

Hi Regina,

For purely my own learning purposes I went through the powerful audio - *1st Dozen Classics #12: The Secret Holy Spirit Style, Parts 1 & 2 (7-7-07)*, and I either took summarized notes (blue text) or transcribed (black text) key audio passages. I also included the original text from your visualization plan (highlighted in green) that you spoke to in the audio.

Thinking that this might be useful to others in the Consistent Gentle Healing Group, I am sending it to you to decide if you think it might be useful for learning purposes. Please modify (or discard or make available) as you see fit.

Thank you for all you are doing in the CGH group!

Andy Walker

## **Notes & Transcription from Regina Dawn Akers' 1st Dozen Classics Audio #12: The Secret Holy Spirit Style, Parts 1 & 2 (7-7-07)**

HS teaching on the Law of Love. Concepts from *The Secret* brought "*The Secret*" to Regina.

Recurring theme in *The Secret*: Focus on What you want.

Regina's first list, the list of the little self's wants (those attached to the personality) didn't make her heart sing:

If I only use *The Secret* to get what the personality wants, I'm never going to move beyond the personality. What I really want is to move beyond the personality. That's why this list isn't cutting it for me. These are not my truest desires.

When I realized that what I thought I wanted wasn't what I wanted, it left me unsure of what I wanted. I was still hearing HS in words at that time, so I went to HS and asked "what do I want?" The HS would know those true desires which were unconscious for me at that time. Asking HS would bring those truest desires from my unconscious up to my conscious mind. HS gave me a list of 5 things (my truest desires). Here is what I truly wanted but was not aware of until I asked:

- 1. Listen to guidance in all things**
- 2. Joy, for everyone**
- 3. To be helpful in all that I do**
- 4. To have faith in my truth, and to bring only that into my awareness**
- 5. To know my connection to all things, and to love all things as my Self**

That is when I felt my heart truly start to sing. If I would have used *The Secret* to attract those things my personality thought it wanted into my experience, I would have found that they

wouldn't have made me happy. And the reason they wouldn't have made me happy, is that they were not my truest desires. I wasn't going deep enough.

These [5 statements] are like affirmations. *The Secret* recommends that you make a vision board and you set down and focus on the things that you want. You envision them. Maybe you write them down as if you already have them. These are techniques to attract your desires to you.

These things that HS gave me are the affirmations, the morning meditations. I would sit down every morning and meditate on these 5 little paragraphs. They would allow me to envision what I truly wanted. In fact, even though they are only words, they are the pictures that the HS painted for me of what I want, so that I could use the visioning and the focus of *The Secret* to attract these truest desires into my experience – to bring them to me.

1. **Listen to guidance in all things:** I want only what the HS wants, and because that is all that I want, that is all that I hear. That is all that I feel. I pause for a moment with an opening in my mind and I know in confidence where to go, what to do, what to say and to whom. There is no doubt because the knowing is clear. The knowing is clear because that is all that I want.

At that time I could not say that I received guidance in ALL things. I felt that I received guidance in the big things (e.g. job as scribe for the HS), but in my daily/personal life, I still was not feeling like I knew how to know guidance. This was written to get me to know guidance in all things, every detail in my life. Notice that it is written in the present tense, as though I'm already there, even though it wasn't my present tense experience. So, it is following the rules of *The Secret*.

I meditated on this every morning. I practiced *The Secret*. Now this is much much closer to my present experience. Now it is very seldom that I feel I don't know my guidance and know what to do. I have already attracted "**Listen to guidance in all things**" into my experience in a significant way. I really feel very confident in what the HS wants me to say, what the HS wants me to do, where the HS wants me to go. So, I have already had this change of experience through *The Secret*.

2. **Joy, for everyone:** I use my mind only for the extension of joy. I have compassion for the mind that does not know what it is, and I am always willing to remember for it. I ask the Holy Spirit how to give, and I give as I am asked. I am willing to receive that which brings joy to everyone. I live in trust and joy, and I know gratitude because trust and joy lead me in all things.

I saw #2 as the focus that would help me allow fear to evaporate. This is taking fear out of everything. It is telling me how I see others, including those who seem to be totally

asleep. What I recognize in them is their light, even if they don't. That is what I am always in touch with in my brother. Whatever HS asks me to give to anyone, I give willingly. Also, I am willing to receive whatever brings joy to anyone. There is an acknowledgement that I have chosen to live my life in somewhat of a public way, and I share everything that happens in my life. So, if my life begins to look like a life of sacrifice and hardship, not only is that more fear in my mind, but that is more fear in the minds of others who are observing me. So, when it says, "I am willing to receive that which brings joy to everyone," it is saying that not only does it bring joy to me, but that which I receive, and others are watching me receive it, actually helps to eliminate their fear. It helps them to be able to take the steps with the HS that I am taking, because they learn through watching me that there is no sacrifice. And they learn through watching me that the HS does take care of us. So, not only is the fear going to evaporate from my (Regina's) mind, but the fear is going to evaporate from the minds of those who are observing me. This one is also manifesting in my life.

There is no doubt that Regina is fading. The very first vision the HS gave me was about each of us as a polka dot, and showed how the polka dots fade and disappear into the light. There are many many fading polka dots here. I have learned to see the enlightenment in everyone, literally, and I see it popping up in all kinds of people – people who would never even begin to think of themselves as a fading polka dot – people who would be said to be totally asleep. Yet I'll hear a sentence come out of them at just the right time and that is their enlightenment. I'm learning to see the enlightenment in everyone. I am truly starting to see our oneness in everyone. So, despite the language, and that way of relating (e.g. others, friends, brothers, sisters), that is not our reality – we are one mind!

After a conversation with a friend, it doesn't matter which one of us had the important realization (from the conversation). Either way, the one mind benefited. This is where the giving and the receiving become the same. It doesn't matter who seems to "benefit" or who seems to "take the next step up on the ladder," because it is all the same. It allows me to rejoice for everyone, equally to the way I rejoice for myself.

Every time the ego pops up I'm on it. Every time the ego pops up, it is busted, and it is let go. Celebrate in gratitude your progress. I have no desire to be a bliss ninny. However, my desire is to get to the point where there are no more insecurities or fears below the surface of this "everything is so great" feeling. [\(end part 1 of audio\)](#)

3. **To be helpful in all that I do:** I remember that the ego mind does not know, and so I easily dismiss the thoughts that come from that part of the mind. I am helpful to everyone by listening only to the Holy Spirit. I am helpful to everyone by trusting our

oneness to guide me in all that I do.

I have fallen in love with “I don’t know.” A thought comes in and boom it’s done and I can now let it go easily. The focus and meditation on this and using the power of *The Secret* has brought this experience to me. We are not talking about attracting *things* now. We are talking about attracting *experience*, or allowing experience to be realized.

A mistake that people make who follow *The Secret* is that they think the cause is the individual – I am cause and another person is effect. That is not true. The other person is equal cause. The universe is going to take another’s desires into account too. The universe is only going to put together that which is a match. It has to be a match. We are cause together. We are not cause as separate individuals. We are one cause regardless of how we experience ourselves. We are one cause. The last sentence: **I am helpful to everyone by trusting our oneness to guide me in all that I do.** This sentence is saying that when I receive guidance from the HS and I follow that guidance, that guidance is really coming from our oneness. Imagine, as a symbol, that all 6 billion of us have different desires which are going up to some place and being sorted/organized and figured out where the best fits are and they come back down as guidance. The guidance that comes to me isn’t just for me. (See also NTI Acts). What comes to me as guidance is in the best interest of everyone, and it is literally coming from our oneness – from Us. That is what the HS is – it’s the Us. So, with that last sentence, it is very clear where the guidance is coming from and its purpose – to awaken our one mind.

The Definition of Love from HS to Regina: Love is Spirit giving to Spirit, through Spirit that which Spirit requests.

4. **To have faith in my Truth, and to bring only that into my awareness:** My Truth seems to be a learning process because I have allowed that which isn’t truth to be within my awareness. Now I have become enlightened, and I consistently choose again. I choose only the thoughts of the Holy Spirit, because I realize that they represent my Truth. Because I choose only them, they are all that I know.

Again all of this is in present tense. Reiterate: **I have become enlightened, and I consistently choose again.**

5. **To know my connection to all things, and to know all things as my Self:** Joy is the expression of Truth, and expression is the celebration of conscious knowledge. I have let go all belief in anything that is false, and now I see within illusion with the eyes of Truth. I love all things because I know what it is that I see. I embrace all things because I

know that I embrace only love, I am all things because I know. There are no longer any shadows or any doubt. Now there is only Light. In joy and gratitude, I cease to speak. I look on perfect Love.

This was the highest of the five. Joy is the expression of Truth, and expression is the celebration of conscious knowledge. Joy is the expression of having our enlightenment (which already is), be our only conscious experience. Often our enlightenment is down in the unconscious. The Urtext paints a picture, where way down in the unconscious is our enlightenment or the HS. Above that, still in our unconsciousness, is the ego. And above that is the conscious mind. So all of that ego (which is unconscious) has to be erased or undone (remove the blocks to the awareness of Love's presence) so that the enlightenment can rise up, up, up into our consciousness. And the enlightenment that is already there, but is unconscious to us, becomes our conscious experience. It is what we know all the time. So, what this is saying is the true joy is the celebration of our enlightenment as a conscious experience. That is real true joy.

The HS has me meditating on this, and that means I am going to get there. I have already seen some of these manifest into my experience. I already know this process is working. It is interesting to note that enlightenment came at step #4. Sometimes we think of enlightenment as the "I'm done," or the "I'm enlightened, I'm done." Enlightenment here was step #4, but that was not yet done because we were still working toward this #5. Peace Pilgrim talked about how she got to the point where the struggle with the ego was over, and that would be the point of enlightenment. That is what #4 is saying: Now I have become enlightened, and I consistently choose again. I consistently choose only the thoughts of the HS. That is enlightenment. But Peace Pilgrim also said once the struggle is over, the growing continues. It's just that now it's all in harmony, but it continues. So, we reach enlightenment where the struggle with the ego is over, but we are still growing within the illusion to this experience of #5. So, enlightenment is not done. We are still growing to this experience of #5.

This is what the HS gave me in order to use *The Secret* for the purpose of awakening. It is still using *The Secret*. It is still using everything they teach in *The Secret*. But it is not focused on attracting money, attracting the romance, or whatever else [other worldly things] I may want to attract. It is focusing on attracting these things. What's really interesting is that the law, "seek ye first the kingdom, and all things will be added unto you," is embedded in this! That means I focus on these (the above 5) and the HS takes care of bringing me what I seem to need within the world, either because I still seem to have needs (e.g. roof over head, food), or other things that do not seem to be needs (e.g. Regina talks about her trip to China). That was something I didn't seem to need (e.g. can't afford now, just let it go). The trip to China was just a kiss from the HS – "here, go to China." It was something I didn't even need. So, it is not even just the need level. The HS is bringing to me things that I never even thought about. There is no way I could have consciously attracted some things to me, because they never crossed my mind to

even think about them – e.g. most recently a new relationship has come into my life that is extremely helpful to me, but I didn't sit around focusing on wanting a relationship. It never crossed my mind. And yet, it is something that is very very useful to me in my awakening, and it showed up. So, it really is, “seek ye first the kingdom, and all things will be added unto you.” I don't have to worry about sitting around and envisioning myself with money, or envisioning myself with anything else in the world that I may seem to need or want. Because if I envision this (these 5 truest desires), then the HS who knows what is best for me, brings everything else to me. And there is no sacrifice. I'm not experiencing any sacrifice. My experience is that what I am receiving is beyond my wildest dreams. My experience is that if I had sat down with my little list, and tried to attract that, I would have been limiting myself. By instead seeking “first the kingdom,” and focusing on the list that the HS gave me, I am now unlimited. And things are showing up that I never expected. And I love it! As I surrendered more and more, the HS told me, “many surprises await you.” And it has been surprise after surprise after surprise. I cannot even list them all. All the things that have come up that I did not in any way consciously go after. I didn't try and make it happen through human effort, I didn't try and make it happen through using *The Secret* and envisioning it. In no way, did I try to make it consciously happen. I just focused on this (these 5 truest desires) and then everything else came.

“Seek ye first the kingdom, and all things will be added unto you.” The ego doesn't want to do that. The ego will tell you that you cannot trust the HS. And if you surrender to the HS, that is, if you “seek ye first the kingdom,” that you are going to suffer in some way (e.g. you are going to have to do without money, do without romance, or something else). And the only way you can get what you want is for you to make it happen. There are a couple of ways you can make it happen: (1) Within the physicality of the world (e.g. going to singles bars, or practicing *The Secret* to find your man). But these [techniques of *The Secret*] are still through your effort. It is a different kind of effort and it is a great learning, because you learn the power of the mind, but it is still your effort. (2) What happens when you focus only on the kingdom and you totally forget about getting the man or the money, and you really focus on what you truly truly want, all that stuff, assuming it is still useful for you, shows up anyway. And if it didn't show up, you won't miss it, because something else showed up that you realized you wanted even more. Everything else shows up, but it doesn't show up through your effort. You know you didn't go out and get it, you know you didn't make it happen, you know you didn't even use *The Secret* to attract it, because you were focusing on the kingdom, yet all else was added to you.

Part2-28min: Another teaching: previous grievance against people who didn't walk their talk (i.e. people who would say one thing publicly and do something different in private). Regina couldn't figure out the projection thing. HS asked Regina to make a list: House, financial security/comfort, daughter's happiness and perfect flow between daughter's desires and Regina's, the joy of serving HS, the joy of teaching everyone that they are love by being love herself, health and happiness, consistent and confident inner listening and guidance, to know thyself truly beyond all doubt. A lot of guilt came up around the first two things in the list.

Regina thought she was breaking the promise with the first two, which made her feel guilty. HS told her, “don’t change the list, let go of the guilt.” Very annoying to her. But, as a result, that final grievance was removed.

At an **unconscious** level, I thought that because I wanted a house to live in and because I wanted financial security and comfort, I was being a hypocrite and I wasn’t walking my talk. And that is what was being **projected onto others** as a grievance. After HS helped me to let go of all that guilt and to accept my list, the grievance just disappeared. The projection thing is true! Even if you can’t find what it is you are projecting, because it is unconscious, the projection thing is true. Once I forgave this in my own mind, I no longer had a grievance against the individuals.

Re: “**Seek ye first the kingdom, and all things will be added unto you.**” HS said about my list: this perfect list which captures your heart’s desire (speaking to the personality) is my will or my guidance for you. HS was saying: these things that you want, I gift to you. Accept this list as my guidance, and my gift. Accept it as yours. Accept it as done. All that you need to do to receive every gift on this list is to TRUST IN THE GIFT. Trust that you will always have a house to live in. Trust that you will always be financially secure. When thoughts come into the mind, that distract you from the certainty of these gifts, say no to those thoughts. Remember that your only function is to **trust in the gifts**. By trusting in the gifts you will be led to them. **Do not make them for yourself**. In other words, don’t go out with your own idea and get a job to make money when I’m not guiding you. But also don’t use *The Secret* to consciously envision bringing these things to you, because if you achieve these gifts through either of those ways, you won’t recognize they are gifts – either I went out and got the job, or I attracted it through my envisioning. **Do not make them for yourself, for what you make is not given, and so it is not a gift**. Wait in anticipation for the day that I give the gift to you. For on that day you shall truly rejoice. When you see that the gift is from me, and not through your thinking or your effort, you shall know truly that which is my Name. And knowing my Name, you learn your Name. In learning your Name, fear is no more.

HS is really telling me to recognize that there are all these things that I think I need in the world, and to recognize the idea of not having them scares me – to recognize that is true. These are the things I think I need in the world. But in effect, in your mind Regina, just put them on the back burner and trust that they are done. I’m not going to scare you. That is not what I am here for. I am the HS. I am here to teach you to let go of fear. I’m not here to scare the shit out of you. So just consider those things done. Those are things you think you need. They are done. Just forget about them. What I want you to do is to focus on the kingdom. And as you focus on the kingdom, and you then see how I bring these things to you, in ways that you never expected, this is how you are going to learn what I am and what you are and that’s how fear will disappear. Notice how the HS is not teaching any judgment of my desires. The HS is not telling me I’m a hypocrite because I want a house to live in and financial security. These are

things I still feel I need or I'd be scared shitless. The HS still recognizes that. Yeah, you still think you need these. Great. **But don't focus on them. Put them aside. Trust it as done.**

There is also a paragraph in ACIM that says everything you think you need in the world will be given, as long as you think you need it. Nothing is going to be taken away. The HS is not here to pull the rug out from under you and scare the shit out of you. The HS is here to help you let go of your fear. Now that doesn't mean that changes don't happen in your life, because sometimes we have built a certain life for us, and once we give ourselves to the HS, there have to be changes (e.g. Regina was guided to leave her job, move to new location, etc.) but those were also all done gently. Regina was afraid in the process, but that was her own fear. HS took care of everything along the way (even giving her the realtor she needed). The rug was not ripped out from underneath me and left me standing there scared. I was guided to make some changes and everything that was needed to make those changes was provided. The fear just came from me. The HS is NOT THE TEACHER OF FEAR. Anything we seem to need in the world, so not to be panicked, will be provided, as long as we continue to think we need it. Then, if we come to the point that we don't think we need it anymore, we are not going to care.

So, we don't have to seek anything but the kingdom. *"Seek ye first the kingdom, and all things will be added unto you."* This is if you have a conscious desire to awaken. That is how we use *The Secret*. We trust that anything in the world that we need, and even some of the things that we want (e.g. a trip to China) are going to be given. We don't even give those things a thought. We know we can trust the HS – that's all we need to know. We focus our visioning and affirmations and attention on *"seek ye first the kingdom."*

Quote from ACIM Lesson 133: *"You do not ask too much of life, but far too little. When you let your mind be drawn to bodily concerns, to things you buy, to eminence as valued by the world, you ask for sorrow, not for happiness."* Jesus is NOT saying you should ask for more money or the romantic relationship. The original (personality) list of what Regina wanted (i.e. making all of Regina's dreams come true within the illusion) was asking for too little. Everything that Regina wanted within the illusion was asking too little. The only way she learned to ask enough was to go to the HS and ask, "what do I truly want?" Now I understand that sentence completely differently from my original misunderstanding. The personality self has NO IDEA what we truly want. And if we are limiting ourselves, even to its highest desires within the world, we are asking for too little.

Bottom line: Unless you apply *The Secret* to your true HS desires to move beyond the personality, it just empowers the ego because it further empowers the idea of a separate self.