

# Witnessing Oneness Within and Without (the Living Experience)

German seminar 04. - 06.01.2019 (WOWW)

## Transcription

### 6. Questions / Freedom from Judgment, Criticism, Condemnation

Good afternoon and good morning, everyone! We have two questions this morning.

The first one is: “I is now, true identity (which I think means, I is the true identity, existing now and always); how does the false, usual identity dissolve by or with this realization?”

That is a good question. Let us first of all realize that the personal self sense is not the “usual” identity; it's a completely *false* identity. We have become used to it, yes, but let us realize right away that it is 100% false. Nevertheless, the question is very good, and the answer is that we replace (underline that word *replace*) our false identity with our true.

Imagine all the thinking that you do in a twenty-four hour period. I don't know whether these figures are correct or not, but it is thought that we each as a human being have around 60,000 different thoughts every twenty-four hours. Now, if we were to examine those thoughts with our false identity, we are thinking as a human being, and we are thinking completely materially. We are thinking as a personal self. We are thinking about self-survival and self-betterment, self-gain, self-happiness, self-love, self-success.

Now, in that same twenty-four hour period, what would Jesus be thinking? What would Meister Eckhart be thinking? What would Isaiah be thinking? What would St. John be thinking? Do you see? And the difference is *immense, total*.

So let's think about it like this. Let's say we had a 60,000 piece puzzle on the table, a jigsaw puzzle, and each piece represents one of our 60,000 thoughts. And at the moment it's completely false identity—it's personal, human, material, physical—and it all fits together as one immense picture of our life, one person's life, and there's no God in that picture at all. Now, how do we change this puzzle to make it the picture of God and heaven, beauty, love, joy?

What we do is, one by one, replace the puzzle pieces. And let's just imagine that the *shape* of each puzzle piece is exactly the same—the material version versus the heavenly version — but the *picture* is entirely different, so we could take a puzzle piece out of the middle of the puzzle and replace it with its heavenly, true piece. So we don't battle the false picture or puzzle; we replace it with the true.

And this is the way —we become attentive to our thoughts. We keep catching ourselves and changing or replacing our human or material thinking for spiritual. For instance, we may realize that we are feeling exhausted at some point during the day, and our thinking is all about how we wish we could have more vitality, more energy. So we catch ourselves and we

say, Wait a minute — no, no. And then we ignore that thinking and get right up into I and we start remembering the truth, something like this:

*The I of me is God. The I of me is the one power of the universe. The I of me is the almighty presence of God itself. I is infinity; I is eternal life; I is life itself. My I is the one universal life itself. The I that I am is the life that I witness throughout the universe. The I that I am is all the nature, or let's say all the trees, all the grass, all the orchards, all the fruit in the world. And this is 100% truth. I don't have personal life; I have universal God life. All the life that God is throughout the world is the life that I am.*

Now, you see, we go on like this until we've forgotten all about ourselves and our exhaustion, and it may take two minutes, it may take five, it may take thirty minutes. Just keep going until you have forgotten all about yourself, and then you'll feel yourself beginning to rest and relax and feel the presence of life in you. And very quickly all sense of exhaustion has left, and there it is — you've replaced your personal or physical sense of whatever it is (in this case exhaustion) with truth, and you've experienced it.

Now, thirty minutes or one hour or three hours later you may feel exhaustion coming back, and that is only because you've unwittingly sunk back into a human sense, a physical sense, so now you do it again. Even better — what you do after you have lifted the first time is keep a very close guard on your thinking and do your best to keep human thinking at bay and keep spiritual thinking alive.

And there it is—it's not complicated, but it does take discipline, and the fruits of having a disciplined spiritual consciousness are abundant. I'll tell you something, though: in my experience hardly any of us (including me, in the early days) keep up that spiritual discipline. And the reason is we don't believe that our thinking, our consciousness, minute by minute, reveals God here and now. We just have not made that connection yet.

So do everything you can to realize that your consciousness is the form of your body and your world. You are looking at yourself as you look into your world and body. You are looking at the quality of your consciousness, your thoughts.

Our best little book on this is the Seven Spiritual Steps (to Solving any Problem), so I encourage you to read that over and over and over until you understand it. It is it is extremely beneficial to spend all the time you need to understand that consciousness is form.

Consciousness is form—that is a *magical* realization. Consciousness is the activity you witness; consciousness is the quality you witness; consciousness is the degree of life or health you witness; consciousness is the people's character you witness out there in the world. And so when our consciousness is full of God, in other words, when we are being *is*, the forms and functions of our bodies and our worlds are that of *is*. We each literally have dominion over our bodies and our worlds. So please, please do devote all the time you need — quickly — to understanding that truth. You will save yourselves years of truth study — years, my friends! I can tell you that because I did not do that.

So this really motivates you to get replacing those puzzle pieces. The quicker you can replace every human or material thought with spiritual realization, the quicker you are free in spirit. I

should mention that our new book, *Mastery of Self is Mastery of Life*, is also worth studying. The whole secret is in there as well.

All right, second question: “What is the difference between spiritual (godlike) and non-spiritual (human, material) thinking? I figured that a thought like *all is spirit* is spiritual and truthful, at least if it doesn't remain at the mental level, but what about thoughts that accompany practical activities, like cooking or writing this email? When I do that there is a mental voice commenting on the things that I do, saying something like, I could do this or that first. Actually, I can't imagine doing any rather complex activities without this thinking. Is all of this human, material thinking? If it is, how is it possible to do complex practical things without it? If it is not, then what is human, material thinking? How do I know when I'm thinking humanly or materially?”

Okay, the key is realizing that *all is God*, so no matter whether we are doing something simple or more complex, we realize that all is God. In other words, our awareness is God, the awareness we are aware with is God, and the form is God. The things and the activities, the sounds that we are involved in are all God, despite appearance, and we are aware of this.

And you see, what this does is keep us open to bringing great innovation to what we are doing. We keep ourselves open to new ideas. We even keep ourselves open to bringing a degree of genius to whatever it is we're doing, which takes place in us just by our keeping our awareness in God.

You see, there is only one life, one substance, one form, one activity. It's all God. When we know that, we never lose sight of that awareness, and the exciting thing is that we open ourselves to the infinity of omniscience.

And in very real and practical ways we find that whatever we working at becomes more efficient. We bring more intelligence to it; it is more joyful. Our awareness of what it is and what it is for expands universally. We certainly bring a level of genius or at least wonderful new ideas to it, and very often we discover that we do it so quickly compared with how long it used to take humanly.

It's remarkable. Usually we can get three, four, five more times accomplished in a day than the best of human effort can accomplish. The human world can't believe how much we can get achieved — and the quality of it, the joy of it. And at the end of a busy day we have just as much energy as at the beginning of the day.

So again, it is all about realizing that all is God, all is the finished kingdom, so actually all our work is finished and perfect, and we are just involved in the three-dimensional pictures of it coming to a completion; in other words, the pictures catch up with the finished spirit. Is that clear?

There is never an occasion to stop being aware that all is God; so to answer the part of the question that says, how do I know when I'm thinking humanly or materially, it is every time I have forgotten to be aware that all is God.

There we go. Okay, let's take a one minute silence here.

(One minute of silence)

Let's lift right back up into I:

*I, I, I. Right where I am, God is. I am fulfilled from here to the end of the universe, this instant. This instant I am, I have. I doesn't sit up in my head somewhere; I is the universe I witness. Wherever I look, there is I, the expanse of I. Everything I see, hear, taste, touch, smell is the universe of I, which is God, fulfilment.*

As we look at our world, or look at something specific or someone specific, our interpretation of what is happening is completely false because what is actually happening is that I is observing I. Nothing contaminates the experience. There is no judgement; there is no criticism; there is no opinion. I observes uncontaminated I. Now, isn't that beautiful?

This means we are able to observe each other and ignore the interpretation that our sense gives us, and realize that I is observing pure I as each other. So here we have divine being observing divine being, and we can say that what we are observing is just *is*. You exist in my experience, so you are simply *is*, which is pure I, pure God.

We can look into our gardens, into the forests, we can observe the beach, we can observe the lakes and the valleys, and we can observe the people walking along the High Street doing their shopping; we can observe everyone on the roads; we can observe everyone at our work, and *yield*, so that we recognize what is happening is *I observing I*.

We're not observing human people and material things; the I of us is observing its universal self, *one hundred percent uncontaminated*.

Now, what are we going to see happening in this state of spiritual awareness? We are going to see healings, we are going to see abundance everywhere present, we are going to experience love everywhere present, we are going to experience peace in the world, harmony everywhere, love and union between people. We are going to watch the efforts of competition dissolve between businesses. We watch the unfair practices of industry dissolve. We watch ethics and love in government.

You see, *we and our world are heaven*, and as long as we leave it to heaven to reveal itself instead of contaminating our *sense* of life with opinion and judgement and condemnation and criticism, then nothing is stopping heaven being perfectly available and real and practical in our life. Do you see that it is only we ourselves who contaminate our experience of heaven?

Now let's realize this: the only way we see change in our bodies and our worlds is by *our change of consciousness*. We should underline that sentence ten times! God is not going to do anything for us, and we heard that loud and clear on Friday and Saturday. God is not going to do anything for us. The only way we witness our healing and our health, the only way our world becomes peaceful, the only way our supply becomes abundant, the only way true love becomes our experience is by our individual (and then collective) change in consciousness.

Now, the collective change doesn't make much difference to our individual experience. In other words, one with God is a majority, so it is all about *our individual change in consciousness*. And again, you understand this when you understand that consciousness is form.

All right now, one of the biggest ways that we change our consciousness is to stop contaminating our experience by judging, by criticizing, by condemning. If we continue to

have opinions and to judge and to criticize and condemn, then we are unwittingly holding ourselves down at that level of consciousness. It is as if we have set a huge anchor down into the earth at that level, and with that anchor in place, all the rest of our spiritual study and meditation and silence cannot break us free of it.

So remember that the whole secret is to rise above the current level of consciousness at which we live. Like a hot air balloon, we have to be free to lift off the ground, and therefore we have to purge ourselves of this judgement, criticism, condemnation that we tend to issue in our world. So keep a very close guard on your thinking and become very active in realizing when you have an opinion about somebody or something, or you make a judgement or you condemn or you are feeling some kind of animosity towards somebody.

These things are so very subtle, aren't they? That personal self is so tricky. It can even be in the supermarket and can see somebody and think, I don't like that person's hair, or that person's clothes are far too bright, or I wish that person wouldn't push in front of the line at the checkout, or I wish that driver wouldn't have cut in front of me. Or maybe at work we suddenly find ourselves thinking that we don't like the way our colleague is doing something, or we don't like the way that man is talking to his wife, or he's being too hard on his children.

There are ten thousand ways we tend to judge, we tend to criticize, we tend to condemn. Now, where is God in that picture? God is nowhere to be found; and worse, every single time we do these things, we are anchored to that level of consciousness. We are *being* the very anchor that holds us down at an unpleasant earth level, and then we may wonder why all our reading, all our classes, all our meditating, all our silence isn't working.

So let us be vigilant to pull back from every such activity of our awareness, and replace it with the recognition that this person or this situation is *God*. What is actually happening, despite the appearance, is I observing *I*. So while we are busy judging, our very I is observing *itself* as the other person and the place and the condition, and I is *heaven revealed*.

Now, what do we want — do we want our version, or do we want heaven's version? Do we want to see the truth here and now, or are we happy with our lowly level of criticism and judgement? Of course not.

All right, let's take our one hour break now, and in this hour let us contemplate what we have heard. Let us be ready now to let go of all judgement, criticism, condemnation, and thereby lose that anchor immediately and rise free in spiritual experience.

Thank you, thank you! See you in one hour.