

"Breathe. Accept. Be. Breathe. Accept. Be. Trust. Trust. Trust.

Love - what is it? It is nothing less than the stuff dreams are made of - yet you cannot grasp for it. You must allow it to come to you. Those who seek to have love in their lives think they need to do certain things to attain it from others. Yet that is not how love works. Love comes when beckoned yet it is not perceivable to a mind that believes in lack. Therefore your wanting of love actually prevents it from entering you. It is in the stillness that love comes. In the stillness, when a realization that all is well and nothing is needed, that is where love enters. This grasping, this thinking you must do something to earn love is all a misperception. You can no more need love than love can need itself. Breathe. Accept. Be. Breath is the slowing down of the process of being. The focus on the breath allows you to distract yourself enough from chatter to slow down and Be. In the space of being-ness is when the allowance of love into your heart can take place. If you are constantly in your head, thinking, you cannot accept love because it is blocked by thought. Think of it in terms of a barrier you place in front of you - a shield of sorts. Thinking is the shield against truth. You think you need to think to arrive at a knowingness - yet nothing could be further from the truth. Thinking blocks love, which is the component that is necessary for knowingness. A beating, pulsing stance of accepting is all that is necessary to come to the awareness of Love's Presence. Even now you seek to grasp this concept and make it something you can refer to in the future so that you will know how to do this. Allowing love is not a method to be learned. It is not a technique. You always want to do it 'right' so that you can be 'somewhere' where you think love is, where enlightenment is. There is no distance between your breath and the acceptance of love - the pause is the difference. When the focus is 'thinking your way to enlightenment', you block the process. A time will come when you no longer need words, and since words are your way of communicating, you think that love needs to go through this filter. When John wrote, "The Word became flesh and dwelt among us", it was a meager attempt to describe in words the experience of becoming One and being aware all the time in the flesh. It was the acceptance of the Christed-ness right here and now in the body. Not in the future, when you have 'learned enough'. Not when you are finished with the tasks you seem to think you need to do. Not when you learn how to 'see'. Your sight is fine - it is your willingness to pause and accept the sight that is your hang up. You

seem to think you need to do something, be something or accomplish something. Breathe - that is all that is required of you in this moment. Breathe and accept and know - the pulsating gift of Love's Presence is already here with you . . . it need only be welcomed. When you breathe, ponder upon your heart. See it as receiving and opening even wider to receive. Its capacity for receiving is enormous, far beyond the scope you have heretofore imagined it to be. It is opening wider and wider with each breath and each acknowledgement that love is a welcome guest, not a preconceived concept that needs to be tamed and learned in order to 'get it' or receive it. When you accept this love, your countenance is that of the angels, that of Amma, that of Jesus resurrected. In its subtleness is its glory. It penetrates the aspects of you that are choosing to remain asleep and it infuses these aspects with a gentle warmth that is at first nearly imperceptible. Yet when it is allowed it covers all with a softly penetrating Presence that is unmistakable. The Christ allows this to happen at all times. The Christ in you is no different than the Christ that was in Jeshua. This Christ was and is a joining of mind to heart and it is necessary for the dissemination of miracles. It is a suspension of time and space and it is a joining of the Holy Self to Oneness such that all information that is necessary in that moment is allowed and flows easily and freely. This is what true freedom is. It is the acceptance and allowance of the Christ to enter. Not just at times of meditation, but at times of breathing, which you do all the time. It is a shift from unconscious breathing to conscious breathing that says, "I want this Presence with me at all times, not just in this time of stillness". Action can come in the Christ self only when a full agreement has been made that says, "I am ready to receive and give simultaneously". There is no distance between the two because it is a recognition of Oneness and Oneness is light and truth and freedom altogether. Freedom is the result of acceptance. True freedom dawns upon a heart that is ready to receive all the love that is there for it all the time, endlessly. There is no need for sleep nor pain nor worry in the mode of Oneness. The constructs you place upon yourself that say 'this is how it is' are entirely false. You have no need for sleep, nor food nor gratification of any kind when you are in the Christed Self - all is given instantaneously and no needs are apparent. There are no needs. This is a foreign concept to the Christed self. Ask upon those you encounter "Who is the Christ?" then wait and see the response. If you are always putting the Christ outside of yourself in the form of another being that walked the planet, you will not

accept that the Christ is in you right now. Stop looking outside yourself for knowingness. Stop thinking you need do this group or read this book or attend this seminar. Trusting in the acceptance of the Christ into your life right now is saying, "I have no needs or wants or desires because I am that which I desire. I do not need to strive to be like another. I am that 'other' and 'myself' and 'God' all at once. In One. In All. The breathing, pulsating Oneness of this is all that is necessary now . . . and if you think there will be a Big Bang in order for you to get this, think again, or rather, don't think again. Instead Breathe, Trust, Allow. Accept. In the stillness is the truth, not in the Big Bang. Let the stillness guide you. The stillness carries the seed of knowingness and in this seed all knowledge is contained. Yet it cannot flourish without you. Thinking that knowing you is learning something outside of you is counter to allowing love to be. Love is. Love is. Love is . . . that it is all . . . dream a little dream with us. This dream sees all things, circumstances, places, events and anything that shows up in front of you as being a gift. Accept the gift and do not attempt to analyze it. Accept it first into your heart and then ask what is it for? Always ask this before acting upon any given situation. That which you may think is the thing you hate the most can be that which has its biggest gift for you in the form of an instance of understanding. When you live in the present, in the moment, all will be revealed. The gap between knowing what a thing is for will become less and less until it is instantaneous. But always step out of the way and do not let thinking interfere with knowing. I would not have you do anything. I would have you be everything."

Spirit Thru Laura Hebert