

The Garden in My Mind, October 1, 2004

I saw a garden in my mind. I understood this garden had been created by the Son in love and gratitude for the Father. I knew that I was creator of the garden. It was filled with flowers that were gloriously beautiful and cheerful, singing songs of praise to the Father without ceasing. However, there were weeds in the garden too. They did not disturb the flowers, but I knew the weeds did not belong in the garden since their purpose was different than the purpose of the flowers. The weeds did not glorify the Father. I also knew that I was the one who had allowed the weeds to grow. The weeds were not strong. They were weak weeds with small root systems. And then I saw Angela, who has been my guide during many meditations. I originally saw Angela as a guardian angel, but now I understand her to also be Jesus and the Holy Spirit. As usual, Angela smiled warmly and encouragingly. She carried a small basket.

I looked again at the weeds in my Father's garden, and I understood that they were mistakes easily undone. So, I decided to seek out the weeds and pull them from where they do not belong. I found the first weed and found that it was easy to pull from the ground. As I pulled it up, I noticed the deep, black soil glistened with sparkles of light and easily closed itself up, as if the weed's roots had never disturbed the soil in the first place. I handed the weed to Angela. She smiled and placed it into her wicker basket, and it quickly disappeared into the nothingness that it was.

Now I understood what Angela and I were to do. I would find and identify the weeds for Angela. She would pull them, place them in her basket and they would disappear. As we joyously do this work together, the garden will be returned to its original state. (Interestingly, I'd like to point out again that the flowers continue their song even now. The weeds do not seem to disturb the garden at all!)

October 3, 2004 - *This vision is not in the audio.*

I just experienced an image during a 2-minute meditation at the top of the hour that is worth documenting.

Since waking up at about 5:30 a.m. this morning, I have been carrying a heavy burden of guilt and fear on my chest. At times, it has felt quite heavy, although I have kept an understanding of what it is and the benefit of patiently waiting it out. (Angela is pulling weeds.)

At 8:00 a.m. this morning, this helpful image was provided. I was riding with Angela through a carnival tunnel of horrors. Painted cardboard images of fear and guilt hid in the dark ready to pop out and frighten me, but these images could not *hurt* me. After all, they were nothing more than painted two-dimensional images on cardboard *and* I was riding in an automated car, safely seat belted and safely out of their reach (as if they had a reach), *and* I was riding with an angel from

Heaven who sat serenely beside me looking ahead with a confident and peaceful gaze. Angela knows what is ahead. It is the door that will open to light and lead me out of the tunnel of horrors forever. She knows that nothing can hurt me here, and it doesn't really even matter how long I stay here, nothing can ever hurt me. She also knows that it is my own decision that will open the door and let me out. She gently holds my hand and with a loving squeeze lets me know that when I am ready, and I *will be* ready, I can open the door and we will ride out of this tunnel of darkness forever.

So, this is where I am, why it's OK and where I am going all delivered in one nice two-minute image.

November 7, 2004

I was presented with an image during my meditation yesterday morning. I saw myself in a dark cavern. There were several dark passageways leading out of the cavern, and there were people in the cavern who wanted to find their way out. I stood at the bottom of the cavern near the entrances to the passageways. I held an armful of lit candles. As people passed by me, I handed them a candle. They used the candle to guide them as they selected a passageway and started their journey out of the cavern.

I wanted to know what this image meant. I went to the computer and prayed. I asked the Holy Spirit to please be direct with me so that the message would be clear and I would have no doubts. And then I started typing. I typed without thinking, and that's what you see below. The paragraph in quotes was typed through me. The response to the request is mine.

“Teacher of God. Teacher of God. That is what is needed now, and that is what I need you for. You can write for me. You are doing it now. Write, Teacher of God, and help me share the Light. There are many who need us. Teach, Teacher. That is what you are for. That is why you are here. That is how you will Learn. You are the Teacher. Don't be afraid. I am with you always.”

Thank you, Spirit. Thank you, Teacher. I am your hands. I will do as you ask. Please show me how, and I will do it. Amen.

November 8, 2004 – A Technique for Forgiveness

Question: What is a technique for forgiveness?

Answer: The reason forgiveness seems difficult is because you are focusing on the illusion (ego) and not reality (God). If you turn your focus to reality, forgiveness will be natural.

Jesus taught the technique for forgiveness when he said, “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest

commandment. And the second is like it: “Love your neighbor as yourself.” (Matthew 22: 37-39)

The first step in forgiveness is the same as the first commandment. Love God with all your heart, soul and mind. To do this, you will have to forget the painful transgression for at least a little while. Remember why you love God. Focus on the attributes that recall Him to your mind. Nothing else will matter when you focus on your love for God, because nothing else is.

The second and third steps in forgiveness are found in the second commandment, “Love your neighbor as yourself.” To be successful with this commandment, you must love yourself. So, the second step in forgiveness is to focus on God within you.

It will be difficult to find God within you when the dark clouds of illusion hide His Light. You must face the clouds within you and gently blow them away from the Light. You have already called upon God, so if you are willing to love yourself, He will help you. There is no reason to be concerned at this point. Simply ask yourself, “How did this transgression make me feel?” Then ask, “Why?” And keep asking why until you get to the root of your feelings. That is the dark cloud, and when you find it, it will be easy to blow it away from the Light because God will be with you telling you that it simply isn’t true. You and He are One. The attributes that apply to Him apply to you as well, and anything else is simply fear. Then hold God’s hand and with His Help, Love yourself. Your fear will simply melt away. Then blow a gentle breeze. Let it pass from your lips as the Love for yourself *as God* fills your heart, your soul and your mind.

The third step is to extend this Love to your brother. He is no different from you. The mistakes that he’s made are based on his belief that he is separate from God. His mistakes stem from fear. He is just like you, only right now he doesn’t know it, and so he is suffering. Your brother needs to remember God’s Love. Be willing to let it extend through you to him. Focus only on the Love that is.

“Love the Lord your God with all your heart and with all your soul and with all your mind. . . .Love your neighbor as yourself.” This is the technique for forgiveness.

November 10, 2004

Question for the Holy Spirit: How is it that sacrifice and unfairness are not true? How does a person born into extreme poverty, hunger and disease have the same opportunity to know you and to love you as I do?

Answer that came to me: You have to remember that the world was made by the mistaken Son of God to hide from the imagined wrath of God. It was not made as an easy path to God. It is a firm distraction *from* God, and the mistaken Son of God is a willing participant in it. But also remember that it is an illusion. It isn’t real. Time is not linear. Nothing is as it seems. There is not cause for sadness.

Your role is clear. You must accept salvation for yourself. Forgive the illusion. It isn't real. Forgive the mistake. It isn't real either. Be happy, and follow your faith.
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