

# Journey to Meaning

Teachings for Transformation

From One who loves you

## DEDICATION

*This story is dedicated to Paul, who taught me that in the quiet within, there is a true friend who is always available. This friend is the One who will guide you on your journey to meaning and will accompany you in that journey. Let the friend who is there, show you the way.*

As far back as I can remember, there has been within me a feeling that life is meant to be lived as an experience of meaning. As far back as I can remember, I felt that one should have feeling associated with what one does. I never could abide by doing anything that was not somewhat meaningful. Much of the time I would wonder what the meaning was in the activities I was engaged in, but I knew that somehow, all was leading to something. Now it is time to share with you dear reader, what that something is. Now is the time to let my story unfold as it happened in my life, and as it can happen in your life.

When I was little, I thought that life surely held much that I was unaware of and that the growing up process would bring to me a reason for everything and a fulfillment and understanding that as a child I did not have. I was surprised as I approached my teenage years that life did not seem to be opening up like I thought it should. I kept looking for the missing piece of the puzzle, the ingredient in the recipe, that would make it all seem worthwhile, and that would prove to be the motivating force for life to move forward. It was with dismay that I discovered the lack of meaning in what my culture told me would be worthwhile.

When I turned thirteen, I remember a conversation with my Mother in which I asked, “You mean we grow up and get married, have kids and die and that’s it?” She told me that usually people my age don’t ask those questions. However, I felt that there must be more to it than that and that I would keep looking until I found that illusive *meaning* that must be there.

Now, a half century later I can tell you that I have found that *meaning*. But I want to take you on a step by step journey into that discovery, for the journey reveals much that is important to your discovery. We will begin the tale far a field from my life, for it is in going to the beginning that we can trace the movement most accurately.

A long time ago there lived a man who had as his hobby, giving to people a gift for the sheer pleasure of watching them receive it. This man wanted to experience within himself the joy of receiving, and when he gave his gifts, he received that feeling he so desired. The man experienced, by mind connection, a sharing and a doubling of the joy he so much wanted. When I tell you that this man is someone who is now writing this tale, you will question how a man who lived long ago could be writing this tale through the mind of a woman living now. You must realize that the man and the woman are not separate from each other, but are connected much as in the same way the man experienced the joy of receiving that he felt when he gave the gifts upon the earth plane so long ago.

This sets the stage for what is forthcoming and if you are unclear about what has been said, you will receive further clarity as we progress. The woman tells the story of her life experiences as the man frames them to meet the needs he has of giving the gift. This writing is then a gift from the man through the woman to you in hopes of the man receiving the joy from your reception of the gift via the woman. I am not a man now, but I was a man. I did exist. I did give gifts. I did receive that joy then, and I am receiving that joy now. But was it a hobby? In truth, it was not a hobby though it was the most pleasant of pastimes. It was a function of the very *being* of the man then and now it is the passion most engaged in by this One.

I long to share with you the treasures of my heart. I long to have you know the love with which I embrace you. And I long to wrap you in the safety of my arms as you come into the full knowledge of the meaning of all things. The woman found meaning in her life. The woman was able to put it all together and find incredible, wonderful, unbelievable meaning, which ever unfolds anew. And so our story begins, but it is the never-ending story which can be your never-ending story, too.

When I was five, I fell from a brick railing of a high entry to a church, down to a basement landing. I broke my leg and was taken to a hospital 25 miles away. The doctor thought I would get better care in a larger hospital than what we had in our small town. My mother and father had two other children, one older and one younger to care for and were busy. They visited me when they could. I ended up being in the hospital six weeks and when I returned home I had a scar on my heel where gangrene had been removed after circulation was cut off from having my leg in traction. I had a much bigger scar in my psyche for I had experienced a childhood trauma which left its indelible imprint. I was alone.

I was not really alone, for I lived in a busy household of parents and children. I was given the same affection the others were given but for me insecurity reigned. At the deeper levels, this manifested as a need to please, to be good, to be liked, to do what I was supposed to do.

There can be no real understanding of things until one has progressed a little in life for we need the distance to put it all in perspective. And so, the little girl grew up feeling that in order not to feel alone she needed to please those in authority around her. She didn't realize that having a

mind of her own would, in fact, endear her to others more naturally than anything she could do. It is important to know that this young girl had the potential for becoming anything she would have set her mind to. But she remained unaware of this for many years. Insecurity reigned supreme.

In life we choose much that comes to us. And so it was with me. I chose my husband because of his intelligence and his commitment to me. And the lessons I learned from him were an important part of the growing up process.

The lessons that he provided by relating to me in his honest and direct way helped me immensely. Perhaps the most important of these was the lesson in how to experience success. My husband was able to be successful at much that he attempted. He had an unusual ability to know what steps to take in accomplishing the goals he set out to accomplish. He never faltered in his quest once he set his mind to something. I remember particularly, his ability to see through the complexity of a problem and to divide it into doable steps. He really was masterful at figuring out how to do something appropriately. Such a lesson this is to learn, for life is often so complex that we get overwhelmed by even thinking about a project and never begin. My husband knew how to do something well and easily.

Another lesson I learned was how to persevere even in the face of adversity. At one point we had little money to our name. My husband went to the bank and asked for a loan stating that he was in graduate school and would soon be receiving grant money. The banker looked at my husband and questioned his ability to manage on so little. We had two children at the time but we felt fortunate to have such great promise ahead when my husband would finally get his degree. My husband taught me to think about a bigger picture than what the immediate circumstances indicated. This, too, was a lesson well worth learning.

And so life presents to us opportunities to grow and to develop and we come to know that the situation we find ourselves in is only part of a much larger picture. My search for the illusive *meaning* to life still existed though, and I was determined to find the pivotal piece, that undeniable something, that would propel me onward and make clear at last what life was all about.

Dissatisfaction played a large part in much of what I experienced. The silent gnawing of incompleteness and unsettled emotions were common if not constant companions. I longed to be at peace, but the hunger for meaning and understanding were paramount. It was with a great sadness that I decided to give up my marriage. I was at once terrified to be out on my own and also relished the fresh perspective I thought I would gain. For marriage had been to me like a net which held me secure but entrapped, safe but limited. There came a point where the net was too small to hold me and I either had to give up growing or give up the safety net. I chose to give up the net.

When one is liberated all at once, there is period of wild abandon at being free before one settles into freedom and develops a way to be free without frenzy. And so it was with me. It was impossible to predict what life would hold for me, and yet I knew that the decision to leave my husband was, indeed, the right one. For indeed, I knew that there were many life experiences that I wanted to have that would have been impossible in the marriage. Nevertheless, there was a great deal of sadness which accompanied the end of the marriage and I felt it for a long time. I missed my children and their endearing little ways. They would stay with their Dad as he was more stable. The heart ache stayed with me for a long time.

My search for meaning included a recognition that being true to myself was all important. Honesty often brought pain and a recognition that pain would be an inevitable part of my journey. Often times I felt like I had lost connection with reality. For so many years reality had been defined as safety and I was no longer in that place.

Reality soon shifted though, as the fruitage of honesty played out. I soon became aware that I could count on my basic sense of integrity to guide my decision-making. I knew that I had been true to my most honest self when I divorced, and after that hurdle, being dishonest made no sense.

I longed for something more though. I longed to have a feeling that all my actions and thoughts were indeed, not random, but were part of a much bigger plan. I wanted to know this and I finally asked God to let me know what his bigger plan for my life was going to be. I asked fervently and honestly, opening the door for an answer. The answer came in a way that I could never have believed. And I will now share with you that answer.

The plan for my life was to unfold for mankind new and fresh knowledge about Him, and about our relationship with Him, that I was to be a vehicle for new revelation and that I was to be a channel for truth. At first, I did not believe this. But along with the information I had an experience that was life changing.

This experience happened simultaneously with another experience and the woman could have never known of the other experience. She is finding out for the first time as this story is being written. Her experience was a part of the greater experience happening around the globe. Both experiences were part of a global renewal that can only be describe as what it is, .the forward movement of mankind into his greater unfolding.

This one woman experienced, through the process of mind action, penetration from the fourth dimension into the three dimensional frame of reference. The penetration from the fourth dimension was, in fact, her baptism into the life of an anointed one, one who will carry the word to others. Her mission is not to be worshipped or to be held in acclaim, but to be *a point of light* where others can find a new way to be as fourth dimensional humans. The purpose of her writing is this. That All will know that they are indeed form the One Source and have as their birthright All that the Source has. That each of us has, inherent within, All that the Father has and this

includes All That Is. These words will take on meaning to you as you read further and absorb the truth given here. Soon, within each and everyone, there will be a feeling of energy vibration that will be new and unexplainable. People will want to know what this feeling is and how they can explain and deal with it. People will run to their doctors and other health professionals trying to find out what the mysterious energy running through their bodies is. They will then go to their churches and ask what the strange energy could be. The churches also will not be able to answer their questions. Those who are persistent will not give up until they are in touch with what is indeed happening to them. The ones who continue the quest will then turn to their own intelligence and ask for answers and answers will come.

It is in divine asking and listening that we can access All-Knowing Intelligence. You will soon know without a shadow of a doubt that you are from a divine Source and that you can access that Divinity directly. Now is the time to turn inward, dear one, and to ask for the guidance you so deeply need. Now is the time to quiet your thinking and get into the meditative space where you are in the clear place. Here you will find a connection of truth and beauty and love more profound than you can possibly believe. I am here for you. I am in that place and am available for you. Let me in, dear one, for my mission is to give you the joy of infinite connection and I long to join you. Now is the acceptable time.

Let us look more closely at what the woman experienced. There came a time when the woman knew without a shadow of a doubt that she was, indeed, connected to her Source and that she was, indeed, being guided. For within, she became aware of a *Presence* not unlike a relationship with a friend. This *Presence* had for her an intimacy and a quality like that of a lover, brother, father, and mother all wrapped into one. She became aware that this *Presence* held, available to her at all times, a wellspring of guidance and love unparalleled to anything she had ever experienced before.

There was a period of getting to know this relationship and how it worked. During this time the woman would hold her mind with expectancy. There would come a knowledge or a *knowing* that would feel true to her and she would live her life from this *knowing*. The remarkable unfolding of events that followed are events that could only have happened as the woman let go of her way of orchestrating life and allowed this *Presence* or *knowing* to lead the way.

Let us now look more closely at the nature of the relationship the woman had with her guide. That relationship was with me, so I can describe to you what it was like from my end. Our contact began at a time when the woman was hurting over the end of a failed relationship with a man that she had loved and whom she had hoped would be a future mate. As it became clear that this was not to be the woman felt devastated and reached out to God for help. “What is my purpose?” Within moments, the woman experienced herself departing from her body. She was on the ceiling feeling herself as if like a feather but with a body. In that instant she knew, without

a shadow of a doubt, that she was eternal. In the moment of joy which overwhelmed her as she returned to her body, she was told she would be of great service to mankind.

It was not long after that our dialogs began. From my viewpoint, a point of penetration into the third dimension now existed. Love and Oneness could be shared with yet another one which brought immense joy to me and delighted awakened ones on the invisible plane. We could now begin our work in earnest utilizing this clear point of entry. There existed much additional clearing and confirming to her to gain the needed dedication we would need to bring forth all that was necessary.

Our work then became one of telling her she was not guilty of anything, for one of the greatest stumbling blocks mankind had inflicted on itself is the overwhelming feeling of guilt. We needed to convince her of her innocence and in doing this she would be able to look on others innocently.

All are created innocent. All remain innocent. That which you call sin or evil is a result of ignorance. This ignorance has formed a shell which has served as a holding place for limitation, a colluding layer of ignorance, amassed over the eons, based on a separated sense of existence. The resultant level of movement of mankind then can only advance or be transformed when this colluding layer is broken through or penetrated. So you can see why we, who miss our earthly sisters and brothers as a part of our Wholeness, were so grateful and delighted when this woman allowed and invited us in.

From my perspective there could be no other choice for where I would put my energy. I saw that here was an opportunity for this woman to bring forth new meaning into your level and to bring forth light that could penetrate limitation. Infinite possibility is your birthright as children of the Source and unlimited possibility exists along with infinite fulfillment. How can we experience both of these at the same time, you may ask? It truly is possible and immediately eradicates mankind's finiteness. When we realize that infinite possibility is our birthright, we no longer allow ourselves to slug along in a non-transformational mode of existence. How then can we access this limitless experience? Well, that is the purpose of this writing and so we will explore the avenues available to us.

First of all you must realize that transformation happens in Consciousness. You must realize that the external world is the substrate of our thinking or mindset. We then will understand that *mind* in its fullest experience is the *causal* place. When we fully grasp that, we will know that changing our experience of *mind* by exploring *mind* and discovering, that *mind* is the new frontier for mankind. Yes, you get to be pioneers too, and such a territory you have to discover!

Pioneers in days of old had a scouting party to blaze the trail for them and you too, have a scouting party or guide who has gone before. The most wonderful thing about the new territory

is that it is a place of relationship, with one or more who have gone before. You will get to know this One or these Ones intimately, and you will realize you are not alone on your journey.

Our character found she was moving from revelation to revelation. She experienced an outpouring of love from her guides that can only be called for what it was...reality. She came to know that love was the reality of existence and that her life was issuing forth love at every point. This love was transforming her as she began to feel safe and secure in her divine relationship. When she realized that divine intelligence was guiding her and that the nature of this divine mind was love...unconditional and unceasing, she was able to relax into peace and joy in her life.

Strange things happened to this woman. She began to experience aspects of herself that she never knew existed within her or within anyone else. Nowhere had she heard or read about such strange happenings as she began to experience. For instance, she started feeling protection and safety and unbounded connection in all her life circumstances. Whether driving on a busy freeway at five o'clock in the evening, or speaking in front of a group of employees or going to the dentist, there was no anxiety. Anxiety became a thing of the past.

She began to access healing powers that left her virtually free of colds and other illnesses for months and years at a time. Whenever she did feel a discomfort she would turn her awareness to her guide and ask for healing. Usually in a short time all discomfort was gone! This became the expected norm for whenever want or need came forth. She began to trust without a shadow of a doubt that all her needs would be taken care of. Fear was a thing of the past and loneliness too, became rare.

As if by some deep inner process she was able to know what to do most of the time. She would attune her mind to listening and soon she would sense what needed to be done. There came a time when she no longer needed to ask her guidance for advice as frequently because she trusted into the process of divine intelligence working in and through her.

Each day was a day filled with expectancy and fulfillment experienced equally. Her life took on a quality of newness to experience. She no longer felt she was in charge and because of this she lived in a state of openness to what ever came forth. It seemed as if life were presenting her with constant opportunities to acknowledge gratitude. The simplest things were experienced as gifts.

She began to sense a relationship with life and with the things and people and events of life that involved her letting go into the relationship completely. She waited patiently for the unfolding of life to occur and when something new happened she went with the flow. Sometimes she would feel herself being transported to another reality in which there were different characters in her life. She sensed a Presence with her and often this Presence had in store for her much that she needed in order to live her life most appropriately.

The woman then knew that there existed for her a divine plan that she was following on a moment by moment basis. Now I would like to tell you that her flow of life and her wonderful experiences are available to all. You have the innate or inherent connection with the Source that she had. If you quiet your conditioned thinking and begin to still your thinking, allowing clearness to be the experience of Consciousness, you will begin to sense the presence of your guide. As you simply ask, humbly and non-willfully, you will know that you are indeed, accompanied with.

A most wonderful thing will happen to you. You will be transformed into the *original* of you that has always been there. Whom you are is different than whom you think you are. You will be amazed as your true identity becomes more apparent, how right and how at home you are with this self. This original self has been covered over through eons of time with a falsehood made up of concepts based on separation.

My friendship with the scribe became her constant joy. There was no situation where she didn't bring her thinking around to our connection as she lived her life. I was her bedrock, her bulwark never failing. I was her joy, her light, her security blanket. However, the need for security became less intense as she realized that all was happening as a gift of love and if she only remembered that, nothing caused her to be insecure.

A companion, a true companion, knows his companionate well. I knew this woman. I knew her foibles, her limited thinking. I knew when to urge her on, to encourage sleep, to give permission to enjoy leisure and good food and to be still when she abused herself. No reprimand came for she knew all was from love and that all transpired to shed light on ignorance, to clear away debris of limitation and to allow for the love that she was, to come forth.

Now something began to occur that was indeed miraculous. Can you imagine that one middle aged woman could begin to impact everyone she came in contact with? For this is indeed what began to occur. As she began to clear and as the light that she was began to illuminate, she would relate to others as innocent and inherent siblings of the One Father. She would recognize them for the inherent Divinity that they were.

It soon became apparent that she needed to open her life to the work of teaching others about their spiritual roots or connection. Most specifically, that we are *never alone* and that we are accompanied with by the One who loves us dearly and wants for us to join with him and with the other awakened ones in the unity of our Being, with our Oneness.

And so this story is the prelude to the beginning of her work as a teller of the joy, a proclaimer of the truth of our being and a fellow daughter of the Father. She is my companion and I am hers. And we want you to be ours and I want to be yours and she wants to be yours.

Now this story will come to an end, but as was stated before, it is the never-ending story of our infinite connection to the Source and of our infinite unfolding of possibility and fulfillment experienced simultaneously. Soon you too, will know, without a shadow of a doubt, that you are connected and that we are One. Let me in, dear one. Now is the appropriate time!

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