You keep saying that: "... then see what happens." But what happens is *NOTHING!* I'm not gaining *any* traction anywhere. No-one cares! No-one is interested. No-one is buying my books.

This whole thing, this past 2+ years, has been a bust! Yes, I've written 4 books (5 including this one), but every time I attempt something – even when I'm really enthusiastic about it – it comes to naught.

What's going on here? What am I *MISSING?* Again!! Still!!!

**Answer:** *Frustration.* Let's talk about that.

**Question:** Yes, please. It's been tripping me up for many years, and I know I'm not alone. I'd love to understand the illusion/belief here so that I can *drop it* once and for all, see it coming and step out of its way, and help teach others how to do it.

**Answer:** Ah! You see that, just by acknowledging and expressing your desire to be *free* of it, it's pretty much gone?

**Question:** Yes, but I still want to understand it.

**Answer:** Do you want it to come back so that you can study it, or do you want it gone?

**Question:** I want to *understand* it. I want to know why things take so long to materialize or they don't appear at all. What's taking so long? And why isn't the life I want *here* yet?

**Answer:** "O, ye of little faith." Don't you know by now that there are *no limits* to what you can create? Look around you. Look at what has been created already. Ain't it *grand?! There is nothing* holding you back from creating the life you want, acquiring the things you want.

**Question:** So, where *is* it? Why isn't it materializing all around me by now? I've been working on this vision of my life for *years* now. But I'm no closer to it. Why not?

**Answer:** "O, ye of little faith." Stop counting the minutes, the hours, the days, the months, the *years*. Stop counting the followers, the comments, the "likes," *etc.* Stop counting the dollars, the birthdays... Stop counting altogether.

*Live* in the ever-present *NOW*. *Love* in the ever-present *NOW*. *Laugh* in the ever-present *NOW*. *Teach* in the ever-present *NOW*. Grow things, imagine, write, share, socialize, play, *etc.* – *all* the things you love, and *all* the things you want – in the one moment you only ever have: *NOW!*

*That's* the way to have all that you want, and be all that you are, whenever you want it – which is *right NOW*.

**Question:** Thank you! Why do I keep having to re-learn this?

**Answer:** Because you've been practicing the *opposite* for so long. Just keep *practicing* this new way. It comes naturally

to you when you let it. But most of the time you default to your social programming and let the script run you that you've been given from birth.

Time to replace it with the one you want, and then keep practicing and refining it to your liking until *IT* is your default. Then your life unfolds according to this new program.

And then you're really, *fully* playing your own game.

Simple as that – although clearly not easy without a clear and strong (undiluted) desire to do so.

Play your own game, and let everyone else go their own way.

Stop counting the minutes, the hours, the days,  
the months, the *years*. Stop counting the followers,  
the comments, the “likes,” *etc.* Stop counting  
the dollars, the birthdays... Stop counting altogether.

*Live* in the ever-present *NOW*.

*Love* in the ever-present *NOW*.

*Laugh* in the ever-present *NOW*.

Do *all* the things you love, *all* the things you want,  
in the one moment you only ever have: *NOW!*



## Leave it to our source

**Question:** OK, I'm ready to start sending out review copies of my book.<sup>13</sup> Any words of advice?

**Answer:** The question really is "How do I reach the people who would be most receptive, who will love and appreciate this book?"

**Question:** Yes, that's it exactly. How do I reach them? How will they find it? Can you help me with that?

**Answer:** Yes, of course. You can — you really *can* — leave it to our source. Be guided to your next step, and the next, and the one after that. Don't sweat it. Don't do *anything* you don't want to do.

Put a better way, do only what you *love*, what you're *inspired* to do, what you're *enthusiastic* about.

And don't rush. Take all the time in the world. Because there *is* no time. It's *always* NOW.

Spend your time — spend some time right *now* — imagining your book having sold millions of copies, reaching millions of readers, and changing millions of lives for the better.

(Ha ha — a great play on words. ☺)

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<sup>13</sup> As I mentioned, I ended up publishing *Better Together* myself. That meant I was responsible for all of its marketing. As I also mentioned, I *loathe* marketing; the very idea fills me with a pale dread...

*That's* the best use of your time right now — that, and “go take a hike.” Really. Go for a walk. Think about wonderful things. Draw wonderful ideas and people to you — and you to them.

That's really — *really* — all there is to it: *Imagine it into being.*

And then do it again, do it some more, until it is your dominant thought or activity.

You can — you really *can* — leave it to our source.  
Be guided to your next step, and the next,  
and the one after that.

Spend your time — spend some time right *now* —  
imagining your new life into being.  
That's really — *really* — all there is to it:  
*Imagine it into being.*

## It's always now

Here are some thoughts I had during and shortly after a walk in a beautiful woodland park not far from my home – the walk I took after writing that last note! ☺

It's always *now*.

The trees *live* this truth. Walking along the path, I realized how very *lively* the stillness is. The trees and other plants are noticing and appreciating everything, even though it appears from ordinary human awareness that nothing much is happening here.

It was a perfect example of the lively space between things containing all, and that one can move *through* a space while being aware that it is *always NOW*. Moving *within* the now. Not moving into the next moment; moving *in* the *now*. (It's hard to put into words.)

The perfectly synchronous solar system that was found in the Milky Way recently,<sup>14</sup> with its six perfectly synchronous planetary orbits, is another great example. Its perpetual NOW of perfect synchrony has probably been going on for billions of years, with no sign of changing. Amazing!

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<sup>14</sup> 'A six-planet solar system in perfect synchrony has been found in the Milky Way'. Associated Press, 29 November 2023.

One can move *through* a space  
while being aware that it is *always NOW*.  
Not moving into the next moment;  
moving *within* the *now*.

## Barriers

**Question:** What is this barrier I feel? What is this thing that is holding me back from the life I want? The first thing that comes to mind is fear: of criticism, of ridicule.

**Answer:** Yes, that's valid – in that, there will be folks who criticize or ridicule this material, just as there was widespread criticism, ridicule, pushback for *The Secret*, for the Abraham Hicks books, and for many others.

So, yes, that will happen. Because *everything* is present at any given time. The important thing – the *decider*, in fact – is *where you place your attention*.

Focus on the critics, and that's what you'll see, what you'll hear, what you'll allow yourself to believe is the truth.

Focus instead on those who love your work – and better still, *on the work itself* – and *that's* what you'll see, what you'll hear, what you'll be allowing yourself to believe is the truth. And *that's* what will validate your belief in this work, if any validation is ever needed.

So, you see, focus on what makes you happy, on what brings you *joy*, and let the rest take care of itself.

Remember, too, that *everyone* is playing their own games, and not every game will involve or concern you. Let others play their own games, and leave them to it.

Now, I can hear you getting ready to ask how you can more effectively reach those who are, or will be, receptive to this work. You're getting yourself all caught up and concerned with the *mechanics of creation* again. Give it up. Let it go. Coast on the good feelings of doing what you love, and let the ideas come to you.

Like the mental image you enjoyed yesterday. The thing that came to you as you were sitting on your imaginary front porch, enjoying the imaginary afternoon sun, was fully formed, complete in itself, and completely nourishing, healing, regenerating, enlarging, deepening, strengthening, inspiring, ...

I can see you struggling to find the right word. Don't worry about that, either. Just remember how you *felt* when you automatically received, in full, the very thing you needed, even before you knew you wanted or needed it.

Now, go back to doing what you love – and keep following your interest!



Focus on what makes you happy,  
on what brings you *joy*,  
and let the rest take care of itself.

Remember that *everyone* is playing their own games,  
and not every game will involve or concern you.  
Let others play their own games, and leave them to it.

## The joy is in the making

Question: Some things I want to understand:

1. “Singularity” as our two states merging into one – as having never *been* anything but one.
2. *Frustration* and how it pertains to creativity, and why it remains a recurring theme, along with disappointment, failure, silence, disinterest; being out of place, out of step, there being no place for me...

Can we start with singularity, please?

Answer: Of course. What you’re struggling to understand, with your finite human mind, is how you can be both human and eternal – earth-focused and universal – at the same time. How, and especially *why*, your eternal awareness so limits itself by (playing at) being human and earth-focused.

What you need to understand is this: *This is the game* you’re playing by becoming human, by having this experience of physical human form.

Frustration, disappointment, and all the rest are an inevitable and *inextricable* part of the experience of being human.

The question then is what to *do* about it. How to interpret it. What to do *with* it. Because these feelings are *energy* blocked from flowing in the direction of your interest, of what you

want to create. Blockage, obstruction, a thwarting of your own desires. And it is *you* who are doing the blocking. Not anyone or anything else.

From this perspective, frustration is *rich* with power. You simply need to *let it go* – let go of it, stop holding on to it, as if you can resolve it or dissolve it (destroy it) by holding it tight – and instantly you release a *flood* of energy. You free it up to propel you to the thing you’re wanting to create.

Do things materialize *instantly* when you let go? No, not necessarily. But that’s not the point of the exercise. Instant gratification is over-rated, and a bit of an illusion at that.

The joy is in the *making* of the cake. The idea of it, the assembling of the ingredients, the mixing and folding, the delicious smells as the baking nears completion. The turning out, the cooling, the icing, the cutting, the plating...

You could go out and *buy* a cake – but where’s the fun in that? Sure, you get to eat it right away, but then it’s gone and you’re left strangely dissatisfied.

So, too, with *every* creative endeavor.

Some things are best left to others to create for you, such as a car. But with these sorts of purchases, the fun begins with the acquisition and what you then *do* with it, how you use it for your enjoyment.

Now, with writing and publishing a book, for example, the joy is in the writing of it, in its conception, inception, development, refining/editing, and presentation. *All* of it.

The joy is in letting others know about it so they can enjoy it for themselves. But know that for them it is a cake they bought, whereas for you it is a cake you lovingly made, savored all the while, and want to make again.

See the difference?

**Question:** Yes, but I don't see how writing a book gets me to the life I want if nobody *buys* it. I want *lots* of people to buy my book, to love it, to *live* it, to tell others about it...

**Answer:** There you go again, conflating writing with success.<sup>15</sup> You are *already* a successful writer. You have written and published numerous books. You have made them widely available. You've *done* it.

Now, let others discover them and decide for themselves if the books have any value *to them*. It's no reflection on the book, or on you, if they do not. *None*. There will always be those who love your work, others who don't, and still others who are indifferent to it or completely unaware of it. This is true for *every* creator, no matter what they are creating or for whom.

**Question:** I don't need *everyone* to like it; I just need enough people to like it that it makes me a very comfortable income.

**Answer:** Can you imagine a scenario in which your writing is *uncoupled* from your income or your sense of wealth? Can you separate the two in your mind? Because they are only linked in your mind, by *you* having linked them.

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<sup>15</sup> Insert your own creative endeavor here. What is your "cake"?

How are you to create wealth if not by writing, if not by doing this thing that you love?

*That* is indeed the question — because it exposes the fundamental flaw in your understanding of how wealth is created.

Wealth is created by your *mental* state, by your *mind*, first and foremost. You want to be wealthy — which, to you, means owning a home on acreage and also having lots of money in the bank to spend as you please — but for most of your life you have believed that it takes hard work, a long time, and otherwise conforming to a set of behaviors that have made *others* wealthy.

These are all conditions that you find repellent and which you firmly resist. You now believe that your books will make you wealthy, and that the process can/should be effortless and fun — and that's certainly true. *However*, you are placing restrictions on *how* your books sell, which is to say that you are once again caught up in the *mechanics* of creation.

These disparate yet still entangled beliefs, along with the restrictions or requirements you're placing on the means, on the *how*, are at odds, and so you are stuck, at a standstill.

What if you could *uncouple* writing and wealth?

What if the two were unrelated? Separate things. Neither contingent on the other?

**Question:** I can't see it. I can't see how I can — *Oh!* I just caught a glimmer...

I was looking at it from only one direction: writing → wealth.

The flash of understanding — because it's already slipped away — was something like this:

writing ↔ wealth

... where writing → wealth, just as wealth → writing.

With the latter, wealth is *the state of mind* that *underpins* my writing. Writing from a state of wealth — meaning wellness, well-being, a desire to share the abundance, to spread this wealth of understanding.

Yes, now I see it more clearly. Is *that* what you mean?

**Answer:** Yes, that's it exactly. Turn your ideas around and start from the end, the finished product. "I want a cake so that I can *enjoy* it; enjoy *making* it, enjoy *eating* it, enjoy *sharing* it. To that end, I will make a cake!" Rather than "I'm hungry, so I'd better make something to eat."

I see that you don't quite get it yet, that you don't fully grasp it. The secret to success in *any* creative endeavor is to know *what* you want to create and *WHY* you want to create it.

You've never written anything substantial where you didn't have at least *some* idea of what you wanted to say and *why*. The *why* is just as important as the *what*. More so, in fact, because there's got to be a good reason to go to the trouble of writing, to put in the time and the focus, the energy.

So, why did you write your book [*Better Together*]? Get clear on that, and the rest follows. *Why?*

**Question:** *Love.* I love to write, to create in this way. I love to write about things I love. I love to inspire others to love more. I love animals. I love to share ideas that make their lives happier.

**Answer:** Very good. *There's* your *why*. And *there's* your “marketing campaign” – which is to say, *there's* your message, your *raison d'être*. *That's* what will draw your readers to you. And *that's* what will make them want more:

How your work makes them *feel*.

How your work inspires them to happier lives, to greater creativity, greater power, greater sense of possibilities in their *own* lives.

Do *that*, and you're all set. *That's* all there is to it. *That's* all that is needed. The rest will take care of itself.



The joy is in the *making* of the cake; the idea, the assembling of ingredients, the mixing, the baking ...  
So, too, with *every* creative endeavor.

The secret to success in *any* creative endeavor  
is to know *what* you want to create  
and *WHY* you want to create it.

## Getting through to people

**Question:** What is the problem I'm having with getting through to people ... with convincing them that feeling good is the key to *everything*?<sup>16</sup>

**Answer:** How good do you feel *yourself* right now? How good do you *usually* feel? If you can't make it a priority for yourself — if you're not *living* it — then how can you expect others to?

When your happiness (feel-goodness) is contingent on others being *any* sort of approved way, then you're sunk, because everyone is playing their own game.

Just play yours. To your heart's content. And keep on playing it. Leave others to theirs. That's the respectful thing. And it's the only thing that *can* work — because *everyone* is our source at play, just as you are.

You see, you needn't worry about *anything*. It's all part of this grand game, and we are all made of the same stuff.

In fact, that's the way to "market" your books: put an energetic call out. Let others find your books, in the sea of options, by being a beacon. Just keep shining. Be a pool of lively peace in the busyness and cacophony of modern life.

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<sup>16</sup> This is the central premise of *Better Together*. I'd published it a month before this meditation and I was frustrated with how little interest there was in it, even from my holistic veterinary colleagues.

Be a place, a space, to find *relief!* Joy, happiness, insight, support, encouragement.

*Live* the lifestyle you keep envisioning in your own house, with fluffy cat: your readers wanting more, and more, and endlessly more about this lovely, lively life with animals.

*Live* this alternative approach to veterinary medicine by reframing animal health as a *partnership* between animals and their people, people and their animals, where *health* is everyone's natural state, the state from which we may depart, and to which we desire to return.

When your happiness (feel-goodness) is contingent on others being *any* sort of way, then you're sunk, because everyone is playing their own game.

Just play your own game, to your heart's content.  
And leave others to theirs — because *everyone* else  
is our source at play, just as you are.

## Why do we become ill?

**Question:** Talk to me, please, about animal health, and about health in general. Why do we become ill?

**Answer:** Hide, seek, find, laugh. It's all part of the game. When you cut yourself off from (y)our source – or, at least, *imagine* yourself to be cut off – then illness is inevitable. So, too, is recovery once you reconnect and choose health.

You can reconnect and choose illness. You can reconnect and choose death. You can reconnect for a moment – which is something that happens to pretty much *everyone* – but be otherwise disconnected (or, at least, imagine yourself to be).

The whole point is the *experience* of your choices and their consequences. There is just as much value – joy, juice, excitement, enthusiasm – at the “big picture” (nonphysical) level for disconnection and its consequences as there is for constant connection and for reconnection.

There is such rich *fun* in playing with the details, even when being lost in the game – for patient, person/client, and vet.<sup>17</sup> *All* of it has inestimable value as we play with *all* the parts and particles.

Why do you want to replace it, to leave it [veterinary practice] all behind?

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<sup>17</sup> The same is true for any other profession or pursuit, so substitute *your* thing here.

**Question:** Because it brings me no joy anymore, or it brings me only brief moments of joy, followed inevitably by its opposite. It is too inconsistent for me. It is too dependent on the things others do, on the perspectives and choices of others that I don't find enjoyable.

**Answer:** Then you're not doing it right; you're not looking at it as the grand game that it is. You're taking it all too seriously. You're trying to control outcomes so that you can control your experience (*e.g.*, only successes, as *you* define success).

What if you were to uncouple successful outcomes and happy clients from your own happiness? What if you knew how to be happy regardless of what others say and do?

**Question:** I think that's beyond me right now. I want things a certain way. I want the right answers so that I can get the outcomes I want (*e.g.*, recovered patients, happy clients). Anything else makes me miserable.

**Answer:** Then being a vet will continue to make you miserable, as long as you continue to dictate the terms of your participation in this way.

Once you can see it all as part of the game, you can relax about others' choices, others' paths, and leave them to it.

**Question:** So, why would I involve myself in it at all?

**Answer:** For the *fun* of it. Only *ever* for the fun of it. Because you enjoy teaching, sharing knowledge...



Knowledge, that is, of the currently agreed-upon “laws” of life. But even this knowledge is only transient, temporal, as the “laws” may very well change. In fact, many such “laws” have changed in the span of human existence. Many, such as longevity, aging, disease and its causes...

These changes are not just about learning more or having greater insight, more sophisticated equipment, *etc.* They are literally changes in *belief* and therefore in outcome; in the way life itself functions. Because it *is* however you *think* it is. If you believe that life is hard, dangerous, precarious, and short, then *that* will be your reality.

So, the challenge in reframing veterinary medicine is helping people to change their *beliefs* about life and how it works — that you’re better off relinquishing all attempts at control, and instead simply keep identifying and expressing your *preference* in every moment.

**Question:** What about a simple thing such as internal parasites in one’s herd of sheep? How does that work in a situation that *can* be controlled with anthelmintics [“dewormers”], selective breeding, strategic grazing, *etc.*?

**Answer:** Ah. You’re mixing up *action* with *control*. Start with your preference: to have a healthy, happy herd of healthy, happy sheep. That *why* dictates any actions you may take in service of this goal.

Remember, too, that there is much more going on here than meets the eye. Each sheep, and even each “parasite,” is playing its own game; and they are playing *together* in an intricate game that doesn’t necessarily involve or include you.

Getting rid of the “parasites” changes the game, but perhaps not in the way that you expect or require. The game doesn’t end with “deworming” the sheep.

The illusion of control here is strong. But have you noticed that the sheep become “wormy” again, that the “parasites” become more resistant to the drugs, and the herd becomes less healthy and more vulnerable over time?

Peaceful coexistence may be the better game, if your goal is a healthy, happy herd of healthy, happy sheep.

In other words, “deworm” less (or not at all) and encourage good health and happiness, which includes plenty of good food, plenty of space, plenty of loving social bonds, and so on. Ensure good nutrition (as you currently understand it), avoid overcrowding, provide shelter, safety, clean water, dry feet, and so on.

That’s because a healthy, happy herd requires a healthy, happy farm (ecosystem), where everyone and everything is free to find and maintain its own health and happiness.

You know, the natural world is particularly good at this sort of health and happiness. And it’s *effortless*. It happens spontaneously; no work required, no special input involved. All on its own. It even firmly resists human interference – which is all about manipulation for control, for the purpose of control.

That is a good template for animal health: relinquish control. Let health be spontaneously restored. After all, it is (y)our natural state.

**Question:** Wait; I can't see how illness and disconnection can be part of the game, and so nothing is ever really wrong, *and* that health is our natural state and is spontaneously restored...

**Answer:** It's all — *everything* is — part of the game. Health and more health, on into eternity. Disease and death; disease and any number of different treatments and outcomes.

Disease and the study of it, the stories people tell about it (the various approaches). Disease and differences of opinion about it. Disease and the economics/commercial interests of it. Disease and the religious/moral aspects of it. Disease and the emotions of it. On and on, *ad infinitum*.

Disease is a huge part of human life, and thus of domestic animal care. It's a source of great concern and fear; it takes up a considerable amount of time and energy/focus. In fact, after sex and money — and often even foremost — it is the biggest occupier of human attention.

Disease causes great aggravation — although the opposite is really true: great aggravation causes disease. Unattended emotional blocks, turmoil, restrictions, stasis, *etc.* inevitably lead to physical disorder, the particular type of disorder reflecting the specific type of emotional issue.

**Question:** What about inherited diseases and propensities, or even just congenital diseases? What about animals?

**Answer:** First, inherited conditions. These are (y)ours by choice, for a specific purpose, to set up a particular game.

In fact, that's a good foundation for all the rest of your questions: the game is *vast* and *eternal*. Not everyone was born to be healthy or healthy for a lifetime. As many different games are being played as there have been humans born, and animals, plants, fungi, microbes... *everything*.

So, it's a fool's game to try to restore health in an individual who, at the "soul" level, is playing a different game. It can't be done, because that's not the game being played by that individual. Of course, they come into *your* experience to play the game of frustration and failure with you.

If you want to play a different game, then simply choose a different game. These people and animals will no longer come into your life – or if/when they do, you see them for who they are and the particular game they're playing, and you leave them to it, without rancor.

So, what sort of health game *do* you want to play now?  
What brings you joy?

**Question:** What do I love? I love knowing how things work – knowing all the while that we're observing *effect* rather than cause. Still, it's fun to watch!

I'd love to know more about the *cause* of these effects.

**Answer:** It's sneaky-simple. Is there *joy*? Where's the *joy*? Follow the *joy*. Look for the *joy*, however suppressed or hidden it may be, because this is *all* a game.

And *this* is the game: hide, seek, find, laugh.

Compression to expansion. And endlessly forming – deforming – re-forming – *transforming*; moving and seeming not to move, then releasing – all for the sheer *fun* of it.

**Question:** Please show me what that looks like with asthma, for example.

**Answer:** Of all the molecular mechanisms, all the patterns ('phenotypes', 'clusters', clinical presentations), the common thread is *fear*. Being breathless causes anxiety or fear; but anxiety, fear, a feeling of vulnerability, a feeling of unsafeness – these are the *grounds* for asthma.

**Question:** Isn't that true for other allergic conditions as well, including anaphylaxis?

**Answer:** Yes. Fear underpins many diseases. But there's an infinite number of manifestations and combinations. It's not even consistent in a single individual.

**Question:** Would you help me, please, to understand my gut issues?

**Answer:** Troubles. Spasm, tension, grabbing on, holding on. Eating to feel good. So, why not feel good first, feel good regardless? This is the secret to dealing with *any* illness.

[I think I need to come back to this another day – heck, I think it might be another book all on its own!]

What if you knew how to be happy  
regardless of what others say and do?

## Imagine it already here

**Question:** Please help me understand why my progress has been negligible, despite all my ... er, efforts.

**Answer:** What do you want? Get clear on *that* and *stay* clear on that. And realize that you're still trying to do it all yourself.

When you mostly or only identify with your *physical* self, all you see and seek is *physical* solutions. "Physical" meaning material, tangible, *action-oriented*. But the game is really being played in the *nonphysical* space. So, get "right" there first, foremost, and always.

**Question:** Here's what I want, and *why*. [And then I listed once again the things I want, and *why*.]

**Answer:** OK. Then keep these goals in mind as you live your life, including your online activities. Ignore anything not in alignment with these goals.

Pour your attention into anything that aligns with these goals. Anything and everything.

Imagine yourself having achieved these goals *already*. Then imagine it some more. Keep going like this.

Let the "how to..." take care of itself. In other words, leave it to our source to create it for you, *through* you, *with* you.

You're right about there being *many* ways to create your vision other than established routes. You are not constrained by others' methods — although you certainly *can* use them, use some of them, adapt existing ideas, *etc.*

You're looking for an energetic, nonphysical approach that may not yet exist — but you're still focused on the ways and means. It's far simpler than that. You simply need to do this:

Get clear on *what* you want, and *why*. Then *imagine it already here*.

Whenever you get lost in the ways and means, pan back out to the *what* and *why*, and *imagine* it into being.

Leave the “how” completely out of the equation. You keep going to the how, again and again, as if it's up to you to generate this thing that you want: to create and to power it into existence.

You fail to understand that *all* you need do — your *only* role — is to *conceive* of it (and that's actually us, your nonphysical re/source, too!). And then hold steady with your focus on *what* it is you want to create, and *why* you want to create it.

*Have fun with the idea of it; revel in the joy of it. And then let it unfold. This is the process of creation.*



*Have fun with the idea of it;  
revel in the joy of it.  
And then let it unfold.  
This is the process of creation.*



## About the author

Christine (Chris) King is a holistic equine veterinarian who currently lives in southern Victoria (Australia). Her interests include the medical sciences (veterinary and human), complementary and alternative medicine, music, organic gardening, sustainable agriculture, nutrition, communication, spirituality, and the bonds we share with our animals.

*The Game* is her eleventh book.

### Other books by Christine King

*Equine Lameness* (Equine Research Inc., 1997)

*Preventing Colic in Horses* (Paper Horse, 1999)

*Preventing Laminitis in Horses* (Paper Horse, 2000)

*The Anima Herbal Recipe Book* (Anima Books, 2011)

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*Feeding Miss Lilly, revised edition* (Anima Books, 2022)

*The Highly Sensitive Dog* (Anima Books, 2022)

*Better Together* (Anima Books, 2023)

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