

Meditations from Conversations with God

• **an uncommon dialogue** •

book 1

Neale Donald Walsch (1997)

Prologue

When I was a child, my mother used to say, “God is always with you. God is your best friend.” Of course, I believed her. She was, after all, my mother. It never occurred to me that she might not be speaking from her own experience. It never occurred to me that my mother may not have felt God’s actual presence in *her* everyday life.

But as I grew older, I began to have doubts. I never doubted my mother’s faith, but I began to wonder about its source. I had never had any direct experience of God in *my* life, and for someone who was “always with me,” God was remarkably non-present. I never stopped believing in the existence of God, mind you. I just didn’t quite get that God was even aware of—much less interested—in me.

Then in February 1992 I had an experience that changed all that. That was the month in which God began to speak to me. Personally. We entered, in fact, into a rather extensive dialogue. Lasting one full year, our exchanges became a book. We called it *Conversations with God*. Our conversation quenched in me an enormous thirst, satisfied in me an incredible hunger. And I hoped that by sharing it, it could do the same for others.

We have been searching for the God of our heart for a very long time. The God I met in my conversation was not a God to fear, but a God of unconditional and unlimited love. A God of deep compassion and understanding. A God of wonderful humor who takes pure delight in the joyful celebration of life. This is a God offering friendship, not lordship—and asking, in return, for friendship, not worship.

That is the God I would like all of us to know. And the wisdom of that kind God is the wisdom I wish we could live each day. These meditations offer a chance to do just that. Taken from the pages of *Conversations with God*, these words have been very helpful, very meaningful, and very inspiring to me.

I invite you to open this book each morning and embrace the day’s thought. Meditate on its meaning. Then seek to bring that meaning into your life as you go about your day. At the close of the day, open this book again, turning to the page with which you began your morning. Read once more the words for the day. Take a moment to reflect on the hours just past, and the new context within which the words may be considered.

Then close the book with thanks. And, if it feels good to do so, write in your journal what has come to you from this process. Put down whatever comes to your mind.

In this way you can use the daily meditations here to begin your own conversation with God.

Neale Donald Walsch
Oregon
May 1997

January 1

It is not God's function to create or uncreate the circumstances and conditions of your life. God created You, in the image and likeness of God. You have created the rest.

p. 13

January 2

Do the deed that you want to have the new thought about. Then say the words that you want to have your new thought about. Do this often enough and you'll train the mind to think a new way.

p. 164

January 3

I have always been here to help you, I am here now. You don't have to find the answers on your own. You never had to.

p.66

January 4

A true Master is not the one with the most students, but one who creates the most Masters.

p. 114

January 5

Your ideas about Right and Wrong are just that—ideas. They are the thoughts which form the shape and create the substance of Who You Are. There would be only one reason to change any of these; only one purpose in making an alteration; if you are not happy with who you are.

p.62

January 6

Life is eternal. You are immortal. You never do die. You simply change form.

p. 193

January 7

God's greatest moment is the moment you realize you need no God.

p. 114

January 8

Let your love propel your beloveds into the world—and into the full experience of who they are. In this will you have truly loved.

p. 115

January 9

If you have caught yourself in an ungodly act as a result of doing what is best for you, the confusion is not in having put yourself first, but rather in misunderstanding what is best for you.

p. 132

January 10

Treating others with love does not necessarily mean allowing others to do as they wish.

p. 132

January 11

God asks only that you include yourself among those you love.

p. 132

January 12

If there were such a thing as sin, this would be it: to allow yourself to become what you are because of the experience of others.

p. 62

January 13

If your values serve you, hold to them. Argue for them. Fight to defend them. Yet seek to fight in a way which harms no one. Harm is not a necessary ingredient in healing.

p. 62

January 14

The soul—your soul—knows all there is to know all the time. There is nothing hidden to it, nothing unknown. Yet knowing is not enough. The soul seeks to experience.

p. 22

January 15

You can know yourself to be generous, but unless you do something which displays generosity, you have nothing but a concept. You can know yourself to be kind, but unless you do someone a kindness, you have nothing but an idea about yourself.

p. 22

January 16

The first thing to understand about the universe is that no condition is “good” or “bad.” It just is. So stop making value judgments.

p. 79

January 17

The first step in changing anything is to know and accept that you have chosen it to be what it is. If you can't accept this on a personal level, agree to it through your understanding that we are all one. Seek then to create change not because a thing is wrong, but because it no longer makes an accurate statement of who you are.

p. 36

January 18

My purpose in creating you, My spiritual offspring, was for Me to know Myself as God. I have no way to do that save through you.

p. 26

January 19

By your decisions you paint a portrait of Who You Are.

p. 154

January 20

No one who has attained mastery is dull. Unusual, perhaps. Extraordinary, perhaps. But never dull.

p. 78

January 21

Have you ever seen anything more perfect than a snowflake? Its intricacy, its design, its symmetry, its conformity to itself and originality from all else are all a mystery. You wonder at the miracle of this awesome display of nature. Yet if I can do this with a single snowflake, what think you I can do—have done—with the universe?

p. 43

January 22

I will do nothing for you that you will not do for your Self. That is the law and the prophets.

p. 50

January 23

You cannot experience yourself as what you are until you've encountered what you are not. This is the purpose of the theory of relativity, and all physical life. It is by that which you are not that you yourself are defined.

p. 27

January 24

I suggest that it is your judgments which keep you from joy, and your expectations which make you unhappy.

p. 108

January 25

Masters are those who have chosen only love. In every instance. In every moment. In every circumstance.

p. 57

January 26

I invite you to a new form of communication with God. A two-way communication. In truth, it is you who have invited Me. For I have come to you, in this form, right now, in answer to your call.

p. 7

January 27

You must first learn to honor and cherish and love your Self.

p. 126

January 28

Every heart which earnestly asks, Which is the path to God? is shown.

p. 94

January 29

The process of prayer becomes much easier when, rather than having to believe that God will always say yes to every request, one understands intuitively that the request itself is not necessary.

p. 13

January 30

When you have a thought that is not in alignment with your higher vision, change to a new thought, then and there. When you say a thing that is out of alignment with your grandest idea, make a note not to say something like that again.

p. 78

January 31

You are goodness and mercy and compassion and understanding. You are peace and joy and light. You are forgiveness and patience, strength and courage, a helper in time of need, a comforter in time of sorrow, a healer in time of injury, a teacher in times of confusion.

p. 121

February 1

God is the energy you call imagination. God is creation. God is first thought. And God is last experience. And God is everything in between.

p. 198

February 2

Your teachers have told you of an angry God, a jealous God, a God who needs to be needed. And that is not a God at all, but a neurotic substitute for that which would be a deity.

p. 114

February 3

It is your first nature to be unconditionally loving.

p. 78

February 4

I will do nothing for you that you will not do for your Self. That is the law of the prophets. The world is in the condition it is in because of you, and the choices you have made—or failed to make. The Earth is in the shape it's in because of you, and the choices you have made—or failed to make. Your own life is the way it is because of you, and the choices you have made—or failed to make.

p. 50

February 5

Bless every person and condition, and give thanks. Thus you affirm the perfection of God's creation—and show your faith in it. For nothing happens by accident in God's world, and there is no such thing as coincidence. Nor is the world buffeted by random choice, or something you call fate!

p. 114

February 6

There is only what serves you, and what does not. The terms “right” and “wrong” are relative terms.

p. 162

February 7

Allow each soul to walk its path.

p. 47

February 8

There is nothing scary about life if you are not attached to results.

February 9

You are, have always been and will always be, a divine part of the divine whole, a member of the body. That is why the act of rejoining the Whole, of returning to God, is called remembrance. You actually choose to re-member Who You Really Are, or to join together with the various parts of you to experience the all of you—which is to say, the All of Me.

p. 28

February 10

Your perception of ultimate reality is more limited than you thought, and Truth is more unlimited than you can imagine.

p. 197

February 11

This is the second great illusion of man: that the outcome of life is in doubt. It is this doubt about ultimate outcome that has created your greatest enemy, which is fear. For if you doubt outcome, then you must doubt the creator—you must doubt God.

p. 14

February 12

I have given you nothing shameful, least of all your very body, and its functions.

p. 208

February 13

Ultimately all Spirit renounces what is not real, and nothing in the life you lead is real, save your relationship with Me.

p. 100

February 14

At the critical juncture in all human relationships, there is only one question: What would love do now?

p. 130

February 15

There are those who say you must overcome your desires. I say you must simply change them. The first practice feels like a rigorous discipline, the second, a joyful exercise.

p. 159

February 16

You're setting your sights too low. Broaden the scope of your horizons. Extend the depth of your vision. See more in you than you think there is to be seen.

p. 142

February 17

You are the deepest wisdom and the highest truth; the greatest peace and the grandest love. You are these things. And in moments of your life you have known yourself as these things. Choose now to know yourself as these things always.

p. 87

February 18

People assume that if God were to talk directly with you, God would not sound like the fella next door.

p. 68

February 19

Stop making judgments against yourself

p. 71

February 20

The world exists the way it exists— just as a snowflake exists the way it exists—quite by design. You have created it that way—just as you have created your life exactly as it is.

p. 49

February 21

Your body, your mind and your soul (spirit) are one. In this, you are a microcosm of Me—the Divine All, the Holy Everything the Sum and the Substance.

p. 197

February 22

The deepest secret is that life is not a process of discovery, but a process of creation. You are not discovering yourself, but creating yourself anew. Seek, therefore, not to find out who you are, seek to determine who you want to be.

p. 21

February 23

This is the root of every problem you experience in your life—you do not consider yourself worthy enough to be spoken to by God. Good heavens, how can you ever expect to hear my voice if you don't imagine yourself to be deserving enough to even be spoken to?

p. 162

February 24

One day, if you have a great deal of courage, you will experience a world where making love is considered better than making war. On that day will you rejoice.

p. 109

February 25

Life will “take off” for you . . . when you choose for it to . . . you must believe the promise and live it. You must live the promise of God.

p. 75

February 26

Stop questioning your motives (you do it incessantly) and let's get on with it.

p. 70

February 27

You are evolving, you are becoming. And you are using your relationship with everything to decide what you are becoming. This is the job you came here to do. This is the joy of creating self. Of knowing self. Of becoming, consciously, what you wish to be.

p. 126

February 28

Come to Me along the path of your heart, not through a journey of your mind. You will never find Me in your mind.

p. 94

February 29

Would you not be better off to think the thoughts you want to think, than those of others? Are you not better armed with creative thoughts than with reactive thoughts?

p. 165

March 1

You say it is difficult to walk the path of Christ, to follow the teachings of the Buddha, to hold the light of Krishna, to be a Master. Yet I tell you this: It is far more difficult to deny Who You Are than to accept it.

p. 86

March 2

If humans do not change some of their Sponsoring Thoughts, humankind could doom itself to extinction.

p. 164

March 3

Worry is the activity of a mind which does not understand its connection with Me.

p. 188

March 4

No prayer—and a prayer is nothing more than a fervent statement of what is so—goes unanswered.

p. 12

March 5

It is when the going gets tough that you so often forget Who You Are, and the tools I have given you for creating the life that you would choose.

p. 116

March 6

The job of the soul, of course, is to cause us to choose the grandeur— to select the best of who you are— without condemning that which you do not select.

p. 84

March 7

If a thing is obviously right, do it.

p. 47

March 8

Envy not success, nor pity failure, for you know not what is success or failure in the soul's reckoning.

p. 33

March 9

Relationships are constantly challenging, constantly calling you to create, express and experience higher and higher aspects of yourself, grander and grander visions of yourself, ever more magnificent versions of yourself.

p. 121

March 10

Everlasting perspective helps you keep things in their proper light

p. 116

March 11

It's important now, it's time now, to change your mind about some things. This is what evolution is all about.

p. 168

March 12

The person who has the "faith to move mountains," and dies six weeks later, has moved mountains for six weeks. That may have been enough for him.

p. 80

March 13

There is perfection in the process, and all life arises out of choice. It is not appropriate to interfere with choice, nor to question it. It is particularly inappropriate to condemn it.

p. 47

March 14

A society living in fear very often— actually, inevitably—produces in form that which it fears most.

p. 55

March 15

Everything in life is holy.

p. 68

March 16

Killing can never be justified as a means of expressing anger, releasing hostility, "righting a wrong" or punishing an offender.

p. 151

March 17

By their decisions your religions have created lasting, indelible impressions. By their decisions your societies have produced their self-portraits, too. Are you pleased with these pictures? Are these the impressions you wish to make?

p. 154

March 18

This is My plan for you. This is My ideal: that I should become realized through you.

p. 43

March 19

You must live the promise of God.

p. 75

March 20

You are in a partnership with God. We share an eternal covenant. My promise to you is to always give you what you ask. Your promise is to ask.

p. 73

March 21

I have established Laws in the universe that make it possible for you to have—to create—exactly what you choose. These Laws cannot be violated, nor can they be ignored.

p. 73

March 22

You will never disserve your relationship—nor anyone—by seeing more in another than they are showing you. For there is more there. Much more. It is only their fear that stops them from showing you.

p. 142

March 23

Health will improve almost at once when worrying ends.

p. 188

March 24

If you think your life is about doingness, you do not understand what you are about. Your soul doesn't care what you do for a living—and when your life is over, neither will you. Your soul cares only about what you're being while you're doing whatever you're doing.

p. 170

March 25

The question is not, why start off on such a path? You have already started off. You did so with the first beat of your heart. The question is:

Do I wish to walk this path consciously, or unconsciously?

p. 156

March 26

So long as you entertain the notion that there is something or someone else out there “doing it” to you, you disempower yourself to do anything about it.

p. 36

March 27

Do not feel abandoned. I am always with you.

p. 210

March 28

Desire Is the beginning of all creation. It Is first thought **It Is** a grand feeling within the soul. It Is God, choosing what next to create.

p. 65

March 29

You don't have a clear focus; you're not really sure what's true for you. And the universe is just a big Xerox machine. It simply produces multiple copies of your thoughts. Now there's only one way to change all that. You have to change your thought about it.

p. 163

March 30

It might not be a bad goal in your life to know the highest part of your Self, and to stay centered in that.

p. 126

March 31

Expectations ruin relationships.

p. 142

April 1

Do you imagine that God does not enjoy a good joke? Is it your knowing that God is without humor? I tell you, God invented humor.

p. 60

April 2

Your happy destiny is unavoidable. You cannot not be "saved." There is no hell except not knowing this.

p. 115

April 3

The Master knows intuitively that passion is the path. It is the way to self-realization. Even in earthly terms it can be fairly sad that if you have a passion for nothing, you have no life at all.

p. 102

April 4

You have no obligation in relationship. You have only opportunity. Opportunity, not obligation, is the cornerstone of religion, the basis of spirituality. So long as you see it the other way around, you will have missed the point.

p. 137

April 5

You are wont to rush to judgment, to call a thing "wrong" or "bad" or "not enough," rather than to bless what you do not choose.

p. 84

April 6

You are in the process of experiencing yourself by creating yourself anew in every single moment. As am I. Through you.

p. 75

April 7

Sometimes, when a person is really deeply asleep, you have to shake him a little.

p. 191

April 8

There is no need to recriminate yourself. Simply notice what you've been choosing and choose again.

p. 119

April 9

Every prayer—every thought, every feeling, every statement—is creative. To the extent that it is fervently held as truth, to that degree will it be made manifest in your experience.

p. 12

April 10

You can choose to be a person who has resulted simply from what has happened, or from what you have chosen to be and do about what has happened.

p. 122

April 11

Call not a thing calamity, nor joyous event, until you decide, or witness, how it is used.

p. 33

April 12

Your soul seeks the highest feeling. It seeks to experience—to be—perfect love.

p. 85

April 13

The reason that the true Master does not complain is that the true Master is not suffering, but simply experiencing a set of circumstances that you *would call insufferable*.

p. 107

April 14

You have nothing to learn about relationships. You have only to demonstrate what you already know.

p. 121

April 15

True Masters are those who have chosen to make a life, rather than a living.

p. 176

April 16

God is in the sadness and in laughter. In the bitter and the sweet.

p. 60

April 17

There are those who say that to know God you must overcome all earthly passions. Yet to understand and accept them is enough. What you resist persists. What you look at disappears.

p. 100

April 18

I will not leave you, I cannot leave you, for you are My creation and My product, My daughter and My son, My purpose and My... *Self*. Call on me, therefore, wherever and whenever you are separate from the peace that I am.

p. 211

April 19

Fear is the opposite of everything you are.

p. 188

April 20

You cannot lie to yourself. Your mind knows the truth of your thoughts.

p. 11

April 21

This is both the goal and the glory of God: that His subjects shall be no more, and that all shall know God not as the unattainable, but as the unavoidable.

p. 115

April 22

When you achieve certain states of being over a long period of time success in what you are doing in the world is very difficult to avoid.

p. 176

April 23

There is no such thing as karmic debt.

p. 34

April 24

Sex *is* an extraordinary expression of love—love of another, love of self, love of life. You ought to therefore love *it!*

p. 208

April 25

Do not dismantle the house, but look at each brick, and replace those which appear broken, which no longer support the structure.

p. 62

April 26

In the moment of your total knowing, you, too, will feel as I do always: totally joyful, loving, accepting, blessing and grateful. These are the Five Attitudes of God.

p. 65

April 27

Only when you say “I did this” can you find the power to change it.

p. 36

April 28

You have a right to your joy; Seek *it!* Find it!

p. 186

April 29

Are you not being allowed to experience everything? The tears, the joy, the pain, the gladness, the exaltation, the massive depression, the win, the lose, the draw? What more is there?

p. 158

April 30

My teachers have all come with the same message. Not “I am holier than thou,” but “you are as holy as am I.”

May 1

The purpose of relationship is not to have another who might complete you; but to have another with whom you might share your completeness.

p. 123

May 2

Your world would not be in its present condition were you to have simply listened to your experience. The result of your not listening to your experience is that you keep reliving it, over and over again.

p. 5

May 3

If you think you are right about everything, who needs to talk with God?

p. 7

May 4

Why not simply acknowledge the truth when you hear it, and move towards it?

p. 119

May 5

My messages will come in a hundred forms, at a thousand moments, across a million years. You cannot miss them if you truly listen. You cannot ignore them once truly heard.

p. 6

May 6

There is a divine purpose behind everything, and therefore a divine presence in everything.

p. 60

May 7

Some people don't like to be awakened. Most do not. Most would rather sleep.

p. 191

May 8

You can't go wrong. It's not part of the plan. There's no way not to get where you are going. There's no way to miss your destination. If God is your target, you're in luck, because God is so big, you can't miss.

p. 88

May 9

Do not condemn, therefore, all that you would call bad in the world. Rather, ask yourself, what about this have you judged bad, and what, if anything, you wish to do to change it.

p. 32

May 10

If you are God's equal, that means nothing is being done to you—and all things are created by you. There can be no more victims and no more villains—only outcomes of your thought about a thing.

p. 75

May 11

Your will for you is God's will for you.

p. 13

May 12

Each circumstance is a gift, and in each experience is hidden a treasure.

p. 33

May 13

Love is the ultimate reality. It is the only. The all. The feeling of love is your experience of God.

p. 56

May 14

Do you want your life to truly take off? Then change your idea about it. About you. Think, speak and act as the God you are.

p. 76

May 15

Listen to me in the truth of your soul. Listen to me in the feelings of your heart. Listen to me in the quiet of your mind.

p. 210

May 16

Well, if God can't inspire you, who in hell can?

p. 88

May 17

I have never set down a 'right' or 'wrong,' a 'do' or a 'don't.' To do so would be to strip you completely of your greatest gift— the opportunity to do as you please, and experience the results of that.

p. 39

May 18

We dare not solve all the problems, or there will be nothing left for us to do.

p. 48

May 19

Go first to your Highest Thought about yourself. Imagine the you that you would be if you lived that thought every day.

p. 77

May 20

Judge not, and neither condemn, for you know not why a thing occurs, nor to what end.

p. 38

May 21

The work of the soul is to wake yourself up. The work of God is to wake everybody else up.

p. 142

May 22

If you choose evolution—the evolution of your soul—you won't produce that by the worldly activities of your body.

p. 170

May 23

For goodness' sake, don't destroy sexual innocence and pleasure and the purity of the fun, the joy, by misusing sex. Don't use it for power or hidden purpose; for ego gratification or domination; or any purpose other than the purest joy and the highest ecstasy, given and shared—which is love.

p. 206

May 24

You are the creator of your reality, and life can show up no other way for you than that way in which you think it will.

p. 52

May 25

There is nothing you cannot be. There is nothing you cannot do. There is nothing you cannot have. What other kind of promise would you have God make? Would you believe Me if I promised you less?

p. 44

May 26

When you choose the action love sponsors, then will you do more than survive, then will you do more than win, then will you do more than succeed. Then will you experience the full glory of Who You Really Are, and who you can be.

p. 19

May 27

Do Me a favor and don't try to contain Me. By the way, do yourself the same favor.

p. 88

May 28

You have come here to work out an individual plan for your own salvation. Yet salvation does not mean saving yourself from the snares of the devil. There is no such thing as the devil, and hell does not exist. You are saving yourself from the oblivion of nonrealization.

p. 51

May 29

Every one of My messengers has been defiled. Far from gaining glory, they have gained nothing but heartache. Are you willing? Does your heart ache to tell the truth about Me?

p. 145

May 30

I gave to each of the countless parts of Me (to all of my spirit children) the same power to create which I have as the whole.

p. 25

May 31

It is your first nature to be unconditionally loving. It is your second nature to choose to express your first nature, your true nature, consciously.

p. 78

June 1

Words are merely utterances: noises that stand for feelings, thoughts and experience. They are symbols. Signs. Insignias. They are not Truth. They are not the real thing.

p. 4

June 2

Most people enter into relationships with an eye toward what they can get out of them, rather than what they can put into them.

p. 122

June 3

Feeling guilty is a learned response.

p. 119

June 4

Fear is the other end of love It is the primal polarity.

p. 57

June 5

If you believe that God is some omnipotent Being who hears all prayers, says “yes” to some, “no” to others, and “maybe, but not now” to the rest, you are mistaken. By what rule of thumb would God decide?

p. 13

June 6

I do not communicate by words alone. In fact, rarely do I do so. My most common form of communication is through feeling.

p. 3

June 7

The world is in the condition it's in because the world is full of sleepwalkers.

p. 191

June 8

I will bring you the exact right thoughts, words or feelings, at any given moment, suited precisely to the purpose at hand.

p. 6

June 9

I tell you this: you are your own rule-maker. You set the guidelines. And you decide how well you have done; how well you are doing.

p. 41

June 10

When you thank God in advance for that which you choose to experience in your reality, you, in effect, acknowledge that **it** is there.

p. 11

June 11

Your first relationship must be with yourself.

p. 126

June 12

For thousands of years people have disbelieved the promises of God for the most extraordinary reason: they were too good to be true.

p. 44

June 13

Begin at once to imagine life the way you want it to be - and move into that. Check every thought, word and action that does not fall into harmony with that Move away from those.

p. 78

June 14

All human actions are motivated at their deepest level by one of two emotions—fear or love.

p. 15

June 15

It is not a question of learning, but of remembering.

p. 43

June 16

You can define present conditions and circumstances as what they truly are: temporary and temporal.

p. 116

June 17

I want for you what you want for you. Nothing more, nothing less. I don't sit here and make a judgment, request by request, whether something should be granted you. My law is the law of cause and effect, not the law of "We'll See."

p. 117

June 18

From the highest mountain **it** has been shouted, in the lowest pure its whisper has been heard. Through the corridors of all human experience has this Truth been echoed: Love is the answer.

p. 58

June 19

Worry is just about the worst form of mental activity there is . . . Worry is pointless. It is wasted mental energy.

p. 188

June 20

It is not in the action of another, but in your re-action, that your salvation will be found.

p. 127

June 21

I will speak to you if you will listen. I will come to you if you will invite Me. I will show you then that I have always been there. All ways.

June 22

I tell you, you can speak to Me as you would speak with your best friend.

p. 60

June 23

Not to decide is to decide.

p. 50

June 22

I tell you, you can speak to Me as you would speak with your best friend.

p. 60

June 23

Not to decide is to decide.

p. 50

June 24

Marriage is a sacrament. But not because of its sacred obligations. Rather, because of its unequalled opportunity.

p. 138

June 25

The world will need many voices to speak the words of truth and healing for which millions long. The world will need many hearts joined together in the work of the soul, and prepared to do the work of God. Can you honestly claim that you are not aware of this?

p. 144

June 26

Hear Me, everywhere. Whenever you have a question, simply know that I have answered it already. Then open your eyes to your world.

p. 210

June 27

There are no coincidences in the universe.

p. 58

June 28

All conditions are temporary.

p. 79

June 29

So what is your intention now? Do you intend to prove your theory that life seldom brings you what you choose? Or do you intend to demonstrate Who You Are and Who I Am?

p. 119

June 30

I tell you there is no such experience after death as you have constructed in your fear-based theologies.

p. 41

July 1

I do not make a judgment about the creations that you conjure. I simply empower you to conjure more—and more and more and more.

p. 118

July 2

Your saying you want a thing only works to produce that precise experience—wanting—in your reality. The correct prayer is therefore never a prayer of supplication, but a prayer of gratitude.

p. 11

July 3

Are you going to be in a place called fear, or in a place called love? Where are you—and where are you coming from—as you encounter life?

p. 172

July 4

How can you be a creative being if I am dictating what you shall be do and have? My joy is in your freedom, not your compliance.

p. 166

July 5

When life is lived from a standpoint of damage control or optimum advantage, the true benefit of life is forfeited. The opportunity is lost. The chance is missed. For a life lived thusly is a life lived from fear.

p. 130

July 6

Do you not see that I could just as easily work through your imagination as anything else?

p. 6

July 7

Obedience is not creation, and thus can never produce salvation. Obedience is a response, while creation is pure choice, undictated, unrequired.

p. 175

July 8

When you are in your God space, you know and understand that all you are now experiencing is temporary. I tell you that heaven and earth shall pass away, but you shall not.

p. 116

July 9

Bring to the space of your experience the highest and best idea you ever had about you.

p. 66

July 10

Mine is always your Highest Thought, your Clearest Word, your Grandest Feeling. Anything less is from another source.

p. 4

July 11

I have heard the crying of your heart. I have seen the searching of your soul.

p. 58

July 12

No one will judge you ever, for why, and how, could God judge God's own creation and call it bad?

p. 41

July 13

You have brought your Self to the relative world so that you might have the tools with which to know and experience Who You Really Are. Who You Are is who you create yourself to be in relationship to all the rest of it.

p. 126

July 14

Thoughts rooted in fear will produce one kind of manifestation on the physical plane, thoughts rooted in love will produce another. The masters are those who have chosen only love. In every instant. In every moment. In every circumstance.

p. 57

July 15

Nothing happens to you or through you that is not for your own highest good.

p. 174

July 16

Belief in God produces belief in God's greatest gift—unconditional love—and God's greatest promise— unlimited potential.

p. 44

July 17

There are a million aspects to Me. A billion. A trillion. You see? There is the profane and the profound, the lesser and the larger, the hollow and the holy, the ghastly and the Godly.

p. 173

July 18

This is the goal of your soul, this is its purpose: to fully realize itself while in the body; to become the embodiment of all that it really is.

p. 43

July 19

Do not what you are obliged to do, but what you have an opportunity to do.

p. 145

July 20

The soul leads you to the right and perfect opportunities for you to experience exactly what you had planned to experience. What you actually experience is up to you.

p. 174

July 21

Fear is the energy which contracts, closes down, draws in, runs, hides, hoards, harms. Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals.

p. 19

July 22

The people who make a living doing what they love are the people who insist on doing so.

p. 169

July 23

Suffering has nothing to do with events, but with one's reaction to them. What's happening is merely what's happening. How you feel about it is another matter.

p. 105

July 24

The actions of the body were meant to be reflections of a state of being, not attempts to attain a state of being.

p. 185

July 25

The way to reduce the pain which you associate with earthly experiences and events—both yours and those of others—is to change the way you behold them. You cannot change the outer event, so you must change the inner experience.

p. 3

July 26

We make real that to which we pay attention.

p. 107

July 27

Do you imagine this is too big a problem for Me to solve? I see, so it's a matter of faith. You don't question My ability, you merely doubt My desire.

p. 117

July 28

The voice within is the loudest voice with which I speak, because it is the closest to you. It is the voice which tells you whether everything else is true or false, right or wrong, good or bad as you have defined it. It is the radar that sets the course, steers the ship, guides the journey if you but let it.

p. 20

July 29

The purpose of a relationship is to decide what part of yourself you'd like to see "show up," not what part of another you can capture and hold.

p. 122

July 30

When you have a thought that is not in alignment with your higher vision, change to a new thought, then and there. When you say a thing which is out of alignment with your grandest idea, make a note not to say something like that again. When you do a thing which is misaligned with your best intention, decide to make that the last time.

p. 78

July 31

What your body is doing is a reflection of what your life is about.

p. 186

August 1

You are not on this planet to produce anything with your body. You are on this planet to produce something with your soul. Your body is simply and merely the tool of your soul.

p. 172

August 2

The more you are, the more you can become, and the more you can become, the more you can yet be.

p. 20

August 3

If you want to know what's true for you about something, look to how you're feeling about it. Feelings are sometimes difficult to discover— and often even more difficult to acknowledge. Yet hidden in your deepest feelings is your highest truth.

p. 3

August 4

You'll get as many chances as you want and need. You can come back again and again and again. If you do get to the next step, if you evolve to the next level, it's because you want to, not because you have to.

p. 149

August 5

I will continue sending you the same messages over and over again, throughout the millenia and to whatever corner of the universe you occupy. Endlessly will I send you My messages, until you have received them and held them close, calling them your own.

p. 5

August 6

It takes great courage to announce oneself as a man of God. You understand, the world will much more readily accept you as virtually anything else.

p. 145

August 7

Next time, decide to act before you think.

p. 168

August 8

In the true order of things one does not do something in order to be happy—one is happy, and, hence, does something.

p. 185

August 9

Do you think there is a word I have not heard? A sight I have not seen? A sound I do not know? Is it your thought that I despise some of these, while I love the others? I tell you, I despise nothing. None of it is repulsive to Me. It is life, and life is the gift; the unspeakable treasure; the holy of holies.

p. 60

August 10

All the “bad” things that happen are of your choosing. The mistake is not in choosing them, but in calling them bad.

p. 30

August 11

The function of the soul is to indicate its desire, not impose it.

p. 175

August 12

Your life work is a statement of Who You Are. If it is not, then why are you doing it?

p. 186

August 13

You cannot experience yourself as what you are until you've encountered what you are not.

p. 27

August 14

Seek to change those things—or support others who are changing those things—which no longer reflect your highest sense of Who You are.

p. 38

August 15

Doing is a function of the body. Being Is a function of the soul.

p. 170

August 16

If you don't like what you've —created, choose again. My job, as God, is to always give you that opportunity.

p. 118

August 17

There is only one purpose for all of life, and that is for you and all that lives to experience fullest glory. Everything else you say, think or do is attendant to that function.

p. 20

August 18

If you want guarantees in life, then you don't want life. You want rehearsals for a script that's already been written.

p. 141

August 19

There is no coincidence, and nothing happens “by accident”

p. 52

August 20

You misunderstand your power. I tell you this: Your life proceeds out of your intentions for it.

p. 118

August 21

The soul conceives, the mind creates, the body experiences. The circle is complete. The soul then knows itself in its own experience.

p. 196

August 22

There’s a difference between being and doing, and most people have placed their emphasis on the latter.

p. 196

August 23

Now, having seen the differences between where you are and where you want to be, begin to change—consciously change—your thoughts, words and actions to match your grandest vision.

p. 77

August 24

Move into communion with the souls of others, and their purpose, their intention, will be clear to you.

p. 47

August 25

The moral codes, religious constrictions, social taboos and emotional conventions you have placed around sex have made it virtually impossible for you to celebrate your being.

p. 208

August 26

You may think this is easy, this Be Who You Really Are business, but it’s the most challenging thing you 11 ever do in your life.

p. 148

August 27

There is only one reason to do anything: as a statement to the universe of Who You Are.

p. 36

August 28

Remember to exercise extreme judgment regarding what you call “right” and “wrong.”

p. 47

August 29

Are you willing to endure the ridicule of your fellow human beings? Are you prepared to give up glory on Earth for the greater glory of the soul fully realized?

p. 145

August 30

The spirit in you seeks that grand moment when you have conscious awareness of its wishes, and join in joyful oneness with them.

p. 174

August 31

You are not discovering yourself, but creating yourself anew. Seek therefore, not to find out who you are, seek to determine who you want to be.

p. 20

September 1

You call a life of complete freedom “spiritual anarchy.” I call it God’s great promise. It is only within the context of this promise that God’s great plan can be completed.

p. 137

September 2

If, then, revelation is requested, it cannot be had, for the act of asking is a statement that it is not there.

p. 10

September 3

The act of resisting something is the act of granting it life. ...the more you resist, the more you make it real—whatever it is you are resisting.

p. 102

September 4

You cannot disembark from the journey. You embarked before you were born. Your birth is simply a sign that the journey has begun.

p. 106

September 5

The Highest Thought is always that thought which contains joy. The Clearest Words are those words which contain truth. The Grandest Feeling is that feeling which you call love.

p. 5

September 6

All people are special, and all moments are golden. There is no person, and there is no time one more special than another.

p. 6

September 7

You always get what you create, and you are always creating.

p. 118

September 8

You cannot know God until you stop telling yourself that you already know God. You cannot hear God until you stop thinking that you’ve already heard God.

p. 8

September 9

If you knew Who You Are—that you are the most magnificent, the most remarkable, the most splendid being God has ever created—you would never fear. For who could reject such wondrous magnificence?

p. 16

September 10

When the body, mind and soul create together, in harmony and in unity, God is made flesh. Then does the soul know itself in its own experience. Then do the heavens rejoice.

p. 175

September 11

Judge not that about which you feel passionate. Simply notice it, then see if it serves you, given who and what you wish to be.

p. 100

September 12

Admit honestly to yourself and to another exactly how you are feeling.

p. 128

September 13

Inquire within, rather than without, asking: “What part of my Self do I wish to experience now in the face of this calamity? What aspect of being do I choose to call forth?”

p. 32

September 14

You have forgotten what it was like to be loved without condition. You do not remember the experience of the love of God. And so you try to imagine what God’s love must be like, based on what you see of love in the world.

p. 17

September 15

The intention is for you not to fail.

p. 149

September 16

Some events you produce willfully, and some events you draw to you— more or less unconsciously. Some events are written off to “fate.” Yet even “fate” can be an acronym for “from all thoughts everywhere.” In other words, the consciousness of the planet.

p. 106

September 17

The answer is the answer you cannot hear—for it leaves you without guidelines and renders null and void every agreement in the moment you make it. The answer is: You have no obligation. Neither in relationship, nor in all of life.

p. 135

September 18

Seek not to make of your love a glue that binds, but rather a magnet that first attracts, then turns around and repels, lest those who are attracted begin to believe they must stick to you to survive.

p. 115

September 19

I have created you—blessed you— in the image and likeness of Me.

p. 95

September 20

The most difficult thing for people to do is to hear their own soul. (Notice that so few people do.)

p. 81

September 21

Sex is joy, and many of you have made sex everything else but.

p. 207

September 22

You create, collectively and individually, the life and times you are experiencing, for the soul purpose of evolving.

p. 37

September 23

That which you fear you will experience.

p. 54

September 24

I truly want what you truly want— nothing different and nothing more. Don't you see that is my greatest gift to you?

p. 166

September 25

See the Divine in a baby who needs changing at 3 a. m. . . . in a bill that needs paying by the first of the month. Recognize the hand of God in the illness that takes a spouse, the job that's lost, the child's fever, the parent's pain. Now we are talking saintliness.

p. 115

September 26

If, now, there is something you choose to experience in your life, do not “want it”—choose it.

p. 180

September 27

You are already a God. You simply do not know it.

p. 202

September 28

Choosing to be God-like does not mean that you choose to be a martyr. And it certainly does not mean you choose to be a victim.

p. 134

September 29

You cannot create a thing—not a thought, an object, an event—no experience of any kind—which is outside of God's plan.

p. 61

September 30

I understand your fatigue. I know you are tired of the struggle. Yet I tell you this: When you follow Me the struggle disappears.

p. 115

October 1

You can choose to be a person who has resulted simply from what has happened, or from what you've chosen to be and do about what has happened.

p. 122

October 2

You cannot be ill without at some level causing yourself to be, and you can be well again in a moment by simply deciding to be.

p. 32

October 3

In the moment you pledge your highest love, you greet your greatest fear.

p. 16

October 4

I talk to everyone. All the time. The question is not to whom do I talk, but who listens?

p. 3

October 5

Listen to your feelings. Listen to your highest thoughts. Listen to your experience. Whenever any of these differ from what you've been told by your teachers, or read in your books, forget the words. Words are the least reliable purveyor of Truth.

p. 8

October 6

It is your soul's only desire to turn its grandest concept about itself into its greatest experience.

p. 22

October 7

By that which you call evil do you define yourself—and by that which you call good. The biggest evil would therefore be to declare nothing evil at all.

p. 134

October 8

When human love relationships fail, they fail because they were entered into for the wrong reason.

p. 122

October 9

A Master blesses calamity, for the Master knows that from the seeds of disaster (and all experience) comes the growth of Self. And the Master's . . . life purpose is always growth.

p. 129

October 10

Life may more than once call upon you to prove Who You Are by demonstrating an aspect of Who You Are Not.

p. 133

October 11

All of you are special.

p. 143

October 12

You must honor your feelings. For honoring your feelings means honoring your Self.

p. 128

October 13

A practicing Master does not speak of suffering simply because a Master practicing clearly understands the power of the Word—and so chooses to simply not say a word about it.

p. 107

October 14

The soul is very clear that its purpose is evolution. That is its life purpose—and its soul purpose. It is not concerned with the achievements of the body or the development of the mind. These are all meaningless to the soul.

p. 82

October 15

Be watchful of the choices of others, but not judgmental. Know that their choice is perfect for them in this moment now—yet stand ready to assist them should the moment come when they seek a newer choice, a different choice— a higher choice.

p. 47

October 16

You cannot move away from something, because it will chase you all over hell and back. Therefore, resist not temptation— but simply turn from it.

p. 104

October 17

You are a three-fold being. You consist of body, mind and spirit. You could also call these the physical, the nonphysical and the metaphysical. This is the Holy Trinity, and it has been called by many names.

p. 73

October 18

The truth is relentless. It won't leave you alone. It keeps creeping up on you from every side, showing you what's really so.

p. 140

October 19

If you do not go within, you go without.

p. 44

October 20

It is a great challenge, this path of the householder. There are many distractions, many worldly concerns. The aesthetic is bothered by none of these. He is brought his bread and water, and given his humble mat on which to lie, and he can devote his every hour to prayer, meditation and contemplation of the divine. How easy to see the divine under such circumstances! How simple a task! Ah, but give one a spouse and children!

p. 115

October 21

Some of you are walking in wakefulness, and some of you are sleepwalking. Yet all of you are creating your own reality— creating, not discovering.

p. 92

October 22

I have given you the tools with which to respond and react to events in a way which reduces—in fact, eliminates—pain, but you have not used them.

p. 105

October 23

Look to your experience to find your truth.

p. 109

October 24

The point of life is not to get anywhere—it is to notice that you are, and have always been, already there.

p. 104

October 25

The Laws are very simple.

1. Thought is creative.
2. Fear attracts like energy.
3. Love is all there is.

p. 56

October 26

There is no such thing as an incorrect path—for on this journey you cannot “not get” where you are going. It is simply a matter of speed—merely a question of when you will get there.

p. 104

October 27

The word of God was not a commandment, but a covenant.

p. 95

October 28

What you open your eyes and look at disappears. That is, it ceases to hold its illusory form.

p. 102

October 29

All of your life you think you are your body. Some of the time you think you are your mind. It is at the time of your death that you find out Who You Really Are.

p. 81

October 30

The grandest teaching of Christ was not that you shall have everlasting life—but that you do.

p. 52

October 31

A true leader is not the one with the most followers, but one who creates the most leaders.

p. 114

November 1

The realm of the relative was created in order that I might experience My Self. This does not make the realm of the relative real. It is a created reality you and I have devised.

p. 56

November 2

If you cannot depend upon God's love to always be there, on whose love can you depend?

p. 16

November 3

Feeling is the language of the soul.

p. 3

November 4

What you fear most is what will most plague you. Fear will draw it to you like a magnet.

p. 56

November 5

Joy, truth, love. These three are interchangeable, and one always leads to the other. It matters not in which order they are placed.

p. 5

November 6

My purpose will not be thwarted, nor My will be ignored. You will get the message. Sooner or later.

p. 5

November 7

What you resist persists.

p. 102

November 8

Do you imagine that a human soul encounters life challenges— whatever they may be—by accident? Is this your imagining?

p. 45

November 9

Many people choose to believe that God communicates in special ways and only with special people. This removes the mass of the people from responsibility for hearing My message . . . and allows them to take someone else's word for everything.

p. 6

November 10

The original wisdom surrounding suffering in silence has become so perverted that now many believe (and several religions actually teach) that suffering is good, and joy is bad.

p. 108

November 11

Words may help you understand something. Experience allows you to know.

p. 4

November 12

Nothing stays the same, nothing remains static. Which way a thing changes depends on you.

p. 79

November 13

From the beginning all man has ever wanted is to love and be loved. And from the beginning of time man has done everything in his power to make it impossible to do that.

p. 208

November 14

You cannot be what you do not know your Self to be.

p. 201

November 15

You are telling me that you haven't always gotten what you wanted. Yet I am here to tell you that you've always gotten what you called forth. Your life is always a result of your thoughts about it.

p. 118

November 16

You may do as you wish without fear of retribution. It may serve you, however, to be aware of consequences. Consequences are results. Natural outcomes. These are not at all the same as retributions or punishments.

p. 42

November 17

This is the greatest barrier to your enlightenment: You think you already know the truth! You think you already understand how it is. So you agree with everything that falls into the paradigm of your understanding, and reject everything which does not. And this you call learning.

p. 195

November 18

Nothing occurs in your life— nothing—which is not first a thought. Thoughts are like magnets, drawing effects to you.

p. 188

November 19

Everyone can love everything the moment they understand what they are doing, and why.

p. 186

November 20

A true teacher is not the one with the most knowledge, but one who causes the most others to have knowledge.

p. 115

November 21

How can you think of wasting a moment doing something for a living you don't like to do? What kind of a living is that? That is not a living, that is a dying!

p. 185

November 22

Each to his own, without judgment— that is the motto.

p. 206

November 23

Begin by being still. Quiet the outer world, so that the inner world might bring you sight.

p. 44

November 24

There is nothing you can't have if you choose it. Even before you ask, I will have given it to you.

p. 117

November 25

When body, mind and soul create together, in harmony and in unity, God is made flesh. Then does the soul know itself in its own experience. Then do the heavens rejoice.

p. 175

November 26

The Holy Spirit will not force His will upon your soul. It is outside of the nature of the spirit to do so, and thus, quite literally, impossible.

p. 175

November 27

Keep on deciding what you want to become In the next highest version of your Self. Keep on working toward that. This Is God Work we're up to, You and I, so keep on!

p. 158

November 28

There is not limit to what you can become.

p. 201

November 29

There are those who say that I have given you free will, yet these same people claim that if you do not obey Me, I will send you to hell. What kind of free will is that?

p. 39

November 30

Now is the time to go to your God space more than ever.

p. 116

December 1

If the entity which is you is to create, and thus know, who it really is, it must be through an act of conscious volition, not an act of unconscious obedience.

p. 175

December 2

Thankfulness is the most powerful statement to God; an affirmation that even before you ask, I have answered. Therefore, never supplicate, appreciate.

p. 11

December 3

I tell you this: I am performing a miracle right now.

p. 69

December 4

Every human thought, and every human action, is based in either love or fear. There is no other human motivation.

p. 15

December 5

Be patient. You are gaining wisdom.

p. 158

December 6

I have given you a free will—the power to do as you choose—and I will never take that away from you, ever.

p. 5

December 7

Go ahead and do what you really love to do! Do nothing else!

p. 185

December 8

All of your holy scriptures—of every religious persuasion and tradition—contain the clear admonition: Fear not. Do you think this is by accident?

p. 54

December 9

Life's irony is that as soon as world goods and world success are of no concern to you, the way is open for them to flow to you.

p. 176

December 10

Are you going to be in a place called fear, or in a place called love? Where are you—and where are you coming from—as you encounter life?

p. 172

December 11

Turn toward Me and away from anything unlike Me.

p. 104

December 12

Bless every person and condition and give thanks. Thus you affirm the perfection of God's creation—and show your faith in it.

p. 46

December 13

Ultimately all Spirit renounces what is not real, and nothing in the life you lead is real, save your relationship with Me.

p. 100

December 14

The First Law is that you can be, do and have whatever you can imagine. The Second Law is that you attract what you fear.

p. 54

December 15

Suffering has nothing to do with events, but with one's reaction to them.

p. 105

December 16

The soul's decision precedes the body's action in a highly conscious person.

p. 185

December 17

In seeking to be Me, the soul has a grand job ahead of it; an enormous menu of beingness from which to choose. And that is what it is doing in this moment now.

p. 173

December 18

Religion is your attempt to speak of the unspeakable. It does not do a very good job.

p. 195

December 19

Nothing holy has ever been achieved through denial. Yet desires change as even larger realities are glimpsed.

p. 206

December 20

What you actually experience is up to you. It could be what you planned to experience, or it could be something else, depending upon what you choose.

p. 174

December 21

You have this idea that God shows up in only one way in life. That's a very dangerous idea. It stops you from seeing God all over.

p. 59

December 22

If a snowflake is utterly perfect in its design, do you not think the same could be said about something as magnificent as your life?

p. 46

December 23

No one does anything he doesn't want to do.

p. 186

December 24

You are peace and joy and light.

p. 86

December 25

I have come to you, in this form, right now, in answer to your call.

p. 7

December 26

The supreme irony here is that you have all placed so much importance on the Word of God, and so little on the experience.

p. 4

December 27

You are, always and forever, in the moment of pure creation.

p. 104

December 28

Joy and sacredness do mix (they are, in fact, the same thing), and many of you think that they do not.

p. 207

December 29

You must first see yourself as worthy before you can see another as worthy. You must first see yourself as blessed before you can see another as blessed. You must first know your Self to be holy before you can acknowledge holiness in another.

p. 126

December 30

My Truth—and your surest help in time of need—is as awesome as the night sky, and as simply, incontrovertibly, trustful as a baby's gurgle. It is as loud as a pounding heartbeat—and as quiet as a breath taken in unity with Me.

p. 210

December 31

You want bells and whistles? I'll see what I can arrange.

p. 59