

# Before you do anything, be happy

December 13, 2008

Simply wait long enough for the correction to occur...have you learned anything from me? Flick the switch and relax. Take a breath. This is from the Light above your head. Everything's a metaphor, everything's a parable, everything has something to teach you. Have you seen the movie *Waking Life*? You know that scene... He's traveling through a dream world. He runs into one of the figures and the figure says the way to know that you're dreaming is this: when you see a light switch, flick it and if nothing happens you're dreaming. Everything is a metaphor. What a surprise.

When the Light has come, you start to pick out the cues, you start to see that everything is speaking to you, everything is telling you something, offering you the evidence you are seeking. You are waking up. It's impossible that you be here and not be waking up. You are waking up. Look for the cues. Look for the evidence. Look for it in these guys. Listen to everything they say. Listen to all of it. Everyone's trying to tell you "I love you". Everyone's trying to tell you that you're in the right place. You're in transition. Everything is offering a cue that you're seeking. (someone sneezes). Yes, that's a cue. Where did that come from?

You know, attention is animating. Everywhere you turn your attention, you are creating life. Attention is what creation is. When you are giving something attention, you are giving it life – quite literally. Your mind is all-powerful. Jesus teaches "The Light has come". The Light has come and the Light is you. You are enlightening your dream. It doesn't matter what destiny you are living out, you are enlightening it. You are the cause of it, you are the source of it. And that Source is Light. You can't get away from it.

Anyone know the story of Schrödinger's Cat? It's a story in quantum physics – it's a metaphor. It's no longer there. Its only there if you think of it, then it will be there. It will be there as a place you retreat to when the Light gets too close. This is the story of "El Gato". The cat is neither alive nor dead until you decide if you are alive or dead. In other words, if you need the cat in order to prove you are alive, it will appear to be alive. Carmen really likes this story. What's the cat? It's a verification, a justification for yourself. Are you relying on a dog, maybe. There's lots of pets you rely upon. We call them special relationships.

Henry Poole Is Here. Did you see the movie? You need to justify being here. You construct images all around you that aren't really there in order to verify that you're here. They're just images. You're dreaming a dream. You're not really here. This is how you prove to me that you're here. You have images all around you that verify you're being. "You're here with me. Look". Yes or no?

The reason I'm here is because the Light has come. I'm a representation within the context of the dream that reflects the Light. That would be me until you accept that you are that Light and then it will be you, but it will also be me because there's only one Light. Are you getting all of this? I love you guys. There's only one Light and its you.

Is this the time you've chosen to awaken? What does that look like for you? Make no mistake, as you approach God, your own reality, as you approach the Light, you approach it somewhat hesitantly. You are not sure you actually want it. You approach it but.... You know this story in my own case: I used to pray to Jesus every night. One night I looked and saw an image begin to appear and I knew it was Jesus and I quickly pulled the covers over my head. When the Light gets close you're not sure it's what you want. So what do you do? You cover it over, but with images.

These are the images that are all around you. The problem that you have, when you get this far, by the time you reach me you've accepted enough Light that you can no longer avoid it. you pull the covers over your head but they're transparent, so you grab the second cover and that doesn't help either. Now you're looking for anything. That's a good place to be. There's no where to hide. You're out in the open. You've fallen in love. I'm just trying to love you the best way I can. I love you. You're not guilty. There's no where to hide. There's no where to hide because you've done nothing wrong. Nothing's happened – yet.

What have you learned from me? My mind is all-powerful. The thoughts I hold are mighty. All thinking produces form at some level. You are creating universes every time you think. That's why the teaching is, don't think, let God think. God has a better thought about who you are and he's been trying to tell you since the beginning of time. Now you have to accept that slowly and incrementally because of fear. It means you are going to have to accept responsibility. Say to me, I'm responsible. I'm responsible for all of this. You can't get away from it.

God is resolving this right now – if you allow Him to. And it's taking this shape. You don't have to go very far – it's already been given you. Can you see that? You don't have to think about the future. Don't worry about it. It's already been given you. You have no future. Be grateful you have no future. Say to me, the present, which is where I am, is before time was. Who hears that? You've picked up some T-shirts. Time is already over. What's left? The present.

I'm just trying to hold you at the threshold before anything happens, before anything occurs – Stay in the place that's prior to anything happening and you'll be fine. And that's the lesson I'm going to read. It takes some practice and willingness to let go of suffering. Is this the time? You're making the decision. You're here again. Why did you show up? What are you doing? One more time. Maybe this time, I'll hear something different. You're not going to hear anything different. You'll hear the same thing you've heard since the beginning of time. You are dreaming, wake up! Is now the time you've chosen to awaken? How long, O Holy Son of God, how long. But what about all the things I have to sacrifice? Where? I don't understand what you are saying. You're not sacrificing anything. You're being given everything.

Any questions? You having fun? You're in the right place. It's not always easy at first to accept it because it's so radically different from anything else. I'm going to read a little bit from the text, and it says "The Light That You Bring". The Light that you bring is animating this world:

*Minds that are joined, AND RECOGNIZE THEY ARE, can feel no guilt.*

Are you OK with that. Is that where you are? It's obvious that minds are joined. Yes or no? It's impossible to deny. Minds are joined. If minds are joined, you can feel no guilt. If minds are

joined you're not guilty. If minds are joined you're not separate. Minds are joined.

*For they can NOT attack, and they REJOICE that this is so, seeing their safety in this happy fact.*

If minds are joined, it's impossible to attack. Why? There's nothing to attack. Minds are joined. There's nothing to attack. In other words, there's nothing out there. Minds are joined. What about that which is arising in consciousness? Well, that is also consciousness. There's nothing to attack. What is it that you would attack? Are you starting to get a picture of what's being offered here? There nothing to attack. There's no conflict. It's just thought. You can push your finger right through it. Are you OK? Tony can you hear me a little bit? You can push your finger right through that thought – it has no substance. It's just a thought and it will remain as long as you desire it. But it will still be just a thought or an effect of a thought in your mind. It's already become solid – it's an effect of a thought in your mind. It's still transparent because it's only a thought. And it's being resolved. How is it being resolved? Look right there. You are turning your attention toward the Light and as you turn your attention toward the Light, the effects begin to reflect the Light. You are learning to overlook the world. You are learning to overlook the world – you are seeing through it. What are you seeing? The Light. Now, the Light that's in you is the Light that's in everyone. You begin to see evidence of it everywhere. Everyone's doing it. You're doing it. You're doing it. You're doing it. Everyone's doing it. What are you doing? You are creating this world. You are the cause of this world. The world is just a thought in your mind and you are doing that to yourself. How do I know that? Minds are joined. Minds are joined and I can see exactly what ??? Are you OK with this? By the time you get here with me, you've made a decision and that decision: I will see only the Light. I will see only the Light in you. I see only the Light in you. It's a decision I am making. I don't see anything else. Now that requires some consistency of application. It needs some practice but what else are you going to do. You've already seen the Light. Now allsorts of obstacles are going to begin to arise ??? to tempt you back into the darkness, but you're just going to look at them and say "no". I've seen the Light and I feel the light inside me. This is what you're being instructed to do. Whether you do it or not is up to you. It's not going to change who you are. You'll still be that and everyone will be aware of it. Everyone will see exactly what it is you're up to. Now, up until now you have been what we call a ??? creator. You've been creating in the closet. You are a closet queen. It's time to come out of the closet. It's time to come out into the open. Let your Light shine. Let your Light shine. Don't hold it under a bushel. Let your Light shine. How else you going to remember you are the cause of this but by teaching it, demonstrating it (24mins 58) I'm the cause of this. If I suffer its because I choose to suffer. If I die it's because I choose to die. I'm not going to do that anymore. I'm going to show you, I'm going to demonstrate to you another way of seeing and that way is Light. Am I doing OK? Am I doing OK? Am I doing OK? Come on! Am I doing OK? I need to know. How am I doing? You guys are seasoned seekers. I'd like to know how I'm doing. Thank you! I'm happy to serve. I'm only interested in your hearing me. I'm not interested in you testing me out, tasting me and ??? spice of your own. No, don't do that. You adding curry to my cooking? How dare you! What do you mean where's the Parmesan Cheese. I used to work in a restaurant. The chef I worked for was so pure that he wouldn't allow salt on the table. He got really pissed off if someone used salt. This is seasoned perfectly – it doesn't need salt. You've got to like that kind of mind.

Where was I? Everything's a metaphor. You can go in any direction and end up home, trust me. Nothing happens by accident. I'm working my way back to you, baby – you know that song? Frankie Vallie and the Four Seasons. It's a great song. I'm getting back to you – I'm not going to

let anything stand in the way. When you are in conversation or association with one another, if things start to go badly, stop and say "I'm working my way back to you and I'm not going to let anything stand in my way." That's a nice thing to say in relationship. I'm going to get back to you. It heals all your apparent conflict with one another. Don't let anything stand between you and whoever it is that you are associating with. Don't let anything stand in the way. Don't overlay anything on the Truth. What's the Truth? Minds are joined. You are joined with that mind.

My suggestion is to let God to assign all the roles. Say to me, God is assigning me my role. That's what waking up is. It's called "I will fulfill my part in God's plan for salvation. I have a function God would have me fill." God is assigning me that role. Are you OK? This is important stuff. Your role is exactly as important as mine. I wouldn't dream of measuring your role – it's perfect. You are perfect just as you are. You have no argument with me. I'm grateful that you are playing that role. The perfection of your role is the resolution of this dream. Ana, can you hear me? Don't question yourself. Why the hell would you question yourself. The role that you are playing is perfect. And its required. You're not guilty. You just needed one to tell you that. That one is your savior. You are perfect just as you are. You can only see that in Light. The Light has come. I'm just going to read a little bit more...

*Their joy is in the INNOCENCE they see. And thus they seek for it, because it is their PURPOSE to behold it and rejoice.*

You seek it because it's your purpose to behold it and rejoice. Is that your purpose now? Are you sharing your purpose with me now? You are seeking the light because it's your purpose to see it and rejoice. When you see the Light, you rejoice. We're working our way to it. It's just a thought away. You keep getting glimpses of it, the doorway opens in your mind, you see it and then you drop back into the confusion and then you come up here again... I promise you it's getting easier. There may come a time when you see only that. That's how you help to stabilize that frequency. I'm trying to stabilize that place. Are you OK? You are getting glimpses.

*Everyone seeks for what will bring him joy as he defines it. It is NOT the aim, as such, that varies. (Everyone is looking for happiness. That never changes. You're looking for happiness. You're looking to be happy. It's a natural impulse, you can't avoid it. So it's not the aim that varies) Yet it IS the way in which the aim is seen that makes the choice of means inevitable, and beyond the hope of change UNLESS THE AIM IS CHANGED.*

Now I'm going to ask you this: what is your purpose here? What are you looking for? You are looking for happiness, yes? You've been looking in the wrong place, because you have been looking outside yourself and that's not where happiness is. Happiness is before all of that. Happiness is your natural state. Be happy first. That's this morning's lesson. Be happy first. Happiness is what you are. When you are happy, you will see happiness everywhere. Everything will make you happy. Stop looking for it outside yourself. You will fail. OK, listen:

*And THEN the means are chosen once again, as what will bring rejoicing is defined ANOTHER way, and sought for differently.*

*Perception's basic law could thus be said: "You WILL rejoice at what you see BECAUSE you see it TO rejoice." You WILL rejoice at what you see BECAUSE you see it TO rejoice.*

See if you can hear this with me. He's trying to put you in touch now with your creative capacity. You will rejoice at what you see, because the reason you see it is to rejoice. I'm very happy you're here. I'm rejoicing! Got it? Good. You can begin to admit that to yourself. I'm the cause of this. I'm responsible for this. And you are seeing it in order to rejoice. You will join with what you see rather than reject it, rather than react. You will be happy that it has appeared before you.

The tendency in you will shift from rejection to embracing. You will embrace what you see rather than reject it. This is how you overcome fear. You've accepted responsibility. You've accepted rather than rejected, rather than reacted. Everything's being given you, exactly as you've been asking for. And I mean exactly. Rejoice! The Light has come. You can see that. Hold that in your mind. Don't let that get away from you. Don't be confused with what's arising. Recognize that what's arising is what you want to arise. That's a cue. Stay in that recognition and you will awaken. That's what awakening is. I'm responsible for this. Hold on, hold on, don't go anywhere. Stay right where you are. Listen:

*And, while you think that suffering and sin will bring you joy, so long will they be there for you to see. Nothing is harmful or beneficent APART from what you wish.*

Nothing is harmful or beneficent APART from what you wish. Nothing is harmful or beneficent APART from what you wish. There's no difference between suffering and joy. There's no difference. There's no difference. And, you can't even tell the difference. You think you can tell the difference, but you are mistaken. This is the same as there's no difference between life and death. You think you see a difference but you are mistaken. That's all. That's how easy the Course's teaching is. You are wrong about this. There's nothing out there that's not in you first. There it is. That's the answer you've been seeking. Are you OK?

If you seek for suffering you will find it. You will find whatever you are seeking. The Light is here. The Light has come. It's impossible to lose it because you brought it with you. You are that Light. And now the evidence that that is true is being given you. The Light has found you even here and your attempts to hide from it. I'm pretty good at this. I find you. I'm good at finding you. Up until this frequency you have been good at slipping away, but it's getting more and more difficult to do so. There's too much Light, which is why you're here. Why do you show up this weekend? Because there's nowhere to hide. The Light is too bright. The Light has come. The Light is animating your dream. You can't hide. Are you OK? Are you happy to hear it? You're waking up. Good. You are the cause of it. When you make the decision to awaken, it's occurring in you. Good. A little bit more...

*It is your wish that MAKES it what it is in its effect on you. BECAUSE you chose it as a means to GAIN the same effects, believing them to be the bringers of rejoicing and of joy. Even in Heaven does this law obtain. The Son of God creates to bring him joy, sharing his Father's purpose in his own creation, that his joy might be increased, and God's along with his.*

*You makers of a world that is not so, take rest and comfort in another world where peace abides.*

Did you hear that sentence. This is going to be this weekend. You makers of a world that is not so, take rest and comfort in another world where peace abides.

*This world you bring with you to all the weary eyes and tired hearts that look on sin and beat its sad refrain. From you can come their rest. From you can rise a world they will rejoice to look upon, and where their hearts are glad. In you there is a Vision which extends to all of them, and covers them in gentleness and light. And in this widening world of light (that's nice! in this widening world of light), the darkness they THOUGHT was there, is pushed away until it is but distant shadows, far away, not long to be remembered, as the sun shines them to nothingness.*

*And all their evil thoughts and sinful hopes, their dreams of guilt and merciless revenge, and every wish to hurt and kill and die, will disappear before the sun you bring. Would you not do this, for the Love of God? For the Love of God, would you not do this? And for YOURSELF? For think what it would do for YOU. YOUR evil thoughts that haunt YOU now will seem increasingly remote and far away from YOU. And they go farther and farther off, because the sun in you has risen that they may be pushed away before its light. They linger for a while, a LITTLE while, in twisted forms too far away for recognition, and are gone forever.*

*And in the sunlight YOU will stand in quiet, in innocence and wholly unafraid. And from you will the rest YOU found extend, so that YOUR peace can never fall away, and leave YOU homeless. Those who offer peace to everyone have found a home in Heaven the world can NOT destroy. Once again, those who offer peace to everyone have found a home in Heaven the world can NOT destroy. For it is large enough to hold the world within its peace. In YOU is all of Heaven; In YOU is all of Heaven. In YOU is all of Heaven. Good. You can hear this now. In YOU is all of Heaven every leaf that falls is given life in you. Each bird that ever sang will sing again in you. And every flower that ever bloomed has saved its perfume and its loveliness for you.*

*What aim can supersede the Will of God and of His Son, that Heaven be restored to him for whom it was created as his ONLY home? Nothing before and nothing after it. No other place, no other state nor time. Nothing beyond nor nearer. Nothing else. In ANY form. This can YOU bring to ALL the world, Listen This can YOU bring(come on!) to ALL the world. How you going to keep this gift? You're going to give it away, and ALL the thoughts that entered it, and were mistaken for a little while. How better could your OWN mistakes be brought to truth than by your willingness to bring the light of Heaven with you, as you walk BEYOND the world of darkness into light?*

Into the Light. Guys, I don't know what else to say. You got it. You got it. It's been given you by Grace because you are ready. You've expressed a willingness to receive it and it has been given you. Now what are you going to do? How are you going to remember? You are going to teach it. You are going to demonstrate it. You are going to give it away. You are going to extend it to all the thoughts that are given you by Him. Did you hear that just then? Good it's nice to be heard. All of your thoughts are given to you by Him. You have nothing to do with it. God, has everything to do with it. There's nothing you can do about it. Accept that it's been accomplished. Say to me, it's been accomplished. These are his final words. It's been given you. I need do nothing. Are you OK?

The less you do, the more you receive. Nice to be heard. I place the future in the hands of God. I'm doing the best to help you integrate now. It doesn't always have to blow out into space. You need integration. I'm here to help you integrate. It's what I do. There's no time, no place, no state where God is absent. Rejoice! The evidence is here with you. I love you guys. I'm really glad you are here. Thank you. Thank you. Do you have anything to add?

I'm just trying to show you the power of your own mind.

You're welcome. Everyone is welcome. Everyone is welcome. Good. That's right. No one is left out. How does Jesus teach it? There's a universal curriculum. This is one form of the universal curriculum. This provision is one form of the universal vehicle or the universal frequency of awakening. This is just one form – the shape this frequency is taking. Ultimately it takes all shapes. Your awareness of that is what your awakening is. Be grateful for this provision because it's consistent – there are consistent practitioners holding the space. We've established a bridge and its stable – you can see that. When you come here it's always the same. It's always vibrating at the same frequency. It doesn't fluctuate. It doesn't waver. It's been stabilized. This was my promise when I came. I have been given the function of stabilizing the transitional frequency. Have I not said that? It's the first thing I said when I came back. I've been given the function, I've been asked to stabilize the transitional frequency. I'm not going anywhere. I already know how this ends. I'm not worried about it. I don't need to go anywhere. I'm here for you. It's good to see that and be grateful.

Will you move on? Of course you'll move on. I'll be sure to turn out the Lights - you just go. You don't need to stay here on my behalf – go! Hello! I'm not holding you here. I've no interest in a relationship, other than the one we share in God. Are you OK with me? We've transcended the teacher-student paradigm. I'm not dissociating from you in anyway. You are teaching me exactly as much as I'm teaching you. It's called giving and receiving – same thing.

At this frequency, I'm happy to be an effect. When you've reached this frequency, I'm your glad effect. I'm here on your behalf. Everything is here on your behalf. When you start to see that, you rejoice. Now you're getting it. I love you. Can you see how conflict is resolved? Everything is here to serve you. Everything is here to serve you, no matter how it appears....

i love you, namaste...