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# Weekly Bulletin #282

Dream your nightmares away

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## Notes from Neale...

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My dear friends...

I said two weeks ago that I've been wondering...

1. What, if anything, could cause the world to expand its ideas about God?
2. What, if anything, could cause human beings to change their understandings about Life?
3. What, if anything, could cause you and I to alter our thoughts about ourselves and about who we are in relationship to each other?

**IN SHORT:** *What, if anything, could cause our species to modify the drivers of our behavior?*

This entry in the Weekly Bulletin is the third installment of what I said would be...

### A Discussion in Four Parts

THIS IS going to be a discussion in four parts, but it will take more than four installments to complete it. I can see that now. Our exploration will be centering round what I have come to call *behaviorifics* - the causes and birthings of human behavior. I am rolling it out here in the Weekly Bulletin to see, frankly, if it makes any sense. Your comments and reactions as we go along will be happily received, and will help me to know if any of this is making any sense!

The four areas of our exploration will include:

1. An exploration of why we behave the way we currently do.
2. An exploration of the question: Is there any need to change our current behaviors?
3. An exploration of what could cause us to change our behaviors if we wanted to.
4. An exploration of the role each human being plays in all of the above.

Last week we talked here about whether there is any need to change our current behaviors,

and why we create the negative experiences that we all do. We concluded that there is not, and that the reason we create the negativities in our lives is to produce a Contextual Field within which we might know and experience Who We Really Are, and then recreate ourselves anew in the next grandest version of the greatest vision ever we held about Who We Are.

And so we see, as we continue our exploration this week, that there truly is no "need" to change anything in the way we behave individually and collectively on this planet. There may, however, be a reason.

If we are not pleased with the Self and the life that we are currently creating, if we are not satisfied with the reality we are producing for humanity as a whole, if we see room for improvement and enhancement of the life that our species is collectively experiencing, if we the impulse and the desire to expand and become even more of Who We Are, we may wish to alter or change certain of our behaviors.

In order to do that, we would have to know where our present behaviors have emerged from. God tells us in the CwG cosmology that beliefs create behaviors. What we believe, we act out.

Yet what creates beliefs? God tells me that perceptions create beliefs. It turns out that for most of us seeing *is* believing. What we perceive, we believe to be true.

Yet what creates perceptions? God tells me that perspective creates perception. What we see depends on where we are looking from. The hill we standing on determines what we see.

### **How We Create "Reality"**

What we call "reality" is a simple mental construction. Our perspective creates our perception, our perception creates our belief, our belief creates our behavior, our behavior creates our experience, our experience creates "reality," and our "reality" creates our perspective. *It is a circle*, and one thing inevitably leads to another.

Not many people are aware of this circle, but those who are begin to understand that all it takes to change our collective reality on this planet is a simple change in perspective. That is why I am working so hard in the final years of my life to change the world's mind about God, about Life, and about Each Other.

So are all the others who are actively engaged in what I have come to call the New Spirituality Movement.

We seek to shift the perspective of our species. We seek to rewrite our Cultural Story. We seek to offer a new way of being human and, thus, to change life forever on the earth.

We believe it is possible to bring an end to violence as a means of conflict resolution. We believe it is possible to bring an end to collective greed as a means of satisfying our fair desires for a better life. We believe it is possible to bring an end to oppression and repression as a means of governing, to bring an end to fear as a means of motivating people, and to bring an end to suffering as a fundamental aspect of the human condition.

We choose to live and to share the extraordinary New Message of Tomorrow's God. We experience this as the message of our own heart.

It is no different from the message that your heart sings every time you look into the eyes of another with love. It is no different from the message that your heart cries out when you

see suffering anywhere.

This is the message that you bring to the world, and that you would leave with the world, when you are your True Self. It is the message that I leave now with you, that you may remember it once again, and share it with all those whose lives you touch.

Be kind to each other, and good.

Be kind to yourself, and good, as well.

Understand that these two do not have to be mutually exclusive.

Be generous with each other, and share.

Be generous with yourself, as well.

Know that only as you share with yourself can you share with another. For you cannot give to another what you do not have.

Be gentle with each other, and true.

Be gentle with yourself, and true, as well.

To thine own self be true, and it follows as the day the night, thou canst not then be false to any man.

Remember always that betrayal of yourself in order not to betray another is betrayal nonetheless. It is the highest betrayal.

Remember always that love is freedom. You need no other word to define it. You need no other thought to comprehend it. you need no other action to express it.

Your search for the true definition of love is over. Now the only question will be whether you can give this gift of love, to yourself and to another, even as God has given it to you.

All systems, agreements, decisions and choices that express freedom express God. For God *is* freedom, and freedom is love, expressed.

Remember always that yours is a world of Illusion, that nothing you see is real, and that you may use The Illusion to bring you a grand experience of the Ultimate Reality. Indeed, that is what you have come here to do.

### **Dream the Dream of a Lifetime!**

You are living in a dream of your own creation. It was never intended to be the nightmare we have created. Let it now once more be the dream of a lifetime...for *that is exactly what it is*. Dream then. Dream on.

Dream of a world in which the God and Goddess in you is never denied, and in which you never again deny the God and the Goddess in another. Let your greeting, both now and forevermore, be *Namaste*.

Dream of a world in which love is the answer to every question, the solution to every problem, the response to every situation, the experience in every moment.

Dream of a world in which Life, and that which supports Life, is the highest value, receives the highest honor, and has its highest expression.

Dream of a world in which freedom becomes the highest expression of life, in which no one who claims to love another seeks to restrict another, and in which all are allowed to express

the glory of their being in measure full and true.

Dream of a world in which equal opportunity is granted to all, and equal resources are available to all, and equal dignity is accorded to all, so that all may experience equally the unequalled wonder of Life.

Dream of a world in which judgment is never again visited by one upon another, in which conditions are never again laid down before love is offered, and in which fear is never again seen as a means of respect.

Dream of a world in which differences do not produce divisions, individual expression does not produce separation, and the greatness of The Whole is reflected in the greatness of Its parts.

Dream of a world in which there is always enough, in which the simple gift of sharing leads to that awareness-and creates it, and in which every action supports it.

Dream of a world in which suffering is never again ignored, in which intolerance is never again expressed, and in which hatred is never again experienced by anyone.

Dream of a world in which ego is relinquished, in which superiority is abolished, and in which ignorance is eliminated from everyone's reality, reduced to the Illusion that it is.

Dream of a world in which mistakes lead not to shame, regrets lead not to guilt, and judgment leads not to condemnation.

Dream of these things, and more.

Do you choose them? Then *dream them into being*. With the might of your dreams end the nightmare of your imagined reality.

You can choose this. Or, you can choose The Illusion.

It has been said before, in the words of poets and leaders and philosophers:

"There are those who see things as they are, and say, *Why?* And there are those who dream of things that never were, and say, *Why not?*"

*What do you say?*

(More next week as we continue this extraordinary exploration.)

Love and Hugs,  
Neale.

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**Message From Marion...**  
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Hello Dear Friends:

Thank you so much for all the well wishes and congratulations last week on my new married status. Though I've never met most of you who write to me, I often feel as though you're my extended family-and what a special thing that is in my life! This week, as happens rather often, I'm struck by how many of us share common journeys and resonate on so many levels with the events and occurrences in the lives of others.

I got a ton of e-mail last week from both men and women who had very similar stories with a myriad of different outcomes. Some had ended up with their deeply loved partners, some had lost the "love of their lives" either to another, or to death or some other circumstance. Others were still in different phases that seem to be quite common in similar type journeys

Today, and actually for many years now I've been convinced of the perfection of all of it. While my new husband and I shared many moments of agony and broken hearts to get where we are today-now all those periods of "hard times" are proving to be incredibly valuable and helpful. We know one another on a level that is deep and rich, and all the little stuff of life seems to be out of the way...been there done that!

Today I'm very clear I wouldn't trade a single one of the tear-filled, heart-broken days that brought me to this incredibly deep and magnificent place where hearts come together in peace and love. It took those days to be here and to share a level of great awareness and appreciation for every moment we have today that's so very special.

I urge you all today and in the weeks and days to come to look back at the hard times of your life and measure the value of them-see where they serve you today. If you're in a period of hard time, be with it. I've found the quickest way to pass a hard time and weather the storm is to embrace it. Hunker down and walk right through it-even when it seems to never end, or that there's no way out. Believe for no good reason at all that there is an end. Things will get better and no matter what it is that is going wrong, know that life is everlasting, and it won't kill you.

Your soul and who you really are can survive anything. Acceptance, and what CwG calls "looking right at it" is what brings resolution to that which hinders us along the way. But I'm here today to tell you the oasis in the desert that life often is will be found to be lush and full of amazing things, better and more magnificent than anything you could ever dream up!

Love and light to all of you my friends,  
Marion Martin, Executive Director  
[marion@cwg.org](mailto:marion@cwg.org) / 541-301-0365

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**Best of the Blogs...**

Each week we present in this space the best from past entries on the worldwide CwG Blog. The blog can be accessed daily on the home page at [www.beliefnet.com](http://www.beliefnet.com).

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**from the blog of Sunday March 2, 2008**

**Category:** [Looking up close at Life](#)

**[Are we to seek after pleasures of the body?](#)**

It is very okay to seek after pleasures of the body. It is an extremely important part of the Journey of the Soul.

Last week in this space I made the following statement:

"If you believe that life has anything to do -- anything at all -- with the needs or goals or accomplishments of your body, then you haven't understood anything at all about the purpose of your existence, about the reason you, a spiritual being, chose to travel through time and space with your body and dwell in the realm of physicality."

I did not mean to infer or imply that we should spend no time whatsoever pursuing pleasures of the body or the joys of fully experiencing physicality. Indeed, I would like to say to you now, very clearly, that just the opposite is true. We have brought ourselves here from the Realm of the Spiritual to the Realm of the Physical for the specific purpose of experiencing with joy ALL the wonders and the beauty and the treasures that can only be found in physical life.

"Only?"

Yes, only. Certain treasures can only be found in physical life. If these experiences could be had in the Realm of the Spiritual, we would have no reason to come into physical form. It must be understood that we are moving from the Spiritual Realm to the Physical Realm for a reason. We are coming here to life on the earth in order that we might gain a "world of experience." And what it is that we wish to experience is all that we have come to know about ourselves in the Realm of the Spiritual. And so we see that the journey of evolution is a matter of "keeping body and soul together." Even in the Spiritual Realm we have a "body." It is simply a different kind of body than that which we carry around with is in our time of physicality. It is our ethereal body, but it is our body nonetheless.

The biggest missed understanding of so many religions is the idea that "heaven" exists on the "other side," and that this is what constitutes the so-called "spiritual world." In fact, in Ultimate Reality there are two realms.

These are not, as is commonly thought, the realms of Heaven and Hell. Rather, these are...  
...the Realm of the Spiritual and the Realm of the Physical. And the Realm of the Physical is not analogous to "hell." It is not another way of referring to Hades. In fact, there is no such place as Hades. Hell does not exist. The Realm of the Spiritual and the Realm of the Physical are two distinct realms within the Kingdom of Heaven.

That's right! Earth is part of Heaven!

We do not come here to this planet as a "test." We do not come here to be tested. Nor do we enter into physicality in order that we might "learn" something. We enter into physicality in order that we might experience who and what we know ourselves to be. Physicality and the Realm of the Relative are tools created by Divine Intelligence allowing us to create an experience of Who We Really Are, which experience is not available to us in this delicious form in the Realm of the Absolute.

Our time here is not meant to be a time of travail, but a time of bliss. The Contextual Field that we have created as a means of experiencing the bliss can be embraced as a gift and a blessing. It is merely a matter of how we look at things. It is simply a choice regarding the perspective that we take.

So while we are here on earth we are not required to wear a hair shirt and walk around with a begging bowl. We are not required to deny ourselves any of the pleasures of physicality as a means of proving ourselves worthy of God's love, or of elevating ourselves to a level of "higher consciousness," or of expanding our awareness. The word "enlightenment" does not equate with the word "miserable." Nor does "detachment" mean the same thing as "denial."

The truly enlightened being is a person who is not so deeply attached to physical forms and experiences that the absence of them causes a loss of happiness. Life urges us to enjoy physical experiences of many types, but not to require them.

It is through the enjoyment of the many aspects of physicality that we bring ourselves a rich experience and a powerful internal awareness of our true nature and our true identity.

This series of commentaries opened with a deep look at how time flies, how quickly our lives pass before us. This is good news, not bad. We were given this news as a comfort when we left Home. You see, we did not really want to leave. At some level, though we knew it was all part of the process and the cycle of life, we did not want to go. But no sooner did we enter our physical form than the angels began to minister to us, whispering: "Be of good cheer! You'll be Home in no time!"

They were, of course, being quite literal. But they also meant that in relative terms. They were conveying to us that our "time" here would pass very quickly. It would be like the blink of an eye.

As I said, we understood at the soul level that the journey to physicality was part of the endless cycle of Life Itself, and that the Realm of the Physical was created for us as the place where we could Experience what we had come to Know about who we really are. But leaving Home is never easy. Not when Home is as wonderful as ours is.

And the angels not only gave us comfort, but a great clue. They said, "If you want to really move through your next physical life quickly, if you want to really make 'time fly,' here is a secret formula: have fun. Make a joyful noise! You will find that your physical life will be over before you know it!"

What a great piece of information! What a marvelous secret! What a terrific insight! humanity has taken this insight and reduced it to seven words: Time flies when you are having fun. Fun and joy are the jet fuel in the engine of life! We can have the experience of moving through our physical life quickly, and being Home again very fast, by just having fun!

In the Comments Section of this blogsite there was this exchange the other day...

FROM KAREN...Apparently Einstein said something like..if we feel the day to be going quickly we are moving through time fast, similarly if the day seems to be dragging we are moving through time more slowly. I wonder what we do or fail to do to create one or the

other experience? Interest or lack of in what we are doing I suspect? Apparently Einstein said something like..if we feel the day to be going quickly we are moving through time fast, similarly if the day seems to be dragging we are moving through time more slowly. I wonder what we do or fail to do to create one or the other experience? Interest, or lack of it, in what we are doing, I suspect?

My response: What we are doing to create one or the other experience is having fun. If we are having fun, time moves fast. If we are not, time moves slowly. A happy person packs more into a day than a sad person ever will. The question is: How does a person become happy? The answer: Happiness is not something we obtain from any moment, it is something we bring to it. Happiness is not a reaction, it is a creation. A Master is not one who is happy because something happens. A Master is one who is happy and then something happens.

And the marvelous thing about "being happy" is that it requires nothing. Nothing but a decision. Remember that always. It is an amazing piece of wisdom. Nothing is required to be happy but a decision. It is a simple choice to notice that everything is perfect just the way it is. As my son is fond of saying, "It's all good."

So I want to make it clear here that Enlightenment is not about self-deprivation, its about just the opposite. It's about celebration. You are invited by life to celebrate yourself and to enjoy all the pleasures of life. And you are invited to notice that part of the process of your evolution is to look to see what you call "pleasure." For it is by what we call pleasure that we can measure the degree to which we humans have evolved. Our Pleasure is Our Measure.

So when I said that your life has nothing to do with your body, I did not mean that you are supposed to ignore your body, or step aside from its pleasures. Yet you may wish to redefine them. Does it bring you pleasure, for instance, to fill the lungs in your body with cell-killing smoke? Then do so. If hurting your body is your definition of pleasuring your body, you are announcing your level of awareness and demonstrating your spiritual evolution.

Does it bring you pleasure to watch other people hurt each other in what you call "sport"? Then do so. if watching other people hurt each other is your definition of pleasure, you are announcing your level of awareness and demonstrating your spiritual evolution.

Do you want to know how highly evolved you have become? Simply look to what you call "pleasure." Humanity as a whole can do the same thing. What do we call "sport"? What do we call "pleasure"? What do we call "enjoyable"?

I also meant to convey in my comments the other day that your body is not the beginning and the end of your experience here upon the earth. Bodily pleasures are outcomes, not goals. They are part of the process of life, not the process itself. Indeed, it is when we focus primarily on the goal of meeting our bodily needs and desires that we rarely do. And even in the few moments when we do, it is never enough. Because the more the body gets, the more the body wants.

Yet when we come to the understanding that what we are here for is the evolution of the human soul, we suddenly change our focus -- and the irony is that with this shift, all the peace, all the joy, all the happiness, all the bliss for which our body was yearning can be experienced Right Here, Right Now. All the safety, all the security, all the opportunity to express and experience the simple joys, are ours. That for which we have been struggling comes to us without effort.

This is the wonder and the glory of the spiritual journey. Yet it can only be encountered and

experienced by those who have embarked on the journey itself.

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## The Calendar

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A look at events at which Neale Donald Walsch will share the message of *Conversations with God* in the weeks ahead. You can learn more about the work of the ReCreation Foundation at these events...and on its official website, [www.cwg.org](http://www.cwg.org), as well.

NOTE: Not all events are sponsored by the ReCreation Foundation.

### March 8, 2008

Tampa Bay, Florida

Happier than God One Day Workshop

Contact: Will: 352-442-2244

<http://www.nealedonaldwalsch.com/retreattampabay.cfm>

<http://www.nealedonaldwalsch.com/contact.cfm>

### March 11, 2008

Baltimore, Maryland

Happier than God One Day Workshop

Contact: Will: 352-442-2244

<http://www.nealedonaldwalsch.com/retreatbaltimore.cfm>

<http://www.nealedonaldwalsch.com/contact.cfm>

### March 13, 2008

Baltimore, Maryland

Booksigning

Barnes & Noble

410-385-1709

### March 14-15, 2008

Nashville, Tennessee

Workshop

Nashville Center for Spiritual Living

[karlen@beyondreason.com](mailto:karlen@beyondreason.com)

[www.beyondreason.com](http://www.beyondreason.com)

### March 19, 2008

1806 W. 15th Ave., Vancouver, BC

Canadian Memorial Church - 7:30 pm

Evening Lecture and Book Signing

Sponsored by Banyen Books, 604-737-8858

604-737-8858

Email: [thefolks@banyen.com](mailto:thefolks@banyen.com)

[www.banyen.com](http://www.banyen.com)

**March 20, 2008**

Seattle, Washington  
Booksigning  
East West Books  
206-523-3726

**March 22, 2008**

Booksigning  
Powell's Books at Cedar Hill Crossing  
[michald@mail.powells.com](mailto:michald@mail.powells.com)

**April 9-13, 2008**

The Celebrate Yourself Retreat  
Tampa, Florida  
Clarion Hotel & Conference Center  
2701 E Fowler Avenue  
<http://www.cwg.org/main.php?p=Retreats&sub=RSchedule>

**April 19, 2008**

Phoenix, Az  
Happier than God One Day Workshop  
Contact: Will: 352-442-2244  
<http://www.nealedonaldwalsch.com/retreatphoenix.cfm>  
<http://www.nealedonaldwalsch.com/contact.cfm>

**May 3-4, 2008**

**Infinity Foundation**  
God and Me: A Journey to Holy Ground  
Chicago, IL  
Contact: 847-831-8828  
[www.infinityfoundation.org](http://www.infinityfoundation.org)

**May 9-14, 2008**

Hollyhock Retreat Center  
Cortes Island, BC  
5-day Intensive Workshop  
Contact: [registration@hollyhock.ca](mailto:registration@hollyhock.ca)  
[www.hollyhock.ca](http://www.hollyhock.ca)  
1-800-933-6339

**May 16-18, 2008**

Mexico City, Mexico  
Workshop  
Contact: [mariluf@expo-ser.com](mailto:mariluf@expo-ser.com)

**May 24-25, 2008**

Humanity's Team Oneness Summit  
Buenos Aires, Argentina

[htargentina@gmail.com](mailto:htargentina@gmail.com)

[www.humanitysteam.com.ar](http://www.humanitysteam.com.ar)

+54 11 4783-3881

**May 31 - June 2, 2008**

Celebrate Your Life Event

Chicago, Illinois

[www.celebrateyourlife.org](http://www.celebrateyourlife.org)

**June 13 - 15, 2008**

Omega Institute - Rhinebeck, NY

Weekend Workshop

845-269-4444

**June 20-23, 2008**

Amsterdam, The Netherlands

Workshop

Contact: Heart Events, 0031(0)306770859

[www.heartevents.nl](http://www.heartevents.nl)

**July 12-19, 2008**

Holland America *Oosterdam*

Alaskan Conversations with God Cruise

Contact: Ron Oyer's Life Journeys / Worldview Travel

888-259-9191 ext. 1258 or 1260

Email: [snorth@worldviewtravel.com](mailto:snorth@worldviewtravel.com)

(714) 619-8859 ext. 1258 or 1260

FAX: (714) 619-3752

**August 9, 2008**

Marin Memorial Auditorium, San Rafael CA

"Modern Mystics", Neale Donald Walsh and Jean Houston

Golden Gate Center for Spiritual Living - 415-924-1494

[www.ggcsf.org](http://www.ggcsf.org)

**September 20-22, 2008**

Findhorn, Scotland

Workshop

Contact: [conference@findhorn.org](mailto:conference@findhorn.org)

+44 1309 691653

**September 26-28, 2008**

Munich, Germany

Workshop

[tickets@cultusanimi.de](mailto:tickets@cultusanimi.de)

[www.cultusanimi.de](http://www.cultusanimi.de)

+49 (0) 84 32.94 90 61

**September 30-October 6, 2008**

Clonmacnoise, Ireland

Workshop

Contact: [ericdilworth@eircom.net](mailto:ericdilworth@eircom.net)

00 353 862565135

**October 31-November 2, 2008**

Copenhagen, Denmark

Workshop

Contact: [svend.trier@get2net.dk](mailto:svend.trier@get2net.dk)

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[Please click here to make a contribution](#)

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**NOTE:** If you would like to send a comment or a question to Neale here at the Weekly Bulletin, you may do so by addressing an email to: [weeklybulletinresponse@CwG.org](mailto:weeklybulletinresponse@CwG.org)

Please note that we do our best to see that all letters get a response, if not directly from Neale, then from a CwG Foundation staff person, or LEP participant.