

## Chapter One

Our challenge is to accept Source's unconditional love for us. Not to earn it. We are already worthy and we can do nothing to make ourselves more worthy. Yes, we are flawed and sometimes we don't use good judgment. Nevertheless, Source loves us absolutely and without limit.

Acknowledging this reality can be rough when we are used to working and struggling and feeling disappointed and always settling for less than we really want. After all, learning our role and performing it gives us boundaries and focus and makes our expectations "realistic." Accepting "reality" clouds our perceptions of Source. We cannot use logic or reason in knowing Source. Source is unlimited. Our intellects cannot fathom that. Can I have everything I want? Source shouts Yes. Our friends say, "Well, maybe not everything. Be realistic. Don't expect too much."

However, Source says, Yes and Come on and Let's go. Source passionately and enthusiastically responds to our dreams. And always supports us. Source is unfailingly on our side. And Source cannot be hoodwinked. Source loves us completely but Source also knows we don't love ourselves. Sometimes we overeat or work compulsively or silence our feelings instead of speaking. Source knows when we deny our own integrity. Source loves us anyway but Source also insists that we love ourselves.

And we so resist accepting and loving ourselves.

Better to be not-quite-ready-but-working-on-it. Certainly, when you stay busy folks around you take you seriously. I imagine that Source laughs. We chase our tails and exhaust ourselves and lose sleep. For what?

Only for our Controller to (maybe) nod approvingly. We confuse being with doing and we confuse our Controller and Source. We each have a Controller who tells us what is expected and appropriate. That's all it does. It doesn't love us for a job well-completed. The Controller may dole out gold stars intermittently but they evaporate and don't seem sufficient for the effort and pain they demand. In about ten minutes another project presents itself and our intellects race off in several directions, bustling activity offering us a distraction.

A distraction from our experience of presence. Presence to ourselves, in this second. And that's all. Being and not doing (temporarily) terrifies us. Thinking diverts our attention from being present to ourselves in the second.

We love our intellects. They make us feel important. They can impress others. And they save us from truly experiencing what it is to be ourselves. What a deal! We give up aliveness for a

manufactured safety which isn't safe or comfortable. We'd rather not be all of ourselves. We prefer living a diminished life.

We won't accept limitations of our movement -- we go where we want when we want. We demand respect from others in their speech and behavior towards us. But we don't treat ourselves respectfully. We don't care about our feelings. In fact, we're proud of not "giving in" to our needs. We act like our inner worlds slow us down instead of realizing that our inner worlds lead us to our own realization of unlimitedness.

At our core we are expressions of Source.

Notice what your intellect says about that! And then notice your intellect without identifying with it. Move behind your Observer window and watch the antics of your intellect dispassionately. This detachment offers us a major key to transcending both our limited thinking and our willingness to accept a limited life -- health-wise, financially, relationship-wise, creatively.

The truth is we don't need to settle.

Settling is a way of cutting off our feelings. "If I don't want too much, I won't be disappointed." That's never true, though. If we don't want to be too much ourselves we may keep others comfortable but what damage do we inflict upon our souls? And how can we allow ourselves to damage our own vitality?

We have a responsibility to live large -- to know what we feel, to acknowledge our inner worlds, and to accept ourselves. Each of us is unique. We each have a particular gift to offer the world; no one else can deliver our gift.

Source needs us to be ourselves fully. Our challenge is to accept Source's unconditional love for us. And that requires attention and clarity.

When I first awaken, I linger in bed, checking in with Source. I'm open, questioning what is today about? And then I listen. I don't hear words but I receive a feeling or an attitude or a perspective. I want to see as Source sees. I move into a receiver position and I notice. My Controller only activates when I arise, so for these few quiet moments in the dark I simply notice.

This morning I envisioned a Source light at my center. The light burns with perfect health. Source wants me to be perfectly healthy and Source knows how to create perfect health in my body. Today the doctors may point to brain lesions which appear on an MRI and give me a label. That, however, is irrelevant to Source. Source knows no limitation. And when I am one with the light at my center, I know as Source knows.

That kind of knowing isn't intellectual. It's entirely intuitive and depends upon my openness and my availability to receive. I love that it doesn't require work or energy or a strong backbone. Availability is the only criterion. Is my heart open? Am I paying attention this second? Am I open to healing?

Healing is knowing as Source knows. Healing doesn't require specialized information but self-discipline helps us to access our own truth. The light at my center shines. I need to check in with it and experience this clarity. That's how self-discipline contributes. It focuses my attention inward. That's all. I don't have to learn another fact or conquer a bad habit or achieve a goal. What exists this second is the perfect platform for me to heal. I start from right here, right now. I am in the right place this second.

I close all the doors to my past. My childhood wasn't comfortable, friendships didn't work out so well, I've made some serious errors in judgment. But so what? Today none of that matters. In fact, today none of that exists unless I choose to resuscitate the memories. But when I choose healing I lock the doors to the past. I say, "Thank you for today just the way it is." I acknowledge my partnership with Source who always pulls me to healing. I can cooperate with my own healing or I can resist.

Why would any of us resist cooperating with Source?

Because it's scary and unpredictable and totally vulnerable. Most of us have had unpleasant to traumatic experiences when we felt vulnerable to powerful others in our younger days. But we've chosen to lock those doors and to only live in the present. Sometimes we need to remind ourselves (repeatedly) that those doors are locked. We're not walking down well-trod paths one more time. Now we're partnering with Source and we let Source show us the path.

We invite Source to heal us and we pay attention. We don't think. Our Controller, anchored in our intellect, will talk us out of this completely unrealistic stance. But then our Controller doesn't truly believe that healing is possible. Our Controller is earth-bound. Its point of reference is totally intellectual and external. Our Controller knows what someone has done before us and uses that to limit our expectations of what we can do for ourselves. Our Controller is a fine part of us which we use when we maintain our cars or balance our checkbooks or clean our homes. But our Controller hasn't much to offer when we choose healing.

And healing is a choice. If it's that easy, you may say, everyone would choose healing.

Healing is a choice but it's not easy. It demands vigilance -- what vibration am I practicing this second? Do I want to practice that vibration or is another vibration more conducive to healing? Healing demands a constant reference to our inner world, not allowing our vision to be influenced by the outer world. We don't pay attention when another tells us, "You can't do that. No one else has, so why do you think you can?"

Our attention is firmly anchored in our Source Energy center and we trust our guidance completely. Our trust is based on experience paying attention to our inner world tugs and taking action only when inspired. We trust our own experience more than we trust knowledge that someone else has shared.

Our experience is sacred. Our experience evolves momentarily and is completely our own. No one else has lived our life before us and no one else ever will. We are not here to "do life right" or to meet someone's expectations. We are not here to clean up the world's messes or to impress anyone or to earn acclaim. We live and we notice and we pay attention. And always we stay present to ourselves, acknowledging that at our deepest center Source dwells.

That focuses our attention. When we need or fear or hurt or want, we move into our deepest center. We don't chase shiny objects around us -- fame or wealth or achievement -- when we want to experience peace. We move into our center and we allow peace. For peace already exists. This second in your deepest center, Source exists. We choose stillness and we check in and always we say "Yes."

Sometimes when we are still and check in, we feel old emotional hurts. We may choose physical healing but Source doesn't discriminate. If old wounds live inside us, Source knows. And Source will guide us in our healing on every level. We are one person -- physically, emotionally, mentally, spiritually. If anything lives unhealed in any part of us, Source will direct us to our healing in every part of us.

Source knows us completely and knows us in our perfect health. Source focuses upon health. So while our quirks and distortions exist as a result of mistaken beliefs, Source knows us in our wholeness. And loves us unconditionally.

A mistaken belief most of us share is that we are limited. Either we believe that we are limited by accidents of birth -- gender, geography, physical situation, or intellectual acuity. Or we believe we are limited because we blame someone else for not being what we needed.

The mistaken belief that we are limited can be used to assuage our fear that we are not good enough, another mistaken belief. What if I try and give my best shot and still I can't make my life work? What if I am not acceptable to other folks? What if, no matter how much I want my life's dream, I can't make it happen? Better to not want than to be disappointed.

But that's so nuts!!!!

Why wouldn't I want the very best for myself? Why wouldn't I want everything? Why choose limitation rather than saying "Yes, I am here and I count!"

That confidence and optimism arise only from our anchor in our Source Energy center. Only from our Source Energy center. Only when we sense, then experience, then know, then trust Source's unconditional love for us can we hope to allow healing on a magnificent level. Healing

is knowing our oneness with Source. Then experiencing that oneness often. Then allowing Source to guide us.

Only Source knows what perfect healing looks like for each one of us. All we can do is practice presence, practice trust, and allow. Source directs us. And, hopefully, we cooperate.

Why wouldn't we cooperate?