

UNIFYING CONVERSATIONS

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PART 1
COMING TO THE FORCE
Introduction to Coming to The Force

It has come to my attention, as usual that what I write, in this case the trilogy Unifying, which includes “Coming to The Force,” “Coming to The Lord” and “Raising Them” in essay form is to most people as if I was writing in hieroglyphics. As they read they are initially interested but soon it becomes “too much” and their intelligent defense system activates and disconnects.”

People, “It’s too hard!”

Me, “Too hard?”

People, “It’s too much, too deep, too confusing, too weird, too upsetting, too frustrating...too long, and too hard.”

Hmm. So I have taken the same material and in this case I will attempt to turn it into a conversation and hopefully this will provide the “password” to readability.

A quick overview of what these conversations are about.

Basically I can’t accept that the Heavenly Power is completely omnipotent nor completely beneficent because of the seemingly “eternal” battle that It is engaged in with what is commonly termed “The Fallen Angel.” To me and to many others it seems that neither the Power of Light nor the Power of Dark has the upper hand in this War. While this fight might be very entertaining to Them, or not, it has the terrible outcome of causing endless suffering for Humanity and through Humanity to all sentient beings on Earth. As has been postulated in the past, “The Gods are at war through their dominions...Us.”

Being one of the multitudes who have been and continues to be reinjured as a result of Their Warfare, my life’s work has been to provide some degree of cushioning and occasionally some healing to myself and then to those who allow me to share what I’ve learned about Life First Aid.

In being allowed to help it always comes down to someone overcoming the fear of being touched on a spiritual level. Should this challenge be met the next mountain to climb is the necessity of exploring the challenge of working through the trauma of the mental illness that results from being a victim of Their Warfare and the repeated injuries.

Of course my learning how to share my experience into recovery with others is really the journey into opening myself to the proper attitude. The key for me in forming a healing relationship with my self is in developing the teamwork and supporting the balance between me, the helper and me, the recipient, the person injured. I come into the relationship in the role of me, the helper who shares learnable healing interventions that encourages the increasing empowerment of the my self being the one initially in need of some help. Me, the recipient by receiving this help experiences some degree of reawakening of my purpose in life and I acquire some of the skills to live that purpose. In doing this, in return, me, the recipient lifts me, the helper to a greater state of effective awareness.

Through sharing the story of my recovery I express gratitude for the extended trust of the me the recipient and for the opportunity to acquire an increased experience base that will enhance my efforts to help others.

Sometimes in my sharing with others who for their own reasons are motivated to follow me as my recovery develops, they become an assistant to me as the helper and hopefully as the story of my recovery progresses not only do they pick up the skills of recovery but they now can contribute in sharing those skills with their family. In this way they evolve from the role of the recipient to that of the helper and with that comes a beneficial step toward the fulfillment of their empowerment.

In the process of learning the craft of Life First Aid I have apparently acquired the skill of connecting with those most disconnected and with a bit of confidence that comes with an increase in self-esteem I carried this ability into my work as a Mental Health Worker. I came to realize that the “client” was just the tip of the iceberg. Of course when I was young and enthusiastic, eager to be helpful, all of my focus was on the client and helping them to solve their problems. But as one ages and mellows the concept of context appears and for me it was in the form of understanding that the client who has a bag of problems is just one part or extension of a dysfunctional society. The bag of problems carried by the client is filled with stressors that are delivered by their family and the society’s economic/political structure within which that culture resides and then ultimately to the Divine One who resides at the top of this hierarchy. These stressors are accumulative and full of unreasonable and overbearing judgment and paradoxes. The whole concept of perfection deriving from the Apex of the Power Hierarchy, specifically from the Divine One, annihilates any possibility of anything but temporary satisfaction and so often the deflating feeling of a state of “less than full acceptance.” The outcome is our life of living within the grinding stones of Duality.

In my opinion, it’s all about the power at the top of the hierarchy for that’s where the core of responsibility resides. Responsibility resides in the highest power and that would be in what people call, “The Almighty and Its act of Creation.” I can’t accept the subterfuge of religion shifting that burden to people by insinuating that people under this system have Free Will and Choice and that’s why there is a mess here on Earth. There is no Free Will or Choice when Power resides in the Apex of this Hierarchy.

Well, this greater context reveals the presence of The Almighty in all of this and yet, there is something amiss. The Creation was formed by the Power of The Almighty, however there is another influence, and this is of the incredible influence of the existence of The Fallen Angel with whom The Almighty battles for The Soul of Humanity.

Yet the unanswerable question for me has been as follows. Because The Almighty is almighty, then is not the existence of The Fallen Angel a result of causation emanating from The Almighty?

Their battle for supremacy within which we are all cast and I might add without our freewill and choice, in my viewpoint, also incorporates an unspoken lack of freewill and choice that includes The Almighty and The Fallen Angel. From my experience in Mental Health Family Crisis and Trauma, This Battle for Humanity’s Soul is just a huge and mighty imagery of what actually is quite common. I mean what better definition for The Dysfunctional Family of which we are all a part. We live in the context of this Great Battle between the Two Forces and as such can’t help but to role model our lives upon Their Example of Conflict Resolution, which is warfare. To get a handle on the complex influences on Humanity, I as the “mental health worker” have reduced this complexity just to the concept of The Dysfunctional Family. And, that’s my work, to connect with

dysfunctional family members who gradually become my partners in the recovery/healing process.

So, like anyone with an ego, I being seemingly exceptionally good at something, that being working with dysfunctional families, I couldn't help but to wonder how good I can really be. This is how I developed the goal of seeking to use my skills to form a relationship with the Ultimate Dysfunctional Family, the Arch Parents, The Fallen Angel and The Almighty and their children, Humanity. I want to see if I couldn't be of some small assistance. Assistance? Yes, assistance in helping Them to "Get Over It," and to calm down and to see if They can't just somehow call a truce, if not to let bygones be bygones, then at least to cool it and just hang out for a while without bickering and drawing their children into Their scene.

"Yes, why don't we just cool it and sit down and work together to figure this all out in a good way for everyone concerned...that includes me and all of the rest of us down here."

OK. To reframe this, because of my work as a Family Coach, I normally would be informed that the child(ren) are causing all sorts of mayhem and chaos in the family and at school. In this story Humanity is the child(ren) being the one's who get all the blame for succumbing to the temptations provided by the "Bad" parent, The Fallen Angel. The whole argument that justifies this is couched in the terms Free Will and Choice. That's a bum rap for as proposed above there can be no Free Will and Choice when all the power is in the hands of others. So in my work I am assigned to work with the child, but the work is really with the parents who are the apparent choice makers in the family.

In all cultures The Fallen Angel wears the hat of the Bad Guy from which all negative events manifest or in other words causing all the ills experienced by the family. The Almighty is cast as the Good Guy who fights to keep the family on The Straight and Narrow. Still we all know that it takes two to tango. So cast in this role as the Perpetrator of Evil, The Fallen Angel is blamed for causing all the ills in the family, just like the child who becomes my client. So, The Fallen Angel, the child, is cast in this role and is The One who gets all the heat from the parents, priests and the therapists.

So to move this into perspective I'm no longer accepting the historical view that it is due to Humanity's weakness and lack of moral fiber that causes Humankind to fall under the influence of The Fallen Angel. Rather I am viewing Humanity's Behavior as an outcome of the dysfunctional relationships that is shared between The Almighty and The Fallen Angel, the ultimate Duality.

OK, that's what I decided to do. Got to start somewhere. Because no one is allowed to directly approach the Almighty, whom I will refer to as The Lord from here on out, I chose to start my conscious effort with **The Fallen Angel who I will refer to as The Force from this point on**. The reason for giving the name The Force is to let The Force know that I have a great deal of respect for Its ability and that I don't see things as everyone else seems to. I definitely don't want to start a new relationship by calling The Force derogatory and defaming names such as Devil, Satan, Evil, Lucifer, Fallen Angel, Demon Maker, etc. See, there's no respect in that. The Force, now that sounds powerful and actually very accurate. It's always good to enter a new relationship with a positive viewpoint of the defamed person with whom one seeks to engage. Isn't the foundation of Spiritual Teaching is that there is a little bit of good in everyone?

In the following reframing of Life, I am treating The Lord and The Force as the causal parents in Humanity's dysfunction and in doing so the common concept of good and evil will be set aside and we'll just take a look at their relationship as the cause of the dysfunction.

Just one more note. Because of Their obvious power nothing I think, feel or communicate is beyond Their Awareness. I know I'm challenging long held beliefs, but I want to share that anything I write is to be taken from the viewpoint of the fact that I work in the field of Mental Health and by proximity if not by birth and experience, I am a bit beyond the norm. I would have to be in order to believe it is beneficial to engage in sharing this experience. At heart I feel that I couldn't be engaging in this sharing unless I was being given permission. Still by taking this viewpoint I am hoping that these powerful Beings will remember that on some level they are requesting me to be an arbitrator in their relationship.

ENOUGH OVERVIEW! Let's get into it.

CHAPTER 1

Who's Running The Show?

Talking to himself, Jonathan's self, "Ok, there's something here that I'm not getting."

Jonathan's partner, mind, who he talks to, "What's that? What are we not getting?"

Self, "Well, it has to do with our awareness of the possibility that All of Life, whether sentient or seemingly non-sentient is all alive and connected. I mean what if even rocks are alive? What if air is alive, and fire, and water, and the stars, and well, everything?"

Mind, "So. What's the problem? That seems kind of cool."

Self, "Then if everything is alive and connected then doesn't that include The Almighty and The Dark Nemesis, The Fallen Angel. I mean, if They are also alive and connected then we really are all in one gigantic mess."

Mind, "I'm not getting the problem here."

Self, "If we are all connected and I believe that knowing this, THAT WE ARE ALL CONNECTED, is supposed to change behavior from One seeking domination to one of sharing and caring, then well, because The Lord is All Knowing and Powerful and that means The Fallen Angel who seems to be hanging tough must also be a living part of the fabric of life, then how can there be peace and harmony? I just don't get it how there can be this intense conflict when we're all part of the same thing, like we're all part of The Body. I mean, if the life force isn't shared willingly and fully with all cells of The Body, then parts of The Body will be doing without essential nutrients and this can only lead to illness in that part of The Body resulting in the weakening of the Whole. I mean you can't be sick and well at the same time."

Mind, "Hmmm. This is a problem then isn't it?"

Self, "Yes. That's what I'm getting at. Something is out of whack here and it doesn't have anything to do with us humans. We are only doing what The One higher up is doing, and somehow The One isn't acting like The One given the seemingly unrestrained activity of The Devil to frustrate pretty much everything here on Earth. So whether there is a One it pretty much looks like there are Two, G-d and The Devil and if the Ones at the top are confused and in martial conflict then we're all going to be living in such a state also due to the interconnectiveness of all of life. Until they get Their act together we're always going to be living in chaos. I hate that!"

Mind, "Doesn't that then mean in reality everything may not be connected even though we are taught that The Lord is All?"

Self, "It does kind of lead to that thought. You know, it can still be all connected, it just might be that this fact has somehow been forgotten, thus leading to the conflict and resulting dysfunction. That is kind of the definition of illness; when the interconnectivity of the being is interrupted. That's when the dysfunction manifests."

Mind, "What are you suggesting?"

Self, "Well, this is really just between you and me, (ha ha ha) that I believe that to get to the source of The Dysfunction, in addition to our work with individual's and their

families, which is definitely good work, we need to dedicate part of our effort to seeing if we can't help The Lord and the Dark Angel, who are basically our parents, work it out so that things can be better for Humanity and for everything that makes up our Life's Family. What about this?"

Mind, "Huh? How are we going to do this? The Lord has made it very clear that no one is allowed to just walk up and sit down and have a chat. I mean, how are we going to do this when The Lord is "unknowable" and is beyond?"

Self, "You got a point. When the people of Babel wanted to pay a visit to The Lord, their tower was cast down and then they were punished for their "audacity" by no longer being able to speak a common language. I get your point. So maybe starting with getting to meet The Lord isn't a good beginning. Well, everyone knows that Meeting with The Dark Angel is nothing more difficult than asking for an interview. I suppose We could start where it would be easier."

Mind, "You nuts? That never turns out to be any good. There's always a payment that has to be made for making such a contact. No, that won't do."

Self, "I'm not so sure. All the people I've heard of who went to meet with The Dark Angel, did so to get some great power OR so that they could vanquish It. Of course of the two, the later never worked out. So, we wouldn't be going to vanquish nor to seek power. I wonder what would happen if we just asked to meet in order to hang out. You know, like we'd like to get to know You or something like that."

Mind, "Go on. I'm listening. I'm not sure to what, but I'm listening."

Self, "Hmm. Let's see. Well, to start with, just like when we go initially to meet with our client and their family we go with an open mind. We don't go into their home with any judgments."

Mind, "That sounds good between you and me and I'm sure that's the right approach for the families we work with, but if they knew that we were coming to "do something" but not in an obvious way, I mean would they cooperate and be so responsive?"

Self, "Good point, but then we're there because they want us so we meet at their invitation. We don't force our way into their lives. They are seeking help. Well, most of the time anyway. So with The Dark Angel, and by the way we got to stop viewing this Angel with that name. It's so negative. I believe that we need to change the name to something more complementary like maybe *The Force*. A person's behavior has a lot to do with their outlook of themselves and that has a lot to do with how they are viewed and even how they are named when spoken about. How about this approach? We need to enter with a positive attitude of interest and concern for all the "negative press" put out and how unfair that has been. You know, so who wouldn't want someone in their life who can appreciate how bad things have been and who still is interested in forming a relationship? If we put that out then The Force may welcome our presence."

Mind, "OK, that sounds good, but don't forget before we can get close we likely will have to prove our self. The history of the Dark Angel, I mean The Force is that you got to prove how bad you are to get close...to become one of the inner circle. For sure we're going to be jumped and our ass kicked to see what we're made of. That's going to be a lot of pain for sure."

Self, "Yeah, didn't really think about that. Hmm. We'll we're not intending to become a disciple and we don't want any power for domination, so I wonder if this won't

change the usual protocol? I mean we won't really know until we start the approach what criteria The Force will set for us."

Jonathan's Body, "Excuse me guys, Body to mind. Did I hear mention something about pain? Did you guys think that I might want to be included in this discussion? After all who is going to bear the discomfort of pain for us, but me?"

Mind, "Well, there is also other kinds of pain, like mental, emotional, and spiritual, but you're right. Pain can also be physical and maybe we should call in the rest of the team for this discussion."

Jonathan's Spirit, "We're here, believe me. You guys can bet we've been listening in. Thinking of going to hang out with The Force are we? Great idea. I like it. It's about time someone went to The Force with a little bit of Tender Loving Care. Just to hang out, right? Right!"

Jonathan's Emotion, "Yaow. I'm scared. One of us better be frightened. This sounds like crazy making, going to hang out with The Dark Angel. They don't call The Dark Angel The Dark Angel for nothing. We'd be like a candle, broadcasting light into that darkness, but candlewicks burn only as long as something doesn't blow the flame out. Guess, what? I don't feel like being snuffed. No Siree."

Spirit, "We're all one. All of us together. None of us can be forced to cooperate, and if any one of us doesn't go all in, then none of us can make this journey."

Body, "Yeah, that's right. I could freak out so badly that our self, Jonathan, would be totally immobilized. I can definitely prevent us from casting ourselves into this proposed abyss."

Mind, "It really isn't about rushing into this. There's time. Would you be open to looking at the intention of connecting with The Force and The Lord?"

Body, "Well, as long as we all respect my concern for survival and if survival, that the pain isn't so overwhelming that we'd "sell our selves" to The Force just to make the pain stop, then I'll consider what is shared."

Spirit, "I guess the point is that we've been increasingly concerned about our survival and that of Humanity. We've been feeling that if The Mess isn't straightened up fairly soon then The Whole Thing can just go Poof. Obviously there are solutions that could be taken by humanity, but without Coherent and Benevolent Leadership, this being the cooperation of the Powers on High, even these efforts can't succeed. There is no person(s) within humanity that can command that kind of respect to turn this around. Each time there is one, like Gandhi or Martin Luther King, somehow it's all turned with their death. Only the Presence of a United Front from The Lord and The Force can bring us out of this path of conflict, self-interest, and non-cooperation."

Emotion, "So is that how our Self, Jonathan, felt the compulsion to take on the role of approaching The Lord and The Force?"

Spirit, "It could be called a compulsion yet it isn't a thoughtless compulsion. Rather it is one of intellect and the courage to understand and respond in a positive manner to the circumstances that faces Humanity. True, I've played my part by giving Self a gentle push in that direction. After all, that is my role in our self, just like your role Emotion is to warn us of life's danger and also sources of wholesome pleasure that enriches our life."

Mind, "Well put Spirit and thanks Body and Emotion for bringing us all together consciously. Basically we know that external efforts to promote the possibility of balance

in our collective lives has been precarious. The UN has done its best, but it hasn't stopped the Human Super Powers from initiating War anytime their economies needed that stimulus. The growing challenges of providing the basics for Humanity is undiminished and things are getting tighter for natural resources. Spirit has let me know that Global Warming is Earth's way of raising Human Consciousness but Her effort is being offset by Human Greed for more and more. She's losing Her patience with the Human Powers on Earth to acknowledge that their behavior is throwing the balance further and further out of whack and causing Her to be ill. So, in addition to the less than effective external efforts of people of consciousness, there needs to be an internal effort to reach, awaken, and solicit the aide of the Supreme Powers. However before that can be achieved we need to accept the responsibility of making that effort."

Emotion, "How do you know all this?"

Mind, "That's my part...the mental part, knowing stuff. Also because I'm open to listening to our collective consciousness I listen to Spirit who is that part of us which is in tune with All Elements of Existence and Non-Existence."

Emotion, "I don't get that."

Spirit, "Let me help here. As Spirit I'm in touch with and in part am an element of Everything which includes Earth. Because each of us is part of our collective whole, a part of me is within each of us as each of us is in a part of each other. My gift is being conscious of this. Mind and I have been working out this relationship for years and have come a long way in our teamwork. I know that Body has been also working a relationship out with Mind so that mind listens to Body in a good way; that being a point somewhat short of physical pain and suffering. So, Emotion it's time that each of us synchronizes more fully and that's why we are listening carefully to your contribution of positive anxiety about the historical implication of us possibly choosing to enter into a conscious interactive relationship with both The Lord and The Force."

Emotion, "Wow."

Body, "Emotion, as the Body, that's how I feel too."

Mind, "Me too, as the Mind even though I am bringing this possibility up I too am in awe of the audacity of such an undertaking."

Spirit, "It's about Our commitment to the Whole that brings us to this point. The All is deeply concerned and even fearful of the outcome to Humanity, which is also a part of the Whole. What happens to a part of the Whole also happens to the Whole. Right now it seems that Humanity is on a path of self-destruction and is unable to fully acknowledge this circumstance. Some are aware of it, but unless The Powers at the Top do something immediately soon it may be too late to stop the momentum even should aggressive steps be taken at some later time. Now is the moment! Remember that on Earth the Ultimate Powers are not the apex humans but are The Lord and The Force. The Whole is seeking Our help and somehow The Lord and The Force are too involved with their conflict, drawing all of Humanity into it with them, to see and understand what they are doing to Existence. Supreme Power fostering Supreme Duality. The Whole is being blocked by Their Conflict making it impossible to break through to Them and that's where we come in. We've been asked as that part of the Whole, to use our unique gift of being able to form a personal conscious relationship with that part of the All engaged in strife and conflict to intercede and bring the dilemma of Their Behavior to Their Focused Attention."

Mind, "As the Mind, which has the role of steering Our life, We need the full cooperation of Spirit, our navigator, of Emotion our motivator and sensor, and our Body that carries us day by day to Our intended goals. We are that part of The Whole that can do this. This is what the Whole has been training us to do, to work cooperatively to achieve this outcome. We have to have a full understanding of Our Assignment and Agreement as to Its Necessity."

Emotion, "I'm still frightened."

Spirit, "That is certainly a reasonable response to the possibility to what we are being asked to do. Let's use this fear to keep ourselves alert and to move into this with caution."

Emotion, "We're moving too fast. My experience of fear is connected to past experiences. Like how we live multiple lives, being reborn endlessly until "We Get It Right." Well, we've been here before, at this exact juncture point in every one of our past lives and each time we, well, we don't make it back in a good way."

Mind, "I'm trying to remember. Spirit, can we look at this through an overview perspective?"

Spirit, "Yes. We have been reading in this lifetime "fantasy books" that like The Lord of the Rings, has the Hero being placed into a journey to save Humanity from the Dark Angel and the minions that act out that Intent. Even great Sorcerers are taken over by Sauron, the then current name of the Dark Angel and they work to turn all other such Shamans to the Dark Side. Of course in the end Frodo makes his way into the Volcano to destroy the Ring of Power, that Binds Them All. He's on the edge of the precipice with ring in hand only to be unable to release it into the Lava. At this crucial point he fails and under compulsion places the ring back onto his finger. At that exact moment Smeagle flings himself onto Frodo. In their struggle Smeagle gains control of the ring by biting off Frodo's finger and with the ring in his hand slips and falling carries the ring with him into the Lava where The Ring is destroyed. Well we know what would have been the outcome if it were not for Smeagle and his obsession with His Precious, The Ring that Binds All. Still just a story and not really anything but a Fantasy of what we all would hope would be the outcome of the Great War against the Darkness that enfolds Humanity. You see the story binds us to The Duality with us rooting for Frodo and against Smeagle, but amazingly it is Smeagle who is the ultimate hero for he is the one responsible for the ultimate destruction of The Ring. Yet, Smeagle gets no credit, only Frodo. I guess to be fair, the ultimate hero is both Frodo who brought the ring to the volcano and Smeagle the one who carries the ring in the final moment to Its destruction. In this way Duality Combines to save Life.

Now in the story, the top of the Sauron's Minions, were these Wraiths who were the top hench beings and who were chasing Frodo for the Ring throughout the Trilogy. Here's the crunch. The Wraiths used to be good sorcerers just like Gandalf but who were taken over by the seductive charisma of Sauron. I mean their initial intent was probably to get close to Sauron in order to Whip Him, but alas no, they failed and were subsumed, taken over, and their humanity destroyed. This is the hard part of looking into our past lives. We were one of those who hoped to confront Sauron, to vanquish this Darkness and we had every reason, like we do now, to believe that we had the ability to do this very thing.

Each life time we come to this same junction point just like Emotion related where we have lived a good life and have worked diligently to achieve excellence for goodness' sake and having done so, we set off to put this problem to bed once and for all. This is what is frightening to Emotion and for excellent reason. We are certainly caught up in a Never Ending Story and with each generation the chapters accumulate. The question is have we not learned anything from this? I believe yes. It is at least that going to aggressively confront the Dark Angel is definitely the wrong attitude because conflict only feeds the Negative increasing its energy to resist our intent and in response to overwhelm our effort.

So, dear Emotion that is exactly why The Wholeness has prescribed a neutral approach, so as not either to antagonize The Force nor to feed It energy to enter Conflict which is what It is so good at. Taking this neutral attitude, following it diligently, hopefully can bring us into a different relationship with The Force and one which will benefit The Force and Humanity without the usual experience of pain and loss."

Mind, "OK Spirit. That does a lot to clarify, yet I must ask this question. This lifetime isn't our first, and I'm sure that in each previous life you shared all of this with us. Is this right?"

Spirit, "Actually no, it was shared but not in this way. The Insight has increased and so the sharing is now more complete."

Mind, "Then in each previous lifetime we listened to you and trusted that there was some chance of success, and yet there was a breakdown that led to our failure but in this lifetime that won't happen?"

Spirit, "Something like that. However, this is the first lifetime that we can consciously look back at the previous ones and before now that wasn't possible. In each previous lifetime it was either we stood up to fight or be wiped out."

Mind, "Why is this lifetime the first one that allows us to see our past lives and the outcome of previous life decisions?"

Spirit, "I'm not so clear on that except just like in living our lives right from birth it's all developmental. One day we couldn't do something and then the next day we could. Puberty is like that. One day a child, the next day an adolescent with all the accoutrements of wild hormones and a sudden drive to be more independent. Wisdom too can be viewed as developmental. One day life is confusing and the next day we get how it works."

Mind, "That kind of makes sense. I guess it works."

Spirit, "Some wise people say that our lives are the outcome of our way of perceiving our existence. Change the viewpoint and life itself will alter to some degree."

Mind, "Can that be true?"

Spirit, "That's what we're here to discover."

Mind, "Yeah. I know that until very recently I had, as most people do, viewed the negative aspect of the polarization, that being termed Evil, as being completely oppositional to love, peace and harmony. I carried Good on my shoulders and sought to stamp out Evil wherever I encountered it. Can't say I was successful, but I felt righteous and I guess that's the feeling I was after. Anyway one moment it came to me. The Duality isn't going to go away. Well, that's seems so obvious and most people have never questioned it and if they did they came to the same conclusion. That's kind of what adults say to adolescents, 'One day you'll get over this childish idealism and

accept the hard realities of life. The Sooner the better too.' That pretty much ended the inquiry into a better life and they then made the decision that if it was immutable then they would just live life as well as they could. I couldn't just stop there however. It suddenly became clear to me that any effort to eliminate one or the other, Good or Evil, will always end in defeat; because they have to exist. It also came to me that while Polarization and It's Creation of conflict between Good and Evil is an ancient dynamic of our existence Its understanding was if not correct is at the very least incomplete and definitely insufficient."

Spirit, "That sudden awareness came through our connection with The All. The communication from which is usually experienced as getting a feeling or a message from our Intuition."

Mind, "Right. That was my conclusion also. Still, because of our deep feeling that Humanity has up to this point not fully understood The Duality and the Polarization it causes, we opened up to further "Instruction and Guidance" from the Intuition."

Body, "Right. But here's what I feel Emotion is trying to say and which I'm definitely also saying. Tell me if I'm on the right path Emotion. Our teamwork sucks. This decision-making has been pretty much left up to Mind with what seems some intermittent but significant input from Spirit. Emotion. Over all I feel that my input has been ignored and I'm feeling that even now.

Emotion, "I agree with you Body. That's exactly it. What I feel is also being left out is our opinion, which is almost completely marginalized with you two dragging us into situations that are painful and disruptive to our health. The only time we are paid attention to is when we hit Mind with excruciating pain. Small and moderate impulses of pain just lead to Mind taking a pill to mask the cause and experience of the pain. That's just not working out to well for us. Now, you guys are talking of taking our collective self into a highly unpredictable situation where all of history demonstrates the outcome is highly fraught with danger and even eternal suffering."

Spirit, "What makes this lifetime different is not only that we can see these previous past lives but something has inherently changed. The shift in possibility is a result of the accelerating conflict between The Lord and The Force, which even to them seems to have drawn them to perceive a pending Life calamity. They sense perhaps Their own destruction, for if Humanity is wiped out so too are They. It appears that for Them to exist they need worshipers and should Their Conflict continue to accelerate then that very likely could be the outcome. So, now is the time to work through diplomacy, not through combat. That's the essence of our life work this time; not martial skills but negotiating skills."

Emotion, "Hmmm. Still sounds crazy to just walk up to The Force and have a chat."

Spirit, "You're right. One of the major differences is that The Force and The Lord are behind this feeling that We are picking up that it is our role to intervene. The Whole feels Their Shifting Awareness and that both actually want for there to be a resolution to Their Duality and the resultant struggle for domination that generates such terrible conflict."

Emotion, "You got to be kidding. Conflict is all around."

Spirit, "Yes but not as intense. What's more in each of the recent conflicts there has been no clear victor. Who won in Vietnam? Who won in Iraq with the insurgency?"

Who is winning in Afghanistan? Who won in the Financial debacle with the recurrent swings in the Stock Market? No clear winner. Conflict yes, but no mayhem. Suffering yes, but suffering from which one can recover. It's different now and it is in that difference that provides the opportunity to engage more or less safely."

Emotion, "Safely? What's the more or less part?"

Spirit, "Emotion, my part-self, it's about this opportunity to make a difference. It's difficult to accept. It is our feeling that The Lord and The Force are behind this shift. They are part of this; not objects. We believe that they are listening in on our conversation and will welcome our participation. It's just a matter of giving it a try. This is about all I can share and it definitely is all I am aware of at this time. Remember, I also have a lot invested in our health and so do all of our succeeding generations of future lives."

Mind, "So let's agree that this is a huge decision that we need to make. Let me also suggest that we spend some time taking a look at how we might do it if we were to accept the request for our help. It can't hurt to talk about some planning ideas on how to approach the two Incarnations of Duality, The Lord and The Force. What do we say?"

Spirit, "What do you say Body?"

Body, "OK, I'm willing to go that far. How about it Emotion? What about you?"

Emotion, "Yeah, OK. That sounds reasonable. But I must emphasize that I want my input heard and if I don't agree, I'll make sure we aren't in any shape to make this effort. Do you agree Body?"

Body, "I'm right with you on this one."

Self, "OK, let me summarize about how we can make this different than in all our previous attempts. First, in all of our past lives we responded or in psychological terms, were reactive to the threat to our way of life. We didn't take the initiative in the conflict within which we became engaged. We joined others to defend ourselves from the attack by the Negative Forces. Yet, we must take some responsibility in not having anticipated the outcome of the imbalance that led to these conflicts. I truly believe that as a result in our work in mental health, as is true for physical health, that anticipating causes of illness is essential to maintain a healthy state of being. Eating right, exercising, getting plenty of rest, keeping a positive attitude, socializing, and engaging in spiritual practices of some kind all boost the immune system and keeps us able to defend ourselves and remain active. All of this is done because of having experienced in the past, ill health due to becoming run down. Of course there are elements in life that prevent good health besides one's decision such as poverty where sufficient food, clothing, shelter and medical care are not affordable or even available. The bottom line for us however, having sufficient resources as we do, comes down to making healthy choices for our body, mind, emotions and spirit. When a part of our body becomes injured we deliver first aid and receive further medical attention when required so that we can heal and regain our full life style. Should we ignore the pain message, or not have the resources to respond to it then chronic inflammation and or infection can set in leading to an increasing deterioration in our ability to live a healthy life. Taking this knowledge and applying it to the polarization, it is clear that the battle for supremacy is a result of an imbalance in the sharing of limited resources; the cause of all human warfare.

Tragically, each side in a war feels that it is righteous in their engagement. They both feel that they are right and have the backing of their Supreme Being(s) in the

conflict. Now how can each be right? Obviously neither is right if it leads to warfare. The cost in human life is outrageous, but a cost that is ignored when a society falls into the rage of warfare. All rational thought is eliminated and anger dominates. It's important to answer the inquiry into what caused the war and this takes an incredible amount of honesty. Why does one group seek to take over the territory of another group? To me it's about the drive to obtain missing resources and this results in the further accumulation of power and the resultant ecstasy of feeling better than the other side. So while life is a consequence of the Eternal Duality between Life and Death, it always is a state of imbalance or what is termed as Change and this causes The Conflict within which we all live and fear.

So, in conflict both sides are trapped within the Imbalance, which is forever shifting one way or the other. Since the Imbalance is Eternal and is not the result of the Intention of either The Lord or The Force, then both are powerless, to date, to alter this dynamic and in that sense They have neither Free Will or Choice and as a result are both innocent of Its Consequence. In short, Neither is a Good or Bad Guy. They are just very Powerful Guys who Humanity has cast in the role of being All-Powerful when in fact neither is.

Knowing this alters The Whole Thing and this is what is different for us this time. This led me to wonder a great deal about how The Lord and The Force got caught up in this thing to begin with. But before we get into that, if this is OK with everyone, I have the impression it would be important for us to get some insight as to how The Lord and The Force feel about how Humanity views them, just like we do when we approach the members of a family in our mental health work. But this isn't my strength so how about Emotion, you giving us a possible run down."

Emotion, "Wow. This isn't really so hard if we keep using the analogy of our families that we work with. For sure, regardless of how they are perceived by society and culture, they feel inept as a family, with each member, be they parents, children or even the extended family, there is an underlying feeling of shame and failure. Also what is most important is that the family has somehow agreed subconsciously that in response to this breakdown that they have to hide their feelings of incompetence. That's where their defense mechanism takes them over and creates an illusion for each that projects innocence to the responsibility of the decay in family existence. This reactive behavior is the source of laying the blame onto the other members of the family. In most cases there is one person in the family that resists this process and fights to stay free of the accumulation of illusions. In our work it is always the child in the family that acts out so much that people outside the family can't ignore the child's behavior which results in scrutiny of the child leading back to the family and its dysfunction. So the hero turns out to be the child that is acting out. The problem of course is that the outside community doesn't acknowledge the character of the child that led to the oppositional behavior bringing all the help to the family. Instead the child in our culture is identified as having a mental illness, diagnosed, and medicated to suppress the behavior that is causing the disruption in the home and in the school. Sad, but that is how our culture has developed, always blaming someone for aggressively reacting to being mistreated. So in so many words, The Lord is viewed as The Good Guy and The Force is judged to be the cause of all the conflict. Applying this to our situation then we would approach The Force with this understanding and certainly approach with an absence of judgment."

Spirit, "That was very well put. Being aware that we are looking for insight specifically to The Lord and The Force, therefore we aren't looking at attention drawing behavior such as passivity and depression. So the first step as Mind-Self suggested is to get an insight as to how The Force and also The Lord feel about the roles within which they have been cast by Humanity. Let's start with The Force recognizing that so far we have only looked superficially at the Role within which The Force has been cast as the Bad Guy. Let's now focus on how The Force might feel being cast into this role and then judged so negatively by Humanity. Emotion, can you say some more about this aspect?"

Emotion, "Yes, thank you for guiding me into this further inquiry. How does it feel to be viewed so poorly by Humanity? Bad! Here's a sports analogy. Say in playing basketball when the referee isn't watching, a player elbows the opposing player guarding him and in response that player retaliates with an elbow of his own. We know that if you don't hit back, the opposing player will continue to rain abuse down on you. However, in retaliating, the referee notices the blow and penalizes the player for the retaliation. How does the player feel for having been penalized? If he is immature he will become highly reactive which then may result in the further penalty of being thrown out of the game. Certainly the feeling of being physically hurt and the pain being coupled with an immature emotional capacity will certainly overwhelm the rational mind of the player leading to the reactive behavior. Now if the player is mature yet the referee is prejudiced against him for some reason, then the player even when handling the problem well can still start to lose it. Should this happen long enough the player will feel unfairly treated and develop increasing resentment. This resentment will erode his rational faculties and lead to a deterioration of his ability to cope. Such prejudice can destroy the balance of his mind and start to affect other areas of his life. So, The Force is caught up in this situation where most people view The Force as a Negative Affect on their lives and hope to rid their life of The Force's influence. Of course this can't be done because of the eternal nature of Polarization and Its Chain that restricts the freedom of The Force and forces It into the role played in our culture, The Force like any Being hates Its imprisonment. As a result The Force feels entrapped and as Humanity fails to acknowledge The Force's loss of Free Will and Choice, judges The Force's behavior as intentional. This attitude of judgment and condemnation naturally inflames resentment and in response to this emotion The Force seeks revenge against Humanity. This is very much like how our oppositional kids feel given the reaction of the family and society to their call for help, which is acted out through their aggressive behavior. Was this to the point of how The Force must feel?"

Spirit, "It feels right on my brother."

Mind, "So taking this into account and viewing The Force like one of our kids, we kind of have from our experience the knowledge as to how we might choose to approach The Force."

Body, "Carefully, compassionately, and with a sense of anticipation that initially we will be seen as a threat, just like everyone else has been. We can anticipate that The Force has lost all Trust in Humanity and somehow we will have to prove ourselves. This is what I'm concerned about because I'm the one that carries the physical suffering when we get hit."

Mind, "So true. Especially true when we don't listen well enough to your warnings that what we are doing isn't healthy and then by ignoring your warning through initial pain we override you and carry on regardless. Believe me Body, we are now well aware of our past behavior and have worked hard to alter our attitude."

Body, "Yes I'm very aware of how difficult it is to remember the need to pay strict attention to the body, the vessel of our essence especially when you guys get carried away. I've seen the change and experienced the increasing care of me. I feel that this change has given us the ability to understand the difficulty of overcoming injury and the dedication it takes to refrain from repeating the causes. We should be able to use this in our approach to what we now know is a very hurt Being, The Force. It's about Healing and healing our relationship with The Force. I get that now."

Emotion, "I can relate to all of this for I feel very much like Body, when both of you, Mind and Spirit, get into one of your things. There has been a history of totally disregarding how that can quickly overtax our ability to remain healthy, and frankly for a long time we have lost confidence in you two because of your past behavior of completely ignoring our warnings resulting in having to finally getting your attention by our collapsing into states of agony and despair. In many ways I feel that Body and I can relate experientially much more than either of you to how The Force has been experiencing Life."

Mind, "This blows my mind."

Body and Emotion together, "Halleluiah. At Last!"

Emotion, "So even given all of this chat, our team work still sucks. Being aware of this perhaps we can jointly commit to commencing to practice working together as equal members of the team so that this teamwork becomes Our Way of Life. It's my feeling that unless we master teamwork we will not be able to support The Force and The Lord in acquiring this cooperative attitude and the necessary skills to live Teamwork. What say We?"

All Together, "Right On!"

Mind, "So, let's get started on our teamwork by brainstorming on how we can best approach The Force, knowing all along that The Force and The Lord are both tuning into how we handle this."

CHAPTER 2

The Planning Session

Spirit, "Well let me share that I feel that The Force has already made contact with us in a good way in the effort to evaluate our state of consciousness. I've been getting this impression that The Force wants to test us by how we handle the concept that I'm about to lay on us. If I may, I would like to suggest to us that in approaching The Force, it would be helpful to look at the benefit of The Force's Work so that we can develop a comprehensive and intimate feeling for what is beneficial in regards to The Force's influence on our life."

Body, "Huh?"

Emotion, "Hmm."

Mind, "You mean that The Force is going to make the decision on our worthiness to engage in this endeavor based on how we can see Life in a way that requires the input of The Force?"

Spirit, "Yep. That's about it. It's to our benefit because if we aren't up to this, then to prevent any serious injury to us, it would be best to make it clear at the front end. The Force is communicating the intent for caring for us so that we don't get in over our head. It seems that there is resonance to our intent so this is how we can be safeguarded against a catastrophe."

Mind, "OK then. How about to start with the fact that The Force has brought us into awareness of each other and the need to get our act together as a team?"

Body and Emotion, "Yeah. OK."

Spirit, "Good start."

Mind, "You know Emotion, maybe you could focus on the benefit of the feelings that most people feel when confronted by "The Apparent Force," say like fear. In each person there is a feeling of fear, a sense of panic, nausea, heart palpitations when confronted by the negative experience of The Force's Presence. I get that. But I wonder about whether there are any positives about fear."

Emotion, "Well, give me a moment to get a better feeling for what you are proposing. Hmm. Yes. How about fear making us alert to danger? It helps us keep safe, to survive when we heed the impression that something is after us."

Spirit, "That's great Emotion. Very insightful. Body, what about you focusing on pain, a feeling we all hate to experience. I wonder if there anything beneficial about pain?"

Body, "I often use pain to try to communicate to Mind that certain decisions are leading us into situations that cause dysfunction. Then pain is a warning. At other times especially when Mind ignores the message I increase the pain to attempt to immobilize us from progressing any further into dysfunctional behavior. Like when we used to work out at the gym, an activity which usually presents only with positive virtues, Mind ignored the communication that I was being over worked and not given enough time to recover between exercises. In the beginning Mind was very careful to not over exercise so we rarely felt fatigued and cramped. But as we became stronger Mind began to push the limits even when at night I sent pain messages through our shoulders and back,

Mind ignored the message. One day Mind really pushed too hard and some nerve damage to our neck occurred when pressing a ridiculous amount of weight. That result brought me to make the message sharper so it couldn't be ignored. Because Mind can be so stubborn and arrogant, to prevent Mind from going back to that level of exercise, I kept the pain message constant and elevated it anytime that Mind was thinking of seeing if we were better enough to push it again. So, I used pain at a truly elevated level sufficient to cause Mind to reconsider the limits and boundaries to maintain our health."

Mind, "I really was that bad. I don't know why, but looking back it's only been pain that brings me out of poor habits. That's sick."

Spirit, "Yeah, I guess it was sick because that was the outcome. Repeatedly ignoring Body's effort to preserve some degree of health was a bad habit and even with all of the evidence, it's amazing how the poor choices were maintained over so many years. Still, that phase seems to be over and thanks to Body and the positive affect of pain. OK. So we have two qualities of The Force, fear and pain, and we can now see that each of these elements have a dual nature, just like all of life. So, let's see if we can come up with some other qualities that can help us get a better grasp of the positive nature of The Force."

Mind, "How about jealousy? I wonder how we can come up with some positive virtues of such a horrible feeling"

Spirit, "Yeah, jealousy is a tough one, but one which might provide us with even greater sensitivity and insight. What say you Emotion?"

Emotion, "Let's see. Hmm. Well how about jealousy letting us know when we are feeling kind of down. I mean just because someone has something that we don't doesn't have to be all bad. Feeling jealousy may be the feeling that signals an inadequacy in us. You know, something we need to learn or to develop in order to also have what we feel we are missing. In that way jealousy lets us know what kind of work we have yet to do. That's really helpful, taken in this way."

Mind, "Wow!"

Spirit, "Amazing!"

Body, "Far out! Man, we're really cooking. So we have fear, pain and jealousy. Anything else you guys?"

Spirit, "How about anger? I wonder if any of us has any insight to that one?"

Emotion, "Yes. I can see anger being positive as an energizer. When we feel angry we get a jolt of adrenalin and that gives us a feeling of empowerment, which raises our defense systems and allows us to strive to protect ourselves from a threat, whether it be physical, emotional, philosophical or spiritual. It can also be helpful in getting us to get a move on or to assert our self."

Mind, "Anger can also let us know when something is very wrong. For me, it's clear that I'm the one in our team that must take the greatest responsibility for being a poor listener and it was the anger of Body that let me finally stop ducking and hiding from how damaging I was being in forcing us to over exercise. I wonder how I got into this state of mind?"

Spirit, "That's a great subject which also may help us gain a greater understanding of The Force. Emotion can you help us with this?"

Emotion, "From my perspective, often people or elements of our self stop listening when listening does them no good. I mean if we listen to a wise person we

probably have successful outcomes. If we start out in life however listening to caretakers who give us bum advice and are harsh in judging us as we attempt to learn how to better function in life, well those caretakers can't be trusted to be helpful. So, of course a young person would stop being willing to listen. Now, when those caretakers having such poor communication skills and being the primary people of power in our life, you know, like our parents and older siblings and even our adult relatives, then we can become deaf to anyone who is in the power position. It's a normal mind process to generalize the hurtful experience to anyone who fits a similar mold such as teachers and eventually employers or even our politicians, ministers, and counselors. Does this make sense?"

Mind, "Sure does. So I guess anger would be a good way to push advice givers away. I mean usually when I question someone to the validity of their input, they get upset and tend to start to withdraw. Using that anger as a wedge I suppose it "protects" me from what I feel is a predictable negative outcome. And what's more, because they withdraw, I feel rejected and angry and that seals the door emotionally from having to hear anything more they say. Yes, I can see how anger can protect me and in that way, at least in the short run, it is a positive."

Body, "We're really swinging now. And to think that all of this is embodied in The Force. I mean, The Force has been living under a very limited human impression of what's really going on and that being all negative. Yet as we've explored in our discussion The Force embodies a whole lot of positives that are crucial to our survival. Well this is really going to help us."

Spirit, "I can feel something amazing happening which bodes well for our enterprise of crossing the divide to reach out to The Force with a sense of balance and compassion. We weren't taught this and during All of Time, The Force has been living under the onus of being the Bad Boy. So, just in a short amount of time, by seeking what's positive about The Negative Impression, we have developed a broader and more appreciative sense of the True Nature of The Force. Still, while this will help us we still need to anticipate the Reality of The Force's existence up to this time having experienced eons of such hurtful judgment and rejection from The Lord and most of humanity including us."

Body, "You're right. Even when Mind stopped pushing us into repeated hurtful and often excruciating experiences, there was an "unforgiving residue" that has been retained which triggers pain long after the habit was extinguished. We can expect The Force to maybe open to us approaching in our unique manner, but I believe that we're going to be tested just like I test Mind with painful jolts just to keep Mind aware of the need to be always vigilant against excess. I do it because I don't completely trust Mind's current progress as being sufficient not to have moments of weakness slipping us back into old habitual behavior. Wish it were different, yet I have to admit it isn't, at least not yet."

Mind, "I wonder what you're getting at?"

Body, "Well, good planning requires reality to be the foundation, not wishes and hopes. I want to share that when we approach The Force with a good attitude, nonetheless we are going to be very likely tested and tested in the traditional manner. Suffering. Look, Mind, remember when you started to awake to the relationship between your arrogant choices to over exercise and the resultant pain, you wanted to curtail

yourself, but struggled to do so. We had to go through numerous cyclical episodes of “injury” and rehabilitation before you eventually, and I mean eventually, got to the point where you finally accepted that you couldn’t trust yourself to make the right decision once you reengaged in exercise. It was only recently when you developed emotional maturity that you were able to more properly manage yourself when approaching exercise by listening to me when I sent gentle reminders to go slowly and only up to the point of feeling the first twinge of pain. Not the second or the third, but the first. Well, it probably is going to be the same for The Force. The key is the commitment.”

Spirit, “You got it Body. You really got it!”

Emotion, “If I understand this correctly, that while we may be going into this adventure with the most open hearted approach, The Force is going to test our fortitude and commitment by engaging us in some manner that brings us to the edge of illusion and reality, or Life and Death. We handle it correctly, we live. We don’t, then we’re recycled back into the endless cycle of Birth, Death, and Rebirth. Gosh, I hope we’ve grown enough to do it right this time. It’s really exciting, but also really scary.”

Spirit, “Very well put, Emotion. Very well put. So part of our planning this is adjusting our attitude, which we’ve been doing fairly well up to this point. Now you’re suggesting that the next part is to anticipate a situation in which we will place ourselves totally in the hands of The Force that will allow The Force to take our measure as to whether we can really be trusted to listen with an open mind to The Force’s input as to the cause and possible solution to the terrible conflict with The Lord. I guess that will lead to The Force making suggestions on how we can best approach The Lord in a good way.”

Emotion, “Gee guys. I wonder if we can handle that loss of control when we somehow place our selves completely in the hands of The Force.”

Mind, “Well, it’s important that we agree to a structure and boundary that will assist us to hold ourselves together through whatever challenge that The Force invites us to engage in. The structure and its boundaries have to be unbreakable no matter what happens as this will then provide us with a beacon for refinding our essence should we become lost within the abyss. It’s the Key and the key is Love as Love is what holds The All Together and of course The Force is a part of The Whole as much as we are. So, in this light, we wouldn’t be working to resist the terrible forces that will be bent toward us, but rather working with complete focus to maintain an acceptance of what happens with an attitude of loving, unconditionally accepting, and endlessly supportive sharing with The Force. Remember our love is not meant to alter the nature of The Force rather our Love is to help us to be open to a relationship of mutual appreciation and understanding. However this does not imply either agreement or willingness to participate in any attitudes or acts with The Force no matter the temptation offered.”

Spirit, “So, it’s clear that our ability to Love is definitely powerful however that is not the same as being Irresistible. Love does help, but doesn’t solve all problems and personal traumas. That’s why the Eternal Conflict continues to this day. So instead of going along with the imposition of viewing The Force as Evil we are deciding to go to The Force to gain insight to The Source of Conflict and see what’s really going on. It’s important for us to communicate to The Force that we feel that it has been unfair to project The Difficulties of Life as representing The Will of The Force.”

Emotion, "That's good. From my perspective, when I can see it clearly, I feel that like in all of us, The Force's behavior must be a reaction to the outcome of some terribly traumatic experience through which The Force lost a loved one(s) and this behavior is a defense mechanism protecting The Force from feeling the vulnerability one experiences from such an experience."

Mind, "OK, I think that we have a good plan. Also it will help to remember the premise that both The Lord and The Force want this to happen. So I guess that's where Faith comes in. Anyway, if it doesn't turn out well, it's no worse than in any other of our past lives. And if it turns out well, we'll all have to have a crazy big party, huh?"

Body, "Seems I'm in for it again, but probably no more than any one of us. So, we do it together and support each other when it comes to it. Agreed?"

Together, "One for All and All for One."

CHAPTER 3 The Test Results

Emotion, "Well it really happened. We really put our life in the hands of The Force and instead of being extinguished and reborn, we're still here."

Spirit, "Wow, I guess we held together. What teamwork!"

Body, "I don't feel so good."

Mind, "I don't feel so good either. By the way where are we?"

Spirit, "Looks like a hospital."

Mind, "Any one remember how we got here?"

Emotion, "After making our decision to hang out with The Force, we got that call from our doctor who related that the MRI for diagnosing our neck pain showed that we had an AVM, an Arteriovenous Malformation which is kind of a cousin to an aneurism and would kill us unless we had the operation to seal off the connection."

Mind, "Yeah, that's right. So I guess that's how The Force responded to our request to hang out. Probably turned us inside out and seeing that we were cool and sincere, put us back into this reality."

Body, "Owww. Not entirely functioning very well. I can't seem to sit up, seeing double and there's seems to be something wrong with our right side."

Mind, "Yeah, and that ain't all. I think we've had a stroke."

Emotion, "This isn't good."

Spirit, "Nope. So, we got work to do. Let's just get to it and get ourselves back up and running."

Mind, "Good plan."

CHAPTER 4

The Start of an Amazing Relationship

The Force, "Welcome my friend. Friendship is what you want and friendship we got."

Mind, "Force, that You?"

The Force, "Kind of has to be wouldn't you think?"

Emotion, "Wow, we did it."

The Force, "You guys did real good with passing the test of being flexible and open minded enough to 'conjure' the positive in all the negative that people see in Me. Remember in the dualistic world there is a positive for every negative and a negative for every positive. It's only when people fail to perceive this balance that conflict develops due to the lack of appreciation for the polar opposite."

Body, "But why do we have to be hurt like this?"

The Force, "Let's apply the rule of polar opposites that I just shared. The negative is the pain. The positive is that by wanting to relate with me you asked for it didn't you? It's all part of having a relationship with Me. You want this relationship with me to answer your questions, and so I'll be your teacher and guess what comes in the First Lesson?"

Body, "Hang with The Force, experience Pain."

The Force, "Smart cookie. So, here's how it works. Got to handle pain, because I'm in pain, and when you get close to me and want a relationship then you hook up to the pain I experience. Makes sense, right? It's all that We're All Connected stuff. So, that's Life in The Big Leagues. Anyway, you got what it takes to handle the pain. Your whole life has been a training ground of pain to help you to develop the ability to be close to me. Get it now?"

Spirit, "Makes perfect sense."

The Force, "I really respect your drive to understand, to go to places and thoughts that are forbidden if not highly warded."

Mind, "You're right. Figured out early on that things aren't working right so what is "Known" if not wrong, is inadequate and so the existing knowledge is missing huge chunks that need to be added to the equation for things to work out correctly."

The Force, "Exactly, Look it this way also. In your past because you sensed that there was more to reality than you were led to believe you have been kind of like Humpty Dumpty, repeatedly going where society says you shouldn't. Of course with no guides it was inevitable that part of your journey would be losing your balance, falling and breaking apart, only to put yourself back together. Obviously to date no one else could help you. Putting yourself back together is an essential skill for adventurers such as you guys are. Well, this time you get to do it on all levels: physically, emotionally, mentally and spiritually which is going to make you one hell of a team. So, the AVM and the "surprising stroke" puts you on your back and as you achieve mobility and regain some mind function your teamwork will be strengthened with not only your input, but with Mine as well. It'll make you much stronger as a Being and We're going to need that self-proof and confidence in Our Teamwork to do the work We hope for."

Body and Emotion, "But it hurts. Can you take the pressure off such a bit?"

The Force, "It's necessary. Pull this one together and you will be capable of seeing what's really happening and that's the whole purpose of our relationship. It is isn't it?"

Mind, "I'm not working right. How is this going to help the team?"

The Force, "As you learn how to depend upon your partners to assist you, this of course will help you overcome your "need for dominance" which has been a weakness in the past. Teamwork means each position is valued equally with no one part over the others. I know because of the trauma of living life you've taken over out of fear and loss of trust, but yet aren't those the very qualities that you will have to overcome to enter a full relationship with Me? Your current dysfunction will be a motivator to readjust yourself and mold it into a team player."

The Others, "Yeah. You're right. Mind hasn't been very good at listening but in truth there has been a recent trend of improvement."

The Emotion, "What about my part? How is this dysfunction helping me help our team?"

The Force, "For Body and Mind to get well you are going to have to learn how to keep cool under pressure and acquire the skill of managing the anxiety that pervades the teams existence. Remember We need to hold it together as we travel deeper and deeper into the circumstances that hinder the development of Humankind which emanates from the dysfunction of The Lord and Myself. **The key is this mantra, "What is bad can also be good just by finding The Way and then residing in The Center."** This dysfunction has been truly frightening and overwhelming, but it doesn't have to be. That ability to turn the fear into a challenge is what you as the Emotional center of the team have to be able to do for Our team to succeed and this experience will give you plenty of opportunity to practice and to achieve this high level of development."

Spirit, "What about me?"

The Force, "You've got to learn how to be more assertive to achieve your function in Our team. Currently your voice is only heard sporadically and way too softly. So many times your excellent input isn't heard by the team and without that Voice, the team has been far too random in its ability to achieve necessary and challenging goals. You are called "Intuition" by Mind, and act as a second fiddle to the team, which is completely backwards. You are the captain of the team with Mind, Emotion, and with Body as your Temple in the physical plane here on Earth. What good is it to the team to force Mind or Emotion or Body to make the decisions for the team when only You have the connection to The All and the knowledge of how to take proper pathways through Existence? You have to jump into this situation with confidence otherwise Body, Mind, and Emotion will not be able to overcome this dysfunction and the team will be sidelined when it needs to metamorphosize into a full player, a full functioning Being. Stop whispering hints. Stand tall and strong in your role as the vehicle through which both The Lord and I reach out to you and through you to all of Humanity. We're in trouble and we need the help of Humanity to put things to Right."

It's been ten years since the operation to correct the AVM and to recover from the stroke. During these years the team did work assiduously to support each other in this effort. And during this time The Force continued to teach us.

The second lesson was also very painful, but not in a physical manner.

The Force, "There are going to be no changes in the basic laws that influence the behavior of humanity and the way it endlessly recycles."

Us, "What? Then what's the purpose of all this?"

The Force, "To get where We're going We have to accept what is, otherwise any effort to change it only gives it energy to entrench deeper. It's exactly what You did to reach Me in a good way. Remember, only by accepting what I am could you possibly have caught My attention to begin with and because you are not looking for anything from Me like power and control over others, I felt like I'd grant your wish to just hang out and get to know Me Personally."

Mind, "So that's what we have to get through My head, that it's not about changing You nor reality, but it's about being able to add Our input to Life that may have the affect of helping things to come into a better balance. Isn't that right?"

The Force, "That's it My boy, that's it."

During the years of working at this consciousness and to bring it into Our Life The Force stepped up The Teaching. Because of this progress The Force presented a curriculum that taught the dynamics of Life as seen from the other perspective and how they operate to create the outcome of what we experience as our reality.

The Force, "I feel that we are ready for some deep and down stuff. It's clear that your progress is a result of Our teamwork and your increased comfort in Our Presence. I must share that this is quite a unique experience for Me. Most people when they come into these inner teachings can't resist using them for their own benefit and in that way they become subsumed and thus unfortunate agents of Mine. Remember, I am who I am, the Polar Opposite of The Lord. The Lord has priests and I have My minion. Others resist the urge to use the teachings for personal gain and instead have the internal fortitude to choose to attempt to use it for the benefit of their group. The outcome of this delusion is through the use of these teachings the group does rise to dominance and it is just that rise in power that eventually acts as a corrupting agent and inevitably the organization also assumes the personality of My Nature. So no matter how these inner teaching are used, the end result will be the assumption of My Personality as the teachings are a Part Of Me, and of course this only results in a furtherance of the polarization and the development of conflict. So I guess the lesson is Not To Use The Teachings but it is appropriate to appreciate them for the lessons they represent."

Spirit, "Well put. I sense there's more to this. Is that right?"

The Force, "Exactly right dear Spirit. What I am about to share is somewhat mind blowing, so Mind loosen your belt and sit back and relax. Emotion, give a little support here and you too Body. Spirit, stand by. Remember, listen without judgment. I'm an elemental life form and I have been incorporated in The Creation within all our Beings. I am not an external force. All humanity is infused with elements of corruption that we hate when they manifest against us in the form of greed, famine, poverty, war and the loss of loved ones. However much as we hate them, we nonetheless all have these very same capabilities within us and often, by blocking our awareness through rationalization we act upon others, fostering on them these very same wars, trauma, loss and despair. So it isn't "Do onto others as we would have them do to us" instead it really has been "Do onto others as they do onto us." Or even more succinct, "Do onto them before they do onto us." Not a pleasant reality, but we're talking about current behavior and not ideal behavior. That would be in the other Realm. The result of this phenomenon is that

in conflict they feel this same hate toward us that we feel toward them. We of course feel innocent because we have been convinced that they are the enemy and once we accept that, we can no longer be aware of the affects of our actions in our shared lives. Amazing isn't it but the other side feels exactly the same way; that they are the good guys and we are the force of Evil. The Duality running rampant in human society."

Mind, "That's too deep. What would happen if humanity could no longer blame You for the misery in life?"

The Force, "That's very good. What indeed would happen to humanity if it could no longer believe in its own innocence, a delusion that it defends to the death. The key is to become aware of these tendencies without being overly judgmental or self-critical which would only paralyze humanity through guilt. By becoming aware that humanity in part is Me, and what is more, that humanity works cooperatively to achieve power and dominance, thus corruption blossoms, one begins to sense the depth of relationship between what humanity really is and the corresponding self-created experiences that are so distressing to people as life is lived. Of course this isn't a complete analysis for it leaves out the role of The Lord."

Emotion, "I'm feeling a bit overwhelmed and I know I'm supposed to keep us on an even keel. I could use a bit of a group hug right now."

All Together...Hug.

The Force, This is going to get even a bit more weird to hear, yet no big deal because it's all within Us, and I'm just the one whose job at this time it is to bring it into consciousness. Right Spirit?"

Spirit, "Right as right can be."

The Force, "Here it is. The Lord and I are both extremes, Good and Evil. However these two extremes that give rise to Our Conflicts are doing this not because this is Our nature, rather it is because of the way humanity has been taught that this is the only way that We can behave. Think about it. Humanity has been taught this framework not by either The Lord or I, but through the interpretation by those who claim to be able to teach humanity its values: Parents who were taught by the clergy and all those interpretations are reinforced by school teachers. No one on Earth has sat personally in the physical form with either The Lord or I except for Moses who sat with The Lord, but never Me. So what Moses got in the Oral Teachings was eventually lost when they were written down into the Talmud. Since then there has just been endless bickering over the Torah's meaning because when the Oral Teaching were written down, they were lost. The Lord warned about this, but after all, the prohibition was ignored for "good reasons." So everything now is interpreted and all interpretations are incomplete and far from perfect as they are all just some person's viewpoint.

Spirit, "So unless the teachings are presented either by You or The Lord they by definition are imperfect."

The Force, "Close but not exactly for here's the kicker. The next key is to be constantly aware that both the teachings of The Lord and My Own are each only one half of the Whole and each by Themselves are incomplete. It is only by combining The Teachings of each half that We have any hope of achieving a sense of balance and as a result the insight to the overview that dictates the Existence of The Whole.

All Together, "What?"

The Force, "I knew this would be mind bending and totally unexpected however that's how I am experiencing the situation and so I'm sharing this with The Team. So sit back and let me run down how this works.

Let's take a hard look at Duality and the affect it has on humans. This is going to be a bit about magnetism, which like gravity has a tremendous affect on how things work on the physical plane. This physical example will help Us grasp how it works on relationships. Say two magnets are brought increasingly closer, positive pole to negative pole and you probably know that the closer they come the greater their attraction. Contrarily when two magnets are brought closer, positive pole to positive pole or negative to negative pole the closer they come the greater the affect of repulsion. Now let's carry this into male/female relationships. Male let's say is the positive pole and the female is the negative pole, you know, yang and yin. In this case their opposite nature is drawn together. They seek to join and do. Their connection unifies the two opposite forces and in the process of experiencing this pleasure they both lose their individual identity in a state of ecstasy. In this excited state the polar opposites join, the sperm and egg and a baby is conceived. The Life Continuing Outcome of The Union of Opposites. Human's seek this state of being, this sense of unity even when they are of the same gender. However, once unifying, given that they are humans and not magnets, in most cases their egos can't accept the continuation of their loss of individual identity and the moment of intimacy passes. The completion of intimacy with the reformation of identity starts a shift in one of the two poles of either the male or the female resulting in a common pole in both, resulting in a repelling force leading to at least physical separation. This force pushes the two apart and when the push is sufficient one of the two poles shifts again and they begin a gradual spiral back toward each other and the cycle repeats. Very much like breathing: Inhale and exhale. This shifting of poles is why acts of love are so temporary and transitory and acts of conflict can be so extended."

The Team, "Far out. Tell more."

The Force, "OK, since We are still into this let's check out conflict. In conflict the opposite opinions, attitudes and values actually seek each other like a snake does hunting down its prey by tracking chemical pheromones the prey is releasing while the prey goes about its business. Sometimes the imagery can be seen as two male lions combating each other for the female pride. Now this is going to require a bit of a jump but We can manage it. Remember everything is alive so even opinions, attitudes and values have a life force. Their key to survival and reproduction can be seen in their drive to imbed themselves in a symbiotic relationship with humans. In this Seeking, once the opposite is found and as the distance is shortened there is an ever increase in the compulsion in The Force of Coming Together. Now in conflict, while this compulsion gains in strength, obviously in the image of the hunter and the prey, there develops an intense survival compulsion for the prey to maintain its identity and not to succumb to the attack. It is this resistance that creates the conflict. It's the same in the conflict between the two lions. Only one is going to dominate so that its identity can continue through the offspring of the pride. So conflict is an inherent element of life. But watch what happens between a male and a female human when there is conflict over identity. There can be a battle going on in the very act of conception with the declaration, "It's going to be me when we unify." Of course the other person may or may not have the

same issue, but if so then the declaration sounds like, “NO, It’s to be Me!” In this case the struggle for dominant identity results in an incomplete union. Imagine an egg, being the champion of the female struggle for identity and can’t bring herself to lose that identity so that life can commence. Can she overcome her anxiety about the inherent need to open up and to allow sperm inside to start life where the sum is greater than the parts? If the egg can’t bring her self to lose her identity or if the sperm when getting to the egg can’t stand to lose their individuality then life is snuffed out. Woops, all that potential flushed out. In this case conflict results in the loss of life and the future of Life continuing through this couple is in jeopardy.”

Mind, “This is getting a bit confusing to me. I mean I understand that conflict is a natural element of life and in the example of the magnets of polar opposites being attracted and also repulsed makes a great amount of sense in human relationships. But I’m struggling with the egg and the sperm being champions of a human identity crisis. Are we to understand that our emotional issues influence the behavior of sperm and eggs?”

The Force, “Maybe the rest of the team can help in this because I’m not sure how the imagery is failing to relate the essence of conflict and its natural place in existence.”

Body, “Here’s my take on this. A misdirected intent will definitely influence at least our performance. If one part of us seeks to dominate than the performance of our team suffers because each of us can’t synchronize. That happened to us when Mind fell into dominance and ignored the pain messages that I, the body, was being overtaxed. When Mind chose to become medicated to interfere with the capability of pain to alter the behavior then the inevitable outcome was body dysfunction. The body doesn’t want to dysfunction, however when Mind chose to ignore the pain then the only possible way to overcome Minds arrogance was to make it impossible for a continuation of that hurtful behavior by paralyzing the muscles. That, Mind couldn’t ignore. Does this help?”

Mind, “Yeah and I feel bad about that.”

Spirit, “It seems in the case of egg and sperm conflict, that the couple is too immature to procreate and this failure by the egg to accept the sperm or the sperm failing to be willing to impregnate the egg because of the fear of losing its identity is a natural and healthy way to prevent the pregnancy. So in this case their conflict is a safe guard to protect them from assuming a role that they aren’t yet prepared to handle; that being parenthood.”

Mind, “So that means that conflict while seeming to be self-defeating actually can have the positive outcome of protecting the individual or community from a future circumstance which would be unhealthy or unsafe.”

Spirit, “Yes, and that’s why it’s so important for people to be part of a community of people among whom there may be an individual or two that has The Wisdom of how all of this life stuff works.”

The Force, “Well said Spirit and a good conclusion Mind.”

Emotion, “So again the lesson is that to get a true feeling for a situation one has to have the ability to travel through the apparent positive and negative circumstances to arrive at a cohesion that demonstrates and illuminates the benefit of the situation. In this we again are supported by You in our quest to understand the breakdown and now we have a platform for grasping its complexities.”

The Force, “Right on Emotion, right on. You see, neither The Lord or I have been able to work together, so each of our messages being incomplete are causing humanity to be confused and to make poor choices. This whole thing of Free Will and Choice depends upon a complete understanding of Life and while it continues to be easy for Us to tell humanity what We want We have been unable to teach humanity how to do it correctly.”

Spirit, “This all goes to explain the positive nature of the negative as we learned when we were postulating the positive elements of what is viewed as such damaging traits of humanity: Greed, jealousy, anger, etc. I guess it will be up to The Lord to explain the negative nature of the positive.”

The Force, “Hopefully. So in comprehending these dynamics of attraction and repulsion we simultaneously come to grasp the inner workings of conflict. The outcome of this interaction is the creation of energy and its focus. The Creation of Energy and its Manifestation is another way of describing Life. So, one can view Peace as the moment between the contraction—the coming together—and expansion, the pushing apart. So also in this way you can begin to grasp that my role is a natural part of The Whole. When there is the intent to interfere with My Work, so too is life interfered with. But, it isn't the intent of conflict to spiral out of control into warfare or conquest to the level that it extinguishes life. That is the result of the failure of both My Self and The Lord. But we'll get to that later when we build our foundation of understanding sufficiently. So enough for now. Let's take a break and you guys will have a chance to get some rest. There's more that will help, but for now enough.”

CHAPTER 5 Needing a Break

Mind, “This is so helpful. This is the stuff we really need to be helpful. I can’t believe that it’s really happening. But, for sure it’s time. Where before we weren’t developed sufficiently to receive this insight, and yet somehow in this lifetime we now are. All the suffering that humanity has suffered through, since the beginning of human life, just because we weren’t ready.”

Emotion, “It’s beyond me to grasp how this couldn’t have been “downloaded” into the genetic makeup at the very beginning so that all of these “errors” could have been bypassed. That really sucks.”

Spirit, “Now, now Emotion, let’s take it easy like The Force suggested. We have been downloaded with a lot and especially because of your role in our team it puts a great deal of stress on you. Somehow we have to grasp all of these intricacies and being that you have to handle the “overload” a bit of self patience would be helpful now.”

Mind, “Yeah, Spirit is right, got to take it one step at a time. Listen Emotion you’re right also and you’re got a point that I hope will be revealed as to why some of this couldn’t have been part of our hardwiring. Still, because it hasn’t been until now, let me reassure the team that I can do it. I just need to give myself a bit of time to integrate it throughout Our neuronets.”

Spirit, “That’s right. You’ll do it and do it better just by slowing the process down a bit so that our nervous system can realign to carry this increased function of knowledge and awareness. No rush as The Force controls Time sufficiently to keep us “on schedule.”

Body, “Great. I definitely need to get some sleep. Got to keep fit so that I can keep us all together.”

The Force, “I’m really liking how your communication and support for each other is developing. I might even say that I’m liking you guys better and better and I guess I’m feeling a bit more optimistic that this partnership has some real upside to it. So, just let me know when you’re ready for some more.”

CHAPTER 6 Getting Some More

Spirit, "We about ready?"

The Team, "Yeah."

The Force, "You guys seem rested so let's continue with the function and lessons of duality and the benefit of viewing the polar opposites without judgment. Let's take a look at what we might call a healthy interpersonal relationship. It is in the intended regulation and moderation of the cycle that allows health to thrive. You know, that intended momentary heightened stress and the release of that stress can be a spice to the relationship such as experienced during intercourse. However, uncontrolled extended stress can lead to an explosion of emotions fostering a collapse in security and an overwhelming feeling of vulnerability. The positive side of too little stress leading to boredom and a drop of energy is that it can excite a need or a want and satisfying that drive can improve the health of the relationship. However, failure to satisfy that drive can lead to frustration and a deterioration of the relationship."

Mind, "So, stress that has a positive outlet supports a healthy relationship and failure to provide a positive outlet may lead to an uncontrolled negative outlet. Also, the failure to release the stress can foster frustration that can develop into negative unresolved emotions like anger and resentment."

Emotion, "Easy to know but so difficult to anticipate. I always get the blame when the emotions become stormy but I'm not the cause of this experience. Again it sucks that the ability to balance the stressors are not hardwired into humanity."

The Force, "Both of you have grasped the essential nature of conflict. It is exactly the force of Duality that results from the lack of awareness and consciousness that you say, Emotion, should have been hardwired. So why wasn't the ability to manage stressors hardwired? And because they aren't why is it so difficult for humanity to accept this and develop skills that can be used with intent to anticipate the situation and thus to be able to regulate with awareness the levels of these stressors that lead to conflict?"

Spirit, "Am I correct to suggest that we have come to the core in which we will receive a part of what has been missing, the other part to come from The Lord."

The Force, "Exactly. Well, not exactly, but let me say a core part of the core part. We're not anchored sufficiently yet for the remaining part that I can share, but we're on the way. Duality is an outcome and not the Primal Cause of conflict. Once created though, Duality becomes its own primal cause of conflict, but again it didn't create itself. Grasping the essential need for moderation in order for a healthy relationship to thrive is easy for Me by looking at my dysfunctional relationship with The Lord. This allows Me to see how out of balance We are thus giving rise to Us being The Two Elements of Conflict. Adding to Our Conflict is the role of The Lord's priests who have taught humanity that The Lord is Good while they have taught humanity to view me as Evil. In My experience I am as essential as is The Lord, however The Duality somehow deludes The Lord and thus The Lord fights any attempt I make to have input to the happenings. This is The Cause of Our serious imbalance where The Influence of One-Half takes control, and by seeking control, inhibits the full flow of The Life Force. This strangle hold by The Lord forces Life to fight for Its Life and that's why I am forced into conflict with

The Lord. Life calls me as I am the half that is being cut off and yet Life needs me also in order to Live. The Lord just doesn't get this. So, yeah, I do all sorts of things to reduce the hold that The Lord has on Life. But rather than getting into this further at this time let's continue. I do hope that you will discuss what I have shared about My relationship with the Lord as an understanding of the need for balance that life requires. The Duality's teamwork needs to be much improved and this is why you have been called. It is through you that hopefully The Lord and I can come to a better way of relating."

Mind, "Wait a second. This was pretty heavy what you just laid on us. Don't you feel that we need another break in order to collect ourselves before just moving on to more?"

Emotion, "I agree with Mind."

Spirit, "As I do."

Body, "Me too."

The Force, "Alright. You are showing a good amount of maturity in asserting this need. I'm proud of you. OK. Another Break."

CHAPTER 7 Another Break

Mind, “The whole thing about balance, well, this I agree with whole heartedly. I guess that’s what the whole part The Force shared with us earlier was all about. The behavior of magnets and the coming together and the separating dynamics and how this is a good way of understanding how relationships form and function. So when The Force now throws in the relationship with The Lord and how The Lord’s evident dominance at least in view of humanity viewing The Lord as the Good Guy and The Force as the Bad Guy well it makes me confused for some reason.”

Emotion, “Yeah, it makes me feel uncomfortable and I’m feeling that we are being drawn into something that feels over our head.”

Body, “To me I feel all jangled up. Our nervous system is vibrating too hard and our muscles are twitching spasmodically. This isn’t good for us.”

Spirit, “Body, Let’s take a few deep breaths. It’ll help in calming down.”

Body, “OK.” *A few breaths later*, “That did help. Thanks Spirit.”

Emotion, “I feel a little better also, but I must share I’m still feeling shaky.”

Mind, “Hmm. It’s pushing me over the edge to hear The Lord spoken about in this way. It seems sacrilegious. I mean I understand the need for balance, but everything I’ve learned before sitting down with The Force, makes me side with The Lord. Now, with forming this relationship with The Force everything isn’t so clear, black and white.”

Spirit, “We kind of anticipated that meeting with The Force was an exceptional undertaking. Let’s remember our purpose by accepting The Invitation. I feel too that we are slipping into the influence of The Force and of course that isn’t anything new when someone makes contact willingly or not. Still we have opened ourselves with intent to that influence so that we could better understand The Force’s viewpoint as we hope to do later when we somehow get the opportunity to meet with The Lord. What is so helpful is that we’re getting educated about relationships and it is only when it is applied to the relationship between The Force and The Lord that we get shaken up. Applied to any other relationship, well I doubt we’d feel anything like this. Does this make sense?”

Emotion, “Yes it does, but we can’t just throw everything we were taught into the toilet. A certain amount of skepticism is warranted, but at the same time we are not here to debate or defend a point of view, so I guess I’ll have to do a better job of keeping our balance. Sorry Body. I didn’t mean to shake you all up.”

Body, “Thank you. Apology accepted.”

Mind, “While I’m somewhat confused by The Force’s point of view, you got to like the way that The Force offers us the opportunity to share our feelings and viewpoints with each other. I like that. It feels very respectful and supports our effort to improve our teamwork, a teamwork that may be a role model for The Force and The Lord. Our effort to work out our concerns in a good way demonstrates its possibility.”

Spirit, “The Force has been maligned in the role of the cause of all of humanity’s problems and it’s a tough situation to be in. Even if it is in part warranted, The Force is part of The Whole and I wonder if The Force was created for just this role, for if The Lord is Omnipotent how could The Force exist otherwise?”

Mind, "So far I feel that we have been treated well enough to continue on with opening our self to this input, difficult as it may be to integrate. I would like to continue on."

Body, "I agree."

Emotions, "I agree also."

Spirit, "It is a pleasure to venture forth in such company."

CHAPTER 8 Relationship's Complexities

Mind, "We really appreciate the opportunity to call a break anytime we need to. Doing so helps us a great deal in supporting our effort to understand as a team what is being shared."

The Force, "Good. So let's move on. It is my experience that the most difficult part of being in a relationship is the fear of losing it. So, getting back to the polarity, instead of thinking of how this dynamic can be controlled or used, it's important to just be aware of this and not to resist the separation which is a natural part of magnetism. Remember when enough distance is created, the pole on one of the partners will shift again to the opposite pole and the two will be drawn back together. If one resists the shift in human terms then there is the generation of hurt feelings, confusion, judgment, resentment, and the need for vengeance.

Unfortunately this isn't taught to people so in ignorance they fight this process. Even if one knows it and anticipates it there is a great deal of subtlety in how the separation occurs. Basically when the stress of being close builds up as it does naturally, the shift in poles actually takes place in only one of the two partners and that 'innocent partner' will be unaware of this change and be unable to acknowledge it should the other partner point it out. As the 'innocent partner' is affected by this shift and the resulting increased conflict is created, the 'innocent partner' will become reactive to any suggestion that the shift is taking place and this reactive behavior will convince the "innocent partner" within whom the shift occurred that in fact the shift is occurring in the other partner. This usually is enough for the two to lose it and in the ensuing argument the required space is created."

Mind, "So is this what happened in the relationship with The Lord?"

The Force, "Basically."

Mind, "But I was taught that The Lord is All Knowing so how is it that this wasn't known?"

The Force, "The million dollar question. Be patient and in a while I'll be able to get into that."

Spirit, "As this gets deeper it seems that we are moving closer and closer to The Center of The Whole."

The Force, "That's the purpose of our getting together. Don't you think that by being put on the outside as I have been that I haven't tried to get closer to The Whole? What's really amazing is that We are able at this time to explore and grow in understanding such that in our improving ability to relate together, this very hope of getting closer to The Whole, is being fulfilled. So let's continue on shall we?"

The Emotion, "This is getting exciting."

The Force, "The problem is that because this all isn't hardwired into humanity, and given the omnipotence of The Lord and whatever part I play, and the statement that humanity is made in the image of The Lord, it can be hypothesized that it isn't hardwired into Us either. I mean to say that Humanity is incorrect in its belief in the image of The Lord being The All, while in fact that there is a significant part missing in Humanity that can't come from The Lord alone. That's where I come into the picture. It's My Part that

is missing and it is Our Joint Hope that We can break the image that Humanity has thrown Us into that being of Duality and the inappropriate polarization of The Whole into two conflicting parts, that of Good and Evil. This absolute 'illusion' of the inherent nature of both the Lord as Good and Me as Evil is blocking our effort to make progress in order to integrate back into The Whole. It is this power that humans have, in what and how they worship, that influences the 'reality' of Our existence. Certainly if Humanity didn't believe I am Bad, then very likely I wouldn't appear to be behaving in that way. It's so like in a human family where children become how they are perceived. Again, more about this in a little while. Let's get back to human relationships. I wonder if you guys have grasped enough of this so that We can come up with a strategy to utilize what has been shared and learned so far to form a working model for improved relationships."

Mind, "I'm not sure. Perhaps you could share some more first as to how You see this can be done."

The Force, "OK. I can appreciate that. When neither partner is aware of this natural dynamic of attraction and repulsion and those who care about the couple have no insight either, the outcome is never attractive. Unrecognized feelings of inadequacy and guilt infuse the relationship as the shift in poles takes place and the force of attraction becomes one of repulsion. The 'innocent partner' feels betrayed and blames the other partner who is unconsciously experiencing the shift, and the partners feeling their partner's withdrawal react to it also with blame thus reinforcing the separation further.

Looking at their relationship it's clear that when caught up in these dynamics the two partners are alone and lost. Instead of consciously being able to moderate their feelings and accept the natural aspect of the shift and the need for space, a result of the repulsion, they fight. When the shifting is an unconscious activity the shifting will cause one or both parties to fight the natural social physics of repulsion leading to greater resistance of the two common poles resulting in further futility in their struggle to remain united. This leads to a further sense of loss and desperation. Forcing themselves on each other in this desperate act to hold onto the diminishing force of attraction leads to an increase of stress and once past a certain point, the attraction collapses. This drive to keep the unity without the understanding that the cycle is a natural outcome of union, will manifest in greater and greater disharmony until the maintenance of the relationship is untenable."

Mind, "So what can be done about this?"

The Force, "The challenge for humanity is to learn and remember these dynamics before attempting to form a relationship and to develop a coping mechanism that will moderate the potential disaster of the inevitable cyclical force of attraction and separation. When one is aware of this dynamic and the shifting of the poles does take place to cause a separation, it is incumbent upon the couple to exercise a conscious awareness of the timing of this dynamic so as to prepare themselves for the temporary separation; until the poles shift again once sufficient space is gained. Should they be able to do this, the result will be that the couple, when the separation takes place, supports the change and thereby the required giving of space is supported, encouraged, and appreciated. In this way the couple is strengthened rather than weakened by the dynamic shifting of the poles. Of course, one must have confidence

that once enough space is gained that after a short time one of the poles will shift again, thus creating the force of attraction to again take hold. Remember, it's like breathing."

Body, "I'm getting tired again. I mean it's all so fascinating and meaningful, still I need a rest. How about the rest of us?"

Emotion, "Yeah, I'm about tapped out for now."

Mind, "Me too."

Spirit, "Let's take a break and get some food and then maybe a nap. Once we're refreshed we'll be more alert for more."

CHAPTER 9 After the Refreshing Break

The Force, "How you guys feeling now?"

Body, "Better."

Mind, "Ready."

Emotion, "Rested."

Spirit, "Wide open."

The Force, "Great. Now, We going to look into the nature of the Self, which encompasses the union of the four of you. This is going to be about not only who one is but also in how one functions. To do this and make things more easily understood I want to introduce the benefit of connecting imagery to the physical laws and seeing them in operation within the mind.

To start, I am suggesting that in this journey it is important to keep in mind that the mind is the originator of Science and Technology. This implies that the mind as the creator therefore has to be inherently superior to that which it creates since what it creates can't in turn create its creator. (There is a caveat though and that is as the mind externalizes it's functions into a physical operation say such as the computer, then as the mind depends upon that externalization, that part of the mind that provides that internal function starts to atrophy due to a lack of use.) To push this a bit further then, the mind operates in dimensions far beyond that of any physical creation and thus the physical laws are subordinate to those of the mind. While the physical plane operates strictly on polarization and two dimensions, the mind can operate on many and simultaneous planes and as such is more complex. Because this is not how life is taught by humans and instead the opposite is being taught resulting in Science increasingly becoming the New Religion that one has to believe in order to rise up in your common culture. All that is really being taught in schools are the elements of science and as perception of life is ever more increasingly viewed through the lens of science its presence subsequently increases and manifests more and more tools to replace the mind's functions. Humans being born into this existence are acculturated to this life experience and thus the inherent broad and integrated capacity of the mind is being strictly limited by Science and its repeatable observations of cause and effect. The Credo of Science is 'If it can't be measured and the outcome repeated, it isn't real and therefore it is nothing more than an as yet undetermined possibility.' Man that's really limiting and the mind being caught up in this belief is becoming obsolete in its role in daily life.

So to really grasp this and to get a handle on the true capacity of Our minds We have to start where We have put Ourselves and track Ourselves back to the beginning. In this effort We will explore the physical laws and ride them so to speak back into the mind to see how to unshackle Ourselves from the grasp that the physical laws have on Us. This will help us become conscious that Science can in fact govern the human dimension if we believe that this is all that exists. Pretty much like how things are viewed today."

Mind, "But that's how things are with the human mind externalizing into technological tools such as computer's replacing me and my ability to compute numbers. I have a fantastic ability to remember but look what has happened with hard

drives and servers holding memories that I in the past I could easily do. Unless I practiced remembering on my own, that part of me would have atrophied as it has in so many of my peers.”

The Force, “Exactly. So we need to look at the benefit to this culture for Science to repress these extendable normal functions of the mind and how that affects our effort to bring balance and harmony back into our lives. Check this out. It’s all about power and control. By limiting the function of the minds of a people the power elite can then more easily control and manipulate those people. Perhaps that’s also the reason for the imposition of the story of Adam and Eve and the consequences for them when they ate the fruit from the Tree of Knowledge. Certainly a catastrophic and traumatic punishment that seems to have passed through history to the present day. Just check out the challenge to the revelation that Global Warming exists by those who would repress such knowledge. And when they can’t fully repress it they denigrate their own Science for its revelation.”

Emotion, “This is all very upsetting and though I understand how and why power’s purpose is to expand its influence, in the end, throughout time, civilizations have risen and fallen because of their failure to live in harmony with nature. The civilizations over cultivate, pollute air and water, and use up all sources of fuel. In this way they undermine the foundation that their civilization depend upon and ultimately the make themselves extinct.”

The Force, “That’s where the concept of faith comes in. It masks the reality and requires blind adherence thus stripping the mind of its function to learn and understand. It is only through the mind’s ability to cast imagination into little or unexplored arenas and then to receive in return amazing insights that awareness and consciousness can expand. This is how We can evolve. This process is being inhibited and anyone who projects an expanded view is marginalized as unstable and untrustworthy. What We are doing together as we explore this, is the process of reasserting the mind’s ability to manage itself in a good way through the formation of the partnership that makes it up; the teamwork between Us.”

Mind, “So while Science is an externalization of mind’s ability it is also a map that leads us back into our full potential because anything that is externalized exists simultaneously internally with us. Hmm.”

The Force, “Because The Whole has been polarized into The Lord and Myself with the ensuing conflict that results from the magnetic elements of our nature through attraction and repulsion, We are challenged to imagine a way to still make this work so that conflict doesn’t inherently lead to warfare, destruction, famine, and abject poverty for so many. So let’s use the principle of polarity, specifically the concept of magnetism and the rules of attraction and repulsion to travel deeper into our Mind.

To develop a human relationship model that functions beyond conflict, the result of the Duality, the key is to introduce the third dimension into Duality and the rules of polarity. To do this we will use physical imagery as suggested before. Let’s take a look at how the third dimension Warm is made out of a combination of Hot and Cold, the polarity of temperatures. The image that carries this so well is that of The Shower. In order for a shower to works as we are used to, there has to be both a source of hot and cold water; the polarization of heat. Hot and cold is a state of dualism. However to make the shower function we have to bring both hot and cold water through a medium that

mixes the two and renders the water warm; the temperature that is ideal for showering. So, this state of warmth is the third dimension; a result of having a mechanism, the shower, to merge the two extremes, hot and cold, in a safe and functional manner.

What is so important about this imagery is that in the shower there is no conflict to the presence of hot and cold; there is no seeking or drive of one to dominate the other. Both emanate from a secure and separate origination site that allows them to maintain their integrity. As each is the primary source from which both of them extend just a fraction of themselves to be mixed as they congregate and pass through the shower head, they now exist in two states: one being their source and the other being where that small part of them mixes with their opposite thus hot and cold create warm. In this way we can image, without conflict being part of the dualistic dynamic, the maintenance of the necessary existence of duality coexisting in their proper role and as a result their ability to merge within a third dimension. It is in this safe and coordinated mixing where warmth is created; a sustaining and balancing force for functional relationships. This model of the shower then can be a guide to the proper function and balance within the necessary existence of Duality as it applies to human relationships. Each person entering the shower then has free will and choice in how to moderate the two temperatures and this experience is essential for humans to grasp the significance of living in harmony as long as they build this variable into their relationship. For children, their parents are the two handles and it is through their proper moderation of the male and female influence that results in a harmonious family. This implies that children must at an early age be taught how to help their parents keep in balance through the free will and choice of all family members to support each other's proper role and function."

Spirit, "Then the general concept of parents guiding the children while accurate is nonetheless missing the reciprocal function of the children in providing the parents with feedback that supports the parent's proper balance and function. Then the whole concept of family can emerge. So the concept that children should be seen and not heard has led family life far from the path."

The Force, "Right. There are many values that are taught that do not support Free Will and Choice, the two essential elements for healthy relationships to develop. It isn't the Duality that creates dysfunction as it has its proper place, but unless it supports the development of the balance, or the third dimension, it inhibits or prevents the potential of Life. The perfect example of the excellence of The Duality is in this formula: Woman + Man = Baby in which the Duality fosters the third dimension, Life. In our world the influence of Science is out of proportion to the influence of Feeling. The result of this imbalance is the improper positioning of society's multiple team members and the terribly over utilization of resources. So we, like all previous civilizations, now threaten our own existence. The threat is within. In the shower should the hot water dominate the cold the outcome would be at the very least painful. If we couldn't get out of the shower or we couldn't moderate the flow of water our life would be endangered. That's exactly what is facing us as a Society, and because I am part of The Whole, it is a threat to Me as well. I couldn't exist without humanity and if humanity wipes itself out, then?"

Body, "I can relate to everything you are saying. For so long Mind and I were out of sync. and as a result we were beginning to fail because my messages to Mind were not being heard. This isn't to blame Mind, because Mind didn't create the chaos. Self

was brutalized by family and culture resulting in a complete breakdown in trust and so Self through mind took over in a desperate effort to continue to survive. Still, we were lucky that I was able to finally break through. So too with humanity. It's lost most of its ability to listen and is flailing its way through existence in increasing chaos."

Spirit, "Very insightful Body. Very insightful. Force, it seems reasonable to apply Your teaching to our relationship. The bottom line seems to be that any view if extreme is completely out of balance and the outcome of adding power to that view always gives rise to an act of aggression. So, given that You are always viewed and presented as Evil, setting you outside of proper human endeavor is a misleading presumption. You are as necessary in the image of the shower as is The Lord, for it is only in the proper integration of Your Natures that life on Earth can truly thrive. It then seems that people might benefit from choosing to begin questioning some of our long held beliefs and assumptions, which if we honestly look at, regardless of our intentions, have turned out not so good for so many."

Mind, "Very good. Also let me suggest that it is important to truly grasp the necessity of the essential nature of The Force, which in the model of the shower is as you just stated, essential as The Lord. Also, what is very critical to us is that by accepting the True Nature of either The Force or The Lord it seems clear that we need to stop viewing The Force as Bad and The Lord as Good, but rather as both being essential as the two halves of The Whole. It is only when either is blocked or inhibited from having input to the mixture of life that renders either of Them as so disturbing or threatening. This is most easily seen from our upbringing as to the Nature of The Force."

The Force, "Oh very well put. When I am inhibited from contributing to the mixture of life I do become dangerous. It would be like blocking the smooth release of tension when two earthly plates pass one another. By blocking one or the other the pressure builds up until its sudden release in a devastating earthquake. If I am the heat in the shower it would be like jumping into a volcano. If The Lord is the cold water it would be like jumping into the Arctic Ocean. People do this all the time in ignorance and then they scream how it's unfair that one is either burned or frozen. Sure, I am not to be normally encountered in My pure state, just like water in a hot water heater. The same for encountering The Lord in that pure freezing state. So in both cases getting too close to either extreme is a danger to Life, yet both of Us exist and need to exist so that Life/The Shower can function and prosper. Of course, at this time the model of The Shower has yet to be introduced to humanity but its time has come."

Emotion, "It feels like we are on the cusp of something amazing and yet so challenging."

The Force, "Yes, that's about it. So, what I am about to share now is what will carry us to The Promised Land, if at all possible. But before we go there it's likely that We all could use another break and get some more nourishment and then some rest. I'll see you guys soon."

CHAPTER 10 The Home Stretch

The Force, "Ready?"
All Together, "Ready."

The Force, "OK, so this is going to be a little over the top so it will be helpful to look at what I'm about to share as One View of many. Still it is my experience that I will be relating and I expect when you meet up with The Lord there will be collaboration. What I'm sharing is about the cause of The Duality and the moment of Its Happening. As you read in the Creation Story there is a part where I'm cast out of Heaven. Well, this was just the last moment of a Crisis. You see, at one point before The Duality The Lord and I were One, just like the four of you are One except you have learned to openly communicate with each other and with Me. Now listen carefully. The All, The One, is The Creator and due to some remarkably unfathomable phenomena The One was Shattered and in The Shattering The One became Two, Dual, with the Creation of Me and The Lord as Polar Opposites. It is My guess that The Shattering will continue to be unfathomable until such time as The Lord and I are able to reintegrate into The One."

Spirit, "This is making so much sense and could explain the dysfunction that you exist within and why The Whole, which is missing a part of itself, that Being You, The Force, isn't working right."

The Force, "Thank you. It was only as the result of The Shattering that either The Lord and I came to exist in our unique identities as what is called Good and Evil. This name, Evil with My being unwillingly cast as the "Bad Guy" is so supported by an unkind press within the Bible, The New Testament and the Koran. It is a terrible misrepresentation of The Way things are, and yes I admit I feel a bit resentful. I also can admit that I can be immature and vindictive at times. Well, Who wouldn't be? It's not fair. Just look at The Lord, the representation of Good. But how good is The Lord when every time Good interferes with people and a new religion is formed that it leads to a Holy War? And how about before this with The Great Flood and the extermination of all life but for Noah and his family and two of each kind of life? Can't say the Christian's Inquisition and the Crusades brought a lot of Love into Being. Can't say the Islamic Jihads spread Peace, Love and Harmony either. Can't say the Hebrews marching into the Land of Milk and Honey with the slaughtering of every man, woman and child living in the cities was promoting Spiritual Unity. Yet, all of this is glossed over by Humanity due to the required faith of the Goodness of The Lord. To be fair, all of this conflict and terrible suffering isn't Our Fault because it is a result of the complete imbalance that resulted from The Shattering and now Death has become the Real Ruler of this Planet. It wasn't supposed to be, but it Happened.

Remember, that My being cast out of Heaven was just the last moment of what We were experiencing, which was Our Failed Struggle to Reunify. In the Shattering of The One, the Rules for Life were altered and have continued to be altered to this day. Since the time of The Shattering the Rules now require the existence of conflict. So, no matter how hard people work for Unity, it can at best only last for a short while before the conflict reasserts itself. With The Shattering, so teamwork was shattered. Given that both of Us as the positive and negative forces have no means through which to engage

in a harmonious manner yet we can't help but to try to Reunify. Unsuccessful so far and this all resulting in each of Us being dismally dysfunctional in our separate states."

Emotion, "Wow. This is all so incredible. It seems then that it's hopeless if You Guys can't get it back together."

The Force, "True. So True. Yet, it can't be impossible. It just hasn't been the right moment for this to happen, this reunification. Just like The Shattering just happening. No warning. Kaboom. Just like that. Eventually another such happening will occur and just like that, no warning, Unification. Can't Wait."

Mind, "Wait? You mean just endless chaos and suffering. Well that would mean a whole lot more of The Same?"

The Force, "Maybe and maybe not. As long as I am viewed by Humanity as repugnant and feared then the separation of the dual nature of The Creator will be reinforced and sustained. Here's a bit more. Perhaps it will help. It's about what it was like before The Shattering. It was only with the Splitting and the subsequent emergence of The Duality that Life had to consume itself in order to exist. Before Duality this need to consume didn't exist and Life existed in glory and infinitely. At will, Life could choose to exist in any multiple of forms. There was no separation from The One, just elements of Creation in varying combinations. But then with The Shattering and the Polarity of Duality, Life and Death came into being. Infinity became finite and the swirling Beings became individualized and lost their connection within The One only to find themselves lost. Without the connection 'Reality' became transformed in which it became necessary for the strong to consume the weak to support the continuation of life.

This was a Great Moment of TRAUMA, something like what a baby experiences upon birth. From that moment on and there ever after the baby Being seeks to rejoin."

Mind, "Nothing healthy then can come out of this division. Our work is becoming clearer. Because You can't unify, still if we apply the image of The Shower we should be able to get a more functional existence by unifying at least part of You Two without threatening The Duality. Somehow we have to come up with a way of creating the Shower Head so that Life on Earth will come into a better balance."

Spirit, "Mind, that was very well put. While this all seems so mysterious, there is some cohesiveness in all of this. Remember the magnets and how opposites attract, however at some point one of the poles switches its polarity and at that moment the magnets repulse each other. This is like The Shattering when What was Unified suddenly becomes Separated. It's strange though that neither You nor The Lord can grasp this."

Emotion, "It's all so similar to the way we humans can see the solutions for others but our own issues are so mysterious until someone else helps us to see what is happening and teaches us how to change."

The Force, "Hmm. It's hard to believe that through The Shattering The Lord and I have become so limited, but of course each of us is only Half of The Whole. Makes sense. Anyway, by Ourselves, being only Half of The One, We aren't nearly so All Knowing as we sometimes like to believe as when We were United."

Body, "Form is important even if It is The One, The Whole where Everything and Nothing exists simultaneously like The Universe and The Black Hole. So, like in Life and Death they only exist during The Realm of Duality, one following the other seemingly forever. So as in The Black Hole Everything within Its influence is swept in, Death, and

at some point is spewed out as The Rebirth of Life. OK, so somehow this Shower Head where The Polarity merges into a functional whole must manifest in our Life.”

The Force, “Well Body that is the perfect introduction to what I would like to suggest for Us to consider. What would you say to this? While The Lord and I are two halves of The Whole we nonetheless can’t directly communicate to each other without a major conflagration of conflict of which I have had enough and so too do I believe The Lord feels the same way. We have a need for an intermediary. Would you guys like to help negotiate a Truce?”

Mind, “Huh? Us?”

The Force, “Yeah. You guys. Who else?”

Emotion, “Do we have to do this alone?”

The Force, “How can you be alone? Now that you’ve formed such a great team, of course there are the four of you to support each other. And remember I’m with you too as part of The Team. Wasn’t that the whole purpose of you befriending Poor Lonely Me? What else do you have to do? It’s just a bit more of all that you have been doing since your Awakening. You be The Shower Head and We’ll Flow through You.”

Mind, “You know as wonderful as the Shower is and true as it is that the polarity meets cooperatively as it flows out through the Shower Head, there is the question of Who works the two handles to establish the temperature of warmth that merges between hot and cold. It’s clear that neither of You can perform that duty.”

The Force, “I guess then that leaves it up to you, doesn’t it. You don’t see anyone else here with us do you?”

Spirit, “A State of Separation and yet a simultaneous state of Union. Would there be enough Trust for each of You to allow us to determine the mixture that would be most comfortable and functional for humanity?”

The Force, “That’s what balance is all about isn’t it?”

Mind, “Right. And what keeps me in balance?”

The Force, “Astute question. Of course and don’t forget there is a check and balance in all This as either The Lord or I as the Source for each of our polarity can cut off our flow should we sense an unexpected problem developing. Each of the Three of Us, You, The Lord and Me, are still individualized and have the power of choice and free will for this cooperative enterprise. Trust is essential but as we’ve never worked together in the physical realm so perhaps it would be best to do a good deal of practicing before We brought Our Show to Humanity.”

Spirit, “So our role is that of the Shower Head, or the Spokesperson for our team.”

The Force, “Your relationship with each of Us and The New Reality that this will cause requires you, as the Shower Head to be in the Spokesperson’s role and it through this assumption of role that The Lord and I can in part unify and get back to at least a semblance of what We were when We were One.”

Mind, “OK. I feel like this is a kind of an opening and yet You got to know that I don’t have this kind of relationship with Your other Half. A bit hard to get close to You know Who.”

The Force, “That’s a problem. Another problem is that The Lord dominates the control of This World and may not have enough trust to want to share Its Power even to be part of a Larger Whole again. Still, from my experience, The Lord knows that we are

engaging in this discussion and seeks to be part of the outcome and therefore hasn't set up any significant roadblocks to our getting together. You know that reconciliation is the goal, but to attain this goal steps have to be taken that will lead to success. I suppose the first step is for Me to request that you are able to safely come into The Presence of The Lord."

Spirit, "So this development strongly suggests that We have chosen to become a Team and to increase the strength of Our Team we would now like to have the participation of The Lord so that Our Form, The Showerhead, can manifest for the good of Humanity and all Life."

The Force, "Correct."

Spirit, "Hmm. We're going to have to see what happens with The Lord making us an exception to The Rule that no one of humanity being allowed an audience."

The Force, "I guess Our Team needs to have a Persona, you know, a name that resonates well with the hope of Humanity. Hmm. I know, what about The Team being named, The Messiah. That's it. I'm sure that The Lord will want to be part of This. Like Body said, there has to be a Form that can be recognized in order for this to happen."

Emotion, "Messiah. We're no Messiah."

The Force, "How do you know? Of course, not alone, but with Us as part of The Team, it could be. Besides you are quite unique and far beyond your own awareness. How else do you explain your being able to get so close to Me without Me sucking your soul like a lollipop?"

"Emotion, "No, no. The Messiah comes and there is supposed to be the call of Trumpets and Flutes and perhaps a wild light show in The Heavens. Things like that. You know what people do to someone who goes running around proclaiming that they are The Messiah. It ain't good."

The Force, "That can all be arranged when it's time to explain this to The People."

The Mind, "Well this is a bit much. I just wanted to hang out with You and learn and maybe have some fun. You know. Like friends."

The Force, "You mean for the Impossible to occur. Well, it looks like it's a happening and what does that make you?"

The Spirit, "All kidding aside. It would be best for You to send a message to The Lord that we'd like to meet in some good way. As you said and as we suspected that The Lord is very aware of our meeting and has condoned it. But since we can't approach The Lord directly until an exception is made, we'll depend upon You to get this to happen. Besides I can't imagine The Lord actually having such a good time with things as they are. I'm sure every time The Lord looks at what has become of The People there is a feeling of shame and frustration. Got to be also kind of exhausting dealing with all the Prayers that keep flapping their way up to Heaven. Perhaps some good home cooking and company would do some good."

The Force, "Can't hurt to reach out. I'll send a request for a meeting and you do your thing; a thing that really is quite good as far as I'm concerned."

Spirit, "Cool. We'll keep each other in the loop."

The Force, "Will do, Little Buddy."

Body, "Speaking of some home cooking. Would you like to try some? I make a mean pizza."

PART 2
COMING TO THE LORD
Introduction to Coming to The Lord

*In Part One of **Unifying – Conversations – Coming to The Force I**, Jonathan's Self established a more functional relationship of Teamwork with Spirit, Emotion, Mind and Body the other major elements of our self. As this was going on Jonathan and the team, which makes him up, met with The Force who spent time with The Team sharing the viewpoint of creation and existence from The Force's experience. During this process The Force became a member of The Team; the purpose of which is to assist The Force and The Lord to reconcile their differences in some good way, a goal that they have been unable to reach on their own. In addition, a very challenging "revelation" was shared by The Force and that was at one time G-d, The Creator, The One was shattered and split into A Duality resulting in Its Manifestation as The Lord and The Force each being half of The Whole. At this point let's listen into their conversation as they review their experience along with The Force.*

In Part Two, Jonathan as The Team made up of his mind, spirit, emotions, and body meets The Lord. At this point of Jonathan's direct introduction to The Lord The Team is without the direct presence of The Force who is now also part of The Team. The decision to exclude The Force in this meeting is based upon the Splitting that prevents direct interaction between The Force and The Lord. It is the hope that this obstacle can be overcome in part through the introduction of the unifying imagery of The Shower.

CHAPTER 11 Astounding Insights

Mind, “Previously I was still struggling to give up my dominance in our teamwork which was somewhat short of exemplary. Still, not all that bad as I have recently been working hard on convincing myself to listen more to our partnership. I know that our progress was a result of the supportive input from The Force and indirectly at this time also from The Lord Who through Spirit awakened in me the impulse to direct my energy to improving my part in cooperating as a team player. As a result, perhaps of this conscious effort to share the power, The Force and The Lord became encouraged in reaching out to us to assist Them to a reconciliation in Their relationship with the hope that the extreme effect of Their conflict would be diminished and be more manageable.”

Spirit, “As our relationship developed with The Force we were astounded when The Force shared that The Lord and The Force came into Being as a result of The Shattering, The Moment when G-d, The Creator, was split into The Duality resulting in These Two Polarized Beings, One humanity projects as Good and the Other, Evil. The Force did not have a clear understanding of how this momentous episode occurred nor according to The Force’s experience and understanding, does The Lord.”

Body, “The Force did explain Polarity and the affect that it has on human relationships and how attraction can turn into repulsion should one of the magnetic poles switch and vice-versa. This polarity exchange may then explain how The One suddenly lost its cohesiveness and split into Two.”

Emotion, “Maybe so, Body. The Force then shared that both of Them were still reeling from The Trauma of this experience and no matter how They tried to reunify, to date They have been unsuccessful. In fact it seems that it is Their very effort to get close enough to reunify that intensifies life on Earth, an intensity that leads to calamitous conflict. It has only been recently that They have recovered sufficiently to realize that Their very effort to reunify leads to such an imbalance for Life on Earth. Not wanting to continue to be the cause of this outcome They have concluded that They need help and after checking out Humanity somehow arrived at the conclusion that we were their best bet. Hard to Believe!”

Self, “We can take no credit for Their Choice as it is at least a 50:50 chance that because all of this is so bizarre that we are likely deep into a schizophrenic illusion. For all we know we may be residing in a mental institution as a result of this serious imbalance in our personality. Still, on the other side, given the way things are running on Earth, which in our view sucks and I’m sure you agree, what harm can we do? Should our contact with Them be real, then great. At least we then have some chance to put things right. I hope that you the reader can see our point and therefore choose to continue to read on. And in fact if you can relate on some level, I believe that we would enjoy hearing from you at Jonathan@Outfar10.com. We can use some support and even company.”

Spirit, “At this time I would like to clear up some areas of our writing. Because as we related in Part One, in the introduction, we believe in G-d, but given all the

devastation that occurs between humans we can't accept that our Perfect G-d created us Humans so poorly. What we mean is that the assumption of Western Religious Belief that G-d can't do wrong just doesn't hold water for us. If G-d is perfect, then we're completely lost. So, how can we rectify our Love for G-d and the obvious mess up that we Humans live as a result of the way we were created?"

The Force, "With your permission I would like to get into this. To get closer to your experience with Our reality and to satisfy this conundrum, may I suggest that We reframe our concept of G-d and this will necessitate differentiating G-d from The Lord. This will allow us to continue to image G-d as The Creator and Being The Formless One. Accepting this will then also allow us to reframe the timing of The Story of Creation and Time Itself as both taking place at The Moment of The Shattering. So as We study The Torah, The G-d of the Torah, in the human experience while still existing, is not exactly as previously perceived by Its readers. At the Moment of Creation of The Human Experience and The Physical Reality, separating The Light From the Dark, etc, The Formless One has taken on Physicality resulting through The Splitting becoming The Lord and Me Who are the Dual Entities formed at the moment of The Shattering. It is at The Moment of The Shattering that Time, Duality and We as Polarized Beings were Caused. So, while in realm of The Infinite, All remains One, in The Finite, which is the confines of the human experience, the parts are disjointed and not fully connected if not completely disconnected. This is to suggest that G-d Exists and yet at the same time within the confines of Earth and the physical plane of reality is Split into The Two whom We relate to as The Lord representing Good and My Self, The Force representing Bad. However, as Each of Us is part of G-d We are in fact neither inherently Good nor Bad."

Mind, "Spirit, can we cooperate with this suggested reframing?"

Spirit, "Let's take our time to consider what The Force has just laid on us."

The Force, "Allow me to continue just for a bit more. It may help. While you having been born and raised in the Rational Western Culture, have been living a limited consciousness in which Time exists as the past, present and future. Western humanity culture has defined time not as a simultaneous yet continuous whole, but rather has time broken up linearly into multiples of seconds, minutes, hours, days, weeks, months, years, decades of years, hundreds and thousands and millions and billions of years on out to infinity, which by its very nature is beyond the outer boundary of Time. Yet the very breaking up of time is an illusion for it attempts to thus define the infinite, or what we call Life, which is ultimately undefinable as it is at its source, The Creator. This parallels the human effort to conceive of G-d and in doing so unwittingly attempts to manipulate The Very Order of Creation. It has been suggested and so do I now reiterate that Human Reality is A Construct of Illusions to which people who live in each of Earth's human cultures have agreed. These Illusions are what hold each culture together. Being Illusions there is no absolute Agreement as to what Reality should be. This underlying lack of agreement is the outcome of Duality and which then gives rise to conflict."

Spirit, "So if I understand this, being that there remains The One, The Whole in the Infinite Realm of Existence, this causes the inner compulsions in humans to seek Unity and a Unifying Reality. But even though this being so, because of the tremendous

gravity of Duality on the physical realm there is a counter inner compulsion of resistance to that Union due to the built-in fear of losing one's identity."

Body, "So this paradox of intent creates multiple cultures and thus multiple realities within The One Reality. Along with this, time being a relative concept that groups of people agree to, nonetheless time is not an absolute and this means that not all human cultures experience time in the same way."

Mind, "In our travels we came onto one Native American culture The Hopi in which there is no past. They experience Life in such a way that Everything that ever happened is still occurring. This of course blew my mind when it was first presented to us. Our rigid culture's rationality doesn't allow for this, but fortunately I have had numerous experiences with mind blowing and so as a consequence we just added this concept of time to the Big Pot that makes up Our construct of reality."

Emotion, "Sure, whenever I remember an experience in the past that was either very pleasurable or very unpleasant, while I am remembering it I am re-experiencing it and this memory creates an emotional response in us very similar to what we feel we experienced in the past. So, in that way, the past becomes the present. Emotions function with the aid of memories and memories are stored and held until called up. However in this Native American Way there is no need to use memory in this way as it is always up and running. Their minds are broader than ours, sorry Mind, and can encompass simultaneously what we can only experience through bringing up the past as memory."

Body, "Well, another culture that we came across experiences both the past and the present as parallel realities. These people can be in both realities simultaneously and because they were raised in this, it works."

Spirit, " So, in the timeframe of this writing we are sharing that while in our birth culture, time as the present moves from our memories of the past into the present and so from the present into the future, we are nonetheless now also choosing to enter both the simultaneous and parallel timeframes. These multiple time frames of reality of which we are now able to share allow us to experience G-d the One and Its Duality, The Lord and The Force simultaneously."

Mind, "Remember, we are seeking a means for the reconciliation between The Lord and The Force, which in the common era of Illusions is not possible because of the way The Creation Story and subsequent sequels have been written. Good and Evil are Enemies Forever in our lives because we have been taught that, and we believe this interpretation because we have been taught to honor our teachers. Well that's that way it has developed. So, going back to an earlier theme I am again suggesting that because all humans are not perfect our interpretations of The Holy Books are also imperfect and thus misleading in that imperfection. It will only be when The Lord and The Force are able to reunify thus reforming back into The Creator that will allow the Infinite Being to take the form of The Messiah to walk amongst us in Person and provide the True Understanding that will allow our human existence to work out."

Emotion, "So, I'm wondering how all of this affected The Lord. You know, humans being taught that The Lord is The One G-d and The Lord knowing that this isn't actually correct. Knowing how The Lord feels will be helpful in determining how we approach The Lord."

The Force, “Hang in a bit longer and it will straighten out. A bit more of review will be helpful. Before The Shattering there was no concept of Time and Space. Time and Space, the material existence was Brought into Being at the Moment of The Shattering. That Moment is what your common day scientists call The Big Bang. The problem for The Lord and My Self was that during the Creation of both The Physical Plane and The Duality as The Creator was going through The Split We All occupied a single transitional space. However as the Duality of our Existence was completed and since The Duality didn't permit Two to occupy the space of One I was cast down onto Earth while The Lord continued to occupy what The Creation Story called Heaven. As a result The Lord's “Life Experiences” is absent on the physical plane, which as previously stated is a plane into which Humanity was created.

Because I live on Earth I gained direct experience with Humanity while The Lord could only observe From On High. Except for Adam and Eve in Eden and Moses on The Mount, The Lord's could only connect with Humanity in a non-physical manner and because of this The Lord did not have the opportunity to form long-term relationships with humanity. Being deprived of this human contact The Lord failed to develop the Social Skills such as is required in a mature relationship with humans: Patience, the ability to nurture, to listen, setting reasonable expectations, the ability to anticipate outcomes, the ability to plan, the willingness to be inclusive and to seek input and feedback, etc. These are the very skills that I developed which I would be willing to share or teach The Lord as the reconciliation takes place.”

Spirit, “Because The Force is an excellent People Person, with suave skills, knowing how to encourage people to follow their desires, is willing to negotiate outcomes, etc, The Force has a large circle of relationships with people in all levels of society. On the other hand relating with people is so stressful for The Lord, due to the lack in social skills. This leads The Lord to feel inadequate and to protect the Image, The Lord has set up a barrier that prevents people from direct access and interaction. Without the experience of Direct Contact with Humanity in a good way most of The Lord's interaction with Humanity has been reactive and this has resulted in rather too Intense and so often Catastrophic Outcomes.”

Emotion, “Quite sadly The Lord's isolated existence has resulted in unreasonably high expectations of Humanity. This development likely is occurring because of The Lord's Projection of the Memory of Being One with The Creator, That Perfect State. This is an immature viewpoint and not too different from a very young child's perception when everything is either right or wrong. It is this very young child's perception that gave us the first hint that the Lord, for many reasons, was not able to develop emotionally and so regardless of how Humanity Perceives The Lord, the behavior is nonetheless Infantile. Understanding this we need to be aware of how sensitive The Lord will be.”

Mind, “OK. Emotion can you now share a bit more about The Lord's probable feelings about how things are going?”

Emotion, “Remember, in some of the families with whom we have worked the family had experienced some form of birthing trauma when their infant was born. In their fear for the child's welfare they became overly solicitous and protective failing to provide helpful structures, boundaries and discipline. As a result due to the parent's effort to please and then pacify the child when the child made unreasonable demands, they had given up their parental role and had become servants of the child. The child being a

child and actually being burdened by the parent's failure to maintain the proper family roles becomes a tyrant making unreasonable demands and when not satisfied immediately has unbelievable tantrums. It is my belief that the child has a great deal of guilt for this impulsive and aggressive behavior and the parents feel a great amount of shame in their failure to provide a healthy home environment. In this story relating it to our situation the parents are humanity and the child is The Lord. Because humanity has turned this child into their G-d, it is viewed as the parent's/humanity's fault that The Lord has to punish humanity for not living in a good way. So everything is getting more and more messed up. Obviously the child is in terrible trouble having been cast in this dominant role without any possibility of managing the situation well. The consequence of this shift in power gets more difficult when there is a sibling. The younger child who has to struggle for a position within the family tries to do good, but is marginalized by the Child/G-d and the parents who are its servants. The sibling can't help but to see the Child/G-d getting all the preferential treatment even when the behavior is so damaging. This naturally leads to a great deal of confusion, hurt feelings and eventually resentment. The child is an unfair competition for attention pushing the child to seek it in any manner that is left over. To get this, having discovered that positive behavior in this family is ignored increasingly reverts to negative behavior modeling after the Child/G-d. With the Child/G-d being further elevated artificially and the sibling descends into greater and greater dysfunction The Child/G-d is increasingly viewed as Good and the younger sibling as Bad. It's like a "conspiracy between the parents/humanity and the Child/G-d/ The Lord vs. The Force, the younger sibling. Hmmm. Kind of like the situation that The Lord being "The Good and The Force being "The Bad are in."

Spirit, "So I guess the difficult challenge in humanity's perception of The Lord and The Force is in how distorted things are from how they really are. Neither The Lord nor The Force is whole and complete, each being half of their Former Self. This being so, their relationship through no fault of their own, couldn't be more out of balance and currently misperceived by humanity. Humanity also couldn't be more wrong in how this relationship and its affect on human life really is. Of course humanity is also innocent in this error as all of this has not been revealed until now. So how to approach The Lord who may be feeling Guilty, overwhelmed with unreasonable responsibilities, inadequate, fearful of being revealed as less than deserving of all the credit for life, and terribly alone and desperate? Eventually of course we will also have to consider how to assist humanity to reframe their perception of their Reality so as to support the correction of the current misunderstanding of the relative situation that The Force and The Lord are in."

CHAPTER 12 Greeting The Lord

Mind, "Our relationship with The Force has really opened up some powerful doors of understanding and it feels like it's our moment to approach The Lord. So, how are we doing getting The Lord's attention to our intent to make contact?"

The Force, "I did reach out to The Lord but as usual I'm unsure as to how well my communication was received. This doesn't mean that it wasn't received because that's how things go between us, so I suppose there's no harm in making the first move. We'll know soon enough how this is going to work out. Of course from here on out, as you seek to approach The Lord I won't be able to accompany you, however I will be still here when you get back."

Spirit, "As You shared with us and it is my feeling also that everything that we have shared with You and You shared with us is transparent to The Lord. The same should be true for You Who while not able to accompany us will nonetheless be able to perceive any contact that we make with The Lord."

The Force, "Yes, that is the way it works between us."

Emotion, "So I guess we'll just venture somewhere and broadcast a greeting as we go forth hoping that The Lord is tuning in and chooses to respond?"

Body, "Probably that is as good as we're going to be able to do."

Emotion, "I would suggest we do this with a sense of humor, to keep it light and amusing. Certainly we have all agreed that The Lord may be feeling unsure of how this is going to turn out. We can also expect that The Lord may be very concerned about any possible loss of esteem from Humanity should we later seek to share our experience with Humanity."

Spirit, "That's true. We must be careful to make our approach as gentle and caring as possible but still with an open and light heart so as not to project any feelings of judgment."

Self, "OK, so here we go. Now this is going to sound a bit strange but..."

1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Here we come, ready or not. Hi di hi, hi di ho. Are You here? Perhaps yes. Perhaps not. Hmmm, I can feel you, but we're not allowed to see YOU. So, how about coming out to play anyway?"

The Lord, "Ha, Ha, Ha, Ha, Ha...if I do you'll go up in Flames. Remember...The Flames next time."

Self, "No way. OK. So instead of coming out to play, how about coming into us to play. Will that work?"

The Lord, "You're funny little man."

Emotion, "Good to have a laugh every once in a while, isn't it!"

The Lord, "Not much to laugh at these days."

Body, "That's probably because you spend all your time alone. That ain't much Fun."

The Lord, "Not it isn't. It's not My fault. It's just the way it turned out."

Self, "Funny though. Here I be and I'm still me and I ain't no Bee. But let me get this straight. If I was a Bee could I then see You? I was kind of hoping that the No-See Thing was just for Humanity."

The Lord, "Yeah, that the way it was meant but you're no Bee."

Self, "Well, that's true, but since I'm really a part of You, Ok a really small part of You, then maybe, I could then see at least that little Part of You that I am. I don't need a lot, but a little would be really helpful. You know, it could be maybe just one of Your Toes."

The Lord, "One of my toes. Ha, Ha. You really are funny."

Self, "It's fun being funny. Try it sometime."

The Lord, "Don't know as I know how."

Self, "Come on. You're The Lord. You know everything."

The Lord, "I do don't I. OK. How about this.

A Rabbit walks into a butcher shop and asks the butcher, "Do you have any carrots?"

The Butcher says, "No Rabbit, we only sell meat."

The next day the Rabbit saunters into the butcher shop and again asks to buy some carrots. The Butcher replies the same, "We only sell meat."

The next day in comes the Rabbit and again asks for some carrots. The Butcher replies once more that only meat is sold.

The following day the Rabbit reappears and of course asks for carrots. The Butcher replies, "If you come in here once more asking for carrots I'm going to grab you and nail your ears to the floor. You hear me?"

Difficult to believe but the Rabbit, such nerve, comes into the Butcher shop anyway, but this time the Rabbit asks, "Do you have any nails?"

The Butcher says, "This is a Butcher shop not a hardware store. Of course I have no nails."

Hearing this with a twitching nose and a big smile the Rabbit says, "Great to hear that, so do you have any carrots for sale?"

Ha, Ha, Ha, Ha, we all laugh together. "You just made this up, just like that?"

The Lord, "Nah, heard it once when I walked into a butcher shop and stumbled over a rabbit being chased by the butcher with a large knife in his hand."

Body, "Come on. You're joking right?"

The Lord, "Me joke? You think that The Lord spends time telling Jokes. Shame on you. HA HA HA. Hey, I'm laughing. Being funny Is Fun. Never knew Life could be so amusing. Thanks. By the way as if I don't know, but to be polite, what's your name?"

Spirit, "Well, our Jewish name is Jonathan."

The Lord, "Hmmm. That means "G-ds Gift." You know I must have made you as a Gift to My Self Huh? Ha Ha Ha. That's too funny, huh? You know what's really funny is that you actually told me your name when of course I already knew it. Funny huh? So what are you up to coming to Me? Wait, I already know, but go ahead anyway. Man this is really fun!"

Mind, "Well funny as it may seem and I suppose some of it really would be if it wasn't so sad. Anyway, it's about some trouble we are in and it would be helpful should you choose to provide us with some Excellent Advice. You must know of course, since You are everywhere that we've been hanging out with The

Force. Well, we have been kind of feeling that there's something going on that we need to know."

The Lord, "Oh Really?" Is this going to be in the category of Being Funny? I like Funny now."

Mind, "Not exactly funny. You see it's all about the struggle that Humans have with each other; mainly over who is right and who is wrong. And as You know, violence is always brewing. I mean that there are many advantages to all of this conflict for the victor, but not so much for the loser. A lot of mourning, pain and suffering. Even for the victor, for before they are victorious they too have loss of life and limb, not to say anything about the expense of going to War. But we were wondering, You remember when in Babel people were building The Tower in order to get close to You and that was obviously a No No. So down came the tower and from that moment on people were speaking different languages so that they couldn't ever work together again on such a project. It seems that the differences in language somehow led to War and I was just trying to figure out if that was really Your intent, you know, war and conflict, or maybe it was an unforeseen accidental outcome."

The Lord, "You really are a funny guy. What' chutzpah, (Jewish for Nerve). How do you have the gall to question Me. Am I not The Lord? Do you not fear Me?"

Spirit, "Excuse us. It's so true that Mind can be insensitive and too direct at times and Mind being forgetful as to its place is not an unusual experience for the rest of us either. As You no doubt know it has only been recently that Mind has learned how to be a team player and to allow us to have input to how we relate to others. So we apologize and by no means wish to be upsetting. Still, Mind has a point and though I'm not sure how our greeting got so serious so quickly so maybe You could help us get back on the right track. We do want our conversation to continue."

The Lord, "That's better."

Spirit, "We're really trying to understand how All of This works. You can see that there is a great deal of misunderstanding on Earth. So many religions and religious sects...all interpreting Your Word in a less than a perfect manner. I don't know which way to turn; it's like a great mysterious maze. So many feel that all of this conflict is the work of The Force and they use their religious interpretations of Your Word to rationalize assailing their opponents calling them Evil and under the influence of The Devil. Their opponents meanwhile are saying the same thing about them. To us it's incomprehensible that they are free to use Your Name in this self-destructive manner. You are the Almighty and are in Everything. This just doesn't make any sense."

The Lord, "What makes you think that all of this is supposed to make sense to you. It's simple. Either you're with Me or against Me! Wouldn't you agree that this is where you are confused? It's clear from your time with The Force that you haven't made that choice. If everyone would only do what I say then there would be no conflict. Everyone would then be loyal to Me and do as they are told. If only that feisty Angel, who I loved so much, had not rebelled, but then that's the past and that isn't going to change."

Emotion, "Sounds kind of sad. It's hard to lose someone You Love."

The Lord, "Better believe it."

Emotion, "Oh, I do. I know from experience. It hurts and sometimes it hurts so much that I don't even want to open up ever again for Love because then I would always be afraid of getting hurt so badly that I want to die."

Spirit, Mind and Emotion, "Huh? Die?"

Emotion, "Well maybe not die, but close."

The Lord, "Sometimes I feel so bad that I do want to hurt someone, just really hurt someone especially when it seems that life is going so well for them what with all the love they are getting. Say, I'm The Lord. I should be getting that love. I get prayers all right, but how do I get love like humans do with spending time with one person, living with them, loving them and raising a family. Nope, not for Me. I'm The Lord and no one is allowed close to me. Why? What did I ever do to deserve This Life?"

Emotion, "Yeah, that seems so unfair. It's tough that's for sure. You know that's kind of the reason we're here, just to be a friend, someone who will hang out with you...maybe make some food, drink a bit of wine, play some music, tell some jokes, go for a walk, watch the stars travel across the sky on a warm summer night. Be Real"

The Lord, "Wow, How I wish! You really want to be friends?"

Spirit, "Yes we do. There is so much to share and to understand. We would really enjoy being friends with You."

The Lord, "But what about The Force? You still going to be friends with The Force?"

Spirit, "I hope so, after all, You Two used to be so close. Haven't you ever felt that if things could be different, You wouldn't mind having The Force back in your life in a good way? I'm sure The Force would like that...if it were possible."

The Lord, "Really? Did The Force tell you That?"

Emotion, "Not directly but I kind of have that feeling."

The Lord, "Hmmm. Well, I'm not sure that I'm ready for that, but I guess you and I can continue to hang out even if you are still going to be friends with That Angel. Still, I'm not so sure about being friends. That seems to be asking for too much."

Emotion, "OK. Let's see how it works out. After all, I'm just me. Oh yeah. It's great just being able to talk together. How about it? You going to let us see a bit of You? You know, that tiny bit that is our part of You?"

The Lord, "Ever look into a mirror?"

Emotion, "Yeah, sure...Oh."

The Lord, "Ever look into the eyes of someone with Love?"

Emotion, "Yes...Oh."

The Lord, "So even if you see your enemy's donkey wandering in your field...Remember? You return it. Ever wonder why?"

Emotion, "Yes, but I would just do it because You say that's the right way."

The Lord, "Well, since I'm everywhere I'm also a bit in your enemy. If I lost something I'm sure you'd return it. Right?"

Emotion, "Absolutely."

The Lord, "Well?"

Emotion, "Does that also relate to The Force?"

The Lord, "Did anyone ever tell you that sometimes you can be too smart for your own good?"

Emotion, "Come on. You're not going to go there are You? The world's always in a great deal of trouble because they don't listen to You, yet how can they when they have no role models. I mean, it's one thing to be told to do something. It's completely another thing to be punished only because one doesn't know how. It certainly helps to have some experience of it being done so that one can get a feel for how it is done."

The Lord, "that makes sense."

Mind, "Emotion do you mind if I jump in?"

Emotion, "Come on in buddy, but remember, nicely."

Mind, "OK. Sure, you're right. Look it Lord, let's take parenting. Say I was raised in an orphanage, my mother having died as a result of birthing me and my biological father had disappeared long before I was born. If the caretakers at the orphanage were overworked and under a great deal of stress it is very likely that in this situation I would not receive much nurturing. Say I didn't get adopted and lived in this institution until I was eighteen and then put out to be on my own. Never having experienced nurturing or even any sense of being parented, what kind of parent would I ever be should I have a child?"

The Lord, "Hmmm."

The Mind, "Now, not to get too personal, but from my limited understanding of Your Existence, Having Created Yourself, as the Creation Story goes, having had no parents or any experience with being nurtured, well, it's quite understandable that as You were a Single Parent to Humanity, that things might have been a bit overwhelming."

The Lord, "At last someone understands. Sure, when I look back at my parenting what with Adam and Eve, yes I did over react a bit when I threw them out of Our Home in Eden. After all it was their first mistake. And then, perhaps I shouldn't have had a favorite between Cain and Abel, which obviously turned Cain against his brother. Of course with Humanity and Noah, yes, I was really peeved with the way people were behaving. And Having Abraham put Isaac on the sacrificial alter, well I was feeling down and not sure that anyone cared for me. Also with Jesus, the message could have been less horrendous what with The Cross and Everything. Of course with Mohammad, my last major attempt to put things Right; wasn't supposed to go to The Sword to Spread My Word. Well, I wouldn't do it that way anymore. No parents, not much of a parent. Gee, I thought I was supposed to be All Knowing. Probably that's why I swore off interfering with Humanity. Kind of depressing, my experience as a Parent."

Spirit, "It got to be tough to supposed to be Perfect."

The Lord, "Yes, it really can get to be overwhelming what with all those expectations. Still a job is a job. It's good to be employed. Was that funny? Being good to be employed?"

Spirit, "Very. You are funny."

The Lord, "Was I? Good to know but you know I wasn't trying to be funny."

Mind, "No, but "It's good to be employed," that really was funny.

The Lord, "Yes, I suppose it is."

Spirit, "Can I share something with You that may be a bit much? It has to do with The Moment of The Splitting."

The Lord, "I'm aware that The Force shared this with you. It's just like The Force to tell it all. It's lucky that you are who you are otherwise I would have had to wipe your memory clean. Still, I guess it's kind of time to put it out there and yes, I did give my tacit approval for that revelation given our hope for you."

Spirit, "Thank You for Your confidence in our team. OK, what we would like to get into is about Time and how Time is relative and such. When we were discussing The Splitting, while we didn't exactly bring this up with The Force, but you know that it seems to us that The Force got certain Parts of the Whole and You have other Parts of The Whole and as a result both You and The Force are incomplete in some ways."

The Lord, "Hard to bear, but Yes."

Spirit, "Well, from the stories of Your interaction with Humanity it does seem that Your Reactions have been not just over the top but very impulsive and reactive to feeling disrespected like when You weren't being listened to by Adam and Eve, by the people of Noah's time, by the folks that were building The Tower of Babel, even up to the time of Moses when the people were dancing around the idol of the golden calf. This reactive behavior didn't really demonstrate any clear plan or sense of anticipating the outcome that would result. This, in our time of living and in our work in Mental Health, seems that The Splitting for You didn't include the part of The Whole that carried the maturity of social skills. The Power is in You, yet not necessarily the judgment of its proper use. And this is no fault of Yours. Just the way The Splitting turned out. Of course, given our understanding of The Splitting it was so abrupt that there was no time to allow for any transitioning. Because of this it seems to us that The Intelligence of The Whole didn't have the opportunity to influence or moderate the way Its Splitting took place and which parts You and The Force ended up with. Not only that, it also seems that once the Whole was Split there was no means for It to assist You through the Changes. Of course You did as best You could, cast as You were into the role of The Lord, The Good Guy."

The Lord, "I can't believe that I'm allowing you to speak to Me in this way."

Spirit, "Well, this then kind of does demonstrate that You must really want to hear this and isn't that why You and The Force have summoned us? Yes we are presenting a point of view from outside Your Self and just like for The Force, being split in Two, it's so hard to get a good perspective on Yourself. That's one of the things we can help You with. What do you say?"

The Lord, "OK. For Now anyway."

Body, "You know this is confusing and yet not confusing as we are operating here in multi-dimensions. In One Story You, as G-d, The One, Created Life including Yourself. As The Creator You are then responsible for all that happens as all Your Creation can only be as they were created. In another perspective, You are not G-d, but instead The Lord in which both you and The Force are each one half of the Whole, The One G-d. In this experience as it was

described by The Force You maintained residence in Heaven and The Force was somehow placed on Earth with all the Creations. Because of this isolation You failed to develop the Social Skills that The Force did through The Force's long term direct relationship with Humanity. In our conversation with you it seems that another viewpoint is that at the point of The Shattering during which The Splitting took place The Force was imbued with one half of The Whole and You with the other half, but with The Force getting the part with the Social Skills and You with other parts. Because of these two concurrent viewpoints, one that it was the isolation that limited the Social Development in you and the other that it was the actual Splitting that left You devoid of the Social Skills, in both ways You are innocent of Outcomes that occurred because of circumstances that were beyond Your control. As a result things turned out just the way they did because of the lack of coherence in the parts that both You and The Force were left with. This incoherence is what we are hoping to overcome through visiting with the Both of You."

Spirit, "Body, that was great. Listen Lord. What I'm going to bring into Our Conscious Focus is way out there, but I'm sure that to You it's no secret nor do we want it to be. You of course are aware that a few years ago we concluded that regardless of our deep love for G-d we nonetheless couldn't accept that The Torah's relating of Humanity's experience was in actuality that of a Beneficent Older and Wise G-d. We couldn't accept that, because of the frightfully destructive and manipulating manner in which Humanity was perhaps unintentionally punished for the way that we were made by G-d. This put us into a Spiritual and emotional dilemma which undermined our ability to live in a good way. So, one day it came to us that the only way to accept This Behavior toward Humanity was to reevaluate the image that somehow has inappropriately taken the fancy of Western Culture, that being of Michaelangelo's painting on the ceiling of the Sistine Chapel of G-d being a Wise Older Male with a long flowing beard. So, instead we asked our selves what Image could possibly explain Your Behavior and that's when it came to us that instead of being this Wise Older Male You were instead a supremely powerful infant and like any infant was innocent of Your interaction with others. This of course was before our conversation with The Force and learning of The Shattering resulting in The Splitting of G-d. Anyway, once we concluded that it was possible for You to be an infant which satisfied our emotional and spiritual need we immediately committed to extending our Love in the Role of a Parent hoping that somehow we could nurture You and provide You with the emotional connection that was missing."

The Lord, "Yes, I'm aware of this and while it wasn't exactly correct it was somewhat in what you call the Ballpark. In fact it was incredible that you came so close to My Reality at that time."

Mind, "How would you explain our ability to come to this awareness?"

The Lord, "I guess there's more to this than it appears. You are correct in surmising that The Splitting wasn't like twins being created through a splitting of a single egg with each part getting a 100% of the genetic material. Instead it was more like the egg was split with each getting only 50% and while enough to create each Being, The Force and I got only parts of The Whole. So while I am

not an infant, I am nonetheless Infant Like as someone you in the mental health field would describe as a person with Asperger's Syndrome. Definitely I am not Autistic, but I have many of those features. The lack of my ability to empathize and to demonstrate the proper use of social skills is indicative of my disability and the cause of much of my impulsive behavior toward humanity when I get frustrated with them."

Spirit, "That's really helping us and we deeply appreciate Your trust in us to bring us into this situation. I'm pleased that You didn't cut us off when our effort to extend our assistance required us to violate the prescription against forming an image of You in our minds. The image of The Baby was very helpful in reorienting our focus of energy in the work that we do to alleviate the consequences of the trauma Humanity continues to experience due to its incorrect interpretation of its relationship with You. Basically, we came to realize that our work with individuals and their families wasn't sufficient and thus we began to conceptualize how to treat our culture's mental deviations. It was after some effort in this direction that we surmised that it went beyond society and cultures and that further inquiry was required. It then 'came to us' that we must look into the very Creation of Humanity and even before Its occurrence. In this way we were able to extend our selves directly to You seeking for the circumstances that has so confused us and the rest of humanity."

The Lord, "Your ability to achieve this state of consciousness with only the hints that The Force and I were able to direct toward you through your Intuition is the reason why you are in this experience with Us. You actually have experience gained from your dedication to Humanity's dysfunction that We need in order to make progress in rectifying the outcome of Our interaction with Humanity."

Emotion, "OK. So you have been feeling the sharing of our love with what we call Your Inner Child. With what you've shared it seems that even though You are missing elements of The Whole, nonetheless it seems that there is some memory of It. We are still learning, so what we're sharing isn't a conclusion rather it is more of a continuing and developing impression of the challenges that we are all facing."

Spirit, "Let us put it this way. Our conversation is both real and an illusion, taking place in us in a non-physical telepathic medium. So, as we were discussing time is relative to the beholder depending upon its culture and experience. Yet time, regardless of what it is and how many perceptions there are of it, nonetheless seems to exist in its own way. Given that, for our interaction we have chosen to believe that it is taking place now in our being with You. At the same 'time' because it is always happening in the now it is all also happening in the past and the future. Accepting that, it is also happening with You in the time just after Your Self Creation caused by The Splitting. In this case then You are not alone as we are there with You. In our imagination or image of all of this happening, if You had a form which we accept You don't, You are a Baby and somehow we are now there acting as your parent."

The Lord, "Huh?"

Mind, "Yeah, see even though The Past took place as You have experienced it, which leads to The Present, we can still be here and go back to

any point, like through memory and not only re-experience that moment we can alter the way we perceived those happenings, thus making a change in our Present or Current Self.”

The Lord, “Fascinating. Where did you come up with this concept of Time and Existence?”

Mind, “By living life and by studying all that You have Taught and I must admit by all that The Force is teaching us and then integrating all of this into a Synergistic Whole. In this way we are That Part of You that can do this as we are That Part of The Force that can do this. I guess this all goes back to The Moment of Creation, The Exact Moment when The Whole was Split into You and The Force, from That Which Existed Before.

The Lord, “So what you are sharing is that while I’m The Lord and The Force is The Force and you are both part of Us, then are you saying that your are Us?”

Spirit, “In the same sense that I, as any being, am a part of The Whole and at the same time a part of YOU. In that sense we are all parts of each other. We just struggle to remember this. Let me add that The Whole which existed as One before The Splitting still exists in that illusion of time before The Splitting. While it is distanced by The Shattering it still can, because Everything is still some part of The Whole, communicate across this barrier under certain circumstances through our innate memory of Time before Time. I am me and You are You and they are them, and This is What we call Creation. The Creation of Identity, all parts of The Whole, however without the Instructions on how to put Ourselves back together.

For some reason, that’s kind of where I come in as Spirit, as I am open to intuiting from the Time before The Shattering some of the ways to start the healing process of Reunification. Still while This is my Role, I cannot teach The Way of This without You and The Force Supporting The transition to Reunification.”

The Lord, “Can you say just a bit more about how I and The Force are you?”

Mind, “The best way is to reintroduce to You the Shower Concept that You must have been listening to when we explored it with The Force. The basic problem is that You and The Force are subject in some manner to the physical laws of physics and as polar opposites are attracted to each other. However, in Your case the closer You get a shift commences to prevent it. In the laws of physical nature a Polar shift in one of Your magnetic poles takes place, with the result of repulsing each other. In psychological terms, as You Both seek to Unify, the closer you get, the issue of “Whose Identity” will dominate in the final reunification emerges and the emotional charge of that concern overwhelms Your Cognitive Faculties which has acknowledged that You and The Force Together are greater than Your Parts. Once the Cognitive Faculty is diminished and the Emotional Fear of Ego Survival emerges the awareness of the benefit of merging into the Identity of The Whole fades. This dynamic has dominated since the Moment of The Shattering and that’s why the History of Humanity which is

such a large part of the Two of You, experiences the Conflicts of Life that have been so devastating.”

The Lord, “Sad. Very Sad. So the harder We try to reunify in Human terms the greater the conflict that emerges between societies and cultures.”

Emotions, “That’s true but again no fault to either You or The Force as The Shattering prevails to this day. However, that is not to say there is no hope for as you heard We have come up with an image that allows both You and The Force to maintain Your individual Identities while at the same time provides a way for You Both to merge at least to some degree. That image as you heard us describe it to The Force is that of The Shower.”

The Lord, “That’s right. I can’t believe I “forgot” that.”

Emotion, “It’s not so much as forgotten as veiled. So let’s reiterate the way this can work. Both You and The Force as Polarized Beings of Positive and Negative Charges must image yourself as each the source of the polarized water, One hot and the other One cold. In this way Your Ego Identities are maintained with no conflict. Each of You will then place part of Yourself into the “pipeline” to the Showerhead where Both of You will merge into warm, a life enhancing temperature thus providing the Shower with its purpose and attraction. Jonathan Our Self being a team of myself, Spirit, Body, and Mind together as One Ego takes on the role of The Showerhead through which Both of You Flow. In This way Our joint team, You, The Force and I becomes Whole for it is in this form that We can re-experience the function and Being of The One. Now to complete the re-emergence of The Whole, Humanity not being able to resist the call of The Shower Head, for who can resist taking a warm shower, enters The shower to be enveloped by The Two of You. Also, and of great importance by entering The Shower with Us in This Form, Humanity for the first time can truly experience Free Will and Choice working the two knobs and thereby can combine the Polarized Temperatures of Hot and Cold into Warm. Again, in this way all four of Our Elements Merge for a time into The One. Of course this is a metaphor and instead of Water, we will provide a Wholesome Wisdom and Guidance in a Good Way where our Essences are Combined.”

The Lord, “Wow. I believe I’m getting how this can work. So much depends upon My ability to Mature sufficiently to allow and support this. Thank Goodness Time is an illusion and Reality can be influenced in some interesting ways.”

Spirit, “Can’t rush it because It’s already Happening and remember, Time and Space are an Illusion, yet One in which We all Live.”

The Lord, “Ok. Ok. Enough for a while. I got to take a break and do some more growing up. Right Dad? Ha, Ha, Ha. Hey, you know what? This is All Kind of Funny. Me a Baby. Wow. Far OUT, so Nurture On!”

CHAPTER 13

Moving On

Mind, “While The Lord takes a break why don’t we use this time to get a sense of what is occurring.”

Body, “Can’t go any faster than The Lord allows.”

Emotion, “That’s right and in addition, it’s also about how much The Lord can grow by catching up on those missed developmental stages and then at what pace can The Lord integrate what we have all been sharing.”

Spirit, “I definitely can respect the effort it will take The Lord, even with our help, to manage to develop a more mature ability to interact with others. It’s really incredible that The Lord was able to kind of diagnose the problem as being similar to one experiencing Asperger’s, especially in the features in which the individual lacks the foundation for social skills and impulse control. As working with people with Asperger’s is one of our specialties it’s also fascinating as this insight reinforces our sense that who we are is also a part of The Lord and this allows for the interactive flow of consciousness within us and The Lord.”

Emotion, “Absolutely and honestly I feel that we have done well in our effort to accept and to live this form of reality.”

Mind, “I agree. The most important aspect of our interaction with The Lord has to do with our accepting attitude. It’s exciting to understand that as we parent The Lord and as The Lord moves through the missing developmental stages caused by the original absence of Nurturing, that as the development takes place it moderates in a positive way the thoughts, feelings and behavior of The Lord in the role of The Lord as The Elder, All wise, omnipotent, magnificent and Knowing Being.”

Emotion, “It’s very clear that The Lord’s past experience interacting with Humanity has been overwhelming, frustrating and even depressing. I feel that we can lean on the belief that The Guilt that accompanied this struggle with Humanity can be alleviated sufficiently by our effort to provide warmth, acceptance and care. It’s hopeful that this support will encourage the Lord to see the value of re-engaging with Humanity as a foundation of positive social skills are developed, which will allow The Child Within to mature into Adulthood.”

Body, “Well put, Emotion.”

Emotion, “Basically, on a feeling level, a great deal depends upon The Lord’s acceptance of The Memory of The Force in regards to The Splitting. Obviously it was more Traumatic for The Lord than for The Force as it now appears that much of Maturity within The Whole, The One, The Creator was picked up by The Force during The Splitting. This probably explains why The Force is quite conscious of this cataclysm while The Lord seems not to be able to focus on this experience. This also accounts for the powerful balancing affect that The Force has had on Humanity in neutralizing the efforts of The Lord to get people to do things only in a certain way.”

Mind, “I guess for the Lord to accept input from The Force in regards to The Splitting will take a major reframing of Existence as it has been written, a writing that Glorifies The Lord, thus feeding The Lord’s elevated sense of Self.”

Emotion, “Just like with our work with clients with Asperger’s so much depends upon the relationship of trust and non-judgment. Of course the person feels such a depth of loss and confusion as to why all efforts to connect are rejected so much so that as they get older their trauma prevents them from being willing to allow most people to get too close for fear of messing up everything. We’ve seemed to have bypassed this prohibition with The Lord probably due to the last few years of our effort to parent The Lord as The Baby even though the reality of this image may not have been accurate. It seems that the extension of our love in caring for The Lord rather than seeking The Lord’s beneficence has had its intended effect. The Lord certainly is interacting with a sense of acceptance of our input as though we already have a well established respectful relationship in place.”

Body, “Great. I agree and it seems that The Lord is open to receiving more support and care which will help in the overcoming of the developmental delays.”

Spirit, “You know we must remember that while we view The Lord similar to an orphan, for isn’t that what The Lord is, a Being without a Parent, the same can be said for The Force who also exists without the positive influence of a nurturing parent. To date all of our focus has been on parenting The Baby G-d, and now that we are aware of The Splitting, instead of One, we have Twins to care for.”

Emotion, “You know it would be so helpful if we could finally succeed to ‘recruit’ a nurturing woman to join our team. It’s clear though that the very concept of The Lord needing nurturing has been to date too overwhelming to any female whose help we’ve sought. It’s clear that it’s true also for the men with whom we’ve shared our experience with The Lord and The Force. Still it seems that the women have a strong need for a benevolent and powerful male image that goes beyond their personal relationships with human men. I guess there is an inherent lack of total trust of men that supersedes any depth of their love for their husbands. I suppose it’s always good to have a ‘supreme back-up’ in life should a relationship with a husband deteriorate.”

Mind, “As stated, it’s true also for men who are devoutly loyal to Their Savior or Prophet or G-d, all carrying at least a subconscious imagery of a Male. Of course this isn’t true for all cultures, but then we live where we live, huh.”

Spirit, “So, now that we’ve accepted that it wouldn’t hurt to include the parenting thing for The Force, having two parentless Beings, like Two Peas in Our Pod, so to speak, why not? Since we’re into it, it’s no big deal. Anyway, since we’ve fathered four children and our Female Side expanded to sharing equally all of The Mothering Duties with our wife in addition to The Role of The Father, we can be confident that we can handle this even without any female volunteers to help Nurture The Twins and Twins are what we have. Anyway, this is all taking place in our multi-dimensional Home where we live in the Spiritual Realm.”

Mind, “So before we get back together with The Lord perhaps we should make a quick trip back to The Force to make it clear that We’d all be better off as One Big ‘Happy’ Family.”

CHAPTER 14

Supporting Growth

The challenge of raising Them. Hmmm. Before this could actually take off, although we had imaged parenting The Lord and with the Image now expanded to include The Force, we had to make a quick trip back to The Force to make it clear that We'd All be One Big "Happy" Family.

The Force, "Yo, you looking for me my little friend?"

Self, "Force, sure am."

The Force, "Want to tell me about your visit with My Twin?"

Mind, "Come on Big Guy, you already know about it. We just want to be Above Board and make sure that You are still into Reintegrating with The Lord so that everything can be put back together. This of course requires us to have Your permission to take it forward from The Time of The Shattering so that all the Developmental Stages can be caught up on, That's what it will take for Humpty Dumpty to get put back together."

The Force, "I guess that Humor with The Lord is infectious. Humpty Dumpty, Ha!"
Body, "Funny huh?"

The Force, "OK, Sure. Why not? Tell on and We'll see how this all works out."

Emotion, "That's good. Remember this is all about eventually developing the ability to set up the formation of The Shower and to practice setting up a gentle flow of The Duality that The Two of You represent and pass it peacefully and safely through me, The Shower Head. But before that happens, given the abrupt and traumatic nature of The Shattering resulting in the tremendous loss of Unity that both of You experienced during the Split, being formed and tossed into chaos during The Creation, a bit of healing work is needed."

Spirit, "Now to set up Our Home. Hmmmmmm. Before when we had been only parenting The Baby Lord, we were just imaging the nurturing aspect of holding, comforting, and singing songs that shined love. We hadn't really put together any image of a setting within which to do this."

Emotion, "Right, but now with The Twins, excuse us Force, but that's kind of how we are seeing the Two of You, it would be good for Us to have some fashion of Home."

The Force, "Yeah, like peas in a pod."

Mind, "Good, very good. We were kind of thinking along the same imagery. You know we want to acknowledge the loss of the opportunity to mature from infancy to adulthood since the moment of The Shattering, and this requires us to encourage You and The Lord to accept the nurturing that will encourage this kind of development. So, again as Time is variable within which the dimension that one's consciousness resides we'd like to parent You and engage at the same time your help with The Lord. Of course being a multi-dimensional being You of course continue on with Your Business."

Spirit, "So let's take the idea of peas in a pod and adapt that to Two Peas in a Pod, that being The Twins, The Two of You. So I see a bed in that shape, as a pea pod, where The Twins would nap and sleep."

The Force, "I kind of get the need for this kind of imaging. A bit embarrassing though."

Emotion, "Yes, that's understandable."

Spirit, "Since we're at it, in this imaging and all, since there is no need to be limited by conventionality, so Let's imagine that The Pod would be in this incredible garden where the temperature is always just right and the sun has a happy face and the clouds can smile as they float by, dropping just enough rain to keep all the plants and animals healthy."

Body, "You know how parents these days buy infant mobiles with all the cute objects hanging with different colors and shapes and lots of smiling faces, well in this imaginary world they all can take on life, just like in the cartoons, with the butterflies swirling around You Guys singing out your names and tickling Your snoots."

The Force, "This is what nurturing is about. I didn't know."

Mind, "Yes it is. It's about safety and experiences that encourage You to feel motivated to reach out and make contact because what's happening all around you is going on in such a good way."

The Force, "I can see that."

Body, "Now feeding is a great part of infant nurturing and because as yet no motherly women have agreed to our proposition of parenting You Two we have struck up a 'relationship' in our imaging setting with a surrogate, a wet nurse so to speak. This adorable mama goat with her cute kids in tow will skip on over whenever You Guys feel like a sip. Of course You will never be alone as her kids will be your playmates. How does this sound?"

The Force, "Kind of crazy if you ask Me, but still I get where this is coming from. I wonder how The Lord will respond."

Spirit, "Well remember, we began in our imaging seeing The Lord as a Baby and as soon as we did that we assumed the role of a parent and began nurturing The Baby Lord right then. It seems to have worked out even though we hadn't made any direct contact with The Baby at that time."

Mind, "You know when we just met with The Lord it seemed that there has been a good degree of maturing as a result of this imaging."

The Force, "Yeah I was picking up on that. So tell me some more. Actually I kind of like this stuff you're telling me."

Spirit, "We'll actually its already happening just with us exploring the imaging. I bet that's why You like what You're hearing about it."

The Force, "Yeah. Sure. So using the multi-translucence of time, being simultaneously at The subsequent moment of The Shattering and the experiencing of The Trauma of The Splitting and in our present moment, the goal is to bring forward the nurturing of the missing developmental stages that will lead to our moment of reconciliation at least to the point of accepting the imagery of The Shower in the current time frame. Is that about It?"

Mind, "Yep. That's about It."

The Force, "So I guess you can carry my agreement back to The Lord and then let's see how well this works out."

Spirit, "Great. It's very exciting."

CHAPTER 15
Agree to Agree

The Lord, "Hey guys, I'm back."

Mind, "Wow. We didn't hear you. Don't you usually make Your Self known by fireworks, trumpets, and a host of angels?"

The Lord, "Is this supposed to be funny?"

Mind, "Yeah. Just kidding."

The Lord, "How come it's more funny to be laying out the jokes rather than to be the object of them?"

Emotion, "When people don't feel comfortable with us and they want to assert their superiority they can express hurtful kidding that in turn of course makes us feel laughed at. This kind of kidding helps put a person in their place when someone in power feels that they got out of line. But the kidding that Mind just did with you is the kind of kidding that friends can do with each other. Friends give permission for this kind of kidding and it declares the type of relationship that they have. You see, between friends You can say the most ridiculous things and it's OK because there is no harm intended and of course you expect your friend to dish it out as well as receive it. Yes, it's definitely a sign of acceptance into the friendship."

The Lord, "Oh."

Mind, "I was just happy to connect with You again. I guess I was a bit flippant, you know out of line. I suppose I was feeling connected enough to feel free to play with You a bit."

The Lord, "OK. I get it. After all you've been 'parenting' Me for quite a while, which I felt was kind of odd, but at the same time it also felt reassuring. You know, I've been frustrated for too long and having you care for Me rather than just seeking something from Me feels good. Of course, I wasn't too happy with you imaging Me as a baby, however wrong that image was in a physical way, I have to admit it was right on emotionally. Anyway, imaging Me as a Baby was the best that you could possibly have done given the limitations you have had to work with being a human."

Spirit, "So you have had a break to consider where We are going and whether You'd like to participate. We'd be very interested in hearing where You are at with all of this."

The Lord, "I'm here aren't I? That's says about everything that needs to be said as far as My interest in where this is all going. I especially like the image of The Shower, which is amazing given the obvious conflict that I have been in with The Force. It's incredible that you have come up with an image that allows both of Us to be Who We Are and yet be able to join together at least in part of Our Being in a good way. Still, while the imagery is excellent I'm not sure that I'm fully ready to participate as I feel that I still have a lot of unsettled feelings due to The Shattering and My Experience with Humanity. I feel that I still need some more of this nurturing stuff and now that you've determined that while The Force picked up a great deal of the maturity within The One there is still a rather antagonistic attitude toward me because I get all of the Adulation

from most of Humanity. Because of this I feel that The Force needs as much nurturing as I do, but just for different reasons.”

Spirit, “You know, from our recent conversation with The Force, it seems that sharing time with you in a dimension that is outside The Duality, usually seen by Humanity as a Fantasy, an unreal spot, would be OK. It’s all about shifting through time and space to the moments just after The Shattering and reaching into that part of Us that is still connected to The Experience of Being Whole, even though we suffer the experience of The Splitting and Separation from Our Source. By doing this and including The Force, the Two of You will experience Family and the blissful feeling of being Twins who can share the journey of Life.”

The Lord, “Yes, I know this will be helpful and I do need help to overcome the consequences of My History doing My best but all along with a Short Deck. It’s so sad what happened and being all alone really has whipped Me into needing to hide. That’s got to stop and I need all the help that can come to Me.”

Spirit, “That’s just the way We feel too and We now include The Force.”

The Lord, “OK. Let’s Agree to Agree”

**PART 3
RAISING THEM**

Introduction to Raising Them

*In Part One of **Unifying – Conversations – Coming to The Force**, I, Jonathan's mind established a more functional relationship of Teamwork with Spirit, Emotion, and Body the other major elements of our self. As this was going on Jonathan and the team which makes him up, met with The Force who spent time with The Team sharing the viewpoint of creation and existence from The Force's experience. During this process The Force became a member of The Team the purpose of which is to assist The Force and The Lord to reconcile their differences in some good way, a goal that they have been unable to reach on their own. In addition a very challenging "Revelation" was shared by The Force and that was at one time G-d The Creator, The One was shattered and split into A Duality resulting in Its Manifestation as The Lord and The Force each being half of The Whole*

*In Part Two of **Unifying – Conversations – Coming to The Lord**, Jonathan met in a non-physical manner with The Lord who was quite cooperative with the team's intent to establish a relationship. At this time in meeting with The Lord, The team did not include The Force as The Two do not have at this point direct lines of communication plus it would have complicated the team's effort to connect with The Lord. However after The Meeting, The Lord seems open to any effort to support reunification and is especially interested in the imagery of The Shower as a pathway for at least a partial reunification. The Lord comes to understand the relevancy of including The Force in a Family Fantasy Realm that supports the journey through the emotional stages that lead from immaturity of infancy to the maturity of adulthood.*

CHAPTER 16 Getting It On

Time, in whatever form it was in, was doing its thing(s) and because We were imaging this as we had been empowered to do, we were in multiple dimensions simultaneously. We were in this dimension, in which you are reading this, yet at the same time we were in the dimension of Our Joint Imaging, while Both The Lord and The Force were in separate multiple dimensions far beyond what we had been given permission to perceive. The challenge for us is to maintain our “reality” in this dimension while simultaneously keeping interactive within the dimension with in which We were All One big Happy Family. Kind of schizophrenic, huh?”

Body, “Hey guys, this is really amazing to see Them frolicking. And wow, it’s incredible how They keep on changing Their forms and genders.”

Spirit, “That’s probably because of their current inherent dual nature.”

Mind, “It’s so mind blowing, with one and then the other being male and then female. It’s also so amazing that their features also keep altering, even being identical at times. So many times it’s so difficult to tell Who is Who. Very mind expanding.”

Emotion, “Progressing from being Babies to Toddlers They were getting to know Each Other in ways that had not been possible before. Of course we showered Them equally with Love and this went a long way in their relationship building. They were playful with us and Each Other, and there was a great deal of humor and of course laughter. Because They were so young and hadn’t yet completely learned how incredibly strong They were, They could get a bit rough with Each Other and when We would throw ourselves between them They quickly changed from directing Their energy at each other and would redirect it to lifting us like a ball and start tossing us between Them. I guess imaging goes a long way and as a result we were never harmed and started to look forward to it because it was so much fun to go flying through the air only to be caught by One of Them before being tossed back. Hey, We can Fly. Wow!”

Body, “An unusual way to form teamwork, that’s what I say.”

Mind, “But effective!”

Emotion, “Because of all the happy animals and plants in Our Garden, They were never alone when We went off to have some personal time. So we can truly say that They always had a healthy dose of attention. What with the mama goat feeding Them. Of course Their first words sounded more like “Baa, baa” rather than “Da, Da.”

Spirit, “Anyway, we liked it a lot. It was amazing being with Them as they went through the baby stage to toddler to two year olds you know, what with lifting Their heads, pushing up, rolling over, getting up on Their knees, crawling, standing, taking Their first steps, and walking without holding on. It was just so joyful. Now, with Their feet under Them...mobility. With all the help that we had you’d think it was easy to keep track of them but with Their powers, one moment here, the next moment there.”

Mind, “Time as we have discussed isn’t only as we know it. We know it as it is only because we’ve agreed to this common illusion of twenty-four hours, split up into minutes and second. In our existence with The Twins it was more about development and it was their maturation through the levels of maturity that delineated our existence. So, maturity is the measure of growth in Our Family.

Emotion, “The whole time we were completely conscious of the outcome of Their parallel lives without parents, having basically raised Themselves which understandably resulted in Their developing an insatiable need for attention, which of course led to disaster and catastrophic happenings that cyclically devastated Humanity. As any competent and caring parent we were pretty focused on providing not only love and nurturing, but also the foundation for a healthy dose of ethics and the values that reflect them.”

Spirit, “Right. So as they matured from early childhood to pre-teen, it sounded like this, ‘Sure, You have these amazing powers, still the goal is to use them in such a way that reflects and promotes unconditional acceptance and love.’ As they matured we told them stories of Creation and the Outcome as Humanity experienced it. It was very satisfying to us to see the shock in Their eyes as they heard how They behaved as a result of suddenly being thrust into Trauma from The Shattering and how they contested for Humanity’s attention through warfare and strife. They were plainly horrified yet at the same time with the full support of Our Nature encompassing Family and friends guilt wasn’t part of the outcome.”

Mind, “Our challenge was to be able to role model the benefit of creative outlets and outlets that lead to insight and awareness. At time we would just sit quietly with our eyes closed and breathe deeply and fully. At other times we would play the flute or guitar and drift into a meditative state. We enjoyed dancing and while the birds sang intricate melodies and the frogs putting out energetic rhythms we would pick up The Twins and start to swirl and dip, encouraged by Their laughter. Picking up a paintbrush and spreading colors and forms across a piece of paper and then to watch Them see The Unfolding with eyes wide in wonder was so delightful was so rewarding and productive. It wasn’t long before They were also dancing and prancing and singing while the animals scampered around them. I gave Them sticks and on a log they beat Their rhythms and not before too long the log was sending out not only rhythms but counter rhythms to which I loved playing the flute while our feet skipped across the meadow.”

Spirit, “The cool thing about this Grand Image of a type of Garden of Eden was that We were all one large Family with the same regard for each other as WE gave to the animals, the plants, the earth, the sky, the water, the sun where everything is imbued with The Sacredness of Life. The Twins were being raised in this context that while We all have individualized forms we are nonetheless connected and so while The Shattering ignited duality, in our environment we role modeled a Unitarian Life Style. Yes, We are all different and yet at the same time, The Same.”

Body, “The Twins, as young children were being exposed to Life as a vibrant and endlessly stimulating Playground, one in which the sentience of Life not only interacted with Them, but also communicated in a telepathic manner. We weren’t therefore the only source of Knowledge and instead each Life Form became a Teacher and a Friend. In this way Everything Loved The Twins and in this Aura of Love, They grew and thrived.”

Mind, “We still had a concern that we couldn’t satisfy. As stated before to date we haven’t been able to recruit a female to provide a motherly image to The Twins. We really wanted Them to experience the nurturing of a mother’s warmth, sustenance, safety and security. Failing to experience this most wonderful aspect of Duality, they would be without a Female Role Model to emulate when They Took Their female

Forms. Deep stuff, huh? So far only Their Mama Goat was showing them The Gentler Side of Living and we weren't sure how this was going to end up affecting The Future Form of The Creator when The Reunification Occurred. Could be funny."

Spirit, "To be insightful, we must share that we need to accept the possibility that it isn't that there are no women that we know who would be willing to share the parenting, rather it could very well be us that women find objectionable in sharing the parenting role of The Twins. Our personality is rather strange, duh; just check out what we're writing about. Sounds Crazy. They'd have to be crazy like we are to check into this trip. Still, this is just the way things are playing out; also likely an influence of The Duality which being part of The Whole is also alive and like any living being wants to keep on living."

Mind, "We have a real challenge given the dual nature not just of The Twins but also never forgetting that our parenting is taking place in a simultaneous dimension in which they are just starting to catch up on emotional developmental stages and in yet also being alive in our current dimension of Their continued conflict on Earth. Remember it is our hope that as They develop through the emotional stages of early childhood into adolescence and then adulthood their affect on our current dimension will alter to the benefit of all life on Earth. This being so and with their evident cooperation in this process we focused not only on assuring their acquisition of skills that can keep Them safe as adults but also in the inculcation of the kind of values that support the dream of Humanity when it is at its best and that is a life where there is Peace, Love and Harmony."

Body, "To us, knowing that They have The Power of Creation and The Power of Disassembly—undoing The Creation—we were concerned about Them being so immature and what affect that would have on what They Created or disassembled. Putting this into the perspective of the reader's current moment, take for instance that within The Creation of Life on Earth, The Lord included the need to eat to live.

In The Western Culture's Creation Story, when Life was Created, there in The Garden was Peace, Love and Harmony with no procreation necessary because there was also everlasting life and so no need to consume to perpetuate existence. It was only with Adam and Eve imbibing in Knowledge resulting in Their being removed from The Garden that procreation and our subsequent life through consumption and the associated death came into Existence. Was that intentional? We kind of doubt it. This life and death through consumption variable was a Creation by The Lord without any anticipation of The Outcome. This is exactly the essence of what we sought to teach The Twins. We wanted to interfere with The Lord's habit of Imaging without sufficient thought going into the possible Outcomes. We hoped to minimize the consequence of The Outcome accidentally molding The Human Experience. This we hoped would reduce the compulsion on Humanity to rationalize the 'Goodness' of this Outcome giving ride to the fabricated Belief that this is all OK because 'The Lord Moves In Mysterious Ways.' This habit of The Lord to impulsively created and the need of humanity to justify the outcome by casting The Force as The Scapegoat as exemplified by the defense, "the Devil Made Me Do It."

Emotion, "Remember neither The Lord nor The Force really knew what they were doing as They both being incomplete and not connected directly to Their Polar Opposite

they were just living through reactive behavior. “Mess with Me...I mess with You. Let me offer an example of how this played out.

An Example: The Lord is about to Create All Living Forms. The Lord is excited and starts placing the seemingly infinite varieties of life throughout the world. The Creative Work is completed and there on earth are all these amazing forms of life. Still, just their presence isn't very exciting so The Lord determines to give them something to do and impulsively comes up with placing within all Life the drive to procreate, which will result in young that need to be nurtured; nurtured primarily through being provided food to eat. Suddenly all the forms are animated and from their waking moment to the moment they sleep they are going at it; procreating and feeding the young. Very exciting. Exciting yes, but not for those being eaten. No anticipation of The Trauma caused by the impulse to Eat or be Eaten. The ability to consider and anticipate feelings of Trauma that result from this impulsive response to provide animation to the life forms in this way is what we sought to teach The Lord and The Force. Looking at and anticipating alternative outcomes before acting actually incorporates the possibility of Free Will and Choice, two values that provide the emotional foundation for a healthy life. This is what We as A Family hoped to develop through our joint cooperative effort.”

Spirit, “Again, our parenting wasn't linear as time didn't exist as we know it. Looking at The Creation from an overview of what we have shared, when The Shattering took place and the simultaneously the Advent of Duality, there was a ‘time’ after The Split that The Lord and The Force were still psychically connected, perhaps in a state of shock. The Duality being in Its Infancy was just “taking hold” on Existence. So, for a while, The Lord and The Force co-existed in The Garden and Everything was Good. Eventually though, The Duality matured and The Splitting began to more fully manifest in The Garden resulting in The Fruit of Knowledge Incident.”

Emotion, “So, given the unfortunate outcome of the Formation of The Duality and the further outcome of The Lord and The Force being Cast into Their Polarized Roles of Good and Evil and because there was no Being in place to help them adjust to Their Spontaneous Formation and Attitudes, They couldn't have done any different than to be trapped in Their roles that constantly formed conflict through all Their Creations.”

Spirit, “However, nothing is permanent thus The Hope of a Better Outcome with The Introduction of our Parenting Them. The issue for us was the manner in which we engaged with these Two Little Tykes to promote responsibility in creation. In other words, before Creating, anticipate the Outcome of Its Introduction into The Earth's Culture. For sure with The Creation of Adam and Eve and the subsequent Trauma that Humans have caused for all other Living Beings, something went seriously amiss.

WHEN THE SHATTERING TOOK PLACE THE LORD ASSUMED THE POWER OF CREATION AND THE FORCE ASSUMED THE POWER OF DISASSEMBLY. Because these Two Powers were disconnected The Chaos ensued. The Lord with the Power of Creation was Arrogant and The Force with The Power of Disassembly was also Arrogant because no matter what The Lord Created, The Force could undo. Thus Life is always followed by Death. Either power without the harmonious influence of the other has always resulted in an imbalance; an excess or lack.”

Body, “The goal of being able to help The Twins to achieve a sense of Anticipation that would allow any New Introduction to fit in and which would promote the increased welfare of All Life on Earth required us to visit The Force and The Lord in the

Current Time in which you, the reader lives. We needed Their cooperation so that we would have the means of placing some reasonable boundaries around The Twins that would allow us to inhibit any Creation that would disrupt The Earth's Health and Welfare. This inhibiting force was the missing ingredient left out in The Shattering. I guess this is where the role of The Showerhead comes into focus; the missing third point that supports balance."

CHAPTER 17

Connecting the Pieces

Self, "So there we were sitting with The Force opening the dialogue on the need to share some power with us."

The Force, "Say what? Drop some of Me onto you?"

Mind, "Yeah, You know, like well, I mean parenting isn't easy without some authority. I mean unconditional love is cool and is so important yet unconditional love also means acknowledging where someone is at and given that in our Parenting Dimension You are a child, well, we need some ability to promote discipline at times. Given Your Power and The Lord's it's been a bit rough for us at times. You know enough about us to know that we have the experience to use the power of authority in a good way and it's within your power to provide us with a bit of Yourself that calls You into line when necessary. This makes sense doesn't it?"

The Force, "Yes it does and that's what bothers Me. I mean you talking about a whole lot of trust. I'm not used to that trust stuff and you know why. So, hmmm. Exactly how much of My Power do you need? I mean I got to keep Myself together hereabouts."

Spirit, "Remember We're all One but something is keeping Us apart and that's what this is all about, getting it back together. So whatever small part of you that you provide us isn't really leaving you, rather it is just expanding its placement. We can look at it as You will be working with Yourself through us and getting Yourself into shape so that You and The Lord can function in Your role of supplying the Duality through me in my role as the Shower Head. Got to start sometime and somewhere and this is the time and in This Parenting Realm is the place."

The Force, "This is really tough but I guess I can stick some of Me into you if I must. Besides it'll be a good gesture to The Lord. By the way, you're going to ask the same from The Lord, aren't you?"

Emotion, "Absolutely."

The Force, "OK then. Here."

Spirit, "And so it was. Now for reconnecting with The Lord."

Body, "You here Lord?"

The Lord, "That question really disappoints me. I thought you guys knew that I'm omnipresent. I'm always with you."

Mind, "Ha, ha, ha. Still being funny. That's great. Well, You know what we need to pull this getting back together thing to happen. So as You know, The Force extended a bit of power to us and we need some reciprocation here from You."

The Lord, "Yeah, I know and I must admit I don't feel any better about doing this than The Force did. Still how can I keep My respect if I did any less? Couldn't. So, you ready?"

Emotion, "Always ready for feeling a part of You."

The Lord, "OK, Here it is."

Spirit, "Wow. Great. Now we have the juice to assist The Young Ones to learn how to work cooperatively together so that Their interaction through Humanity does not cast The Earth and all of The Other Inhabitants into Extinction."

Self, "Given that They were still little, had just started to speak in sentences, well I would just kind of step into a situation and moderate and provide role modeling. For example let's take the moment when The Lord conceived of Creating Fire. Here's how it went."

The Lord had been excited all day and just before evening I heard The Lord saying to The Force, Fire. I'd like to create fire."

The Force responded with interest, "Fire. What's fire?"

Just then a branch burst into flames, "Pretty, huh?"

The Force and The Lord lowered Their hands to it and then in shock jumped back. "Ow! Baba," they both cried.

"Wow Lord, its so pretty," and then I put my hand slowly down and then drew it back quickly, "Hot. Pretty, but hot." They watched the flame consume the branch, but when it turned black they lost interest in it. A while later they came back to the branch and The Lord reached down to pick it up and let out a yelp, "Ow," and dropped it. The Force came closer to it where it had dropped and taking an unburned stick whacked it and when it broke apart it was glowing red inside observed. "Still hot. Not pretty on the outside, but pretty inside and still hot."

"Yes, creating fire, fun, but I wonder how much?"

The Lord whimpered, "Gee Baba. It hurt me."

"Making fire was a great idea. I wonder how it came into your head?"

The Lord whispered, "I was thinking how nice the sun is and wouldn't it be wonderful to have a piece of it."

"Hmmm. I see. The sun is beautiful and warm. I wonder what we learned from this?"

The Force thought for a moment when The Lord didn't reply and said, "Pretty from a distance and pretty close up, but not to touch when too close."

While sucking on the burnt fingers The Lord jumped in, "That's a good point Force, a good point." After thinking for a moment, "When it was all black it looked cool but the heat was hidden inside. What I see may not be what it looks like."

After thinking about The Lord's insight I replied, "Yes, that is a very wise statement. The both of you are learning about the situation of a decision; looking at it from what may happen, things that are connected with an action. Learning is so much fun and yet at times it can get out of control. Just like Creation of The Fire."

The Force, "I could get rid of it for The Lord."

Considering this I responded, "I was thinking you could do just that, yet I wonder why get rid of Fire. Sure it can burn and hurt, still maybe You could use Your power to limit it. You know, keep it but keep it in such a way so that it isn't a danger to The Two of You."

The Lord suggested, "Maybe before I Create something I might talk about it with you Baba and The Force could make sure if I do The Creation It doesn't get out of hand and in this way I could get help how to Create things in a good and safe way."

The Force added, "Yeah, and then I could be ready to limit It or dissolve It if It didn't work out right. Then we'd all be safe."

"Great idea! Teamwork between You Two is good and always The Outcome will then be better. The Lord Creates and The Force Limits. Good balance"

"Yep Baba, We can. We can." They sang out in Unison."

“Thank you Guys. There is so much that can be done. One gets to Create and The Other get to make sure it is done in a Good Way. What teamwork. I’m proud of You Two. Teamwork is just what The World needs.”

CHAPTER 18 Teamwork Works

Spirit, “You know, guys, by accepting our nurturing and teaching, The Child Lord and The Child Force have increasingly been able to overcome and put aside the hard feelings of the past and instead experience each other as Powerful Teammates. Less and less do they have to see their relationship as oppositional to each other. It’s been very rewarding for all of Us and to witness their assumption of cooperation, which gives them the ability to Create Masterfully. With The Lord being able to utilize the newly acquired Socially Responsible Management Skills in Formatting The Creations by being willing to team with The Force and accepting The Force’s role and responsibility to Limit the unrestrained dominance of any Creation, it’ll be exciting to witness this development on influencing the desperately needed maturity of human consciousness. “

Mind, “Yeah. It’s been some parenting journey. Still we have to acknowledge that all of this was a result of our commitment to a relationship with Intuition. For years we have been nurturing this relationship first of all by acknowledging that Intuition is real and not just some form of paranormal delusion like “hearing voices” is supposed to be. Sure it took years to integrate Intuition’s input, yet that process of relationship building allowed us to connect with The Force and The Lord. This input then allowed us to experience the conception of The Lord as a baby and then this led to the image of The Shower and subsequently to the awareness of The Shattering of The One into The Force and The Lord. Another insight was when we got the idea that not only The Lord missed out on the essential nurturing envelop but so did The Force. With all of these parts merging together with a conscious voice and the unstoppable drive to conceptualize a manner in which All of The Parts of The One could in some way be reunified Our Team gave birth to the Image of The Shower.”

Body, “So what are you saying exactly?”

Emotion, “I believe Mind is saying that Intuition is actually the voice of the sum total of Our Connection to Each Other and while The One is Shattered resulting in The One being split into The Force and The Lord, nonetheless at the same time in a dimension that predates The Shattering, The One is still Whole and not only continues to be but also simultaneously continues to be in each of our parts.”

Spirit, “This is so well expressed. The outcome of This Awareness being that as we are integrating these connections into A Sphere of Consciousness and asserting that we are the human element in this formula, so too then as we Merge through this connection does the rest of Humanity have the seed implanted.”

Mind, “Are you saying that our role of parent is not going to be restricted to nurturing The Lord and The Force, but now is to include all of Humanity.”

Spirit, “Yep. I think that about sums it up.”

Emotion, “I guess that I feel that we can’t get so caught up in our parenting role in this special dimension so as to lose sight of the tremendous stress that The Lord and The Force are under in Our Physical Realm. It’s important to remember that The Adult Lord and The Adult Force are still caught up in the pull of The Duality and the consequences of Polarity that remains at this time so oppositional. We have to keep connected to them in Our Home World and make sure our effort is well balanced between the two dimensions.”

Body, “ You’re right Emotion. We certainly shouldn’t lose sight of our role in Their lives.

CHAPTER 19 Holding it Together

Spirit, “While we are proud of our parenting effort and we’ve seen The Twins starting to acquire the maturity to see the value of working cooperatively, we, as our team of four, have to extend our consciousness in a better balance between the Two Dimensions in which The Twins are experiencing Life. Of course The Twins have a great deal to do with our ability to be in both realms simultaneously as they are the Power that drives our team.”

Emotion, “True, so true. It is so easy for us to take the credit, and I suppose we have the right to some recognition for the part we are playing, but only for the part we are playing. Of course we are only deserving anything because of the whole team’s effort to mature.”

Body, “By our operating in both Realities, we are actually acting as The Shower Head between not only The Force and The Lord but also between the Current Moment and The Missing Past. I suppose in some way as The Shower Head we are also becoming The Future. Weird, don’t you think?”

Mind, “Yes, quite mind blowing.”

The Force, “Uh, guys, experiencing an expanding consciousness is meant to blow the mind, and it’s mind bending to Me also. How about You, Lord?”

The Lord, “Yes indeed. Can’t believe how good it feels too. It’s so strange to be able to be in the present and yet also in the past where We have this opportunity to catch up on what We missed when We were Created through The Shattering.”

The Force, “You know you guys, I have to admit that it’s strange to witness Our childhood from infancy to adolescence with you providing the parenting and the needed nurturing and the support cast of animals and plants and sun and wind so comforting and supportive.”

The Lord, “Yeah, and with Love in Our Lives for the first time, to come to understand what you were working so hard but with patience to teach us, that winning at the expense of a harmonious life is self-destructive not only to The Loser but also to The Winner.”

The Force, “I guess that’s what parents are supposed to teach children and of course before you came into our lives we missed out on that.”

Spirit, “That is the point isn’t it? For a family to mature together it requires the understanding that Winning has to be associated with a better life for All members in order for the outcome of competition to be healthy. The effort to improve is the outcome of a supportive team and an understanding opponent. The better one plays elevates the play of the other and whoever wins at the end of the game needs to acknowledge the play of the other. In this way both improve.”

Emotion, “Carrying this lesson of gamesmanship into relationships is critical to maturing into a healthy adult.”

The Lord, “How is this accomplished?”

Emotion, “I believe that it centers on developing respect for each other’s opinions or in a family, of the opinions of all members. As we saw previously in the Creation of Fire how each of us had an important input which allowed for a joint improvement in life.”

The Force, "I do feel that The Lord and I in Our child rearing experience with you guys has resulted in Our gaining in the effort to value seeing each other's points of view as part of The Whole and without these perspectives it is not possible to comprehend what is really going on. Just like one hundred people experiencing the same event will all have a varied perspective, so too in opinions do they need to listen to each other to gain a perspective on the Whole Event."

Spirit, "Let's take a moment to remember a recent conversation we had in Our realm of Your childhood which is now blossoming into adolescence."

All together, "Hmmm."

Mind, "Ok Guys, I feel that we are ready for this. Let's see how it goes. Here's what we are going to check out. Let's explore the best way that men and women can live together as a couple."

The Force, "Well, it seems to Me that the issue is in regards to the sharing of power in determining how the final decision is going to be made."

The Lord, "I'm not so sure. Wouldn't it be better to just keep things the way it has always been? Obviously men have had that position for a long time and it seems to have worked out well enough. It is always best to have a set authority; an authority that listens and considers, but in the end has the position to make the decision?"

The Force, "I'm not clear on the benefit of that approach especially how men ended up with the Final Authority Position. Can You help Me to gain a better understanding?"

The Lord, "Come on, it's obvious isn't it? Adam was My first human creation and from Adam I took one of his ribs and made Eve. It's clear that Adam being the first and Eve being made from part of him would be in the position of Authority. And so, there ever after, men have followed in Adam's footsteps and women have followed."

Spirit, "Lord, that's a good point and a fairly accurate religious historical perspective. Still I wonder if Force has an interesting point of view that we might benefit from listen to."

The Lord, "You're right. I got to practice listening before throwing My opinion around. I keep forgetting to do that."

Spirit, "Just being aware of it is a great step forward in this effort."

The Force, "Thank you for that. Listen to this. I'm sure that it will add something to consider. From The Creation Story, Adam was indeed created first and from Adam Eve was created. So, here's what's far out. In respect to balance and harmony which is something we've been looking at and working hard at practicing it, it seems to Me that Eve, being made from Adam the male then has both female and male inherent within her makeup and therefore it's likely that she is more connected to The One than Adam who is solely male or one half of The Whole. The Creation of Fe male, the feminine aspect of male, has a powerful role in contributing and even completing the Teamwork of The Couple."

Spirit, "So from this perspective The Force's original input in regards to a couple living together it is important to consider the sharing of power between the man and the woman and consequently in determining how the final decisions are going to be made that is critical."

The Lord, "Well I feel that it is more complicated than just including the woman in the decision making process because I guess one of the issues relates to how much

time there is to make a decision. What if there is an urgent need to make a decision, like in an emergency? In this situation there is no time to discuss the possibilities. Wouldn't you agree? Because of this a chain of command needs to be in place."

The Force, "Yes, I can see Your point and I guess that there will be situations that require an immediate response such as say You perceive an impending danger and unless a decision is made immediately a serious or life threatening injury might take place. Of course regardless of which person may perceive that danger it would be good for the other person to immediately listen to the given warning."

The Lord, "I hadn't considered the decision in that way. Yeah, it would be good that either person perceiving the danger first should give the warning and the other person should listen immediately even if they can't perceive the threat. Still, what about the situation that isn't immediately threatening but will be so in the near future?"

The Force, "Can You suggest such a situation so that I can get a better feeling for what You are getting at?"

The Lord, "Sure. Let's say that there is the warning that a famine is imminent and a decision has to be made to either stay and weather the shortages or to move to another location where the famine's affect will be minimal. In this case there is some time to discuss the alternatives but not a lot of time because other people are thinking the same way and the first family to get to the other location will be most easily accepted into that community. If too much time passes in making that decision and other people move there first then by taking too much time to make a similar decision by the time the family moves there the people living in the other location will not look favorably on them settling into their town."

The Force, "I see what You are getting at. I hadn't thought of that situation either. Hmmm. It seems that the input from both the husband and wife is critical yet I can see that one or the other needs to be able to make a decision if they can't come to a quick agreement. I suppose it would be helpful for them to have the chain of command in such a situation worked out in advance. I'm not sure it should be the male or the female but the one that they have agreed to because of their knowledge of each other. So let's look at another situation. What if there is no imminent danger and the couple is discussing say how to choose what style of parenting they want to cooperate in. Should one or the other have the final say?"

The Lord, "Well, for a long time men have had the final say, at least that's the way it looked to me. I mean the wife has her input, but the man has had the final word. Of course, I'm not too sure this has worked out too well given the way things are going at present. Actually it appears as though the woman controls what happens in the home which has historically been her domain and the man's controls his domain which has been out in the field. Yet, while the man didn't have a distinct role in the home the woman often has spent time in the field with her husband at planting and harvesting time. Of course in current times many men are choosing to be more involved with life in the home and this is working out well for both of them. Still with so many couples breaking up, the woman or the man may end of being both the mother and the father so to speak, being a single parent. I guess this is where things get a bit confusing and cloudy."

Spirit, "Very astute. So things as We are learning are not so black and white, and that's good because when they are it usually leads to conflict and a failure of one and/or the other to appreciate the other's points of view."

The Force, "Yes, and that's what we've been learning about. Keeping that respect for each other's opinion implies cooperative decision making where the decision that is chosen is the one that they feel is most likely to lead to the best outcome."

Spirit, "So, it seems at times in an emergency an immediate response to a command of warning by either party is essential to prevent injury and yet at other times there may be some amount of time to consider the alternative. So, I like the idea that in the first two situations, which encompass a threat, that who gives the command can be worked out in advance. In this way doubt can be eliminated and a quick decision or response can easily be made. This advanced decision making is also what we want to teach because the ability to anticipate and plan also leads to the welfare of The Whole."

The Lord, "Seems reasonable. So the final decision doesn't have to support the polarity of one over the other, but more like the shower where the polarity merges into a functional state of being. What do you feel about this, Force?"

The Force, "Absolutely."

Spirit, "In this conversation it feels like We are standing together between The Past in which we are parenting The Two of You, and The Current Moment in which The Two of You are beset by the aspects of a dynamic Duality and subsequent Polarity. Somehow, We are in both setting simultaneously and it works."

The Force, "You have something here. In this way We are like the Shower Head between Here and The Before. It seems that the image of The Shower Head and The Shower is spreading into all features of Our Existence."

The Lord, "Yes it does. It works better this way too."

Spirit, "You know it was really interesting when we got to the point of being able to discuss not only relationships but also the communication aspect of conflict. Not to point fingers, but I'm not sure that when Babel was tossed down and everyone came out of that speaking different languages that not enough time was put into anticipating the confusion that would ensue and the resulting misunderstandings that led to such violent frustration and conflict."

The Lord, "I understand that and I feel that given my development at that time such an outcome could not have been anticipated. As We have been exploring that as a result of The Shattering, much of My empowerment lacked the social overview as to the unfortunate outcome of My reactive behavior to Humanity's inability to please an immature Me."

The Force, "Well put, Lord, and it's good that we've moved past the guilt thing that We all were feeling but not so conscious of its source."

The Lord, "What I found to be particularly helpful in our adolescence was the realization that We have been under the misconception that what We said was actually being heard and what was being heard was What we said. This is one of The Key Foundations that support conflict; the belief that people are hearing what We are saying and believing that because We said it to them that they understand where We are coming from. Knowing this conundrum and by accepting this paradox of communication has led Us to the insight that patience is so critical; that sufficient time is taken to evaluate whether what is being heard is actually being understood."

The Force, “You know what? In addition to this We can also say that What is read is not the same as what is said. Therefore unless a person spends time with The Original Source Who may or may not be The Author such as in The New Testament, in which everything written was by The Disciples, Humanity can only be interpreting what was meant. Given Humanity’s lack of consciousness due to Our Own Immaturity, much of what is preached has so little to do with what was intended. People have such a habit of taking what they want from The Written Word and using it to support some personal point of view. So yes, patience requires everything to slow down. Especially for Us, slowing down is critical so that We can have the chance to ‘Walk in Humanity’s shoes,’ which will provide Insight as to their experiences, the Core that Creates Their Misguided Belief System whose outcomes so irritates Us.”

The Lord, “Yes, as we have been exploring, knowing another’s belief system and their life experiences provides perspective on what they are communicating and allows Us, the listener to evaluate it before coming up with a meaningful and for Me a more compassionate response.”

Mind, “Well, We have been together and exploring Our Relationships and it is very rewarding to see the progress in ‘Catching Up’ that has been made. Being in Two Dimensions has allowed Us the opportunity to seek in the past for exactly where the breakdown took place, the deficits that resulted and then to determine what pathways that are helpful in patching up the damage and getting things rolling in a good way. Of course We have more challenges to work through yet this also is allowing us a continued situation within which to improve our Teamwork.”

Spirit, “It’s also been productive in that The Present now is not only an outcome of the past but that The Future is being subtly influenced by each step that We take to improve our insight to how this healing takes place.”

Emotion, “There has been so much growth through this process and it’s very meaningful that We are becoming more sensitive to Our Feelings and learning the means to express them in a way that supports and encourages Our Maturity.”

Body, “Healing emotionally has also reduced the stress levels sufficiently so that the voice of The Earth can be heard and acknowledged. This provides Us hope that a balance can at last start to be established between the inexorable drive of Humanity to expand and use resources and the need to consciously limit our consumption so that the resources are sustainable. Without this development, the Reality will be devastating as the resources are consumed at a rate faster than they can be replaced. If this trend continues then in the end Humanity will have swallowed itself within an Earthly Black Hole of Our Own Creation and one from which there will be no escape.”

Spirit, “While we have a lot more work to do to set up The Model of The Shower as the fulcrum so that The Future can be nudged a bit, We have every reason to be optimistic. As the shift takes place in Us The Inner Voice of Our Team will be heard more clearly.

UNIFYING CONVERSATIONS
Epilogue

This is the point that Our Family has come to. The past is moving in a more healthy way to the point where it can merge with the dysfunction of the present so that as they integrate the outcome of the future will be in a better balance. It's exciting for Us to experience this and to encourage the conscious attention that Both The Force and The Lord are paying to this process. There is still a lot of catch up to undergo, still a number of developmental stages to activate, still the promotion of relationship building and along with this We achieve an increased sense of progress and satisfaction that reinforces Our Journey Into Our Full Potential. I'm sure that The Female Side of The Equation will come more into play as Our Joint Lives grow in Love, Peace and Harmony.

More to share later as the merging accelerates.

