

## **The flow**

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The “killed” is an idea in the mind reinforced by your own willingness to believe in the “killer.” The “killer” is judgment. Belief in judgment is belief in a mirage, for judgment only sees what isn’t and judges it as true and unworthy. Even when judgment judges as beautiful, it chooses the perception of unworthy, for beautiful and unworthy are two sides of the same idea of judgment. This is the idea of duality and “choose between.” The idea of “choose between” is an exciting experience created out of illusion, for in reality there is nothing to “choose between.” There is only the flow.

The way to let go of the “killed” is to see only the flow, to feel only the flow and to desire to be only the flow. In desiring to be only the flow, you let go of the idea of being independent. You let go of the idea of “choose between” and you choose to only be. Choosing only to be is a great gift to your brothers, because the flow that you are comes from them, through you and is returned to them. By choosing to be the flow as you are, you choose to teach your brothers that their creation is beautiful. In choosing to teach this without judgment or duality, you choose to teach you what you truly are, not apart from your brothers, but in conjunction with them. This is a celebration of truth and joining that outlasts any idea that says something different can exist to “choose between.”

Be the love by being what you are as you are now. Allow it. Love it. See it as a gift from your brothers. In accepting this gift you accept the truth of you. In accepting you, you accept them as one with you.