

# Witnessing Oneness Within and Without (the Living Experience)

**German seminar 04. - 06.01.2019 (WOWW)**

**Transcription**

## **2. (Guided Meditation on I Am, I Have)**

Let us be sure we understand that God or good or fulfillment already exists. Your I is the presence and the visibility of all fulfillment. And the only reason we fail to witness to have our fulfillment each day is that we believe we are personal selves in a physical body and material world.

So now, let us understand that as soon as we make mental effort for good, we block the visibility of God out, the moment we attempt to get any good that we can name, that we believe we need, we block God out. Every time our consciousness is different from God we block God out of our sense.

And so as we go through this meditation now remember that God is only evidence as God is and that God, in other words good or fulfillment in every way, shape and form already exists. The very good you believe you do not have at this moment is sitting there with you this moment.

Can you really begin to feel that truth?

I have all good this instance. I am in possession – tangible possession – of the very good I have been seeking. It doesn't matter what category of form or quality or amounts we're speaking of.

It could something to do with the health of the body or the beauty of your relationship; it could be companionship or relationship that you believe you do not have at the moment; it could be to do with supply or money or opportunity, customers, clients, students; it could be something to do with your home, your neighborhood, your work. We have all these different categories that we believe are a part of our fulfillment. And there's nothing wrong with that as long as we know the truth about it. And the truth about it, is that despite appearance, all is God, the whole of which exists every point in the infinite at the same time. There are no categories in God.

And yet our awareness of God and our satisfaction in God is experienced as the fulfillment of every single category of our sense of life but.

But the minute we personalize and say I do not have health and I need it, I do not have a loving relationship and I want it, I do not have the freedom of supply or opportunity and I want it, my home is ok but I'd love one twice as big or three times as big and four times more beautiful and so on and so on.

We block from our sense the entire kingdom of fulfillment that stands right where we are.

We have to know but the I of us is not personal but is the entirety of God, which is itself the visible, tangible fulfillment of you. In other words, we have to put aside the personal sense and absolutely everything it believes it knows and believes it needs. We have to climb up into I and it's a very straight and narrow climb. We have to squeeze ourselves right into that I, that secret place of I. And there, we discover, that I am the way, the truth, the life.

There we discover that indeed I not only am but I have.

*I --- I --- I - this is what wants to fill our awareness to the degree that we've forgotten all about our sense of self and it's world.*

Think, think, I--- I ---

This is not a mental exercise; this is just an act of consciousness. We are using our consciousness or we can use the synonym awareness, simply to fill ourselves with I.

We do not have to achieve anything - everything's already achieved. Trust that. Your I is already every fulfillment, tangible and visible, right where you are. So when, by an act of consciousness we get up into I, we are there, we've arrived in the kingdom of fulfillment. And right there is, not only the fulfillment of what you need this day, but it is your whole kingdom of fulfillment.

As you abide in I, in a very rested state because there's nothing for you to achieve. Your rested state enables I to be felt abiding in you. And that experience of I, felt abiding in you, is itself your health, is it self your supply, is itself your loving relationship.

Why is that? Because God is all, God is heaven and earth; God is earth as it is in heaven. None of us would say that heaven is lacking any fulfillment, would we? And so, the moment we understand that heaven is earth and none of us would continue to believe that anything of fulfillment is missing on earth.

But you see, where as in the past we couldn't see it and so we believed we did not have it and we started searching for it.

Now we understand that I is the fulfillment itself and as we rest in I with the conviction that I is the one truth - tangibly and visibly evident. Then we simply rest and behold the omni activity of God. We watch it being the Father's good pleasure to give us the kingdom, which means, that it's the Father's good pleasure to enable us to see the already present kingdom.

Then, through the empty emptiness of our sense of self I shines as I is and there our good is visible. Quickly, our sense of self sees the tangible what we call the tangible good fulfilled. We have out healing, we have our love, we have our supply.

But what are all these, even as they become what we describe as materially tangible? They're not materially tangible, they are the very presence of God appearing to be materially tangible.

*I --- I --- I --- . . .*

*I am - I have because I is God not the personal self . . .*

Completely rest and relax the personal sense of you. Truly let go. *You don't need yourself!!!*

Can you really hear that? *You do not need yourself!!!*

As Maimonides says: "Far be it from the notion - far be it from the notion - a long way it is from the notion or the belief that God needs a corporeal organ to be God - so far be it, a long way from the truth it is but God needs a personal self to fulfill itself through.

***In fact, the personal self is the only reason we don't evidence God.***

Now deeply hear that. There only one thing to do with the personal self and that is be rid of it. So we rest it, we relax it as we abide in I . . .

*I--- I--- I . . .*

God or I is madly in love with you. It's ok to think about it like that. God is love. A love, which is infinitely greater than any love we could describe our experience humanly. And that love expresses as you. That love or that I, that presence of you, is proactive good. It's not up to you or to me to bring it forth. Its very nature is the expression of itself as you and as me. And that expression is love - divine love, not human love. And there is no way in eternity that love allows itself to lack anything whatsoever. God is the infinite presence of love fulfilled as you. And God is your I.

Just think you're walking around with and as the very presence of infinite fulfillment and love. Now do you see why you can legitimately say *I am I have* because we're not talking about a personal self. The personal self is just a very crude and dark sense of self. There is no truth to it whatsoever.

Your only truth is I - the whole of God, the whole of infinity being itself as you.

Rest, rest, relax . . . feel I . . .

Trust I . . .

Let go of every fear, every sense of need or want, every struggle, every doubt . . . and simply rest - let go in I . . .

Let all categories of life drop away. Realize that I is your infinite and omnipresence fulfillment. You are never required to think in terms of categories. Take no thought for your life, but seek the kingdom of I instead.

Rest and relax in the kingdom of I . . .

It is through your rested and relaxed state that I shines through your whole universe . . .

As soon as we make mental effort or are mentally strained, we shut the visibility of fulfillment out. As soon as we feel a tightness in our body because we have some fear or we have a sense of need - that tightness shuts the visibility of fulfillment out.

Let go --- let go --- rest --- relax . . .

Keep your mind gently and lovingly on I - that's all. And trust that the love that I is is looking after you. Have such a conviction of this truth. It's all you need . . .

Do you feel how easily God is flowing through you in this rested, relaxed state? . . .

Do you feel the beautiful gentle yet mighty presence of God? . . .

Do you feel love pouring through you? That love is God as you.

Does God lack any of itself? . . .

Does God need anything of itself that it doesn't have today? . . .

Can God be sick, injured, unhappy, depressed? . . . No, no of course not.

*This presence you're feeling, this love that's boring through you, this itself is the kingdom of your every fulfillment.*

And when you realize that I am the light of the world and you understand how the so-called material fulfillment becomes visible - it's no mystery - as we abide in I, rested, relaxed, empty, which enables us to feel I abiding in us, then I, the presence of I, that we feel, is the light of the visibility of fulfillment.

Do you see that? The whole of existence is light, which is just another synonym for I or God or spirit.

So as we've abandoned the personal self and we climb up into I and we rest and relax and let go of everything that we've believed we are and feel I filling us, feel the presence, feel that love filling us and pouring through us, then we are letting I see for us.

We are letting heaven be our earth of fulfillment. We are letting I behold earth as it is in heaven for us. Do you see that? Now none of us would argue *that earth as it is in heaven* is lacking anything or is sick or is unhappy but *earth already is heaven*.

So we have to let heaven see earth for us. And this is the way, *I sees earth as it is in heaven for us*.

But if we get in the way with the personal sense of self, we create a shadow on earth and now we cannot see as heaven sees earth.

So let us forever get our sense of self out of the way and rest, rest, rest, rest in I . . . and let I be our complete fulfillment for us . . .

And now, this instant, there is nothing of fulfillment missing in your life. You have every fulfillment - this instant. The presence you feel within is itself the visibility, the tangibility of your fulfillment.

Don't go off into the evening now, looking for it physically or materially. If you do, you're create a shadow around it again and you won't see it.

So trust, that I is itself the visibility, the tangibility keep your awareness there, never in physicality or materiality and then let it reveal itself in its own way, in its own time to your material sense.

But never, never believe that spirit has to become matter.

Once you have the spiritual fulfillment, you have the all-of-all fulfillment because there is nothing but spirit.

Well, all those pennies should by now have turn to \$1,000 Euros or thousand bill Euros and indeed they have - they are spiritually infinite; your bodies are brimming with the health of life itself; your love is there, your companionship is there, your happiness is there; all the doors of opportunity are wide open inviting you in.

In other words, in this rested state of I, as you feel the presence within you and trust it - then indeed God is looking as you and through you and saying *all is very good* and that is true.

Well my friends, I think we've arrived at the end of our first day. Now let's each, depending where we are, go off into the evening or the rest of the day staying in this consciousness. We don't want to create shadows on earth. And so perhaps we remember the statement tonight that *God is forever evident as itself* - that's the consciousness we stay in.

And I am right there with each and everyone of you in that consciousness. So thank you, thank you so very deeply. This is being beautiful. Let me just say before we hang up that if any of you have questions, perhaps you can give them to Helvi and Johannes who will trans-

late them for me and email them to me. Is that ok Johannes and Helvi? That will be beautiful. Be free to ask questions because while we're here let's dig out any questions that are sitting within you and I'll do my best to answer them tomorrow and Sunday. And the same with all of us here in America, feel free to email me any questions you have.

Ok, there we go - thank you, thank you so very, very much with all my love and all my blessings. Thank you, thank you - it is a very special, a very sacred experience - thank you. Much, much love and will see you tomorrow. Wonderful. Good night everyone and good afternoon everyone here.