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# Why Me?



“A lotus blossom growing  
in a fire  
is indestructible.”  
(Sho-do-ka by Yung Chia)

**by Frida Waterhouse**

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Other Books:

Life/Death Motifs and Who, Me?  
Tomorrow Never Comes

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Dedicated to all wayfaring pilgrims!



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## *Autobiography*

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Why me? Oh how the writer moaned and groaned over her sufferings as only a Libra can! How she dramatized her woes until her friends were bored! Over the years she learned the ways and wherefores of the frequent deaths of old personality patterns and the triumphant rebirths. That's what this book is all about. You can, if you will, share this knowledge with her.

The amanuensis, Frida Waterhouse, was born of Jewish parents on October 12, 1907, at Gloversville, New York. She has a sister who is still living. The year 1907 was a prelude to an economic depression in the United States, and there was barely enough food in the house for the two children. Ultimately, both parents became quite ill, which meant a separation of the family unit for a period of time.

In fact, there were two separations. The first took place when the writer was about three years old; the second within the next year-and-a-half. These events so traumatized her that to this day they are not entirely clear. However, they either did not affect her sister or else the writer was subjected to experiences during brief absences from her sister.

The better part of two years was spent in Denver, Colorado, both with her parents and in an institution while her mother was hospitalized for surgery.

Shortly before the writer was five, the family moved to Los Angeles, California, where she spent most of her life.

Her family was politically oriented and from the age of nine she was involved with the Young Peoples' Socialist League. At nineteen she left the organization, but (perhaps as a consequence) was imbued with the desire to serve her fellow man by changing the conditions around them. She was a rebel who would not conform to her peers.

Her family was antireligious. The accent was on good conversation, music and books, and especially on discussion of the important events of the times.

She was married twice. One was a common-law marriage, which lasted about five years. The second was a legal one, which endured the better part of 13 years. Endured is an appropriate description because the love was mostly one-sided and her husband wanted "out". The breaking up of this marriage was the greatest single factor to move her towards her spiritual goals.

In her anguish she opened u to her first spiritual awakening of this lifetime — an illumination that brought the presences of the Divine into her life. This was the first of several major soul-changing experiences that were buttressed by others of lesser impact.

She moved from Los Angeles to San Francisco under spiritual guidance in July, 1963. In February, 1966, she moved back to Los Angeles to be present when her mother left the body. Then in March, 1967, she moved back to San Francisco to prepare for her spiritual work. This time she was permitted to put her roots down.

A part of her genetic inheritance developed into cataracts in both eyes. Eventually she became blind to all but light and darkness because she would not submit to surgery for a period of about four-and-a-half years. This was requested by the Divine Ones in order that she might develop more inner sensitivities.

Once she became an instrument with the skills required for her special work, her eyes developed acute glaucoma and surgery became imperative. Her sight was successfully restored.

Her work is primarily to provide a practical springboard that others can use to help them adjust to active and reactive spiritual changes. She is a channel that invokes spiritual force fields in order to confirm data already received by others. Also, she can furnish data confirming the soul path for this lifetime. In other words, she is guided by her High Self (Divine Mind) when counselling and is moved into areas of Superconscious Mind when invoking higher spiritual force fields.

She has proved by her spiritual growth and increased sensitivity as a channel that the contents of this book are not theory, but give valid results.

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**Autobiography**

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## *Preface*

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This book has been dictated through the writer for the purpose of facilitating her work in counselling so that those who come to her will have read it. She then will not have to verbally repeat it for each person. It also facilitates the more conscious use of spiritual practices so that one can change his or her actions and/or reactions on a daily basis. It works!

This book can enable the reader to objectify his or her viewpoint of life, which can help provide balance even at times of storm and stress. It amplifies the purposes of spiritual discipline. It can be a practical reference book at all times.

There are many whose help made this book possible also. Special credit goes to Drs. Bella Karish and Wayne Guthrie of the Fellowship of Universal Guidance, Los Angeles, for permission to use portions of their Three Selves work. Both help the writer achieve her spiritual goals more quickly and directly through their “Metaphysical Approach to the Field of Consciousness.”

A special thank you to Guin and Joe Miller for their love, friendship and encouragement.

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**Preface**

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A special acknowledgement to Saul Barodofsky, whose sustained interest made this book possible.

Thank you to Stanford Erickson and James F. Gaertner of New York, who volunteered to do the editing.

Thanks to Drs. Michael Smith and Stephan Rechtschaffen for help on the chapter on Pain.

A special kudo to Dr. Landon F. Rice of Oakland, California, who not only participated in the discussion on Pain, but whose skill had much to do with the writer's survival on this earth plane.

A salute to Barbara Durkee and members of the "Towards The One" house who acted as batteries and prepared special questions that are an integral part of this book.

Then there are so very many friends, too many to enumerate, whose love and devotion enabled this channel to stay on the scene. There are no words that can adequately express her gratitude except to say that this love is returned!

## *Why Me?*

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The earth plane is a schoolhouse, so it stands to reason that relationships, place and circumstances are basically a means for catalyzing you towards change and growth — to achieve the purpose for which your soul has re-entered this plane. If you are placing ALL your energy and attention on relationships, you are out of focus with God's plan for you in any given lifetime on the planet earth.

Then you are tested to find what you have learned. Ultimately, you are moved from grade to grade until you are graduated from the earth plane.

This does not mean that the learning process ceases — far from it! Wherever you may be in our universe, you are still learning, expanding in consciousness, becoming more light.

Why me? is the question you often ask. Why not you? Did you not volunteer to come here to work on your unfinished business? (Very few souls are forced to come.) Don't you have work to do on your hate, self-pity, possessiveness, jealousy, whatever? Okay — get on with it and stop feeling that you alone are being picked on! Everyone else is in the same boat, believe it or not.

The spiritual path is each moment in time and space that you manifest a way of life — it is NOT just your spiritual practices as such. Spiritual practices must be immediately relevant to the here and now of your daily lives. They cannot be separate from what you manifest or a schism forms between the two. If your spiritual disciplines do not ultimately change your actions and reactions in daily life, you are not making the best use of them. Your spiritual practices MUST enlighten, undergird and give continuum to your responses to life on a moment-to-moment basis. If you use them to space out or get high without bringing this energy through to change your hang-ups, you may not accomplish that for which you re-embodied.

In the East, much is said about destroying the personality ego and about smashing negative aspects such as hate, fear, jealousy, etc. In the West, perhaps the idea of making the personality a transparency through which the High Self can operate is more feasible. Certainly less energy and time are consumed in bringing the ego into a space where it can manifest itself with much less compulsion and without interfering with the direction of intuition or the High Self.

Why not take hate, for instance, and meld its energy into a more vibrant, stronger love? How powerful can be a faith that uses the transmuted energy of fear!

While you are programmed in perfection (in His “Image and Likeness”), you are not as yet manifesting total perfection. That is why you keep returning for lessons on the earth plane again and again. You ARE moving towards perfection, but this movement is primarily a devolutionary spiral. With this understanding, you must learn to have mercy and compassion for yourself. You must accept yourself “as is” so-to-speak even though at times you may passionately hate your actions in your daily life. Unless you love and like yourself while clearly seeing your imperfections, you cannot do this for anyone else. To repeat, insofar as you can accept yourself knowing your strengths and weaknesses, to that extent can you accept others.

To put it another way, you may be outraged at an action of your child, but if you have any capacity for real love, you will still love the child. In effect that is what the Brotherhood of Man is all about — what being your “brother’s keeper” means.

Up to the point you have been an image in which acceptance by others (especially those you love or admire) was the mirror you have used to accept yourself. This obtained from the fetal stages, through babyhood, childhood, and even through your teenage period. If you were an unwanted child, or if as an infant or small child you did that which displeased those in charge, they let you know it in no uncertain terms. These are the persons who had life/death control over you. Therefore, their displeasure or punishment was felt and recorded as a survival threat on the subconscious level. In other words, you learned to accept or reject yourself on their judgment — not yours!

Ultimately, you will have to learn to accept yourself as a child of God, abiding in this knowledge as on a rock. This is what Jesus meant when He said to seek first the kingdom within and all else would be added thereto. This will give you an inner peace that is like the center of quiet in the eye of a hurricane.

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Under Divine Fiat (authorization or sanction) man has been given Will or the ability to invoke his own law under the greater laws on harmlessness, mercy, forgiveness, love and compassion. When man invokes his own will, he creates the law of cause which brings into action the law of effect — it is action/reaction.

In the East, this law is called Karma. Karma is NOT punishment as such. It simply teaches you that the momentary satisfaction you may gain from one-upmanship, self-indulgence or anything that harms either yourself or others, is simply not worth it. When the results of some of your actions have hit you on the head sufficiently hard to make you miserable, you learn to live under the law of “doing unto others, as you would like them to do unto you.”

Many times after you have learned a certain lesson and have been tested on it without being tempted, the Divine Ones will release all karmic debts having to do with this lesson because there is no purpose in continued repetition. This is a gift of Divine Grace.

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“... This material universe is the luminous garment of the Eternal ...” (Dion Fortune in *The Goat Foot God*).

If you have a problem with the concept of reincarnation, one consideration is that God is a god of love. If God truly loves His creation, surely He will allow it more than one lifetime to achieve growth and change. Surely he would not give some of us opportunities and privileges and deny them to others. How many of us could make it in one trip?

“Man incarnates into the auric field of the earth planet just once. Upon entry he agrees to accomplish certain acts as a soul entity and from that point re-embodies over and over until he has completed everything promised at this inception into the earth body.

“Reincarnation and re-embodiment are not the same. Re-embodiments are the ‘cause and effect’ actions that bring about re-entry into life cycles in order to transmute past mistakes and misunderstandings. As stated in the scriptures, ‘As ye sow, so shall ye reap.’ (From a Treatise by the Fellowship of Universal Guidance.)

When a soul is ready to re-embody, it selects a High Self. Then both of them, accompanied by a master teacher on the inner planes, go before the

Lords of Karma or the Karmic Board. There an individual blueprint is drawn up stating the karmic debts to be paid, the karmic lessons to be learned. If the soul is sufficiently advanced, then perhaps a special service is to be rendered the Godhead through man.

The Karmic lessons are the same as hang-ups, aberrated patterns, or the negative “opposites” of Eastern religions. We all have similar patterns of love/hate, fear/faith, selfishness/unselfishness, etc. For each of us, however, there is an emphasis on one or more patterns requiring special work for a given lifetime. That is why one individual may wrestle more with hate, violence and rebellion while another works with selfishness, self-pity, apathy, etc. Before we are graduated from the planet earth, the opposites must be melded into the positive aspect of each pattern.

There is a teaching that each of us is born in the astrological sign (sun sign and rising sign) in which we have most to learn. The writer found that her life’s work consisted in translating the negative aspects of her sun sign of Libra and her rising sign of Taurus to the positive aspects of both signs.

Libra, for instance, tends to have a strangle hold on relationships with the people it loves, like mistletoe ultimately strangling the tree to which it is attached. Libra wants to possess beautiful things and has to have a partner and a home in order to feel emotionally secure. Libra also finds romance very important so it often changes partnerships several times in one lifetime to sustain this illusion.

Taurus tends to be a stubborn, rigid sign. It, too, attaches to lovers, family and objects. Its home and children are very important for its happiness.

It took intensive work by the writer to release compulsive, subjective attachment to personal relationships, but this was finally accomplished with the help of Divine Grace. Ultimately these hang-ups dropped away like worn-out garments.

The Divine Grace of God is a direct expression of His love at the times when we most need to experience its reality.

Many of the relationships in which you are now or have been involved (sometimes enmeshed!) are karmic in that you have been together before. When you fail to resolve your differences, you come back to try it over

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## Reincarnation

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again. Ultimately, you learn that the game of winning or controlling another by whatever means isn't worth the momentary triumph. Unless a relationship is resolved through releasing one another without rancor, it is possible to pull one another back into another earth cycle.

## *High Self (Spiritual Self)*

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Your akashic (Sanskrit word) record is the sum total of all the lessons you have learned in your many earth experiences.

The High Self researches your akashic record to see what your soul has accomplished or what its failures have been in the past. Together with your individual soul blueprint, it can guide you unerringly towards your spiritual goals for this lifetime. However, this is only done with your free will.

The High Self is NOT you! It is an entity at a higher spiral of spiritual evolution that has volunteered to come in and act as your guide and teacher. It may have come from another planet or have been graduated from the earth plane as a basic self. Therefore, it has its own wisdom with which to guide you. It is your gateway to the Divine.

The High Self can also reach through to the planetary akasha, that Jung calls the “collective unconscious,” to obtain data on all creative thought, poetry, music, mathematics and inventions and bring it back to you for practical use.

The High Self may be seated in your crown chakra, or it can be attached or connected to some other part of your etheric double (etheric body). Since it operates under the law of man’s free will, it will not force its guidance upon you. However, if you invite it to do so, it will keep your feet unerringly on

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### High Self (Spiritual Self)

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your spiritual path. It will closely follow your individual plan for this lifetime and help you toward fulfilling the ultimate plan for your soul.

Your High Self is part of the Superconscious structure and is the Divine Mind. It is the gateway to Samadhi (state of bliss) and guidance from teachers on the inner planes. It is the doorway through which you can reach the Throne of your Creator. It is your ultimate, spiritual teacher. Symbolically speaking, it can save you many a bloody nose, skinned knees or even major fractures.

It also acts as a transformer, stepping down the energies of spiritual force fields that seek to guide or teach you. If these energies were allowed to come straight through, they might shatter your mind and/or body. In other words, your High Self is the open sesame through which you can reach your Creator and become one with Him!

*Personality*  
*Consciousness*

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Next, your High Self selected YOU, the type of body, sex, time and place of birth. It select your parents, who are carefully chosen for their strengths and weaknesses; also brothers and sisters, if any. It chooses everything that has to do with promoting your ultimate soul's plan. Since most of you have volunteered to come into the earth cycle of your own free will, you must take responsibility for the whole plan. That means no blame for yourself or anyone else — especially your parents! While it is true you were not consulted about the details of your blueprint, you made the tacit agreement to help it come to fruition.

The personality is the only consciousness that has the privilege of acting out the daily dramas and challenges on the stage of life. It is the reasoning mind, which can proceed from a premise to a conclusion. The “reality” behind the on-stage action is that the purpose of the action is solely for lesson learning — nothing else. When the action is “freaking you out,” you can steady yourself and come back into balance much sooner if you can remember this. If you run away, refusing to learn the lessons, you will have to come back to do it another time, so why not now?

Your human heart may, and often does, desire many things. Your soul's desire is to fulfill its blueprint. If your human desires conflict with the soul's

goals, you can delay or even abort the action on the stage. The choice is always yours!

If you really want to achieve your full potential for spiritual growth, keeping this goal constantly before you, the will power will be there at all times and you WILL conquer!

The personality-consciousness did NOT exist before this lifetime — it's the soul that has the continuum. Therefore, if you pick up past lives through déjà vue or another process, you need not feel any guilt no matter how negative some of these lives may have been. You're here to neutralize these actions — not to expiate them!

## *Subconscious Mind or Basic Self*

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Lastly, your High Self selects a basic self from a repository within the inner planes. It is an entity that is NOT you. It enters shortly after conception while you are in your mother's womb. It is an entity on a lower spiral of spiritual evolution and is located in your solar plexus. It is the subjective mind. There may be more than one basic self — more often there are two, both a masculine and a feminine entity. It comes in to redeem its own karmic patterns and raise itself in its own evolution by helping the personality-consciousness achieve its plan. In other words, as the personality-consciousness helps the soul move up on its own spiral of evolution so does the subconscious mind, providing they both cooperate.

Consciousness has NEVER been a basic self. However, it is possible for the basic self to make a quantum leap by becoming a High Self by neutralizing its own negativities and cooperating with the conscious self in fulfilling the soul's blueprint.

The High Self, conscious self and the basic self are separate entities that have the right of free will, likes and dislikes and the ability to accept or reject the flow of karmic patterns. The karmic patterns flow through the High Self, by-passing the conscious self and go directly to the basic self or subconscious mind. They are activated there, complete with memory

patterns of prior times, and are referred up to the conscious level to be worked out there.

Sometimes the basic self will block you. It might not believe in God and it has the right not to. It might not accept the karmic pattern or even think there is such a thing as karmic law. Therefore, if there are guilt patterns within the karmic patterns that should be flowing to the conscious self to be transmuted in this time and place, it will block them off. The basic self should not do this. It is there to serve as the lower mind, the least developed of the three minds, to permit the pattern to flow.

The subconscious mind can either be a masculine entity or a feminine entity within either a man or a woman. This is very important to remember. If it is a masculine entity, then its characteristics will be predominately strength, will and determination. If the basic self is a feminine entity, its predominant characteristics will be love, warmth, emotion and sensitivity. This is why we have on this planet many men who are functioning more within the feminine aspect than the masculine, and why many women are more masculine than feminine. This is one of the prime reasons behind so-called sexual deviations. Much of the area in sexual deviation is right according to that individual's own plan to enable the karmic pattern to be carried out.

Subconsciousness is reactive mind. It is a computer automatically feeding back whatever data is fed into it — factual or garbage. It can help you to remember or it can block your memory, depending upon whether or not it is cooperating with you. All conditioned reflex patterns are stored there.

### **Conditioned Reflex Patterns**

The Russian scientist, Dr. Ivan P. Pavlov, experimented with dogs by ringing a bell and then feeding them. Eventually he conditioned the dogs to relate food with the ringing of the bell. Then he rang the bell, causing the dogs to salivate in anticipation of the food, but he did not feed them. Ultimately, some of the animals became frustrated and neurotic.

With human beings, the primary conditioned reflex patterns are not only those of learning the skills of walking, talking, etc., but also those that have to do with human survival. From the fetal stage onward through birth, babyhood, childhood and the sensitive teenage period, situations arise that

seem to threaten your security emotionally and/or physically. The subconscious mind has the memories of these traumas still recorded as threats to your survival in the “here and now.” The fact that you are older and more able to take care of yourself does not affect the programming in your computer. In other words, you must pull out the old data and reprogram it to act more appropriately for each moment in time and space.

Any time you respond to any person or situation compulsively and/or impulsively, that is, without free choice, you are a puppet on the stage and the basic self is pulling the strings. This is a lesser evolution controlling YOU! It likes this power and more often than not will fight to retain it when you seek to take dominion over yourself.

Subconsciousness is often afraid of change because it is not sure what will happen to it as a result of that change. It is very important and necessary at such times to “walk and talk” with it, reassuring your subconsciousness that it, too, will benefit from your changes in awareness. If you find yourself blocked and frustrated at times when you are trying to take the next step, work with your lesser entity in evolution.

The basic self is the keeper of the body, having to do with all automaticities of physiological functions. It is also the healer of the body. If you are having a problem with frequent illnesses or difficulty in healing, this indicates a lack of rapport between you and your basic self except where there is a karmic pattern that affects the physical body. (See Chapter 11 on Pain for further details.)

Your basic self is also the keeper of the psychic door — it guards you from psychic invasion.

It is important in dealing with your basic self that you are loving yet firm about your taking over full responsibility for your responses to life. When your basic self throws you into a reactive pattern, treat it as you would a recalcitrant child. If you are capable of loving, then treat this “child” accordingly no matter how angry you may be at what’s happening to you. If you get too tough with it, your subconsciousness may balk and your spiritual growth can be delayed or aborted.

If you really wish to change your hang-ups, you will have to become aware of the times when you cannot choose how you respond to people,

circumstances and/or environment. After you have helplessly submitted to an action or a reaction without choice, wait until you have cooled off and have removed yourself from the scene. Try with all your might to avoid guilt, blame or shame because they will interfere with constructive changes in patterning.

Then go over the incident again and again, finding more creative solutions, from the logical to the fantastical. Then in the flash of a flash of time before a conditioned reflex pattern can take you over, throw in something else — anything else — in order to break the neurological sequence of the conditioned reflex. Keep throwing in different responses so that eventually you break the programming in your computer. Then set up a new pattern of freedom, choosing that which is appropriate to the action on the stage. You are beginning to take over control of your vehicle for the many responses you can make to life!

Subconscious mind is also the region where your ungrownup self resides — the emotional immaturities from the fetal stage to your present age. For instance, the writer found she was hung up at the age of four. She envisioned the little girl in a white dress that was stubbornly resisting the will of the mature woman. The writer would firmly yet lovingly tell her little one, “No! We’re not going to do it this way.” She handled her ungrownup, emotional self the same way as she would an obstreperous child who balked at discipline. From time to time the writer would (symbolically speaking) take the hand of her child and walk with her down the aisle to her “holy of holies” and kneel down in prayer for guidance. This was a potent factor in bringing harmony into the relationship.

Over a period of less than five year, her little one grew into maturity to the emotional age of 21. Since then the Three Selves (basic, conscious and High) have become one, working as a harmonious unit. This was an important spiritual initiation. It gave the writer a feeling of togetherness which helped her to work more rapidly toward realizing her soul’s blueprint.

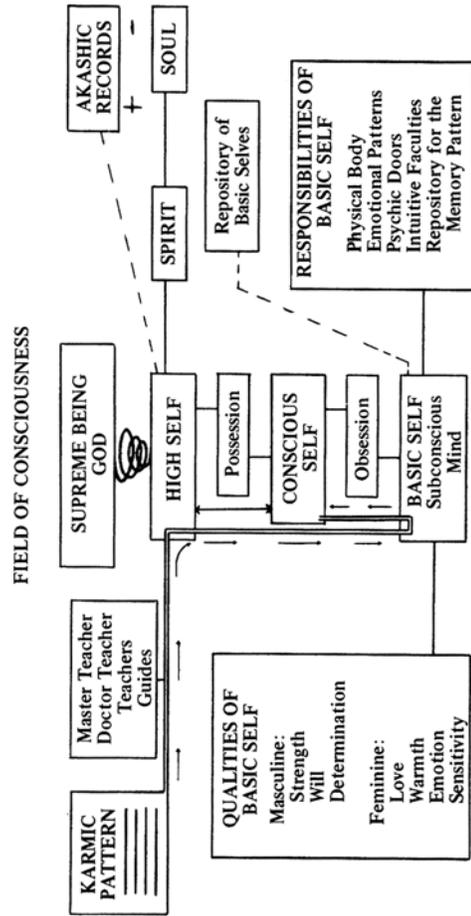
When two or more of you are in a childish reaction, forget about consensus, cooperation or compromise for the time being. A child wants what it wants when it wants it! It has to be “right” and will try to get as many persons as possible on its “side.” A child is not reasonable when it is reacting

emotionally, so logic as such will get you nowhere. Get off the stage for the time being and wait for one of you to objectify. Then try again!

Your subconscious mind is your intuition, the hunch or flash that you get from time to time. It will warn you against danger or it will give you data that can facilitate much for you. If you ignore your intuition, you will often regret it because it is an accurate source of information and can save you much energy at times.

The basic self controls all of the emotions. This means you do NOT have to accept any or all of the negative emotions it projects to you! You can say, "No!" and mean it.

Be sure to thank your basic self when it functions helpfully on your behalf. Encourage it as you would anyone who serves you day and night. Do appreciate its many functions and responsibilities within your beingness. Above all, don't take it for granted until you are displeased with it. Love and compassion towards it is vital to your total achievement of goals for this or any lifetime.



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“Speak, Lord, for Thy servant heareth!” 1 Samuel 3:9

How do reach your High Self and stay in contact with it at all times? Through the practice of “concentration,” that is, quieting your mind so you can listen. When you pray, YOU are doing the talking. Then you must get still so you can hear the answer to your prayer.

The disciplines of meditation are reached through two preliminary stages:

1. Concentration (quieting the mind)
2. Contemplation (the ability to concentrate on an idea for a stated period of time)

These two stages must be perfected before you can reach the place sometimes call the “voice of silence,” which is true meditation.

To obtain the wisdom guidance of your individual teacher (High Self) at all times, the discipline of concentration also gives you the bonus of self-discipline. Self-discipline is necessary for all change and growth, for out of discipline comes total responsibility:

1. Responsibility for having volunteered to reincarnate (mentioned previously).
2. Responsibility for *purity of motivation*. If you do anything for anyone, do it because you really want to. In the Piscean Age, the sacrificial lamb or burnt offering on the altar was in effect. In the coming Aquarian Age, the freely given

action is lovingly placed on the altar as a “sacrament,” or it is not accepted by the Divine Ones.

3. Responsibility for every *word* you speak, every *thought* you think, every *emotion* you feel, and every *act* you set in motion. In other words, you are setting the law of “cause” into operation and, therefore, the law of “effect” responds. Above all, avoid all feelings of guilt, shame or blame. It is a waste of energy and impedes progress.
4. Responsibility for *discrimination* in all things. That means you are not to “judge” that this is good or that is evil. As a finite being you could not possibly know this! You have been and have done so many things during your earth cycles, you dare not condemn either yourself or another. However, you CAN discriminate as to what moves you forward and that which hangs you up (or anyone else) in your spiritual development. You can determine only for yourself how many times it is necessary to repeat a lesson before it is learned. You can change yourself, if you truly so desire, but you cannot change anyone else. Nor do you have any right to do so.

A teaching is that “Each man profanes that which is sacred within himself, but no man has the right to declare that which is sacred or profane for another”!

You can probably recall when the boomerang on something you did took some time to clobber you. Nowadays it often happens so fast that it makes your head swim! Don’t count on paying some of your karmic debts in some remote lifetime in the future. If you are wise, you will operate on the law of harmlessness both for yourself and those around you at all times.

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“... you can only be free when even the desire of seeking freedom becomes a harness to you, and when you cease to speak of freedom as a goal and fulfillment.” (*The Prophet* by Kahlil Gibran.)

How much freedom do you actually have to love by choice or are you driven by your instincts?

The male is programmed by Mother Nature to cohabit with every desirable female in sight. The female is programmed to get a male, build a nest and have her young. These are the primordial rhythms of the Earth Mother whose puppet you are as she manipulates you through your bodily desires. In other words, survival of the species is the order of the day. Nature does not respect individuation as such.

For example: The rooster in the barnyard HAS to lay every hen in sight. He cannot choose whether or not he will do so.

From animal lust and passion you may progress to the next stage of some tenderness, some concern for your beloved — at times touching selflessness. Nonetheless this is projected from your own need to give and receive love on your own terms. You have ideas and ideals for such relationships both for yourself and others. This means that inevitably you

will demand a performance from yourself and others that does not necessarily reflect your total selves, especially the unfinished business.

In order to accept another and be accepted yourself, you will tacitly play the roles acceptable to your lover, friends or a group of people. They in turn play the same games with you. Ultimately some of your hang-ups come into play which may not be acceptable to your lovers, friends, or group and vice versa. You and they have the choice of breaking the relationship or deciding to make it work.

Your tendency often is to walk away from such unpleasant realities. If you do this, the faces and personalities around you keep changing, but you keep facing the same problems in relationships because you haven't learned the lessons involved.

If you and just one other person can agree to help each other with mercy and compassion to resolve some of your hang-ups, changes can take place and the awareness levels can rise. Then there is less hate, greed, fear, self-pity, etc. Then events and persons can be met and interpreted from less of the "I/me" to more of the "we/us" which is what the spiritual journey is all about.

Remember if someone "bugs" you, look inside *yourself* for the pattern being restimulated. It often is something you do not wish to acknowledge or face within yourself. Otherwise, you could observe another's actions on the state with more objectivity. You can only look at another through your own vision, which is influenced by your own hang-ups and experiences.

*Self Acceptance* is another process of maturation that enables you to accept yourself regardless of what anyone else says about you — especially the people you love and respect. From the fetal stage onward acceptance of you by parents and friends meant survival because you depended on them for love, food and all necessities. When they were displeased, your whole world became threatened. You learned to accept the image they mirrored back to you.

Now that you are grown and truly able to make decisions and take care of yourself, you still follow the old pattern of seeking acceptance of yourself through others. Ultimately you must accept yourself as a child of God, programmed in perfection, although you may not be manifesting this totally. No one on the finite plane in a physical body is perfect. That's why you

come back again and again working on an evolutionary process that continues to move you towards perfection.

Don't sell yourself short because others cannot accept you on your spiritual pilgrimage. Dare to accept yourself "as is" and you will be amazed to find your whole world accepting you at your own evaluation!

If you seek emotional security from a person or group of persons, you are laying very shaky foundations. People change, move away, die. The ultimate in emotional security is to find the Divine Spark within you that gives and sustains your life. That is what Jesus meant when He said, "But rather seek ye the kingdom of God; and all these things shall be added unto you." St. Luke 12:31. Also, "... the Father IS in me, and I in Him." St. John 11:38.

Human love can be ephemeral — not there when it is most needed. Divine Love abides, enfolding you with compassion, mercy and forgiveness from man's eternity to God's infinity. If you will claim your divine inheritance within yourself, call it your heart chakra, holy of holies, secret closet or whatever, it is a "rock" upon which you can abide. It is the center of calm in the midst of a hurricane. It is the "peace which passeth all understanding."

The ultimate love is the Christ compassion — accepting yourself and all others exactly as you are without judgment. It is love that completes itself in the giving, does not attach. It is one of the final stages in spiritual attainment before finishing the earth plane lessons.

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“... the psychic constitution of men and women are essentially different; they are mirror opposites of one of the other. That which to man is spiritual, good ... is to woman daemonic, powerful and destructive and vice versa. Their essential nature and values are diametrically opposed.” (M. Esther Harding, *Woman’s Mysteries Ancient and Modern*)

Both men and women have two polarities — masculine and feminine. Men have much trouble in accepting their masculine role because they have either deliberately or inadvertently accepted the programming of their society as to what constitutes a man. They have even more difficulty in dealing with their feminine principle. Women, too, find it almost impossible to act as a total woman with the vulnerability this implies.

Do not confuse the idea of masculine and feminine principles with homosexuality.

Both sexes have a common problem in understanding and accepting the feminine polarity because it stems from the primordial ooze and slime. These are primal motifs where ruthlessness in dealing with people and circumstances made survival possible in the beginnings of man. For instance, primitive mothers would not hesitate to kill to provide food for their young or even to destroy their offspring if they could not feed them.

Today's society not only frowns on such practices, it incarcerates those who attempt to live by the laws of the jungle.

Men programmed to operate from the viewpoint of logic and the civilized mores of our time, are shocked to find the primitive survival instincts within them embedded in their feminine principle. They fight acceptance of this knowledge and, therefore, are unable to handle these emotions when they rise to the surface, overwhelming the rational being.

In other words, men gossip and get bitchy just like their feminine counterparts although they deny this fiercely.

Women are programmed to operate in the more acceptable behavior of compassion and tenderness. At times they are frightened by their primitive drives, tending to push them back into the subconscious. Events in their lives inevitably bring up these powerful survival motifs to their dismay.

Most people handle these emotions ineptly because they have not learned to face these basic instincts of survival with the idea of mastering them. In order to change the programming in your computer, you have to know what exists there. In the case of primordial, survival instincts, it is the work or transmutation rather than that of elimination. It takes much courage and honesty to face your primal programming. It takes even more courage and persistence to use these drives creatively in line with spiritual teachings and disciplines.

The basic antagonisms that exist between men and women have evolved from many lifetimes of experiences with the opposite sex. Many souls manifesting in a male body have used their powers to subjugate, to take advantage of women's dependence for physical survival, even to doing them bodily harm. Souls manifesting in a female body learned all the "tricks of the trade" in order to survive and to control, even destroy the male.

As a result you are born with a learned pattern of fear and its concomitant hate for the opposite sex in whatever type of body you are now inhabiting. You may still be seeking to avenge the "wrongs" done you in this and other lifetimes by others. You have forgotten the karmic debts YOU incurred in playing either or both of these roles!

If then as a male you are having a problem with females, you might meditate on how you were the cause. If you understand how you harmed others and truly repent of the pain and suffering you have given, the effect of this harm can be cancelled out.

If as a female, you still hate and fear the male, seeing him as the “enemy,” you might meditate on your cause. When you understand that you have been both male and female, you can begin to have compassion for the weaknesses and vulnerabilities inherent in each role.

To put it bluntly, males often feel superior and self-righteous because they “know” they can think objectively. In other words, they can “dish it out,” but alas they cannot “take it” to the extent that females can and do. Females are naturally more receptive and more resilient to the challenges of life because they ever so harsh. Males have exceedingly fragile, brittle egos that crumble easily when harsh criticism is directed at them. This is felt as a threat to their masculinity. That is why any encroachment on their freedom or criticism of their behavior tends to make them feel emasculated. They can objectify easily where others are concerned, but tend to get very subjective when they are the target!

Under spiritual direction, the writer has seldom been permitted to confront a male with his hang-ups — no matter how flagrant — on a person-to-person basis. It mattered not how cruel the verbal assaults were coming from the male with whom she was working. She was always told the male couldn’t handle it.

Before you as a soul force can totally surrender to Divine Will, you will have to be able to completely surrender to the masculine and/or feminine principle in your partner. This does NOT mean surrendering to a male or female ego! This surrender means that you are to be vulnerable in a relationship with a finite being. It is training you for the greater surrender.

Any learning experience, including surrender, is a gradual process from the overt to the more subtle nuances. It takes great courage to totally release your human will to God’s Will because it is a radical way of living. Your human desires no longer are important. You live following instructions with strict obedience. You are not consulted regarding your convenience or commitments to others. His is the first command and He will demand all

your loyalty and energy. Therefore, do not lightly or thoughtlessly pray,  
“Thy Will be done” or you may live to regret it!

God answers sharp and sudden on some prayers  
And thrusts the thing we have prayed for in our face,  
A gauntlet with a gift in't.

— Elizabeth Barrett Browning

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If you are asked to help another, it would be wise to listen, ask questions, perhaps opening doors towards other possibilities of solutions. Do NOT give advice or make decisions for another unless you wish to pick up another's karmic patterns and debts. Don't you have enough of your own to keep you busy this entire lifetime?

Just because something has worked for you or if you have had similar challenges and overcome them, does not mean that this necessarily is true for anyone else. Therefore, if you are wise, you will not try to force anyone else into your own image. Advice to others can be dangerous unless you are trained to be neutral and can listen to directions from your own Highest Consciousness — your High Self.

Do not use the excuse of “helping” others to poke your nose where it doesn't belong. If you get so busy with others that you do not have the time to take care of your own affairs, you are playing games with yourself. Keep your own house garnished and clean. Sometimes the highest service you can render is to manifest the vibrations of love, light and true compassion. These are healing vibrations that flow out without the necessity of touching others physically or saying a word.

Remember at all times to give thanks for ALL you receive, both the lessons and the gifts of grace!

If with all your heart and soul, you desire to achieve the full potential of your soul's blueprint for this lifetime, you will generate the will power that will give continuity to your achievement. Eat, sleep, breathe, pray and meditate on your desire day and night, and you will make this into law for your being.

Spirit is the motivator that gives you purpose and direction.

“In God's world and the world of spirit, there is no such thing as an illegitimate child. Each child that has been conceived and perhaps born, has come forward for a purpose and to teach someone a lesson, or to learn a lesson.”

— From a Treatise by the Fellowship of Universal Guidance

When you rebel it is because you think you are in the right about yourself, others, institutions, situations or what-have-you. Under spiritual law you can only be right for yourself. You *cannot* contravene the law of free will to others. Neither you nor anyone else have the whole truth — only a facet thereof. You have no right, therefore, to enforce your point of view or will upon another no matter how valid it may seem to you.

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“Your pain is the breaking of the shell that encloses your understanding. Much of your pain is self-chosen.” (Kahlil Gibran, *The Prophet*)

“The body is a harpsichord, and when its strings are too relaxed or are too tense, the instrument is out of tune, the man is sick.” (*The Aquarian Gospel*, Chapter 23-9)

Pain is a variation on the theme of time. The degree and intensity of pain has something to do with the motif of time, a mistaken interpretation of the use of time.

Pain is a paradox. In a sense it exists, yet it does not exist. It exists in past time, but actually it doesn't exist in present time except as one aberrantly pulls past time into present time. So pain only exists because of a misconception of a controlled use of each day in our present lifetime.

It can be said ALMOST without exception that the presence of pain is an aberration in itself. A body completely in present time has no need or use for pain. Its use as a physiological warning signal to indicate either disease or an imbalance in the body would not obtain because there could be no imbalance. Imbalance in the body of any kind on any level indicates that one is not completely in present time.

Why a chapter on pain? Because from the fetal stage onward the consciousness and subconsciousness is fed the data that pain is your enemy. God forbid that you should permit yourself to experience any discomfort when you can take a pill or the doctor can give you a shot to mask the sensation. Television has advertisements that constantly reiterate the theme of freedom from pain. Some of the ads explicitly state that you cannot function adequately or clearly under the influence of pain.

What is pain? You can get many definitions from dictionaries, but what is important is what pain means to you. Do you fear it? If so, the pain is intensified by that emotion. Do you resent it and indulge in self-pity? A negative reaction to pain adds to its intensity and can interfere with the understanding of your problem and its solution.

Can you accept the concept that pain is your friend? That it is your body's indication that something is wrong and needs correction? Can you take responsibility for being the cause of your body's dysfunctions without blaming others? Do you clearly understand how your thoughts and emotions affect the functioning of your vehicle?

Theoretically, a "normal" body should experience no pain, but should function perfectly. Can it be that what is normal for you is not for me? How are the statistics and measurements gathered? Who are the "experts" that make these decisions? How valid and accurate are their judgments and conclusions? How open are medical doctors to factors other than those that they are taught in medical schools? Are other possibilities in the diagnosing and healing processes from other disciplines welcomed? Do not other disciplines in the fields of both preventive and healing treatments have valid and valuable data? The answers to these questions are vital to you in maintaining your health.

How does diet affect your health? Are you following the fads of the time or are you listening to your body so it can communicate clearly what its needs are on a daily basis? Can you clearly distinguish between a "want" and a "need" in nourishing your vehicle? If not, why not?

What you eat, think, feel and do affect your physical health. If you are not in control of your body and yourself, your body is thrown out of balance and then pain often enters into the picture.

What about emotional, mental and spiritual pain? What are their causes and how does one meet these challenges? How much effort do you use to change and grow on your spiritual journey when you are comfortable — when everything is going smoothly? Isn't it true that when your life is topsy-turvy you seek a way to get it straightened out — sometimes with much anguish and desperation?

The question really is what does it take to make you move? If it takes quiet desperation (or not so quiet!) to get you moving on your soul's journey, what matters the price? If through pain you can grope your way towards precious freedom from hate, fear, selfishness, self-pity, jealousy, etc., isn't it worth the price? Whatever you gain, you take it with you when you are finished with this life's journey.

If it is true that your vehicle has been carefully chosen to work out your karmic debts and patterns, some of your pain on a physical level may be part of your lesson-learning. This would be especially true if you were born with one or more handicaps. If you are bitter about the handicaps and blame God or your parents or whatever, you are failing to take full responsibility for being here to work out your karmic patterns. Remember, this is a universe of absolute justice. Seek, therefore, to learn your cause, whether in this or previous lifetimes.

There is also the lesson of non-attachment to either pain or its opposite — pleasure. They are two sides of the same coin. It can be a difficult but at the same time a valuable lesson. In other words, if pain becomes a pattern inherent in your life, you must learn to live fully without permitting the pain to handicap your expression as a child of God. Naturally, you will be doing everything possible to change the patterns within you that are causing the imbalance. Above all, shun martyrdom, which is an aspect of self-pity and don't use pain as an excuse.

What techniques, if any, are you using to handle physical pain? Are you shutting off communication with the offending area of your body? Are you permitting the pain to come into a crescendo, then walking through it so-to-speak? Are you acknowledging the pain, then turning your attention to more creative areas so Nature has a chance to heal you?

Above all, communicate with your body — reminding it that it is an important part of your total beingness — is important to the healing process.

Underlying all types of pain is stress or tension. Another way of putting it is that stress is caused by fears of various kinds. Eliminate the fears and the tensions cease.

Is your fear of pain in part fear of death? The entire process of change and growth literally has to do with the death of old patterns and the rebirth to new abilities to cope more creatively with life's challenges. If you were born in a fixed astrological sign, change may be more difficult for you to accept. Since change is the law of our universe, fear of change can make it more difficult for you to maintain the equilibrium necessary to maintain a healthy body.

Can pain be pleasurable? Have you ever said: "That hurts good"? Was it because you knew that the treatment was ultimately going to release the pain? Did you ever rub a tender spot, bring the pain to the surface, because you knew it would speed up the healing process? If so, cannot this concept be used in dealing with pain in all of its forms? Can you use pain as an unerring guide towards that which needs changing?

You may be aware that while you dwell in the "I/me" consciousness, awareness of pain is at its optimum. When you reach and maintain higher consciousness of the "we/us," pain can be non-existent!

Can it be that the source of all your pain is your feeling of separation from God?

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Direct channeling from a spiritual force field follows. The material has been edited to give the essence of what was said, but the basic wording has not been changed.

“The meaning and purpose of man’s journey from timelessness and spacelessness into that which is predicated as man’s earth time and space — with its limitations — is for certain purposes, very exact, very precise.”

“Man has come forth from My loins without trauma, without pain. For he has been issued forth not only from My loins, but from My very bowels and from the essence of My heart in true love. He has been, symbolically speaking, created purely and programmed absolutely in My likeness and image in that within the heart chakra (the holy of holies) he is an absolute part of My divine love, programmed as a divine spark.”

**The first question is related to soul mates or twin souls. Does love create the union of souls or does it exist *a priori* and people tune into it?**

Love created thee, love sustains thee, love forgives thee. Love is all there is in creation. That which aborted the gift of love and its expression thereof by man has been his willful abuse and misuse of the will I have given him as a supreme gift. This supreme gift was given in love and trust by Me to each

soul which I created. That which is programmed as potential perfection in each soul is that which I have programmed there. There is no other that can do this. Man of himself can do nothing except that I command it. If and when man becomes co-creator with God (his potential which lies ahead many centuries indeed) then it is because I have given this gift to him to prove My love for him. It also proves My inherent trust in the ultimate goodness which must come through when the prodigal son comes home to his Father's House. There he will be greeted with such joy and thanksgiving, heaven itself can barely hold this tremendous outflowing of God's Force and Power.

Twin souls are those which were split in twain when man condescended and descended into the earth plane which deciding to taste of the fruits of the earth. His continual yearning to go back to that state of oneness when he was an androgynous whole, where he could abide instantaneously in My presence and be fulfilled in My love, is the yearning you feel on the earth plane as personal love of a sexual expression. You feel it as a haunting refrain, which constantly seeks in others that which they can never fully give or fulfill unless (in rare circumstances) they are a twin soul action.

The soul mate is a being on the earth plane that is in such harmony with where you are in your spiritual progression that the time spent together is full of harmonious rather than dissonant notes. However, beloved, be most aware that when this happens it is because the soul that is endeavoring to change and grow and come back to Me cleansed and purified, has need of a respite. Rather than call the soul in to put it to sleep in the inner planes for a time, it is given a soul mate. For the time they abide one with the other, there is not much progression in the soul's evolutionary progress.

***The Second Question: Are we born with a soul or do we create it? Do we tune to what exists or do our choices influence this? Does our power of choice influence this?***

Actually the first part of the question has already been answered.

Yes, the development of the soul itself is strictly on an evolutionary spiral programmed by the Most High not only in a given lifetime, but for the whole process from its inauguration or creation to its ultimate return to its source. However, the individual who has been given the gift of will can refuse to move along with the pattern set for it. The individual may feel

there is too much pain or stress, or it can enjoy the pleasures of the earth plane to the exclusion of wishing to move forward in a death/rebirth process. This is uncomfortable, if not painful, to one who prefers to remain in stasis.

Yes, to put it in your terms, you can cop out, you can split, you can dig in your heels. You can refuse to follow that which God has set forth as the ultimate, optimum plan for the soul. You can do this lifetime after lifetime. You are so programmed, beloved, that you can rebel at and defy Me in every way whatsoever and I will not lift one finger to stop you because I have given you the gift of free will. If you choose to use it and abuse it, then you are the one that sets this law forth and must suffer the consequences. You call it karma and negative karma is the law you set forth in defiance of Me.

In Martin Buber's book, *For the Sake of Heaven*, it states very clearly My principle, which is, when man who defies Me, who has been evil, chooses through pure love of Me to come back into My fold — if he chooses to acknowledge His Maker in contrition and in change — that man I welcome in all ways. He is My beloved, whether he defies me or works towards his plan which I have set forth as his soul's ultimate destiny. This is the highest and greatest good that can accrue to him. Remember this beyond all things. No matter what man does in hate, in reviling Me, no matter where he is or what he does, I forgive him! As Jesus said, at that time and place he knows not what he does.

Why is this? Because his soul at that time is shut away from light by the darkness promulgated by the personality-consciousness deliberately and defiantly. Therefore, the soul has no control over the vehicle for the time being, or for a lifetime, or for whatever span. Then, so-to-speak, the soul wanders mourning, wringing its hands over hill and dale, crying out to Me to sustain it, to rescue it. When a soul through the High Self selects a vehicle that deliberately defies the plan and gainstays the great privilege of working through on the stage of life the challenges and dramas, I permit this because I have given the personality-consciousness its freedom. If it abuses this, it must reap the consequences.

***The third series of questions are all related to sex. What is the purpose of sex in a love relationship other than procreation? What about sex***

**outside of partnerships? What about the transformation of sexual energy? Why? How? When?**

When two people mate on the earth plane for whatever reason, under most circumstances they are the absolute pawns of Nature in that Nature has brought them together solely for the continuation of the species. That this programming goes far deeper shall not be gainsaid. Usually people are attracted together because of karmic ties. They have been together before and that which has come forth from them, ordinarily speaking, has been that which needs further working through. In other words, when ego patterns are juxtaposed one upon the other, many things happen. Therefore, a relationship *per se* often reaches a point where people are trying to control one another, win arguments and all that goes on in the human equation. If people cannot learn to abide one with the other in total freedom, with the true love that does not possess, the relationship has karmic consequences. They are drawn back again and again to replay the action on the stage until they learn to act out this relationship on higher and higher levels.

People are brought together, outside of nature's primary concern with continuing the species, to catalyze one another either helpfully or harmfully towards change and growth. Everything is programmed, from the earth plane, through the galaxies, through the universe into the cosmos towards change and growth. Everything is programmed towards the ultimate achievement of total love, total harmlessness. Therefore, everything that happens on the earth plane is a part of that programming!

The love/sex energy is one of the most abused energies that exists in finite man. Men use the power of sex to control, to put down the woman, to put her in her places, to make her feel less of an intelligence and less of a creative force than the man is. That is a total untruth — it's a lie! The souls that come forth in their primary experiences in various times and places occupy both kinds of bodies. Are you saying to Me, the Lord Thy God, that when you occupy a male body that suddenly you become more talented, more intelligent, more creative than when you occupied a female body? No, it is not so! What you are totally can be expressed either in a female or in a male body, if you will not accept the limitations that man sets forth for the particular type of sexuality or vehicle in which you travel. Let no one declare that men *per se* have more potential. What We will say is this: That when women come forth, since man has programmed himself to be the

greater one, they are handicapped. They have a greater challenge to totally express that which is creative, intelligence and love. For the most part women can more purely express love for they have less of an ego hangup than males. Women find it easier to feel selfless love than does the male. This is because the male feels that somehow he is losing his manhood by totally surrendering to the essence of love. This is love which is harmless, creative, non-possessive. This is love which again fulfills itself totally in the giving, but projects no need and no desire for any return.

Where there is an arbitrary changing in mates at an emotional cost to someone, where there is pain involved, even though that pain may cause great spiritual growth, the ones who initiated the change because of personal desires and the programming of ego needs must bear the consequences of the fact that they have been cause to an effect. I, the Lord Thy God, am not a God of vengeance, wrath or whatever, but when I gave man will to do as he would, I inaugurated a clause which was a protective one for man, whether he knows it or not. That is, when man makes a law under the greater laws of harmlessness and love, he must bear the consequences of whatever he creates through this law. If that which was done even temporarily caused harm or pain to anyone, then somewhere along the line the lesson he must learn is that his actions must be of such a nature that they create no havoc, no hurt. The ultimate lesson on the earth plane is total harmlessness, total love, that no human desire must be fulfilled at anyone else's expense. In other words, not only must there be a consent of the governed, but there must be a consent of all those who have not a voice in government, such as helpless children. It is they for whom the greater protection obtains.

Much of the love/sex action is because of a mistaken concept. It feels like sexual energy and desire but, more times that you know, it is the soul crying out for its other half. Not finding it, it seeks other expressions. It is also the soul seeking fulfillment, emotionally speaking, or emotional security. Man is so programmed that he cannot, he may not find it totally in any finite being, especially if he is a dedicated channel or dedicated to a spiritual way of life. His soul is so programmed that it will abort any attempt to totally invest in one finite being, or even several, because ultimately you must find it in Me. Unless and until you do, that which Jesus calls the kingdom of heaven within you will not be claimed. Once you abide in your kingdom, which is your holy of holies, your heart chakra, the secret closet (whatever

you call it) and call on Me and abide in Me, thy rock, you will have total emotional security.

The only way you can channel procreative energy creatively so that you are not suppressing your primal needs and desires, is to understand that the process of release is an evolutionary one and thus takes time. If you are programmed towards the ultimate choice of being able to control your sexual energy, it must be by being able to translate and transmute it into more creative places. It must NOT be by suppression, which can lead to neurosis and/or psychosis.

If you can use this energy creatively in a love/sex action, you will find that ultimately (whether in this or another lifetime) you can reach the final goal. However, to force yourself to suddenly abort or shut off this primal instinct, especially in the fertile years for reproduction, is to fight Nature! Nature is My right hand on the earth plane. She is an inexorable force moving the continuum of species regardless of individuation and what She may do to an individual soul force. The best you may be able to do is to have an ultimate goal and work towards it. The goal is true love which is selfless, compassionate love which accepts yourself and everyone else at any place, any time. It is a love which is not attached, that does not possess, and that does not try to gain in a relationship with anyone. This is an ultimate — it can never be an immediate achievement. Therefore, until you reach that place in your total evolution, you will have that constant challenge of trying to use your procreative energy creatively.

Sexual energy in a love relationship can be used as a healing essence or it can be used as a subjugation of one to the other. It can be used destructively or creatively. If it can be laid upon the altar as a sacrament, then it will lift you up, translate you, change your consciousness. In so doing, you lift up all mankind as when Jesus said, “If I be lifted up, I lift up all mankind.” So it can be with each of you.

Sexual energy can be used selflessly to cleanse the chakras of the woman. Then the male in reward gets his chakras cleansed. So each becomes a finer, cleaner, brighter instrument — a greater channel for good for the Most High.

In rare instances, under the aegis of the Most High, a temporary relationship can take place for the purpose of a special initiation through the use of the

Kundalini Fire. This can be done totally as an instrument under Divine direction in order to further the evolution of one or more instruments. This is done under a higher law that does NOT contravene man's law of marriage, but sets it aside *temporarily* for a greater goal and is done on a totally impersonal level.

Masturbation is one release that is not harmful, regardless of what man says and what's written in books. That is, if it is used without guilt and is used therapeutically in the sense that it's not used as an escape hatch, to overcome certain moods or avoid confrontations with your soul's patterns. It can be a releasement of the nervous system so as to permit you to sleep and to operate in a less nervous manner. This may seem shocking to a number of people, but it's the guilt and fear that programs people to get less benefit from it. For instance, it would be better for a man or woman to masturbate than it would be to get into a relationship of a low vibratory rate or to interfere with a marriage or break up a partnership. Also ask the Divine help in having these energies released creatively. It is also suggested that when you bring in pranic energy into the body, you ask that the energy flow through as a releasement — not as a revved-up energy field. You will get the strength you need without possible nervous tension.

***The next question: Production of children. How? Why? and When?***

If a soul is determined to be born with a certain parentage, these people will have great difficulty in escaping that role. Let us say that the Lords of Karma together with the soul and the master teacher have decided on the best parental catalyzation and influence both for the payment of karmic debts and teaching of the parents. In every way possible, the Lords of Karma try to see that these parents conceive these children. If not, there are second and third choices. Therefore, any trauma or separation, anything that happens to the soul or souls that are born through the parents, is programmed up to a point. What becomes accidental at times is when the stress of the parents becomes so great that they destroy their offspring or brutally mutilate them. This has been happening a great deal on the earth plane to My vast sorrow. In other words, the parents that were chosen have again been unable to face the challenge and pay the debts owed their siblings from other times and places. They have again created that trauma which will draw all of them back again until the tragic circumstances are not repeated. The Lord Thy God weeps bitterly in His own way when He

observes that which traumatizes the helpless ones that He sends forth. It is the will of man that destroys the balance of the planning where peace and good will could abide. It is best, of course, if there is the consent of the parents for the inauguration of children, but a child can choose to come in even if it's unwanted. It may have to go through this trauma in order to gain certain strengths and learn certain lessons in a given lifetime. Beware of allowing the selfish desires and needs of an individual to react in pain and suffering on children. If you do, you are programming the same for yourself at some time and place.

There are abortions that are justifiable in Mine Eyes because the onset of the child would cause such suffering that it would abort the purpose of that child's oncoming. However, when abortion is done for purely selfish reasons, because you don't want to be bothered with the physical discomforts and/or the responsibilities, it has karmic consequences. If you are so concerned with your soul's evolution to the exclusion of sharing your energy with the forthcoming child, you will suffer the consequence of such selfishness at another time and place, if not in this life cycle. However, in this year of our Lord, many things that might have taken a year or several years (in a lifetime or several lifetimes) to react, now come forth almost instantaneously! Those of you who have this awareness know this is so. Therefore, if ye seek the kingdom of God within you so that all else may be added unto you, that which you do, say, feel or think had best be under the law of harmlessness and selfless love.

***Question: Women's liberation from a spiritual standpoint?***

The motivations of many (not all) women in liberation movements are mostly negative. That is very sad because the bitterness, the hatred of the masculine principle, the antagonism of the women in the movement abort the purpose. There are those who are in there from the very highest motivation, who have a love for the masculine principle. They are no longer on the Freudian premise of hatred for the ones who controlled, manipulated and put them down century after century. They are the ones who will rescue the movement. Spiritually speaking, women must be released from the horrendous negativity imposed upon them by men. They must know beyond a shadow of a doubt that their potential is just as great in a feminine body as it has been in a masculine one — no more, no less!

Therefore, they must claim their inheritance. They must use every potential they have, regardless of what the males in their environment say or do. They must not do this militantly nor aggressively (in a negative sense) nor destructively. Love, true love, is such a powerful force that nothing can resist it. Some of the tenets of women's liberation movement are not of the highest. They need not and should not claim some of the negative aspects of the male manifestations on this earth plane. Rather, they should create their own potential in what they feel a soul — expressing itself freely under the highest guidance — should be, do, attain.

The highest teaching is to get both men and women to understand that they occupy different kinds of bodies for difference purposes in the soul's evolution. A male body with a male ego is far more handicapped in achieving its soul's desires and purpose because the male ego is so fragile. Men are fearful of even partial surrender, not only to the feminine principle in women, but to the Godhead. That's why women flood the churches. They are omnipresent in all spiritual movements because they are receptive vehicles and they find no threat in releasing the ego.

Submission is certainly not surrender. Surrender is learned in evolutionary stages, layer upon layer, until totally you come before Me, the Lord Thy God, in true love and humility to become my total instrument for good, whether on the earth plane or on the inner planes.

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There is and should be infinite patience in each moment of life. This helter-skelter rushing from place to place, waiting for the next moment in which to live, or the next hour, or the next day, is bankrupting us spiritually.

Every moment here on finite earth, or in the universe, is infinitely precious and should be used to the hilt, every second savored, carefully distilled and not lost unto day and night. Moments can be like precious, fragrant flowers that wilt quickly, that die in the night, or they can be polished, brilliant facets of diamonds, precious jewels reflecting sun, reflecting night light, but shining evermore as prisms in the mind and soul.

In other words, the more prisms we gather, the more moments we make precious, lasting and meaningful, the more beauty, wholeness, health and integration we collect for ourselves.

Time no longer becomes an enemy. We are no longer “short” of time because every moment is infinite — it is if used to the utmost.

Time can be a bird on the wing, it can be a clap of thunder or a flash of lightning, it can be a brilliant explosion in the night, or time can mean Nirvana. We can waste it, we can misuse it, or we can utilize it.

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## Time

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Time can be our master — we can master it! Time can be used effortlessly, efficiently, compassionately, constructively. We can use it to build or destroy, to create or devastate.

Time is an everflowingness — it has no beginning, it has no end. We can reach out, so-to-speak, and catch it by the tail on the run. We can, if we choose, bring back time from the Ice Age before humans were created.

Time is all ours — nothing is lost. On the other hand, nothing can be gained unless we so ordain it.

How are we geared to handle time? Is it infinitely precious to us? Is it something mortal within our grasp that dies aborning as we touch it? Is it something of infinite creativity that lives beyond our short span on this earth, a bridge so-to-speak into eternity?

“In the end is my beginning.”