

The Alchemystic Food for Thought

*A Spiritual
Communion*
*The Mind's **I** of the **Soul***

Building the bridge **HERE NOW** around
ME¹

takes basic Faith,
forms certain Trust,

develops A² sense far beyond common,

as One spans all gaps of **M**isunderstanding,

Ignorance,

Narcissism,

Dezception and delusion.

¹ Through all my AlcheMystic Books, **ME** is an acronym for **M**other **E**arth,
Mind **E**go,

And a fractal holographic expression of **me**, as it represents **my** ego...

² Each and every capital A is in relation to AlcheMystic.

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Introduction

My vacuum cleaner came with an Manual... Why didn't I?

These are the words I spoke back in 1988 at the onset of my journey.

It was six months after the crucifixion of my ego, and though I had no fear,

My mind was filled with questions about life and love and purpose and

Especially the newness of who I am.

Within a week after I asked my question to the Universe,

my friend Marty gave me his old computer.

"I've a feeling you can use this," he said carrying the old monitor into my

Living room. And so the writing began.

Like having a friend with me at all times, I spoke to,

and listened to my guidance.

For years I wrote, or rather communed with my Self, and then,

One day the head of a healing center asked me what I was writing.

Realizing the intimacy of the word, I felt vulnerable talking about it.

My first reaction is not to tell him. I couldn't stop it, the words spilled out.

"Just some of my experiences," I said, "the ones I'm trying to understand

Or my communion with... guidance." The word guidance caught in my throat.

"You have full conversations?" His brows raised in a gesture of delight.

"Sometimes I hear the words poetically, and in rhyme," I said eagerly.

"While other times I just ask a question and I get the answer, or sometimes

I hear a quote or a few quip words that I jot down," my tone nonchalant.

Sounds fascinating I'd like to read some of it," he said excitedly,

"Have you thought of putting them in a book?"

And so the book... or rather books began. There were three of them.

That was twenty years ago.

I called them *For Ever, And Ever, N'Ever/Now...* Half is N'ever, half's Now,

And it was taking me forever to write them.

Whenever anyone asked how the book was coming along, I'd say,

"It just keeps multiplying, like the loaves and fishes."

Though all the questions and answers were written twenty years ago, it is

Now I've come to realize fully the magnitude of *Truth* implied in the work.

Essentially all my writing is a proverbial labyrinth to unlock the mind.

Slowly and somewhat secretly the words become clear as the essence of

Sacred Alchemy is unraveled to reveal the mystery beyond the words,

ushering the reader to their own center of *Truth*.

Even though I had the manuscripts for ten years, I didn't understand them, however it was
A manual for me, with heartfelt clues relating to Truth and the mechanics of thought.
Through time I extracted the poems, quotes, Q and A's turning them into *Food For Thought*.
Seemingly it wasn't until I re-visited the pages of the *Never/Now* work,
and I re-focused on its conscious free flow of thought,

I found A for understanding the poetic communication of my heart
and A code to understanding the mountain of communication written over the years
Of my obvious serendipitous experiences.

Now I welcome you to explore **my manual**

as I expose **my manuscript** in A way
for you to navigate **my stories** for yourself,
and unravel the **mysteries** of Your Self.

Look into the **work** as a labyrinth for the mind,

And allow the **words** and sense,

in each sentence to carry you, like a feather, to the center of *Truth*,

Because the Truth **dissolves** any probable cause of disease,

and **solves** any problems causing distress.

You may not notice as yet, though you've already entered the labyrinth.

Relax and let the mind expand to **hear** your heart commune with its *Truth*.

I have carefully seasoned these **heartfelt** dialogues with a handful of poetry

Not found in the *Word for the Wise* collection.


The answer is **in words** to carry on engaging conversations with the mind,

and **inwards** to carry you

forwards into the labyrinth

towards the center on a journey of a life beyond words.

Here you find **rewards** beyond any limitations, taking you... up [↑]wards.

Afterwards old conceptualize shadow breaks  and through.....

After words old conceptual **I's** shadow break down

As the mind's I creates A link from **me** to **Me** and Universal Spirit

my ego to **Mother Earth** and **Us All**.

Now my manual has afforded the **GOLDEN ME AN I** opening priceless mind state.

In revelations 3:18 it states: I advise you, buy from me **gold** refined by fire,

THAT you become rich, and white garments

THAT you clothe yourself so the shame of your nakedness is not revealed;

and eye **salve** to anoint your eyes,

THAT you may see. Can the priceless I **salve** money

can't buy, be **salvation**?

Maybe I have bought salvation with the timeless hours of pray, focus

And devotion to God/Us as I expose THAT *Truth* through my writing the rite right,

and as I witness THAT by all I's opening?

The Here and Now

While living on the razors edge

the **pace** is slower

than **space** yet faster than the speed of light

IT cannot be measured by movement or by moments

yet measured by *Truth* ~ True Existence.

IT has no clocks nor **watchers** in any way... though

IT was in cloaked in **watch**~fullness

THAT guides US All Here **submerged** deep within the Self

emerged Now

IT has nothing to do with time

IT cannot be pushed nor stopped

or tolled in any way.

IT is Just... A rhythm felt by all who choose

Justice for All.

Allowing the frustration to melt

Allowing the meekness to meld

See the situation... **for** All it's worth

or All its worthiness coming 4th⁵

.....Surrendering oneself

Pre~pairing one Self

Aligning Oneself

Centering One Self

entering in *too two to*

The 5th Dimension.

³ 4th always refers to the 4th dimension.

Minding my P's and Q's

I've had many gifts bestowed in my quest of Self Discovery.
The Gift of questions to Self Is for ME the dialogue of the Mind.
The Gift of poetry to ME Is for US the language of the Heart.
The Gift of free flow of thought... full communion **with~**

Truth flowed **through** in ME is A way

My enough to communicate awareness to US All.

In sharing these P's and Q's;

Poems, Quips, Quotes, Questions and re~Quests,

⊞ remind you, as in all communion, please look beyond the **mean**ing of the word

in order to **translate** the subliminal message **in the Golden mean**

and transcend... time. In the beginning all is exposed

and at the end

comprehend

and or **surrender** Being... as A sacred secret clue

and **to** unlock adore.

Understand as the Truth NOW is revealed in all of life's wonders...

and as the **mystery**

of **my story** unravels into an **amazing**

and elaborate verbal journey through **a maze** in the mind,

A **dna labyrinth** comes 4th so to speak, from the center of One Self

and THTT initiates

A full **glandular alignment** to activate ones own **galactic** blueprint

meant to activate ones own **genetic** code.

Through my writing, I've come to understand the word THTT refers to the Christ statement;

"I Am THTT I Am." THTT is Sacred, THTT is Love, and THTT is the secret of Alchemy.

The closest ⊞ can come to explain THTT, is THTT is a frequency, and throughout time...

THTT frequency could only be understood and/or explained as 'A' symbol.

The letter A **stands** for **AlchMy**stic; the One granted the Mystique of Antiquity,

who **understands** the **AlchMy** of raising lower forms or frequency to higher; lead to **gold**.

and is also the **Mystic** who has learned A Truth

and earned A **right**

through A **rite** of passage,

to **write**... A way...

To understand Alchemy is to be an Alchemist. Though an Alchemist can change lead to

Gold, to be an Alchemist, first ⊞ raise one's own lead bound negative energy, to THTT

Golden Means of Being. Once raised, from the death of negative energy, all else rises too.

Enjoy the read, the **ride**...

and A **rise**.

Let our AlchēMystic
Journey begin
in TIME

TIME

It's time!
or is IT?
Haunting
ME through the day
as WE fill 'our' lives
with senseless chores
rising from our deepest core

It's time!
yet Is IT?
Unceasingly measuring Our way
as I try to fit
the meaning of life
in every second of every day

It's time!
but Is it?
Binding US to this world
without a sign
to see or hold
it ceased ME and took control

Time!
what is it?
Some measurement of nothing
which we have chosen
to keep in tact
this luminous illusion of our physical act

What is Love?

You are Love all ready. Just Be Love and Be-Loved.

There's no concept THAT can explain Love. Love IS... an essence

THAT can just be experienced. Our experience of Love IS... the power of God (US) Being One Self, while manifesting Being uniquely each... One of Us simultaneously and all ways.

Am I confusing love with lust or infatuation?

Lust and infatuation are valid emotions, **though** out of balance, and helled the power of love in its **clutches**. Thus **through...**

the **clutching** breeds jealousy and obsession.

Can I experience more Love?

Experiencing of One Self is the key to experience more Love.

That capacity of Being available to express Love through the soul with the mind in focus of One Self is the experience of Love.

An experience of One Self is the experience of God and Us as One... God/Us.

As We open up-on our realization of One Self,

We quest, question, adjust, allow, accept **expand**,

and align in order... to 'Be'

A clear vehicle to receive/transmit THAT power of God/Us.

Love IS... THAT power.

We are here to experience THAT power... Thus Be... Love.

So Here's the point for developing THAT power to understand

Now Is THAT point. **and** Be Loved.

Bring One to Here... THAT point Now of Being Love.

With~in the process to understand THAT we experience Being in Love,

and THAT **BEing** is all ways **Loved**.

Enjoy your process, each and every step, **BE** cause the pleasure,

though fleeting, **BE** comes A part **with...**

in US All.

Be the process; trust the experiences, stop worrying, and always re-member

the existence of True Love IS... A~live and Well in One's life.

Enjoy this great opportunity as a multi~dimensional Being,

with~ the simultaneous experience of A Human / Being symbiotic
in form.

How do I know the should do's or shouldn't dugs and don'ts?

Love GOD/Us above all things! THAT means love One Self above all things!
Self joy, Self love, Self happiness, and let the rest HERE

gravitate into THAT place.....NOW

HERE NOW

There are no should dugs or shall knots, do's or don'ts, just intent...

no specific ways,

no special anything. Just see here,

hear now, and feel soul guidance.

As senses heighten, One figuratively senses and literally tastes guidance.

(i.e.) I want THAT so much I can taste it or I can smell the fear.

Now imagine ~ I love THAT so much I can taste IT, and I can smell the sweet scents and sense of happiness. These are experiences of the greater senses in heightened states of awareness. These are the higher senses heightening Us in order to experience... NOW.

How do I know what feeling or thought to listen to or act upon?

You know at first by questioning, (test the fruits)

until A higher developed inner soul sense guides you in questing.

You know IT'S soul guidance Be~Cause

IT guides you to the present... Here Now

IT seems right... as a Rite of passage.

IT brings you joy...

you love what you're doing.

Fear less! Be of light!

Being of light One IS in the **Here** and **Now**

Watch to know time

Now is in know sense

time to learn

innocence

learn to trust

in A **scent** of life,

trust to allow,

the pre **scent omgn**

allow to align,

the present **moment**

align to love,

the **gift** of God/Us,

love to live,

the **lift** for ascent.

live to listen... Here

Hear very closely, for as secret teachings they are

Here... BEING whispered **from** THAT sacred place within

2 **form** THAT sacred space beyond.

What do you mean by in Know Sense?

All inner senses are whole and complete,

They do not change, and are all ways available.

Happiness... is the **form** of thought around an ideal that is complete.

Hence sense is the **form** of thought around an ideal that is complete.

Since happiness in **form** is an inner sense, it is **subjective**,

and for your **information** is in know sense **subject** to an apparatus.

Thought primarily is based on inner senses,

Thought primal has been based with

primacy on the outer senses. Know different to the eyes seeing, the ears hearing,

the nose smelling, the tongue tasting or the nerves sensing impulses interpreted as feeling.

Know the difference **and** the base with its basic sense, such as being happy

does **reform dna**

from outer based senses to an authentic basic sense

based in One Self.

Dismantle thought based on **outer** senses,

and live **out** thought rooted in one's authentic basic **sense** of Self...

T

THAT sense I speak of is **HERE NOW** **since** before time.

Trust Your Self

Trust your inner Virtue and let the rest happen

Just allow, align and live...

Live Your *Truth* and let go of everything else Here is *THAT Truth*

Now is *THAT Love*

Here Now **ascend**

as I **descendant** of God/Us

and the **descending**

allow **deceit** to align...

align **decently**

arise in know **sense**

and live **innocence**

Come Home Star Child

How do I Trust My experiences?

Until you trust your Self you will never really trust anyone.
Trust is a gauge, like a dousing rod, aligning you with *Truth*.
Everywhere you go and all We do is

all ways greater than any previous experience.
NOW all experiences are for You to allow
for You 2 aligning
for Us all to awaken.

Don't judge your past performance or gauge
One Self by your past accomplishments,
the past is to learn from not measure up to or try to correct.
Let go of your past conditioning and embrace A new reality of existence.
Spare ME the pain... it is not to be self-inflicted.
The chances are if it's painful it's probably true,
though not *Truth*. Any question, test the fruit.

What does Test the Fruits mean?

Test the Fruit is the means One Knows... Motive. The source
Test the fruit by all means 'produce' Now of the force to motivate.
Test the fruit golden means produce Now, 2 motivate is
Ask If~ the doing is for One Self or personal ego. A key too...
If~ there's a question the chances are it's personal ego. know 2 unlock
If~ a decision is Being made and you still don't know, In know sense,
~ what you decide will lead to a quest for the sensible knowledge of
Now knowing
If~ you make any decisions before you know Now

THAT will expose *Truth* for you to adjust...One way or another.
Questioning starts a chain of events THAT leads to questing.
Questioning you are testing One Self.
Questing you are Being tested by your own questions in order to know
This too is apart of the process of YOU learning to Align Now.
his 2 is A part of the process of YOUR trusting
OUR Self to know One Self ~ God/Us.

Remember allowing for the EGO⁴ is A very fine line
lining
Never disregard Our Ego, It too is *Aligning* the human ego.
the human ego

⁴ I explain the EGO in relation to the Ego of an ego on page 34.

How do I Surrender?

I Accept,

You Surrender... I've explained how to let it all go. It's beyond *Trust*.

You know surrender cannot be explained, just experienced.

Now surrender, pure and simple.

You know surrender **ultimately** Be Cause... you have experienced
surrender **intimately** as a whole.

Surrender is within space Here and beyond time Now.

For surrender is conceptual movement **with~intimacy**
in an experience.

Think of a time you totally trusted in someone or something.

HINT: Some of your jobs, family, friends, relationships,

or even the times you're in total trust of your inner guidance.

These experiences prepared you to surrender but took a piece

I **saw** how surrendering to others and piece of you away.

was from lack,

and this lack caused more

lack projecting a part from unworthiness and

apart from unworthiness and projects back

This momentum of unworthiness started the lack

his moment

accelerating

the **confusion and** simultaneously **separating ME NOW**.

I'm here for **fusion and** wholeness to wholly reunite **WOMEN...**

Accepting **THAT wholeness**

THAT... holiness is a nesting process.⁵

You're experiencing **THAT whole nesting** process simply by letting go.

The surrendering naturally happens **with~** God/

Here **WE NOW** understand **in... /US**.

Hear **ME NOW** and accepting **THAT** wholly is humble.

Letting go can lead to surrender once One relaxes **into it**.

You realize nothing is taken away and all is fulfilled **Intuit**.

⁵ Like most of my writing, when I first wrote these words I had no idea of the nesting process. It would be years later at an NGO group at the United Nations, I met Dan Winters. It was through

A thorough two day lecture Dan explained A whole cohesive concept of Sacred Geometry in relation to nesting **THAT I** could understand or **hear**,
and **adhere** too.

To re~member the mechanics or physics of nesting, **add here** to **THAT** now.

Though as an AlcheMystic **I** can distill the characteristic of nesting to words...

2 words shared energy.

The ABC's of Surrender.

As the movement of the flower to the sun is the surrender to growth,

Being One true Self is movement within God/Us as the source of all

Creation. Surrendering the ego is the force moving inward

Do Your Self a Favor!

toward One true Self

Enjoy the state of Being... One Self.

Free the EGO and Be...

Become the simplicity of the flower.

Let's not look to the past so as not to confuse the present.

Let's not look to the future so as not to spoil the surprise.

More than any thing or any body, trust One Self,

For THAT is **W H E R E** the Creator is,

H E R E the Creator is with~ you,

You

in you

Your

and of you.

our... WE Now end up within U

and THAT is just US

Do,

justice for All.

BE all THAT I am,

all THAT bubbles up inside at each moment

as WE allow THAT Word to come 4th as ONE.

You know of THAT I speak!

THAT Being your experience countless times...

Here

Here you are farther along than you can imagine.

You're trusting US and I'm becoming more

and more A part of you,

your loving,

our living Here Now.

Why are We all Here?

You are all here as A part of ME (Mother Earth)

WE are all here as A part of US (Universal Spirit)

I am THAT I am... We are Here **too two to** Be~Come... One Now

You are Now 2 merge Your Ego with Our Spirit

We are Now to merge Your Soul with Our God/US... Here

I am Here Now too just BE... Cause... Well,

We'll all see A creation of THAT union.

Is NOW the present moment?

Yes and no.

Know THAT

now has nothing to do **with** time as such,

It is the **omēn**

in the **moment** as a state of Being in know sense,

Now is a part of the 5th dimension. in no sense

Now is timeless and all ways... **Innocence**

Now can't be measured, yet IT and we exist in a whole

and hole of each moment.

Like the cell in the body, each holds a code; **dna** of the whole body

to reproduce the hole. **and** of the hole body

2 reproduce the whole. Here **and** Now are **coded**, per se, in the moment.

Like 2 **dna** a **recoded** or **re-coded**

strands within US. (Universal Spirit)

It is fractal, it is holographic, **and** by all means

the **dna** Golden means, it's Alchemy.

Why was it so difficult for me to stay in the present?

BeCause.....

As Our EGO/SOUL consciousness began to awaken

and realizing... where it was. It is here? two awaken

dna real \mathbb{D} zing here it saw... It is here!

real \mathbb{D} sing **double you HEAR**⁶

At first, you held onto the past,

BeCause....

The more \mathbb{D} realize **this is** all you knew.

real eyes **is** all you new.

real \mathbb{D} s,

\mathbb{D} gravitate to get close to One's reality of existence.

The closer \mathbb{D} get to One reality the more \mathbb{D} 'm here

hear Now.

⁶ This is a timeless example of alchemy in the written word. Though I have only fractalized a few passages, please do not underestimate the value and wealth in the simple and seeming understated presentation. The **words on a page** are obvious, the whole purpose of Alchemy is understanding the gestalt, as in **word son a...gear ape** obvious. And with THAT yet another unanswered question **rage ape** understood. **age rape**

What is the EGO and why do some teachings say to get rid of it?

Not once have I told you to get rid of your ego.

nor have WE told you in any way the Ego is the problem,

and I know you haven't heard such things from US.

Your EGO is your Electro Genetic Organism. An individual copulation of the history for our humanness.

Like any genetics it's a code for all Electro Organic functions of each...

As for getting rid of the EGO...

One of US.

You have earned your EGO, it is the culmination of all you've ever done.

You aren't here to get rid of your EGO, you are in body to align **and**

balance One Self. EGO is A part of One Self, like one strand of **dna**.

Each strand is essential 2 Be part of One Self and is A construct of soul creation.

Okay! What about victims?

In the wild, lets say a tiger is ferociously attacking a gazelle.

You may say the gazelle is the victim and has suffered.

Well the *Truth* is at some point in the dance, the gazelle gives permission and surrendered.

The permission in *Truth* is For Giving in know sense of The Word. The question I ask now is:

Did the gazelle surrender to the tiger, or to the source, and was the tiger only answering the

call of the gazelle's call to return... home? Did it surrender its body to the tiger and its soul

to the source? Did it give to Earth what was Earth's, and to US, Universal Source... One Self.

Every Human... Being in this reality has made a choice THAT put them in whatever position they are in. Some of U is here because of karma, experiencing effects of choices U made.

Some of U is here because We chose to experience duality in time **and** space.

Some of US hear 'Be Cause' Divine Order is to affect unity withstanding up

on US here Beyond. THAT is the *Truth* for the trinity of One Self...Now.

The Ego is here for the clearing of Karma,

The Soul is here for the experience of unity,

The Spirit is here to take One Self Home... Whole, and holy here Now.

Look at it as though life is an elaborately orchestrated movie.

Everyone is the main character in their own movie, and at the same time they can be the

antagonist in someone else's movie. With subplots going on all ways and every where.

here you are the main character.

There U are an extra in someone else's movie.

The key to joy and happiness is knowing your part, and playing it well.

And I mean well in more ways than one. All ways in fact.

Play whatever part you're given until you are well. Act 1, scene 3,221,111,144.

How do I know what part I'm playing.

If you're loving the moment, no matter what the circumstance, without reference or judgment or concern, than congratulation, you're the main character and you're playing your part well. If you're sensing anger, fear, frustration, or guilt, you're playing the part of victim, with its blame and pain. I tell you **now**, **there's** no coincidence the victim is also known as prey.

Take this... **now~here** as a metaphoric clue and pray.

I don't mean pray on, or pray over others
☩ **Golden Mean** pray for One Self.

Why can't I just get *Truth* direct, why does it have to be a process?

Why causes a process.

a process has beginnings and endings.

Be~ cause...

pauses...

Though in THAT pause, you can see with light speed Being...

C = the speed of light of One Self.

If pure concept of *Truth* is revealed to the mind still dictated by preconceived antiquated ego justification, it would cause the (ego/body) to experience unimaginably trauma.

cause the (Ego/Mind) **two** understand imaginable trauma.

(EGO/SOUL) **too** eliminating imagined trauma.

That simple reflection of *Truth* Being glimpsed as trauma at the awakening is the reason for us gracefully Being given every opportunity **here** to accept **Now**. Enjoy your tutorial as it guides one through your unconscious

unimaginable

imaginings as you go to the **depths** of your heart, mind and soul
and **debts** of your ego... for US All.

What you are about to do has never been done.

Who you are about to become has never existed... until Now,

and Now you all ways exist...

whole, complete and a perfect EGO body/Mind/Soul.

THAT is the *Truth* for each and every... One of US here Now.

The distance between where you perceive yourself to be
and THAT place I Am as One
Is called **space**.

The time it takes 2 realize... NOW... THAT is the healing process.

The healing process is A remembering...

The awakening of how U pretended to forget **US**,

and then forgot U were pretending...

The healing process begins **Now** and ends **Here**

Now Here

Nowhere!

The whole state is **visz** versa,

or **visz** reversed **Here Now**.

The heart does **revisz** one being **Here Now**.

The souls can **adviz** US as one **Here Now**.

What is healing?

Healing is the process of awakening to THAT perfect state of Wholeness.

It is ego/body/mind/soul/spirit's alignment with US... Pure and Simple.

Universal Source ~ THAT perfect state

The body is created to self-balance at all times.

THAT reflects

If you cut yourself, get sick or even die,

THAT respects

Your body can form into its original perfect state

THAT accepts love

from within

except not

with outward ideal conditions, as we expect.

and sometime just adequate conditions

and rebalances Oneself to A state of functioning health.

As You (body/mind) surrender to US

Your Being, I am (soul/spirit), re-turns in consciousness... One with US. In fact, you can now understand the magnitude of entry into the 5th realm. The fact THAT there was trauma for you⁷ states the imbalance of the homeostatic state was to such a degree, it traumatized in order to balance.

The trauma then, through you (ego/body/mind) out of control

through out your old limited conditioning⁸.

Now I focus, takes command and proceed to clear the homeostatic state. It is through THAT allowing to focus and clear, A balance occurs.

THAT is the basis of A miracle... A is the symbol for Alchemy. The healing of a cut is no more a miracle than healing cancer.

Each follow the same principles and laws.

Whether mental, emotional or physical trauma,

It's an opportunity for you to balance and US to resume command,

the ego to surrender and explore this experiential realm,

and the two to coexist as conscious multidimensional Being.

As an ego rests, allows, surrenders adjusts and

The Whole Being.....dna gravitates two balance ME⁹

Health is A state meant for THAT Love in ME. It is through THAT God/US, Christ/Christa Conscious we're revealed our Oneness. Alchemy is One of the ancient healing modals THAT directs or redirects the life current through the body, heightening the field while burning off the lower energy, two remove every trace of malicious ignorance from human consciousness.

THAT is the true and original purpose of Alchemy.

⁷ My guidance is explaining the mechanics of reason for my initiation... *The Spiritual Rite of Passage.*

⁸ In reference to my shift from ego control to the I am Being... in command.

Not fully aware, the conditions or experience could seem terrifying to the untrained eye or ego.

⁹ Hear "Here the capital ME is all ways Mind Ego in connection to Mother Earth."

What causes fear?

Here all answers are in the question!

fiear all answers are in the question!

Fear causes questions.

If you do question,

question old motives and outmoded conditions.

If you do what you always did, you'll get what you all ways got.

Once ego stops questioning,

Ego innately aligns to balance

the EGO accessing joy Here Now... in the present moment,

the presence of God/Us as an awakening,

aligning,

ascending experience.

What should

and shouldn't be done

doesn't affect One who IS Being guided by THAT light.

One cannot know

how the act,

the action,

or non-action are the **effect** of the whole.

Only God/Us knows and affects the **effect**

now dna affects the **effect** of the whole.

We think an action or condition is **awful**,

though **with**~ *Truth*

dna heightens humanity.

in~sight awakens the **awe full** Being and heightens humanity.

Know question know fear ~

no fear no question...THAT simple.

Everything I've ever wanted and got, didn't fulfilled me. I just wanted something else or something different, or something better. Will everything I want be this way?

Everything you've ever wanted, want or will want can only satisfy desire, it will never fulfill you, nor was it meant to fulfill you, so don't expect fulfillment from wants or desires.

You cannot expect to be satisfied by desire though desire is satisfied by you,

You may think you're satisfied for the time being, but you're less **fulfilled** from the desire

and less likely to be **filled full** Here Now.

Desire is the effect or condition of separation from God/Us. The more you satisfy the desire the more distance you are putting between you and God/Us.

Are you saying my desires are making me less fulfilled?

I'm saying desires have nothing... to do with you or your Destiny.
Whilst fulfillment has everything... to do with God US and Destiny.
Satisfying a desire you are taking focus away from fulfilling Our Destiny,
instead fast focus A way form fills full Our Destiny.

Do you mean there is a difference between want or desire and Destiny?

First we have to unlock **a door**
and **adore** THAT One!

Want is the lock... and **adoration** is the key.
If you want something, such as wanting to share your life with a mate.
Just the fact THAT you want it, is an indication it exists,
indicating it existed,
and an indicator it's existing for you Now.
Once clear of want and desire, the cycle of satisfaction dissolves instantly,
and solves problems.

We realize it wasn't the mate you wanted, it's satisfaction you longed for.

Stop wanting and accept
Now
Now the lessening stops
your lesson is learned,
and you've learned it well.

Will is your right and the rite of your Ego.
Willing just happens to be A way to surrender.
The only way.

Well, the only painless way,
and surrender is the only way to fulfill Destiny.

Now you get the whole picture.

God/US knows your Destiny;

Allowing for the fulfillment of THAT Destiny is all THAT I ask
To open you to your deepest inner yearning.

Trust THAT your purpose is for earning your souls destiny.

The Truth is, the sooner you give up all you think you want,

the sooner we'll live Destiny
well for giving from the depth of Our soul.
forgiving from the debt of Our soul.

Here Destiny calls U 4th for giving Our soul access to US Now.

Hear Destiny call Us *Dimension* forgiving Our soul access to Universal
Source.

How do I stop wanting?

THAT is easier said 'then done'¹⁰

If you experience want, immediately breathe **with**~out words

Once 'then is done' **inwards.**

we are **one** and THAT stops wanting and I accept US Now.

What's the reason for desire

or where do we get our desire?

As with all inquests the answer is all ways in the question.

The question 'what' is the reason for desire. Though 'what' is based on fear.

Where we get our desire does matter in the matrix of this reality.

double you

Duality or separation leaves One too long;

desire stems from longing.

In *Truth* there's no reason for desire.

here know reason for desire.

Desire really isn't reasonable, this you might think unreasonable.

For in-stance:

You desire to be with someone, but circumstances keep you separated.

Really, there is more going on then the two of you Being together.

Desire may be a souls longing caused from a lack... of patience perhaps,

Once patience develops, **from ego mishaps.**

patience becomes A part of Being. **form ego mishaps**

Understand patience is awaiting to Be... prepared,

not waiting to be pared with someone.

lets say after a long time

you still long from desire for this other person,

and still circumstances exist where you cannot be 2gather,

here WE look

to ME, Be cause...

Without the proper I to see One Self,

the lack of patience turn in to A hearts desire **for** love,

The result is falling in love **4th** dimensional love.

The insult is seeing in another something we've not... **or** get to integrate

This is not love, **in Our Self.**

This is dependzney.

¹⁰ 'then done' is all about surrendering the past.

Until WE embrace

ME to experience THAT expansion of Self,
THAT wholeness of Self, even if just for a moment,
WE experience the lack of One Self as desire for another,
or worse... longing.

For instance, not fully accepting the humanitarian you saw in the doctor,¹¹
Ego continued to hold on to him, with him nowhere in sight. Experience
allowed you to accept all **⌘ saw** in him
was in US.

Now, and only now, as... I Surrender, can One continue through.....
When my ego holds on too long... it forms needs,
needs form additions
from longing
for a long, long time.

Desire distracts having little to do with Destiny
or Destiny's promise for THAT matter.

As longings are exposed **with~** desire
desires are experienced **in** need...

and indeed satisfied. **Here**
Once longing is cleared in deed, A space creates **Here** for God's Promise
or Destiny to fulfill.

Some desires were with you a long,
long time.
So long you can't re-member the original promise

When your desire is satisfied, or Destiny.
it's not you who is satisfied, in fact you feel an ending or loss. Even death.
It's not the end though, it's just the ending of desire.

It's the journey, for all ways there are beginnings and **endings**
until you comprehend
surrender.

Once you surrender... THAT presents U to US
and we flow with~in THAT present... moment, facing all life with joy.

At THAT point, the journey of life takes on a whole new look,
Be-coming all THAT life is... meant to be~ a **holer knew book**

To recognize THAT as *Truth* an Ascension!
as WE present *'The Word'* **with~** no judgment,
in Our life,
WE surrender in order to ascend.

¹¹ ⌘ refer to falling in love with my doctor at my awakening as I scribed in my *For Ever* book.

GUILT

If guilt is real
than show it to me
in front of these eyes so I may see
this illusion of the heart

If guilt is real
than let me touch
here in my hand this senseless crutch
this illusion of the heart

If guilt is real
than what is said
from mouths of men will truly dread
this illusion of the heart

If guilt is real
than its mere projection
has no protection
from Godless reflections...
this illusion of the heart

If guilt is not real
than we would know
letting go of the **guilt** would truly show
this illusion of **guilt** has no heart

Why is there pain and suffering?

Suffering results from holding on to concepts,

ideals,

ideas, something,

anything,

or everything from the illusion,

including form... the body.

Awareness of *Truth* bring all **illusion** to the forefront. The forth coming

are those attachments to **illusion** or as frozen are sensed as painful.

Pain is physiological... while **illness**, suffering or disease is psychological.

The sooner One accepts pain bringing 4th awareness of illusive attachments,

the sooner the suffering diminishes,

the sooner the pain reveals its purpose

the sooner the bliss of THAT reality can just BE... experienced.

As the obsolete concepts¹² vanish, pain and suffering cease to exist.

When need is met we are faced with our desires.

When desire is satisfied we are faced with our inner longings.

When longing is realized we're faced with *Truth*,

and *Truth* exposes illusions created

from needs, desires and longings. *Truth* begins the healing process.

Understanding THAT Børings awareness,

and suddenly Before long,

the desire or **longing** is dismantled

along with the illusion it created.

What is death?

Death is not what it appears to be. The only thing dying is death itself. Who's to say, or not to say, the life you are living,

the you in the 4th dimension time space reality is not really death, and what you perceive as death is actually a return to life... Eternal life.

THAT Christ's inheritance not of this world...

¹² Holding onto old, obsolete or antiquated concepts has created what we call blockages in one, all or a combination of the Physical, Emotional, Mental or Spiritual body's. These blockages are also called sin or karma. Sin isn't what you do, or karma caused by what you have done; sin and karma are the effect of the lack of Love. For any of Us to hold the thought or prolong the expression of sin or lack, continues to lock humanity in it own crucifixion.

What about addictions and can they be healed?

The root of addiction is behavioral, it's the glitch, so to speak, in the behavioral pattern caused by dysfunctional nurturing.

Some time after inner longing became desire,

the desire fostered need

and the need was unmet,

breeding fear.

Fear affects the inner nurturing process, **and**

the effects are genetic or dysfunctional **dna** behavioral patterns.

The behavior is addiction, not the substance **used** to sustain the addiction.

The attachment or substance, whatever the **abuse** may be, reflects the means by which the ego is using, abusing and manipulating by any means.

Witch was Ego **attempting**... two fulfill the longing with illusion.

It is a direct EGO **attempt** of filling the void of separation by satisfying unlashd fear based desire.. The **temptation** becomes the addiction.

The choice of addiction can hold a clue to represent the unmet need,

the unsatisfied desire

and the desperate longing.

The cause of the addiction doesn't **always** matter,

though the effect here **all ways** matters.

The cause is all ways the same. Needs, desires, longing and addiction are multi-dimensional manifestations of the whole in multiple ways and guise.

All addictions are based in **anger**

and are **dangerous** in nature. Addictions such as drugs or alcohol, may

seem the plights of our society because these are obvious addictions, though often times addiction bring a soul to an understanding of self and union with their God/Us.

It is the social addictions which pose more of a danger to our humanity. Often times these addictions go undetected. In fact in some ways society and culture support, and in many ways thrive on these addictions.

The cults or plight often times are the misunderstood under-lying need

which breed

greed.

The social acceptance of these addictions make the addict unrecognizable.

The top of the list of social addictions is the **need** for power and control,

which **breed** competition...

addicting those who **agreed**

a **greed** we need competition.

All who **dis-a-greed** are free.

Then there is of course need for security,

breeding addiction to materialism,

and who hasn't agreed how consumerism is good for the economy.

There is the need to be needed,

the obsession to being in love, or married, or single,

the fanaticism to dogma or religion,

the need for acceptance or fear of rejection, and the list goes on.

With-out seeing how fear caused separation, the dysfunction compounds

With-in... You either **indulge** the dependency and experience the effects

or you **divulge** the **need**

before addiction **breeds** and become **a part** of the affects

THAT dismantles the **greed** so as to come **apart** from addiction

And Unite with **U**niversal **S**ource. U align with **US** and the healing begins.

Every body on earth has needs **and** addiction. A key is to recognize **in the**

addiction A first step 2 **understand** the imbalance and **zenith**

up...

A final step on establishing balance.

Look at the whole as WE,

ME and YOUR Self,

bring to OUR awareness, THAT state of balance.

THAT means I'm bringing to YOUR conscious awareness,

THAT ability to take command of energy running rampant in **US All**.

Be it spiritual, mental, physical or emotional origin, all were affected

and infected.

You may think yourself miserable during the process, **and** infected.

yet in *Truth*, You are finally Being brought to understanding THAT

You have to stand beneath in order to align.

You have to align between in order to grow.

You have to grow beyond in order to continue.

You have to continue now in order to Command. THAT is the

nature of the AlchMystic's state of grace transforming need, desire and addiction, and allowing Us to fuel our journey home. Talk about biofuel.

NOW THAT is Genius.

So stop thinking yourself miserable and **transform** your addictions

from ignorance into Genius.

See the need, discover desire, surrender the addiction... Live your Genius.

I feel getting on A ritz track is nowhere near as difficult

now here near as staying on **the right** track.

I feel I'm picking myself up and getting on more times than I'm on the **beam**.

I know! I know! I'm still For Ever dealing with concepts... **the light beam**

AlchēMystic 101

An AlchēMystic is 'One' who has integrated the Human with the Divine... **on**
Being and while transforming One Self, broke down time, so as to live **up**

~ Here Now ~

Being Here Now facilitates an integration and transformation of oneself **and**
facilitate an integration and transformation of others **dna.**

Alchēmy is A science

A language

A thread of sanity between an ocean of chaos

and A sea of tranquility.

Mystics live A fine line

Aligning

A lining connecting the beginning to the end,

the lowest state of existence to the highest,

the route of passage... **and**

the root of past ages... **dna.**

Hermetically sealed

and cradled in our subconscious awareness is A thought process

THAT holds One in a pattern of full complete accomplishment of Truth,

THAT is the reverence of Alchēmy.

THAT is the fire of passion from perfection

and form perfection

dna for perfection

It is about Time, for perfection.

yet has nothing to do **with~ hour**

It is A way in and **in our time**
dna

THAT
WITHOUT time.

Alchēmy is the heart of A Miracle.

An AlchēMystic brings 4th THAT heart.

NO I SAID DIVINE

Words are the conceptual tool we used
to build this concrete reality of existence.

Hear "Now silence says it all."

