

The Seventh Direction

Pausing and Practicing Along the Path

EBook Version—Abbreviated

By Carlo Ami

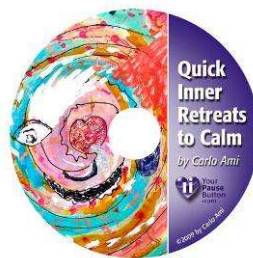
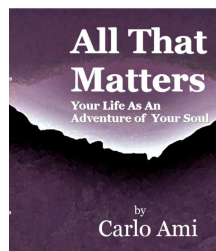
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For additional information about the Your Pause Button books and CDs, see YourPauseButton.com or write Carlo@YourPauseButton.com

Also by Carlo Ami:



Available at



This book is dedicated to the powerful women who have so influenced my life. Much of what the human race is here to learn is embodied in the feminine spirit. To name just some of the women whose power has most touched the creation of this book:

- Barbara B.
- Carin
- My late mother, Josephine
- Judy
- Mary Rose
- Samtosa
- My late aunt, "Sis"
- Theresa Caprio for her fine work in editing this book



And with gratitude for my cat, Baba Looey, a truly fine teacher in so many ways.

Fear mongers will tell you that it is arrogant and shameful

To profess the belief that we are all interwoven in our Godness.

Those who would control you

Intend to instill in you the love-draining emotions:

Fear, anger, remorse, self-pity, powerlessness....

Those who buy and sell such trash

Are at depth asking for our compassionate love.

It will either win them

Or their bodily vehicle and mind will perish

Maybe painfully this time around.

The many have been conditioned to believe

That we are either judge or victim.

It is time to live the truth that we have suppressed

In attachment to that false power:

We are all God.

Why we are here is to realize that.

Nothing else could ever be as important.

This book is one choice for building a foundation

For your creation of an accelerated path

To living that realization all the time.

If you do not choose this book, please consider dedicating some regular spiritual practice towards living the intent of living in harmony with all creation, all the time, in every moment.

At the beginning, much of this book may seem very foreign to you. If this is so, consider that you have spent much of your life to this point filtering ideas and experiences only through your mind. This book asks you to make a shift: To filter your experiences through your heart.

Among the beautiful spiritual traditions of many Native American tribes, seven directions are recognized. In addition to the standard four are added Above (Sky) and Below (Earth). The Seventh Direction is the most challenging and rewarding of any that we might take our attention: Within.

When you allow it, this book can be your framework to discover the depth of this wondrous and powerful direction.

Preface

“What am I here for? What is the point of living?”

There are no other questions as important to answer.

Unless you have come very far on your spiritual path, if you read my reflections on these questions below, chances are strong that you will view it with the egoic mind that you may think defines you.

As you read this now, your egoic self may already be getting cranky, ready to reject what is written here, ready for a nap, some ice cream, a romance novel, some mindless television or another distraction .

Ego has no interest in exploring the spiritual path. Ego thinks the present is to be avoided and rejected.

“More! More! More!” This is the cry of the ego. More money, more sex, more silly excuses for more silly ‘foods’, more people to tell me how wonderful I am, more people whom I can manipulate so that I can feel good about myself.

“Less! Less! Less!” This is also the cry of the ego. Less pain, less body weight, a boss who is less mean, a lover who is less angry.

The egoic mind is rarely satisfied. For it, there is never enough of what is wanted. There is never so little of what is not wanted for it to be content.

So for our imaginary egoic selves, perverted little non-beings that the “are”, satisfaction is impossible. Success is never complete enough for ego.

My suggestion for your consideration is that you are not your egoic mind. You are heart/soul-centered. If you choose to read the rest of this preface with that

as at least a temporary supposition, then you may find powerful inspiration in these words. I know at the deepest depth of my being I am a fully loving being. I deeply sense that what I, and all of us, came into this life to do is to realize our loving nature and to live it.

I am in the process of doing that. Some have achieved it and become fully loving beings. It is not about overcoming anything. It is simply about realizing and practicing, more and more consistently, until each and every one of us realize that we are, in deed and in thought, completely loving beings.

Until one sees oneself as imprisoned, one cannot be released from our own prisons. Until we can see ourselves creating a happy, loving, harmonious society, we will not see that society.

By more deeply recognizing the fullness of our loving nature, we also declare the truth that the worldly power brokers fight daily to keep us from knowing: that we are divine. A united, loving divinity swallows any apparently negative forces. The negative forces only have apparent power as the masses of humanity grant them via fear, doubt and a sense of unworthiness.

There is nothing more important for us to do in this life than to recognize the infinite nature of the power of Love to heal and unite. As more and more of us fully recognize this, we heal our Selves and our world.

I have developed a simple system, as presented in “The Seventh Direction” and the “Quick Retreats” CD, to help people unfold their loving nature. After over five decades on this planet, the vast majority of which I have resisted my loving nature, I am using this system to help myself evolve.

I believe with all my heart that anyone with an open mind and the courage to delve into their inner Self regularly, can accelerate the advent of our collective awakening by more rapidly unfolding their Loving Self.

This is the ambitious intent of The Seventh Direction.

This book will be helpful to you only if you are willing to be guided by your own heart.

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I've spent too many years at war with myself.
The doctor has told me it's no good for my health.
---Sting, from the song, "Consider Me Gone"

.....

Forward: Is this Book for Me?

In less than two pages, right here, you can have a clear answer:

Please read beyond this first paragraph only if you have come to a place of clarity that life goes beyond simply either enjoying or tolerating it. To do so would be like trying to eat a coconut before you cracked it open.

It is important to have clarity about the purpose of life. If you are tuned in to the heart or spiritual part of you, then you know that you are here for a purpose. That purpose, for you, is more evolved than "Life is a bitch and then you die". It is more evolved than "How can my life be always about pleasure rather than pain?"

If you have arrived at a place along your path where you know you are here to integrate Love completely, then you know the heart of the big picture quest. You know what matters. You are developing more and more commitment to making the quest important in your thoughts, your words and your actions.

In the process of inner exploration, we discover amazing things about ourselves. We can be extremely powerful, happy, loving, calm and contented just as we are. Yes, it is possible.

You can do this for yourself effectively if you are willing to....

- ***Be open. The mind tends to reject ideas which seem foreign to it. Please choose to be open to new ways of approaching your management of this life you have been given..***
- ***See yourself from the perspective of your heart. This is challenging for many, kind of like having someone suggest that you should hear with your nose. Please get past that. As you are open, this book will help you to do that.***
- ***Create a regular spiritual practice. The mind can appear to be quite devious. Your ego mind seems to think that Love is death. If the idea of a spiritual practice is foreign to you, start with 10 minutes per day of meditation and a little yoga. You can even take weekends off, if you like. The key is to set up a practice and then keep your word about it. Doing more, building up more daily time is fine, but please start with something you know you can and will do. Regular use of this book is a spiritual practice.***

It has been said that knowledge is power. That is way off-path if spoken as a generalization. Communally, the vast majority of what we think we know is either lies or gross inaccuracies. The drama we suffer in our personal lives, as Don Miguel Ruiz so succinctly states it, is the result of believing in lies, mainly about our own selves.



And what is power, really? As used in this book, the term “Power” is expanded to be defined as “Loving Power”. The only real power is that which is based in Love. Anything based in domination, manipulation of another, greed, shame or guilt has nothing to do with having true power at all. These are all facets of weakness and of choosing to know something as true that is actually false. So let’s consider a reworked version of the knowledge-power declaration:

True and loving knowledge is true and loving power. 

To get the most out of this book, your challenge is simply to have the courage to face yourself, every part of you. In remembering to tap your courage and your trust as you move through the challenges you will be facing, you will make discoveries about yourself that will make Lewis and Clark look like shut-ins.

Are you willing to tap that courage and trust? This is the essential question you can answer now to determine whether reading the book is right for you now.




The Quest

This book reflects my truth about a path to becoming what I believe all of us have come into life to be. I do not always succeed in living that path in the way that I intend. When I do not, my intention is to forgive myself and to do my best.

In truth, I never fail. I always succeed at receiving more lessons that will conmove me along the path to what I and, I believe, all of us have come here to become: Love. Just Love. It is my inner knowing, not just a belief, that we can all become what we came here to be. We are all equal. None of us is inferior or superior to anyone else.

Many of the ideas in this book are stated in the first person. This is done so that you can choose to believe or know the idea as your truth, or if it is something for you to edit to make your own.

The quest is to recognize myself as a fully loving being.

This is my priority. 

When this is integrated fully, then all virtues are embodied in my Being, in all my thoughts and actions...and all challenges, all experiences will simply be seen as opportunities to practice Love.

Throughout this book, when you see writing in italics, I am expressing a thought for you, the reader.

Non-italicized words like these are those you might choose to contemplate or edit. Many of these are written in the first person.

Also, the word “Self” is capitalized to indicate the Higher or Loving Self, as opposed to the worldly self.

For some strange reason that few can explain, most have chosen to expect that, despite their track record of failure, we should look to external sources to find happiness, wisdom and self-understanding.

Exclusively searching the external to find the internal is simply ignorant. We may reap some interesting seeds in that search of the apparently outside world. When given free reign, ego will spit these seeds into the fire. Pondering these seed thoughts from the perspective of the heart is important if we intend to unfold our Love most gracefully. Unless we are willing to go within, there is no place to sprout and nourish the teaching seeds given by apparently outside sources.

The puny mind tells one that the self is too stupid to know what is important, that one must look to religion, government, science and family to tell us what to think, what to do and how to behave. Some think that it is only through these sources that we can find happiness and contentment.

This book introduces the science of Heart Intentional Self-Conditioning, a simple and highly effective method for uncovering your inner wisdom, calm and happiness: for unfolding your true Self.

It has nothing to do with self-hypnosis because you, the reader, decide from the heart level what you agree with and what you do not in the content of this book.

It is not brain-washing. You keep what works for you, throwing away the rest. It is not a bunch of affirmations that I would ask you to just swallow. You edit brief ideas, one at a time, to fit who you are, to fit what your heart tells you is true for you. Some you will leave as is, others you will edit to fit you best.

I do not provide the secrets of the Universe in this book. The secrets have always been open. Some are so tied up in ego that they cannot see truth staring at them.

What makes this book unique is that it takes single and related groups of ideas and chunks them down to simplify their understanding. We tend to read at a rate of 12,000 or more words per hour. Motivational speakers talk at a rate of about 150 words per minute. Talking for an hour, they give you about 9,000 words. Some minds can absorb that volume of words, but the heart generally wants more time between the ideas to tune into each one and feel it, especially if the ideas are spiritual in nature. The heart of this book chunks down ideas so that you can more deeply connect with them.

Please use the pause buttons here!

My intent is to provide a context and a tool for you to find your own deep truth. Nothing of this world could be as important. I invite you to make your Self-discovery your highest priority.

I ask that you pause now. Take a few, quiet breaths, then place a hand over your heart and ask it if this is true:

At depth, I am a fully loving being.

Your heart most often answers in feelings. How do you feel when you say "At depth, I am a fully loving being"?

I see the process of unfolding our Love as having two major leaps. The first is in understanding and then fully living our beliefs. We cannot trust who we are and where we are going until we are willing to look inside. As we release the need to hold onto old, limited, unloving beliefs, we more and more integrate loving beliefs. This book was designed to help you do exactly that. The second leap comes as we let go of the need to have any beliefs whatsoever. While I am clear on the intent to take the second leap, I do not pretend to have taken it as I complete this book.

*Once we build a high level of consistency in living loving beliefs, my sense of it is that we will then be ready to have no use for any beliefs. This is the second leap. **Beliefs divide. Knowing acknowledges unity.***

"Belief is in the head, disbelief is in the head, trust is in the heart.

--Osho



This icon, in smaller form, of course, is used throughout this book as a pausing point, a place in the reading where it is suggested that you close your eyes and pause to reflect upon the words you have just read. The amount of time you take to pause on any of the suggested cues here is up to you: I suggest that you trust your heart to guide you in this, never rushing forward as the avoiding mind would have you do. There will be places in this book where you feel an inspiration to pause and reflect. Whether there is a pause icon at that spot or not, I urge you to follow your inspiration.

Please get used to the idea that concepts will be repeated in varying form throughout this book. This is done for two reasons: First, over the years you have been in this lifetime, you have taken in and accepted lots of information that is, in truth, disinformation. Repetition of key ideas helps you to integrate the thought in a way that works for you after you have edited the idea to fit who you are. Second, hearing or thinking the same idea in different words allows it to be taken deeper into yourself, to become more and more integrated.

Please consider the ideas you have experienced up to now in this book, making a brief review of the preceding pages. Consider which of the ideas is most powerful for you, and which are the most challenging to understand.

When you have completed this, please let any further exploration of this book wait until tomorrow before resuming.

Look at Yourself

Please pause to contemplate at the end of each paragraph in this section. Your pause may be brief or lengthy. Trust your heart to guide you. You will know when you are complete with an idea and ready to move on to the next paragraph.

If you want to waste your life on ignorant power trips with yourself or others, that is your business.

The brief ideas and Pause Sessions I have created are for people who are receptive to the idea that we are here to do and become something much more important than biding time or muddling through it, that we can live our lives more lovingly. With varying speed and differing bumps along the road, sooner or later we learn that we are unified and loving at depth, that we are one collective being, attached to All That Is with the greatest of intimacy.

If you are at least starting to become receptive to such ideas, then you are ready for the Pause Button Sessions to help propel you in the discovery process of your true, loving power.

These processes are for people who want to move more quickly along their path to living a life of true sanity, complete love, complete power. It is for people who are willing to increasingly prioritize the realization of that Oneness in what is thought, done and said.

It can be a bumpy road along the path to Oneness. And it can be increasingly smoothed by ones' intention, more and more integrated, to claim this Oneness.

Our willingness to play power games with ourselves and each other slows our path to the realization of our Oneness.

What we intend is getting to a place of focused attention that has its foundation the more and more consistent practice of responding to all experience with Love. We do this in **two steps**--with lots of little steps along the way.

One step: Release of all judgment except the judgment of Love in and as all things.

Another step: Realization of our communal Oneness at depth, or full integration with everything and everyone.

We are served to remind ourselves of these priorities frequently. This is done by reading and listening to words and music and tones designed to connect you with yourself. It is done by delivering and receiving caresses and being with everyone as they are. It is done by learning to accept everyone---especially yourself---just as we are without judgment.

This means recognizing the people and situations that feed you food for the path and those who do not. It also means taking responsibility for your true or Higher Self as a priority when deciding how to be with or detach.

The imaginary ego is tricky. As I prioritize Love, I gently suffocate the imaginary but pointlessly destructive egoic mind that does not know what true power is.

The only true power is that which is based in Love.

Ultimate power is that knowingness—and being an example always of the knowledge that all is fully infused with Love.

This book is for people who want to move more quickly along their path to living a life of true sanity, complete love, complete power.

If we look at our lives from the “Big Picture” prospective, then we sooner or later come to the realization that we are, at depth, united. Only foolish thinking patterns would lead us astray from this knowing.

When we “get it” that we are all a part of a larger, loving, happy Whole, then the weight of the world is seen in a newer light, a lighter light.

This book, if you truly choose to use it, can help you to do the only thing you came into this life to do: To realize your deeply loving nature and to practice it always.

Propel Yourself Along the Path to Oneness Realization

The ego has a stupid answer for every conceivable question. Ego has a perverted sense of what true power is. Ego thinks true power has to do with money, or sex, or control of others or our Mother Earth.

We are here to recognize our connection with this Mother and with Father Sky and all that is.

Ego says no. It says that I must control myself or others. Ego says that I am incapable of finding any kind of power in love. Love is seen as an opposite of power. Ego resists the truth of love in all things.

The heart of this book asks you to explore who you are in a very simple way. Using a series of brief ideas that build along the way of each of the Pause Sessions in this book, you will pause and ponder the idea as presented and then choose whether it works as presented or that you edit it to fit your intent for understanding what is important in this life for you.

The key to making this book work for you is your willingness to go inside yourself, to your heart, your soul, and define who you are and what is truly important to you.

So the idea is to have clarity about yourself and how you see the Big Picture. Each of the pause sessions is designed to help you integrate more loving clarity, awareness and humble power....if you are ready for it. Some are not. They need to get banged on the head by the Universe...or God, if you will...before they are willing to wake up.

Many are convinced that to reach that place of loving realization is like climbing the highest of mountains. They are both accurate and missing of the mark at the same time.

The vast majority of the people on this planet now have been through many lifetimes. Their spirits have evolved in that returning process. Each lifetime has been a span of time when one has taken any of four paths.

The path can be one of stuckness, basically no spiritual progress.

Another path can be one of backsliding into false power or false weakness.

A third path finds one progressing in the realization process.

The fourth path is one in which the being enters a lifetime with the purpose of simply enjoying teaching others the path of love. They have deeply "got it".

If you are on the fourth path, you know it. You honor us all. We are grateful.

If you are not on the fourth path, then you make the choice of your path in each moment. As you choose the third path more and more consistently, you raise your vibration and that of all in your environment, everyone you experience, everyone who experiences you.

Sometimes these impacts will be obviously powerful, and at other times they will seem subtle. All are important.

As you more and more consistently choose the loving path, your life is more and more consistently tuned to thoughts and actions that are examples of what you intend: Being Loving Always.

The ego speaks in response: "That's for sissies. That's for the weak."

It says that real power is about making someone else feel small so that I can feel more important. Ego demands that I see love as weakness and unacceptable vulnerability. Ego says that power is about having a bigger TV, bigger boobs, firmer erection, and tastier, sweeter foods to stuff into my face so that I can feel temporarily better right now.. Ego says I am more important than the Earth Mother that supports me, so I can pollute Her. Ego says my pleasure and profit are more important than doing what I can to keep Father Sky clean of poisons. Ego tells me to look for someone to blame or throw judgment upon when I am faced, rather, with the opportunity of accepting responsibility if I am

to grow. Ego tells me that I am not good enough as I am, that I am unworthy or unacceptable to God or that I am superior to others. Ego is stupid.

If we live out of our ego, then life is indeed a formidable, harsh mountain to climb if the mountaintop is seen as the attainment of a fully loving way of being. Those who hold onto the Egoic Life will suffer much pain in the Birthing Process of our collective Love realization.

Egoic mind chooses to complicate and obfuscate. It refuses to see simplicity and the benefits of opening to the simple solutions to the challenges of life.

It is all so much more simple than most people seem to realize.

It boils down to these things:

- 1) Acceptance of everything and everyone, including the apparent self, exactly as it is right now, just as it is.
- 2) Feeling completely equal to all that is, not better or worse than anyone or anything. This means non-judgment of anything.
- 3) You feel a responsibility to live life as a consistent example of the fact that you experience love: you live it, you give it, you are receptive to it.
- 4) You see our collective family of people and stars and galaxies and trees and seas and flowers and bugs as one big complete entity. We are one Being in harmony with itself.
- 5) You trust that everything you experience is your teacher to meet with grace. Whether you are interacting joyfully with the most loving of partners or you are faced with a crazed attacker, you more and more consistently find a loving way to respond.

This is what we are being asked to integrate. With the contemplation of the simple ideas and your taking the time to contemplate and tuning of them to fit who you are, you speed up your own realization.

Are you ready to more completely let go of the old ways that do not and will not work for you? Are you ready to become a more loving being, a person of calm, humble, loving power more and more consistently?



If you really want a happier, calmer, more powerful life, then it is crucially important that you do two things:

1. Learn to start trusting your innate wisdom and inner resources. Many have been taught to do the opposite. Our culture has taught us that government, religion or the right lover or friends will fix us, and that

alone we are either too stupid, impotent or unworthy to be happy and powerful. As long as one defines oneself as their personality, body or mind, success will remain elusive. It is much more accurate to define oneself as some combination of soul and heart.

2. Take full responsibility for your life, for everything that happens to you. If you identify with your ego self, then you blame others for where you are, you amp up chaos, and you find that you are never truly satisfied. It takes courage to face yourself fully. Many are wasting the energy they could be using to truly find themselves by doing one or more of these:

* Looking for someone to fix them

* Distracting themselves from their challenges with drugs, television, excess sex, mindless novels...

* Denying that their life is not what they would like it to be

* Staying stuck in some combination of that includes one or more of these: fear, drama, delusion, overwhelm, guilt and self-pity. If your ego is running you now, you are already moaning about how terrible it is that you have to scroll to read this page. Such a burden.

What I offer here is a framework for you to create your own spiritual blueprint, a map for a better way of living based upon who you are and what your own heart intends.

My intent in what I present--in the free material on the website, YourPauseButton.com and in my books and CDs--is to deliver what I consider to be spiritual wisdom in its most simple and raw form. I do not spell out my truth as something you should just simply accept as yours. I do not throw in testimonials, success stories, examples and extended explanations.

There is no filler stuff in what I have created for you. Your heart doesn't need somebody else's story; it just wants to live its own truth. **I offer you very concise starting points for you to discover that truth for yourself.**

I invite you to experience the free pause sessions on this site as a way of starting to understand the capacity that you have for being happier, more centered, more powerful. These capacities are to be found in yourself. What I intend with this book is to provide a simple and effective way for you to excavate these truths from within.

Sit down...as a little child, be prepared to give up every preconceived notion, follow humbly wherever and whatever abysses nature leads, or you will learn nothing.
-- Thomas Henry Huxley (1825-1895)

Accelerating the Leap

This is a book about expanding your consciousness. At depth, consciousness is relationship: relationship to one's heart and soul. Consciousness is also about our relationship with everything else, the "bigger" Us. How does consciousness develop, expand, become what it can be? It learns, over time, how to make all relationship loving relationship.

My intention is to follow my heart's guidance in lovingly living my life.



You get to be the editor of this book if you use it in the way that it is designed to be used.

When you get to the pause sessions you will find that the ideas are stated very briefly. Not too many words are given at one time before you are asked to consider them. If you truly tune into an idea and are willing to live it, then let it alone and practice living it. And if the idea doesn't fit, by a word or the whole thing, then cross out whatever doesn't work and write in the truth that you are and the truth that you intend to practice.

Please take on the role of editor of this book with joy rather than as a trial. Setting you up for the editor role was done on purpose: I am not intending to tell you what the truth is. I am intending for those who read this book to use it to find their own truth. I may have some valuable hints for you. Some ideas may fit just fine for you as they are. Or you may not resonate with many of the ideas in the heart of this book as they are stated here. In any case, you can still use the book to better understand yourself and your world by tuning into your inner wisdom and defining what works for you. Either way, you will get to know who you are much more deeply if you spend some true quality time with this book.

You will find some thoughts repeated in this book. This is purposeful on my part: the mind tends to require repetition in order for a thought to be integrated. Remember: you choose which thoughts you intend to integrate, not simply the thoughts as presented here as starting points for you. You might change one word or the whole idea if it does not feel right for you now. The point is to then live your belief and then be aware of how the world responds to your holding that belief. The world will give you feedback!

Lots of people just do not like to read. And those who do often tune into things that take them outside themselves: romance and mystery novels, sports stories,

that kind of thing. There sure can be a time and place for those things, but if they outweigh the time you spend on going inside and being aware of the desire and will of your heart, then maybe you are throwing banana peels on your own spiritual path. Why would we want to delay the dawning of a perfect eternity? If we identify with the mind, that is what we do.

Most of us are nuts. Mentally ill. Now, this is not a suggestion that you run out to find yourself a psychiatrist. The solution to every "problem", every challenge, is incredibly simple. Most people have the misguided notion that they are the mind, that they are what they think. This is the root of true madness, a madness that plagues much of society.

I now consider the possibility that it would best serve me to see my true Self as some combination that might include my soul, my heart and my invincible Spirit. Please close your eyes, and contemplate this.



This is my challenge to you: Build up to spending at least as much time every day on your spiritual practice as you do on your favorite distraction: TV, fiction, reading, cards, whatever. Set a gradual building of your spiritual practice, rather than making a huge change at one time! Contemplate putting this in writing, to yourself, on your calendar or wherever you will see it. Spiritual practice can include a variety of things: inspirational reading, petting your cat, emptying your mind will pulling weeds from your garden, walking in silence.....

What changes am I willing to make in the next week to focus more on my spiritual practice? (Put these on a calendar, bedroom mirror or daytimer....where you will see them.)



Once you understand that spiritual evolvment is important, then your choices get better and better. Opportunities to make those good choices sometimes may feel pretty harsh if you are not paying attention. The universe will bang you on the head with the same kind of lesson until you get it at a heart level, taking another step towards allowing your mind to be swallowed by the loving energy and will of your heart.

You can edit any section of this book that you like. Of particular importance are the I-Statements and Pause Sessions, and wherever you see the small heart icon.



What it takes is awareness and the attitude of a warrior for Love. To be that, it simply means to more and more frequently remember that Love is all there is, and that the experience of anything that does not appear to be Love is an opportunity to remember and to practice it.

What it's all about is evolving to the extent that we realize in a humble way our deep essence, the fullness of our connection to everything, and our deep, complete power. The only power that there is is based in love.



I believe we keep coming back into new bodies to continue our spiritual evolvment, our path to realization. The intent of this book is to help you accelerate your spiritual evolvment. When you choose to make that important, you will experience more joy, more love, more peace than you can imagine right now.

Basic Starting Points of this Book

Let's get started with the editing right here. Please edit, where appropriate, the ideas that follow until you reach the next horizontal line. Take this group of ideas in series at one sitting, at a time when you will have no distractions. Read the thought at least a few times, then close your eyes and let it sink into your heart. Play with the possibility that your heart can guide you. It does this usually with feelings, rather than words. If you decide to edit a thought shown here, say the new thought out loud or whispered, then notice any feelings or sensations in the heart area. You will learn what a "heart yes!" is. The key is to trust your heart.

Open mind, now! 

Allow at least an hour for this, taking the time to filter each idea through your heart. Make any unedited and edited thoughts consistent with what you intend to live.

Important: If you are not willing to intend to live it, modify the statement to fit your intent. Some ideas you may spend a couple of minutes with. Others may find you contemplating them for an extended time. Go with your heart's flow.

For me, the purpose of the book is to inspire me to put more joy and attention into my personal spiritual evolution. 

I make that important by my choice and my commitment to do so



Courage is an essential ingredient of the evolved person. It is the essence of three virtues: trust, awareness and the willingness to face what now is.

Note this from Caroline Myss: “Become spiritually shrewd! Most people don't *want* to be fully healed *or* fully courageous. We're afraid of our own lives and resentful of others' lives. Don't tell yourself you're wounded—get over it! You have to develop a backbone, not a wishbone.”



I pay attention to what goes on inside of me and outside of me.

Both kinds of experiences are my teachers.



Were I to listen to my antsy mind, it would tell me that there cannot be anything good for me in the practicing of silence, that silence is nothingness, empty---so how could I learn anything of value from nothing? The egoic mind sees meditation as a tool of extinguishing the mind, so it resists. Its resistance counts only as I give it the power of my attention.

More and more, I listen to my heart. It loves the silence of meditation. It sees the paradox of fullness in nothingness, the expression of Love in any mode, including emptiness.



I discover, and I uncover. The more I accept the beauty within me, the deep connection that I have with all that is, the less I allow that which appears to occur outside of me to slow my path to realization.



As I understand that our lives are the training ground for Love Integration, and I understand that no Loving God would ever condemn me to an eternity of torture, I intuit and trust this:

My Spirit understands that I keep coming back into new lifetimes until I truly understand what matters.



As I more and more continually choose love, I evolve more gracefully.



What matters is Love. Pure, complete Love, at the deepest of depths, in my heart.



My challenge is to release the idiocies of the mind which only exist in my imagination. This means they do not really exist at all.

Stated positively, the challenge is to recognize, practice and share the essence of what I am: Love.



We all have different paths to God, and in a different way, the path is the same: An ongoing set of opportunities to choose love, to choose God (or Allah, or whatever I choose to call The Divine All).



(End of this series. Maybe a good time for a break!)

As I understand that it is my calling to offer to others these ideas as a central purpose for me in this lifetime, I humbly ask you to share this information with those you believe may be receptive.

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-Carlo

Let's get back to your statement consideration and editing with the ideas on these two pages following. Feel free to skip editing the boxed ideas, if you wish. Please do these slowly, taking whatever time or times to complete the set up to the next horizontal line.

Just be with it from the level of your heart.

*Awareness means that I pay attention to experiences---basically **all** of my experiences--in my life and how they resonate with me or they do not. What are the consequences of a given belief? Having the belief creates a dichotomy: if one thing or experience is good, then another thing or experience must be inferior. Good-Bad. Right-Wrong. I recognize that, once I have clarified and integrated my loving beliefs, such thinking does not serve me.*



All those dichotomies create separation. Feelings of separation do not serve us except to help us wake up to a more sane way of flowing with life..



When we get to see that all that matters is love, then we have come a very long way on the journey back to God.



As we continue, remember to please feel free to edit.

I am not my mind.

I am my heart. I am my infinite soul.



Because my soul is invincible, my true Self is invincible.



I ponder this as a possible genuine reason to dump fear.



I create with my mind by the content, quality and consistency of my thoughts. Were I to allow my mind to control this process, I would be creating more chaos and suffering in my life. Chaos and suffering are what the mind finds natural. The mind speaks a different language than the heart except as we quiet it.



Awareness, from the perspective of the mind, is about paranoia, expected disappointment, or protecting the mind from anything it is not used to.

Awareness, from the perspective of the heart, is simply paying attention to what is in front of me, coupled with the intent to be in a loving way with whatever it is.



In this creation, my heart and soul are my most trusted allies because I see them as consisting of my essence: Love.



My essence, my whole Being, is Love.



Yet, I do believe that so many who lead lives of “quiet desperation” can be greatly served by two things that I consider to be truths: First, to recognize that the solution to every challenge is to embrace it with love. Accept it. Trust it as a teacher.



The second truth that I believe it serves me to recognize: Each of us is an integral part of everything. This basically means that we are all divine. It is not important to know how or why. It is just important to know and live it. The vast majority of organized religion calls such ideas heresy. That is why subscribing to the vast majority of such religions so saps one's spiritual strength. Most religion is designed to divide us. We are one. Please drop any dogma that does not serve you.

Now, through the heart, I consider: I am one with all that is. I claim a knowing that the Divine runs through me, that I am connected to God in a way my mind cannot understand, but my heart can know.



If you feel moved to edit that last, boxed set now, that is fine. You may come back after going through the entire book and still feel that the original words do not fit for you. That is fine, too. Please understand this: This book is about you getting your own truth, not playing with that truth until it fits mine, the author.

A reminder: You may choose to make your edits in pencil, right here in the book. At a later time, you may want to erase them and then write your new sense of the idea.

End of this series. Please progress from here at a pace that works for you. Choosing consistent awareness is the foundation upon which the path is found to be more and more beautiful. Being aware in each moment is a major threshold on the path to realization.

In what area—and in what situations---in my life would it serve me to act and think with more awareness?

It is one thing to recognize that there is a quest. It is quite another to choose to make that important until I have become a realized being. It will no longer be important when love is fully integrated into everything I think, do, say, witness, taste, feel, touch and hear. It will just all be an expression of who I am.



The words in this book are designed to encourage you to make the quest important.

My intent is to become a fully loving being. I now prioritize the realization of this quest as the most important intent of my life.



Moving Into The Heart of This Book

Word tools to help integrate what you intend to integrate.

Please make notes or edits anywhere that feels right in this or any section of the book.

How can we be more aware and more proactive in our quest to be loving?

For women, it's often about balancing power and sweetness. And for many men it is about allowing vulnerability while still practicing increasingly pure, loving power. For both men and women, the keys are awareness and basing more and more consistently the choice in all decisions on pure Love.

It is also about presence, the willingness to see my situation as a teacher, as an opportunity to choose trust of the process as a way of evolving spiritually. It's just about choosing, more and more consistently, Love---for myself and for my world---just as we all are.



Just love. Stop just fooling around. (You can substitute whatever "f" word you want for "fooling" here in a few other spots in this book.. My editor talked me out of using my favorite, even with asterisks.)

Be. Just be. I choose Love, especially for my Self. And also loving and respecting all else in creation, as equals.

I just get it: It's all love.



Everything that is perceived to be other than Love is that which we have created through fear or doubt. An experience that does not appear to be love is always an opportunity to practice love, to respond to life in a loving way.

I love it All.



Please slowly read that last sentence again. Contemplate.

My intent is to see and feel that every experience in my life is an opportunity to practice love.



The attacking, poisonous snake would not attack unless it feared the traveler. What fear produces is often attack, a counterstrike. Maybe pre-emptively. And what for? To feed the neurotic, the fearful, the imaginary part of us.

Would it be better to flow with life and pay attention to the lessons it provides me?



Life is a series of opportunities to choose Love. We learn this progressively over the course of lifetimes. In this lifetime, for you, it may be about getting banged on the head over and over again with the same kind of a chances to choose for Love. When we “don’t get it”, the Universe tends to respond with more lessons designed to awaken us to the same thing, more frequently or harshly. If we don’t pay attention, we tend to get angry with ourselves or others. Suppressed anger is called depression. Depression is just a call for practicing Love more effectively, especially with yourself.

Do what feels in integrity with your purpose for being here. If there is no recognized purpose for taking up the space and consuming the bounty of the earth, then life is just fooling around, as if we are all here to either have a good time or put up with all the stuff we encounter. Please choose to know and to trust the truth you have about what you are here for.

What am I here for? What is my purpose?

In answering here, please remember that purpose can never be effectively stated in the negative: If you make your purpose about something you do NOT want or something you want to let go of, then in stating it you are setting yourself up for anxiety and pain.

Life can over and over be a yearning to rid ourselves of challenge or adversity, to feel better more of the time without investing one’s heart into something.

Or I can choose to let life be about making something important and then keeping it important, more and more of the time.



A lot of people are fuzzy about just what it means to judge oneself or another.

When I think or say something that directly states (or by implication) that I am inferior or superior to anyone or anything else, or as bad or unworthy, then I am judging.



When I label anything or anyone as bad or good, I am judging.



I now release the need to judge anyone, including myself.



When one can do this, then any perceived need to vent or to control another evaporates. Please consider this.

*This is the holiest of grails. This is the point of everything. Nothing else really matters when we first look to love to answer all our important questions. This is a quantum leap: **I am able and willing to just lovingly be with what is.***



Some people are lost in flailing away at the water of life as it flows, trying to move against the current of the river of their life.

I do not run from the challenge in front of me. The challenge is mine alone, and in another sense it is shared with everybody in a way I may not understand.



“Just being” is never about suffering. If I am experiencing pain, then I can be with that pain, accepting it without victimhood, without fear of its continuance, without anything other than Love.



My willingness to flow with everything in my life will eventually result in my evolving into a fully loving being, in this lifetime, or another. I trust this more and more now.



(Editing reminder: If any of the lines in this book do not fit for you, please edit them to fit your sense and intent as you perceive it from the level of your heart and soul.)

There is nothing else of any importance as long as Love is remembered first and last in all situations.



Nothing else holds a candle to Love in terms of importance. What is important is the release of the ego self, making the choice of seeing and feeling and knowing that the ego is nothing but that which is imaginary, totally made up by me.



So I can see it in a new way: Evolving is not about getting rid of anything. It is simply the fuller embrace of Love, in all situations.



I get to choose what I want to do with my life. How can I maximize the potential of what I am here to become, to evolve into?



Think for a moment about your strength and how sometimes you have not wanted to recognize it. Your true strength is based in only love.

More and more, I keep moving in a direction that is bringing me closer to full realization of my loving power.



A big step in moving towards realization is to love and take good care of myself: my body, my mind, and my Spirit or soul. In the form of people, animals, and experiences, my teachers encourage me to do this. While it can be a gift to offer receptive others help and my insight, the emphasis is best placed on evolving my own Spirit. This means not feeling a *need* to teach anyone anything. I take some extra time to contemplate this.



We are all interconnected in ways we do not understand. The point is not the need to understand it, but the desirability of getting to a place where I can accept it all, everything that happens to me as an opportunity to practice love. That is what it is about. That's what matters.

Life is a game. We can choose to live it as a joyful adventure and as a *deadly serious* stretch of our soul's evolution. I call it deadly serious because it is really about letting the ego die and letting the heart fully sing, always.



In letting go of all the love-sucking habits and thoughts and actions of the ego, we clear room in our being for the expansion and expression of love within us and love for all that appears to be outside of us.

The point of this game is to fully integrate love, to be Love.



As we do things unloving to ourselves or to other living beings or our planet, we slow our personal soul evolution.

As I have thoughts and actions that are loving, I speed my evolution and make more smooth the path for myself and others.



Until we get it right, we keep coming back into a new body for our soul to live in--maybe human, maybe not—with a perfect set of circumstances to help us evolve. We are birthed from parents into life circumstances that have lessons to teach us. Sometimes those lessons have to do with worthy actions. Sometimes the lessons have to do with seeing behavior you intend to avoid emulating.

It is important to choose awareness of the lessons of your teachers: from your parents, your children, your lover, co-workers, friends, nature and the wisdom that can simply flow to you if you allow it.

It often appears easier to live life the ego-dominating way. Many do. Ego identification carries a heavy price that is paid by our heart, our soul. The short-term pleasure of the taste of that silly stuff they call fast “food”, the numbing effect of that extra beer, the last word in a heated argument. In one sense, most of us are out of our minds to treat ourselves and others as we do. And the paradox is that we are challenged to truly get out of our minds and into the feeling of deep connection with our heart and soul: our Love.

A Prayer: Thank you, God, for helping me to more and more consistently realize that the only choices are the series of ongoing choices to choose between love and fear. Right now, I choose love.



As you close your eyes and contemplate this, as you feel the wisdom and voice of your heart, notice how any remaining ego part of you responds or reacts to this idea:

I am now totally and completely willing to be a vessel for the Love of God.



I suggest that you repeat the thought above 4 or 5 times before reading the following:

Now I again place my full attention on my heart for a minute, really connecting with my Heart Self. I put a smile on my face, close my eyes and repeat the vessel thought above, and I notice how my body responds.



Here is another way of looking at the quest. Let's break it down for you to edit, if you wish.

The quest is challenging but simple: to bring the heart energy fully up to envelope, digest and assimilate the mind as the heart gently swallows the nothingness of the egoic mind.



This loving conquest of the mind by the heart is the final step into the loving completeness of full integration. If it is about a violent or forceful conquering of anything, then it misses the mark. It's really not at all about conquest, but about allowing the heart to lovingly rule my thoughts and actions.



As I do this more and more consistently, I boost my level of spiritual empowerment.

Spiritual empowerment is the only empowerment that matters.



When we reach that time and space when our bodies expire, if we have reached a point of full loving awareness, we may simply become what I call Optioners---choosing whether to hang out as God in the Great Beyond or our Spirits may choose to come back into this world as teachers. There is no harsh god to decide anyone's fate.

Like all great mysteries, this is something that does not serve me to expend energy on during any lifetimes. I—my Spirit---decides after I have left the body.



The unfolding of my love raises my vibration. My intention is to balance my time so that I find the right time to be in community with people of high vibration. This raises my own vibration and reminds me about what I am here to do, be and share.



I have 3 basic purposes (contrasted with my specific purpose) in this lifetime.

One is to simply love all that appears to be outside of me.



Another is to love all that is inside of me.



(Fundamentalist? Does this make you see red? Where might your alternative viewpoint have come from?)

The third is to recognize that they are both the same thing. The final realization is that there is no inside or outside, no other or them. We are All connected with it All. A part of God. Divine.



A Little Primer on Pause Sessions for Contemplation

Please take the brief pause statements in this chapter at any pace you like. Taking the time to pause for meditation or contemplation after each one is important. If you kick these ideas around in your head, rather than slowly filtering them through the heart, then you are much less likely to be impacted by them.

I have avoided the word, “affirmation” here, for this reason: People tend to see that word as describing the expression of a belief that they would like to have, but often do not have. It’s kind of like wishful thinking that is recognized as such.

What a waste of time to say some affirmation and, in the back of your mind, you are saying to yourself, “What a bunch of hooey that is!” Which is a recipe for anxiety---incongruency. A significant intent of this book is to help you move beyond that kind of thinking.

*I use the term I Statement as one that refers to a **genuine and important belief or believable intent**, generally using the terms “I” or “my”. If the belief is genuine and important, then you consistently pay more attention to it than you do to things like getting your money’s worth at an “all-you-can-eat” buffet.*

Please edit these, whether by one word or by crossing out the entire statement, then putting your truth into the open space below the statement.

And of course you can edit more than once. If you edit in pencil, there is power in erasing the old belief and then writing in the modified belief.

Boxed and shaded sections are only for editing if you choose it. You will choose whether to consider and move on to another idea for that day or to take more time with it.

Quick Explorations— Short Pause Sessions for Contemplation

Brief Pauses Along the Path

Please focus on no more than three or four of these shorter I-Statements per day. Pay attention to how your life provides you opportunities to see the value level of the statement as it is or as you have edited it. If you edit one of these late in your waking hours, bring the edited statement into your next day with the same awareness of ways in which your life shows you its resonance with your statement.

Each idea in this section is designed to be read once or twice, after which it is suggested that you pause to contemplate or meditate upon the idea for as long as it feels right and is practical.

The boxed and shaded areas of this section present ideas that are suggested for a more extended pause or meditation session. Except in those sections of this chapter, the pause icons are omitted because each statement is independent, rather than part of a series.

How often can I choose to use this one?
I accept it as it is.

When I catch my lower self: It's a fascinating thing how the mind works. And I know that the mind isn't me.

The mind of the heart is the wisdom of the soul.

I thank God for everything.

I feel with my heart. The ego processes input with just my mind. If I just use my mind and ignore the input of my heart, I often produce counter-productive emotions: resentment, anger, shame, guilt, jealousy and such. My quest is to make the wisdom of the heart more and more important than the insane urgings of the ignorant mind.



I am not what I think. I create what I think about.

The extent to which one worries about being fed is the extent to which one tends to starve the Self. It is the idiot mind that ignores the pleading of the heart to simply accept love in all things. What am I worried about? What do I needlessly manufacture guilt about which blocks the intent of my heart? Ego has power only to the extent to which I would make the foolish choice to simply think that I am that illusory idiot.



More and more, I honor my heart wisdom as I realize the lunacy of honoring the limpness and false power of the ego.

True power is only that which is based in Love.

Nothing wrong or bad ever happens....

What I cannot judge as good on the surface is positive because it is an opportunity to practice love, to make the wiser, heart-centered choice.

While I may be one of the rare few who can coax expansive dialogue from my heart, I may be like most people who experience feelings as a way of hearing the heart. Most hearts speak in the language of feelings. I can ask my heart if it resonates with that cute love prospect, and if I trust it, I know when it is saying, "Go talk to her" or when it is saying, "Move on down the road". I remember what my heart tells me when I relax, lighten up, and listen to it.

I see all experience as teacher. From the beauty of a colorful sunset to the challenge felt when a loved one passes from this plane: All opportunities to love and accept.

When I have free time available, I find that it serves me to spend a good part of it with people I like to be like, people of integrity and high vibration. My spending time with them raises our vibration and that of the world. It feeds us in our intent to help raise the vibration of the planet and her people.

Loving or fearing. When we choose always to love, and have released all fear, we have evolved fully into realization of the all.

And there is a difference between fear and the desire to act in ways that are consistent with maintaining one's life.

That bug that just bit my ass is a gift, in at least few ways. Two might include simple acceptance and the understanding of the relationship between being thankful for what is easily enjoyed and thankful for what is more challenging to the idiot, coyote mind.

Note: OK, so I have used the term "idiot" here more than once. Though it is commonly used to mean stupid, it is more accurately defined as describing someone who is ignorant. Ignorance in self or another is not to be seen as something shameful or worthy of harsh judgment. The idiot just doesn't "get it". Let's not fall into the trap of damning ourselves or anyone else.

Please review the previous idea, and then add this to it:

There is another gift that little biter has for me. I can remember that there is a big difference between pain and suffering. When I call it pain, then I accept it as part of life. When I call it suffering, it is about my drama, my need for pity, my feelings of victimhood. Is it ever really wise to suffer?

I can never be depleted of love when I give it. I can only be depleted of love by withholding its expression.

Power in the earthly existence comes when I do not feel I need it. It comes when I accept it with love, giving love back to those who nurtured me and to those less fortunate.

I am what I am. What I am is love.

When I get in my own way, the world gets in my way.
How might I get out of my own way today?

Were I to indulge my mind in comparing myself negatively to any other person or being, I would be needlessly persecuting myself. What would be the point of that? Why would I ever label someone else as more or less worthy of love or salvation than I am? Yet, that is an Achilles heel of most of today's religions, truly idiotic in the deepest sense of the word.

I love myself, as an equal to all that is.

I am helpful to those who are receptive as I balance that choice with being helpful to my Self.

Any judgment of others is a judgment of myself. The only “judgment” that serves me is to judge when it is right to walk away from a person or situation. And that is not truly a judgment; it is a prudent choice.

Forbearance is a step. A good one. What is beyond forbearance is choosing to simply be with what is. Intrinsic in the word forbearance is the idea of there being an effort involved. When being with what is becomes recognized as natural to practice completely in all situations and is practiced consistently, a great door to wisdom and realization is opened.

Love, love, that’s all there is. I throw out the rest, gently.

When challenged:

What is my opportunity here?

I choose trust. As I trust in the moment, the moment is beautiful. I can choose to see the beauty in everything: from the colors of a spectacular sunset to the upset my beloved may display.

I am a product of my experiences. In another, maybe larger sense, as I perfect my lovingness, I am a product of that which I am willing to forget.

When tested, I remember love more and more easily now.

Please take a little extra time with the next two here. Write down your thoughts about them:

I bring to me that which I fear and that which I love.

I may not be able to enjoy or like everything that happens to me, every person who crosses my path. What I am challenged to do right now is to love and accept it all. As I choose to make it important, I get more consistent. It's important.

For sports fans:

If you put at least as much energy into your own quest as you do that of your favorite sports team, you can really grow spiritually. Every year, most professional sports teams have a championship series in which a winner is declared. The ultimate has the paradox: When it's over, it's over. And: There is always next year. What the bigger picture is about is winning games, winning series, in the quest to fully integrate love. In that way, we become the greatest of champions. We have no real competition. Ego is the imaginary competitor.

What can I do today to be more aware of my heart and its wisdom?


The time to be with what is is always right now.


I do not idly accept anything that happens to me. I recognize that all that happens is for my highest good, either good on the surface or loaded with opportunity underneath.


From the dog who refuses to fetch, to the partner who won't see things my way ---all are opportunities to accept what is.


I can choose to be bolstered in love by responding to negativity with love. I can choose to be calm and loving in the midst of another's emotional storm. Practicing these charges up my Love.

To be taken together, contemplating in series:


I am releasing any attachment to imaginary ego. 

I identify with my pure heart in tandem with my soul. 

I am love. 

What can I let go of today? 

What can I emulate today? 

What would serve me to practice today? 

I allow everything to unfold in beauty. I allow my Self to unfold in beauty.

Any feeling of persecution is created only by my fear. No being can persecute my Spirit. They may harm or deactivate my body, but my Spirit is eternal. So why fear anything, anyone?

Whether I live for many more years or am called today into the next life: My intent is to simply love, always.

As I more consistently intend only Love, and as I get better at it, I experience more of it.

I love my life. My life is my greatest teacher.

The quality of what I demonstrate aligns with the quality of what I think, the extent to which my thoughts are loving.

To the ego, somebody else's excess body weight or language misuse is an opportunity to judge, to feel falsely superior, maybe even to belittle another. To the heart, to the soul, it can be an opportunity for many things: compassion, thankfulness, acceptance. What is it for me?



When I recognize the complete absurdity of responding to life with anything but love, I propel myself to a new way of living.

If you know you have a challenge with patience:
I intend to be aware today of opportunities to exercise patience in....

Pushing myself hard to do anything is generally a waste of my energy. If I see something as a weighty cross on my back, then I am seeing myself as a victim. On the other hand, if I perceive something as a challenge to be met, and if I meet that challenge in a loving way, then I spiritually recharge myself and those around me. With passion, trust and commitment, the mountain can feel like a mole hill. Those shoe people have it right:

Just do it. The caveat is that I treat myself kindly when something doesn't work as I had intended, and I have no need to take frustration out on somebody or something else.

*One cannot be in their power if they frequently do things or take substances that harm their body. **Pick just one specific challenge you have in diet or behavior towards yourself.***

How do I *feel* about the ways in which I (may) have been harming body or mind? What might I choose to moderate in my behavior towards myself? Is it wise now to be gentle with myself? Or maybe firm in my commitment?

Please explore in writing your thoughts out about this. Let your emotions pour out of you as you express yourself. Use one or two sheets of paper and let your emotions express. Take some time after you do this to go into your silence and be grateful that you just released some baggage that you were holding.

The Want versus Intend thing is a tough one for some to get. When I am wanting, I am saying that, right now, not having this thing is just not OK: I am not acceptable to myself without some false power, some apparent control or some silly copping to the desires of the mind. The quest, or a key part of it, is to always be in place of acceptance for what is. This does not mean that you feel stuck. It simply means that right now, you are good with who you are, where you are, how you are. You accept what the world shows you with open awareness, a desire to love and a willingness to be loved.



The following may or may not mean doing something like committing to refrain from eating chocolate or ice cream for a while. It comes down to what you choose to trust about yourself and then choosing wisely.

Food that my body does not like would not be in so many stores if people weren't buying it. I choose to buy or grow food that nurtures my body. I exercise awareness in making choices about what is nurturing to my body and what is not.

In grief or time of feeling loss:

If I am in sadness right now, there is something to learn from it. Could be remembering God. Could be to choose between strength and self-pity.

What is it right now for me?

The extent to which I think that I must dominate anyone is the extent to which I am practicing weakness.

It's time to get serious in a playful way.
It's time to get playful in a serious way.

I Love in this moment as I choose to Love. I intend to choose it with more and more consistency as I unfold into perfect Love, all the time.

There are two types of worldly power: one requires focus to do, intent to accomplish. The other requires release of focus and the need to do anything other than be, in silence.

We have gifts we are here to give. We have challenges we are here to rise above. What else could matter by comparison? The gifts are real. The challenges are all created by our deeper Self as opportunities to love.

When giving my energy to another, if that energy is not respected or is rejected, then at some point it serves my evolution to release that person from my life, or at least minimize contact. If it is indeed my intent to evolve, it is my responsibility to be more and more aware of whether a relationship boosts or saps my energy. Then taking appropriate action is the next responsibility.

Doing something out of duty is generally the path to victimhood. Doing the same kinds of things gratefully because I Love is something I intend to practice more and more consistently.



It's all fine. All of the time. The trick is to feel that the challenging and the outwardly beautiful are all fine. All of the time.

I just am love.

I identify with my pure heart in tandem with my soul.

I TRUST, I SMILE, I LOVE
All day, and all of the night.

I can use the word “tussle” here: “T-S-L”, to help me remember it. As I tussle or seriously play with these three things together, I serve my Soul, moving upward in vibration and closer to full realization.

I now release the need to judge anyone, especially myself.

By living in awareness more and more consistently, I now allow myself to feel lighter as I live this truth more and more consistently.

What could be more important than always intending to be loving?

Going Deeper--Longer Pause Sessions



When this icon is shown in this chapter, you are invited to pause and contemplate the truth of the statement for you. Please work with just one series (**bold header**) per day, which will take about 3 ½ months to complete all 107 Pause Sessions. Feel free to edit any of these to reflect who you are at depth and what you intend to be and to create. Take opportunities to express yourself here in the margins or spaces, or on added paper. Add your thoughts, inspirations and visions to make this book truly one that reflects you and your vision.

Notice if your mind wants to editorialize! Some of the ideas may be new to you. Others may twist and turn a bit. If you allow it, your mind will come up with excuses to just drop an idea and move on:

- “That’s too difficult.”
- “I read it once; don’t understand it, so I’m just moving on.”

These are examples of the egoic mind at work. I challenge you to move through any resistance to spending time with each idea.


In fact, the more resistance you have to working with an idea here, the more important it is to do exactly that!


There are three recommended ways you can use this chapter. You may find that you discover others that work for you.

- (1) ***You might choose to breeze through the whole thing on the first time through. Some people just have to see what’s next and I am not going to push in the other direction.***
- (2) ***After the parts leading up to it, take the short pause session section at a pace that works for you and the Longer Pause Sessions following this point one topic per day. This is the suggested way of reading the book from the time you get it. However you want to mix in the other two ways is perfect.***
- (3) ***Put those two sections in their own binder. With your partner or a group of friends, flip open the binder and point to any part of the page. You can explore these at any rate that you want, but the challenge I make to you is to take your time, discuss, connect.***

A Part of Everything

There is a star that we see in the constellation Canus Major. It is the largest star that we know of, called VY Canis Majoris. To understand how large it is, conceptualize placing the center of this star at the center of where our Sun is located. If that could be done, the “surface” of the star would extend beyond the orbit of Saturn. This star is 7 quadrillion times the size of our Earth. Light travels at a speed of over 670 million miles per hour. Something travelling from the Earth at the speed of light would take 4,900 years to get to this star.

It is humbling to consider the vast size of the Universe. 

It is empowering to sense that I am intimately entwined with it All. 

Abundance

Some see abundance as having a lot of money, conveniences, luxuries, or time to fooling around.

I see abundance is the ability to do what I am faced with doing when I am faced with it and the ability to live my deep truth when I am faced with the opportunity of living it.



I can also have a higher clarity about abundance when I remember that, in any given moment, I have no needs. (see **Need** pause, page 107)



Acceptance

Acceptance is not about feeling stuck with anything. It is the choosing to be with what is. It is the choosing to be with a loved one who is experiencing difficulty, to be with them just as they are.



It is also about letting it be all right to experience pleasure, contentment and recognition.



Practicing acceptance is one of the most kind things I can do for my Self.



I accept what is right now.



Adventure

My life is a great adventure. Adventure entails risk.



That risk is only a worldly risk because I know that my soul is invincible.



More and more, I release the need for worldly security and I follow my adventuresome heart.



Agreement

Agreement is the acknowledgment of a unity. It means little if the parties to it do not feel compelled to honor it. This applies to agreements that we make with ourselves also. As this book is being completed, the larger of the so-called “developed” nations of our world created an “agreement” designed to help curb global warming. In the eyes of many, the time is late for such an agreement. If we would prefer, for example, not to find the city of Miami to be an island sometime down the road, the time is truly at hand to create agreements among nations to do what is in our power to prevent such things.

Waiting as long as we have to truly attend to this challenge is much like it might have been if Noah had waited until 10 minutes before the flood to start building an ark.

The “agreement” to deal with global warming was called a “non-binding agreement”. Such a term is oxymoronic. This late in the game, it is maybe just moronic, ignorant.

Likewise, what positive outcome does one have when a promise is made to oneself when there is no commitment to honoring that promise?

As a culture, we are still getting lessons from the Universe that creating and honoring agreements with ourselves and each other is a key to our individual and collective expansion. This is an integral part of the foundation upon which a more harmonious world will emerge.

We are in the middle of the 11th hour, not just in terms of global warming, but in realizing what is in front of us with money, with laws, with our leadership and with the general well-being of our world. We are all challenged to feel compelled by heart to get more and more consistent with making and keeping wise agreements, with ourselves and others.

I look for opportunities to make and keep heart-centered agreements with myself and others.



All of It

We, each of us, are All of It. This concept of Unity cannot be understood by the mind that created the sense of separation. It is a mystery that we cannot grasp mentally. Still, I---from the heart---can choose to know it. I know it.



Those who would command greedy and manipulative “power” over others in this world are the macro of unenlightened minds. The real mind, the “new” mind to us in this world, is the heart mind of connected Love.



Everything is divine. Everyone is divine. Who I am is interwoven with Everything, Everyone.

My heart wisdom understands that I am deeply connected to Everything.




I am.



Allowing

Seeking can be an act of pushing away what is sought. 

When I simply allow what is now happening, I grow. 

From my heart and soul perspective, I have deep within me all that I could ever need, all the Love that Is. I allow this Love.



I am this Love. 

If you are appreciating the practice of Pause Sessions in your life after completing the first seven here, you can continue this practice without interruption when you order the hard copy of “The Seventh Direction”. After payment is complete, you will automatically be sent a link to a webpage with the next 14 Pause Sessions.

While waiting for your book to arrive, please explore the next sections in this ebook.

To order the book, go [here](#).

If the above link does not work for you, copy and paste:

<http://www.yourpausebutton.com/Store/vmchk/Books/17-The-Seventh-Direction/flypage-ask.tpl.html>

In the hard copy version, over 20 additional pages are added, including sections on how to better understand the opposite sex (Give it up, you will never understand them. The idea is to accept them!), what to do when the relationship isn't working, brief pause session ideas to contemplate with your partner, lovemaking communication, and more.

Late in his life, comedian George Carlin said that he had finally figured out why the sexes had such a challenging time with each other. The reasons, he said, were that women are crazy and men are stupid. Like all good comedy, maybe there is *some* truth in that. And maybe what it serves all of us to do is to recognize that while we can all feel a little crazy or stupid when coping with the world as we see it with the mind, at depth we are all loving, powerful and free.

Relationships: Great Spiritual Food

Note: *In this section, I refer to masculine and feminine as “male” and “female”. I honor those of you who are in relationships with a heart partner of the same sex that you are. No matter what your sex or the sex of your partner, you can use the ideas in this section to understand your dynamic together more effectively.*

Because relationships and how we deal with them, particularly with a heart partner, are so integral to our evolvment spiritually, I have devoted this section to offering ideas that you might choose to use to enhance your relationships and allow them to help propel you to realization.

If you are not now in a “significant other” relationship, please don't skip this section. *Choose to tune into what is in this first segment of it. Moving further into this chapter will likely provide further food for you spiritually. Try the ideas on for feel, please.*

Some of us can be happy alone. It's something that is increasingly possible as one is spiritually more evolved. For most of those “unattached”, though, having a partner to share the joys and the challenges of life with is simply a strong desire, when allowed.

And the key to the best kind of heart partner connection possible is understanding at a deep level that you are served to be completely motivated to create and completely detached at the same time, all the time. In each moment. *Please contemplate at length.*



It's about understanding that I am fully connected to my partner and to all that is. And it is about being and feeling complete in my Self.



When you have a true partner, you see him or her as an equal. It takes trust and courage to get to that place. When you have the truest of partners, you have enough mutual trust to be real with each other, to call each other on your stuff in a loving way. Relationship is about loving that path, no matter how far along you are on it.

If you are not in a spiritually healthy relationship right now, then you might consider frequently thinking this thought:

While I release the need to have a deep, meaningful relationship, I am now fully receptive to the arrival of a true partner to grow with.

Not In a Relationship?

If you are not in a heart-based relationship don't sweat this one. You are in exactly the right place to learn and grow (which is way more important than just sexual gratification, in my humble opinion). The universe puts in front of you people who help you grow, help you learn Love. If you think that you are ready for a partner, please choose to trust they will happen in your life at exactly the right time.

The people in your life have lessons for you. If you do not currently have a significant other in your life, you yourself are the only reason. Blaming someone else or some external situation doesn't do anything but waste your energy. Many single people have long lists of what they are looking for in a partner, yet they themselves do not have the qualities that they are looking for in a partner.

*In my own experience and in what I have seen in the situations of my single friends, the biggest key to finding a relationship that is right for you is to not need to be in a relationship. Yes, that's it. There's an old and largely counter-productive way of thinking that says to get it, ya gotta want it. As I explored in my first book, *All That Matters*, the truth is that when you bring in the word "need", it sucks all the energy out of your getting what you would like to have.*

When someone says, "I need a boyfriend", they are making a statement about who they are: someone who needs a boyfriend. That kind of thinking just pushes any prospective boyfriend further away from connecting. The same thing goes for the word "want": the Universe just sets it up to fulfill your image as someone who wants a boyfriend.

The more productive way of expressing it verbally or to yourself: "I am now creating a great, loving relationship."

*For more detail on the power of specific words in creating or pushing away what we want, see my first book, *All That Matters*.*

The beloved is perhaps your greatest "external" teacher. When you develop connection through the heart and sexually, and you build love and trust together, it is easier to then develop non-sexual love and trust with others.

If you are attracted to someone, that is a good thing. And it's fine to appreciate someone's body, but if the heart is not being heard at the same time, then it's just about sexual urges or companionship: objectification, sense gratification, or filling a void.

You may not be the most physically beautiful person. You may not have many physical gifts that are apparent to some others. That does not make you any less worthy of love than anyone on the planet. Though the whole body can talk and feel, when you feel a connection with someone, it comes through two basic organs: The eyes and the heart. Tune into yours. Tune into theirs. You will know in a flash whether you want to spend more time with them. Trust your gut.

There's an initial attraction. But wait: She's not giving you any cues that she could give a hoot about you. Is she being coy as a way of trying to attract you? Does she really think that your nose is too large to give you a second look? We sometimes tend to get into our heads when looking for a potential mate. The point here is that the juice is found in the heart, not in playing head games with yourself or anyone else.

At a certain point, one becomes willing to pursue the other only if the other is willing to be caught. The paradox is that if one allows oneself to be caught by the right person, then that can be part of their ticket to MORE freedom, not less.

The time you spend together might be just a few minutes or a lot longer. The key is to trust your Self and trust your instincts as to how much time you spend with the person. When to express a desire to elevate the relationship or when to cool it down. Just trust your Self, remembering to consult your heart as your conduit to the God that is in All.

For Those In Relationship and A Primer for Those Intending to Be in Relationship

Note: To expect that you will ever truly understand your partner or the opposite sex in general is quite likely an exercise in futility. We are not here to understand the mysteries of the opposite sex. We are simply challenged to accept everyone as they are, particularly our partners and family. That does not mean bailing on aspirations and intents. It simply means that we accept what is.

Spending huge chunks of time trying to “figure out” your partner is a waste of your energy. They are, in part, a mystery. Which is exactly how it’s “supposed to be”.

Pay attention to the lessons your partner has for you. Be humbly grateful for those lessons, still being in your Power. A prime objective in heart relationship is to get to a place of equally shared power and influence with each other. That means neither dominates, or has a need to dominate, the other. Again, when you learn to share your power equally with a partner, you are learning that you are as important as any other creature. Not less. Not more.

We tend to attract to us partners who mirror us. They show us our challenges, push our buttons, and help us bring up our “stuff” to deal with.

The Quests of Masculine and Feminine

While the larger quest for us all is Universal---the quests of the masculine and feminine tend to have their own character. Her quest is about the finding of deeper love through lover, family and other relationships. The masculine quest, on the other hand, emphasizes the finding of freedom.

Woman wants be filled by sexual intimacy, while man wants to be emptied by it. In these dynamics, we are learning as a collective body called humanity, that the process of unfolding is about both fullness and emptiness at the same time.

Please consider this here.



Note that the aspects of masculine and feminine can be carried by either sex, so how you approach the material in this section is something that will be influenced by your mutual recognition with your partner as to what aspects of masculine and feminine each of you carry. Please contemplate this and discuss this with your partner.

Following are some questions for contemplation. The font is larger so that you can most easily work with them together, if you are willing. Please make notes about the ones that most interest you about your behavior or that of your

partner. You will know upon reading each the extent that there is any spiritual food for you in taking time with each:

If my partner is not being honest with me, how am I not being honest with my Self?



If my partner is not being kind to me, how am I not being kind to myself?



If my partner is not being patient with me, how do I display my impatience?



If my partner is not being respectful of me, how I am I not being respectful towards myself or my partner?



If I find that I am not being respectful of my partner, in what way might I not be respecting something about myself?

I consider this question with my heart?



If my partner is being resentful of me, what harsh judgment am I making of myself or of my partner?



If she is not willing to be here with me, how have I not been willing to be with my Self?



If there is something about me that she is not trusting, what in myself do I not trust?



If there is some way she is sabotaging me or the relationship, what worthy part of myself am I sabotaging?



If (s)he's pushing me away, what am I pushing away in my Self?

Love is born of courage. And courage is born of love. Do I have the courage to clearly see the challenges that my partner and my life reflect back to me?



He (or she) is having a tough time accepting me. What am I having a tough time accepting about my Self? I choose now to let that go, to recognize that negative self-judgment is simply illusion.



Consider your relationship with your partner and any faults that you find with your partner on a regular basis. For any that were not addressed in the questions above, use the space below to come up with new questions that fit you and your relationship, then spend some time contemplating each.

You and your partner might choose to contemplate this and discuss.
Contemplate some qualities of your partner that challenge you.
How would your choice to be compassionate with your partner about these help you be more compassionate with others and yourself?
Explore this with your heart and in making some notes below.

Disagreement is an opportunity to find common ground, to compromise. I make it important to learn how to do that with my partner in a way that respects us both.



Are you and your partner ready to explore this one together? If there is disagreement about an issue when either of you raise one, are you willing to let your partner have their truth? Are there exceptions?

I intend to let it be OK to have you, my mate, hold me accountable and for you to let it be OK for me to hold you accountable, always in a loving way.

We are connected with those who have lessons for us. They are often mirrors. And they can sometimes come most effectively from one who is willing to call you on your stuff. If you can both do that in a loving way, you truly honor each other and your Selves.

How ready are you to be real with your partner? Is it important that (s)he be as ready as you?

If I am drunk in the “real world” I cannot be thirsty for the other, deeper world that defines who I am.

Addiction Pauses and Ponderings

If you are dealing with an addiction of your own that you recognize has been draining your sense of spiritual power and connectedness, I suggest that you spend some time with this section as a higher priority than coursing through the rest of this book. Addiction of any kind sucks your spiritual, physical, and emotional energy. Trust your Self on how often and when to make use of the ideas in this section.

This section is not intended to be a substitute for medical or other drug treatment programs. I do not give medical advice or offer anything here as a cure or medical/psychological treatment. While I firmly believe in a combination of holistic nutrition, supplementation and exercise as cornerstones for any addiction release, I do not act as a doctor or a prescriber of medical treatment, information or advice.

I use this kind of language because our legal system is what it is.

*Working with the ideas in this section may be quite useful if you or someone close to you is challenged with an addiction. Two very helpful tools to help handle the physical and emotional challenges that come with release of addiction: First, the book, **“End Your Addiction Now”** by **Charles Gant, MD, PhD** and **Greg Lewis, PhD**. I also encourage you to make use of the **Emotional Freedom Technique**, which can be extremely helpful even if you think that it is the silliest concept you have ever seen. Take a look at the website www.emofree.com. Lots of what they offer there is provided for free via download. This is powerful stuff! Please suspend your inclination to dismiss it until you have tried it!*

Suggestion: *If you are now addicted to anything, consider reading through this brief section and circling or checking off the ideas that strike you most profoundly. Take one idea into your day and remember it often. Meditate upon it. You may keep the idea for just the day, or ponder the same one for several days in a row before choosing another statement to work with. The key to this working well for you is to trust your Self, trust your heart, as to knowing what to do when.*

Another suggestion: Trust your deeper, wiser self to know when to get help. If you feel mired in addiction, and you are trying to gut it out alone, the time to get help is now. A personal caveat: While 12-step programs help many people, it is disempowering to think that you will be required to go to meetings for the rest of your life in order to stay clean. The most powerful way to live is one in which you trust your inner power and authority, not relying on some power outside of your Self to clean you up.

Note: If you are in a 12-Step Program now and it is working for you, then trust yourself to know how long to keep on going to meetings and how frequently. If you like going to meetings, or if you like being of support to others via the meetings, then consider that it is possible at some point to release the NEED to go primarily because you need to go to stay clean. At some time, you can find joy in going to meetings when it feels right to be of service, and that can be your primary motivation for attending.

You will learn to trust your power at some point. That is an inside job. Please consider checking out Secular Organizations for Sobriety and other non 12-Step options. There is power in community support.

Addiction is about forgetting and avoiding. Connecting with God is about the willingness to remember our deep Love. It is also about being with what is, more and more consistently. When I add the virtue of trust to that, I am defining courage.



Within me is a wellspring of great creativity. Why would I want to spend so much of my time resisting that creativity by taking poison into my body or practicing things that harm my body or harm my ability to feel good about myself?



This idea may be helpful for you to express if you have a loved one who is both addicted and resistant to “getting clean”:

I am not suggesting that I am the solution to your addiction. I cannot help you effectively, though, unless you are willing to do two things: help yourself and allow me to be of help. Both of those I would consider gifts to me.



You, dear reader, decide when it may be time to work with this prayer, editing it to make it most powerful for you.

A Prayer

I claim my true freedom today. I now release my addiction sickness. I release the need to harm myself in the name of temporary release from pain. When I have pain, I accept it and move on from it in the best way I know how. And the best way I know how is to remember God, remember love, remember what matters. Courage in the face of my own insanity, an insanity I choose to release to God right now.

I trust that the lessons God is giving me now are an opportunity to choose love, to choose trust, to choose acceptance of what is. What is is only love. What is not love is that which is imagined.

And yet, my imagination is the key to unfolding my love: that which I imagine, I welcome into reality. That process may involve much challenge, or it can be decided upon in a powerful split-second. The ongoing set of choices to choose love culminates in the flash of an eye as I become that which I envision, that which I love, that which I trust and that which I accept right now. As I practice it, as I live it, I become it.


Unfolding fully is the simultaneous release of all that I have judged as bad, unworthy, masochistic, shaming, vengeful or fearful. When I fully feel, at the deepest of levels, that all is love, including myself, then I am challenged to live


that, to exemplify it consistently, to become that. To become it, to practice it in every thought, every action, in every moment.




The more willing I am to abuse myself, the more I attract into my life people who would abuse me. I release the old need to abuse myself.



Doing drugs, food, solitary sex and such to excess isn't about feeling good, it's just fooling around. Is it about avoiding myself? 

Is it about having an excuse to not participate in life because of the wasted energy I have expended in indulging this addiction? 

What else might this addiction be about avoiding in my life? 

I release the need to waste my energy. I dive into life with love, every moment.



I have had enough of the chaos. I release the need for chaos now.

I choose peace and calm in this moment.



I have had enough of punishing myself and feeling unworthy. I release any need for self-punishment now. I feel the love inside of me.



Whenever I feel that I have to do anything, I stifle the intent of the heart. The emphasis is on choice and then being, rather than “self-coercion”. The idea of forcing myself to do something is not discipline. It is indulging the mind by battling with myself. I let that go. I am more and more consistent in being kind to myself.



A worthy habit is not something you feel you have to do. Addiction assumes a need to do something. And anytime there is a sense of need, then love cannot fully express. Love is born of choice. Satisfaction with each moment is also a choice.

Now is the time to have courage, to make the choice to release the need for instant gratification, instant release from emotional pain, an instant filling of the void or quieting of the dissonance. The better choice is to more and more just come from a place of love, for myself and for all things. As I do this more and more consistently, I realize more fully my connection to All That Is.



I suck up courage today and do it. I take a genuine step today to release those things from my life that suck my energy, that sap my physical and spiritual strength.



You can release the need to harm yourself in the name of not feeling.

*That one is not for meditating on or repeating because it contains negative language that can produce anxiety and mixed impulses. Yet, it is worth understanding. Please let go of the desire to dwell upon this one, but choose to simply understand the mind's perversity. Nobody's perversity is any more or less perverse than that of anyone else. **We all get what we get when we get it!** When would **now** be a good time to be truly aware of what is important?*

Numbing is what avoidance is about. Avoiding the discomfort and challenge of life is avoiding life. Life is about both pleasure and pain. It's all lessons. That is all life is: a series of opportunities to choose love, and then to simply become it.



Why do so many seem to waste their lives on drugs, alcohol, tobacco, revenge, manipulation, rage...? It's just where they are. We are where we are for a reason. As chaotic and challenging as life may appear, it is one opportunity after another to choose love. In everything, in every thought, in every action, more and more consistently.

Today I love myself as I am and my world as it is. I face myself and face my life, trusting in my higher Self and God.

It is not possible to be fully conscious and do things repeatedly and frequently that I know hurt myself or anyone else. What small step can I take today to help propel me in the right direction of true freedom?



Doing drugs, food, solitary sex and such to excess isn't about feeling good, it's just fooling around. It's about avoiding myself. I am getting better and better at letting that stuff go.



Consider planning ahead a few weeks, visualizing yourself free and happy. If you know that you will need the loving help of others, plan this in advance, too, when appropriate. Ask your heart to guide you, not the mind that created the addiction. In letting go of an addiction:

I am my heart. I now declare that it is my heart's will to be free of _____ on or before _____ (date).



And later....

I am my heart. I now declare that I am today free of _____. I forgive myself for any past errors and I am gratefully aware of the growing, loving power I am.



My will as your will shall be done in this, God. I know in my deepest heart that you are willing that I be truly, lovingly free.



I break the pattern today. If an urge comes to engage in the unproductive behavior, I simply remember God. My strength is available to me always.



I have within me all I need. I allow myself to nurture and be nurtured. I accept all that happens to me with love. Love is all there is.



I now declare that I know that at the deepest depth I am love. I commit myself to living that truth.



I now release the need to judge anyone, especially myself. By living in awareness more and more consistently, I now recognize that judgment of anyone else is judgment of self.



The release of an addiction is not about replacing it with another. It's simply about choosing, whenever the thought may come to do something stupid (use to remember Love, remember God.



*A practice for whenever you are feeling challenged by anything:
Repeat the thought below a few times to yourself and then go into
the silence for however long feels right.*

I am calm, humble, loving power now.



See the Light Be the Light Share the Light

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