

# I come from above

August 17, 2008

(music playing...)

This song fits like a glove, fits perfectly. Doesn't ask anything of you, except, enjoy me.

It's making no demands on you at all. Listen....

Here comes the resolution...

The best teachers make no demands, the best teachers are demonstrations.

The best teachers will express the dilemma, in their own terms, and then demonstrate the transcendence of the dilemma. So, each of you is a teacher, a Teacher of God, you can't be anything but a Teacher of God, you must be. And what you are doing is demonstrating the dilemma, in your own terms and then demonstrating the transcendence of the dilemma.

He (guitar playing) is doing it right now, listen, he'll do it for you.

He is going to say follow me, I know the way out. He is asking for your tolerance now for your patience. You may not agree entirely with what he has to say, that's ok. Trust, just trust him.

Notice it has nothing to do with the technique, it's all soul....listen... here comes the bridge...

It's increasing the frequency, and preparing the place.

He is going to reach for you now, reach. ...thank you for that...(to Aria) like those little white circles in your painting, there goes another one, thank you. Listen

You got every reason to be happy. This is your mind!

This is the Sonship, we call this the restoration of the Sonship, by the way.

Thank you. Thanks guys, I love you, thank you.

This is what we call a room full of saints, everyone here is a saint! ...

You are looking around and you are seeing wholeness, this is everything that we are offering in the Course. You are no longer seeing a body identity, you are seeing a mind, a whole mind.

I'm looking. I'm seeing a whole mind that is making use of a body idea in order to express its relationship with God.

My dear, everyone is doing that, everyone is doing that because that's all there is to do, I think you must use God in order to express yourself because God is all there is, you can't use anything else. That creative impulse that you feel is divine, absolutely.

The impulse to do anything comes from God, can you hear me? The impulse to think comes from God, of course! Everything comes from God. God is the source of everything.

All you learn in my company, is the transcendence of judgment.

In other words, you are no longer looking at what the mind is doing, you are looking only at the mind itself. Can you hear me? I'm overlooking what the mind is doing all together. What the mind is doing makes no difference. Jesus tries to describe it this way: you overlook the dream and you see the dreamer, you look right at the dreamer, this is the foundation for compassion, by the way. This is the basis for compassion.

The reason you can be compassionate is that you are aware everyone is engaged in the same struggle you are. Everyone is trying to remember, that he is the cause! Everyone is trying to do that, within the context of his own identity. So, everyone is struggling with the same dilemma of conflict against oneself. This is the foundation for compassion. This is why you can be compassionate, this is why you can love one another. This is what makes you a Teacher of God, by the way. It's the reason you are with me.

You are a Teacher of God because you recognize that everyone is engaged in the same struggle. Everyone is attempting to transcend himself, increasingly, increasing frequency as he does so, coming closer and closer to brighter and brighter associations. Coming closer and closer, to your self-identity with God. You are doing it. I'm watching you do it.

If I'm anything, if you need to define me as anything, I'm just something that you run into along the way.

Let me teach it this way; you are just passing through. You are doing what you are doing, you are fasting, yes, as a means for increasing frequency. It's working. How do I know its working? Because, you are here with me.

Do I need to fast to increase frequency? I don't need to do anything to increase frequency, but I have no problem with fasting to increase frequency, I used to fast to increase frequency. You are me fasting to increase frequency. Does it work? Yes, it works perfectly.

How about living out a human identity, raising a family and doing all that, does that work to increase frequency? Yes. Everything works to increase frequency. How do I know ..., I've done it, I raised a family and it helped me to increase frequency. But here is the thing...

There is a realization or a recognition that is not about the specifics of what you are doing, it's about the purpose. It's about your reason for doing it.

Why are you raising a family, for what reason, what is the purpose? What will the end be? Where are you talking me? Yeah, that's true. And this is all you need to be reminded of, otherwise you will get confused and when the conflict arises you will think that is real and you

will complain, and you will bitch and you will moan and you will make it real for yourself!

And all I will do is look at you and say, why are you doing that that? You are doing it to yourself ...there's nothing wrong, you are getting exactly what you asked for, you wanted to raise a family and here it is, why aren't you happy? Oh, you are not happy because you are not sure that's what you wanted to do...

I think I better go to a monastery and remember God and leave my family, I think I've got to do that...

I don't know what you are talking about, it's not possible to leave your family! It's already too late. They are in your mind! If you go to a monastery, they will be there with you!

Now if you are wise... you recognize it, and you simply stand still, and you allow your family to join you in the monastery. Did you hear me, did you hear what I just said?

There is no conflict between you being in a monastery and raising a family, it's the same idea. It comes together in you when your purpose is singular.

Why is Carmen's son coming to visit her in the monastery? Because of what I just said, because there's no difference, you see? It has to do with you and the purpose you are giving everything.

The purpose of everything is to remember God. Can you hear me? I just wrote the ninth symphony, that's my ninth symphony, I just played you a song on guitar, the purpose of which is to remember God. Why are you here, that is what I keep asking, why are you here?

Now, my suggestion is to you is to remember you that you are here to remember God through whatever means is before you. Whatever means is right here. You are here to remember God.

In other words, use what is given you, this is given you! This is given you. Use this to remember God, you don't need anything else. All you need is here!

The only problem that you have, is seeking another condition; I'm going to go to India to remember God. You will not remember God in India, it's impossible that you remember God in India. You can only remember God, here! Can you hear me?

Finally you stand still and recognize, it's up to me!

The conditions have nothing to do with it, nothing! The conditions are only a reflection of my intention to remember, yes or no? The conditions have nothing, zero to give, nothing, meaningless.

The conditions are always only effects. The form is always an effect of the frequency. Yes, exactly.

So it's no mistake that you find yourself here.

This reflection is an effect of your intention to remember God, or to remember yourself, which

is the same thing.

Now, when you came in, when you first came in, I mean, when you came into the world, it was evident to me, when I looked at you, that your only reason for being here is, to remember who you are! That's the purpose you came in with.

In other words, this is your last lifetime. You are not going to do this anymore. You will remember God in this lifetime. And your conditional identity as a human being will be finished.

What will you be called?

A citizen of the universe! You will no longer be bound by an identity that's containing you. This is your last time around.

How do I know it? Because, you are here with me. And I'm at the frequency of last timers. Can you hear me? I'm at the frequency of end timers.

If you are with me, your dream must be over. And that will mean, that whatever you do from here on and out, will make you happy! Ok. That's what it means to be at the end of time. At the end of time means to be happy. No matter what, will have nothing to do with what you are doing to be happy, inherently, at the end of time.

Already expressed this morning...

I recognize the joke. I see the joke, I see that everything is holding a thought in my mind and I'm seeing reflections, synchronicities, reminders, that everything is being generated by me, that I'm the cause of this! And that will make you very happy! You will start to see evidence of causation every where you look. That is the joke.

The joke is that you are the cause and every thought is generating effects, I mean, every thought! And that will make you very happy...

You will see that the thought itself is inherently happy. It's inherently joyful, when you stop examining it and start living...

In a sense I'm teaching you to live, and the only way to live is not examine what you are doing. If you examine what you are doing, you will generate others that are examining what you are doing!

In other words, you are only examining yourself but it appears as if someone else is examining you, because you are examining yourself! Ok, good, you heard me, that's all I'm going to say about it.

There's no one out there. It's only your own judgment being reflected. And why is that happening, because you are asking for it, because you are judging yourself, there you go, that's it.

God is not judging you, I'm certainly not judging you.

I'm overlooking the dream entirely, I'm looking directly at the whole mind that is dreaming it, and I know you will succeed, you must succeed, it's inevitable that you succeed. If you are with me you will succeed sooner rather than later. All right, are you ok?

Be grateful, there's a lot of light...and in the light everything I'm saying will be self evident, you won't need me to say it anymore, it will be evident to you. And as you release me you are releasing yourself, you are not bound by my idea of you...that's what she said, I hear you, I'm not bound by your idea of me.

And when your idea of me is not binding, you will be me. When your idea of me is no longer binding, you will recognize that you are me, that there is only one of us. This is the great realization, the great recognition, singular self identity, only one of us.

We are communicating in the mind of God, and that mind is singular, there is only one mind! This will make you very happy, thank you guys.

At the very least, you will learn to love one another. Are you ok? I love you, I'm trying to make this accessible to you.

Mostly I prefer not to have to speak it, you are beginning to receive me, I'm watching you receive me in consciousness, in other words I'm watching you read my thoughts, I'm watching you as you learn to communicate in consciousness, without the need for a medium of communication, but direct communication. That's a sign that you no longer need me, and that makes me very happy. Are you ok? I love you, I love you.

There's only one of us, we are here together. We are here together in His Name. We are here together glorifying God.

We are here as artists, as creators, as dancers, as singers. We are singing His prayers, I love you, than you.

One last idea and we are going to open it up a little bit, you guys can all demonstrate for yourself...

When you tell me: I'm attached to my body... I will say to you, so what, so what, who cares, there's nothing wrong with that. You are not really attached to your body, you are expressing yourself as a body idea and there's nothing wrong with that. No one in the universe cares about it, no one is concerned about it, because everyone knows who you are! Everyone knows, you are not a body, come on now, everyone knows you are not a body!

Everyone who's Real is perfectly aware that you are simply choosing to express your self as a body idea.

So, I want you to stop feeling guilty about associating with a body, please, don't do that around me. Now I will teach this, I love being a body. There, I said it! I'm going to be kicked out from the church because I said, I love being a body. Why do I love being a body? Because, I love scratching my nose. There's nothing more ecstatic than scratching my nose, and then what you

can do is move your nose like... inside of your face.....thanks for letting me be me! I love you guys, thank you

Thank you, these are just ideas...

Let it be flexible, the more flexible you allow this to be, the happier you'll be. Learn to be flexible.

In other words, stop running into walls, you have a tendency to run into the wall. You are like one of those wind up toys that keep bumping into the wall, you know. You don't have to do that!

I'll lift you up and turn you into the other direction.

I love you guys, you are free! Thank you, thank you, thank you...

You can be whatever you want to be!

I love it, yesterday was incredible.

The old man he is here with us, and yesterday he was reminding me, from outside of the frame, we are having a conversation, and he is reminding me of a video that he did laughing. He says I'm one of those, what do you call, those children that come in and they already know everything, they can play the piano at age five...you know the word I'm looking for? He did a whole new series of videos on this idea.... you know the word I'm looking for... Idiot savant, I'm an idiot savant!

He would come in every day...you got to love the old man. You know it's a dream and he is only talking to himself, he'd come and say " I'm an idiot servant, I can play Mozart at age five, I can remember every name in the phonebook", and he would say this laughing, he would say and everyone would say, what is he talking about, he is crazy.

The truth is, you are an idiot servant, you know everything about everything. All that information is accessible to you, it's available to you but you need to access the frequency where that's available. And you say no, I can't remember my name. That's because you are associating at a particular frequency.

I'm trying to increase that frequency which is a way of perceiving, yes? Where you can see, **I am responsible for everything.** I am responsible for all of those names in the phonebook and that's why I can remember them. Can you hear me? I'm responsible for every note that Beethoven played, and that's why I know how to play it. It's a perspective, I'm trying to show you that perspective. You need to maybe practice a little bit and work your way up to that, but that experience, is available to you, that frequency is available to you. That's what I'm trying to establish, I'm preparing that place for you, where you see you can do anything you wanted to. It's all open and available to you.

My suggestion is, you do it in His Name.

When they asked, what's his name...Bach, is a good example of this. They asked, what is your inspiration? "Everything I do I do it for the glory of God, whatever I do I do it for the glory of God. That's a disposition.

In other words, first he is connected to the source, and then, he expresses that source in terms that are particular to his talents. This would be the same thing. We call this a mission or assignment, and I'm demonstrating it for you now. I'm using my talents on His behalf. I have particular talents, yes, I'm talented. I'm a pretty good teacher. I can access to frequencies that are necessary in order to bring about a transitional idea. In other words, I'm not afraid to be a body.

As a light identity I can drop into the body and serve you at this frequency, I have no problem with that. That's a particular talent, not everyone can do that. Have you noticed, not everyone can drop into the body and serve you, at this frequency. Not everyone can say; Hear I am, how can I help you, I'm the Light of God and I'm the Light of God in this very formulation, this very body is radiating light, this very body is the answer you are seeking!

I can do that, and I can generate that energy because I'm not afraid to drop into my balls, which is what Gustavo picked up this weekend. Now, when Gustavo walks now, he is going to be walking with Elvis. He's going to walk like Elvis Presley. He came here to pick up a little Elvis, Elvis is in the house! He is in the building, can you feel Elvis? He is in the building... I love you, what is wrong with Elvis Presley, nothing, he is divine, I wish we had some.....someone will sing it later, I love you guys. Are you ok with me?

Do you see what we are doing, we are just playing with thoughts, these are all just thoughts. Elvis Presley is a perfect example, look at him, what is he, he is just a thought...thanks guys, I love you... we have all sort of ideas.

What's the difference between Elvis and Amma? What's the difference?

You see everything is a thought or a whole idea in you mind when you stop feeling guilty, you'll accept responsibility and love your thoughts, you won't resist them.

I'm going to abstain from having sex, I'm going to be a celibate...

It's too late, it's too late to be celibate.

Why? The idea is already in your mind, It's too late to be a celibate.

Can you hear me a little bit? It's like being a horny celibate, it doesn't really help you at all. It's called split mind, what's a split mind? A horny celibate. It's called madness. What's madness? Being a horny celibate is what madness is, you see what I'm talking about? Or being a good/bad girl. All right, can you hear me a little bit? The idea is already there! All right?

So, your assignment for tonight is to watch an x rated movie. Can you do that without guilt? We are going to watch it, we are going right now, and everyone will sit without squirming, no squirming, like you were watching Disney.

You see what judgments can do, you see what forgiveness offers you? Freedom.

You are not locked up in a closet watching x rated movies, hoping that no one can see you. Bring it out into the open...or doing whatever it is that you think is, you are judging in some way, or feeling guilty about. Why would you feel guilty? Come out into the open, be yourself in other words, who cares, if there's no one out there why would you be concerned about being yourself?

Here is the thing. You've already impressed me, I'm already very impressed with you. You've made an impression on me, I don't really care what you do.

In other words, I already see you as whole and perfect, it doesn't matter what you do.

I see that what you are doing is only an expression of that perfection. I don't care what you do!, can you hear me?" I'm going to make pornographic movies", great, what do I care. It's an expression of your perfection. I'm going to show everyone..." I'm going to make artistic porn", I'm going to show everyone that there's nothing wrong with that idea, I wish somebody would.

You know, when I first came in, I used to do really weird things, when I first came back, like, after I left and returned, I was so amazed, everything was so extatic. And I was just extatic all the time for a very long period after my awakening. And, I would do things like I would just sit for hours and play with stones. I just rubbed the stones, and I remember a friend would say, what are you doing? Just rubbing stones...

It's not much different from anything else that you do.

You are always playing with stones, or you are playing with barbies, or you are playing with other body identities, it's same thing, there's nothing wrong with this, nothing at all. Let it be extatic.

In other words, let it be whole, let it be real.

What are we doing now, we are playing church. This is Sunday morning...in the body of Christ. That's what we are doing, this is a church service, that's what it is, we gather together in His Name, and the priest is speaking about pornography, it's very liberating! I love you guys, thank you it's nice to be free.

Here is the insanity of what you call the ego. The ego is trying to convince you that what you are doing is sinful, that's insane! Can you see how insane that is? If there's a God, how can you possibly be doing anything that is sinful, how is it possible, come on look right at it- the ego is impossible.

It's not possible to do anything that is separate from your source, it's impossible! That's the whole teaching of *A Course in Miracles*. You are wrong when you think you can be separate from God.

You are not guilty, no matter what it is you are doing, you are not guilty. It's not possible to be



guilty, you are using God in order to do it. Now you have an idea and you construct this artificial hierarchy. Ok.- I'm on a journey and I am moving from very gross ideas toward an elevated idea which I call enlightenment and I'm on this journey, and sooner or later I'm going to walk my way through my own limiting ideas and remember who I am-

That's not really how it works, you can't do it on your own, you are already that! That's how it works, the way that it works is that you are already that! And you are using that, to be whatever it is you are.

In other words your source is... **you came from above.** I just got here, I came from above and I'm expressing myself in this way. That's how you should learn to see yourself and that's how you should learn to see one another. The reason I'm so fucking grateful for you is because you are demonstrating that! How do I know? Because I know, it's self evident. You are demonstrating. I'm watching the consistency of the practice and I see that you are consistently demonstrating that you just got here. This is what I want for each of you. I'm looking for a demonstration from you that you just got here!

I came from above, I just got here and I am demonstrating my relationship with God, and I'm going to show you, demonstrate to you, that I'm not a victim of this world.

This world has absolutely no power over me, I brought this world with me when I came, I brought every thing with me when I came.

I came from God, therefore everything came from God with me. That's the way to teach it.

Now, you are in the company of reflections that are indicating to you the Light of God that you brought with you when you came. Are you ok? Did you hear me now?

Are you able to do this with me, are you going to practice this consistently, I told you yesterday. I need you to help me save the world!

I need you to demonstrate the truth of what you learned this weekend, ok? And this will be your opportunity. Who wants to demonstrate the truth of what you learned this weekend?

Go.

You are right there, you are in alignment to speak. The words will be His words....

... that's what it means to demonstrate as Jesus. Thank you, it's beautiful, thank you.

This is truly, a safe place. It's made safe by your Love.

Say to me: Everyone is accepted here, that's Love. That's how the world is healed.

What we have here is a demonstration that the Course works. *A Course in Miracles* works, as a vehicle for healing, for reconciliation. All we are doing, we are here, we are gathering under that auspices, under the auspices of Jesus, and healing is happening, healing is occurring. Thank you. That's the story of *A Course in Miracles*.

Are you allowed to set those terms in your own mind – I will not be crucified any more -, can you do that? Off course, this is all the teaching... I will not suffer anymore. I'm done with suffering, suffering is over! You have the right, it's your birth right! Of course you have the right, I'm not going to suffer anymore!

I'm going to accept God's will for me which is, perfect happiness. Yes, you can set those terms. You are just aligning yourself with the terms that God has already set for you. You will be happy whether you like it or not!

It's tradition that everyone says something...

There's a lot of healing, I love you. Thank you

The important thing is to stay in good humor. The easiest way to stay in good humor is to recognize: there is no solution! That will make you very happy.

Anyone else, who hasn't spoken yet?

What Aria spoke at breakfast was beautiful...

Enjoy this light!

You may have to give it a moment to integrate, but you will carry it with you!

Good, it's always better when we are together.

Thank you

It's like a wedding, like a wedding where everyone is married to everyone else!

Thank you...

Namaste