



*Leaves*

from the

*Tree*

of my

*Life*

BENTE DAMMEGAARD



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*From my heart I wish to thank all the people whom I have met in person and all those whose faces I have never seen but whose words, ideas and thoughts have reached me in so many various ways and made my path a little less wearisome.*

*And I also want to thank my greatest teacher - Life - All That IS - of which I am one perfect expression.*

A BOOK ON  
THANKS-GIVING

*Leaves*

*from the*

*Tree*

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*Life*

HEARTGLOW PUBLISHING

## ABOUT THE AUTHOR

At the moment I am 81 years old and live on the beautiful island of Mallorca, Spain. When I wrote the book I looked back on my life wondering how on earth I had succeeded in collecting so many years.

Along the way I have become the mother of three wonderful and very different children, have spent a lot of my life as a translator and, as such, have translated books, films, comics and scientific texts. I have been an instructor of non-violent jiu-jitsu, been a teacher of languages for adults and never had a steady job but always been a free lance person, that is to say I have worked my bum off when others were on holiday, been a tourist guide at an old fortress/ castle – which the Swedes built against us Danes, and I was the first and only one to conquer it.

I am a Dane by birth, moved to Sweden in 1966 with husband and three children, lived there for more than 35 years and moved to Spain because the ice and snow on the roads of Sweden were just too much.

I am now, more than ever, conscious of the fact that I – and nobody else in the universe – am responsible for how my attitude towards life is. I can choose to see myself as a victim and feel sorry for me, or I can see myself as surrounded by miracles, which I truly am, and be grateful.



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## PREFACE

When do you give thanks? When a gift has been given you.

I choose to give thanks for everything in my life, from the groceries I bring home to the wonderful friends who are and appear in my life, from the sun and moon in the sky to the flowers by the road and the smiles of strangers. Why do I choose this? Because I am constantly being reminded of how rich and showered with gifts my life is. This means that I am in fact the most gifted person I know.

I know for a fact that the feeling of gratitude makes me happy – so I have invented a new word – happifying – which is exactly what I mean.

## PROLOGUE

The deciduous trees in Scandinavia shed their foliage in the autumn and the actual shape of the tree appears. In the spring when all the buds burst, the leaves appear to cover everything with their splendor and all through the summer, the green hues just darken and it becomes difficult to actually see what the tree itself is like.

When autumn comes and the colours explode, the leaves start to fall and the tree dares show itself as it is. The leaves do not fall in an orderly fashion but completely at random and that is the way this book is organized, but the headings are in alphabetical order so that you may find your way around.

The leaves that have fallen round me have fertilized the soil for me and it is my hope that some of mine may do the same for you. And like the trees shedding their leaves to show their true shape, I have dared to show you who and what I am.



## LEAVES - FROM A TO Z

AAGE (1990)

A very dear friend had had a very tough life, had been a POW in Germany, he had fought in North Africa in the Foreign Legion and other places during World War II. This man had a brother-in-law who was a priest. This priest asked my friend, Do you believe in God and when my friend answered No, the priest at once started trying to convert him, upon which my friend answered, I cannot believe in something that I know.

A COURSE IN MIRACLES - FORGIVENESS

The book A Course in Miracles has a sentence which I absolutely love:

Forgive the past in the present in order to release the future.  
What else do we need?

ADVICE

In one tribe of American Indians they claim that if you give advice to somebody and this person follows it, you take over responsibility for this individual and have to carry him on your back for the rest of your life. That is worth thinking about in our society where advice is often very freely given.

## AFTER DINNER POEM (1988)

I am sitting in a tiny corner  
of God's vast and intricate garden  
feeling my soul unfold in the sunshine  
of eyes of many colours  
looking at each other  
with love and good will  
listening to the music  
created by the instruments  
of the incredible symphony orchestra  
of mankind's voices expressing human thought  
in so many delightful, melodious  
and differing sounds  
and my heart joins the multitude  
in joy at being part  
of the family of man  
in the here and now  
on this planet.

## ALL WIN SOLUTION

A very good way to look at solving problems is to ask the universe, your guardian angel, God, whichever name you want to give your invisible helper, to aid you in finding a solution where there is no loser, only winners.

It helps, I know.

## ANDROCLOS AND THE LION

One of my favorite stories is the one about the Greek Androclos who went to Africa and in the desert encountered a lion lying in a cave with an infected paw due to a thorn. Androclos was not afraid but treated the lion as a friend, went

up it and removed the thorn.

In the life of Androclos, one thing led to another and he was made a slave in a Roman household.

Eventually he converted to Christianity and was caught together with a lot of his friends to be sent to the Colosseum to be thrown to the wild animals.

This happened but the miraculous thing was that the lion that was to meet Androclos was his friend from Africa and it refused to harm him but instead licked his hand. This so impressed the Roman emperor and the rest of the Roman audience, that both were set free.

#### ANTHILL

A favorite pastime of mine has always been to watch nature and in the forests of Sweden, there is lots of it. Among other wonders you can spend hours looking at an anthill which is about a couple of feet high.

Incredibly long roads lead from the anthill to wherever they can find what they need for their daily lives. The ants kiss the ants they meet in the road to check that they belong to the same hill and they carry the most fabulous burdens. To them pine needles are enormous, but they carry them unbelievable distances in order to build their home. They even have cattle – aphides – that produce a liquid the ants love, so they keep the aphides on plants close to the anthill where they can milk them. Their society is so similar to ours, the way they co-operate and divide the tasks between them.

To me one of the amazing things about ants is that, in fact, the organism is the anthill and not the individual ants we see scurrying about. They just look separated.

They are like the Son of God, like us, there is only one Son of God but all of us seem to be separated from each other.

In the book *Dialogue on Awakening*, it says: There is but one Son of God, there are an infinite number of expressions of the Son. But there is only one Son.

This is just like the anthill.

#### APPARENT DISAPPEARANCES

I have had two very different and very similar experiences, both of them to do with apparent disappearance.

The first one was in the winter when I was walking with the kids in the forest at dusk. There were snow walls along the road, two to three feet high, and the branches of the firs were heavy with snow. I was wearing an outfit of white and the only dark things about me were my gloves and my hat which was a sort of Russian army hat with ear flaps.

I told my children that I could disappear so that they would not be able to find me even if I promised to be no further from the road than ten feet. I ran ahead, jumped the snow wall and stood in a weird position right beside the road. The kids came by looking for me but did not discover me because I stood completely still.

The second was outside a large city when I was walking with two friends, one of whom was a very black man from Africa. There were no streetlights and my black friend was wearing dark clothes.

All of a sudden he had disappeared, though I knew for a fact that he was still there. What had happened was that he almost closed his eyes and mouth so that neither the white in his eyes nor his teeth showed. So he became invisible.

So – can we always believe what our eyes tell us?

#### ARMOUR



In my life I have often felt that I was under attack and, since I did not want to fight back, I instead did like the mediaeval knights who dressed up like beetles in iron armour so heavy that they had to be hoisted onto their poor horses with a winch.

For me that armour took the shape of an increased body volume in which I tried to hide. I did not realize that the simple act of defending myself was confirming that I felt under attack. The sheer weight of my defence became almost too much to bear and I felt trapped within it.

I now see that the only way to avoid attack is to not acknowledge that it is there, which is often easier said than done, but still true.

#### ART-ONG JUMSAI

Many years ago I watched a video tape from a conference on Education in Human Values with a Thai professor of micro communication, Art-ong Jumsai, who said some very memorable things, some of which I have quoted on the next few pages.

#### ART-ONG JUMSAI- ELEPHANT

Art-ong Jumsai tells about three blind men who go to discover the elephant. One man feels the tail and exclaims, "Ah, it is like a rope!" Another man feels the leg. "It is like a pillar!" and the third man feels the belly and says, "It is like a wall!"

And then they all have an argument about it.

#### ART-ONG JUMSAI - LIGHT

Look at nature", Art-ong Jumsai says. "Does the sun kick and box the darkness when it rises? No, it just appears and the

shadows disappear. No fighting is necessary. We can learn a lot from that.”

#### ART-ONG JUMSAI– LOVE

Art-ong Jumsai was a professor at the university of Bangkok and was a brilliant scientist, he invented the gadget that made the soft landing on Mars possible. But the most important thing here is not his professional prowess but the experiment he carried out with his students.

He wanted to prove to them that love existed, that love is a force we can all use in our daily lives.

His students were not interested in anything but science, that is to say things that can be counted, weighed and measured, caught in cages or written down on paper. But as their professor he had his way. They chose 70 plants of exactly the same size, weight - all properties were equal. They took soil and mixed it so that it was completely homogenous and then planted the plants in two plots ensuring that both received exactly the same amount of light and water.

The only thing that differed was that every day Art-ong Jumsai and his students poured love onto one plot only. He had to teach them how to pour their love, that is to say they sent loving caring thoughts from their hearts to the plants wishing them well.

And – within about a week the plot that received love started having beautiful yellow flowers and they grew about 50 percent more than the ones that were without love. So they made all sorts of measurements and calculations, they made statistical calculations to see if this was possible or probable.

And it was not. But it was happening!

Therefore they had proved without a doubt that love exists. But something just as important happened. One of the plants

withered and died, so Art-ong Jumsai went around asking his pupils if they had done anything and finally one young man admitted that he had spent two whole hours beside the plants sending thoughts of hate and anger at this particular plant as a result of which it died.

There are two important lessons to be learned here. One is that love exists and can be used, any time and anywhere. And two that what we think inside our heads does not stay there, it actually has effects on things around us. If we see a person, an animal, a tree or flower that looks a little despondent, we can send loving thoughts at it and it has an effect. We can also choose to send hateful thoughts and even this has an effect, so therefore what we think to ourselves is not without consequences.

This fascinated me and I decided to try it out myself. At that time I had to spend about an hour and a half getting to work every morning and as much time going home in the afternoon so I had ample opportunities to play with this. I chose the rearmost seat in the tram or bus and spent the whole time sending loving thoughts at the back of the head of each of my fellow travelers. Good morning sister/brother on the earth, I wish you a good and happy day.

The effects were amazing. Many people turned around and smiled at me. Many people just straightened their backs and looked happier. And the wonderful thing is that as I think loving thoughts and pour them out onto others, I am like a garden hose, when I turn the water on, the inside of the hose gets wet, which means that some of the love I project onto others stays with me making me feel better and more happy.

I also practise this hobby of mine in the street and one day I saw a very unhappy-looking man coming towards me, so I poured love on him. He looked confused, walked straight into my arms, gave me a big hug, looked as if he had just fallen from

the moon and walked on. I have no idea who he was and have never seen him again.

#### ART-ONG JUMSAI- PEACE

Art-ong Jumsai said many important things, among others the following:

Everybody says: "I want peace, I want peace" and the way to attain that is to wipe out the "I", wipe out the "want", and then we are left with peace.

There is no way to peace, peace is the way.

#### ART-ONG JUMSAI- TRUTH

What is light and how do we see it? asks Art-ong Jumsai.

Light is electromagnetic waves and we use our eyes to perceive it. But electromagnetic waves are infinite and the spectrum we can see is very limited. So if we look at each other in the usual way, we see beautiful or handsome faces but if we look with X-rays, we observe a sort of skeleton and if we look with radio waves, we disappear, since these waves can come through the walls, the floor and the roof, so we can see a very long way away.

Therefore the question is whether we can really trust that what we "see" is the one and only truth.

#### BAMBI (1970)

Some of my happiest years I spent in the forest in Sweden. One November day with about one foot of snow on the ground we noticed a strange dog chasing something that tried in vain to jump a fence that was too high. My husband went out, chased the dog away and carried in the something that turned

out to be a baby roe about three months old which had a huge wound on his hind leg. My husband carried Bambi to a small granary on our farm where we made him a bed of straw and gave him a meal of potatoes and carrots. Our bitch who was the Mother of all the animals on the farm came over to greet the patient and they became friends immediately.

The wound on Bambi's leg healed within a week or so and we knew that he was to be set free as he should not be domesticated. However, when we opened the door to let him go, he just stared at us, watched us walk over to our house and came with us to see what our home was like. Apparently he liked what he saw, because he decided to stay with us, that is my husband and me, three children, one dog and eight cats.

At the time I was working at translating books and it was a very special experience to put down my hand to pat the head of someone and this someone being a deer.

I often went for walks in the forest with the dog and some of the cats and Bambi always came along.

He was wearing no collar and no leash, so when he wandered off among the trees, I always in my heart said goodbye to him and thanked him for being such wonderful company while he was in my life. But then one of the cats would lie down in the snow to have his tummy patted or the dog came over to show her affection by rubbing her head against my knee. And that would be just too much for Bambi who came over on his telescope legs through the brush to have his head patted.

And this lovely little creature taught me a very important lesson about love that I have never forgotten. Here was this free animal who was in no way forced to stay with me but who came to me of his own choice to show me his friendship.

I learned that the only love worth the name is unconditional, no ties, no obligations, no duty – just pure trusting affection. And since then this is the only love I want to give and receive.

One day, due to a misunderstanding, somebody closed the door while Bambi was outside and from the prints in the snow we could see that he had circled the house a couple of times before nipping off into the forest. We never saw him again and I hope with all my heart that he had not become so trusting that he walked straight into the gun of a hunter.

But not matter what happened later, he had served a very important purpose in my life.

Thank you Bambi – I love you too.

### BARON IN THE BOG

The illustrious Baron von Münchhausen was out riding in the forest one day, when his horse happened to walk into a bog where it began to slowly sink. There was nobody around to help them, but the Baron was always resourceful, so he took off his hat, grabbed himself by the hair and pulled both himself and his horse out of the bog, after which he rode on as if nothing had happened.

This has been a valuable lesson to me in life since, as I see it, that it exactly the way it works. You have to do your own work, you have to pull both yourself and your horse out of the bog. Nobody can, or should, do it for you.

### BE IN LOVE

This wonderful expression in English differs from how this concept is expressed in other languages. So to me “to be in love” means to be in the presence of Love – much more than just two people who “are in love”. And it is not something that you fall into or out of either.

On the other hand, there is another expression: to make love. That to me is impossible, since we cannot “make” what

already Is. Love is All That Is, so we cannot make it, but we can try our very best to express it.

#### BELIEF SYSTEM - I

You know the cement slabs they are using for pavements these days? They are identical in shape but can be put together in any way you choose. To me they are a symbol of how we make up our belief systems, each and every one of us.

At birth we are provided with an infinite number of these slabs and an infinite number of tins of paint and then we start to try to make sense of the world into which we have been born. Some of the slabs have pre-designed patterns that constitute the belief systems of our parents, society, religion, country, etc. We use these slabs to make up patterns concerning everything around us including the people and situations we encounter. We have paints to signify good/bad, kind/nasty, light/dark, I like that/I don't like that, and on and on.

Each of us makes individual patterns about our environment. Some of us buy into the patterns of our surroundings without question, some of us make up our private interpretations of everything.

Therefore all our puzzles look different. When we feel out of place and look for somewhere to fit in, we compare our patterns with those of others and often choose to join with those whose patterns seem similar to our own. That is why people gather in different groupings - in order to feel at home and accepted.

But these puzzles are sheer magic because, if you turn them around and look at the rear side, all of them, no matter what the pattern on the front, show you the Brotherhood of Man, the Brotherhood of Life, The Oneness of All That Is!

## BELIEF SYSTEM - II

My mind is the same as my body of beliefs. That is why I identify with it, that is why “I” feel threatened when it is not shared by others who have made up theirs in the same way as I but differently.

The funny thing is that we think we live in the same universe when we cannot. That is also why people join under the umbrella of identical viewpoints – points from which to look at the world – since this feels secure = non-threatening to who we think we are.

That is why the expression “who do you think you are?” is much more significant than we imagine.

That is why the belief system is also dependent on the language in which we grow up and live. But words are twice removed from “fact”, i.e. first via perception/thoughts and second via communication.

What we say/mean is often not what is received because of the filters of both sender and receiver, because our choice of words and expression is based on/in our belief system. Ergo: there is no such thing as “it” only my interpretation and thenceforth my attempts at communicating that. Very often what I intend to convey to somebody else is not what the receiver thinks he is getting.

That is also why change of any kind may feel threatening. Look at your belief system, see how it has served you until now and acknowledge that you are able to change it at will. But I can assure you that a radical change of mind (change of belief system) can feel like an earthquake which, in truth, it is since everything you thought you believed in and built your picture of the world on, is turned sideways or upside down. But it is a rewarding experience if you dare keep at it.



### BELIEF SYSTEM - III

Since each one of us makes up his or her own personal belief system based on the life we have lived and the experiences we have had, this belief system even becomes like part of our identity. That is why it is so apt to cause violent disagreements if you get into discussions about religion and politics, because whoever you are talking with feels their identity threatened if you disagree with them.

For me this revelation is important since I have had difficulties understanding why you get such eruptions of emotions in these areas. But now I can see it more clearly and can also take one step to the side in a discussion like this, since I personally am not out to “convert” anyone to accept my point of view, my belief system. None of us has had the same background, therefore it is ridiculous to think that our interpretation of what is going on is the one and only correct one.

### BE THE BEST

To me there is a basic misunderstanding in the society in which we live, which we have created, namely the concept of competition and winning. If you compete you try to prove that someone is better than somebody else which naturally then means that somebody else is not so good. So for every winner you have to have a loser. And it is only the one who is the “very best” who is actually worth something.

Is that not a ridiculous way to live your life? For me the important thing in life is to strive to become the best you can with whatever you have at your disposal, which means in competition with yourself – not with somebody else. There

will always be someone who is better at some things or many things, and that does not matter one whit. What does matter is that you aim at improving yourself without glancing at anyone else.

### BLADERUNNER

The humanoid robot - the replicant - and the man in the film Bladerunner have been fighting nearly killing each other. They are now leaning on the roof of a high building in the rain and the replicant says, "All these moments will be lost in time like tears in the rain".

### BLESSING BY MY DOOR (2002)

I have a piece of paper in a small leather pouch by my entrance door with the following blessing from the book A Course In Miracles:

"I bless you, brother, with the Love of God which I would share with you. For I would learn the joyous lesson that there is no love but God's and yours and mine and everyone's".

Since I offer blessing, it must have come to me first and I must have accepted it for how else could I give it away and I am constantly reminded of this by my name, Bente, which means the blessed one.

### BORROWED FEATHERS

Some people bask in the light from somebody else, in some funny way taking on credit for what somebody else has accomplished. Like adorning yourself with borrowed feathers.

The most extreme example of this was a lady I met, who had been married to a lieutenant when she was very young but had divorced him a few years later. However, she still called herself

Mrs. and then the grade her ex-husband had at the moment. So she was “promoted” along with her former husband without doing anything herself. What a feat!

To me it is more impressive to be Doctor Mrs. Someone than being Mrs. Doctor Someone because that means that you have actually accomplished something yourself.

### BOX OF SPECTACLES

We all have our different lives and our different experiences behind us which we think are the life we have lived and therefore the picture of life which is valid for us. This can be compared with an enormous box of different spectacles from which we choose one pair to fit whatever situation we are encountering just now. That means that we judge the Now based on past experience, and that most probably is totally wrong because where we are now, we have never been before and the people involved – even if they might be the same that were involved in former experiences – are not the same as they were then.

The other day I heard about a lady who wears pink-tinted glasses, so other people see her with unusual spectacles, she sees a rose-coloured world.

So in order to be truly fair and just, we have to throw away our individual boxes of spectacles to view the Now in the right way – without prejudice. And prejudice, by the way, means judge beforehand!

### BOY WHO WOULD NOT WRITE

Many years ago I read a story which I have never forgotten. It was about a small boy who just started school and he refused to learn to write. The story tells about what is going on in this boy’s head and which he is unable to express to the adults

around him.

He thinks: Can they not understand that it is impossible to show what the cat is by using these fly legs on paper. The cat is not the letters C-A-T. The cat is a mysterious creature with long whiskers, silky fur, silent paws and a funny sound in its tummy. That cannot be put on paper. And the grown-ups do not understand.

BRITTA (1941)

When my baby sister was about four years old, she one day put her hands in front of her face and said,

“Now I am gone. You cannot see me!”

I think that is the way I have been acting towards the Creator. I have claimed that I was invisible without knowing that He was able to see me all the time. And since time does not exist, he has “all the time in the world”!

BUDO

The Japanese martial arts have a common denominator: the concept of Budo which means the way of the warrior, bu meaning warrior and do meaning the path.

You find the same in judo, ju = gentle, so this is the gentle path. There is another word “jitsu” meaning technique, so judo is originally a spiritual path within Zen Buddhism whereas jujitsu is the practical exercises.

Karatedo can be split up into kara = empty, te = hand, do = way.

And aikido is actually not a martial art as such, since it means: ai = harmony, ki = the force of the universe and do = path, that is to say the way to harmony with the force of the universe. So in aikido you have no adversary only the mirror

image of yourself, so you do not fight, you cooperate in order to come into harmony with the universe through the use of the whole of you, body, mind and spirit.

#### BUDO AT 40 (1970)

When I was a child I loved moving. From my 14th year I was forbidden to do any kind of athletics since I then had my first concussion of the brain. As I had one serious illness after another along the way, and also three wonderful children, the doctors had repeatedly threatened me with a wheelchair.

But when I turned 40, I thought to myself, "OK, now I have lived about half my life, statistically, so if I am to end up in a wheelchair, I am going to have deserved it myself." Therefore I started training budo, that is to say judo and jiu jitsu with the aim of me winning the battle with myself. I had a terrible time learning the forward and backward rolls since I was stiff and scared of hitting the tatami (the mat in the floor). You roll on your arm and across your back in order to get up on your feet, all in one go.

I got a tatami at home and worked at it several times every day, and every day I did it wrong and hurt myself. I started in September, and I gave myself a promise that if I could not do these rolls by the end of the year, I would call it a day. So I struggled.

I was living in the forest at that time, and I could see the ridiculous in a middle-aged woman walking in the woods weeping because she could not make a somersault, but behind the obvious was the awful feeling that if I lost this "fight", I would lose myself.

One day in early December I had to go and fetch the mail outside our house. There was a small spot of ice on the ground, I lost my balance, and ... I made a perfect roll and came up on

my feet exactly as I should.

That was one of the most happifying moments of my life. To celebrate this, my daughter bought me the most beautiful gift she could find at the local village store, two white china chickens, which are still on my mantelpiece to remind me that the sky is the limit.

#### BUMBLE BEE

Scientists have been fascinated by the bumble bee because, according to all their investigations, this little creature is not able to fly. Many dissertations have been written about this.

But since the bumble bee cannot read, it has no idea that it cannot fly – so it does!

#### BUTTERFLIES LEAVING MY BODY (2003)

A couple of hours every morning I spend in bed using this time to connect to the universe and my guardian angles.

One morning I woke up with the most agonizing pain in my legs, in fact all of my body. I then had a vision that my body broke out in large bulges that burst open, and then thousands of lovely yellow butterflies flew out of my body taking my pain with them.

I was free of pain for several days after that and the gift this experience brought with it is that it is possible.

#### BUTTERFLY (2003)

Somewhere on a tree in a wood was a multitude of larvae who were having a great time eating the delicious leaves and chatting with each other.

As they had very short legs, they could not see anything

but the leaves closest to them, but all of them had two sets of eyelids, one was to protect the eyes and the other was like a film screen where each one could watch his own film. Most of the films were about fighting for food, fighting for the most comfortable place, for the most attractive friend or simply about making war, hurting, wounding and killing.

Therefore the world they saw through their films was exactly like that, a world full of war, fights, pain, grief and death. Inside they all had a tiny memory of another world full of joy and peace, but most of the larvae preferred to believe that this small dream was an unnecessary waste of time.

But one little larva remembered his dream about this other place very clearly.

"I am convinced that it exists. I remember a life as a butterfly. In my heart I know that the wind is my mother, the sun is my father, the rays of the sun are my little brothers and the ladybirds and other tiny insects are my small sisters. I do not believe in the nightmares of the others."

When the larvae became old, they became very stiff, they attached themselves to the bark of the tree as chrysalides and the young ones went to them for advice because they could still speak even if they were stiff and immovable.

Sometimes in the early morning a chrysalis was empty and all the others mourned and wept, "He is dead! He has left us! How utterly terrible!"

And some special larvae made funeral rituals with a coffin with the empty chrysalis and the wept for the loss of their friend.

Our larva could not accept that this was supposed to be the end of the world as all the others believed, for on his second eyelids it saw another film, a film about love and joy, about peace and light.

It grew old and changed appearance, it became a chrysalis

and early one morning it woke up because something very strange was happening to it. Apparently the film screen eyelids stayed in the chrysalis. It felt light and happy and suddenly it discovered that it was no longer imprisoned in a chrysalis but had wings and could fly in the sun, play with the wind, his small sisters the insects, his brothers the sun rays and enjoy the grass and the flowers.

How happy I am! it thought. Then I was not wrong. My dream is reality.

### CACOPHONY

To know means two things, to know as in I know this (knowledge), and I know you (I think I know who you are), so “let me know this brother as myself” can also mean two things: let me know that this brother is like me and let me know this brother as my Self.

The ego is like a drum. When you touch it, it makes a sound and the harder you hit it, the louder it sounds. As I see it, everyone is hitting his own drum as loudly as he can in order to become visible in the cacophony made by everybody else.

On top of that, society around us is doing its very best to fill us with sounds, from the traffic on the roads to the background music in all the stores – so much so that many people are afraid of the state of “no-noise”.

And in this overwhelming racket we are searching for what can only be found in stillness!

### CAGES (2003)

A cage has two sides. The inside and the outside. To the one inside it, it feels constrained and the only thing the prisoner wants is to get out of there. On the other hand, if the cage



door is suddenly opened, many confined beings choose to stay inside in the known area. This shows our fear of change since what is outside feels unsafe because it is unknown.

I can now see that I have built my own cage based on my feelings of guilt, that is my limitations of who I truly am, and this cage is of my own making, these feelings are not what and who I am, and since I made them up, I can un-make them!

My picture of my brother is also not who he is and it is up to me to choose to see him as he really is.

I have to add that I today read about a drawing of a cage with an open door and the text: This is not an empty cage, this is a liberated bird.

#### CALIGULA

The wife of Caligula in the TV series “I Claudius” is the only one who truly loves him and she says to Claudius, “I know that we are all frightened of Caligula, but I can assure you that he is more frightened than any of us”.

Caligula was an emperor in Rome and one of the most vicious rulers ever.

Therefore let us stop being afraid of each other, let us start to look with loving eyes at each other and see what happens.

I can assure you the result will be amazing and encouraging.

#### CENTRE OF THE UNIVERSE

Once I watched a movie by Ingmar Bergman in which Liv Ullman was a psychiatrist and she was holding the head of one of her patients between her hands saying, “Imagine, I am holding an entire universe between my hands.”

That is exactly right! An entire universe is created by each and everyone of us. And each and every one of us believes

that this is the way the Universe is. The lesson here is that the universe we live in, each of us, is created by our belief system and it is therefore in our power to change our minds about it and thus watch the universe change. Not the other way around: That we watch the universe change and then change our minds.

However, that even implies total responsibility for what we choose to experience and that, in truth, is a tall order. Total is a pretty big word and an even bigger concept.

If you have ever been in a car when it is snowing, you will know what I am talking about, because as you look out the windscreen, you see the snow falling with you in the centre. The funny thing is that the person beside you is having exactly the same experience. So who is right? They both are!

#### THE CHEERFUL MAN (1982)

The stage is empty. Nothing but a large mound of earth a little to the left of the centre. Now and then you can see earth being thrown up from a hole in the middle of the mound but not vigorously and with a purpose but rather sporadically and aimlessly.

A voice is complaining from down the hole. -Oh gosh, it is so boring down here. Not one single person to talk to. But I can see that the sun is shining up there. It must be nice up there in the sun.

Sometimes, if I stop digging, I can hear a small bird singing somewhere. I would like for someone to come and talk to me. But not just anybody. You see, I have pretensions concerning people. I walk around down here with my back to the walls of the hole here and can see nothing but darkness. And emptiness. Why doesn't someone come to talk to me? Now I am tired of digging. Oh dear, I am so bored. I think I shall crawl up and look around a little.

A dirty tuft of hair appears in the hole and two sad eyes stare around, blinded by the light.

-Oh no, it is so light here. I can hardly see anything because of all the light. And not a single person to talk to. And the sun is hot. It is just too much. It is much too hot. You get all sweaty. And when I go down my hole again to be by myself, I shall be alone again. Just like here. Shit, I am so bored. Nothing is fun. But when I was young, I had fun. Then I talked to people. And people talked to me. But most people talk such rubbish. They are so boring. And they do not understand anything. But that is the way it is when you have pretension on people. They just cannot live up to that.

-No, now it is becoming too hot. Now I go down to myself again. It is much too light and hot here.

No, I prefer my cool dark lonely hole. I know what that is. That is where I belong. I just wish it were not so boring. And lonely. I wish there were somebody to talk to. Preferably somebody who would just listen to how boring my life is. But it must be someone really intelligent, because otherwise it is not fun to talk to them.

-I think I shall have a wee drop. That makes it easier. And then the time passes a little faster. Maybe I can sleep a little as well. Or think about the time when I was young and people talked to me. And I talked to people. Now I also talk to people but they never listen. And I have so much to tell. But that is the way things are when you have pretensions on people. It is really crazy how stupid people have become nowadays. They can never talk about interesting things.

-Well, it was really nice with a small swig. I think I shall have another. And sleep a little. Then I may have the strength to dig some more. The edge up there is a little uneven. I have to fix that.

Tomorrow. Maybe. Or some other time. But it has to be

fixed. Otherwise I shall go crazy. I do not like uneven edges. (Yawn!) Everything is so sad and dark and boring.

A man comes in from the right, looks around, discovers the mound of earth and walks over. "Hello!

Is anybody there?" He listens. No answer. He calls again, "Hello, is anybody there?"

-Yes, I am here. Down here. In the hole. How annoying that you came just now. I had just fallen asleep and I know that I can never fall asleep again if something has woken me up. But that cannot be helped. I am awake now.

-What do you want? Do you have anything interesting to talk about? I am so bored. It is so dark and boring down here. And I am digging and digging, and I get so tired that I am completely exhausted.

But that is the way things are. And there is nothing that can be done about it.

-Are you exciting and interesting? You see, I have pretension on people if I am to waste my time talking to them, you see.

-Is it not terribly hot up there in the sun? Can you see that the edge is a little uneven up there on the edge? You cannot? Well, I can see it from down here. And it irritates me. I have to do something about it. Tomorrow. Maybe. Or some other time. You see, I even have pretensions on holes. And nobody ever does anything for you. You have to do everything yourself. But then of course you know that it has been done well, don't you?

-Are you still there? Tell me something. You see, I am so bored down here.

"I was out walking and noticed this mound and thought that there had to be a reason for it being here, so I went over to have a look. Why are you down there? Why don't you come up here. It is so lovely in the sunshine and the birds are singing everywhere. Come up here and let us talk a little."

-No thank you very much, I have been up there today and

it was nothing to brag about. And it was so very hot also. No thank you very much, I prefer my nice cool hole here. It has no surprises. And the sunlight is so bright that you cannot see anything. Oh no! But you might stay a while and talk?

“Why are you digging? What do you want to do with your hole?”

-I dig because I have to. Quite frankly it is not very enjoyable but I still dig, because you have to do something and therefore I might as well dig, you see? And from down here I can sometimes see the sun if I feel like it without having to sweat. That is quite nice. It is just a little boring sometimes. If you have nobody to talk to.

-But when I was young it was different, I can tell you. Then people talked properly and they made sense. But now! It is incredible how stupid people have become lately. And, you see, I do have pretensions on people. You know, it is not everybody you feel like exchanging thoughts with.

-And soon I shall reach the bottom of this hole. You see, there is a rock just below here and what am I to do then? Then I cannot even dig. But then I shall just have to sit here in my hole and talk to myself and look up at the sun now and again. And you even have to eat. And then I have to crawl up and find something edible. But when you have reached my age you do not eat so much so that is quickly done.

It is also tiresome to run around looking for food, so I become both tired and sweaty. It is nice that you do not need so much food when you have reached my age. But you don't have the same strength that you did when you were young.

-When I get down to the bottom where the rock is, I shall have to extend a little at the sides instead.

Then I shall at least still have something to do.

-And today I am completely exhausted. I have been digging and digging and digging. If you add up all the time I have been

digging today I am sure it will be almost two hours so you must understand how tired I am. Worn to the bone.

-But then I wake up so early in the morning. Every day. Before five. And as if somebody had woken me up. Isn't that strange?

-I was out meeting people yesterday. My goodness, it was exhausting. They just talked lot of nonsense about nothing. At least nothing that interested me. But I guess it is because I have pretensions on people. Then you don't get real contact with them, do you? Even if I meet a lot of different people.

Sometimes. They are just as boring all of them. But you are not boring. You are intelligent. I can hear that. Tell me something, please.

"Why don't you come up here? The weather is so lovely and you might think of something different and more enjoyable up here than just being down there digging in the dark."

-Oh thank you, thank you so very much! That was really kind of you! And what do you think I might do up there, what? That I cannot do down here? No thank you very much. After all I have been through, I will have none of that, thank you very much.

-And furthermore I have already done everything you might think of doing in life. So I might as well stay here. It was different when I was young. Then you could think of things to do. But not any more.

-I just cannot think why everything has to be so dark and boring. But that may be the way things have to be when you get older. And everyone else has enough in their own lives. And the friends I had once, that I should like to talk to, they have married silly women who do not appreciate if you turn up.

Or else they just turn on the tele instead of talking about important things. It is really crazy. When there is so much to talk about. About the old days and such. And anyway you can

only go there once, otherwise the women go nuts. When they have to serve coffee and such like. They don't like that.

-No, thank you very much, I would rather stay down here in my hole. At least I know what that is.

Even if it is boring and time becomes interminable. But then I take a wee drop and then I might fall sleep a little. And that passes the time at least. There is just one problem, I cannot sleep for very long in one stretch nowadays. But that is the way things are when you get older, don't you think?

"But there are so many wonderful and enjoyable things to do up here, why don't you try it? You cannot know if you have not tried? You might get something out of it. Come on up here a little. Come on!"

-Get something out of it, you said? What do you mean get? And if you mean give to someone else, why would I do that? No, my friend, if there is to be any giving or getting, they will have to give to me.

I need it so much. My life is so boring and grey and uneventful because no one even wants to talk. But of course it is not all that easy when you have pretensions like me.

"Are you sure that you won't come up here in the sun and talk and enjoy the warmth and the sun and the birds up here?"

-Yes, why on earth should I come up there? That is not a good idea. It is so hard to crawl up and when you are up there you are hot and sweaty and tired to the bone. And up there is no swig. I know that. I have looked myself. And there is none. And I am too exhausted to bring my own bottle. I even risk that it is smashed on the way up, or else I have to hold it in my hand, and then it is too cumbersome to get up there. No thank you very much, I stay here. I know this. Even if it is boring and tedious.

-And it won't be long now before I get to the rock down under here and then I don't know what to do. But extend a

little, that I might do. Maybe. After I have fixed the edge up there which annoys me so much because it is uneven. And it doesn't look good either if somebody should happen to pass. You do have to mind what the neighbours think, don't you?

"Ah well. If you are really sure that you won't come up here, I will nip off. And you can stay in your hole. You have dug it yourself and have also chosen to stay there. It doesn't even help if I give you a hand to drag you up when you refuse to take it. Have a nice day. I hope you enjoy your stay down there."

-Hey there, you are not leaving, are you? Hey! I want so badly to talk a little more. I am so bored down here. You, You! Come back! Ah well. He is lucky, he is. He can just walk off. I am sure there are people who talk to him. He is well off, he is. He just nips off and leaves me here in my hole without a thought about how dark and boring life is down here for me. But didn't I tell you that before? People have become so stupid lately. It is not fun talking to them any longer. But on the other hand you cannot expect too much when you have pretensions on people as I do, can you?

-And now I have become so exhausted that I am too tired to dig any more today. I am really irritated that he happened to pass by and wake me up when I had just fallen asleep. And I know myself.

I know that I can never fall asleep again. My goodness, I am so bored. But next week maybe I can fix the edge up there. If I am not too tired. But I am sure I shall be.

I do not exaggerate, I did actually meet this man and he made me see how many people spend their lives complaining and blaming others for their own misery.

He also taught me to mind my thoughts and my words.



When I was a child I was very often beaten without understanding why. But what I knew was that if you are bad, you are punished so, in my childish mind, since I was being punished, I had to be bad.

Somebody must know better than I what I was guilty of. However, there was no doubt that I was guilty of something, somehow.

There was no way I could explain this to anyone, there was no way I could find an explanation.

There was only one thing to do: accept the fact that I was guilty.

So I searched the world to find reasons to feel guilty and found plenty, the wars and the starving children of the world, all were because of me. I even took this into my adult life where I have felt guilty if my children were not happy, when my marriage did not work out, etc.

At long last I have discovered that I am not guilty - and the main thing: All That IS does not see me as guilty, so I myself can stop the feeling.

What a relief!

## CHOICES

A question that we should always ask ourselves in all situations is "What do I want to come of this? Do I want peace and love or do I want strife and unhappiness? Is my reaction something that will bring separation between me and my fellow human being in this situation or is it conducive to joining and closeness?"

My choice and the consequent actions will either add to the sum of hatred and anger in the world or to the sum of loving kindness. So what I choose is much more important than I often imagine.

And what happens in the recipient of my actions will spread the essence of my intentions in places I do not even know.

### CHOOSING KARMA (2003)

I have had quite a hard time figuring out why I have experienced my life as if I were not good enough, that my mother did not love me, that she preferred my adopted sister to me, and that, in fact, the world would be a better place if I were not in it. I was even told that my parents who had a very unhappy relationship only stayed together for the sake of the children.

Child's reasoning: If it were not for me, they would be happy!

And also, how it was possible for a small child to have deserved that kind of treatment. But then it suddenly dawned on me:

If it is really true that we ourselves choose the karma, the life time and the experiences in it that our soul knows is best for our development, how can I then be anything but thankful to those around me who have provided me with exactly what I have chosen, what I have asked for?

I was under the impression that I was beaten by my mother because she was actually taking out her desperation over her unhappy marriage on my small bottom.

At a very young age I found out that if a hen was out walking with her chickens and you put a glass cheese dish cover over one of them, so that the mother could not hear it chirping, she would ignore it as if it was never there.

This was a picture that I adopted for myself, I was under this glass dome from where I was able to look out but nobody would notice that I was there because they could not hear me. And my father only noticed me during the weekends.

Furthermore, I was kept inside our garden, so my social skills were nil, the result being that I was afraid of everybody since I did not know how to behave with them.

Because of this I have strived to “be a good girl”, to “do a good job”, to meet “my responsibilities towards others”, “pay my dues”, etc etc, expecting the world to pay me back justly and fairly.

All this may, of course, be true at one level of the so-called reality, but until recently I have never seen my own responsibility in this.

I acknowledge that out of this belief system which I made my own so very many years ago, I have built a solid “bunker” on which I have painted my messages to the “outer world” like graffiti.

I also realize now that this was my own private belief system created solely by myself and that I am therefore in a position to change it.

And I can see that the only thing (only! she said !) I have to do is to let it go, release it and forget that I ever made it up without having a bad conscience because I made up a pattern in my life and tried to live by it.

Everyone is entitled to change their minds if they find out that there are better choices that can be made. And that is what I am doing right now.

#### CHRYSALIS (1938)

Many years ago I was lying in the grass and suddenly discovered a chrysalis on the end of a long straw.

While I was watching, the “zipper” in the back burst open and I saw the dragonfly that had lived in there appear. I was only eight years old and had no difficulty identifying with the creature which was emerging. On wobbly long legs it carefully

crawled a few steps where it rested and watched in amazement that wings were unfolding on each side and eventually stiffened so that they became usable. At last the wind blew it away and the wings carried it.

I could feel its utter inability to believe what was going on. When it went to sleep in its “nest”, it was the size and shape of the small finger of a human child, and the being that was appearing had nothing to do with its former experiences, so it was scared out of its wits. But as it got used to its new shape, it found out that it was ok, and that for the first time in its life, it was able to fly!

### CINDERELLA

The story of Cinderella is about a girl whose mother dies, whose father remarries a widow with two daughters and who is victimized by both her stepmother and her stepsisters. Cinderella is the nickname they give her because she has to spend her time by the fireplace in the kitchen with all the ashes and dirt there.

To make a long story short here, Cinderella goes to a ball given by the prince but has to be home at 12 o'clock and in her hurry she drops a shoe on the stairs. The prince runs after her, finds the shoe, and travels his entire realm in order to find the girl whose foot will fit into the shoe, as he wants to marry her.

He then comes to the house of Cinderella where both the sisters so badly want to marry the prince that they maim themselves. One cuts off a toe and the other cuts off her heel. But of course, in the end, Cinderella is found, the shoe fits her, she marries the prince and they live happily ever after.

But the important thing is the shoe because, to me it signifies our tendency to have a fixed pattern and then try to push and maim everything into this mould instead of letting all things

grow the way they are supposed to.

Schools, religion, society, everything works that way, and we should try to get past that.

### COLOUR PURPLE

The black woman Miss Celie in the film *The Colour Purple*, runs away from her abusive husband and he shouts after her, “You are a woman, you are black, you are poor, you are ugly, you are nothing at all!”

To which she answers, “Yes, I am a woman, I am poor, I am black and I may be ugly. But I am here!”

This is the way we often try to brainwash each other into thinking the worst possible about ourselves, and often this is only a diversion from the acceptance of ourselves. If I am able to make you feel bad = inferior, then I must per definition be superior since I could make you feel that way. Therefore, I have won something. This is all only imagination, it goes on in our own heads and has nothing whatsoever to do with who we really are.

### COLOURS (1981)

The colours lose their colour  
when you are out of reach.

The warmth of the sun  
turns into cold heat  
when you are out of reach.

My longing must be locked away  
to be survived

when you are out of reach.

Hours, seconds must be killed  
eternity risk injury

when you are out of reach.  
Did you not exist for me  
the colours would be grey  
the sunlight only cold.  
The search for unity,  
fulfilment, harmony,  
endless and unbearable.  
You are the catalyst that gives  
the colours colour, the sunlight warmth  
and makes my life worth living.  
My battered, tattered soul is healed  
into a shining perfect sphere  
when you are near.

### CONSCIENCE

A tribe of Indians in North America has the following definition of what a bad conscience is:

It is a razor-sharp triangle that you have somewhere close to your heart and if you do something which you know is wrong, this triangle moves so that it hurts to remind you to mend your ways.

But if you ignore it, and ignore it often enough, it becomes dull and worn almost round, and that means that you do not feel it any more.

Therefore it is important to be aware of it all the time so that it is kept sharp and keeps you on the right path.

### CONSCIOUS BREATHING

Rebirthing or conscious breathing can be compared with letting the genie out of the bottle. And if we do not, it will continue to influence our lives, our thoughts, actions and

outlook on life.

### CONTROL

Sometimes I get a picture in my mind when I meet people who think they need to control everything in their lives. I see the leaning tower in Pisa and a small man desperately trying to hold onto it to prevent it from falling. He is convinced that if he lets go, the tower will fall and everything depends on him, so he does not even have the chance to go and have a cup of coffee.

If he only knew that he could let go and the tower would still stay in its place, and he did not have to do anything at all. The control he is sure he must have is just in his imagination.

### CREATING REALITY

One tribe of North American Indians has a legend:

The Great Spirit had given the gift of knowing that man creates his own reality to the human beings but man had abused this gift and the Great Spirit wished to take away the gift until man was ready for it. So the Great Spirit summoned all animal nations to a pow-wow to ask their advice. He placed the problem before them and one after the other gave their opinion.

The bison said: Give it to me, I shall place it in the middle of the prairie and they will never find it there.

But the Great Spirit replied: They will get there and they will find it.

The eagle said: Give it to me, I shall place it on the moon and they will never find it there.

But the Great Spirit replied: They will get there and they will find it.

The whale said: Give it to me, I shall place it in the middle of the ocean and they will never find it there.

But the Great Spirit replied: They will get there and they will find it.

The bear spoke and said: Give it to me, I shall place it in a deep cave and they will never find it there.

But the Great Spirit replied: They will get there and they will find it.

Then Old Grandma Mole, who is blind and therefore sees all, spoke and said: Place it in their own hearts. They will never look for it there until they are ready for it.

It is done! said the Great Spirit, and so it was.

#### CREDO- 1 (1984)

We humans are so unsure of our own being,  
of our own right to be,  
that we are not.

We do not exist.

We humans suffer under the delusion  
that we only are

if someone else looks at us,

sees us

recognizes that we are really there –

that we are not,

at least if nobody else is there

to see us

to create us

in his mind

not in ours.

#### CREDO- 2 (1984)

We ourselves do not realize,

do not realize ourselves,



do not realize  
that this means make real,  
make come true  
make true = create.  
So realize yourself, create yourself.  
Stop thinking about who you are,  
who people think you are  
what people think you are  
because, in that case, you are not.

CREDO- 3 (1984)

This means that it is not what you are  
or what you or others think you are  
which is essential.  
It is what you are living,  
what you are being,  
what you are in the process of being  
always, every moment of your entire life.  
So  
BE

CREDO- 4 (1984)

The gift is.  
The gift is a gift  
until it leaves the hands of the giver.  
It is immaterial  
what the receiver does with it.  
The idea of the gift –  
and thus the gift –  
remains unchanged forever.

## CREDO- 5 (1984)

We are all like houses  
with innumerable doors,  
most of which are closed  
even to ourselves.

We provide each other with the keys  
to our inner doors.

It is up to each and everyone of us  
whether we use them  
to open our own doors or not.

Maybe many of us don't  
for fear of what we will find  
within ourselves.

## CREDO- 6 (1984)

Wait.

Everything is alright.

If you should find something  
which is not beautiful  
you always have the choice  
of closing the door again  
and leave whatever-it-was as it was  
or of striving to change what you found  
into something beautiful.

## CREDO- 7 (1984)

Water the seeds of beauty you find  
behind your inner doors  
with loving care  
and leave them to grow –

in peace.  
All seeds –  
even spiritual ones –  
wither and die  
if you dig down to them every day  
to find out what is happening.  
Wait.  
Everything is alright.  
Under loving hands,  
no seed can resist the desire to grow.

CREDO- 8 (1984)  
Give with both hands –  
not only physically  
which is just the visible manifestation –  
but also spiritually  
with both hands  
with your whole being.  
Never make a fist of one hand when giving.  
Never grasp with the other hand  
while one is giving.  
Never hide a weapon in one  
when giving with the other.  
Never give with two fists  
while pretending to be giving.  
For only when giving with both hands  
are you truly giving, is your gift a truth.

CREDO- 9 (1984)  
Stop pretending.  
Stop playing games.

Be your self,  
that is enough.  
Your self is enough,  
your self is a son of God,  
part of God,  
part of the Universe.  
What more do you want?  
Nobody is without kindness.  
So show your own,  
show it  
give it  
live it.

CREDO- 10 (1984)

Stop being afraid of being taken advantage of.  
Stop consciously trying to make  
others indebted to you  
in order for you to think  
you can expect  
a gift in return.  
For that is not giving,  
that is bartering, commerce and scheming  
and thus false  
if done under the pretence of giving.  
Merchants are alright,  
they do not ever pretend to be giving.  
they are merchants as a profession,  
but they themselves are human beings.  
Hopefully.

CREDO- 11 (1984)

People are close-fisted takers,  
grasping givers  
stingy with gifts  
with themselves.  
We were all born as human beings,  
so if we have turned into people  
some blame it on their environment,  
upbringing, etc.  
But they are not being honest,  
for the choice is theirs.  
the choice is always there  
for all of us  
every day.  
Remember, no excuses are valid or acceptable.

CREDO- 12 (1984)  
Human beings are their  
own innate kindness  
and live it.  
It is as simple  
as that.  
Kindness and love are identical twins  
living in symbiosis.  
They both want to be set free  
to be allowed to grow  
in the sunshine of smiles  
exchanged between human beings.  
In a strange way  
they multiply  
both in yourself  
and in others around you.  
You change the world.

CREDO- 13 (1984)

If you have no material –  
and thus unimportant – gifts,  
give a smile –  
important = love!  
with both hands.  
And you change the world.  
Both yours and that of the receivers  
you change  
the whole, entire world.

CREDO– 14 (1984)

Try.  
It is not as hard as you think.  
because kindness is  
an integral part of yourself.  
So:  
smile  
and  
give  
and  
live.

CREDO– 15 (1984)

We are all pupils.  
We are all teachers.  
The more we learn  
the more we realize  
how much there is left to learn.

But –  
at the same time –  
the better we are fit to teach  
and share  
grow and rejoice  
in the growth of others  
and thus keep growing ourselves.

CREDO– 16 (1984)

If you have chosen  
a cramped  
tight-fisted  
grabbing  
Karma,  
you can  
still improve it  
by using the keys  
so generously  
handed you  
by others.

We are all  
looking for happiness  
which to human beings means  
knowledge and enlightenment  
but many of us  
use the keys  
to the wrong doors.

CREDO– 17 (1984)

Be quiet for a while with your own self  
and try to figure out

what it is all about,  
what you really want for yourself –  
deep down in your inner self.  
Is it a new expensive house  
a car  
or a beautiful spouse?  
possessions,  
position  
prestige?

CREDO– 18 (1984)

If you dare be honest  
are you not looking for love,  
the acceptance of your inner being by others –  
or God in others?  
God in yourself.

CREDO– 19 (1984)

Do not sit in a corner  
feeling sorry for yourself  
that no one comes running  
to provide for your needs  
even if you  
are surrounded by wealth.  
Nobody will find  
you there.

CREDO– 20 (1984)

Get up and  
start spreading a little



yourself,  
of yourself  
of your self.  
Give up  
expecting  
anything  
from others –  
just give.

CREDO– 21 (1984)

What you are  
in fact  
doing  
is giving others  
the key to their  
own hearts  
and kindness,  
the keys to open  
their inner doors  
to giving  
and the happiness  
in giving.

CREDO– 22 (1984)

Those who seek  
knowledge and enlightenment  
will find both  
in strange and unexpected  
places.  
Therefore  
never close your door  
to anyone,  
never avoid opening

your door –  
even the newspaper boy  
may have something  
prophetic to say  
which will enrich you –  
and thus himself.  
and change the world.

CREDO– 23 (1984)

Do not be afraid  
of others  
of the world  
of yourself.  
Do not even be afraid of the pain  
you encounter  
on your way through life.  
You have chosen it yourself  
for your self.  
You have created it yourself  
in order to learn  
because your self knows this.  
So learn from it  
be thankful for it  
and leave it behind,  
a wiser human being  
for the experience,  
having learned your lesson.

CREDO– 24 (1984)

Give up attachment to everything:  
possessions

people  
books  
feelings  
emotions  
pain  
shame  
hurt  
regrets  
deceits  
misfortune  
disappointments  
addictions.  
These are all chains  
that keep you back.  
Only you yourself can  
set your self free.

CREDO– 25 (1984)  
Have faith and trust in the contradiction:  
making yourself poor  
means making your self rich.  
To your surprise  
you will find  
that you have removed  
all sources of pain  
in your self,  
that both your love  
and the love you receive  
far surpass what  
you have ever experienced before

## CREDO– 26 (1984)

If someone steals something from you  
you can feel no pain  
if you are not attached to it.  
you relieve the thief of his guilt  
if you give him  
what he wants  
as a gift.  
And if you choose to give all as a gift  
you will spread happiness  
both in others  
and yourself.  
You will feel no pain  
in parting with anything  
if you were not attached to it  
to start with.

## CREDO– 27 (1984)

Do not be disappointed  
if someone refuses your gift –  
even the offering of yourself  
as a gift –  
perhaps the moment was not right,  
perhaps it was not  
what the other was searching for –  
just then.  
But do not  
let that stop you.

## CREDO– 28 (1984)

The refusal of a gift –

even of yourself –  
does not make the gift –  
or yourself –  
any less valuable  
any less meaningful  
just accept it  
do not allow it  
to hurt you.  
It is alright.

CREDO– 29 (1984)  
Go on giving,  
someone is waiting  
for just your gift –  
somewhere  
and you will meet.  
So go on giving  
unschemingly  
with both hands  
with the total happiness  
that lies in giving  
without a thought.

CREDO– 30 (1984)  
Be like the apple tree  
spreading its fruit  
to all and sundry  
knowing no ulterior motives.  
Giving = living = being.  
Never forget that.

CREDO– 31 (1984)  
Remember – always  
that the only thing  
in the universe  
which grows  
by being divided up  
spread around  
shared  
and given away  
is  
LOVE.

CREDO– 32 (1984)  
Love as a concept is immeasurable.  
Allow your self  
to be permeated by love.  
Allow yourself  
to spread it around –  
this you cannot help  
if love is within you.  
It is like a seed  
that grows,  
matures  
and sets seeds  
that grow  
mature  
and set seeds  
ad infinitum.  
It is never wasted.  
It is never in vain.  
Ever.

CREDO– 33 (1984)

Love is  
the ultimate goal.  
The universe  
is love.  
God is love.  
Love is God.  
When you love,  
when you give love,  
you are love.  
So!  
Who is God?  
You!  
and others  
as well as  
God himself.  
Admit this to yourself  
and you will not only  
change yourself  
but also your self  
as well as the  
entire universe.

CREDO– 34 (1984)

Accept love  
in all its  
different aspects,  
in all its  
different ways of expression.  
Love can never be sinful.

if it is sinful  
it is not love.

CREDO– 35 (1984)

Love is  
total honesty with yourself.

Love is  
total giving of yourself.

CREDO– 36 (1984)

If you are  
totally honest with yourself  
and find

the inner love in you

then you are

and live

and give love

with your whole self

in all the different ways

you can think of

and thus

You are God

or at least

as God wanted you to be

which is maybe

the same thing?

CREDO– 37 (1984)

Love is totally disarming.

If someone comes up to you



with hatred in his heart  
and is met by love  
he will most probably  
forget his hatred  
and feel happiness instead –  
find a tiny smile  
somewhere in his inner heart  
to share with you  
and then go away  
to share it with others.

CREDO– 38 (1984)

The people who do take advantage  
of your love  
probably do not recognize it  
for they have not found it  
in themselves  
and therefore do not recognize it  
for what it is.  
Nobody can be blamed  
for not knowing.  
How do you explain colours  
to the blind?

CREDO– 39 (1984)

Show your love anyway  
in a smile  
and go away  
without feeling hurt  
because you are not.  
What has hurt you?

Who has hurt you?  
Only yourself  
if you yourself allow it.  
So don't!

CREDO- 40 (1984)  
There is absolutely  
nothing new here,  
It has always been there.  
It has always been true.  
It will always be true.

#### DEATH IN ZAMORRA

One morning a man met Death in the market square of his village and Death told him that they had an appointment that same evening, so the man had better go home and get his things in order before that.

The man was terrified and dropped everything he had in his hands and ran away. He ran as fast as he could all day long and finally, towards evening, he came to the city of Zamorra, out of breath and completely exhausted. To his horror he saw Death sitting on the city wall.

Death smiled benevolently at him and said, "My friend, I am truly pleased to see that you have gone to such trouble to keep our appointment. I was afraid you had forgotten that we were to meet here in Zamorra."

#### DEFENSIVENESS

When you defend yourself, you prove to yourself that attack is possible (that there is something to defend) which makes it

real and thus proves to you that you need to defend yourself. In actual fact this is not true, but you may convince yourself that it is.

## DIALOGUE

Often when two people have a conversation each uses the time while the other person is speaking figuring out what to say themselves without listening to what is being said.

In a dialogue two people are communicating with each other, that is to say that both listen to the other and then takes the time to find his or her answer respectfully contemplating what to say. The above type of conversation consists of two monologues and is not a dialogue.

This is important to remember in daily life.

## DINER (1988)

Once I was in the diner of a train where I was all alone. I chose to sit at the end table with my back facing where we were going. It so happened that the end walls of this diner were full-size mirrors and as I have always loved mirrors, I spent some time playing with my reflection being multiplied between the mirror facing me and the mirror at the far end of the diner.

After a while I became bored and sat just staring out of the window when suddenly something dawned on me. Through the window I was watching the past, where we came from, and just beside that I could see the future, where we were going, reflected in the mirror. That really caught my attention and I sat there spellbound watching the past and future changing beside each other. And simultaneously the present, that I saw when looking directly out of the window, was also changing.

After some time I had to rest my brain, so I leaned back in

my chair and to my amazement found that, if I changed the angle of my view, that is if I turned my head ever so slightly, I could see another past on the other side of the train and another future reflected in the mirror on the other side of the aisle, and another present in the opposite window.

Between the windows on either side were narrow mirrors, so even if I was watching the present through the window, I could still see the other present reflected in the mirror. That was just about too much, so I wanted to rest by looking at the ceiling. But that too was shiny and reflected the world but upside down.

By now people had started to enter the diner walking on and off and being reflected upside down in the ceiling while I could also choose to see them the right way up, as they walked beside me.

#### DOWN'S SYNDROME

People with Down's syndrome have something very important to teach everyone else. The extra chromosome they have apparently removes the fear of other people which reigns the world around them. They have to be taught to be cautious and suspicious of others because they do not have it in themselves.

They truly live according to the Course in Miracles which says: the aim of the course is to remove the barriers to the awareness of Love's presence. That is exactly what these people do.

And they have a special appearance which tells their surroundings that here is a fearless loving person who has a lot to teach you if you are ready and willing to listen.

## DUNGEON

A man found himself in a dungeon which was totally dark, his only chance of seeing some daylight being to put his table on his berth, his chair on the table and himself on top of the chair because in this way he could grasp the bars in front of the tiny window and see a small portion of the sky. He spent almost all his time teetering on his chair longing for the sunlight until one day he remembered that he had never examined the dungeon itself. So he gathered all his courage and gingerly felt his way along the wall until he discovered that the door had always been open.

## EARLYMORNING WALK (late 1940s)

When I was growing up, we lived by the coast of Denmark facing the east about 14 miles from the nearest city of Elsinore.

My father and I had a tradition that every early summer when nature was at its most fabulous, we would wake up at one o'clock in the morning, have a substantial meal and walk along the coast road north to Elsinore where we would take the train back home.

It was a very special experience to walk in the dark and watch the birth of the twilight. In late May in Denmark, the night is very short, so very soon after we left home, the nightingales started their indescribable concert in the lilac bushes along the road. Most of the area we were passing through was made up of very expensive villas with huge park-like gardens where everything was in full bloom at its most "splendiferous" (as Zorba the Greek so wonderfully puts it).

We had the entire world to ourselves and it felt newly washed and ironed just for us. The fragrance of all the different flowers mixed with the smell of the nearby sea, the songs of the birds waking up and the background-silence made an

unforgettable impression on me.

When we were about halfway to our goal, we came to a small bakery which my father entered by the back door to purchase rolls and pastry direct from the oven and so hot they almost burned our fingers. To go with that, a litre of milk. And then we went down to the beach where we either sat on an overturned boat or in the sand to watch the sun rise from behind Sweden on the other side of the sea.

Unforgettable.

### EMOTIONS

All my life I have thought that the more and more varied emotions I was able to feel, the more human I was. That is in one way true, since it makes me capable of understanding my brothers on earth, but I now see that these emotions are distractions from my experience of the inner peace that I can only reach by putting aside my emotions.

Emotions mean actions and reactions, so what feels good to A feels bad to B. This can be seen as emotions being only interpretations and not fact.

This is a truly awesome insight since this shows me where to start when peace is what I am looking for.

### THE EMPEROR'S NEW CLOTHES

The Danish author of fairytales, Hans Christian Andersen, wrote a very significant story about an emperor who was very fond of new and beautiful clothes. A couple of scoundrels came to his castle offering their services. They could weave the most fantastic cloth in the world. It was very expensive but had the ability to tell whether somebody was worthy of his job or if he was stupid, because if so they were unable to see it. The

emperor was fascinated and thought that he absolutely had to have it. So a room was prepared for the two “weavers” with looms and everything, and they were given huge amounts of money, gold, jewels and pearls and they then went to work – on empty looms. The valuables they stowed away in their own coffers.

One day the emperor sent his most trusted minister to have a look at how the work was progressing, and this man could see nothing (because there was nothing to see) but he said to himself, “I cannot admit that I see nothing, since that will prove to the emperor that I am not fit for my job or else that I am stupid.” So he went back and claimed that the cloth was fabulous.

One after the other of the people who went to see it had the same reaction, so nobody admitted that there was actually nothing to see, and when finally the emperor himself came to have a dress made for himself and he could see nothing, he reacted in the same way. And finally he dressed in his new finery and walked through town with all his courtiers and nobody along the street dared admit that he could see only the undressed emperor, until a small child exclaimed, “But he has no clothes on!”

### ENERGY VAMPIRES

Author James Redfield tells a story of an inn far up in the mountains where an elderly couple are harassing a young girl who looks completely wasted. He explains that the two older people are in fact energy vampires, that is to say they drain energy out of the young girl, thus in fact feeding on her in a cannibalistic way.

Have you ever been in contact with people who leave you feeling very much better whereas you yourself feel completely

drained? Maybe this is exactly what is going on. And maybe you have just now found a way to prevent that in the future. You are able to either allow the divine flow of energy to pass through you and into them in such a way that you are not drained, or else you can shut off the flow from yourself. It is a choice we each have to make, but we have to be aware of what is going on.

### ESKIMO

An old Eskimo was carving a soap stone when a westener came up to him and asked, "What is that going to be? A polar bear, a seal, a dog? What?"

The Eskimo answered, "How should I know? The stone knows and I am only peeling away the unnecessary layers."

### ETERNAL LIFE

Eternal life is exactly what it says: eternal life. But that actually means that eternal life is the life I am living right this very moment. It is not something that is ahead of us in some dim future, but right here and now.

In the Eternal Now.

Wow!

### ETHIOPIAN STORY OF CREATION

One day God was feeling very lonely and sad so he decided to create some playmates. He took some dough, formed a man and a woman and put them in the oven. But he was so eager to see the result that they were not properly done when he took them out. They were quite white, so God threw them up north.

So he decided to do differently next time. He made another



pair of dough-people and put them in the oven. And this time he waited patiently for a very long time, but when he took them out they were quite burned and black. Even these did not satisfy him, so he threw them south.

But the third time, he made two dough people and put them in the oven, he waited exactly long enough for them to be perfect, brown and beautiful, and these he placed in Ethiopia.

### EVA'S MOTHER

There is an artist in Sweden who makes the most wonderful wooden sculptures. Her name is Eva Spånberg and she lives in a small house in the forest in the south of Sweden with her mother who has senile dementia.

Eva was rather poor and her house needed fixing, so she went to the nearest city and up to the place where the alcoholics gathered and asked if some of them would be willing to help her. She could not pay them very much but they would have a roof over their heads and three meals a day. The only promise they had to make was to stay sober while they were there.

Agreements were made and a few of these men came out to her house where they received a most wonderful gift.

Eva's mother had no idea who they were but every time she saw one of them, she was convinced that he was her son who had gone to America many years before, so she greeted him with great joy and a big hug.

These men were not used to that kind of greeting and it was many years since anyone had given them a hug or an honest smile, so this elderly lady spread very much joy and happiness around her.

And most people would think that she was useless as she was just a crazy old lady.

How wrong we can be?

Nobody is useless no matter where they are, what they are or what they are doing.

### EVERYTHING

Everything that exists, everything that you see, exists and is seen by the state of mind that you are currently experiencing. To perceive differently involves only a change of mind.

### EXPECTATIONS ON LIFE

What if the absolute maximum it is possible to get in this life is compared with the figure 100 and you expect to acquire 90? You may be very upset if you only get 75. If, on the other hand, you expect 60 and get the same 75, you will spend your life overjoyed at your abundance.

It is all a matter of choice!

### EXPECTATIONS ON RELATIONSHIPS

There is a tendency these days for people to think that when they meet someone and fall in love, everything in life is going to be fine and free of problems from then on. Both enter the relationship with the thought: "I love you. Therefore it is your duty to see to it that I am kept happy and content from now on and for ever after".

Do you really wonder that so many relationships capsize when they are entered with this attitude on both sides?

How could it not fail? The correct attitude is: how can I make you happy. And if both have that attitude, there is much greater chance of succeeding.

## EXPERIENCING FEAR

We create our own reality! That is what we are told and that is increasingly part of my belief system.

I can see that most of my life I have had a feeling of fear. Then I have looked around to find something to frighten me and have always been successful. I have found the fear of scarcity, the fear of not being able to pay my bills, the fear of the taxation authorities, the fear of not being able to provide for my family, and so on and so forth. The fear of not being good enough (which is at the base of scarcity since, if I am not good enough, I deserve not to have), etc etc.

And since my fear is the filter through which I am looking around me, my experience obliges by manifesting just that of which I am afraid. I manifest difficulties in the areas that frighten me most and then I am able to say: See, what did I tell you? and thus my belief system has proved itself. And round and round it goes, until I allow myself to go off at a tangent and widen my comfort zone, the limits of my belief system.

I am realizing that one of my core fears is to be dependent on others in my everyday life. I have difficulty walking. It is as if I put one foot on top of the other and then complain that I cannot walk.

But this also means that – since this is part of my belief system – I can change my mind about it, and my experience of life will change accordingly.

In the book *Dialogue on Awakening* I am discovering that my true identity is Peace, Love and Joy so, in order to remember who I am, I can choose peace in whatever I am doing at the moment. Therefore I have started to tell myself: I walk because it gives me peace. I sit here because it gives me peace. I eat because it gives me peace. Everything I do, I try to remember to remind myself that exactly that activity is what will bring me peace. And if I come to walk again without crutches, because

my body will obey whatever I expect of it, wonderful. If not – I will still be experiencing peace along the way.

#### AN EXPRESSION OF LOVE, A CALL FOR LOVE

According to the book *A Course in Miracles*, all situations, all human expressions, are in fact either an expression of love or a call for love. When we see the actions of each other in this way, it is easier to interpret anger, fear, etc, as calls for love and thereby see them for what they really are. It also becomes easier to react in the right way.

The more you make that part of your belief system, the more it proves itself to be true.

#### FALLING DOWN

When you feel that you are falling down in your life, remember the Oriental saying that it is ok to fall down ten times as long as you get up eleven!

#### FEAR

Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me and when it has gone past me, I will turn to see fear's path.

Where the fear has gone there will be nothing. Only I will remain.

#### FEAR AND LOVE

The book *A Course In Miracles* tells us that there are two main feelings experienced by us human beings: love and fear.

Love is our natural inheritance and fear is the root of all so-called negativity such as anger, envy, guilt, resentment, etc. But since fear is not our natural condition, there is a way out of fear and that is forgiveness. To forgive is not to condone or to say: “because I am better than you, I go up a couple of stairs and pat you on the head to show you I forgive you”. NO – to forgive is to let go of our judgment of each other simply because we do not have the overview and insight to know exactly what is going on in somebody else and therefore we might as well not try to judge at all. And most important of all we are told, that if we let go of our fear, that is forgive each other, the vacuum formed where the fear was, automatically fills with love. And this means that the more we choose to forgive, the more filled with love we become. And the more love you contain, the more love you have to spread to others, and the easier it becomes to forgive.

If I see myself as a garden hose, the love I allow to flow through me makes my inside wet as well as whatever I am watering. So the more love I express, the “wetter” I become myself and the more I have to give away. But never forget that this even applies to negativity, the more you give the more you retain as well.

This for me is a wonderful principle to live by, and I can tell you that it works.

#### FEAR IS THE FOUR-LETTER WORD

Fear is truly the four-letter word that rules this world of ours. We are so afraid of everything, of each other, of the future, of the past. Everything we can imagine – and cannot imagine – frightens us out of our wits. And frightened people can be vicious. I think that is where the saying originates that the best defence is attack.

It can be difficult to realize that as soon as you have attacked, you have started a war since whoever you attacked will almost surely strike back, and there you go.

In Budo there is a simple technique called tai sabaki, which means that you turn 90° poised on the pad of one foot thereby avoiding an attack from the front. This is an excellent way to behave, you can even make a tai sabaki in your mind if you feel mentally attacked by someone and watch the fist or kick pass you by, maybe closely but it does not touch you. So there is no need to strike back.

Maybe a hug will so surprise your attacker that he forgets his anger and smiles at you, who knows?

#### FEAR – SHADOWS

The scary figures they show in films are very often the ones that are just black empty shadows on black horses galloping after the “hero” of the story. To me these are very significant, since – as they are empty – we fill them with our own individual fears, which is exactly the intention of the film maker.

But that is also how we make up our own lives.

It is important to realize what they are – empty shadows we fill ourselves – which we are therefore able to change if we dare look at them properly and accept that we ourselves made them up.

#### A FINAL ACT OF LOVE (1992)

When my ex-husband died, our granddaughters were five and six years old. My daughter Helle and I had the privilege to dress him ourselves with the undertaker in the background if we needed help. Helle had asked her two little girls if they wanted to participate and both had said yes.

So we met and the coffin was standing open to one side whereas my husband was on a steel stretcher in the middle of the room. There was an atmosphere of total love in the room and we two adults started to dress him in his Sunday-best. Suddenly one of the girls said, "Mum, may I try out the coffin? I want to know if granddad is going to be comfortable." I was aghast – you do not do that! But my sensible daughter said, "Of course you can but you have to take off your dirty rubber boots first." One after the other the girls got into the coffin, lay down and admitted that it was quite a nice place for him to be.

After this, one combed his hair and the other buttoned up his shirt. To me there was no doubt that he was present and enjoyed the loving care we were giving him.

Swedish author Astrid Lindgren has written a story about where you go when you die, to a place called Nangiala, and this story had been read to the youngest girl many times during the illness of my husband, who had had one leg amputated several years earlier. So when she was told that her grandfather had passed away, her spontaneous reaction was: "Oh, how nice, now granddad is in Nangiala and has two legs!"

#### FIRST NIGHT IN OUR FARM IN THE FOREST(1965)

We purchased our farm in the forest after having seen it during the summer of 1965 and we went to spend the week of the autumn holidays there, a drive of about five hours from where we lived in Denmark. The children were nine, seven and five years old at the time and to us all this was an adventure. Our closest neighbour lived about two quarters of a mile away through the forest. We had placed a five-litre milk can in his cowshed and then gone to the house another way. So we had never been on the direct road there.

This was in the middle of October and dark fell early. There

was absolutely no source of light anywhere, everything was pitch dark. All of a sudden we remembered the milk and the elder boy Torben asked if he and his brother could go fetch it. My reply was, "Of course you can, just remember to listen to where you put your feet. If you feel gravel you are on the right path, if not try to find it.

Your feet will know what to do."

I was foolish enough to not even provide them with a torch but, since I had no fear of the dark myself, I did not give this another thought. Off they went and after a while my husband asked me where the boys were and when he found out, he exclaimed, "Are you nuts, they will die of fright in the dark. We have to go and meet them."

But their little sister had to go to the loo and we were delayed. Finally we got underway and met the boys who were on their way back with the milk can between them, chatting away happily. My husband praised them for their courage in the dark, upon which the elder one replied, "But Daddy, there is nothing to be afraid of, dark is just because there is no light, and that is ok."

### FOLDING RULE

Have you ever noticed that there are inches on one side and centimetres on the other side of a folding rule? And since they are two different systems that have nothing in common, they can never meet.

Therefore, accept the fact that if your life is ruled by one system, that does not imply that somebody else is not using the other side of the folding rule and so you may think you are talking about the same things when in fact you are not.



## FOOTPRINTS

A man was on his deathbed and had a vision in which he saw a beach where he was walking together with God and both made footprints in the wet sand. He saw his entire life here, walking with the Lord beside him until suddenly he noticed something and said, "Dear God, I can see how you have been with me all my life. But during the times when my life has been most difficult, I can see only one set of footprints. How is that?"

God replied, "My dear son, those were the times when I carried you."

## FRIENDLY TREE

Once I "happened" to turn on the TV while there was a talk programme going on. There was a group of people, some social workers, a priest and the host of course.

The theme of the show was: What do you do when life feels overwhelming?

In my ignorance I was convinced that I knew what the priest was going to say, but how wrong I was. This man told us that when his life felt like too much to cope with, he went to a huge oak tree close to where he lived. He said that he always greeted this huge friend even when he did not have the time to go over, but as often as he could, he went up to the tree, embraced it, sat down by it or just stayed there with his hand on the trunk. He said, that he felt the complete and unconditional love from this mighty being and always went away feeling comforted and relieved of his burden.

To me, who see everything as part of All That IS, this makes perfect sense.

In a moment of despair I once asked myself, where is God, but then I turned it around to be: where is God not? To me that was important, since – to be God – he has to be everywhere,

God is All That IS, so seeking God in a tree, or a flower or a mountain is completely natural.

#### GALL STONES (2000)

Early in 2000 I had decided to move to Mallorca in the Mediterranean, primarily to get away from the ice and snow in Scandinavia during the winter and also because one of my sons lived there with his family. But there was a problem – among many others that had to do with the actual packing and moving of me and my entire life to Spain. I was feeling terrible and it turned out that I had gall stones, so I went to hospital and eventually had an operation. They relieved me of my gall bladder and 39 gall stones the size of ordinary hail and I got them in a small tube to take home with me.

When I got to Mallorca I had the idea that gall stones are manifestations of withheld and bitter thoughts and words, and this seemed sensible to me since I have always had difficulty expressing negativity in any form. I wanted to find the right spot for them and first considered finding the most beautiful place where I could give them to Mother Earth to transform whatever negativity they contained into loving nurturing elements for nature.

As it turned out I went with my son and we found a spot where they burned rubbish. It was the ugliest place I have ever seen with half-burned plastic and all sorts of trash.

We looked at each other and decided that this was the place! I blessed them and spread them in the rest of the rubbish and afterwards felt very relieved with the conviction that I had done the right thing.

#### GOD'S ANSWER TO A CALL FOR HELP

A man was on his balcony during a flood and the water was rising. Some time later he was on his roof and he asked God to help him. God's answer was Yes.

A while later a boat came past offering to take him along but he answered, "No, thank you, God has promised to save me."

After yet another while a helicopter came by and offered to rescue him, but he answered, "No, thank you, God has promised to save me."

The man drowned and when he came to heaven he looked accusingly at God and said, "You promised to save me!"

God said, "Yes, my son, and I sent you a boat and a helicopter."

#### GOD'S ANSWER TO ME (1984)

My sons have traveled quite a lot in the world and as a mother I naturally worry about them.

I have tried to imagine that a son of mine was in mortal danger and that I went to God the Father, got down on my knees before him and asked him to save my child. I then felt that God looked at me with infinite love and understanding, asking me, "Well, my child tell me what is so special about your son that you want me to save him".

I answered, "He is my child, he grew inside my body, I have carried him in my arms and he has rested at my breast. I have seen him grow up and he is more dear to me than life itself".

"But, my very dear child", answered God. "Don't you see that is what they all say?"

That is why it is so important for us all to remember that we are all – every single one of us – equally important, equally valuable and have exactly the same rights on earth.

We have to acknowledge our own worth – and therefore acknowledge the worth of everybody else – no matter if we are

brown, white, red, green, striped, black, chequered or dotted. We are human beings. We are each other's brothers.

#### GRASS (1963)

Once I spent quite some time in hospital and therefore had a lot of time to think. I had this picture in my head that we humans are like grass in a clearing in the woods. If we accept the conditions of life, such as the rain, the wind, the sun, the grass will bend and twist, it will bow to the ground but will be strong enough to rise again, probably even stronger for the experience. If we protect it by placing a board over it so that the weather cannot get at it, very shortly it becomes like a plate of boiled spaghetti, limp and useless, unable to cope with whatever comes along.

So the best thing to do is to allow life to be and thereby strengthen us to deal with whatever it has in store for us.

#### GRAVE MARKER

Author Gary Zukav has said something really wonderful about what to put on our grave marker. In most cemeteries there are names and dates on the tombstones, but his suggestion is to put the words:

To be continued...

... and I add: I want to be buried in the hearts of my friends.

#### GUILLAUMET

Antoine de Saint-Exupéry is one of the pioneers who initiated the postal route across the Andes in the 1930s. At that time the airplanes were made of "matchsticks and handkerchiefs", more or less, and what these men did was

truly both dangerous and brave. He describes this in his book “Wind, Sand and Stars”.

One day one of his friends, Guillaumet, did not return and all the pilots went out to search for him, but this task was even more difficult than finding the proverbial needle in a haystack. They did not succeed and after a few days they had to resign themselves to the fact that Guillaumet was lost.

Eleven days after the disaster they were sitting in their dining room when a scorched and tattered figure stumbled in. It was Guillaumet who had been walking all that time from his crashed plane.

When they asked him how he had managed, he replied, “Had I known how far it was, I would never have made it. But I kept on taking the same step over and over and over again. And in that way it was possible and I am here.”

This has been a great help for me in my life, when I have had the feeling that I could not manage 50 steps more, or 10, or even five. But I could manage one step – and one step – and one step. And eventually I got out of where I felt I was stuck and out on the other side.

Useful!?

#### GUILT – I (2004)

For several years I had put pictures of people on my wall for whose feelings I felt responsible, that is guilty, and I spent time every day apologizing to each one of them for my “sin”, my thoughts that “if only I had/if only I had not” and it is not until now, in 2004, that I realize that by doing that I have been corroborating to myself that I was indeed guilty.

If it were not so serious, it would be funny, but I honestly thought that if I repented often enough, my feelings of guilt would go away. Now I see that I have only been doing exactly

the opposite. On the other hand I can also decide to choose again and see myself as not responsible for the reactions of others. I see that to get rid of it I have to forgive myself and truly believe in my innocence.

## GUILT - II

Since I grew up during World War II in Denmark occupied by Germans, I have been wondering what it takes to change ordinary little everyday people into “monsters” who kill, abuse and maim others and I have been searching my soul to find out if this change was possible within me as well. In the name of honesty, I must admit that the answer has been yes. If I had been in the shoes of one of these people – no matter on whose side they were – with their background as persons, in their society and at that time in history, I would probably have acted just as they did.

I think we all have within ourselves the capacity to do and be everything, but the important thing is to be aware of our possibility to choose, to take responsibility for ourselves and know that it is within our power to make other choices, maybe at a cost, but the choice is ours and nobody else’s.

## GUILTLESSNESS (2004)

The book Dialogue on Awakening has it that “It will not be in the past that you will find reasons to forgive yourself. It is in the presence of your current awareness that you know your Self to be guiltless.

It is in the here and now that you feel resonance when I suggest that you are the Divinely Perfect Creation of All That IS”.

As long as someone sees any value in considering me guilty,

they will do it. If I defend/explain myself, I confirm that I myself see me as guilty, that is to say that the only “defence” must be to stay in the NOW without feeling guilty and, as is said in the book *A Course In Miracles*, “if I defend myself, I am attacked”.

All interpretations are personal, individual imaginings. We accept guilt for ourselves, we throw guilt onto somebody else and the guilt is not the Truth about any of us. Therefore, the best thing I can do is to ask for help to see my brother innocent. “Nothing destructive ever was or will be. The war, the guilt, the past are gone as one into the unreality from which it came”.

Breathtakingly important –  
 breathtakingly useful –  
 breathtakingly beautiful .

#### GULLIVER

In my mind I have a picture of myself as both Gulliver and the Lilliputs, that is to say Gulliver lying on the beach letting himself be tied down by all these little people. And since I am both, I can stop it. I can be free to walk away with no strings at all attached.

Fabulous?

#### GUY IN PARKING LOT (1979)

From my childhood I had not been taught how to live in the world and how to socialize with others, so I had spent most of my life being afraid of other people. When I turned 40, I decided to start training Budo and concentrated on self-defence, Jiu Jitsu, which gave me the gift of not being afraid of others any more since I now knew how to defend myself without harming anyone.

At the turn of the year 1976-1977, I moved from the forest to a town a couple of hour's drive from there to try to make another life for myself, among other things by giving language lessons. One dark, windy and rainy night in November I happened to be half an hour early for classes and while I was locking my car in the parking lot, a tall hefty young man in a leather jacket approached me. At that time, a young man wearing a leather jacket was signalling how tough he was, so I could have chosen to be frightened, particularly since he came up to me, grabbed me by the collar of my coat and started swearing in my face. He also reeked of beer.

So, I could have been frightened, but since I knew that he could not harm me, I instead chose to look him in the eyes and smile, saying, "Hi friend, how are you?" This caught him totally off balance and he mumbled something about there being nobody in this bloody town to speak to. I replied that he could talk to me but that I would appreciate if he took his hands off me because he was choking me.

He stared at his hands as if they did not belong to him and then let me go. I told him that I was about one half hour early for an appointment so if he would like to talk, we could do so, but I would prefer that we sat in the car because of the weather. So – we sat in the car and had a cigarette or two - this was when I was smoking - and it turned out that he felt totally invisible since nobody apparently cared whether he lived or died.

That was a feeling I knew all about, since I had been feeling invisible most of my life, and we just talked and when I had to leave, he grabbed some notes in his pocket stuffing them down the front of my blouse. I told him that my time when I was not working did not cost anything and that he would be needing his money himself later on. So we parted after having given, and receiving, a bear hug each.

I know that this incident changed my life. And I also know



that he was a changed man after meeting me. I realized that most of us walk around feeling invisible and making others feel invisible as well.

How often do we not walk past someone in the street carefully avoiding looking at them?

I realized that he had probably been downing some beers to dare face another human being in order to become visible, if just for a moment. And I only had to go into myself to experience the despair you would feel when you walk up to someone and they react to you with a sneer: You stink of booze! or with fright: You are big and ugly, so I am afraid of you! He most probably feared one of these two reactions and when I smiled at him, he lost his footing and his own fear. I know that had I met him with either fright or disgust, he might have hit me in his feeling of hopelessness: But don't you see, I am only me, there is nothing to be afraid of, I don't want to harm you! and he might very well have struck out and hurt me against his will, out of sheer despair. I would have understood that.

So for me the lesson was to remember the little prince in the book who looked behind the surface. And also to remember that loving kindness is stronger than anything else.

#### HALL OF MIRRORS

Since my state of mind decides what the world around me looks and feels like, it is as if I am walking inside a hall of mirrors. Many of the mirrors are even warped so that the images I perceive are distorted but if I do not like what I see, I can try changing the expression on my face, my own outlook and see what happens.

The faces in the mirrors might also change – and then what happens?

It might be an interesting experiment.

## HAWK

In his book *Soul Stories*, Gary Zukav tells about watching the hawk in the mountains, pointing out that the hawk does not really care where the wind takes it as it trusts its wing feathers and tail feathers to carry it no matter where it goes.

His message to us is that the wind equals life, and we never know where it will take us but, like the hawk, we have to trust our capacity to fly no matter what.

## HINDU PICTURE

The Hindus have a symbol of the striving of man to reach the Divine. They see it as a huge cone with the Divine at the very top and everyone is climbing up this cone from where he stands.

To me this is a valid symbol since it shows that God is far above all the labels we put on Him and that all paths have equal value.

It shows that if there is a mountain surrounded by three valleys, the mountain does not look the same seen from those different angles, and it does not even look the same to those who are climbing it.

So who is to criticize anyone else's path and choice? It is simply impossible anyway.

## HOLLOW EARTH

There is a theory that the earth is hollow so that we are all living on the inside of a sphere.

To me that is very symbolic of the individual worlds we are living in. Everyone has his or her private universe inside

his or her skull.

### HOLOGRAM

Have you ever seen a hologram? It is the weirdest thing you can imagine. It is a photograph taken with laser light and, in spite of the fact that it is printed on a special paper-thin sheet, it is a complete threedimensional picture.

If it is a picture of a head seen from the front, you can go to the side and actually see the back of the neck. If it is a picture of a water tap, you can put a small shelf below it with a glass on it and be convinced that the faucet is above the glass.

But the weirdest of all is that if you cut a piece of it and hold it under identical laser light, both of the pieces remember the other.

For me this also signifies “The Son of God” – the Oneness of All That IS - and what we are here to do, to remember that we are all part of the whole in the same way the pieces of the hologram remember each other.

### HOURGLASS

You may compare the location of the soul with a hourglass since it, according to Gary Zukav in his *The Seat of the Soul*, exists in the point of intersection where you must choose between measuring light as frequencies and matter as it is impossible to do both at the same time.

He also points out that it has been scientifically proved that there is no such thing as an objective observer and a neutral object because the object is influenced in a provable way by the observer. This means that we have the power to influence the “reality” around us. This hourglass may even be a symbol of the past, the future and the now with the Now at the intersection.

The sand at the top is the future and the sand at the bottom is the past. These two hourglasses are congruent, that is to say that their size and shape are identical.

In the book *A Course In Miracles* the Holy Instant, the Now, is the point of At-one-ment which signifies the experience that we are all one, that there is therefore nothing to forgive, because what has to be forgiven lies in the past which is gone and can never touch us and is thus insignificant if we so choose.

Both the past and the future are in fact similar to separation and only in the now, at the intersection where we choose how to interpret each other, is it possible to experience the joining, the feeling of total oneness which is the goal of our living here. It is impossible to join in the past and the future is always out of reach. The Now can be defined as this very moment, the only time there is, it can also be called Always, because it is in fact the same, no matter how strange it may seem.

## HUGS AND GROUNDING

A hug is a wonderful gift because one size fits all.

It is a fantastic experience when you embrace your friend to adjust your breathing to that of each other and take three deep breaths together as if you were one. It gives you a feeling of togetherness and of being one with mother Earth which you will not get from anything else.

## HUNDREDTH MONKEY

On a Japanese island some scientists were observing a group of monkeys in their daily lives and natural surroundings. These monkeys were living by the sea and the scientists often spread potatoes in the sand for them to eat. One day a young female monkey discovered that if she rinsed her potato in the water,

it tasted better since she avoided sand between her teeth. The other monkeys saw what she was doing and imitated her, so after a while they were all washing their food in the water.

This in itself is not very significant, but what is significant is that after some time, monkeys on other islands who had no contact with the former ones, began washing their food as well. And there was no way they could have learned it from them. But they did!

This is very important since it proves that if a critical mass is reached in learning something, whatever it is makes a quantum leap into the minds of other beings.

So what do we want to spread? Love, peace and happiness? Or anger and hatred?

Never believe that what you think and feel stays within yourself alone, because it does not. And the responsibility this puts on each and everyone of us is enormous.

#### ICEBERGS (2004)

The ice on the Polar caps is thousands of years old and hundreds of metres thick. Very often this huge volume of ice calves and lets loose an iceberg into the sea.

I see this as a picture of who we think we are, cold, fixed forms and shapes only showing about one tenth of us above the water. On the other hand I choose to also see that the ocean we are floating in is our Higher Self which carries us until we dare start melting, that is to say dissolve into our true being.

Some of us stay where the water surrounding us is cold so we do not have to “change”, some of us have the courage to let the water carry us to warmer zones where our “stable” form starts to melt and blend with our true nature which is – water. That which it has been all along but we have just not realized it.

## IF NOT NOW - WHEN?

A very good question to ask yourself in all situations, particularly situations where you are a little reticent about whether you dare act or not is “If not now, when?”

It might give the necessary kick in the behind.

## ILLUSIONS (1983)

I was sitting  
 by my window one night  
 looking out through the glass,  
 through the blinds,  
 through the glass,  
 at the lights  
 in the so-called real reality  
 with the illusory illusion  
 of the TV picture  
 and the reflected image  
 of my real room  
 superimposed on it all  
 in the window pane.  
 Which is which?  
 Talk about reality or illusion.

## ILLUSTRATION OF FORGIVENESS

A friend once gave me this method of practising forgiveness:

Make a commitment to yourself that you will do this every day for three weeks. Find some water close to where you live, a puddle, a river, the sea, a lake, whatever. And if there is no water, make up some in your mind. Go there every day and pick up a pebble into which you pour all your negative thoughts and

feelings concerning a situation, a person, a memory, whatever it is that you want to get rid of. Remember that the receiving capacity of this small stone is limitless.

When you have emptied yourself completely into the pebble, throw it into the water which you have named The Bottomless Sea of Forgetfulness and at the same time ask the earth to accept and transform whatever-it-is into nurturing love for the planet.

Do not forget to put up a sign by the edge of the water (in your mind): Fishing prohibited!

You might be surprised at the effect of this.

#### IMPORTANCE OF SKIN COLOUR

Once I happened to turn on the TV when a talk show was going on. This time a group of young people, first and second-generation immigrants, and the host were discussing the importance of appearance.

These people were of many different hues of colour and with many different kinds of hair and they all agreed that this was the cause of many of the problems they seemed to have in their daily lives.

One of the group was a blind girl who suddenly said, "I have no idea what you are talking about. I love you all, you are all my friends, and colour to me is completely unknown. How can a concept that does not even exist in my reality be real to you?"

This is worth remembering and thinking about, isn't it?

#### IMPOSING YOUR WILL

Have you thought about the fact that if you impose your will on somebody else against his or her will, you are actually committing rape? Mental rape.

Many mothers are guilty of this since they transfer their responsibility and control over their children to their husbands instead of treating them with dignity and respect as co-parents and co-beings on earth with no control at all.

So - sisters: Beware.

#### INVISIBLE MAN

Last night upon the stair  
I saw a man who wasn't there  
He wasn't there again today  
Oh, how I wish he'd go away.

#### INVISIBLE WOMAN (1980)

For several years I was the mistress of a married man and I was totally dependent on his appreciation. I did not realize that the more I begged for his love, the less he seemed to care.

After I ended that relationship, another man came into my life. And he was exactly the way I had been in my former relationship.

I found out how unbearable it is to have somebody fawning on you. And the more they cringe the more annoyed you get. Even if you do feel a sort of compassion, what does increase is your feeling of contempt and irritation.

And what is going on has nothing to do with love and everything to do with dependency. As author David Icke says: The victim mentality creates the victim reality.

#### IS IT FUN? (2003)

Very often I hear the question: "Is it fun what you are doing?"



In many cases it is not what you would call fun, but it might very well be gratifying because whatever it is needs doing. On the other hand, are we here to be amused or are we here to learn?

The difference between a slave and a king is that the slave says: I must. The king says: I will. And they may be doing the same thing.

It is possible to waste quite a lot of precious life-time trying to figure out what might amuse you instead of deciding to enjoy what you are doing just now.

#### QUOTATION BY IYANLA VANZANT

When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe one of two things will happen: there will be something solid for you to stand upon or you will be taught how to fly.

#### JAPANESE BOTANIST

Two botanists met. One was from Japan and one from the west. The Japanese man said,

“If you in the west want to find out things you arm yourselves with a lot of paper and a lot of pencils. You tear a flower out of the ground by the roots and then you count and measure everything about it, ripping it to pieces at the same time, and when you have a big piece of paper full of figures and a dead plant, you think you have understood something. And as if this is not enough, you use a microscope to see smaller and smaller things, and as you do, you imagine that you understand more and more.

When we want to understand a flower, we sit quietly beside

it, sharing our being with it and thus understand it in a non-hurtful way. It is not necessary to kill and maim other beings to find out things about them, on the contrary.”

### JEHOVA

For many years I had problems with the God they presented me with in the churches and finally I thought to myself that when I died, I would go up to God and say, “Dear God, I have read your books and I have in vain tried to believe in you, but this picture of you I have been given has shown me that, if it is true, you are mad and I have decided not to acknowledge and worship you. So - if you have to, send me to Hell if that is where I belong and if you have to punish me for my lack of faith”.

After reading the book *A Course In Miracles*, I am very happy to see written down, that either God is mad or the world is mad, and I can choose my viewpoint. According to the *Course in Miracles*, we – not God – made the world we think we live in, and that is mad, God is not!

In the Bible it tells us that Adam (man) fell asleep. Nowhere does it say that he has woken up. To me the Big Bang happened when he fell asleep and his/our nightmare is the hell we are creating for each other here and now.

We need to wake up.

### JØRGEN (1961)

One day I was having an argument with a close friend of mine, a man named Jørgen, and I was angry and upset with the way I saw the church, the priests and Christianity on the whole.

My friend looked lovingly at me and said, “My dear, I thought you were too wise to confuse the teachings about Jesus with the teachings of Jesus”.

I have never forgotten that lesson.

#### JUMP CASTLE (2004)

There is someone quite close to me who sees it as his right to take out his anger on me, telling me: “My anger is just as beautiful as my kindness since they are both parts of who I am.”

In my mind I see this picture of me as an inflatable jump castle of the kind you see in playgrounds, you know. In order to protect myself from the pain of receiving what I have experienced as negativity and criticism, I have inflated myself – I have literally made a bigger body for myself, since I have felt that his attacks were real. I have experienced that if “you defend yourself, you are attacked” as is written in the book *A Course In Miracles*. So I have tried everything I have been able to think of, answering back, defending and explaining myself, withdrawing because I did not want to get involved in a shouting match – until finally, now, I realize that since attack is my interpretation or maybe even the intent of the other person, it is not real, there is nothing to be afraid of. My role in what is going on, my role in my life, is to choose peace, to remember that the core of me – and the core of him as well - is peace and love. So to choose peace is to remind myself of who I truly am – and who he truly is. And therefore the battle I was imagining is just in my mind. And I can change that.

My work on this planet is to change my mind and remember who I am – and who everyone else is as well. And this is most easily done when I remember that Now is the only time there is. Is something bad going on now? No. So! Every single Now. I am learning to deflate my jump castle in order to leave it behind me on the ground. And if someone wants to jump on that, they are welcome.

The glorious thing is: it works.

## KINGDOM OF HEAVEN

The Kingdom of Heaven is not a place. It is a state of mind which recognizes the unity and harmony of the Mind of All That IS and the recognition of your brother resides there.

## KIRSTEN PRIP

My grandmother Kirsten Prip lost her husband when he was only 40 years old. He was a dearly loved pediatrician and she was a registered nurse. She was left with two small children and one on the way.

The eldest was my mother who was then two and a half years old, my uncle about one and my aunt was not born yet.

Kirsten could not afford to live in a good neighbourhood in Copenhagen on the pension left her by her husband, so she rented a huge flat in the best area of the city close to the sea and let rooms to colleagues of hers, creating a home-nursing agency. This ensured that there was always someone in the house to take care of the children and she used her nights walking in the roughest parts of town telling people about Jesus.

Eventually she and two friends of hers founded an organization called Kirkens Korshær i.e. the Army of the Cross of the Church. She always allowed people to come to see her at home, but on one condition. They had to have clean hands and face, and they had to be able to walk straight. My mother told me that through the glass in the entrance door she could see visitors straightening their backs finding a spot on the wall behind her when she opened the door to them. Then with a fixed stare they walked to the door of Kirsten's office.

She had a very intimate loving relationship with Jesus whom

she saw as her big brother. But one day she was in a fix. She did not have the money for the rent and if she did not get it before noon the following day, she and all the people depending on her would be in the street. So she said to Jesus,

“Dear Jesus, you know how I have tried everything to scrape together the rent and I still do not have it.

So, if you want me to stay here, you will have to get the rent money for me. And if you do not want me to stay here, I know that you will point the way where you want me to go.” After this she went to bed trusting that whatever was going to happen would be for the best.

The following morning about 11 o’clock, an anonymous letter came through the door with the exact amount that she needed. Her reaction was, “Thank you, Jesus, now I know that you want me to stay here”.

#### KLIPPAN (1994)

Klippan is a small town in the south of Sweden where a murder was committed some years ago. A young black man was passing through town and happened to meet a gang of skinheads who stabbed him several times. Afterwards he was lying in some shrubs calling for help but nobody heard him or helped him. So he died.

On TV they had an interview with a friend of one of the perpetrators, even he a skinhead wearing black boots and obviously a very convinced neo-nazi who shrugged and said, “Just too bad. That guy was in the wrong place at the wrong time, so what?” He was very stuck-up and apparently did not care in the very least what had happened to this black brother of his.

A few months later I “happened” to turn the TV on and there was this youngster again, completely transformed and

I hardly recognized him. There was a gentleness about him that was beautiful and he was saying, "I saw myself in that programme of yours and suddenly discovered that I could not go on living with all that hatred in me. So I decided to change. I left my former friends – with no animosity. I found a group of young immigrants my own age and found new friends among them. And I feel much better about myself now."

Another story which inspires the same kind of hope for the future:

On the Oprah show was a young guy from an abusive home who had found a place for himself among skinheads and racists where he was made to feel important. He came to a foster family where he received honest appreciation and love, and to quote himself, "My foster mother loved all the hate right out of me!"

His contact with these people changed his life and he now helps other "hate-full" people to see that there is a better way in life.

It all goes to show us that love is always stronger than hate, and hate has its origin in fear. So if we stop being afraid of each other, the hate will disappear.

## KNIFE

For me the knife is a wonderful symbol of the importance of choices. In and of itself, the knife only IS.

Not good not bad, it just is.

The choice is with me what I want to do with it. Do I choose to use it for stabbing you and hurting you or do I choose to use it to share my bread with you?

The responsibility for the choices is mine and mine alone.

Never forget that words can be more hurtful than knives and that these wounds do not show. The points of these "knives"

are even often poisoned so that they take a very long time to heal, if ever, and they leave very ugly scars.

### KUROSAWA

This excellent Japanese filmmaker made a picture about an old bureaucrat at a municipal office somewhere in Japan. He spent his entire life pushing papers from one side of his desk to the other and he was responsible for one section of the town in which he lived. There was an area full of trash and mud and the mothers applied in vain for many years for the municipality to convert this place into a playground because there were many children there.

One day he is diagnosed with cancer and his doctor gives him only a few months to live. He is a widower and lives with his son and daughter in law leading a very isolated and lonely life. With the verdict of the cancer hanging over his head, he suddenly finds a courage within himself he never knew was there. He decides that the playground will become reality because of him, he goes to his superiors and eventually the project is carried out and he is present at the inauguration. At his son's birthday party they cannot find him but a police officer turns up telling them that the old man is sitting in a swing in the playground, dead and with a happy smile on his face.

### LABYRINTH

You might see life as a labyrinth, in which we search for whatever-it-is we are looking for all over the place. Some may be dismayed at all the blind alleys but do not fall for that temptation.

Because even the blind alleys are answers. Whatever you were looking for was not there.

## LAME MEN

During World War II, an American marine officer who was also an orthopaedic expert landed at an atoll in the Pacific Ocean. He was stationed there for some time and was fascinated to observe that from the time they learned to walk, all the men walked with an identical limp. He required equipment from the States to examine these people to see whether they had some hereditary malfunction, but he found nothing.

However, he eventually learned that a couple of hundred years ago, a very highly respected chief had been wounded by a shark in his thigh and therefore limped for the rest of his life. And since every boy tries to imitate his hero, all the men started limping in the same way and so did their sons.

Something important can be learned from this.

## LANGUAGES - 1

Languages are funny. I become increasingly aware of how much our way of thinking is influenced by the language within which we grow up. That is one of the reasons translations are so difficult, since there is a cultural background which is hard to bridge.

In some languages there is one word which, in others becomes split up into two with entirely different meanings.

So it is important to remember that there might be other interpretations of what we are trying to get across than may be obvious to ourselves.

## LANGUAGES - II

It is amazing how it is possible to look at the same thing



from inside different languages. For example:

A toadstool in English is a stool for a frog to sit on. In Danish it is called a frog's hat and in Spanish a dwarf's umbrella.

#### LANGUAGES – AGAIN

Since I have been a translator for many years, words have been part of my everyday life and I am particular about the words I choose.

For instance, very often the words easy and simple are used as if they were synonymous. But they are not.

Many things in life are very simple, but very, very hard to do.

So take care not to mix them up. When you start looking more closely at the words you choose to express your thoughts, your thought may become more clear.

#### LANGUAGES – FEAR

Having worked with languages most of my life, I am very conscious of the fact that our thinking is based on the language in which we think. I can see now that I had to move to Spain and start to learn the Spanish language in order to understand some very important things in a new way.

In Spanish they have two words for “to be”. One is *Ser* which means what you truly are, such as a woman/man etc. The other is *Estar* which means what you are in the process of doing, such as “*estoy aqui*” meaning “I am here” (but I will not be here in an hour). They also say “*tengo miedo*” meaning “I am afraid” but what they are actually saying is that I have/hold fear. This is also the case in German “*ich habe Angst*”.

And now we come to the question of fear. In English and the Scandinavian languages we say “I am afraid” which signifies a sort of identification with the concept. For me that

is important, since if I have to let go of my fear, in Spanish and German, you can drop it whereas in English and Scandinavian languages it feels much more like having to let go of part of your identity.

The two words for “to be” are also essential particularly to my understanding of ACIM where the core of me, “ser”, is my true identity in All That IS and “estar” is what I am doing here on earth.

LATE WINTER (1984)

The sun is fighting a winning battle with the clouds and the mist revealing the remains of winter.

Rubbish in the ditches along the road, blue beer cans try in vain to make a show of themselves against the withered grass and the earth which is resting pregnant and just waits to release all its lodgers when the frost has broken up.

The twigs show that it is windy but inside the car it is only like on the tele. All fragrance and emotions are shut out by the wonder of technology which is gliding along almost imperceptibly on the road which is almost straight to start with but later most of all reminds me of a serpent writhing in agony among houses and farms, many of which are empty and waiting for their owners who, at the moment are busy with more important things than being where something truly important is going on: in nature. After all, you have to make money among other things to pay for the summer cottage.

But my friend and I, who are lucky enough, or take the opportunity, we watch and enjoy.

More and larger rocks grow out of the landscape and the road-serpent writhes on until the sea appears. Getting out of the car is almost a shock as the wind attacks me— it has been almost the sole sovereign here.

A walk into the house that has been there for so long, built by caring hands and thoughts and which has undoubtedly

resulted in sore backs and hands during the delivery. But what a beautiful child it became!

We civilized ones have to protect ourselves with gloves and all against the present cold, but what a wonderful feeling to go out into the sunshine with the wind against our backs. All the small houses look so pensive as they are lying there immersed in their own private house thoughts.

The buds on trees and bushes are almost pulsating with their innate desire to burst. Straight in front of us is a high rock from where you must have a glorious view. Who can resist that? On my way up, I am overwhelmed by the sight of moss and lichen. No maker of textiles can ever hope to produce anything so perfect with such richness in shades and shapes. In order to be complete, it simply has to look like this.

The view keeps the promise of my expectations. Breathtaking! The wind bites my ears and nose, the sea smells of late winter, islands and islet rocks are like resting content whales enjoying the sun just as we are.

My lungs fill to the breaking point. Has anyone ever died from oxygen poisoning? If this should happen in a place like this, it would be a lovely death.

The wind steals the words from our lips and hurries off with them like a magpie with a silver spoon.

I wonder what it wants with them and where it is going to hide them? They only rarely reach our ears.

But that is alright. In fact no words are needed here. On the contrary, our attempts at making sounds are almost sacrilege.

When eyes, skin and nose have had their fill, we walk on down to the beach. In one place turned towards the sun we are almost sheltered from the wind. How wonderful to place your bottom on the almost warm boulder and just be with your face in the sun and a good friend at your side.

When your behind is tired of the feeling of stone, we walk

on along the beach with the shallow pools of water. That is just too tempting. Out there is the edge of the water enticing me with all its pebbles and shells, irresistible in spite of the mud that must be crossed. I wonder what my shoes think about me, exposing them to this. But they have to accept it, for I have to get out there. I just have to.

A bay of a few square yards and a depth that can be measured in a few inches has been framed with boulders put there by human hands but there are waves in spite of everything. Tiny perfect waves who desperately wish that they can make just one single somebody realize that they are the Atlantic Ocean - in capital letters.

They are just as conceited and impressive as a kitten of a few weeks with a tail like a bottlebrush arching its back and hissing while it walks sideways like a crab in an attempt to scare the wits out of big dogs and other devilry. It is so touching that you can only send them a smile telling them in your mind that you appreciate their brave endeavours. Who can expect more than anyone's best, not even of small waves.

Last year's long grass covers all tussocks like lovely long girl's hair. She must be really big, this girl, if there is only one. Or maybe there is a whole group of them standing there below us with only the tops of their heads visible and their hair combed into one beautiful wavy carpet. They must have been to the hairdresser to attain such perfect waves together.

I was right! What jeweller can invent ornaments as perfect as the sea and the shells when they cooperate.

Four, five shells tied together with seaweed with tiny baby shells in the middle. The joy warms my chest in an almost physical way.

We walk over the heads of the girls on our way back to the path along the water's edge and walk towards the sun again. Where the wind was cutting through everything before, we

are now almost sheltered. But perhaps it is only imagination or a comparison with what it was like out there.

A small squirrel is sitting on a branch in a tree by the path looking curiously at us with its beady eyes. Well, I guess they are not all that dangerous, those weird two-legged ones. We stop to have a friendly chat with him and he answers by squatting on his small behind with his front paws together in front of him speaking to us in his quiet squirrel language until it is no fun any longer and he turns his back on us and leaves us in lazy jumps.

A solitary bird chirps. You cannot call it singing yet, but – quite frankly – is there all that much to sing about just now when it is so bloody cold at night and you have to sit with naked feet and sleep in the open air?

It feels great to come indoors again where the wind cannot enter even if it tries its best.

It is peaceful. From the window the view is overwhelming. The water changes in hundreds of shades of blue and turquoise as a contrast to the more quiet colours of the granite and the lack of colours of the sky. Only the rays of the sun donate it an ethereal shimmer of celestial colours without names. My soul feels like the Dance of the celestial spirits in the opera *Orfeo y Euridice* by Gluck.

This day is a priceless jewel to take along in life and save for a rainy day.

#### LIGHT VERSUS DARKNESS (2000)

Once I was living at a place with a very wide view with only two houses as neighbours, no artificial light to disturb anything and nature all around me. I was contemplating the fact that light always wins and I thought, “If someone lights a candle as far away as I can see from here on a dark night with no moon, I will be able to see it quite clearly. But if, on a bright summer

day, someone lit a darkness the size of the candle flame, it would not even be noticeable.”

### LIKE MAGNETS

A friend of mine told me about someone she knew who had been raped five times. The rapists had been hiding behind doors, under her bed, behind trees. And being raped was the thing she feared most of all.

My friend then suggested to her that she should tell herself: From now on every man I meet wills me well. And then see what happened.

And lo and behold, she was never raped again.

Apparently we attract what we most fear and it manifests in our lives. So the waves, the vibrations, she/we send forth attract the corresponding experiences.

This means that our thoughts are not contained inside our skulls. Science always claims that what you cannot catch and measure, weigh or in other ways put into a cage, does not exist. But now these same scientists have found a cage for our thoughts: the EEG (the electro-encephalograph) which can catch the thought waves and put them on paper, and all of a sudden, they actually do exist – as if they had not been there all the time.

### LILACS AND BREAD (1962)

Once I lived in a place where there was a tiny bakery four houses down the road and one summer morning early, I walked to get some fresh rolls for breakfast. There were lilac bushes in the neighbour’s garden, full of huge clusters of pearly white and dark mauve flowers spreading their intoxicating fragrance. I enjoyed feeling the sun on my back inhaling the wonderful

scent of the flowers on my way to the bakery that smelled of newly baked bread.

When I returned with the sun in my face, a huge bag of hot rolls in my arms and walked through the cloud of delightful fragrance of the flowers, I felt almost faint with a sensuous joy beyond description.

### LION HUNT

There is a lovely story about a Sufi master who was invited to a lion hunt by the Maharajah and when they came back, the master was asked what it had been like. His answer was, "Marvellous!"

When asked how many lions they had shot, he answered, "We did not see any!"

### LITTLE LOCOMOTIVE

There had been a mistake in a valley in the Alps so that the presents for the children on the other side of the mountains had not been delivered and it was already the afternoon of Christmas Eve which is when Christmas is celebrated in the Alps.

All the big engines were busy transporting people back and forth to family and relatives so none of them had time to take care of the presents for the children. In an engine shed somewhere was a small old locomotive standing idle. Someone had the good idea to use this and everybody else was convinced that it was too weak and too old for the task.

Anyway, they decided to try it, so they put the old engine in front of the goods van and off it went.

As the old locomotive was struggling up the steep mountain side, it kept saying to itself, "I think I can, I think I can, I think

I can..." over and over again. All the large and shiny engines passed it on the way and laughed at it saying, "Who do you think you are!" But the small engine did not mind, it only kept repeating, "I think I can, I think I can".

At long last it came to the top of the pass and everything became much easier. And on the way down it said to itself, "I knew I could, I knew I could, I knew I could..."

### LITTLE PRINCE'S LAMB

The Little Prince is a lovely story by Antoine de Saint-Exupéry where he tells us about his experience as a pilot who crashed his tiny airplane in the desert and while he was repairing it encountered a small boy, the little prince, who wanted him to draw him a lamb. In his exasperation at being disturbed he complied and, after several attempts resigned himself to drawing a box telling the little prince that his lamb was inside. The little prince replied, "This is just what I wanted, have you seen, it has fallen asleep?"

The little prince even encounters a fox who gives him the present of his wisdom: It is only with your heart that you can see clearly. What is important is invisible to the eyes.

I often remind myself of this. Never judge anything from what you perceive from the surface, always look behind the appearance.

### LONE TREE

Sometimes when you are out walking in nature or maybe when driving along, you see a huge tree standing all on its own in the middle of a field or a glade. Have you ever thought why this tree is so perfect?

It is because there has been nothing near it to protect it



from the wind and the rain. Its branches have grown to their maximum length and beauty unfettered by anything, so if you walk around it, it is perfect from all sides.

In the forest where the trees are very close together, you never see a perfect tree like that.

#### LONGEST JOURNEY

A wise old Indian once said, “Brother, the longest journey you will ever undertake is the one from your head to your heart.”

And was he ever right.

#### LOOK IN THE RIGHT PLACE

One night a man was out walking and met another man who was obviously looking for something under the street light. The first man stopped and asked what he was looking for.

The answer was: “The key to my door”.

“Are you sure that this is where you lost it?” asked the one.

“No, I lost it over there where it is dark, but it is easier to search here where it is light”.

This has often reminded me to remember to look in the right place. Which is not always easy.

#### LOVE – I

If you at an early age decided that “love” was round and red, you would not recognize a blue square or a green triangle given to you by someone whose definition of love was a blue square or a green triangle.

Stretch your comfort zone and allow more light into what you “firmly” believe.

Many opportunities to recognize and receive love are wasted because we fail to acknowledge what is right in front of us.

## LOVE - II

Love is not an emotion but a chosen state of mind. If we let go of our fear of each other, the vacuum within us where the fear was, automatically fills with love, because LOVE is who we really are. And the more we practise this, the more it proves itself to us. By changing our attitude, we feel better inside, so we dare try it again, and it proves itself once more in an ever-growing upward spiral.

It is a very inspiring and exiting hobby. The better we become at it, the happier we feel inside ourselves.

Why not try? It does not hurt – it is happifying.

## LOVE FOR MY LOVER (1982)

Love for my lover.

The one so tied by your bonds  
is me.

Love for my lover.

The one made so pathetic by your bonds  
is me.

Love for my lover.

The one made so ridiculous by your bonds  
is me.

Love for my lover.

The one made so dependent on your bonds  
is me.

Love of my lover.

The one made so strong by your bonds  
is me.

Love of my lover.

The one made so free by your bonds  
is me.

Love of my lover.

The one who does not live without your bonds  
is me.

#### MAHATMA GANDHI – I

Once a man said to Mahatma Gandhi that acting the way he wanted to was only an eye for an eye, to which Gandhi answered, "Yes, but an eye for an eye only makes the whole world blind."

#### MAHATMA GANDHI – II

During one of the terrible strifes between Hindues and Moslems in India, Gandhi was fasting – even until death – to make the fighting stop. Some Hindu men came up to his bed to talk him out of this, and one man threw a piece of bread on his bed weeping, saying, "Eat! I am going to hell but not with your death on my soul!"

Gandhi asked, "Why are you going to hell?" and the man answered, "I killed a child! I smashed his head against a wall. The Moslems killed my little boy!"

Mahatma Gandhi answered, "I know a way out of hell. You find a small boy whose parents have been killed, about the size of your son and take him into your home. Only make sure that he is a Moslem and that you raise him as such."

#### MAHATMA GANDHI –III

Once Mahatma Gandhi was very severely beaten by a British

police officer and someone advised him to press charges but Gandhi answered, “No, this man was only doing what he was convinced was right, so I cannot judge him.”

### MARRIAGE VOWS

The marriage vows in English speaking countries include the words: “What God has joined let no man put asunder”.

To me this means very much more than just the two people getting married. To me what God has created as one – His Son – let no ego tear apart.

### MEANING OF LIFE

I once read a story about an institute dedicated to peace and understanding between peoples situated on Crete in a place where a horrible massacre of both German soldiers and local villagers had taken place during World War II. From this institute the memorials for both the Cretans and the Germans are visible, and the site is very important.

The instigator of the institute was convinced that if the Cretans and the Germans could learn to forgive each other, everybody else could do the same.

Being asked about the meaning of life, he took a small round mirror from his wallet and said, “I lived up that road when I was a child during the war and one day I found the pieces of a mirror from a German motorcycle which had crashed there. First I tried to find the other pieces and I could not. But I kept the biggest one and scratched in on a stone, so that it became round and smooth. I played with the sunlight in this mirror and was fascinated by the fact that thereby I was able to see into dark places where the sun would otherwise never reach.

For many years while I was growing up this was a favorite

pastime of mine, but when I became an adult, I understood that this was a metaphor for what I could do with my life. I am not the light or the source of light – but light, truth, understanding, knowledge - are there and will only become visible if I reflect it.

I do not know the shape of the mirror that I am in the world but with what I am I can reflect light into the dark places in the hearts of men, and change some things in some people. And maybe others may see and do the same. This is the meaning of my life.”

#### MEDGAR EVERS

Afroamerican civil rights advocate Medgar Evers once said:  
 “Do not waste your life hating, for you only hurt yourself as most of the people you hate do not know about it and the others do not care.”

#### MEETING A COURSE IN MIRACLES (1988)

My experience in life has been that things turn up when they are most needed. This is most definitely true concerning A Course in Miracles which is a self-study course in getting to know yourself.

What impressed me about this book was that, first of all, there is no guru, no organization, no priests, only yourself. It also claims to be only one of many ways to All That IS, which I appreciate very much, since most other forms of “religion” or philosophy claim to have “the one and only God” in a little box whereas everybody is wrong who does not follow their creed and has another image of All That IS.

So living with the Course is a path towards knowing the core of who I am and finding out that I am truly “a child of God”, that is to say my spirit is an expression of the Divine.

For me it is part of my daily life, trying to clean out the trash from inside myself and thereby become better at seeing my brothers in a truer light, finding out that we are in fact one.

A very happifying and very demanding job that I choose to do for myself.

#### MIRACLE OF SPEECH

Have you ever thought about the miracle that we are able to speak to each other – and be understood?

How does that happen? I hold a picture of a black cat in my mind, position my lips and tongue and blow air across and through this. Air molecules are pushed along from my mouth to your ear and your ear drum starts vibrating and – wonder of wonders – you conjure up a picture of a black cat in your mind.

Is that not a miracle? And we take it all for granted.

#### MISTAKEN IDENTITY

During my entire life I have lived with a mistaken identity. I believed that the more I was able to feel, to react, to think, to feel (=create) pain, the more “human” I was and, searching for my humanness, my identity, then ensured that I would not find “me” because all this is the smokescreen hiding “me” from me, my ego hiding the face of Christ, the “I am” = “part of God is who I am”.

So, in my search for God = the Kingdom of Heaven, I have also the whole time been looking for who I am myself. If I feel a lot of pain, the more the “others” will accept and see me = the more “somebody” I become. So if I create a large “pain body”, the more worthy and human I am.

But I have noticed that everybody else is doing the same: Look at me! I suffer, so I am!

Therefore, it becomes a competition in suffering, or achieving, being better/ worse than, just a competition in who can create the biggest “something” = ego, which is also the veil which covers and hides who I really am (who we really are) and whom All That Is has never forgotten even though I/we have.

#### MORE ALONE

Many years ago I read a poem about a couple. The stanzas were very short and described their relationship from the day they met, fell in love, married and ...

The last stanza was: two in a room – more alone because they are two.

This was a true description of my parents’ marriage and it really scared me. I was convinced that this was the way marriages were. And even if I was married myself, this was all the time at the back of my mind.

Now, at long last, I have seen and experienced that it does not have to be that way.

#### A MORNING IN MY LIFE (1967)

The sun shines directly into my face at the breakfast table. It is late summer. Wonderful that the kids have started school again. It is possible to follow the changes of the days so exactly when you see nature at the same time every morning. I have talked with the kids and kept an eye on the clock.

Outside is only about 10 degrees centigrade but there is hardly a cloud in the sky and the sun has risen over the tree tops.

On naked feet I see and experience in a new and intense way. Dew like a dense mist on the tiniest leaves and cobwebs hang like heavy chains of microscopic moonstones. My toes are cold from the dew in the short grass. Is it uncomfortable or

wonderful? It is cool among the firs. The sharp gravel wakes the soles of my feet to new life so that the last sleepiness disappears from my eyes.

The heather and the late buttercups shine in the first sunrays that hit the ground. There are unusually many peacock-eyes this year. The trees are quiet and silent. Just imagine that so many shades of green are possible. Through the fir tops the sky is glittering blue, limitless crystal without reflexes.

Hundreds of long narrow cones remind me of copper that needs a shine. The rays of the sun are in fact golden yellow. The clover leaves have not yet unfolded after the cold of the night. They look like velvet and brocade in the soft golden light. The trunks of the pines are ruddy brown like a teak table in the home of a scrupulous housewife.

The tail of the dog is waving high and morning-happy about fifty metres in front of me. The cat's fur is black satin. He turns around. His nose is like the petals of the pink bindweed. His yellow-green eyes peer in cross-eyed friendship at me as he comes up to me to be placed like a collar round my neck.

One pair of white paws dangles from each of my shoulders. Lazy guy! No fur collar is as good and warm as a confident and happy cat.

The pond is silent. So silent that you can hear it. The large boulders break the surface and become symmetrical with their own reflections among the water-lilies. A green woodpecker screeches loudly and sails in colourful waves from one edge of the woods to the other in the weird characteristic flight of the woodpeckers. Swells on the Atlantic.

I wave goodbye to the kids in the school car. When I walk back, the ground is almost dry on one side of the gravel road. The contours of grass and flowers on the eastern edge of the road are still moist in the red granite gravel. Now the feeling is almost exclusively agreeable in my feet. The ground is not



so cold any more.

I turn my head and stare at the edge of the forest to the west. The sun moves down the trunks over there. The trees glide past each other in a calm, complicated and dignified dance in a huge ballroom with innumerable dancers. Everything only moves in relation to the speed of my feet. A pool of water.

A slight shiver. Nice but distracting. Because I no longer look at them, the trees have stopped dancing.

A slight breath of wind makes the pine needles sing quietly against each other.

The fragrance of coffee permeates my farm kitchen. It is the end of August.

#### A MORNING IN MY LIFE IN THE FOREST (1968)

There is mist among the trees. The air feels saturated with humidity. Softly caressing my cheek. And yet my body shivers while my face feels delight. The grass has lost its seeds. On every tiny straw is a heavy round drop of water. In each tiny sphere is a world upside down. Large pools of water on the road. All the small and bigger pebbles are luminous with their own individual colour in the moisture.

The smell of autumn. Toadstools appear on the ground in the forest every night. Fly agarics fluorescent red with thick white spots. Each individual tree becomes visible because of the mist. The forest is new and enticing in a different way. Bewitching. The fruits of St. John's wort are shining in warm browns and deep reds. Some might associate with schnaps.

Some tiny angels have burglarised the Good Lord's treasury and spread gold coins on the birches.

The small pond behind the neighbour's barn is like a shiny polished plate of steel surrounded by silent birch trees. A tiny hole appears in the mist. A narrow ray of sunlight like a vibrant

note of a flute hits a wild cherry tree which explodes in red, golden and yellow.

At home one half of the stables is waiting for me, where the chickens have run about all summer.

Now this has to be cleaned out so that we can build a box for the two goatlings before the winter's cold. The broom has disappeared up into the hayloft where the boys left it after an attack of cleaning mania.

The shovels and the wheelbarrow have been resting for a couple of weeks beside the tennis-court-to-be. But enough is enough. The two handles of the tools make a very special energy-encouraging melody against the metal edge of the wheelbarrow as the almost threadbare rubber tyre of the barrow bumps over the grass-wet rocks and the bulges in the ground. Just think what you miss on an asphalt road. Two of the cats come rushing. They simply cannot imagine that anything can happen without their supervision.

The floor of the stable looks overwhelming but there is only one thing to do. Go on - if anything is going to come of this. The chickens come darting from wherever to find out what I think I am doing in the quiet of the morning. The shovel screeches and complains on the cement floor and stops abruptly with a jolt in my wrist. Ouch... ! Exactly here they did not cover the stones in the floor when they spread the cement. The chickens cluck and cackle loudly to tell me that they would not mind in the very least if I took my silly shovel and left. It was quite nice here as it was, wasn't it?

After about half an hour and a correspondingly sore back I almost feel like agreeing with them. But then I am suddenly overwhelmed by joy. The large plank that was lying from the floor to the high threshold out to the dunghill has to be moved so that I can sweep. Under it is an empty chrysalis hanging upside down. The butterfly has forgotten to close the zipper at

the back when it left, but I must say that I understand it. The chrysalis seems a boring greyish brown until I use my eyes a little better. It has the most intricate lovely pattern, almost as pretty as the butterfly itself only more discreet. It is amazing that so much beauty exists without it having been perceived through an eye and a brain. It just is. We are the ones who have to search for it. In itself it is indifferent. The eye is the catalyst that activates the brain.

The chrysalis helped me through the last difficult square metres. And then just one look at the single tiny chicken which hatched four days ago in a deep wooden box on the floor. Now both it and its mother have been moved to the old maternity ward above the nests. When we lifted the mother, the teeny creature clung to the feathers on her belly. How fantastic that it can do that. One deep breath.

One hand through my hair to remove most of the dust and cobwebs before meeting the comb later on.

One last satisfied look around on the finished job. Not bad.

The mist caresses my cheek on my way back to the house.

#### MOTHER TERESA

This unusual woman was quite rightly awarded the Nobel Peace Prize but what impressed me most was that she went to the committee and asked that the celebration dinner be cancelled and she be given the money thus saved so that she could help more poor people in India.

Food for thought?!

#### MOULTING

What we feel when we look into ourselves and try to change our picture of what the world is, our experience can be

compared to what is going on within a snake that is moulting or shedding. And until you have established a new foundation to stand on, so to speak, you will feel dizzy and vulnerable. But widening the angle of your blinkers is a good thing even if it throws you off balance for a while. And the world looks different to you afterwards.

#### MUDSLINGING (2004)

I see a huge cupola of darkness under which is an enormous knee-deep pool of sticky, stinking mud.

Everyone on earth is standing in the dark here believing it is the real world and desperately trying to become clean by scooping the mud off himself and throwing it onto somebody else. We do not realize that this mud (guilt, shame, blame, doubt, anger, fear) is one and the same no matter who it clings to, no matter who throws it and no matter who it hits. We also do not know that the entire circumference is open leading out to showers that will rinse it all off so we have the choice of staying inside continuing to throw mud or going outside to help each other clean off the shit. On the other side of the showers is the clean and wondrous Kingdom of Heaven, the peace that is experienced after we find out that the mud was dirt and not reality.

#### NAMASTE

In the gospel of Saint Luke (chapter 17 verse 21), Jesus is asked: Where is the Kingdom of Heaven and he answers: You cannot say that is over there or that is right here, for the Kingdom of Heaven is within you.

Thai professor Art-ong Jumsai says the same. We are not our body but we use it. Inside us is what he calls "the knower"

that we can consult when we need advice in our lives.

In large parts of India people greet each other by gathering their hands in front of them saying Namaste which means the divine spark within me acknowledges and greets the divine spark within you. So we are one.

To me it is wonderful that the same thing has been said in many different ways in such different places.

And the truth is that it is only when we go within that we find this gift. It is nowhere else to be found.

#### NAME OF THE ROSE

The Name of the Rose is a film in which an emissary comes to a monastery to solve the deaths of some of the monks. He finds that all the dead people have spots on their fingers, the explanation to the mystery being that they had been reading a forbidden book from the library. The pages had been poisoned by the abbot so that the message of the book would not be spread.

The message so dangerous that it had to be kept secret was: God wants us to be happy, God wants us to rejoice in our lives and His love.

For, as the abbot says, "If people realized this, we would not be needed any more. If people knew that God wants them to be happy, our message of fear and doom would be useless. Therefore, for our sakes - and not for God's - it has to be kept secret!"

#### NEW SON

A young Indian was sitting in anguish outside the tippee waiting for his sentence. In a fight he had stabbed another young man to death and now the council and the family of

the deceased were inside deciding his future.

The mother, the father, the brothers and sisters all said, “Kill him!” and the discussion continued for several hours.

At last the old chief said, “If we do kill him, will that bring our beloved young friend back to life again?”

And they went on discussing for a long time until finally they called in the young guy who stood just inside the tipi awaiting their decision. The chief said, “Do you see those horses over there? They are yours now. Do you see that tipi over there? That is yours now. They used to belong to the man you killed. We have decided that killing you will not improve anything, so we now choose you as our son to replace the one you killed.”

Over the years this young man proved to be the most devoted and loving son anyone could ever wish for.

#### NIZAM – AIKIDO (1976)

When I was training aikido, I once had to take two consecutive steps with the same foot and I found that so difficult that I said to my friend and trainer, “I cannot do that, there is something wrong with my foot.”

He smiled his beautiful smile answering, “My friend, there is nothing wrong with your foot, it is in your head!”

#### NO (1994)

A middle-aged lady wanted help in her relationship with her husband who was very domineering. It turned out that she never said the word No, that she had never in her life uttered that sound. The advice she was given was: “Be honest with yourself, say No when that is what you truly mean. Do not compromise because then you are in fact lying.”

So she started by writing notes for herself on pieces of paper which she put up on the walls of her home with the words “No”, “I will” and “I won’t”, thus training herself in the difficult task of standing up for herself.

Eventually her marriage broke up because he was not able to cope with her sudden strength but she was able to create a better life for herself and their daughter and thereby even become a better role model for the little girl. She retained a close friendship with her former husband who came to respect her in a way he never had before.

### NOBODY

Somebody once said that if you criticize the parent in front of its child, you change who the child is.

When I grew up, both my parents criticized the other to me and sent me with messages between them because they apparently did not want to / dare to contact each other directly. I remember hating my father when I talked with my mother and hating her when I talked to my father. I also remember feeling like a no-body between them.

So for a long time I tried to become somebody instead of a no-body, but finally I started to build a yesbody of myself in life – a yes to who I am, not a body, but a yes to life. The life that is me on the earth at this time.

### NO ENVY IN NATURE

Everything in nature just grows. A tulip tries to be the most beautiful tulip in the world, the oak tree strives to become the most beautiful oak, but the tulip never envies the oak for being an oak.

Envy was invented by human beings. And we can un-invent

it if we so choose.

### NO OBJECTIVE REALITY

Science has proved that there is no such thing as objective reality, that is to say a reality which we can observe without influencing it. When you try to observe matter at the quantum level, you discover that there is an interaction between the observer and the observed.

This is extremely important since it shows our importance in the world. What we see, and what we think does in actual fact influence our surroundings on a physical level as well as it affects us ourselves. So we need to take responsibility for our lives all the way to the way we think, not only the way we speak and act, because at some level our thoughts make an impact that we are not even aware of.

### OLE (1975)

One day my son Ole who hated wearing shoes said to me, "Mum, have you ever thought about the fact that if you are wearing shoes, the whole world is covered in leather?"

### OMNIPRESENCE OF WATER

One of my favourite books is Siddharta by Herman Hesse. In this story, the seeker Siddharta comes to a river where he meets an old ferryman named Vasudeva who tells him why he loves the river.

He says, "Look at the river, it is always changing, it is never the same, it is always the same.

Everything changes, everything returns. You can never enter the same river twice because the water is never the same from



moment to moment. The water is everywhere. It is in the river, it is in the springs and the rivulets in the mountains, it is in the ocean, it is in the clouds and the rain. It is everywhere.”

When the rain drop touches the sea, it embraces the ocean.

Is the ice cube afraid of melting? Has it forgotten its true identity as water?

In the book Dialogue on Awakening it says that I/ we all are exactly like that. Our true Being which is the perfect expression and extension of All That IS – is everywhere always. That is why we are one.

That is why there is no way we can ever be apart.

This means that as I allow my belief system to expand, my experience of life in its entirety, of the ever-present everlasting Now will expand accordingly.

This is a breathtaking thought – the responsibility is enormous but so are the rewards.

PAIN (2004)

Most of my life I have been trying to run away from both physical and emotional pain, believing that was the way to handle it. Then I thought to myself, “Maybe the way to cope with this is to stop, turn around and challenge it, to fight it and thereby conquer it”.

I tried that for quite a while and what happened was that the pain increased. I now see that as I fought it, I made it real in my reality, there was actually something there to fight with, and so there was!

When I read The Power of Now by Eckhart Tolle, I thought to myself that this was a new approach and that I would try it out. So I did. I decided to be like the woman in the milk add who was just watching the river flow by. And my pain body replied in no uncertain terms. Within a few days half my face

was swollen with what could be diagnosed as a dental abscess but which I gave another name. And the wonderful thing was that as I practised being in the now, in the cracks between the thoughts, I hardly felt any pain even if my face was swollen.

Since this apparently did not work too well for my pain-body, the swelling subsided and another approach was tried out which has worked beautifully over the years: thromboses in my leg. But as with my face, I hardly feel any pain in my leg even if it should be very painful judging by appearances.

This is a very interesting experience and I am practising being a living acceptance of what apparently is. And experiencing the peace that I choose every single Now.

#### PAULA

Paula was the daughter of Chilean writer Isabel Allende and as an adult she was taken seriously ill and was in a coma for one year before she passed away and her mother was with her all the time, the last few months in her home in California. Later the granddaughter of Isabel was born in the same bed in which Paula had died. To Isabel Allende this implied a revelation since the experiences of death and birth were identical, the same stillness, the same feeling of holiness, so Isabel realized that the horrible ordeal of Paula's coma had in fact been a gift in order for her to have this experience.

When Isabel received her granddaughter into her hands from the body of the mother, she almost said to the child, "Please tell me how it is before you forget!" because she realized that our souls are just traveling and dying and being born are only stations on the way.

#### PEACE

This world of ours contains no peace that cannot be changed into war which, to me, means that it is not truly peace but only truce.

However, peace can be found in the Kingdom of Heaven inside us. I have discovered that if I go inside myself, that is I imagine a staircase leading from my third eye into my body, I can find the inner peace I have been searching for all my life, the peace that is not “not-war” but “no-war”, since where there is peace, there can be no war. Where there is dichotomy, there can be no peace.

Peace means no contradiction

Peace means acceptance

Peace means at-one-ment.

Peace has no opposite – peace just IS

Where there is peace there is joy

Where there is joy there is love

Where there is love there is peace

Have you ever heard worse words than “arms race” and “terror balance”? These are what we use in communication with our brothers and sisters.

We need to change – our minds - our thoughts - our words - our actions. And take responsibility for that.

#### PETER, 5 YEARS

A small boy by the name of Peter had a baby brother when he was five years old. When his mother came home with the new child, Peter insisted on being left alone with his brother but his parents were a little apprehensive about this, so they left the door ajar and stayed outside to find out what was going on.

Peter went up to the crib and said, “Hi, I am Peter your big brother and I want you to tell me about God, because I am beginning to forget.”

### PICTURE OF FORGIVENESS

Having pictures in my mind of important issues is a hobby of mine and I found one in the movie *The Bridges of Madison County* where the photographer Kincaid picks a bouquet of wild flowers for Francesca and her reaction is to tell him that they are poisonous. He immediately lets them fall to the ground, whereupon she bends over laughing because it was just a joke.

But for me that scene illustrates exactly what forgiveness is about: you have to drop your concept of something completely. It is no use if you keep an elastic string attached to it so that you can haul it in when you feel like it. You have to let go – totally - or you have not truly forgiven.

### POINTING YOUR FINGER(2003)

For several years I had known that if I point my finger at someone else, three fingers are in fact pointing back at myself.

One day it dawned on me that, not only is this true, but the three fingers each has its own message to me, what I call the three Rs.

My little finger says: Respect myself.

My ring finger says: Respect everybody else.

My middle finger says: be Responsible for all my thoughts, words and actions.

And my thumb points upwards as my aerial to the ever-present Spirit of All That IS.

This is very important since it is not enough to change my actions or even my words, if my thoughts say something else. It is only at the level of thought that I can truly be responsible and change. It is also important to remember that I am not the

only one to experience the effects of my thoughts.

### POOH STICKS (2003)

On Spanish TV there is an add for a special type of milk with an addition of Omega 3 which is supposed to prevent the forming of thromboses in the blood stream.

The add is a crystal-clear river flowing rapidly through a lovely forest and an old tree trunk being carried along the water while a beautiful lady bends over a wall along the river bank watching the trunk passing by.

This reminds me of the game that Winnie the Pooh and his friend Piglet are playing in their forest where they stand on a bridge across the river and throw sticks into the water and then run to the other side of the bridge to see whose stick comes first.

The thought came to me that this is the way it is possible to handle emotions and situations. If I am brave and stand up to whatever-it-is, if I choose to fight it, then I make it real and thereby prove to myself that there was something to fight. But if, on the other hand, I choose to detach myself from it, that is stand on the river bank and watch it pass, without judging it as either good or bad, then I can find peace right then and there. But I have to remember not to fight – just to be.

### POWERLESSNESS (2003)

This concept of power is strange, because if you give your power away, you are and feel powerless.

And this powerlessness has many forms of expression, all of which are based on fear. "If I am powerless I have to defend myself," we say to ourselves.

So we give our power away to our elders, to our authorities, all over the place.

And the funny thing is that we even give our power away

when we, at best, express love. We give our power away to our sex partner because the power to provide us with enjoyment, a feeling of being worthy, of being lovable, of the fulfillment we all seek, has been given into the hands of another person.

This is rather confusing but I think it is important to remember that our own personal power should not be given away and that two people who are aware of their own power have more to give to each other.

### POWER WE SEEK

The aim is to feel superior to somebody in the world in which we live. In the film *Mississippi Burning*,

Gene Hackman tells about his childhood as a poor boy in the south. His family had a neighbour who was black and a very competent farmer. This man was the only one who owned a mule there and all the poor whites were envious of him. One day the mule died, poisoned, and Gene was convinced that his father had done it. The father remarked, "If you cannot feel superior to a black man, then who can you feel superior to?"

The idea is that if I can scare somebody else – which means that someone else is afraid of me – then I must be stronger. The proof is there.

It is only when you feel weak and vulnerable that you need to scare others in order to feel powerful.

But when you turn inwards to find your inner strength, you will find an infinite supply of power that you need not prove by comparing yourself to others. Your strength is there no matter what, and you are strong enough to let others be exactly as they are, because you do not see them as threatening any more.

### PRAYER

Dear God

show me the light at the centre of my brothers

show me the light at the centre of myself  
show me the light at the centre of the world  
where I see guilt, show me innocence  
where I focus on mistakes  
show me how to focus on the efforts at good  
help me have faith in the goodness of others  
help me have faith in Your spirit within me  
thus may darkness be cast out  
may I cleave to the light that is in my heart.  
This is my prayer.  
May I see the light in everyone.  
Amen

#### PRECONCEIVED IDEAS

A man was out in his car late at night in a deserted area with very few houses. He had a flat tyre and found out that he had left his jack at home. Now what!? In the distance he saw a light and started to walk towards it while at the same time he began to wonder what kind of reception he would be getting ringing somebody's doorbell so late.

Over and over he imagined someone who was very angry and upset, and he started to react in his mind so when at last he reached the house and the door was opened, his words were, "I don't need your stupid jack!"

#### RE-ACTION

Very often we search our memories to try to find ways to behave in the situations we encounter in our lives. It is as if we look for shapes to fit into the puzzle we think we are seeing and when we have found a form that seems to fit, then we react to the experience we have had and thus re-act or re-en-act an old pattern rather than being open-minded enough to see the present situation and the people involved as they truly are in

the present moment.

### RED THREAD

On Crete by the city of Knossos was a labyrinth in which lived a monster named Minotaurus. Every year 12 young virgins of both sexes were sacrificed to this monster.

One year the love of Ariadne was chosen for the sacrifice, but the girl gave him a clue of red thread to tie to the entrance of the labyrinth so that he could find his way out again.

This is the origin of the expression “the red thread” in books, etc, that we still use today.

### RELIGION (1946)

My father was a very devout church-going Christian and of course he wanted to share this fundamental faith of his life with me but I had a very hard time coming to terms with a God who had visiting hours at specific places on specific days, so we had a lot of discussions and I do not think we ever came to an agreement about anything concerning religion. But I was forced to find out what I believed and thought and that was very healthy for me, both at the time and later on in life.

I became an angry agnostic and it was only many years later that I understood that it is impossible to reject something that you do not believe exists. And the wonderful thing is that God is not concerned with time, so He just waited me out until I was ready to come to Him.

### RE-MEMBER

Have you ever thought about the fact that when we say we “remember” something what we are actually saying “I am



putting the limbs back onto the torso”. If this is possible, it must have been possible to “dis-member” it in the first place. And who knows if what I put back on is what was there to begin with? The result may not look at all like what was there to start with.

Often what we think we remember is made up of loose ends, bits and pieces, that we think belong together but do not. So it is important not to put too much confidence into what we think we recall.

### RESONANCE

Resonance is a strange phenomenon, it implies that when a wave of a certain wavelength meets another of identical wavelength, this amplifies it so that it doubles and if you continue this, weird things happen.

Roman soldiers found that out the hard way. When they were marching across a bridge and the vibrations they caused coincided with the natural wave length of the bridge, it started to swing and finally crumbled. Therefore they learned to walk out of step on bridges.

This phenomenon is also true when it comes to thoughts and ideas so when you hear something that “resonates” with you, it is amplifying something within yourself that is important to you and you should listen to it.

### RESOURCEFULNESS – I (1958)

One time I was baking a cake and since we were a large family, I had multiplied the quantities of the recipe by four. I put the tin in the oven and after the 20 minutes that it said in the recipe, I took it out and put it on a grill, completely forgetting that this baking time was for one fourth of the quantity. So –

out poured the contents of the outer shell which was actually done a lovely brown.

Crisis! I was too miserly to throw it away and I had to do some quick thinking. So I took the fluid contents and mixed them with cocoa and poured them back in and replaced the tin in the oven, this time taking care to check that it was completely done.

And I received a lot of praise for this wonderful cake.

#### RESOURCEFULNESS – II 1974)

When we lived in the forest, I was translating books for a publishing firm in Denmark and as my mother had taught me to knit and read at the same time, I was always knitting while I read through a new book before the actual translating work. And I contributed to the family economy by selling sweaters - which was gratifying at the same time as I enjoyed what I was doing.

One time someone had ordered a woolly made of white lambs wool with a pattern that covered almost the entire sweater and was knitted in three different colours, the white, a grey and a dark brown, the natural colours of the sheep. When it was almost finished with only about one hour's work left to do, we were having tea and a cup overturned and splashed all over my beautiful job! Now what!! Tea stains are impossible to remove and I had promised the lady the sweater the following day.

So – I made a big saucepan of tea and when it had cooled, I dipped the sweater in it. The lady was thrilled to bits to have a golden sweater in a hue nobody had ever seen before. But the stain disappeared!

## RESPONSIBILITY

For many years I lived by the conviction that if I was feeling bad, it was because somebody else had made me feel bad. Someone else was responsible for the way I was feeling.

I know that this attitude is very common but it does not make it any more true. I feel the way I feel no matter what you do – this is very tough to learn because it is easier to throw the responsibility onto someone else. But the responsibility for how I feel is still exclusively mine. And the responsibility for how I act in all situations is also mine.

Like all the most important things in life this is very simple, a question of yes or no – but oh so hard to accomplish.

## REST OF YOUR LIFE

Please do not forget that today is the first day of the rest of your life.

What you are going to do with it will shape the rest of your life.

Every day – no exceptions.

## RUBBISH TRUCK (2003)

One night I as usual had to go to the loo a couple of times, and every time I woke up to go there, I remembered the dream I had been dreaming. Just a lot of loose ends, bits and pieces of nothing, silly half sentences with no connection to anything. Just a load of trash.

I had no idea why I remembered that dream, since I very rarely remember my dreams anyway.

But the explanation was forthcoming. As I was enjoying my usual couple of hours between sleep and waking, I suddenly “saw” a huge rubbish truck driving off with all my trash to the

garbage dump where it disposed of it all. I could even identify a lot of the trash from my dream and I felt so very relieved when I watched it all being left in the right place. The rubbish dump.

#### RUBIN HURRICANE CARTER – I

Rubin “Hurricane” Carter is a black American prize fighter who was convicted for three murders he did not commit. A film with Denzel Washington has been made about his life and the way he was eventually released. On the Oprah show Rubin Carter says the following memorable things:

“When I was sentenced to prison for triple life, barely escaping the electric chair, there was nothing I had to hold on to. I lost my family, my wife, my children. Everything was gone, just gone. I hated everybody and that hate began to eat me up.

I am joyous today. There is no yesterday for me, there is only now. I do everything I can every single moment, every moment I do all that I can. This morning when my beautiful angel, my wife, touched me saying: “Rube, it is time to get up, baby”, my eyes popped open, life force flowed through my body and I said: “OK, 99% of the problem is solved: I woke up. Let us take care of the remaining 1%.”

One is never closer to the creator than one is in a garden. In prison I planted an onion in a jar, and the onion bloomed, it blossomed and it disappeared. That fascinated me. My garden is heaven. Each bud, each flower, I nurture them, I talk to them and they all talk back to me and they all smile and shine and it is so beautiful. I began treating myself as if I loved myself. I began sending myself four bouquets of flowers every week. If you love yourself, you will love everything else but, the point is, you have to know what love is, and if you do not love yourself, you do not know what love is.

No one can introduce you to your spirit but yourself. Spirit

is real, that is the only real thing that exists on this planet and you know, this is not the end, this is not the culmination, this is just the beginning.”

#### RUBIN HURRICANE CARTER – II

In a letter to a friend, Rubin writes that small doors often lead to big rooms. For me this has become very significant.

#### SAMANTHA

There is a fantastic lady in California, Samantha Khury, who - like Saint Francis of Assisi - sees all life as one and who lives her conviction. She has developed the ability to talk with the animals or rather have a two-way communication with them, mind-to-mind, and in this way she is a true peace-maker since she uses her capacity to harmonize the relationships between the animals and their owners.

Many more of her kind are needed in the world today, particularly when we consider the way we treat our co-beings on the earth as well as Mother Earth herself.

#### SANCTITY OF LIFE

Ever since I was very small I have always known that what is sacred is life itself no matter who is living it. All expressions of the life force are miraculous.

Therefore it is important to try to avoid hurting any life that we come into contact with. And if you have to kill in order to eat, never forget to thank the creature that gave its life so that you may live.

And talking about being thankful, a very good idea is to keep a thanks-giving journal in which you write down five

things every day for which you are thankful.

You may also choose the time after dinner at the table to let everyone present say thanks for things in life - my son and his family do that and it is happyfying.

This may make you more aware of how showered with gifts your life really is.

#### SAND CASTLES (2003)

When I look at the world around me and the strife and wars that are apparently going on, I often think of small boys who build castles in the sand on the beach. They go to great lengths to make them as magnificent as possible but sometimes they build them so close to the water's edge that when the tide turns, the water will inevitably destroy their work of art or else they trample all over them when they have to go home.

Do you also see the resemblance?

#### SAROYAN 1948)

When I finished school I was awarded a book of American plays as the best student of English in my class and in this I found the rules by which I lived a great many years of my life. It is the introduction to the play *In the Time of Your Life* by William Saroyan:

In the time of your life, live – so that in that good time there shall be no ugliness or death for yourself or for any life your life touches. Seek goodness everywhere, and when it is found, bring it out of its hiding-place and let it be free and unashamed, Place in matter and in flesh the least of the values, for these are the things that hold death and must pass away. Discover in all things that which shines and is beyond corruption. Encourage virtue in whatever heart it may have been driven into secrecy

and sorrow by the shame and terror of the world. Ignore the obvious, for it is unworthy of the clear eye and the kindly heart. Be the inferior of no man, nor of any man be the superior. Remember that every man is a variation of yourself. No man's guilt is not yours, nor is any man's innocence a thing apart.

Despise evil and ungodliness but not men of ungodliness or evil. These, understand. Have no shame in being kindly and gentle, but if the time comes in the time of your life to kill, kill and have no regret. In the time of your life, live – so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite delight and mystery of it.

#### SCAPEGOAT – WHIPPING BOY

The background of two very important concepts.

In the Jewish tradition, they choose a perfect white goat every year and the high priest places all the sins of the entire people on this animal and then they chase it off out into the desert taking all their sins with it.

So now they can start again. (My comment)

In olden days a poor boy was chosen as a companion for a prince. This boy was given the privilege of living at the castle, having sufficiently to eat and drink every day and even good clothes to wear. But the price he had to pay was heavy: Since somebody had to be punished for all the transgressions of the prince and it was not allowed to whip the prince, the “whipping boy” was punished in his place.

And thus justice had been done. (My comment)

#### SCIENCE

Have you ever noticed that all that our science finds is

descriptions. They have yet to find an explanation.

### SEAT OF THE SOUL

The Dancing Wu Li Masters is the first book by author Gary Zukav and here he tries to explain quantum mechanics to ordinary people like myself and a lot of it I actually do understand.

Among other things he claims that what we call ordinary light can be measured in two ways, as wave frequencies or as matter but never at the same time. One type of measurement excludes the other.

In his next book *The Seat of the Soul*, he concludes that the seat of the soul is at the place where this difference occurs. You may look at this as an hourglass where the point of intersection is the seat of the soul.

To me this is significant, since it implies that I have to choose which measurement I want to use regarding my fellow human beings. I can choose to see them as matter, solid things in the material world, or as light beings, as the frequencies which express their state of vibration, their existence as souls.

This applies to everything including the way I choose to see myself.

### SEESAW (1998)

A dear friend of mine once gave me the following piece of good advice:

If you feel attacked or abused by someone, hold a picture in your head of a seesaw. See the other person sitting on one end of the board but make sure that you yourself stay exactly in the middle, at the point of equilibrium. Because if you jump on the other end of the board, you only add to the force



that set the whole thing in motion to start with. So stay with equanimity in the centre and watch what is going on without getting involved.

### SELF-RIGHT-EOUSNESS

On an Oprah show with doc Phil McGraw, I watched an exercise the audience had to make. They faced each other and held each other's right hand taking turns "winning", that is bending the opponent's arm to one side. At the same time the "winner" said: "I am right".

Several of the couples almost got in a fight about who was right, and there was no issue to disagree about, just the proclamation that "I am right!" (implying of course that if I am right, you have to be wrong).

Look around you and see how many people have this obsessive need to be right no matter what.

You might even look in the mirror to check if there is a little of this in yourself as well.

One piece of very wise advice in the book *A Course In Miracles* is that you should ask yourself: "What would I rather be? Right or happy?" And completely, totally right is something that we very rarely are.

Completely happy is also something we rarely are, so why not choose the last one?

### SIGURD WALLENBERG

Several years ago there was a daily programme on Swedish TV with a hostess Ingela Agardh who one day had a very special guest. His name was Sigurd Wallenberg and he was a sober alcoholic driving a taxi in a city in the south of Sweden. Even his two sons were sober alcoholics.

This man's road to sobriety had been through his encounter with Jesus and he told us the story of his life. One day he was driving his taxi, when Jesus told him that he had to go to the Philippines. Jesus was very insistent, so Sigurd went home and told his wife about it. She agreed that if that was what Jesus wanted, they had better obey. Therefore they somehow fixed the money and he flew to Manila.

Once there he said in his head, "OK, Jesus, I am here. Now what?"

Since he apparently received no answer, he got onto the bus into town and on the way there passed a huge rubbish dump where lots of children were actually scraping a living out of the trash. This hit him. Maybe they are why I am here? So he contacted the authorities and was able to purchase a plot of land outside town. Now he had reached the end of his money, and he flew back to Sweden.

When he returned, his wife told him that a man in Norway had been calling him on the phone saying that he should come and see him at a certain address.

"Well, if this is what Jesus wants, I had better do it", he said to himself, got into his cab and drove off. A trip of about 500 miles.

When he arrived in Norway, there was nothing there but a petrol station so he asked how he could find this man who had called him. The man at the petrol station told him, that the man he was looking for was the director of the largest furniture factory in Norway which was located some miles into the forest. He drove there and met the director who invited him into his office where he turned to him and said, "You have some connection to the Philippines, don't you?" When Sigurd confirmed this, the man said, "I was inner guided to give you one million Norwegian kroner, so here you are."

Sigurd thanked the man – and Jesus – and returned home

after which he went back to Manila and built a huge house for the orphaned children on the rubbish dump and started an organization called Skandinavisk Barnmission – The Scandinavian Children’s Mission - where he has helped a large number of children. At least one of his sons went out there and married a Philippine woman and made their home at the orphanage.

I love this story which in so many ways reminds me of my own grandmother Kirsten Prip.

#### SILENT NIGHT, HOLY NIGHT

It was winter in the small village of Fügen in the Alps and the following evening was Christmas Eve.

The organ player went through the deep snow to start the fire to heat the church so that people might not be too cold for the service. To his dismay he found that the mice had eaten the leather of the organ bellows so the organ was completely mute and silent.

He did some quick thinking. It would be too bad if there were no music at all in the church, so what to do? Apart from being a good organist, he was an excellent guitar player, so he sat down to compose a simple tune and even wrote a poem that was easy to remember.

The following night when the villagers came to church, the church was lit beautifully with candles and was nice and warm. And into the bargain they were given the gift of a new and lovely song which they sang to the accompaniment of the guitar and from then on they always insisted on singing this enchanting song at Christmas.

This was Silent Night, Holy Night and it has become one of the most loved Christmas songs all over the world.

On the morning of Christmas Eve 2003 I realized that I have

allowed myself to be like an organ. I have allowed other people to play me, to use all the different stoppers which change the quality of the sounds made, and I myself have supplied the air from the bellows to aid in the making of their tunes.

This means that if I cut off the airflow from the bellows – if I stop contributing to the making of other people’s music on who they/I think I am – then there will be no music.

And I myself can be playing my own tune on my guitar without fighting with anyone, without imagining that attack is possible, without thinking that I have to defend myself. I just have to play my own music in my reality.

### SISYPHUS

Sometimes you hear the expression a Sisyphean labour and most people have no idea what this means.

But as with so many other expressions, there is an explanation.

Sisyphus was a king in Greece and he committed a terrible crime for which he was punished by having to roll a huge boulder up a steep hill. But when he reached the top, the boulder rolled back down again, and he had to start all over again. For ever and ever.

### STEEL HELMETS (2004)

One image has always filled me with fear and disgust: military parades. The thought of squares made up of hundreds of men hidden under steel helmets, one of which might hide my son and is at least hiding somebody else’s son makes me sick. Then it suddenly struck me: what if we could remove the symbol of fear, the steel helmet, and uncover the crown chakra and thereby also the contact to All That Is, we would turn this

”show of power” into a torchlight procession.

And if we removed the headgear of everybody in the world, the entire sky would light up and the darkness of fear would disappear without anything being done, except the removal of the fear that we at this time allow to govern us.

Please let us remember that our true identity is Love and Light, Joy and Peace, then this vision may become true.

### STRENGTH OF SPIRIT

The strength of the human spirit has always impressed me, the power to overcome the most unimaginable obstacles and I want to give you two examples.

One is the German singer Thomas Quasthoff whose mother was given Thalidomide and as a result he was born without arms and a body shorter than most. His voice is so wonderful and his attitude to life so impressive and loving it takes your breath away. I am sure that the life he has lived has added to the fantastic quality of his voice.

The other is the Swedish girl Lena Maria who, for no apparent reason, was born with only one limb as it should be. She has no arms and one leg is half as long as the other. She has been living on her own for many years, doing her own cooking, shopping, driving. Everything. She is a deeply religious person and she too is a fantastic singer who travels the world both to give joy to her audiences with her music and to make other handicapped people visible, particularly in cultures where people with handicaps are hidden away because their families are ashamed of them.

When life has seemed a bit too much for myself, I have thought of them and often felt ashamed. If they can do what they are doing, certainly I can cope with the problems of my life.

## STUDY OF DARKNESS

Always remember that even if you study darkness very closely, your understanding of light will not be enhanced.

## SUFFERING

The teaching of Christianity as I have been taught is that the more you suffer, the more pain you create and experience, the better pleased with you God will be at the end, so even the Buddhist teaching as “the end of suffering” becomes a sin, since it can be taken as going against God’s will and thus “missing the train”. Therefore even believing in this teaching would be going against the wishes of God.

So the more pain and suffering, the better.

Liberation and enlightenment are realizing and accepting this misunderstanding and finding my true identity. The universe within is part of / the same as the universe without. So – the saying “as within so without” is true on all levels since, if I look out into the outer universe from the perspective of the (my) inner universe, what I will be seeing from and seeing will be the same. The drops are the ocean, and nothing else real exists.

The introduction in the book *A Course In Miracles* says:  
 Nothing real can be threatened,  
 nothing unreal exists.  
 Herein lies the peace of God.

## TEACHINGS OF JESUS

The teachings of Jesus are, quite frankly, very very simple:  
 Love your God, love your brother as yourself (because he

actually is yourself – but I only learned that recently), do not lie (your yes should be a yes and your no should be a no), and if your brother is hungry, share your bread with him, if he is cold, give him your other shirt.

Period.

If we all lived by that, there would be no war anywhere ever. And we would not need the enormous superstructure of a church hierarchy.

### THE WHO

The who we present ourselves to be to the world around us, to me can be seen as a life-size cardboard image of us with millions of tiny hooks on which we ourselves hang labels on what and who we ourselves think we are such as: I am good, I am worthy, I am diligent, I am needing, I am guilty, etc, etc. Other people also hang their labels on the hooks, and theirs may not at all agree with ours. This confusion of definitions is often what we ourselves accept as our identity.

If we, along the way in life, choose to relieve ourselves of some of these labels, to see the truth behind them, we sometimes feel at a loss simply because the feeling “who am I then?” becomes overwhelming. If I am not the person who suffers, the wife with an abusive husband, the man with an addicted son, then who am I?

It takes courage to go through this phase of confused identity to land in the safe place of knowing that “the being, that I am” is good enough in itself without all the labels, because the labels never tell the real truth about any of us.

### THICH NHAT HANH

You are me

and I am you  
 It is obvious  
 that we are interacting.  
 You are cultivating the flower in you  
 so that I can feel beautiful.  
 I am transforming the trash in my interior  
 so that you will not have to suffer.  
 I am here to support you  
 you are here to support me.  
 I am here to bring you peace.  
 you are here to bring me joy.

### THREE TO A MATCH (1916)

There is a sort of superstition concerning the lighting of cigarettes, that it brings bad luck to light three cigarettes with one match.

At the beginning, this was certainly true. It began in the trenches in Flanders during World War I where it turned out that when one person lit a cigarette, it was noticed by the enemy. When person number two lit his, the enemy aimed and number three was shot.

So there is a sound basis for this even if many people today do not know it.

### TINNITUS

Swedish author Vilhelm Moberg tells about a young boy who is hit on the side of his head by his boss, after which he suffers from tinnitus the rest of his life.

At one time he says to his friend, "Put your ear to mine, can't you hear the noise?"

Of course his friend can hear nothing, which to me signifies



that it is impossible for any of us to truly know what is going on in somebody else.

#### TOY ON A STICK

When I was a child I had a toy which was a piece of steel wire with an animal on the end: I do not remember what, a dog or a duck or something. But it was made of wood and on the wheels were big flabby feet which it used to “walk” on the ground when I pushed it in front of me.

Now I see that as a symbol of what we present as ourselves to each other. Our higher self pushes this funny-looking thing ahead of it trying to show it off as an identity.

We have to accept our identity as the higher self and not the toy.

#### TREE OF LIVES

Once I heard the following story that I have never forgotten.

When you die, you come to a huge tree, the branches and twigs of which all have a nametag. The twig symbolizes the life of every person, who has ever lived – everything that happened in that lifetime is there.

And you who just died are allowed to spend as much time by that tree as you wish and you are allowed to choose whichever lifetime you like.

The interesting thing is that nobody has ever chosen any life but his own.

We never know what goes on in anybody else’s life, the thoughts, feelings and events of another person, so it is wise to remember never to judge a fellow human being.

### TRUE NAME

The Earthsea trilogy by Ursula LeGuin is about a fictitious world where magicians are very common.

One of the most important lessons for the apprentices is to find the true name of everything.

I now know that this is not fiction but even the tale about our lives here on earth. At first I thought that this meant one individual name for all things until it suddenly dawned on me:

We are here to go beyond appearances and form to discover that the true identity of ourselves as well as everybody and everything else is the essence and expression of All That IS - the only One Life

Force - Love, Peace and Joy - and that is what we are part of, that is who we really are.

### TRUTH AND INTERPRETATION

If all I know and remember about the past is my interpretation and not the truth, the only sensible thing to do about it is to let it go completely so that it cannot mar my experience of the Now.

It is also a good idea to use what I call my 180 degree rule, that is to put myself at the receiving end of my behaviour and see if I would appreciate being with me. My "truth" might not at all be what the other person needs and wants. And this may even give me a clue to the reactions to myself along the way.

### TUESDAYS WITH MORRIE

The movie Tuesdays with Morrie shows Jack Lemon as an old college professor who is dying and one of his students comes to visit him every Tuesday to partake of the old man's wisdom.

One day Morrie tells him the following story:

There was a tiny ripple on the ocean and it was happily playing around on top of the huge swells in the sunshine, frolicking with all the other small ripples.

One day it was carried towards a rocky coast where it saw the big waves being smashed to smithereens against the large stones. It was terrified and screamed to its huge friends: Look out, have you seen what is going on in there? We are being bashed to pieces!

But his big friend answered: Do not be afraid, we are not being destroyed, we cannot be destroyed, for we are part of the ocean.

#### TWO DEFINITIONS OF MAN

There are two different definitions of what we human beings are. One is that we are born evil and sinful, the other is that we are born innocent but are living in a nightmare of our own. Which do you prefer?

Remember that what you choose for yourself must also be what you choose for everyone else. If you choose to see yourself as born evil, you of course relieve yourself of responsibility for what you do, since you were born to do evil.

However, somewhere along the way, you will discover that this only provides you with a life of misery and somebody somewhere may give you the key to discovering that there is another way, that if you change the way you see the world, the world around you changes.

And nobody but yourself is responsible for that.

Nobody else but you can do this in your life.

But You can.

That is called changing your mind.

## TWO DUTCH SISTERS

Once I heard about two sisters from Holland who had been in a German concentration camp for several years. When World War II ended, they had both survived. One day they were talking and agreed that they ought to do something constructive with their lives from then on, they would buy a house and invite “those poor guys” to come and live there in order to get over the trauma of what they had been through.

It turned out that one sister was talking about the inmates of the camps and the other about the guards. In the end they decided to invite as many as they could from both sides and the miracle happened. All lived side by side coming to know and heal each other.

That is what is called forgiveness.

## TWO STRANGERS

Have you ever encountered two people and you were sure that you had never laid eyes on either of them. But one felt like an old friend and the other like old enemy?

If it is true that we are here in order to make peace, this is only possible if we even meet old enemies. By this I mean, that maybe these two so-called strangers were not strangers at all but exactly what you felt them to be. In a former lifetime one may have been your best friend and the other the one who “killed” you.

I think that is why we are given total amnesia when we are given speech in this life. We forget that we are to meet old enemies since we would otherwise, most probably, spend half our lives searching for them and the other half trying to get revenge. And that is a complete misunderstanding. We are here to remember to see each other with fresh eyes and no

“pre-judice”, to see each other as the brother he truly is and thereby make the peace we came to accomplish.

THE UNWEPT TEARS (1983)

I have a constant feeling  
of something on my cheeks.  
My fingers try to wipe it off  
but the feeling still persists.  
This something is on the inside  
where no fingertips can reach.  
It is the unwept tears  
that nothing can wipe away.  
Tears that no sun or wind  
can ever dry away.  
The unwept tears of a lifetime  
that will not be wiped away.  
All the tears unwept  
through the whole of a long, long life...  
The unwept tears of a lifetime  
that cannot be wept away.

VICTIMS – VICTIMIZERS (2003)

One morning I woke up with excruciating pain in both thighs. I had the experience that I was being beaten violently with batons by a bunch of policemen. A scene which is all too common on TV these days.

I was definitely both the victim and the self-righteous victimizers who were sure they were doing the right thing by beating me up. I felt the fear in all the people involved. The victim was terrified of the policemen, and the police were scared stiff themselves, so they beat somebody else in order

not to be at the receiving end of what was going on. They were searching for the approval of their superiors and their peers = they were in fact looking for the love they did not think they were worthy of.

The basis of fear is a feeling of powerlessness and if you feel powerless, you are apt to want to get in the first blow in order to feel less powerless. That is the origin of the saying: Attack is the best defence. However, it does not work that way, we only believe it does – sometimes.

I realized that being the victim and being the victimizer are actually two sides of the same coin. And that if I gave that coin to my guardian angel, he could put it in my piggy bank and turn it into the love that was in fact being searched for in the first place. By myself and also the two other sides of myself.

#### VIPER (1972)

One wonderful summer day I was out walking in the vicinity of my home in the forest. As always I was wearing no shoes and I went to a small knoll on which had once been a house but where only the base was left and I could barely make out where the door had been.

I knew from experience that there were wild strawberries to be found on this knoll and that is why I went there.

Suddenly my feet stopped – as if by themselves - I looked down and there was a coiled-up viper lying peacefully on a rock in the warm sun. I had the impression that it lifted one eyelid to have a look at me. I do know that vipers have no eyelids but that is beside the point.

I talked quietly to this friend that was about the size of a large dinner plate in his coiled-up state. I told him that I was sorry I had disturbed him but I had not noticed him, that I was not dangerous and that it would be ok for him to go back to

sleep as nothing bad was about to happen.

We had a silent chat for a bit and then I cautiously backed away still talking to him in my mind, and none of us was harmed in any way. He went back to sleep and I went back to my house with a feeling of love and awe because of this meeting.

#### WALKING (2004)

When you walk with the sun at your back, you are stepping on your own shadow, that is to say you are trampling in your own darkness, your own past refuse. When you realize this, you suddenly discover the choice of turning around and walking the other way, with your face in the sun and away from your darkness and trash.

So if my old patterns of thinking have not brought me what I want, here I am again able to change my mind and see what happens. I can choose to walk into strife and unhappiness or into light and peace.

#### WESTERN FRONT -1914

For months they had been murdering each other in the war that was later to be called World War I. In many places the young men from Germany and Britain were only about 30 yards apart with a no man's land between the trenches. On December 24, 1914, the Brits did not believe their eyes and very soon they did not believe their ears either.

Journalist Jørgen V. Larsen writes the following:

On the German side candles were being lit on lots of small Christmas trees and candles were placed on top of the trench parapets. One British soldier wrote home to his family, "It reminded me of the footlights in a theatre". And across the no man's land with dead bodies of soldiers from both sides rose

the sound of the Christmas song so beloved by the Germans Silent Night, Holy Night. And the British applauded loudly. "Well done, Fritz!"

A little later some Germans shouted, "We not shoot, you not shoot!". This request to not shoot was met and this was the start of one of the most amazing Christmasses in history.

To start with only a few Germans dared crawl out of their trenches and walk into no man's land. The British were reticent. Was this just another of Fritz's dirty war tricks? But soon the first British dared come forward and soon not only hundreds but thousands of private soldiers filled no man's land. They wished each other happy Christmas. For a while the terrible war had stopped, this creating serious worry with the generals on both sides. Was mutiny in the air?

This amazing Christmas on the Western Front has earlier been described by British historians. But not until now has a German historian looked into this very unofficial ceasefire. Michael Jürgs, former editor in chief of the German weekly *Der Stern* has dug into archives, studied diaries and letters from the front and thereby made new discoveries.

One of these is a diary kept by a German officer. For 85 years it had been collecting dust in an attic and only by accident did a grandson discover it during the cleaning out of the attic. It was completely prohibited to keep a diary at the front but young lieutenant Kurt Zehmisch who was a college teacher in civilian life ignored the decree. On December 24, 1914, he among other things noted that "Private Mockel from my company who has lived in England for many years, shouted in English to the British and soon a lively conversation took place between us". Lieutenant Zehmisch himself also broke the rules by seeking peaceful contact with the enemy. In no man's land small gifts were being exchanged, perhaps German cigarettes for a piece of English plum pudding. The men showed each other photos



of their loved ones at home and assured each other that this war was stupid.

Many of the German soldiers spoke fluent English. They had worked in the country of the enemy often as waiters or taxi drivers. Some of them had been forced to leave their British wives and children in order to obey the call-up from their Vaterland. They promised to meet again on Christmas day, this time to bury their dead friends who were lying out there in no man's land. This promise was kept and in many places a common ceremony of mourning was held with prayers being said in both German and English. And then the British wanted to play football. An international match between the trenches.

Where there was no ball available, they made one of straw pressed together with string around it. In other places they had to do with an empty can, but football was being played, including protests against offside.

One British soldier, Jack Reagan, took up his civilian profession as a barber and in no man's land he offered to cut the hair of both friend and foe for the price of a few cigarettes. At least one German officer was among his customers. In many sections of the front photos were taken of groups of soldiers from both sides and some of these pictures reached a magazine in England where they were printed on the front page. That was some scoop. The German censorship did not allow that. The German supreme command was busy suppressing all news about this inadmissible fraternising. And it was particularly embarrassing that this initiative had come from the brave warriors of the Kaiser!

But letters from the Christmas front reached the ones at home and the answering letters show that not everyone there appreciated this breach of correct warfare. Particularly the generals around the secure tables of the inns enlarged in no uncertain terms on this show of cowardice.

It is also known that the high command on both sides of the front tried to increase discipline. Orders were dissipated forbidding all renewed peaceful contact with the enemy. Several officers who had been looking the other way at the actions during Christmas were degraded.

In several sections of the front Christmas peace lasted quite a few days into the new year. When the privates were ordered to shoot at the enemy, they made sure that they fired above his head – according to a discreet agreement that did not reach the respective general staff. However, at last the inexorable discipline won and the slaughtering continued at a scale that nobody – not even the military professionals – had been able to imagine before the war. World War I 1914-1918 became a breach of civilization, in Germany it is often referred to as a primitive catastrophe. Now it had become obvious how thin the veneer of civilization actually is. The name of one of the soldiers who did not approve of this peace was Adolf Hitler.

#### WHERE IS HOME?

(1991)

Home is where you allow yourself to just be  
with no demands or expectations.

Home is where the air is sweet to breathe  
because it is pure freedom.

Home is where you rest  
at peace with yourself.

Home is not the house you call home,  
for Home can never be found without.

Home can only be found within.

#### WHO AM I?

For many years I have been searching to find out who I am, the core of myself. And many years ago I thought, "What if I was put feet first into a slicing machine and thin slices were cut out of me all the way up. When would I stop being me?"

Since I could see nowhere that I would stop being me, even if there were no more slices to be made, my conclusion was that the "I" I was looking for must be something more. Which to me proved that there was a "soul" named Bente which could think these thoughts and which could tell this body to move this way and that. This was rather encouraging.

#### WHY AM I HERE?

In 1988, I was staying on an island in the Swedish archipelago and was out walking in the forest on a beautiful summer's day. I felt completely at a loss as to why I was on the earth and asked the Universe to give me an answer. I looked down on the gravel path and saw a small pebble with a picture of a human being on it, just a few lines like a matchstick man. I picked it up, interpreting it as the answer to my question: You are here because of your fellow human beings. They are where your focus should be.

This was a very powerful reply and I walked on savouring it when suddenly I found myself in a glade in the forest with one mighty pine in the middle. I went up to this huge silent friend, put my hand on it and said, "I will. Thank you".

On my way back I looked down and found three pebbles which were perfect hearts.

This was an experience of enormous significance to me and I felt exhilarated to the core of my being. Apparently this showed when I returned to the house and I was given a small leather pouch for my pebbles.

This has been on the wall of my home ever since.

### WHY IS THE WORLD NOT A BETTER PLACE?

Do not spend your precious time asking, “Why is the world not a better place?” That will only be time wasted.

The question to ask is, “How can I make it better?”

To that question there is an answer.

### WINDOW SHOPPING

Window shopping is something that I love because I see so many things that I can live happily without.

How wealthy I am.

The poorest person is not the one who needs most but the one who can never get enough.

### WINTER FULL MOON (1975)

During midwinter when it was really really cold, about 20 degrees centigrade below zero, hoarfrost formed on top of the snow which was often a couple of feet thick. The conditions had to be perfect for this to happen, clear sky, no wind at all and a full moon. This hoar frost was about one inch high and looked like soap suds standing on end covering everything on the ground and including the smallest twigs. Absolutely everything.

When this happened we two adults often went outside to enjoy this incredible experience. Our breath was like a cloud from our mouths and the cold bit the tips of our noses. We looked at each other and without further ado went up and got the kids out of their warm beds in order to share this fairy landscape with them.

They certainly did not appreciate being woken up at that

ungodly hour but after we had dressed and pacified them, we all went outside.

It was so light that you could read a book. The moon was high in the sky and the stars trembled and quivered as if they longed to cast off and fall down to us. The trees of the forest were completely quiet and the shadows of the edge of the forest were as if cut out in black paper and placed on the snow, and if you moved ever so little, the reflection of the moon light made the hoar frost glitter in all the shades of the spectrum like billions of tiny diamonds everywhere you looked.

The silence was so total that you could hear it. Sometimes the frost became too heavy for a thin twig, so it shuddered and the frost fell off it as a thin veil of diamonds sounding like thousands of diminutive silver bells.

#### WISE WOMAN

I love the following story of wisdom because it very clearly shows me my responsibility in all of life's situations.

“Once there was a wise old woman who lived in a small village. The children of the village were puzzled by her — her wisdom, her gentleness, her strength.

One day several children decided to fool the old woman. They believed that no one could be as wise as everyone said she was and were determined to prove it.

So the children found a baby bird and one of the little boys cupped it in his hands and said to his playmates, “We will ask her whether the bird in my hand is dead or alive. If she says it is dead, I will open hands and let it fly away. If she says it's alive, I will crush it and she will see that it is dead”.

And the children went to the old woman and presented her with this puzzle. “Old woman,” the little boy said, “the bird in my hands — is it dead or alive?”

The woman became very still, studied the boy's hands, then looked carefully into his eyes. "It's in your hands", she said.

## WORDS

Words are symbols of our thoughts and emotions. It is vital to remember this, because when you see someone using bad language about somebody else, this does not affect the one spoken about but discloses a lot about the one who is speaking.

In our daily lives we are often inclined to believe what is being said about someone without noticing the one who is speaking. It can be interesting to observe the face and expression of the latter because you find out a lot.

You might even be observant concerning yourself because it is so easy to fall into the trap of speaking unlovingly of others because it could make you feel better about yourself...

But even this is a choice. It is always possible to change - everything inside yourself.

## YARDSTICK (2004)

You know that if you put a straight stick into water, it looks as if it bends at an angle?

It struck me that I have put God's yardstick into the water of my ego thereby making a measuring rod that is not true, that uses the units of fear, anger, guilt, resentment, projection and all the other ideas that are not loving. This means that I have built my entire life, or rather my interpretation of my life, on the wrong measurements. I have been badly taught by everything around me because this is apparently the way the world around us works. The cellular memory of my body is also based on the same mistakes, so suddenly "forgive your brother for what he did not do to you" makes sense, because

he did not, I only thought so.

However, it is impossible to reach a correct conclusion based on faulty premises, so therefore the only sensible thing to do with what I imagine my life has been, is to discard it all, by which I mean withdraw God's yardstick out of my ego-water and as the depth of my ego diminishes, the more God's measure becomes visible and usable in my life from now on, the more I am able to interpret myself and my surroundings using Love and Peace. And the more I do that, the more loving and peaceful I myself become. That is really worth remembering and truly happifying.

#### YEAH-BUT

I once heard about a man who claimed to have a small devil on his shoulder who whispered in his ear every time he wanted to do something or heard something that rang true to him. This little devil's name was Yeah-but because that was what it was always saying to him: "Yeah-but, are you sure", "Yeah-but" in every situation.

If you have one of those, see to it that you get rid of it as soon as possible. It represents your ego, the part of yourself that does not trust you.

EPILOGUE

The end which is just another beginning.

After I came to terms with the fact that God actually IS and accepted that, I thought to myself, “OK, many wise people have said “I am” in many different tongues, but what does that really imply? “I am” – what? I found that impossible to answer until it dawned on me: I am the extension and expression of God, so -

What then are the characteristics of God? God is invisible, eternal, changeless and omnipresent.

God is peace, love and joy. As I am the extension and expression of Him, I must then share the same characteristics, that is to say, the real me is invisible, eternal, changeless and omnipresent. I am peace, love and joy. Since everybody and everything else is also the extension and expression of God, we share the same characteristics and are therefore one.

Thus, as the book *A Course In Miracles* says: “when you meet somebody remember it is a holy encounter”, I am really meeting myself, my brother, a fellow-drop in the eternal ocean.

As I am peace, love and joy, nothing can really change me but I can imagine that I am being affected by someone else’s actions. So I have to take responsibility for myself, for remembering who I am and also for remembering that this very instant is all the time there ever is.

I am practising to remind myself of this fact because that is what I truly want to learn.



I spent my entire life becoming aware of who I am.

Was it worth it?

YES

Every morning I remind myself to remember who I am and why I am here.

A truly wonderful journey.

## Appendix 1

Quotations from A Course in Miracles (ACIM)

### A COURSE IN MIRACLES

This extraordinary book contains one path towards getting to know the core of who we are but for those of you who are not familiar with it, some terms need explaining.

### THE WORLD

As has also been said in many other works, according to ACIM, the world we think we live in is an illusion made by us and our thoughts, and is not created by God who does not know about the nightmare we call the “real world”. So when we want to verify that the world is real, we kick a stone and hurt our toes thereby thinking that we proved the reality of the world. But we have been asking in the wrong place, since our bodies are part of our dreams. The world we have made consists of opposites, good and bad, light and dark, etc. The Real world, the realm that is God is peace, love and joy.

### GOD

God is the Creator, All That IS. However, the terminology in ACIM is completely Christian and this may be a stumbling

stone for many, including myself for a long time, but when you have come past that its teachings are universal.

### CHRIST

God has one Son and one son only, but he is fragmented into all the “persons” we see around us. The name of God’s one son is Christ, and it is possible to see the Christ in all our brothers and sisters on the earth if we so choose.

### EGO

The ego is the frightened self-deprecating personality we imagine is “us”, the separate people who make up what we think of as the world.

Our job on earth is to remember who we really are and leave the ego behind because that is not our true identity.

The goal of the curriculum, regardless of the teacher you choose, is Know Thyself. There is nothing else to seek.

(Chapter 8, III, 5,1)

This course is not concerned with any concept that is not acceptable to anyone regardless of his formal beliefs.

(M (24), 60,3,4)

Remember that no one is where he is by accident, and chance plays no part in God’s plan.

(M (9), 1,3)

In ACIM Jesus is defined as one who was a man but saw the face of Christ (the Brotherhood of Life, The at-one-ment with All That IS) in all his brothers and remembered God (the Creating Life Force in all That IS).

If you accept your function in the world of time as one of healing, you will emphasize only the aspect of time in which healing can occur. Healing cannot be accomplished in the past. It must be accomplished in the present to release the future.

(Chapter 13, IV, 9,2)

Each one peoples his world with figures from his individual past, and it is because of this that private worlds do differ. Yet the figures that he sees were never real, for they are made up only of his reactions to his brothers, and do not include their reactions to him. Therefore, he does not see he made them, and that they are not whole. For these figures have no witnesses, being perceived in one separate mind only.

(Chapter 13, V, 2,1)

Those who offer peace to everyone have found a home in heaven the world cannot destroy.

For it is large enough to hold the world within its peace.

(Chapter 25, IV, 4, 9)

You are the work of God, and his work is wholly lovable and wholly loving. This is how a man must think of himself in his heart, because this is what he is.

(Chapter 1, III,2,3)

When you meet anyone, remember it is a holy encounter.

(is he the Christ? Oh, yes, along with you)

As you see him, you will see yourself.

As you treat him you will treat yourself.

As you think of him you will think of yourself.

Never forget this, for in him you will find yourself or lose yourself.

(Chapter 8, III,4,1)

Darkness is lack of light as sin is lack of love ... the emptiness engendered by fear must be replaced by forgiveness.

(Chapter 1, IV,3,1)

I am here only to be truly helpful. I am here to represent Him who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.

(Chapter 2, V, 18,2)

I give you to the Holy Spirit as part of myself. I know that you will be released unless I want to use you to imprison myself. In the name of my freedom I choose your release, because I recognize that we will (only) be released together.

(Chapter 15, XI, 10,3)

Healing cannot be accomplished in the past. It must be accomplished in the present to release the future.

(Chapter 13, IV, 9,2)

To perceive truly is to be aware of all reality through the awareness of your own. But for this no illusions can rise to meet your sight, for reality leaves no room for any error. This means that you perceive a brother only as you see him now. His past has no reality in the present, so you cannot see it.

Your past reactions to him are also not there, and if it is to them that you react, you see but an image of him that you made and cherish instead of him. In your questioning of illusions, ask yourself if it is really sane to perceive what was as now. If you remember the past as you look upon your brother, you will be unable to perceive the reality that is now.

(Chapter 13, VI,1,1)

To forgive is merely to remember only the loving thoughts you gave in the past and those that were given you. All the rest must be forgotten.

(Chapter 17, III, 1,1)

God's teachers come from all over the world. They come from all religions and from no religion. They are the ones who have answered. The call is universal. It goes on all the time everywhere. It calls for teachers to speak for it and redeem the world. Many hear it but few answer. Yet it is all a matter of time.

(M (1), 2,1)

Your task is not to seek for love but merely to seek and find all of the barriers within yourself that you have built against it.

(Chapter 16, IV,6,1)

You may believe that you are responsible for what you do but not for what you think. The truth is that you are responsible for what you think because it is only at this level that you can exercise choice. What you do comes from what you think.

(Chapter 2, VI, 2,5)

Reason will tell you that the only way to escape from misery is to recognize it and go the other way.

(Chapter 22, II, 4,1)

Mistake not truce for peace nor compromise for the escape from conflict. To be released from conflict means that it is over.

(Chapter 23, III, 6,1)

Trials are but lessons that you failed to learn presented once

again, so where you made a faulty choice before, you now can make a better one and thus escape all pain that what you chose before has brought to you. In every difficulty, all distress and each perplexity, Christ calls to you and gently says,

“My brother, choose again.”

(Chapter 31, VIII, 3,1)

Beware of the temptation to perceive yourself unfairly treated.

(Chapter 26, X, 4,1)

I am responsible for what I see. I choose the feelings I experience and I decide upon the goal I would achieve. And everything that seems to happen to me, I ask for and receive as I have asked.

(Chapter 21, II, 2,3)

Finding out that the above is true is indeed surprising and overwhelming. Trying to live by it is even more demanding.

I am not a body, I am free. For I am still as God created me.

The peace of God is everything I want. The peace of God is my one goal, the aim of all my living here, the end I seek, my purpose and my function and my life, while I abide where I am not at home.

(Lesson 205)

I have had a lot of difficulty with this lesson, since what am I if not my body? But when it dawned on me that I am the expression and extension of God and that God is pure spirit, eternal and unchangeable, I suddenly understood that the same must apply to me. And it made sense! And there is no one to

whom this does not apply.

Laws must be communicated if they are to be helpful. In effect, they must be translated for those who speak different languages. Nevertheless, a good translator, although he must alter the form of what he translates, never changes the meaning. In fact, his whole purpose is to change the form so that the original meaning is retained. The Holy Spirit is the translator of the laws of God to those who do not understand them.

(Chapter 7, II, 4,1)

What you must recognize is that when you do not share a thought system, you are weakening it. Those who believe in it therefore perceive this as an attack on them. This is because everyone identifies himself with his thought system, and every thought system centers on what you believe you are.

(Chapter 6, B,1,7)

Since you cannot not teach, your salvation lies in teaching the exact opposite of everything the ego believes. This is how you will learn the truth that will set you free and will keep you free as others learn it of you. The only way to have peace is to teach peace. By teaching peace you must learn it yourself, because you cannot teach what you will dissociate. Only thus can you win back the knowledge that you threw away. An idea that you share, you must have. It awakens in your mind through the conviction of teaching it. Everything you teach you are learning. Teach only love and learn that love is yours and you are love.

(Chapter 6, III, 4,1)

Nothing and everything cannot coexist. To believe in one is

to deny the other. Fear is really nothing and love is everything. Whenever light enters darkness, the darkness is abolished. What you believe is true for you.

(Chapter 2, VII, 5,1)

When you become disturbed and lose your peace of mind because another is attempting to solve his problems through fantasy, you are refusing to forgive yourself for just this same attempt.

(Chapter 17, I, 6,5)

You believe you cannot control fear because you yourself made it and your belief in it seems to render it out of your control. Yet any attempt to resolve the error through attempting the mastery of fear is useless. In fact, it asserts the power of fear by the very assumption that it need be mastered. The true resolution rests entirely on mastery through love.

(Chapter 2, 4,1)

To be born again is to let the past go and look without condemnation upon the present.

(Chapter 13, IV.3.5)

Take this very instant, now, and think of it as all there is of time. Nothing can reach you here out of the past and it is here that you are completely absolved, completely free and wholly without condemnation.

(Chapter 15, I,9,5)

Thoughts increase by being given away. The more who believe in them, the stronger they become. Everything is an idea. How then can giving and losing be associated?

(Chapter 5, I, 2,2)



Let me know this brother as I know myself  
 (Chapter 5, introduction, 3,8)

Your special function is the special form in which the fact that God is not insane appears most sensible and meaningful to you.

(Chapter 25, VII,7,1)

It is the sharing of the evil dreams of hate and malice, bitterness and death, of sin and suffering, of pain and loss, that makes them real. Unshared they are perceived as meaningless. The fear has gone from them because you did not give them your support. Where fear has gone, there love must come, because there are but these alternatives. Where one appears, the other disappears.

(Chapter 28, V, 2,1)

353 What is the ego? But a dream of what you really are – it is a thing of madness not reality at all.

(C (2), 1,4)

This was the ego – all the cruel hate, the need for vengeance and the cries of pain, the fear of dying and the urge to kill. The brotherless illusion and the self that seemed alone in all the universe. This terrible mistake about yourself the miracle corrects as gently as a loving mother sings her child to rest. Is not a song like this what you would hear? Would it not answer all you thought to ask and even make the question meaningless?

(C (2), 8,1)

## APPENDIX 2

### **Great thoughts thought by great people**

1. According to my experience  
the principal characteristic of genuine happiness  
is inner peace, true inner peace.
2. A crow does not become any whiter  
just because you wash it.
3. Actions are louder than thoughts.
4. Action springs not from thoughts  
but from a readiness for responsibility
5. Adversity is the trial of principle.  
Without it a man hardly knows  
whether he is honest or not.
6. A friend will not close his or her heart  
when we have made a mistake.
7. A friend will not condemn us  
but will compassionately support

our return to a state of grace

8. After three years even disaster  
may prove a blessing.

9. A hostile person lives in a hostile world.  
A loving person lives in a loving world.

10. A kind deed a day,  
like little drops of rain, make up mighty oceans.

11. A knowledge of the path cannot be substituted  
for putting one foot in front of the other.

12. A life in poverty need not be a poor life.

13. All growth is a leap in the dark,  
a spontaneous, unpremeditated act  
without benefit of experience

14. All I have seen teaches me to trust the Creator  
for all I have not seen.

15. All relationships are a training in love.

16. All that matters is how much love  
we give and receive

17. All the flowers of all the tomorrows  
are contained in all the seeds of today

18. All who joy would win must share it.  
Happiness was born a twin.

## APPENDIX 2

19. All you will ever be  
you are now becoming.
20. And let there be no purpose in friendship  
but the deepening of spirit.
21. "An eye for an eye"  
makes the whole world blind.
22. Any emotional pain I feel is my resistance  
to acknowledging love.
23. Any giving situation must imply receiving.
24. Applause is the spur of noble minds,  
the end and aim of weak ones.
25. A prejudice is a mistake that has taken root.
26. Are there any wholly useless encounters?  
I know this: there are no insignificant people  
There is no one who is not supposed to be there.
27. As long as you cannot forgive the next man  
for being different, you are still  
a long way from the path to wisdom
28. A small present is better than a huge promise.
29. A stranger is a friend you have not met yet
30. As we receive God's love and impart it to others

we are given the power to repair the world

31. At a certain point we forgive  
because we decide to forgive  
Healing occurs in the present not in the past  
We are not held back by the love  
we did not receive in the past  
but by the love we are not extending  
in the present.

32. A thankful heart is not only the greatest virtue  
but the parent of all other virtues

33. A thousand friends are too few  
one enemy is one too many

34. Beautiful people come in all sizes, shapes and colours.

35. Beauty before me,  
beauty behind me,  
beauty all around me.  
Everywhere I go, I walk in beauty.

36. Become the kind of person  
who brightens a room just by entering it.

37. Believe in love at first sight

38. Be open and accessible,  
the next person you meet  
could become your best friend.

39. Be true to yourself

and you will be true to everyone

40. Be very careful what you put into your head  
because you will never ever get it out.

41. Birthdays are good for you.  
The more you have, the longer you live.

42. Blessed are those who can give without remembering  
and receive without forgetting.

43. Buried deep within each of us is a spark of greatness  
a spark that can be fanned into flames  
of passion and achievement.  
That spark is not outside you  
it is born deep within you.

44. By building defences I manifest  
that attack is real.

45. Change the life in your person  
rather than the person in your life.

46. Change your thoughts and  
you change the world

47. Choosing to live your life by your own choice  
is the greatest freedom you will ever have.

48. Committing a great truth to memory is admirable  
committing it to life is wisdom.

49. Complete possession is proved only by giving.

All you are unable to give possesses you.

50. Concerning love the opportunities are innumerable and we are all gifted.

51. Consider how hard it is to change yourself and you will understand what little chance you have in trying to change others.

52. Courage is grace under pressure

53. Creativity is like driving a car at night. You never see further than your headlights but you can make the whole trip that way

54. Darkness reigns at the foot of the lighthouse

55. Difficulties can never be greater than your ability to solve them

56. Do just once what others say you cannot do and you will never pay attention to their limitations again

57. Do not be dismayed at goodbyes a farewell is necessary before you can meet again

58. Do not complain about the dark light a candle

59. Do not compromise with yourself you are all you have got

60. Do not confuse comfort with happiness

61. Do not confuse inconvenience with real problems
62. Do not confuse wealth with success
63. Do not cry because it is over  
smile because it happened
64. Do not dismiss a good idea  
just because you do not like its source
65. Do not fear going forward slowly  
fear only standing still
66. Do not judge each day by the harvest you reap  
but by the seeds you plant
67. Do not let weeds grow around your dreams
68. Do not smother each other  
no one can grow in the shade
69. Do not speak in such a way that you forget to listen
70. Do not turn your back on possible futures before you are  
sure you have nothing to learn from them
71. Do not use an axe to chase away a fly  
from the forehead of your friend
72. Do not waste time waiting for inspiration,  
begin and inspiration will find you



73. Do not overlook life's small joys  
while searching for the big ones

74. Do the right thing regardless of what others may think

75. Do unto others as you would  
if you were the source of life itself.

76. Do we fight to change things or do we fight to punish?

77. Do you need proof of God?  
Does one light a torch to see the sun?

78. Do you think that maybe, if you say impossible  
over and over again, suddenly hard things  
will become easy for you?

79. Dream as if you will live forever  
live as if you will die today

80. Each time dawn appears  
the mystery is there in its entirety.

81. Education is what is left when we have forgotten  
all we learned in school

82. Even if you are a minority of one, the truth is the truth

83. Even the thousand-mile road has a first step

84. Every action of our lives touches on some chord  
that will vibrate in eternity

## APPENDIX 2

85. Every now and then bite off more than you can chew
86. Everyone loves praise. Look hard for ways to give it to them.
87. Every relationship we have is a reflection of our relationship with God.
88. Every so often let your spirit of adventure triumph over your good sense
89. Everything comes down to relationships and there is nowhere we can go to escape them
90. Everything in the world is an expression of love - or a call for love
91. Everything I see is my interpretation - a story I tell myself
92. Everything that is unresolved in previous relationships will turn up in your present one
93. Excuses are the nails used to build a house of failure
94. Faith is like a muscle. The more you use it, the stronger it becomes
95. Faith is the bird that sings while the dawn is still dark
96. Faith is the courage of the soul to go further than it can see

97. Fear is the four-letter word  
that controls the world

98. Fear makes strangers of people  
who should be friends.

99. Fear not that your life shall come to an end  
but rather fear that it will never have a beginning

100. Fill your heart with love so there will be no room for fear

101. Finish each day and be done with it  
you have done what you could  
some blunders and absurdities have crept in  
forget them as soon as you can.  
Tomorrow is a new day  
you shall begin it serenely and with too high a spirit  
to be encumbered by your old nonsense

102. For all the words of tongue or pen,  
the saddest are these: it might have been

103. For every beauty there is an eye somewhere to see it  
for every truth there is an ear somewhere to hear it  
for every love there is a heart somewhere to receive it

104. For flowers the sun is what love is for the heart

105. Forgiveness does not change the past  
but it does enlarge the future

106. Forgiveness is always possible.

Praying for the willingness to forgive is the first step

107. Forgiveness is not an event but rather a process in healing for when we forgive we lose all emotional attachment to the person and the circumstance.

When we do this, we free ourselves to receive more goodness in our lives.

108. Forgiveness is the fragrance the flower leaves on the heel that crushed it

109. Freedom is not worth anything if it does not include the freedom to fail

110. Freedom from desire leads to inner peace.

111. Freedom is nothing but the possibility to become better

112. Friendship is like a bank account, you cannot continue to draw on it without making a deposit

113. Friendship is always a sweet responsibility, never an opportunity

114. From inside the cage, the entire world is striped

115. God can heal a broken heart but he needs all the pieces

116. God hears no more than the heart speaks; and if the heart be dumb, God will certainly be deaf.

117. Good ideas are like fungus,

where you find one there are often more.

118. Go out in the world to meet friends  
and you will find friends everywhere.  
Go out into the world to meet enemies  
and you will meet enemies everywhere.

119. Go out today and preach the works of God  
and, if you must, use words

120. Gratitude unlocks the fullness of life.  
It turns what we have into enough and more.  
It turns denial into acceptance, chaos to order,  
confusion to clarity.  
It can turn a meal into a feast,  
a house into a home, a stranger into a friend.

121. Great is the man who has not lost his childlike heart

122. Grief can take care of itself  
but to get the full value of a joy  
you must have somebody to share it with.

123. Happiness comes through doors you did not  
even know you left open

124. Happiness is like a butterfly which when pursued is always  
beyond our grasp but which if you sit quietly  
may alight upon you

125. Happiness is not the absence of conflict  
but the ability to cope with it.

126. Hating is punishing yourself.

127. Hatred toward any human being cannot exist  
in the same heart as love to God

128. Have a wonderful day and know that someone who thinks  
you are great has thought of you today

129. Have patience with all things,  
but chiefly have patience with yourself.  
Do not lose courage in considering your own imperfections  
but instantly set about remedying them—  
every day begin the task anew.

130. Have the courage to do what you know is right.

131. Helping people takes time and free time is a commodity  
most of us have in scant supply.  
It is probably, at least partly true,  
for that reason that the time we give to others  
is such a treasure to God.

132. He who goes his own way needs no map

133. He who is really kind can never be unhappy.  
He who is really wise can never be confused.  
He who is really brave is never afraid.

134. He who spreads needles must be careful not to walk  
barefoot.

135. He who smiles rather than rages is always the stronger.

136. Honesty and frankness make you vulnerable

be honest and frank anyway

137. Honesty is being true to others  
integrity is being true to myself

138. However many holy words you read  
however many you speak,  
what good will they do you  
if you do not act upon them?

139. How far you go in life depends on  
you being tender with the young  
compassionate with the aged  
sympathetic with the striving  
and tolerant of the weak and the strong  
because some day in life you will have been all of these

140. How unhappy is he who cannot forgive himself

141. Humility leads to strength and not to weakness  
it is the highest form of self-respect  
to admit mistakes and to make amends for them

142. Humour is the prelude to faith and laughter  
it is the beginning of prayer

143. I am interested in the future because that is  
where I will spend the rest of my life

144. I am not always what I think I am,  
but what I think - I am.

145. I am very powerful. I affect everything I see.

146. I am whole, complete and perfect - and so are you

147. I cannot be committed to anybody else  
before I am committed to myself

148. I do not believe God brought me this far to leave me

149. I do not believe people are looking for the meaning of life  
as much as they are looking for the experience  
of being alive.

150. I do not know what your destiny will be  
but one thing I do know:  
the only ones who will be really happy  
are those who have sought and found how to serve.

151. If anything in your life is stuck  
look first to heal your relationships.

152. If I defend myself, I am attacked

153. If I died today what would be left unsaid.

154. If I want to be free  
I must give everyone else freedom

155. If there is something missing in your relationship  
what are you not giving - or giving up?

156. If the sun in your life has set  
do not let your tears prevent you from seeing the stars.



157. If we place our power outside ourselves  
we are for sale

158. If we demand love, no one will give us what we want.  
If we share our love, the whole universe responds.

159. If we want the message of love to be heard  
we must send it

160. If you are filled with fear, refill yourself with faith  
for faith always overcomes fear

161. If you are hurting inside, the quickest way to heal yourself  
is to reach out to someone in need

162. If you are successful you will win false friends  
and true enemies. Succeed anyway.

163. If you are unhappy with your life, remember that you  
created it and you can change it

164. If you do good, people will accuse you of selfish ulterior  
motives. Do good anyway.

165. If you do not stand for something,  
you will fall for anything

166. If you ever expect to be loved, you must reveal who you are

167. If you go to make someone wrong, you short-circuit

168. If you love somebody, let them go for if they return  
they were always yours. And if they do not,

they never were

169. If you judge people,  
you have no time to love them

170. If you have built castles in the air, your work need not  
be lost  
that is where they should be.  
Now put foundations under them

171. If you make a belief system out of an experience,  
it is not an experience any more.

172. If your happiness depends on what someone else does  
you do have a problem

173. If you tell the truth you do not have to remember anything

174. If you think you can, you can  
if you think you cannot, you will be right

175. If you think too long about your next step  
you will spend the rest of your life on one leg.

176. If you want a wise answer, you must ask a wise question

177. If you want freedom and joy so much, can you not see  
it is nowhere outside of you?

178. If you want more love in your life, love more

179. If you want to hear the truth, listen to your heart  
it does not know how to lie.

180. I greet this day with love in my heart

181. I have always found a gift hidden in every adversity, that does not make adversity any easier, it only makes it more meaningful

182. I have found the best way to advise your children is to find out what they want and then advise them to do it

183. I do not know where I am going, but I seem to be drawn there

184. I live the life I love, I love the life I live

185. Imagination is more important than knowledge

186. I must govern the clock not be governed by it

187. In forgiving ourselves, we make the journey from guilt for what we have done or not done to celebration of what we have become

188. In helping others we shall help ourselves, for whatever good we give out completes the circle and comes back to us

189. ... in the going I am there

190. Instead of trying to change situations, have them as they are that is the only way they are going to change

191. In the world of bodies we are all separate

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In the world of spirit we are all one

192. It does not take time to change once you understand the problem

193. It is always at its lowest ebb that the tide begins to turn

194. It is better to give children a rule to break than to give them no rule at all

195. It is from within the heart, not just the mind, that we can know God's will for us. God speaks to all of us every day and God's voice is as loud as our willingness to listen

196. It is important to replace anger with compassion. Anger destroys yourself

197. It is misleading to imagine that we are developed in spite of our circumstances, for we are developed because of them. It is mastery in circumstances that is needed not mastery over them

198. It is never too late to become what you might have been

199. It is no more surprising to be born twice than to be born once

200. It is not enough to possess wit. One must have enough to avoid having too much

201. It is not how much you do but how much love you put into the doing and sharing with others that is important

202. It is not the criminal things that are hardest to confess  
but the ridiculous and shameful

203. It is not what is happening to you now or what has  
happened in your past that determines who you become.  
Rather it is your decisions about what you focus on,  
what things mean to you and what you are going to do  
about them that will determine your ultimate destiny

204. It is not who is right  
but what is right that is of importance

205. It is one of the most beautiful compensations of this life  
that no one can sincerely try to help another without helping  
himself

206. It is only possible to live happily ever after  
on a day-to-day basis

207. It is only with the heart that one can see rightly.  
What is essential is invisible to the eye

208. It is safe to surrender to love

209. It is so hard to know and trust what the heart understands

210. It is the one who loses his way who finds new paths

211. It only takes one person to change your life - you

212. I was afraid of failing, so I did not try

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213. I will permit no man to narrow and degrade my soul by making me hate him

214. I would rather attempt to do something fantastic and fail than attempt to do nothing - and succeed

215. Joy happens as we cease fighting everyone and everything and surrender to the good orderly direction of life

216. Joy is the feeling of grinning on the inside

217. Judge a man by his questions rather than his answers

218. Just beyond the night another day is breaking, bringing hope to all

219. Just because something is hard you do not try to do it?

220. Keep away from people who belittle your ambitions. Small people always do that but the really great make you feel that you too can become great

221. Keep in mind always the present you are constructing. It should be the future you want

222. Keep these two thoughts foremost in your mind when making any decision. Ask yourself truthfully, "Is this a statement of Who I Am? Is this what I desire to tell others Who I choose to be?"

223. Keep your thoughts positive as they become your words  
Keep your words positive as they become your behaviors  
Keep your behaviors positive as they become your habits

Keep your habits positive as they become your values  
Keep your values positive as they become your destiny

224. Kindness has converted more sinners  
than zeal, eloquence or learning

225. Kindness is more important than wisdom and the  
recognition  
of this is the beginning of wisdom

226. Kind words can be short and easy to speak  
but their echoes are truly endless

227. Laughter is the most beautiful and beneficial therapy  
God ever granted humanity

228. Leave everything just a little better than you found it

229. Let no one ever come to you without leaving better and  
happier.

230. Be the living expression of God's kindness: kindness in  
your face, kindness in your eyes, kindness in your smile

231. Letting you be you, letting me be me is loving each other

232. Let us not be justices of the peace but angels of peace

233. Liberty is a staircase with a thousand steps  
the elevator may not be used

234. Life is a party and you are invited

235. Life is not a sum of what we have been

but what we yearn to be

236. Life is not a problem to be solved  
but a reality to be experienced

237. Life is not the days that have passed  
but the days you remember

238. Life is what is going on while you are making plans

239. Life's challenges are not supposed to paralyze you  
but to help you discover who you are

240. Life is no brief candle to me, it is a sort of splendid torch  
I have got hold of for the moment and I want to make it  
burn as brightly as possible before handing it on  
to future generations

241. Life may hand you a magical moment. Savour it

242. Life is too important to be taken seriously.  
It only hurts when you forget to laugh

243. Live out of your imagination not your history

244. Living on earth is expensive but it does include a free trip  
round the sun every year

245. Look at everything as if you were seeing it  
for the first or the last time,  
then your time on earth will be glorious

246. Looking back, I have this to regret that too often



when I loved, I did not say so

247. Love begins at home and it is not how much we do  
but how much love we put into the actions

248. Love does not consist of gazing at each other  
but in looking outward in the same direction together

249. Love is a behavior not a feeling

250. Love is a fruit in season at all times and in reach of every  
hand

251. Love is always there, we are often just looking  
in the wrong places

252. Love is more easily demonstrated than defined

253. Love who you are, love what you do, love who you are with

254. Loving is admiring with the heart  
Admiring is loving with the brain

255. Man can learn nothing except by going  
from the known to the unknown

256. Man's mind stretched to a new idea  
never goes back to its original dimensions

257. Man struggles to find life outside himself  
unaware that the life he is seeking is within him

258. May you live all the days of your life

259. Minds are like flowers, they function best when open

260. Miracles follow changed states of consciousness

261. Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all

262. Most of us go to our grave with our music still inside us

263. Most people see what is and never what can be

264. Move towards those who attract you with integrity, you have a gift for each other

265. My heart is open, come and sit in it

266. Nature gave us one tongue and two ears so we could hear twice as much as we speak

267. Never see anything that you do as a failure but see it as an accomplishment, then you have never failed you have always learned.

268. No door leads to happiness or unhappiness but both enter when you ask them to

269. No one can make you feel inferior without your permission

270. No one has yet fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child

271. No road is long with a friend at your side
272. No road leads anywhere, so only follow a path with a heart
273. Nothing good is a miracle, nothing beautiful is a dream
274. Nothing is so easy that it cannot be made difficult  
if done reluctantly
275. Once we accept our limits we go beyond them
276. One always speaks badly when one has nothing to say
277. One does not discover new lands without consenting to  
lose sight of the shore for a very long time
278. One door closes, another door opens
279. One moment of patience may ward off great disaster  
one moment of impatience may ruin a whole life
280. One of the most important aspects of the study of Truth  
is training the eyes to see properly
281. One's destination is never a place  
but rather a new way of looking at things
282. One seeks God in books, one finds Him in prayer
283. Only that which is broken can become whole
284. Only the tame birds have a longing, the wild ones fly

285. Opinions are like nails, the more you hit them  
the more immovable they become

286. Our main business is not to see what lies dimly at a distance  
but to do what lies clearly at hand

287. When a man does not know what harbour he is making for,  
no wind is the right wind

288. Pain is inevitable, suffering is optional

289. Peace cannot come to the world until it comes to you  
and me

290. Peace is the presence of power not the absence of trouble

291. People are like stained-glass windows. They sparkle and  
shine when the sun is out but when darkness sets in, their  
true beauty is revealed only if there is a light from within

292. People are lonely because they build walls instead of  
bridges

293. People treat me the way I treat myself

294. People who feel good about themselves never do unkind  
things

295. Poor is not he who has little but he who cannot get enough

296. Problems are painful decisions you refuse to make

297. Prayer is the one thing that can make a change in your life

298. Rather than waste your time and energy fighting against what is  
put your efforts into creating what can be

299. Real generosity toward the future is giving all to the present

300. Reflect on your present blessings of which all have many -  
not on past misfortunes of which we all have some

301. Regret for the things we did may be tempered by time  
regret for what we did not do is inconsolable

302. Remember that today is the first day of the rest of your life

303. Richness is like sea water, the more you drink  
the more thirsty you become

304. See every day as a gift you can do something wonderful  
with

305. Seek to defeat injustice not people

306. Some men have thousands of reasons why they cannot do  
what they want to when all they need is  
one reason why they can

307. Some mistakes are too much fun to make only once

308. Someone's opinion of you must not become your reality

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309. Sow the seeds of kindness,  
reap the harvest of happiness
310. Spend your life lifting people up, not putting people down.
311. Spiritual growth results from absorbing and digesting truth  
and putting it into practice in daily life
312. Start living now. Stop saving the good china for a special  
day.  
Stop withholding your love until the special person comes.  
Every day you are alive is a special occasion, every minute,  
every breath is a gift from God
313. Success is how high you bounce when you hit bottom
314. Surrender is giving up control but not losing power
315. Talking about music is like dancing about architecture
316. Tears are like rain, they loosen up our soil so we can  
grow in different directions
317. True generosity is giving your all and yet feeling that  
it cost you nothing
318. That the birds of worry and care fly above your head,  
this you cannot change, but that they build nests in your hair  
that you can prevent
319. The best thing to spend on your children is your time
320. The block of granite that was an obstacle in the path of

the weak becomes a stepping stone in the path  
of the strong

321. The changes in our life must come from the impossibility  
to live otherwise than according to the demands of our  
conscience not from our mental resolution to try a new form  
of life

322. The day of decision is the day to act upon it

323. The earth is round so that there should be no borders

324. The extent to which we bind someone  
is the extent to which we have already lost them

325. The eye sees only what the mind is prepared to comprehend

326. The farther behind I leave the past, the closer I am  
to forging my own character

327. The first act of bad faith consists of evading  
what one cannot evade: what one is

328. The game of life is a game of boomerangs.  
Our thoughts, deeds and words return to us  
sooner or later  
with astounding accuracy

329. The greatest good you can do for another is not just share  
your riches but reveal to them their own

330. The greatest revelation is stillness

331. The healthy and strong individual is the one who asks for help when he needs it
332. The hunger for love is much more difficult to remove than the hunger for bread
333. The last of the human freedoms is choosing one's attitudes
334. The life and the love we create are the life and love we live
335. The love we give to others is the only one we get to keep
336. The more I can dissolve my barriers to Being, the more I can be with you
337. The more I listen, the more profound the silence becomes
338. The most beautiful view is seen from the edge of the abyss
339. The most dangerous prejudice is that we have none
340. The great thing in this world is not so much where we are as in what direction we are moving
341. The heart is the only compass that can direct you on the long journey to inner peace
342. The human spirit is stronger than anything that can happen to it
343. The ideal day never comes. Today is ideal for him who makes it so



344. The kingdom of heaven is a state of consciousness

345. The longest journey of any person is the journey inward

346. The mark of an immature man is that he wants to die nobly for a cause while the mature man wants to live humbly for one

347. The measure of success is not whether you have a tough problem to deal with but whether it is the same problem you had last year

348. The more kindness you give away.  
the richer your life will become

349. The most important prayer in the world is just two words long: Thank you

350. The most important things in the world are not things

351. The nicest thing we can do for our heavenly Father is to be kind to one of his children

352. The older you get the more you realize that kindness is synonymous with happiness

353. The one standing behind a wall can see nothing else

354. The only devils in the world are the ones running around in our own hearts where all our battles should be fought

355. The only person I can change is me. Things change as I change

356. The pace with which you begin the day is the pace you will maintain throughout the day

357. The places in our personality where we tend to deviate from love are not our faults but our wounds

358. The principal part of faith is patience

359. The purpose of life is a life of purpose

360. The quality of mercy is not strained,  
it drops as gentle rain from heaven:  
it is an attribute of God himself

361. The quality of my relationships is entirely dependent on what I hold in my consciousness

362. The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment

363. The real measure of your wealth is how much you would be worth if you lost all your money

364. The real voyage of discovery consists not in seeking new landscapes but in having new eyes

365. There are lessons to be learned in every place. The mark of spiritual mastery is the ability to remember God wherever we go and through whatever we experience

366. There are only two truly infinite things: the universe and stupidity, and I am unsure about the universe

367. There are people who will always come up with reasons why you cannot do what you want to do. Ignore them

368. There are two kinds of talent, man-made and God-given. With man-made talent you have to work very hard. With God-given you just touch it up once in a while

369. There are two ways to live your life. One is as though nothing is a miracle, the other as though everything is.

370. There are two ways of spreading light: to be the candle or the mirror that reflects it

371. There is no other failure than stopping to try

372. There is no problem so big that it cannot be run away from

373. There is no reality - only perception

374. There is no such thing as a problem without a gift for you in its hands

375. There is no way to peace - peace is the way

376. There is only one fundamental problem: we separate ourselves from the Source

377. There is power in forgiveness

378. There is so much in the world for us all if we only have eyes

to see it, the heart to love it and the hand to gather it

379. The shortest way between two people is a smile

380. The soul would have no rainbow had the eyes no tears

381. The trick is making sure you do not die waiting for the good life

382. The true test of character is not how much we know how to do  
but how we behave when we do not know what to do

383. The true way to gain much is never to desire to gain too much.

He is not rich that possesses much but he that covets no more  
and he is not poor that enjoys little but he that wants too much

384. The truth is that when we love our enemies,  
we have no enemies  
because love changes them all to friends

385. The turning point in our lives is when we stop seeking the God  
we want and start seeking the God who is

386. The value of persistent prayer is not that He will hear us  
but that we will finally hear Him

387. The victim mentality will always create the victim reality

388. The weak weep, the strong laugh, the wise smile

389. The willingness to accept responsibility for one's own life is the source from which self-respect springs

390. The will of God will never take you to where the grace of God will not protect you

391. The winds of grace are always blowing but it is you that must raise your sails

392. The wise man in the storm prays to God, not for safety from danger but for deliverance from fear. It is the storm within that endangers him not the storm without

393. The world cannot always understand one's profession of faith but it can understand service

394. The world was made round so that we would never be able to see too far down the road

395. Those who bring sunshine to the lives of others cannot keep it from themselves

396. Those who cannot forgive others break the bridge over which they themselves must pass

397. Those who think the world is a dark place are blind to the light that might illuminate their lives

398. Through morning prayers and meditation we embark upon the day spiritually prepared. Without this preparation we enter the day with yesterday's anxieties - our own and those

of millions of others

399. Time is too slow for those who wait  
too swift for those who fear  
too long for those who grieve  
too short for those who rejoice  
but for those who love, time is eternity

400. To answer the question whether I am an optimist or a pessimist  
I must say: my knowledge is pessimistic, my hope is optimistic

401. To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment

402. To conquer fear is the beginning of wisdom

403. To do the useful thing, to say the courageous thing,  
to contemplate the beautiful thing, it is enough for one man's life

404. To gain that which is worth having, it may be necessary  
to lose everything else

405. To lay down our lives sometimes means that we are to  
surrender the littleness of who we think we are in order  
to be the greatness God created us to be

406. To need help is to feel helpless

407. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all that can turn a life around

408. To take something from yourself to give to another, that is human and gentle and never takes away as much comfort as it brings

409. To the degree that you doubt your worthiness, you tend to sabotage your efforts and undermine your relationships

410. To trust in God means to move ahead with your heart when your head says it cannot be done

411. To work in the world lovingly means that we are defining what we will be for rather than what we will be against

412. Treat people as if they were what they should be and you help them become what they are capable of becoming

413. Trials teach us what we are, they dig up the soil and let us see what we are made of

414. Troubles are often the tools by which God fashions us for better things

415. Trust, but trust that it will all turn out perfectly not that others will necessarily do what you expect them to do

416. Trust is based on confidence in God whose ways I do not understand. If I did there would be no need for trust

417. Trying to make other people change is like trying to sweep back the ocean with a broom

418. Try not to judge people. If you judge them you are not

giving love

419. Twenty years from now you will be more disappointed by the things you did not do than by the ones you did. So throw off the bowlines, sail away from the safe harbour, catch the trade winds in your sails.

Explore, dream, discover

420. Use what talents you possess, the woods would be very silent if no birds sang except those that sang best

421. Watch your attitude, that is the first thing people notice about you

422. We all live under the same sky  
but not all have the same horizon

423. We are all angels with one wing, when we embrace we can fly

424. We are an alignment of wholes not the sum of parts

425. We can easily forgive a child who is afraid of the dark, the real tragedy of life is when men are afraid of the light

426. We cannot find peace if we are afraid of the windstorms in life

427. We have two ears and one mouth to listen more and speak less

428. We know the price of everything and the value of nothing



429. We learn as much from sorrow as from joy, as much from illness as from health, from handicap as from advantage and indeed perhaps more

430. We make a living by what we get we make a life by what we give

431. We must be the change we wish to see in the world

432. We suffer primarily not from our vices or our weaknesses but from our illusions. We are haunted not by reality but by those images we have put in place of reality

433. We teach people how to treat us

434. Whatever happens, look for the gift

435. Whatever it is that you want, give it

436. What lies behind us and what lies before us are tiny matters compared to what lies within us

437. What would you rather be, right or happy?

438. What you do speaks so loudly I cannot hear what you say

439. What the caterpillar interprets as the end of the world the master calls a butterfly

440. What you do in life is vaguely interesting.  
Who you are is inspiring

441. What you get by achieving your goals is not as important as what you become by achieving your goals

442. Whenever you find yourself on the side of the majority it is time to pause and reflect

442. When friends offer to help - let them

443. When I die I want to be buried in the hearts of my friends

444. When I touch someone, the one I touch is me

445. When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, "I used everything you gave me."

446. When it is dark enough, you can see the stars

447. When men speak ill of you,  
live so as nobody may believe them

448. When our eyes see our hands doing the work of our hearts, the circle of creation is completed inside us, the doors of our souls fly open and love steps forth to heal everything in sight

449. When our minds are filled with light, there is no room for dark

450. When the wind of change is blowing some build shelters others build windmills

451. When things go wrong, do not go with them

452. When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure

453. When we meet violence with violence, what do we get? Twice as much violence - which is of course a valuable contribution to peace

454. When you are afraid of anything you are acknowledging its power to hurt you

455. When you find yourself in a hole, stop digging

456. When you walk let your feet kiss Mother Earth

457. When your life is possession-centred, the important thing is what you have, when it is principle-centred the important thing is who and what you are

458. Wherever you are, whatever your circumstances may be whatever misfortune you may have suffered, the music of your life has not gone. It is inside you and if you listen to it, you can play it

459. Wherever you go, there you are

460. Where there is love there is joy  
where there is joy there is peace  
where there is peace there is love

461. Where weapons have spoken many voices have been silenced

462. Whether a thought is spoken or not, it is a real thing and it has power

463. While great brilliance and intellect are to be admired, they cannot dry one tear or mend a broken spirit.

Only kindness can do this

464. Why do we blame only the last drop which makes the cup overflow

465. Why imitate another human being when you are one yourself

466. Wish not so much to live long as to live well

467. With love in my heart I need nothing else

468. You are the secret to your success

469. You always have what you need to be happy, look in the right place

470. You are always free to change your mind and choose a different future or a different past

471. You are never given a wish without also being given the power to make it true. You may have to work for it, however.

472. You are the bow from which your children as living arrows are sent forth

473. You cannot do a kindness too soon because you never

know how soon it will be too late

474. You cannot always control the wind but you can control your sails

475. You cannot always control what goes on outside but you can always control what goes on inside

476. You cannot be totally committed some of the time

477. You cannot change what you do not acknowledge

478. You cannot grasp it but you cannot lose it. It winds its own way. When you are silent it speaks, when you speak it is dumb  
There are no obstacles, the great gate of love is wide open

479. You cannot see your eyelids  
for they are too close to your eyes

480. You cannot teach a man anything, you can only help him to find it within himself

481. You do not become white by painting others black

482. You gain strength, courage and confidence by every experience in which you really stop to look fear in the face

483. You give but little when you give of your possessions.  
It is when you give of yourself that you truly give

484. You have done everything in vain that you have not done in love

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485. You make a living by what you get  
you make a life by what you give
486. You may be only one person in the world, but you may  
also be the world to one person
487. You need not teach a tree to bear fruit - take care of it
488. You never have to regret a kindness
489. Your actions speak more loudly than your words
490. Your best friend is the person who brings out the best in  
you
491. Your dying is no proof that you have ever lived
492. Your pain is the breaking of the shell that encloses  
your understanding
493. Your soul always wants to move towards harmony,  
cooperation, sharing and reverence for life
494. You teach best what you most need to learn
495. You will never get there first by walking  
in someone else's tracks
496. Your wealth is where your friends are

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