MENTATIONSDiscovering Our Divine Nature



WE ARE BEING BOMBARDED DAY AND NIGHT BY A POWERFUL FREQUENCY, IF WE CHOOSE TO IGNORE IT, WE WILL DIE, IF WE CHOOSE TO BECOME CONSCIOUS OF IT WE WILL LIVE

THE INFORMATION IN THIS BOOKLET TALKS ABOUT GOD. IT TALKS ABOUT JESUS COMING TO EARTH TO WAKE UP UNCONSCIOUS PEOPLE, SOME MAY FEEL UNCOMFORTABLE READING ABOUT GOD, JESUS AND DISCOVERING WHO WE COME FROM.





MENTATIONS

The mental activity and higher cognitive process for taking in knowledge, considering it carefully, then putting it to good use.

Discovering Our Divine Nature

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BECOME CONSCIOUS OF YOUR DIVINE NATURE

Hello! How are you feeling right now? Are you feeling happy? Are you feeling sad? Do you feel good? Do you feel Bad? Are you feeling angry or bitter. Are you feeling positive? Well guess what? Regardless of how you feel, it has absolutely nothing to do with your Happiness. Your feelings or situation in life have nothing to do with the *Real You*. What other people think of you, say to you or do to you, has nothing at all to do with who you are. Because no matter what you are going through during your time here or your situation, you will *always* be Love, Joy, Peace, Kind and Good. It's impossible to be anything else. You were made to be Perfect. You just need to be conscious of it.

The key to a great Life, is being *conscious* of the *Real Divine You*. It should be **#1** on our "to do list"! If the world blew up today, there is little or nothing we could do about it and actually, it's none of our business. Our business is knowing who we *really* are and where we come from. Our business is to be conscious of our *Divine Nature* and *Perfection*. Once we do, we will be a blessing and a benefit to everyone and everything in our environment.

For example: Look at the honey bee. The honey bee doesn't fly around trying to be a fish does it? Nope! The honey bee is and does what it was created to be. It pollinates the crops and gathers honey for us to eat. It benefits us in many ways helping our health and ensuring we have food to eat. A honey bee goes about it's business being a honey bee and doesn't pretend to be something else. Are you not greater than a tiny little honey bee? Therefore, be conscious of who you were meant to be! Be conscious of who you come from! Never

pretend to be something else and you will do very well here.

"We are flowing in a river called God's Dream. His Dream is the only Reality. Make your reality God's Dream and all your dreams will come true."

Think about the above quote for a moment. We are all flowing along in a universal river. We are caught in the power of the flow. We can swim around in it during our life, perhaps even try hard to swim against the current. But no matter how hard we try, we are still being carried in the stream. Imagine if we could discover how to use the power of this Universal Flow. If we could tap into it, for wisdom and strength. Think of what could be achieved. This Divine Flow is what we call *Divine Universal Frequency*. Because all matter and Life itself are held together by frequency. To discover how to use *Divine Universal Frequency* in our favor, we must begin by looking within our Self to become aware of our Divine Nature.

think that answers to all their dreams, expectations for happiness, peace and love are out there in the world somewhere waiting to be discovered. But we are beginning to learn that Life is not about searching for love, happiness and peace outside "Self"! Life is about discovering that you are Love, Joy and Peace. Life is about sharing Love and Peace together. How can you fight for something you already are? Stop allowing yourself to be distracted, striving to obtain what you already are within. Become Conscious of your Divine You imperfect! You were are not programmed to feel inadequate and unconscious of your Divine Perfection! Be Perfect! The one who made you is! You were designed to resonate to Perfection.

God's Divine Nature flows through all creation as we ourselves flow in it. His Love resonates and radiates. Just look around and you will see it everywhere and in everyone. It is woven into the fabric of all creation. His Divine Frequency bombards us and blasts us day and night. Does it hurt? Well not in a physical sense. But in a spiritual sense, if we choose to ignore it or become unconscious of it, it can hurt allot. If we try to block it out by building walls to separate ourselves from God's Divine Frequency, over time we will die. If we become so unconscious and burdened down in life, we will be agitated, irritated, and uncomfortable here. We will yearn, we will long, we will search, we will struggle our whole life to find love, peace and happiness outside our Self. You're going to notice we emphasize many times in this booklet the need to let go. Because unless we're free to resonate in tune to Divine Frequency and become conscious of our Divine Nature within, we can never feel real Love, Joy, and Peace during our time here.

Our intention is to help you think about consciousness, who you really are, where you come from, Divine Nature, Universal Frequency and Oneness. How becoming conscious of our Divine Nature might help us to look at Life from a different perspective. How that might affect what's most important in Life, how it can affect the way we feel inside, our health, how it can improve relationships, free us from the bondage of fear and living each day in survival mode.

Some might think, "Wow! Maybe Divine Nature is your thing. But I'm just not interested in it. That seems like allot of work and I got too much going on in life as it is. No thanks, I just wanna enjoy my life while it lasts."

Well you are totally free to feel that way and no one should ever judge you for that.

But for those of you who are fed up with the world and the way life is turning out, perhaps you're interested in looking within to discover your Divine Nature. We assure you, your life will become easier. You will begin to see changes in your behavior and you will begin to make wiser choices. It won't even seem like hard work at all. In fact you will be amazed how much better you feel. It's like learning a new language. At first it's new and may seem challenging. But one day the tipping point comes and you amaze yourself as you're actually speaking your new language. Learning to use our inner Divine Nature is much like learning a forgotten language. Except there is no language that will ever compare to the beauty of Your Divine Nature.

Becoming conscious of our *Divine Nature* will enhance our creativity and productivity in Life. We will begin to feel more passionate about our work when we resonate in tune to *Divine Nature*. We will work *smarter* and not harder knowing we are a *Master of Self* and no longer someone's slave. Those who look within to discover their *Divine Nature* have been pleasantly surprised. Because they now, begin to see it in others. Once they begin to love their *Self*, they clearly understand how to love others. When they stop hurting themselves, they stop hurting those around them. When they discover inner Love, Peace and Joy, it shines out and becomes a benefit and strength for others as they share it.

Some of the thoughts you read here may seem different from what we've been taught. Our intention is not to make you believe what we've written. But to consider some ideas in a different way.

No one taught consciousness of our Divine Nature better than the Great Teacher Jesus. His teachings are just so common sense and if we test them out, proof can be seen that being conscious of our *Divine Nature* really works. So in this booklet, we are taking a very opened minded approach regarding Jesus' teachings about *Consciousness*.

In the final part of the booklet, you will find *Mentations*. These are thoughts, quotes, stories and poems designed to help one look at life from a different perspective.

We think you will enjoy reading this booklet and sincerely hope it will benefit you in some way.

TERMS AND PHRASES WE USE:

Before we begin, we would like to go over some terms and phrases we use. This may help you better grasp ideas and concepts we present. We will also explain them in more detail throughout this booklet.

REALITY

Perhaps you've heard the expression, "Get Real!" It's interesting how the word "real" has taken on a relative meaning for people. Real to some could mean violence and crime on the street. Or, the real world of drugs. People watch reality shows. Or someone may say they're real because they are arrogant, opinionated and have no filter. But true Reality cannot nor ever will be what's going on in an unconscious mind. The only real Reality there can ever be is God's Reality. We all exist within the Reality of God weather we're conscious of it or not. It cannot be any other way. We come from God and we exist within Him.

DIVINE NATURE

Divine Nature is the "I Am". The attributes of God. His Character and His Name "YHWH". The qualities of God like Love, Kindness, Joy, Peace, Creativity, and everything that is Pure, Righteous and Good. His Consciousness.

Have you ever sat at night, looked up at all the stars in the vastness of space and wondered where you come from? It has been said, "we are who we come from". Even scripture says we are created in God's Image. That Image is our Divine Nature. Because God is always the same, it would be safe to assume that this Image remains the same throughout our Life. To illustrate this, imagine the following analogy:

At the time of your conception in your mother's womb, a little sub-particle but powerful spark of conscious energy began dwelling in you. Even though your physical body developed, was born, grew into a child and on to adulthood, that little tiny conscious spark is always there. And on the day one dies that little spark is still there unchanged from birth. Contained within that little powerful sub particle Spark is everything that makes up your Divine Nature and potential. Those Traits never change. Our personality may change over the years, but our Divine Nature never changes.

This Little Divine Spark of Energy that makes up the Real You, is packed with all kinds of Divine Attributes. These are hardwired and coded within you always waiting there for you to call them forth. Let's look at some of them. You *are* Love, you *are* Joy and Happiness, you *are* Peace, you *are* Faith, you *are* always Kind, Meek, Patient and full of Goodness and you *are* a Master of Self. It is simply impossible not to be any of these. Because these, are what you come from. We are all identical in that we have the exact same Divine Potential, Gifts and Treasures hardwired in us. What makes us a beautifully unique individual is how we choose to express them and share our own Divinity.

There are endless possibilities for expressing our Divine Nature and that is what makes each of us so incredibly interesting and beautiful. If you watch closely, you will be able to see signs of Divinity in everyone. Imagine if that was the first thing we looked for in others.

DIVINE UNIVERSAL FREQUENCY

All matter in the universe is held together by frequency. Even we are a frequency resonating just right so it manifests our material body. We refer to it here as the *Divine Universal Frequency*. Scientists call it the unified field. They observe its effects in the vastness of space and by doing experiments with particle accelerators. Many scientists have even come to the conclusion this frequency is from an extremely powerful and conscious source. It all comes from God the Supreme Source. Divine Universal Frequency is the Conscious Vibration of God holding everything throughout the whole Universe in place. The fabric of all creation is held together by God's Divine Universal Frequency. Without it we wouldn't even be here. We would evaporate into nothingness.

SPIRIT OF GOD

God's Breath. The Consciousness of God along with Divine Universal Frequency that He uses as an active force to create, achieve, inspire, protect or anything He so chooses to accomplish through His Love and Almighty Divine Nature.

WORD OF GOD

The Divine Word of God has always existed. All Life everywhere and all that has ever been originates from the Word of the Divine Creator or Source. "In the beginning was the Word, and the Word was with God, and the Word was God;" John 1:1

A word is formed by consciousness, breath and frequency. They are formed by vibrations from the vocal cords and the mouth. By breath flowing over the vocal cords and resonating out through the mouth. Our words are frequencies directed by conscious thought. It is the same with God's Word, Breath or Frequency. Without

God's Word or Divine Universal Frequency, you could not exist. It is that Frequency or Word that holds you together. How thankful we are for that. Right? Even scripture so eloquently describes this when Jesus said God's Word is essential for Life: "It is written, 'Man shall not live by bread alone, but by every word that proceeds out of the mouth of God." Matt. 4:4. It's that Word or Frequency that makes you a Child of God. It is that Frequency that makes you Divine. When you resonate in tune to it, it gives you Life.

ONENESS

That we are all come from one Divine Source and exist within that same Source. We all resonate within the same Divine Universal Frequency or field. We are in God and God is in us. It cannot be any other way. Oneness is *cooperation* within Divine Nature and can never be competition. Oneness means we are all a tiny image of our Divine Source mirroring our Creator.

CONSCIOUSNESS

It would be arrogant to say we know exactly what consciousness is. Maybe someday we will develop instruments to measure it. Medically, metaphysically, philosophically and psychologically, consciousness can mean different things for different people. But there is one truth beyond all doubt. No matter what's going on physically, mentally or emotionally, with our thoughts or experiences, one thing we know for sure is, we *do* exist and we *are* here.

When we say Consciousness in this booklet, we mean we are not only aware of our *Divine Nature*, but we know it, we feel it resonating within. It's part of who we are and will always be with us no matter what. If we lost everything and were free from all distractions that overwhelm us or clutter our mind, we would feel the only thing left to feel inside of us. That would be our

never changing Eternal Divine Nature. That feeling we feel, is what we call our Divine *Consciousness*. Now wouldn't it be cool to be able to feel that daily and tap into it. We *can* do that! Anytime we want. But Consciousness must be a choice. One key to consciousness is choosing to be free. We just need to free our mind of the noise and distractions in order to hear Divine Nature happening within us.

Consciousness is to *know* that we come from Divine Perfection and therefore can be nothing less. Within us resides everything we need to be just like our Father. Consciousness is feeling the Reality of God's Love, Joy, Peace, Compassion and Kindness resonating and flowing through us. Consciousness is to feel a strong longing and attraction to our Creator, so much so that we become like a moth flying into a flame. A powerful longing to be part of who we come from. All these things only scratch the surface of what we mean by Consciousness. Because discovering and becoming conscious of God within us or us within God, is part of our spiritual journey back Home.

UNCONSCIOUSNESS

Unconsciousness doesn't mean we're unaware or don't feel at all. It just means we're unaware or don't feel Divine Frequency, flowing in us. It means we are so plugged up with clutter we've accumulated from the world system, that we're not free to resonate in tune with our Divine Nature.

For example, Anna and Kate meet for coffee. Anna is pouring her heart out to Kate. But Kate doesn't even seem to be listening to Anna. Kate's eyes wander. She is more interested in the the guy at the next table. Also, she seems to be somewhere in the future or in the past instead of in the *now*. As Anna expresses how she feels, Kate is glaring at her cell phone with a worried expression but then

starts giggling. She appears to have allot going on. At any rate, Kate seems to be totally unconscious of Anna's words or how Anna feels. In fact, snapping out it for a second, Kate asks: "I'm sorry, what were you saying?" Oh, and to top it all off, Kate says: Well I would love to talk but I'm running late for a party. Kate is one of those "friends" that only becomes conscious of Anna when she is broke or desperate. Now to be fair, perhaps we've even caught ourself doing this to others realizing how rude we must have seemed.

Now let's imagine that Anna represents our Divine Nature and we are Kate. Do we treat our God given Eternal Divine Nature the way Kate treated Anna? Are we that rude to our Divine Friend who has always been inside of us patiently waiting to guide us? To be our Map on our Life's Journey? Have we become so distracted and enslaved by the outside influences of the material world, by the mask we wear within it, that we can't even take some quality time to feel the vibration of our own Divinity flowing trough us? If so, we need let some stuff go. Perhaps a allot of stuff. Maybe all of it. Our very Life depends on it.

Also what's sad, is when we become unconscious, ignoring our own Divine Nature, we start ignoring and hurting our Self. That starts carrying over to our mate, our children, our family, our friends and neighbors. Because if we don't know how to love our Divine Creator, our Divine Self, how could we possibly know how to love others? How could we possibly be aware of the Divine Nature in all creation?

DIVINE ADEQUACY

We are who we come from. So if we come from Divine Perfection, then we are Divine Perfection. We are Divinely Adequate, We *are* Divine Love. We've probably heard someone say, "we're all imperfect". But Jesus said

"Be Perfect as your Father is Perfect". So this means it *is* possible to be Perfect. That in itself, is *Good News*.

INADEQUACY

Inadequacy is what we feel when we become unconscious of our Divine Nature. That we are somehow missing the mark of Perfection. That no matter how hard we try, we are all imperfect. That we are all sinners or unworthy. In some cases the fatalistic view of "never good enough" or "impossible" gets ingrained in someone's mind since childhood.

EGO

Ego is has no part in Divine Nature. Some psychologists declare there is a healthy ego. That it is necessary in order to have motivation and drive. That it is needed in order to survive in a competitive environment. This may be true from the world's view. But contrary to what we've been led to believe there is no healthy ego. Love can motivate us way more than ego ever will. Notice that Love is not only a noun, it is also a verb. You can be Love, have Love and also take an action to love. You can love someone but you cannot ego someone. Then where does from. Ego results when we become unconscious of our Divine "Adequacy". When we separate our Self from God, feeling we aren't good enough to be His Children. In that state of inadequacy and insecurity, we start trying to prove ourselves to anyone and everyone that we are good enough or better. We will create illusions and put on masks in order to convince others we are better. We become paranoid of those who question our mask. Even doing so aggressively becoming a bully.

THE WORLD SYSTEM

A system of collective unconsciousness and a false reality created by unconscious Divine Beings. The result of looking outside of one's Divine Self in order to satisfy false expectations or desires. The ego and fear based environment in which we presently reside physically. A system where getting something you want usually comes with a price and that programming, starts from childhood on. For example: Parents take a toddler to the mall and put him on a merry-go-round ride for a dollar. The ride starts up and the little boy goes around three times. Then the rides stops just as he started having fun. He begins to scream and bawl. Only three times? What a rip off! He starts throwing a fit until his parents feed in another dollar. The child soon learns this is how the system is going to work. If he wants to have fun he's gotta pay for it. This "for a price" mentality along with marketing has turned people into slaves. They live and die in a money machine becoming the very fuel that keeps it running. (see poem on page 59)

We can see how the world system keeps someone so distracted that they have little time or energy left to become conscious of their Divine Nature.

NO PART OF THE WORLD

When we are fully conscious of our Divine Nature and Oneness with God, when we resonate perfectly in tune with Divine Universal Frequency, then it will be *impossible* to be part of the world. It's just a matter of choosing to be who we come from. We do that by clearing away the clutter and distractions within us. Then we're free vibrate in tune to Divine Universal Frequency. At that point we become conscious and no longer part of the world. We do not have to fight with the world to separate ourselves from it. Fighting with the world will only make us part of it and even more unconscious. We can see why Jesus said to "love your enemies". He knew that fighting with them would only make it worse. Jesus also said we cannot serve two masters. We will love one and hate the other. That's what happens when we take sides. In the

world, we cannot be on a side. Jesus said we are Light. Light has no side. Also, being no part of the world doesn't mean we don't love the people in it. To the contrary it means that we should work hard to help people become conscious of their Divine Nature.

FAKE IDENTITY BIRTH

We are born physically into an unconscious world based ego, fear, and illusion. Soon to become someone we were not intended to be. We are conditioned to take on the identity of someone outside Self in order to conform to the world system's agenda. That system slaps a label on us, then shapes us, molds us, programs us to believe something, sends us to public school and prepares us to fuel the money machine. That in order to be someone, we must compete to prove that we are good enough. We are programmed to believe in social standards, success or failure, punishment or reward, and that self worth is based on our material possessions. We take on a fake persona in order to survive. That, is our "Fake Identity Birth".

TO RESONATE

We explained earlier what we mean by *Divine Universal Frequency* and *Divine Nature*. To resonate means to be in harmony and in tune to them. In order to resonate, we must be free to do so. In order to be free, we must let go of clutter and baggage that is holding us back. To forgive, to let go of bitterness, grudges, expectations outside Self, burdens, stress and not feed our energy to noisy and unnecessary thoughts that flow through our mind. Unless we can do that, we won't be free to vibrate in tune with the Frequency of Divine Nature. (*See illustration on page 18*)

It's important that we resonate in tune with our Source where we come from. Because we also send out frequencies from our body, all the time. In fact, the heart sends out very strong frequencies based on our consciousness. feelings, emotions and intentions. For example: Have you ever been in a room when someone who is extremely angry or extremely overjoyed walks in? Perhaps we can feel the energy or frequency just radiating off of them. Or have you ever had the feeling that someone close to you was going through a very emotional trauma and you get a call from them almost instantly? We can see how powerful our frequency can be. We don't understand exactly how it works. We just know that it does. So it's important to be conscious of our Divine Nature and resonate in tune to it. If we don't, the frequencies our heart sends in an unconscious state could do allot of harm to ourselves and others.

Wouldn't it be cool to know, to feel the Frequency and Energy radiating from God? It's there everywhere in the Universe, every day and throughout all Eternity. Jesus said if we free our Self up from the distractions of the world, we will feel it. We will know it! Why? Because that's, where we come from. We will feel our Divine Nature inside of us if we are free to vibrate in tune to it. Like a walkie-talkie that is on the same channel as home base. It will pick up the same signal. So if we clear up all the noise and chatter from the world, we will resonate in harmony with our Creator. That's what to know and to be conscious of our Divine Nature means. But in order to feel it, Jesus said you have to be free. If we are not free from clutter within us or outside our Self, there is no way we can resonate. It just won't work and that's what we call, unconsciousness.

CLUTTER AND DISTRACTIONS

What do we mean by *clutter*? Clutter is anything and everything within us or outside of us that can keep us in an unconscious state and prevent us from resonating in tune to God's Divine Frequency of Love and Oneness. These could be anger, hate, stress, hoarding material wealth, greed, false pleasures, expectations, ego and fear. It could be an unwillingness to forgive, holding a grudge, carrying a chip on one's shoulders and jumping to conclusions that someone is out to get you. Also, clutter could be guilt over things we did in the past when we were in an unconscious state. Clutter could be substance abuse, toxic relationships, pride and looking outside one's self to satisfy the longing for love and happiness. All these are what we mean by clutter. If we cannot let go of them, they keep us from resonating in tune with our Divine Nature. For example: If we strike a tuning fork, we will hear a sound frequency as it resonates. If you put your hand over it, it will immediately stop resonating. Your hand would be the clutter that stops the tuning fork from resonating. We are like little tuning forks that were meant to resonate in tune to Divine Universal Frequency. But if we don't let go of clutter, that vibration can't happen. (see picture on page 18)

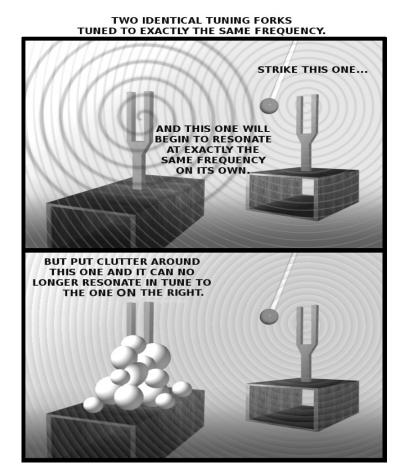
EVERYTHING IS ENERGY AND FREQUENCY

All matter is just a frequency resonating just right, holding everything in the Universe together. Even you!

We can see by this picture how frequency patterns show up in nature. On the left we see how certain sound frequencies cause patterns to form in sand sprinkled on a metal plate. On the right, we see how frequencies have formed the patterns on this turtle's back.

We were created to vibrate in tune to God's Image

The graphic on page 18 illustrates what happens when our lives are filled with anxieties, fear, pursuits for money, material pleasures, sadness, anger, grudges, and expectations outside of our Self in the material world. We call that clutter. When this clutter builds up within us, we are no longer free to resonate in tune to God's Word, or Divine Universal Frequency. It is then that we become unconscious of our Divine Nature.



DIVINE NATURE OUR GPS IN LIFE

Our Divine Nature with all of its Attributes that we described at the beginning of this booklet, is there to guide us in making the right choices in Life. It serves as our God given navigation system. Like a road map helping us find our way. We can tap into it at any time if we can remain conscious. If we can resonate in tune to the Frequency of our inner Guide, we can make choices

to keep us on course. But if we become unconscious weighed down with clutter, our choices will not be in tune with our Divine Nature and we will go off course. For example: Allot of us use the GPS in our car or phone in order to navigate through the city. If we get lost we can either choose to drive around arrogantly thinking we know where we're going, get distracted, perhaps even end up in a dangerous area of town, or we can choose to turn on the GPS. The GPS resonates to the frequency of satellites in space that triangulate where we are and helps us choose the best route getting to our destination. It all happens because your GPS is free to resonate exactly in tune with the satellite's frequency. Resonating in tune with God's Divine Universal Frequency along with our Divine Nature can help us remain conscious of our real location in Life so we can make wise choices and stay on course. Even save our Life.

TUNING INTO DIVINE FREQUENCY

Most radios are digital now. But remember the old radios that had a knob you turn to get the station you wanted? Your station was on a very precise and narrow wave. You had to turn the knob back and forth until you hit the frequency band just right in order to hear your station loud and clear. Until you found your station, you would hear static, noisy whistles, crackling, and sounds of other stations. There were so many radio stations out there. But they were all noisy distractions to us because we just wanted to hear our favorite station.

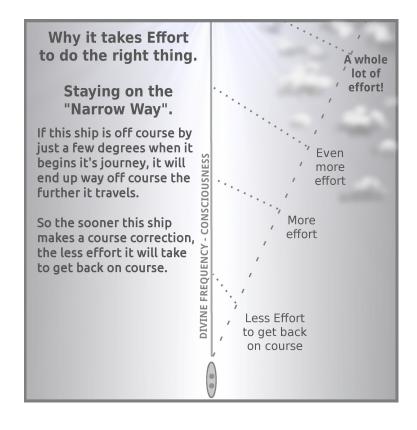
Now let's apply the above illustration for tuning into Divine Universal Frequency which is the channel of God. We have to tune out all the distractions that we are bombarded with in our daily lives in order to find that one narrow Pure Band that resonates in sync with our God given Divine Nature. Now, you might find what Jesus said in *Matthew 7:13,14* very interesting.

13 "Enter in by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and many are those who enter in by it. 14 How narrow is the gate, and restricted is the way that leads to life! Few are those who find it."

Jesus didn't mean there was a literal narrow gate somewhere. It seems logical that He was talking about not becoming distracted by the broad band of distractions in the world, but to tune into the narrow band of God's Frequency in order to live. The "destruction" He mentions is not some pending dooms day or wrath of God. Instead, it is the eventual result for choosing to remain off course and in an unconscious state.

Any ship navigator knows that if you are off course by just a few degrees at the beginning of your journey, you could travel miles off course from your destination. So it is imperative to correct your course immediately. It takes less effort to get back on course at the beginning of your journey because you only have to travel a short distance. But if you don't correct the course early on, it's going to take a huge effort on your part to get back on course. Perhaps even travel through dangerous uncharted waters to make the correction. So we must make good choices and constantly monitor our course to be sure we stay on track. We must stay conscious and not get distracted.

Studies have been done to figure out why doing the right thing takes more effort. The above example can help us understand why. The longer we wait to get back on course, the further we travel away from it. So it's going to take some real effort to correct that course and we're probably going to run into obstacles along the way doing it. These obstacles are probably going to distract us and keep us busy. Maybe we will even have to throw some stuff overboard to lighten our load so we can travel faster. In order to resonate in tune with Divine Universal Frequency, we have to be conscious of our Divine Nature within. We'll have to toss our distractions, fear and ego overboard. Once we tune in and become conscious, we can call in for help to get back on course. That help is always waiting for us. We just have to become conscious and make use of our God given resources within us. (See illustration below)



SYMPTOMS OF UNCONSCIOUSNESS

What are some symptoms or results of unconsciousness or unawareness of our own Divine Nature? Even though some of the following are necessary to maintain order in a world of collective unconsciousness and benefit the degree, they are still symptoms of masses to a unconsciousness. You might be surprised by these but here are some: Sides or divisions, law, government, religion, standards, social structures and institutions, walls and borders, sickness, money, along with other results that come from searching for happiness outside Self. Not to mention fear, greed, violence, depression, sadness, and other emotional trauma that results from being unconscious of our Real Divine Self. Iesus said "Forgive them Father for they know not what they do". He was talking about what can happen when men become unconscious of their Divine Nature. How ironic that He had to die at the hands of unconscious beings when His purpose here was to help us become conscious of our Divine origin.

The Bible itself is a result or symptom of human unconsciousness. Had man remained conscious of his Divine nature, the Bible would have never come into existence. The Bible is not the Word of God. If it were, it would have existed from the beginning of all creation. "In the beginning was the Word, and the Word was with God, and the Word was God;" John 1:1 However, we can acknowledge the Bible as inspired by the Word of God. Because the Word of God is His active Voice or Frequency which moved and flowed through the conscious minds and hearts of those who penned it.

A SEED WAS PLANTED AND EGO TOOK ROOT.

Someone might ask: "OK, if we are made in God's Image, why is the world so messed up? If we are all Divine, why don't we live in a perfect world? It just doesn't seem to make any sense at all." Well, at some point along the timeline of Humanity, something happened that made Mankind became unaware or unconscious of his Divine Nature. At some point we began to feel that we are separate from God and not really One with Him. Once Man's mind was seeded with thoughts that he was not like God (created in His Image), or had to do something in order be like God, feelings of inadequacy set in. It was then that a paradox developed within our minds as we struggle between what is adequate (good) and what is inadequate (evil). It will slowly kill us day after day as we ponder the perplexity of good and evil. We create scenarios about it, we judge, we label, become stressed, feel guilty, inadequate, fearful, distracted, trying to solve the problem good and evil, and even fight against it. We think ourselves to death. Over time man became more and more unconscious.

Most of us are familiar with the Genesis account of Adam and Eve in the Garden of Eden who were told that if they ate of the forbidden fruit they would be like God and would have knowledge of good and evil. But once they ate of the fruit, they felt ashamed, unworthy and inadequate in the presence of God.

Once we feel inadequate, ego develops. Because ego, stems from becoming unconscious of one's adequacy. We begin to feel unsure of who we are and insecure. At that point life becomes a struggle to prove one's adequacy. Even doing so aggressively perhaps becoming a bully. To illustrate how ego sprouts from feeling inadequate, consider the following example:

Two repairmen work for a service company. They are exactly the same, trained the same, and have exactly the same tools in their tool box. They are close friends, get along well, and feel equal to each other in every way. One is named Fred and the other one's name is Joe. Then one day the Manager comes up to Fred and plants a thought in his mind by saying: "Hey Fred, wouldn't you like to be a repairman just like Joe?". Fred goes away thinking, "I thought I was just like Joe". From that point on Fred begins feeling inadequate as a repairman. He starts trying to prove himself to Joe. He starts bragging to everyone how he is better than Joe. Fred develops a huge ego. A spirit of competition develops inside of him. He even becomes angry and eventually is fired. But in reality, Fred was just as adequate as Joe. He just became unconscious of his own adequacy.

Once a person becomes unconscious of their Divine Nature, life becomes an illusion as they look outside Self trying to fulfill false expectations of adequacy. Or taking on a false identity outside Self in order to feel adequate. They struggle to live up to standards of success or failure based on ego, fear and expectation. An ego based feeling of fear, doubt and mistrust and even paranoia cause an unconscious person to not only torture and harm themselves, but others as well. All we have to do is turn on the news and see to what extent a person can be affected when they become unaware or unconscious of their own Divine Nature. We can further understand why the world is suffering the way it is due to the collective unconsciousness of the masses.

Bottom line is, we *are* Divine Beings. But it's our being unconscious of our True Identity that gets us into trouble. If we so choose, we can regain our consciousness and discover our Divine Nature at any time. The main

purpose of Jesus Teachings was to help us regain consciousness of our Adequacy and our Divinity so we can enter into a state of Oneness with our Father.

THE SUPERHERO SYNDROME

Down through the ages since ancient times, humans in their struggle to survive in an unconscious world, have either looked outside self expecting some leader or some king to save them, or they came up with some god that would protect, bless or save them. They even created an idol or icon to represent what this god looked like. Humans, feeling so inadequate that they felt the need to sacrifice something to either be saved, or to keep from getting punished. If an earthquake happened, it was punishment. If good weather happened for growing crops and hunting, it was a reward for good behavior. Entire cultures and civilizations have revolved around a superhero figure. And so it has been, down through the ages even to this day. Many comic books, TV shows, Movies and video games are based on a superhero that steps in and saves everyone from peril or some villain. In an unconscious society, people look outside their selves to empires, governments, religion, political parties and leaders. To tell people what they want to hear. That everything is going to be OK, that there's peace and security even though it's just an illusion. Therefore, the masses have become slaves instead of Divine Masters of Self. All of this has happened because humans have become unconscious of their Divine Nature and True Identity along with their feelings of inadequacy.

Before Jesus appeared on the scene, the Jewish nation was being occupied by the Roman Empire. They were expecting some king or superhero to show up and save them from the Romans. They long awaited a promised Messiah who they expected would rise up against the Romans in battle and drive them out of Israel.

But when Jesus showed up, they were shocked to see he didn't even get involved in the Roman occupation. Instead he said His Kingdom was no part of the world. Instead He taught about knowing the Father, consciousness that we are God's Children, about Oneness, and Love. This enraged the Jewish leaders of the time so much that they had Jesus killed.

Jesus didn't come here to be a superhero! He came to show us we all can be superheros. All we have to do is wake up, get rid of the clutter in our life, and become conscious of our Divine Nature.

DISCOVERING THE REAL YOU!

As we described in the section "Fake Identity Birth", we are born into a system. That system slaps a label on us, then shapes us, molds us, programs us to believe something, sends us to public school and prepares us to fuel the money machine. And so, you become someone you were not supposed to be. You take on an identity outside your 'Self'. That is our 'fake identity birth' and the illusion we are born into. OK, so now Jesus came and said: "Truly, truly, I say to you, Except a man be born again, he cannot see the kingdom of God." At first glance, we think 'Oh no, more religion!' Indeed, John 3:3 is a scripture that we hear all the time in mainstream evangelical teachings. Perhaps whenever we hear someone start preaching 'born again' we want to run in the other direction. But based on what was stated about our fake identity, we can finally get what Jesus was really talking about. He was just saying that we must look within and discover who we truly are. Not who the

system programmed us to be from our physical birth on. He meant, get in touch with our Divine Nature, our Real Divine Self, and discover how beautiful we are. Then we can focus on letting that Beauty shine out. It feels like: Wow! Now I know 'I Am'. Seeing the 'Kingdom' as Jesus called it, is only possible by discovering the 'Real Self', creating Consciousness of Divine Oneness, Love, and Peace within us. We can then put our fake birth behind us and realize what we are really born from. The Real 'I Am'! Sometimes certain religions will create labels and classes claiming that 'born again' is reserved for some special elite privileged few. But based on overwhelming evidence, teachings from ancient times on (including Jesus), and because of the Integrity of Love itself, it applies to everyone. Every individual can regain full Consciousness of their Divine Nature.

WHAT IS OUR BUSINESS HERE?

Should we look outside our Self making it our business to find out who is behind this fear and ego based system that enslaves and distracts humanity? Should we make it our business to expose it? To stand up against it and fight? Down through the ages many have chosen to do just that. Those who have taken on this battle, however noble their cause, ended up becoming tangled and part of the very system they were fighting against. Not to mention the violence, the wars, and the millions of Lives lost in the process.

All the distractions and hype in this fear based, ego based system, all the power plays for material gain and control, all the struggle and strife for happiness and satisfaction outside our 'Self', are irrelevant and have absolutely nothing to do with who we really are or where we come from.

Jesus said "My Kingdom is not of this world". John 18:36 Jesus did not fight nor did his true Disciples protest or fight against the world system. He went about his Father's Business. Jesus knew where He came from, Who He was, where He was going and he didn't make it his business to judge others or to be on a side in the world.

So should we make it our business to be on a side within the system? Even though we are free to choose our own path, consider this: Light has no side. Love has no side. Divinity has no side. Why? Because they do not, originate from the material system. Do we not come from Love, Light, and a Divine Source? Then why would we want to be part of a material system that has separated itself from God? Therefore, our Business, is to know who we come from and be like that. To discover our Divinity and our True Treasures Within. If we are Divine Children, then wouldn't we want to act like it? In fact Jesus said: "Be Perfect like Your Father is Perfect!" Matthew 5:48 So this means we are quite capable of being Divine. Our Business is to remove the clutter from within so we can clearly see who we *really* are. Our Business is to create within us a comfortable environment where our Real Divine Self can dwell.

As we will see on page 32, Jesus makes a big deal about not being of this world. So shouldn't we make it our business to not be part of the world even though we are stuck here for a while? He makes a big deal about becoming conscious, knowing God and knowing that we *are* God's Children as long as we choose to remain conscious. So as God's Children, shouldn't we make a big deal out of being conscious, knowing who we are and where we come from too? Our business is not to look outside Self expecting someone to be our savior. We can make it our business to become a Master of Self so we

will never be enslaved by the world system again. To resonate perfectly in tune with Divine Universal Frequency so world influences and distractions cannot affect us in any way. If we make it our business to *know* beyond all doubt that we are Divine Children of God, we too can overcome the world just like Jesus did when he came here. *John 16:33*

IT'S IMPOSSIBLE TO BE IMPERFECT!

It is impossible to be imperfect. Jesus said "Be ye perfect as your Father is Perfect." Why would He say something like that if it were impossible for us to be *Perfect?* So it is possible to be Perfect according to His words. We come from Divine Perfection, therefore that's what we are. But most remain unconscious of their Divine Perfection and Adequacy. Humanity has been programmed to feel inadequate and deceived to believe that they are lesser than. The religions and systems of this world focus on converting members to conform to their illusion of perfection. And, any ego based illusion is already separate from Divine Reality. The Divine Reality is, that each one of us already possess Perfection within us. Instead of wasting time converting each other, we could help others discover how beautiful we already are and that we all possess Divine Qualities. We just have to choose to let them shine.

Jesus said to people "you are the Light of the world." Matthew 5:14 And not to cover up Divine Light. Why would He say that if it wasn't true? We are Divine Light! But because of the distractions in this fear ego based system, few people discover that they are Divine Light and remain unaware of it. So because of their unconsciousness, their inner Light is covered up. That's why Jesus said it's like covering a lamp with a basket. He

invites us to look within, discover our Divine Nature, and to be who we were meant to be as Children of God. What a contrast from the world's political, economic and religious systems who program us to believe we are never good enough, that we are sinners deserving of punishment and that we must depend on someone to save us. So instead of converting, judging, and labeling each other into groups, religions and governments, let's discover, express and share our Divine Nature together. Imagine if we all did that!

Remember, when we look outside our 'Self' for some 'thing', entity or person to save us, to be our superhero, we set ourselves up to be enslaved by them. Instead, each one of us can be a Master. True great spiritual leaders down through history did not come here to fight our battles for us and be our Divine saviors. They came here to help us discover that we are already Divine and quite capable of being Perfect.

IT'S OK TO BECOME CONSCIOUS OF WHAT JESUS TAUGHT ABOUT CONSCIOUSNESS.

Are you skeptical of anyone who comes up to you and starts preaching God or Jesus Christ? Well according to Jesus' own recorded words, you should be. He warned us not to be deceived by all the different teachings. In fact He said the day will come when He will tell some of those who preach "Jesus" to get away because He doesn't even know them. *Matt. 24:4,5*; *Matt. 7:22,23*

But Jesus didn't mean we should ignore His Teachings because of false preachers. He just wanted us to be careful of those who might try to booby-trap His Teachings. Perhaps you've heard of a doubting Thomas before. Well that comes from Jesus' Disciple Thomas doubting when he heard that Jesus was raised up. But perhaps he doubted because he was just recalling Jesus' warning to them earlier when He said "Do not be deceived..." Instead of becoming angry with Thomas, what did Jesus do? He so willingly and lovingly showed Thomas the proof he needed. Therefore, don't be ashamed if you doubt when someone preaches Jesus. No one should ever judge you for that. You're just doing what the Master advised you to do. False preachers don't deserve our faith. Our Faith comes from becoming conscious of our Divine Nature, from knowing, and recognizing the Real Teachings of Jesus. Also, just because someone contaminates the real purpose of Jesus' Teachings doesn't mean that you should label Jesus as false. If you do, you could really be missing out on some good stuff.

For example: Maybe your Grandma baked you a delicious apple pie. Your Grandma is loving and kind and would never hurt you. But later some mean kid walks by and slips a razor blade in Grandma's pie. She warns you to check the pie very carefully before eating it because she knows the mean kid messed with it. So it's not Grandma who is bad. The pie is not bad. Don't stop trusting Grandma. Don't ungratefully throw the pie away either. Just find the darn razor blade the mean kid put in there and enjoy another one of Grandma's delicious pies.

Just because someone messed with Jesus' Teachings doesn't mean you shouldn't try them out for yourself. It doesn't mean you shouldn't trust Jesus either. It just means that in this day and age we are living in, ya gotta be very careful. Ya gotta be sure and ya gotta test everything out to see if it really works. This is what "making the Truth your own" means.

Contrary to traditional doctrine created by those who set

themselves up as middlemen between fellow man and God, Jesus didn't come to be a Superhero to save sinners. Jesus came to show us we all can be Superheroes. His main purpose for coming into an unconscious world was to show us we all can become conscious of our Divine Nature and Oneness just like He was. It's ironic and tragic that He was killed by the same unconscious people He was trying to help. No wonder when He was dying He pleaded, "Forgive them Father for they know not what they do" Luke 23:34.

Since His death, instead of taking to heart Jesus passion to help humanity become conscious of our Divine Nature, for the most part the majority have done just the opposite. Instead of conforming to Jesus' Teachings on achieve Divine Consciousness, they to conformed His Teachings, to agree with their own unconsciousness. Therefore, His Teachings have been stained, changed, misused and abused to keep the masses in a state of unconsciousness. To keep them either entertained, gripped in fear or preoccupied in survival mode in order to control them. To keep humanity so distracted and confused that there is little time to become conscious of our Divine Nature let alone explore the real meaning of Jesus Teachings. So whose job is it to make sure that the common sense Teachings of Jesus really work? Well it is up to each and every individual person to do so. No religion or organization can do that for us.

THE PURPOSE OF CHRIST - CONSCIOUSNESS OF OUR DIVINE NATURE AND ONENESS.

There is no greater Love than for one to sacrifice their life in order to save the lives of others. Jesus gave His Life to come here so we could know and become conscious of

what it feels like to be a Divine Child of God. To help us into Eternal Life. For that we should praise God and Christ Jesus with the utmost gratitude for that kind of Love. We should melt with humanity that God considers us worthy of being His Divine Children. There is no greater honer and no greater Joy than to be invited back Home to sit at our Father's Table with our Divine Family.

We hear people preaching the Good News or the Gospel of the Kingdom. But what is it? Is it believe in Christ and get saved? Is it grace, all our sins are forgiven and Jesus died to save us? Is it that we are all a bunch of unworthy sinners who God is going to punish if we don't tow the line and obey all the doctrines? Or, is it to become conscious of our Divine Nature as God's Children, to know beyond all doubt we that we *are* Oneness with God and Christ?

It's interesting to note that in what can be considered the most important prayer in the New Testament, Christ coming here to die for our sins is not even mentioned. It was Jesus' own prayer that can be found in *John the 17th Chapter*. He pours His heart out to His Father, going over His main purpose for coming here. We encourage you to read the whole chapter for yourself. But let's go over some verses there.

1 Jesus said these things, then lifting up his eyes to heaven, he said, "Father, the time has come. Glorify your Son, that your Son may also glorify you; 2 even as you gave him authority over all flesh, so he will give eternal life to all whom you have given him. 3 This is eternal life, that they should know you, the only true God, and him whom you sent, Jesus Christ. 4 I glorified you on the earth. I have accomplished the work which you have given me to do."

What is Eternal Life? Eternal Life is to *know*! To know who the only True God is, To know that Jesus comes from God as His Son. To know the feeling of Oneness as God's Divine Children. Even though Jesus often said "believe me" and "believe in me", believing with Faith is just the beginning of knowing.

For example: As a child you watch your Dad ride a bike. You know he can do it because you see with your own eyes. Now perhaps you believe you can ride a bike too. Maybe you read a book on how to ride a bike. Now you have knowledge and understanding, but you still don't know you can. You won't know you can ride a bike until you participate in learning how. You don't know how it feels. Once your Dad teaches you how, now you know. But so much more comes with know. Now you know what it feels like as the wind caresses your face, as you turn the bike, as you see the trees going by. You know how it feels to ride beside your Dad talking, laughing and having fun. Now you have become fully conscious of knowing. To **know** God involves way more knowledge, understanding and believing. It involves participation (or works) within God, within Christ, within your Divine family and being fully conscious of it. It's interesting how James 2:19;26 points out that more is involved than just believing as well as the importance of works in harmony with God:

19 "You believe that God is one. You do well. The demons also believe, and shudder." 26 "For as the body apart from the spirit is dead, even so faith apart from works is dead." James 2:19;26

So to *know*, we not only need Faith, we must get involved. Another example: A leg breaks on your chair. You go to the hardware store to get some glue. The hardware girl tells you that epoxy glue will fix your

broken chair. After some convincing, you *believe* her and you buy some. You see that it comes in two tubes. One tube is the catalyst and the other tube is the glue that does the job. In order for the glue to be any good, you have mix them together. Once mixed together, they quickly form a strong bond. Now *Faith*, would be the tube of catalyst and the tube of glue would be the *Works*. In order for them to be any good, you have to mix them together. When you see the results, then you *know*. But if you try to use only one tube to do the job, you get nothing or they're just dead.

The work and the main purpose of Jesus sojourn here in the world was to help us become conscious and know what our Divine Nature really feels like. To discover the Real You as a Child of God. His purpose here was to glorify God's Name and help people know their *Real* Divine Father.

5 "Now, Father, glorify me with your own self with the glory which I had with you before the world existed."

Jesus is declaring His Divinity. Jesus *knows* what it feels like to be with His Father. He was present with the Father before the beginning of Creation. Therefore, no one is better qualified than Jesus to help us become conscious of our Divine Nature.

6 "I revealed your name to the people whom you have given me out of the world. They were yours, and you have given them to me. They have kept your word. 7 Now they have known that all things whatever you have given me are from you, 8 for the words which you have given me I have given to them, and they received them, and knew for sure that I came from you. They have believed that you sent me. 9 I pray for them. I don't

pray for the world, but for those whom you have given me, for they are yours."

Jesus is stating here that he helped His disciples become conscious of their Divine Father and that they are His Children. That they know and believe with all certainty who Jesus is and that He comes from the Father. That all Jesus Divine Gifts and His Divine Nature comes from the Father. Jesus affirms that He keeps completely separate from the material world.

14 "I have given them your word. The world hated them, because they are not of the world, even as I am not of the world."

Jesus reveled to them the Word of God the Father. Again Jesus affirms the importance of not being part of the world. The fact that the world now hates Jesus' disciples is proof that they have become conscious of their Divinity and also that He did a good job teaching them.

15 "I pray not that you would take them from the world, but that you would keep them from the evil one. 16 They are not of the world even as I am not of the world."

Again Jesus affirms that He and His disciples are not part of the world. Because His disciples have become conscious of their Divine Nature as God's Children, they now fall under God's protection.

17 "Sanctify them in your truth. Your word is truth."

Jesus asks His Father to declare His disciples Holy or Divine.

18 "As you sent me into the world, even so I have sent them into the world. 19 For their sakes I sanctify

myself, that they themselves also may be sanctified in truth."

Just as Jesus was sent here to help us become conscious of our Divine Nature as God's Children, He now sends us out into the world to help others know and become conscious. It is through Jesus Divine Nature that we can become conscious of our Divine Nature. When we do choose to become conscious, we can be declared Divine returning us to our original state as God's Children.

20 "Not for these only do I pray, but for those also who will believe in me through their word,"

Jesus is including all future ones who become conscious, know and believe who He is, where He comes from as well as become conscious of where they come from through Him. This includes all of us if we so choose.

21 "that they may all be one; even as you, Father, are in me, and I in you, that they also may be one in us; that the world may believe that you sent me."

Jesus prays for all conscious believers to enter into a state of Divine Oneness.

22 "The glory which you have given me, I have given to them; that they may be one, even as we are one; 23 I in them, and you in me, that they may be perfected into one; that the world may know that you sent me and loved them, even as you loved me. 24 Father, I desire that they also whom you have given me be with me where I am, that they may see my glory, which you have given me, for you loved me before the foundation of the world. 25 Righteous Father, the world hasn't known you, but I knew you; and these knew that you sent me. 26 I made known to them your name, and will make it known; that the love with which you loved me may be in them, and I in them."

Again Jesus affirms the honor and great pride of being part of the Father. That we are in God, God in us, through Jesus who is in the Father and the Father in Him. As God's Divine Children, we can now feel worthy. We have been freed from the bondage of feeling inadequate. We see the kind of Love bond the exists with Jesus and His Father and the Love they have for us.

Jesus knew His time was coming to an end. So He wanted review with his Father the fulfillment of his purpose for coming here. We can see that in this most important prayer, the emphasis seemed to be mostly about knowing, believing, consciousness, Oneness, not being part of the world, and loving concern for those who choose to be One with the Father through Christ. Notice He didn't even focus on dying for anyone's sins in order for them to be saved. He said Eternal Life was based on knowing or becoming conscious of our Sanctification or Divinity. Imagine if we all made it our focus to become conscious of our Divine Nature instead of hoping and waiting that all will be forgiven as a savior comes down and swoops us up in salvation. What did Jesus say the meaning of Eternal Life is? It is to know God and to know Christ. We must become fully conscious and know beyond all doubt that we are Divine Children in Oneness with our Creator.

If you just watch a world news report for several minutes, it won't take long before you see evidence that the message about becoming conscious of our Divine Nature isn't getting through to people. But instead of placing blame, we must all work together with Love to get the Real Message of Jesus out there. Even though religion has resulted from the collective unconsciousness of the world, It has served the function bringing people together in fellowship. Within churches we find sincere,

warm, kind, loving and honest hearted people who work hard to serve their fellow man. God has used people within all religions to assure that we can pick up almost any Bible to read for ourselves the Real Message of Christ.

But somehow over the centuries mainstream religion strayed from the narrow path of consciousness that Jesus intended for us to walk. Some have set themselves up as middlemen between Christ and humble people who are longing to know their Real Divine Self. Fatalism has been substituted for Faith as the masses are programmed to believe they are hopeless unworthy sinners who can never be adequate unless they follow drummed up laws, doctrines or rituals. How sad that this only plunges them deeper into an unconscious state as they are gripped by fear of punishment in hell. Struggling as slaves hoping to receive some misinterpreted reward. Jesus' message here was one of Consciousness, Divine Oneness, Love and Eternal Life. Not one of eternal punishment or holding a carrot over someone's head in order to get a reward. What kind of Father, through Jesus would tell us we must love our enemies, but He Himself turns around and tortures them in hell? It makes no sense at all. God is Love.

Instead, Jesus' message was to help people become conscious of their Divine Nature. Help them with Love to discover their Real Divine Identity as God's Children. To enter into the Kingdom of the Heaven in the Infinite Now. To joyfully be in Oneness with the Father and Christ. *That*, is Eternal Life.

Imagine if we all focused on becoming conscious of our **Real Identity** as God's Children and helped others to discover their Divine Nature within? Imagine what we could share and accomplish together instead of wasting

time bickering and fighting? Because of technology and the Internet, we are entering into an *Open Source* age where people freely share their ideas and resources. Imagine how *Open Source* we will be once we all individually become conscious of our Divine Nature?

Today in an unconscious world, we see how there is so much suffering caused by greed, sickness, death, hunger and the constant threat of war, crime and terrorism. World powers use these as a reason promote their agenda of more control and global government. But Jesus said: "My Kingdom is not of this world". John 18:36 Therefore, the day will come when each and every individual will be conscious of their Divine Nature. When each an every individual will be a Master of their Divine Self and never again a slave to someone or some thing outside themselves. There is no better government than Divine Self Government and there is no better control than Divine Self Control. The only real government that will ever work, is the one that resides in the hearts and minds of those who are conscious of their Divine Nature. That's the Kingdom Jesus was referring to. Entering into a state or realm of total Divine Consciousness. One of knowing that we are Divine Children of God.

There are so many Teachings of Jesus that encourage us to become aware and conscious of our Divine Nature as Children of God. We could not possibly mention them all in this little book. But if you read His Teachings keeping the above purpose in mind, perhaps it will give you a whole new perspective about the Real You.



PRACTICING CONSCIOUS MEDITATION

Meditation is the practice of letting go of all the noise, clutter and distractions outside Self as well as our inner physical distractions like thoughts, feelings, sounds, sight; etc, in order to discover and become conscious of our Real Self and Divine Nature.

We cannot resonate in tune with Divine Universal Frequency (the Word of God) unless we let go of the clutter that prevents that vibration from happening. For instance, if we are an angry bitter person about anything or anyone, meditation will be of little benefit. Jesus said to go make Peace with your brother before approaching God. So in order for it to work, we must approach meditation in a state of Love, Joy, Peace, Gratitude, Forgiveness and Humility. Then it will practically happen

on its own.

Meditation is about quieting down your mind. Even Scripture says: "Be still, and know that I am God..." **Psalm 46:10** Every day we are bombarded by thoughts created from the world's collective unconsciousness. These irrelevant thoughts can also cause clutter that prevent us from resonating in tune to God's Word and Universal Frequency. That's why emphasized about letting go of anxiety. Jesus also said unless we become as little children we cannot enter into the Kingdom of Heaven. Have you ever observed how a little child can sleep through all the noise and distractions? Or how Jesus slept in a boat during a violent storm? How could He do that?

Jesus taught that a key part of becoming conscious of our Divine Nature was about letting go, giving away, and eliminating distractions the world blasts us with daily. He taught letting go of the past and not to clutter our minds with fear, anxiety about the future or worry about what we're going wear or eat. Jesus taught about going within and about being in the *Now* in order to be in tune with God. We don't have to go to some temple for worship because it happens within us and we can do it now.

"Jesus said to her, "Woman, believe me, the hour comes, when neither in this mountain, nor in Jerusalem, will you worship the Father." John 4:21

"But the hour comes, and now is, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such to be his worshipers. 24 God is spirit, and those who worship him must worship in spirit and truth." John 4:23,24

Remember we mentioned earlier about being created in the Image of God and the Divine Gifts we all have within. Well, that Spark of energy is the Real Divine You. Meditation is about quieting down your mind and body so you're only conscious of that Divine Energy and nothing else. Once you have freed up your mind of the clutter, you will begin to resonate in tune with God's Frequency. You will feel the "I Am" in you. You will know: I Am Love, I Am Joy, I Am Peace, I Am Kindness, I Am Goodness, I Am Humility, I Am Patient, I Am Mild, I Am In Total Control And Have Mastered My Self, I Am Creative, I Am Forgiving. Once we become conscious of our Divine Nature and Oneness with God and Christ, nothing can distract us and no fear will exist within us. Because we reside in God and God resides in us. We feel our Self Living within God.

MENTATIONS

The higher cognitive process for taking in knowledge, considering it carefully and then putting it to good use to become conscious of our Divine Nature.

- 1. If you do not understand how to love your 'Self', how not to hurt your 'Self', it is impossible to Love someone else well. It is impossible to not hurt others. For if you hurt your 'Self' you *will* hurt your mate, your children, your brother, your sister and your neighbor.
- **2.** When you live up to someone else's expectations, you limit your own potential, your own Reality and your own Divinity.
- **3.** We cannot share treasures, that we have not found. But riches beyond measures, inside us abound. So look within, you will discover them there. With Joy you'll begin, to openly share. But if you seek treasures, outside

- of You. Expecting those pleasures, to bring Joy too. The clutter you hoard, will bury so deep. Divine Gifts you ignore, as you unconsciously sleep.
- **4.** Nothing outside your 'Self' has anything whatsoever to do with who You are nor does it identify You. You have been and always will be who You are and who You come from.
- **5.** Do not ever look outside Self for someone or some 'thing' to make you happy. Happiness comes from within.
- **6.** Let go of all expectation and remove the clutter that prevents you from seeing the Real YOU.
- **6.** Do not ever get in a relationship with anyone who chooses to remain unconscious of their Divine Nature.
- 7. Judgment is something that happens as a result of a choice, be that choice conscious or unconscious. Judgment is not, nor has ever been something someone does.
- **8.** Law is not part of Divine Love, Light or the Divine Universal Frequency. Law is a result of individual and collective unconsciousness. Wherever there is law, there you will also find disobedience.
- **9.** You really cannot give anything but Love to anyone nor can you receive anything but Love from anyone. Love is all there is.
- **10.** It is impossible to steal from a Divine Being. Take away all material belongings, and yet, Divine Treasure will still be there shining even brighter than ever.
- **11.** A fool's equation. Working around the clock in the pursuit of future happiness. Ignoring everything and everyone in the now to hoard up what he desires for the future. But instead just be happy every day in the "Now"

and being thankful for what we have in the "Now"? We are more likely to be happy in the future if we learn to be happy in the "Now". We are more likely to have what we need in the future if we are grateful for what we have in the "Now". Past regrets and future mistakes can only be avoided in the "Now". We cannot create in the future and we cannot create in the past. We can only create in the "Now". For "Now" is all we ever have. Make it a good 'Now'!

- 12. Joy and Humility. Give with Joy, Kindness and Humility. Never boast about it. Receive with Joy, Gratitude and Humility. Never boast about it. Endure with Joy, Faith and Humility. Never boast about it. For Humility allows the Divine Frequency of Love to flow through You like water flows through a low valley to make it blossom with Beauty.
- **13.** You can never be inadequate. You come from Love and *are* Love. You cannot, nor ever will be more than you already are. But you can become conscious and discover the Power You possess as well as tap into it. Once you do, You can do Anything.
- **14.** There is no such thing as negative or positive energy. Man just labels the flow of energy as positive or negative when in reality it's just a flow of like attracting like. The flow is caused by identical electrons trying to join up with each other.
- **15.** Whatever you feed energy to will grow. Sunlight can grow a weed or it can grow a beautiful flower. It's all the same sunlight. Right? Think before You think!
- **16.** We are Beings of Energy. It is just *One* Energy. That Energy is *not* negative and it is *not* positive. We are Creatures of Choice. Choices can only be made in the Infinite *now*. We choose what we feed our Energy to.

Thoughts flow in and out of our mind. Feed a thought with your Energy and it will grow.

- 17. Choose wisely what thoughts You want to feed your Energy to. Because it can grow into something Beautiful and give you Life, or it can grow into a monster and destroy You. What You choose to feed your Energy to can create a Paradise or an Armageddon within You. Think before You think!
- **18.** Contrary to popular believe, Love, Trust, and Respect are not earned. They are learned. They are unconditional and they are given unconditionally.
- **19.** Love is Eternal. Love = Existence. Without Love in the equation, nothing created can last. Without Love, Life is not possible.
- **20.** You cannot deceive Love. Love vibrates on a specific Universal frequency band. If you are not in tune with that frequency band, Love will not respond. You can try to get Love to respond by deceiving it, by controlling it, by pretending to be Love, but unless you vibrate in harmony with Love, you will never ever get in. You will gaze and admire the beauty of Love perhaps in envy, desiring to get in, but unless you vibrate in harmony with Love, you just won't fit.
- **21.** Do not ever hurt your 'Self' by what you say to yourself, by what you do to yourself, by what you think, or by the choices you make.
- **22.** Now is all you ever have. We can only choose in the Now. We can only create in the Now. Now is the most serious time of your Life, but also the most enjoyable time of your Life.
- 23. Worship is something we experience within when we are free to resonate to Divine Universal Frequency and

- feel Truth. There is no place of worship other than the state of Oneness.
- **24.** Light has no side. Love has no side. We come from Love and Light and therefore cannot be on a side.
- **25.** No problem can ever exist within pure Love and Light.
- 26. For some reason people feel they gotta be on a side. But the Master taught that we can't be. Every part or side of form reflects a certain spectrum of Light. Some sides no light at all. The sides are not the Light. Only the Light is Light. And, Light has no side. Do we not come from Light? We are Light! We simply cannot be on a side in the material world. And, the Great Master Jesus taught not to be on a side. We will love one and hate the other. That makes us a slave to either side instead of being the master. He wanted us to be a master because it is part of our Divine Nature.
- **27.** We all possess the same Divine Treasures and Gifts within us. In that way we are all exactly the same. What makes each of us unique and different is how we choose to express the God within us.
- **28.** Do not judge a situation or event as being good or bad. For no one can ever judge. Just be conscious of the opportunity you have in any given situation, to be who You *are*. You are Divine Love and Divine Light.
- 29. Judgment happens based on the choices we make. Judgment is similar to (but not identical to) what some call Karma. It is the result of what we choose. We cannot karma something or someone and we cannot judge something or someone. It is impossible to judge. We can only choose. Only make a choice in the 'Now'. Choice is not Judgment or Karma. So because someone chooses not to hang out with people who do bad things, doesn't mean

they are judging them. They are just making a choice. We cannot judge someone for making their choice. We cannot corrupt the free will of another.

- **30.** Punishment and reward have absolutely nothing to do with Divine Love, Divine Light and Divine Truth.
- **31.** There is no better government than Self Government. There is no better control than Self Control. Become a Master of Self and never a slave again.
- **32.** The most powerful two words you can ever think, speak, sing or shout out, are "*I AM*".
- **33.** You cannot pray unless you let go of all expectations. Prayer is not or never can be about asking or begging for something you need. For You are a Divine Child. Everything you need, you already have. Prayer is about conscious Gratitude for all of your Divine Treasures and calling them forth to share with others.
- **34.** Be neither a coward nor brave. A brave man stabs in the front and a coward stabs in the back. But they both, stab. A coward hides when he is afraid and a brave man fights when he is afraid. But both of them, are afraid. Do not overreact going from one extreme to the other. Just become aware, be conscious, and be the Light. No fear can ever exist in Divine Love. No side can ever exist in Divine Light. A brave man stands on the railroad tracks and dares the train to hit him, a coward is even afraid to go near the tracks. But a conscious man, who is aware of his Divine Nature? Well he's the guy driving the train.
- 35. Fear cannot exist within Divine Love and Light.
- **36.** Choose to be Divine Perfection. Don't go around pretending to be anything else. You come from Divine Perfection. So just be true to your Divine Perfect Self.
- 37. Do not ever take on the identity of some 'thing' or

someone in the world outside of your 'Self' If you do, you will become unconscious of the Real You.

- **38.** Whatever you feed Energy to will grow. It doesn't matter if it's positive or negative. Whatever you bridge and anchor to will create an Energy Flow. This could be a thought, a thing or a person. Depending on the seed, it can grow into something beautiful or grow into a monster.
- **39.** Be free to resonate in tune to Divine Universal Frequency. Get rid of any build up that keeps you from resonating. Release any clutter that can dampen your vibration in harmony with Divine Love and Light.
- **40.** Once upon a time, there was a lady who lived alone in a big mansion. Now this lady was a hoarder. She would hold on to everything and throw nothing away. As years went by, the mansion became so full of stacks and stacks of old newspapers, magazines, broken lamps, and even heaps of garbage bags filled with bottles, cans and cardboard. Then one day she became sick and desperate. She had nothing of value in the mansion that could help her out in her situation. Awe, but she remembered that somewhere in the house was a family heirloom that was worth millions. She looked everywhere but with all the junk in the house, it became a hopeless search. So she ended up doing the only thing left to do. She started throwing out everything and cleaned for weeks. She was exhausted from all the hard work. Nobody came to help her. She had to do it all alone so she could find her own treasure. Then one day after cleaning out everything, under the staircase, she found the heirloom. She sat down, held the priceless treasure in her hands as tears streamed down her face. It reminded her so much of her family, her roots and what matters most in life.

The meaning of this story is: Be willing to let go of all those past emotions, grudges, fears and negative thoughts. Let go of your expectations and judgments of every thing and every one outside your Self. Don't hang on to them or hoard them up. If we don't release them back into the Universe, they will make us sick with emotional inflammation. They will not allow us to become conscious of our true Divine Nature. If we don't let go of clutter it will be impossible to resonate in tune to the Divine Universal Frequency or the Word of God. Find our True God given Treasures that have always been there hardwired within our code. We are all God's Children. We just gotta clear away the clutter and discover our True Reality. Our Roots and our True Family. Oh, and like the lady, it is just something we got to do on our own. No one can do it for us.

- **41.** Now Is The Eternity You Long For. Your window of opportunity. The invitation of 'Now' is always extended to you. 'Maybe later', 'maybe later' is your response as you burn up from the distractions, the lies, in that illusion you call life. You only have until "Now" to become conscious of the *Real You*. Yes, become conscious dear Divine Child! Let go of those distractions and discover your Divine Nature.
- **42.** What someone else thinks about you is none of your business. Your business is to be who *You* are. You know who You are, where You come from and where You are going. You are Divine Love and Divine Light. You cannot judge others.
- **43.** Once upon a time, there were two different people. They both longed to find answers in life. So each one went out and searched, they studied, they traveled and they examined all the evidence. Guess what? They both came up with the only possible conclusion beyond all

doubt. Then years later, they met on a street corner. They argued for hours about who was right and who was wrong. Oh, if we could only realize that we all have a common struggle. Imagine the difference it could make. If we could look into each other's eyes and understand that our neighbor is dealing with ego just like us. We could forgive, love, we could laugh and work together to overcome our ego caused by feelings of inadequacy. Only by letting go can we resonate in tune with Divine Universal Frequency. The Word of God. Only then can we become conscious of our Divine Nature. Only then can we enter into Divine Oneness.

- **44.** It is impossible for someone to make you happy. It is impossible for you to make someone else happy. Happiness comes from Within. Instead of wasting time trying to make each other happy, use the time to help each other discover Happiness Within. Then enjoy your life sharing that Happiness you found Within with each other. That's what relationships are all about.
- **45.** Be a Way Shower! If someone demands that you must make them happy, don't be concerned. With Love, show them how to become conscious of their Divine Nature. Show them how beautiful they are within, for happiness can only come from there. Once they discover the beauty and happiness they possess inside, that they always have access to it through Divine Light, they will no longer demand that you make them happy. Then you can both share that Joy together.
- **46.** Living your Life in expectation is one of the most uncomfortable feelings. Expectation creates a kind of clutter within us that piles up and restricts our resonance in tune with Divine Universal Frequency. But once we let go of expectation, what will we fill that void with? Fill it with Gratitude.

- 47. A young disciple asked his Master. Master, who is the most beautiful person you have ever met in your lifetime here? As tears swelled up in the Master's eyes He softly replied, "everyone". The disciple said, "Master did I say something wrong? Why do you cry?" With compassion and sadness in His eyes, he again replied, "Everyone here is so beautiful. But only some are aware of it, and even fewer let that beauty shine out for all to see".
- 48. The most difficult struggle is letting go of what you are longing for outside of your Self. We have been programmed and educated to believe that happiness can only be found outside of us. So that's, what we expect. But once you become conscious of your Divine Nature, you will realize that you already have everything you've been longing for. The Word of God, His Divine Frequency will then flow through you. You will attract everything you need into your life and you will share all that you have in your life.
- **49.** It doesn't matter if we are homeless on the street or wealthy living in a mansion. In both situations, being in a state of expectation is still very uncomfortable. The man with the grocery cart may complain he doesn't have a bike. The man living in the mansion may complain he doesn't have a jet. Both are caught up in the uncomfortable state of expectation.
- **50.** But only by letting go of expectation, and being filled within with Gratitude for what we do have, can we feel comfortable. Only then, and only when we let go of expectation, are we free to resonate in tune with the Divine Universal Frequency and our Divine Nature. Then the Real Magic begins to happen as we become conscious of our Real Self.
- 51. Your moment here is like a mist appearing for a little

while, expressing the colorful Beauty in the vibrating waves of God's Divine Light. Celebrate this time in the Infinite Now. For Now is all you ever have to be conscious, to know God and to live eternally in the Flow of Divine Love.

52. Our Common Enemy. It is impossible to revolt and fight against any enemy. You will just make the enemy stronger. Instead, love your enemies. So we must replace revolution with recognition. Recognize that each one of us struggles with a common enemy. That common enemy is ego. We have been deceived. We're not supposed to be separate from our Creator. We are not inadequate separate from our Divine Source. We're supposed to be One with God. But by deception, by lies, ego developed when the seed of inadequacy was planted in Man. This separated us from the True Reality of God. Now we live in an illusion of separation. Ego has created within us a mask of false identity. We look outside of our 'Self' in the world for identity. If we can understand that ego is our common enemy and we can all band together to overcome it instead of fighting against it or among ourselves, think of the difference it could make. It could literally put and end to conflict and war along with many of the problems we face. Survival of the human race here on Earth depends on us taking a serious look at this common condition that affects each one of us. We must do so now before it is too late. The good news is that many of us are waking up and realizing this. Now it is time to look within our 'Self' as an individual as well as collectively. To regain consciousness and discover our Divine Nature that has always been there within each one of us.

53. To those who expect and demand: Don't corrupt the free will of someone else just because you want them to

live up to some fake illusion created by your ego! It's none of your business! Your business is to let go of expectations and resonate in tune with Divine Nature!

To those who allow themselves to be manipulated and controlled: Let go of clutter and discover the Real You! What other people think of you, what they demand of you, is none of your business! Your business is to resonate in harmony with Divine Nature! If everyone made it their business to be conscious of their Divine Nature, imagine the potential.

I long to be but I know not where
I long to be but I know not what
I long to belong in despair
I long to be free from conflicting thought
I struggle to be what I feel in me
yet tortured by a crisis of identity
Outside my "Self" I search to find
Peace and Happiness of some kind
Please I beg that I can finally see
The essence of Reality
From this illusion let me be free
Help me discover the "I AM" in me
To know I am Light, Oneness and Love
Perhaps that's what I'm dreaming of
I know in time I will learn how

to discover my "Self" in the infinite Now. As I walk on this journey of who to be May I awaken my Divinity

- 55. Your Perfection cannot be obtained. Your Perfection can only be discovered. Make it your Quest in life to search out and discover your Divine Perfection. Discover the Real You and you can do anything that resonates in tune with your Divine Nature. Divine Perfection is the Normal State. It cannot be improved upon. Become conscious of Your Normal State.
- **56.** You are a Divine Child. All you have to do is practice becoming conscious of your Divine Nature. You will discover Treasures inside of you. One of them will be Meekness. Meekness opens you up to the flow of Divine Universal Frequency. Also, known by many as the Word of God. Only with open Meekness can we release and receive in the Flow. The Breath of God.

57. Think Before You Think!!

There's a time to think and there's a time to, not think at all. Just because we don't think at all, doesn't mean, we don't think all the time. It's OK to put that computer brain of yours into hibernate or standby mode. Don't worry! It will fire up again when you need it. Even work better! We are so bombarded with distractions and obsessed with processing each one of them. There is a difference between rest from exhaustion and rest by quieting the mind during meditation. In order to discover our *Real* Self, it's important to get rid of the clutter and noise that can cloud our consciousness.

58. It is extremely dangerous to try to judge someone. You will risk your own health and well being with your

thoughts. Those who hurt others, have already hurt themselves long before. Making a choice to judge will result in Judgment. Because it is impossible, to judge. Judgment is woven into the fabric of the Universe as something that happens when we make a choice.

59. There are millions of people wandering around out there expecting to find the perfect friend. Some of them will find You. Don't change to meet their expectations. Just be the *Real* You. Some may get bored and go away. Life is not about finding a friend to make us happy. Life is about becoming conscious of our God given Happiness and sharing it with others. There is a difference in being in love and being in love with the expectation of being in love.

60. Problem Solving 101

The first step to overcoming any problem is to not focus on the problem, but to recognize and become conscious of our True Identity. Who we are and where we come from. Once you let go of all expectation and clutter and become conscious that you are a Divine Child of God, that you can never be inadequate, you will overcome the problem. The Secret is to not become so distracted with the problem that we become unconscious of our Divine Identity.

61. You cannot fight to obtain something you already are. Imagine if our quest and mission in Life was to discover the Divine Treasures and Gifts we ARE. To discover the Real, Divine, You? Life is not about searching for peace outside 'Self'! Life is about discovering that you ARE Peace. Our life is about sharing Peace together. How can you fight for something you already ARE? Stop allowing yourself to be distracted by the fight for something you already ARE. Become Conscious of Your Divine

Perfection. You are **not** imperfect! You were just programmed to feel inadequate and to be unconscious of your Divine Perfection!

62. No matter how hard you try, you will never find happiness out there. You cannot try to be good by world standards. You will never find love out there. You will search to find a secure place of peace in the world, but there will be no peace. Why? Well here's the *Good News*: You cannot find more than you already *are*. You already *are* Divine Joy. You already *are* Divine Love. You *are* Divine Peace and you already *are* Divine Goodness, so why would you try to be good if you already *are*. It makes no sense to search for something you already have or *are*.

So what's the Secret? The Secret is to let go of all the anxiety, clutter, expectations and fear that come from searching outside your Self. Once you do, you will begin to resonate in tune with the Divine Universal Frequently and you will discover the Real You. The Secret is about discovering the Real Divine You and letting go of that persona the ego, fear based system programmed you to be. Don't allow the system to distract you. You already have all the Divine Gifts you need. You just need to wake up and be Conscious. When you do, you will become a Master of Self and never a slave again. You will be able to do anything.

63. Don't consider yourself a failure and don't consider yourself a success. To do so makes you part of the fear based, ego based system. You can never be a failure and you can never be a success. Failures and successes are conditions set up by the system and are none of our business. Instead, consider yourself a Divine Child of God. Our business here is **not** to be a success or worry about becoming a failure. Our business is to let go of

clutter and expectations that do not resonate with our Divine Nature. Our business is to become conscious of our own Divine Nature. To create an ideal Environment within us for our Real Divine Self to dwell. When we do this, anything in tune with Divine Universal Frequency will be possible for us through the power of Divine Faith.

- **64.** The beginning of Enlightenment begins with "I don't know". The beginning of Enlightenment begins with letting go of clutter and expectation. The beginning of Enlightenment begins with open eyes, discovery and sharing discoveries. An Enlightened person is **not** someone who walks around claiming to have all the answers, desperately tries to convince people he/she has the truth, or writes a book claiming truth, or tries to convince people to take a side on this worldly plan. An Enlightened person may go totally unnoticed unless we are resonating in tune with the Divine Universal Frequency.
- 65. Do not get so locked in that you become a slave, a prisoner unable to return Home to the Real Divine You. Or, don't get so locked out that you are no longer able to see within. Instead, become so aware, so awake, so free and conscious that you are able to pass through any door, any wall as if they were not even there. Let go of the clutter, of expectation so that you are free to discover your *Real Divinity* Within. Unlock your Divine Gifts and Treasures and you will be able to walk through anything.
- **66.** Do not label the worm in your apple as something bad. It's just a worm in your apple. Do not label a flat tire as bad. It's just a flat tire. All situations like these have absolutely nothing to do with who you really are. They have nothing to do with your happiness. Because you already *are Happiness*. You just need to remain conscious of it.

- **67.** There is no such verb as "judge" and the word "judge" is invalid. No one can ever judge. Judgment is just a Universal condition that results from making either a conscious choice or an unconscious choice.
- 68. What ever you "I Am", is what you will become.

The Money Machine

You live and die in a money machine. You were born as a slave and you pay for your grave.

The Earth was a gift but they took that away. What you need you can't get unless you pay. And if you can't, they take it away.

Programmed to concede, programmed to agree. Programmed to believe in the money machine. Lean and mean, compassion unseen.

Wars created for profit and gain Souls lie victims broken in shame like waste and refuse in a greedy game.

Driven by fear, by pressure, by stress. As you cry out in hopelessness.

Fees, fees, fees, and no one hears your pleas. You're just fuel for the money machine. You're kept in debt to feed their greed.

No time to pause to ponder your state. You're too overwhelmed to understand or relate.

You see you're slaves to the money machine. That's all part of their greedy scheme.

As you burn up like exhaust from it's flame. Who will remember you once had a name? You're just fuel for the money machine. Lean and mean, compassion unseen. (see next page) So wake up Humans Look at the signs An age is ending at it's due time.

Dear Divine Child Become conscious and see Your own True Identity

Learn to find love within my brother Or you'll never know how to love each other. If you can't find peace within yourself. You can't be at peace with anyone else.

ONE FINAL MESSAGE:

We can stop and wake up anytime we want. What if every individual stopped fighting trying to repair a broken system and focused on the Divine Nature within? What would you rather be, a broken old piece of pottery, or the moist clay on the potter's wheel about to become part of something new?



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