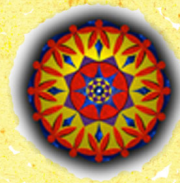


Stay Above It All

The 11th Intent

of

The Code



Merlin and Arthur

on

Power, Precipitation, Pandemics

and

*Manifesting the Best Outcomes
You Can Imagine*

Tony Burroughs

The Intenders of the Highest Good

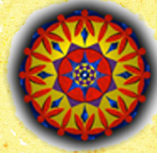
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The 11th Intent of *The Code*

STAY ABOVE IT ALL

Sit in with Merlin as he teaches Arthur *The Code* and how to apply the Law of Attraction/Precipitation to manifest the best outcomes for any situation you're in.

**YOU'RE ALWAYS CREATING THE WORLD
YOU'RE ABOUT TO ENTER**



“Let’s go back to the basics for a moment,” he said.
“Everything you experience started out with a thought, and all thoughts are doing their best to work their way outward into your daily life. The more attention you put on any thought, the quicker and easier it will manifest for you. So, when you’re able to be more vigilant of the thoughts that are crossing your mind, and you discard the ones that are making you sick, or broke, or unhappy and you replace them with thoughts that serve you, such as “I’m happy!” or “I’m healthy!” and so forth, you’re no longer reinforcing your unwanted experiences. Instead, you’re picturing the best possible outcomes you can imagine. This is how you put your thoughts to their highest and best use.”

Every Step is Magic.

Every Moment, a Miracle

Merlin 

Visit www.intenders.com

Body, Mind & Spirit / Philosophy & Spirituality

Stay Above It All

The 11th Intent

of

The Code

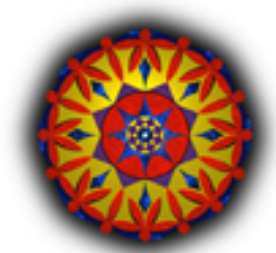
Merlin and Arthur

on

Power, Precipitation, Pandemics

and

Manifesting the Best Outcomes You Can Imagine



Tony Burroughs

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Stay Above It All
The Eleventh Intent of The Code

Merlin and Arthur
on
Power, Precipitation, Pandemics and
Manifesting the Best Outcomes You Can Imagine

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My Houston brother, Dan Hunter, suggested that I write a children's book.
So, here it is, Dan, a book for the children —
the Children of God.

In the Spirit of giving, this book is free. [Donations](#) are much appreciated!

For more information about The Intenders of the Highest Good visit www.intenders.com

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It's a great mystery why humanity places so much faith in invisible germs that can only bring them great harm, while, at the same time, disavowing any belief in angels and invisible friends who could help them beyond measure. It boggles the goggles!

Merlin

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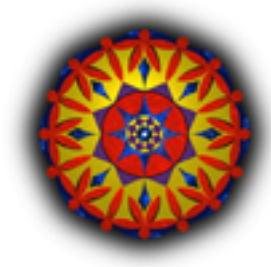
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The 11th Intent ~ *Stay Above It All*

I am present and perfect in this moment. My judgments and reactions in check, I forgive myself and everyone else. Now I am innocent, free and at peace, untouched forever by the ways of the world.

*I am Immortal Spirit
and
I Stay Above It All!*



The Code

A Universal Guide for Positive Daily Living

To have The Code work in your life, say it once a day

The First Intent ~ Support Life

I refrain from opposing or harming anyone.
I allow others to have their own experiences.
I see life in all things and honor it as if it were my own. *I Support Life.*

The Second Intent ~ Seek Truth

I follow my inner compass and discard any beliefs
that are no longer serving me. I go to the source. *I Seek Truth.*

The Third Intent ~ Set Your Course

I begin the creative process. I give direction to my life. *I Set My Course.*

The Fourth Intent ~ Simplify

I let go so there is room for something better to come in.
I intend that I am guided, guarded, protected, provided for and lined up
with the Highest Good at all times. I trust and remain open to receive
from both expected and unexpected sources. *I Simplify.*

The Fifth Intent ~ Stay Positive

I see good, say good and do good. I accept the gifts from all my experiences.
I am living in grace and gratitude. *I Stay Positive.*

The Sixth Intent ~ Synchronize

After intending and surrendering, I take action by following
the opportunities that are presented to me.
I am in the flow where Great Mystery and Miracles abide,
fulfilling my desires and doing what I came here to do. *I Synchronize.*

The Seventh Intent ~ Serve Others

I practice love in action. I always have enough to spare and enough to share.
I am available to help those who need it. *I Serve Others.*

The Eighth Intent ~ Shine Your Light

I am a magnificent being, awakening to my highest potential.
I express myself with joy, smiling easily and laughing often.
I Shine My Light.

The Ninth Intent ~ Share Your Vision

I create my ideal world by envisioning it and telling others about it.
I Share My Vision.

The Tenth Intent ~ Synergize

I see humanity as One. I enjoy gathering with light-hearted people regularly.
When we come together, we set the stage for Great Oneness to reveal Itself.
We Synergize.

The Eleventh Intent ~ Stay Above It All

I am present and perfect in this moment. My judgments and reactions in check,
I forgive myself and everyone else. Now I am innocent, free and at peace,
untouched forever by the ways of the world.
I am Immortal Spirit and I Stay Above It All.

intenders.com

visionalignmentproject.com

[You can download a free copy of The Code by Clicking Here](#)

Preface

M: “So, what is it that you really want?”

A: “I don’t understand. What do you mean?”

M: “I mean . . . what do you truly want in your life, Arthur? You seem a little serious today. What will it take to make you happier than you are right now?”

A: (After a long pause), “Well, I want a lot of things: more friends, a bigger allowance, more time to be myself without anybody watching over me, nicer teachers, no more shots, a new SUV, more fun. I want a lot of things . . .”

Meet our friends, Merlin and Arthur, having returned, as foretold long ago, to the present day. Merlin, who has been around the proverbial block a few times, and has adapted quite well to the strangeness of life on Earth in the 21st century, is mentoring Arthur. Tall, broad-shouldered and still growing, Arthur is in his late teens, and like most teenagers nowadays, he’s caught up in the mainstream, phone at the ready, full of questions. He has no idea, at this point in his life, that, like you, dear reader, he will one day rule over all he surveys.

M: “So, what’s keeping you from having these things you want?”

A: “I don’t have a clue. It’s like the world is against me. No matter what I’m wanting, it seems like it’s always just out of reach.”

M: “And what are you doing about that?”

A: “I’m truly lost, Merlin. I don’t know what to do.”

M: “OK, that’s a start. Now, how about if we explore an area that isn’t being covered in your school? How about if we begin to put the Law of Precipitation and your intentions to work for you?”

A: “That sounds interesting. How do I do that?”

M: “You begin by getting up every morning and setting a direction for your day by saying something like, ‘I INTEND that I have more fun, a new SUV, and so forth.’”

A: “That’s too simple. I don’t see how that’s going to work.”

M: “I can’t tell you how it works, Laddie. But I can promise you that it does work. And I can assure you that if you get up every morning and, before you begin your day, you say your intentions or prayers or affirmations, then, if it’s for your Highest Good, the Law will see to it that the things you want in your life will come to you.”

A: “Are you sure about that?”

M: “Positive! The Law of Precipitation always works — if you use it. Unfortunately, you weren’t taught about it in school, so most folks aren’t aware that their thoughts and words have anything to do with their daily experiences. As a result, they don’t do the one thing that would help them the most in life. They don’t INTEND for the circumstances that will provide them with a happier, more enjoyable future.”

A: "So, you're saying that if I get up in the morning and intend that I have an SUV, it will come to me, yes?"

M: "Absolutely! If it's for your Highest Good. Per the Law of Precipitation, it has to happen!"

A: "OK. I'll try it. But can it work on bigger things? Something, deep inside, tells me that I'm going to have a huge impact on the world someday. But with the worldly situation the way it is now, I don't see any way I can do that simply by intending it. For instance, having world peace and a safe, sustainable, supportive environment seem so far out of reach."

M: "Maybe for you, my young friend. But not for me! You see, I know that things can change in an instant. One moment you could be swimming in chaos, and the very next moment you could be breathing a huge sigh of relief because an unforeseen event brought on a mass awakening to the wisdom of truly caring about one another and the Earth you live on."

A: "I guess anything's possible. But I still don't see how I can have a positive effect on it all?"

M: "You start with yourself, Laddie. Learn The Code. The Code is a proven Universal Guide for positive daily living. Say your intentions or prayers every morning. Watch your words and thoughts more closely and withhold your attention and agreement from any thought or idea that doesn't feel good or sound like it's going to give you the future you're really wanting for yourself. And most

important of all: don't hang out with kids who are always complaining or telling you that you can't have what you want."

A: "OK, I can do that. But how's that going to affect the world? It seems almost impossible."

M: "Again, you start within yourself, Arthur. And understand that you may or may not notice a change in the world right away. You will, however, notice a big change in yourself. You'll be happier because you're getting the things you want — and that happiness will be reflected out into the world around you, and it will affect everyone it touches, and everyone they touch . . ."

A: "So, what you're saying is that what I'm really wanting is my happiness, independent of worldly circumstances."

M: "Yes! Now you've got it. And always remember that the world, as it stands today, would have you be unhappy and confused, stumbling around through life. It will tell you that you can't have the things you want, that they are scarce, that you can't afford them, that they'll make you sick, and on and on. But your job is to disregard any of these worthless suggestions and say The Code everyday."

A: "And what will that do?"

M: "It will prepare you for a wonderful life, my young friend. It will help you Stay Above It All."

You're the bridge to bring Heaven to Earth

Historical Background

Arthur's Story

In the waning days of the old world of governance, the people had no direction, no trustworthy stewardship. They were disoriented, their scarcity-driven civilization was dying. They put little or no thought about how to go on. The world managers — those who had taken it upon themselves to guide the people — were failing miserably. Chaos stood on the horizon; the common good forsaken, people wandered aimlessly . . . A miracle was desperately needed to point humanity, not only back in the direction of peace on Earth, but also to the peace in their own hearts and minds. Months and years went by as the people waited . . .

Many turned to God in these darkest of days — and as it always happens when two or more are gathered to connect with God/Great Oneness — He responded by sending a young man to bring love and healing back to the people.

This charismatic youth, Arthur Penn, by name, had been through this same worldly situation before, in his last life in the British Isles, in a place called Camelot. Though he doesn't recall it, Arthur brought his people together at that time to live in a peace and harmony that should have lasted for generations. But alas, his beautiful Camelot eventually spoiled from within and was lost to

uncaring warlords, warlords whose descendants still wield the sword of power and control over the world's people today.

And yet, out of that horrible chaos and confusion, a prophecy arose and began quietly circulating through the pubs and public houses. It rekindled the myth of King Arthur and his return to lead his people out of harm's way and into their highest calling in the days to come. Some said it was only a myth, a Celtic fiction of days long gone. There were others, however, whose ancestors had passed down the stories of old, others who swore the story of Camelot wasn't a myth: that it was real. These elders bore witness to the great King Arthur Pendragon who lived and led his people to a time of peace and prosperity centuries before. And they also talked of a time, a time nigh at hand, when the great King would return to lead the people once again . . .

***Though you have asked for that which you desired,
there is so much more awaiting to be given to you.***

The conversations herein were recorded at a time when Arthur was still in his teens; his strong, curious, yet untempered character carefully being molded by his guide and mentor, Merlin. As Merlin prepares Arthur to practice the *Law of Attraction* and step into his kingly calling, you will perhaps notice that their patter pertains to your life, as well. Arthur is asking questions that you, dear reader, might ask of a wise elder who has mastered *The Code* and applies the *Law of Attraction* (or *the Law of Precipitation*, as Merlin calls it,) at

will. Merlin is not the bumbling old goat the present-day media has made him out to be. (Historically, the media undermines all who would threaten their agendas, or who intend to leave a good mark on our world). Instead, Merlin is a longtime friend of the Highest Good. He was with me when I wrote *The Code*, and again when I invoked him into our earliest Intenders Circles. He is a powerful Being of Light and Love, capable of magically taking on any form in order to make Arthur (and you) more comfortable with him so he can more easily pass along his messages.

These Q and A sessions were typically held in Arthur's Crystal Clubhouse where they were completely hidden in the thick ponderosa pines a hundred yards behind his Dunsmuir, California home. On most of these occasions, Merlin appears to Arthur as a lively, gracious wizard with long, wild, white hair and beard, jeweled staff in hand, adorned in a blue-violet cloak that seems to sparkle with a life of its own. On other occasions, he might shift into the body of an insect, an animal, a cleanly coiffed, present-day successful businessman, or to the invisible Voice of *Spirit* that leaves Arthur in somewhat of a tizzy.

Their discussions, however, are geared toward one purpose. They have returned at this time to help us apply *The Code*, stay above the mainstream madness, and bring *Camelot* back into the forefront of human experience. As they tell it, *Camelot* embodies no particular form or shape, but carries with it a feeling, an excitement, a *Spirit* long forgotten but buried deep within the hearts and minds of every man, woman and child, young and old, rich and poor, friend and foe

alike. It encompasses all nations, corporations, religions, institutions and governments. All are welcome at the Round Tables.

Such is the *Camelot* Merlin and Arthur envision — not a specific location with castles and parapets — but an entirely new paradigm, a Heavenly realm that calls out joyfully to us even now. Its promise is freedom and peace. Its rallying cry: You are the Kings and Queens of your world. You can create any world you choose. Look deep inside, be not distracted, feel the Love, wait for the Light, and step into the *Oneness* that is the *New Camelot*.

Today is your day.

Planning is not required.

Influencing others is not required.

Time and money are not required.

Today contains all you need

for you to experience complete and utter joy.

You needn't wait or look elsewhere.

You needn't settle for less.

Simply remain alert for gifts and opportunities

to bestow themselves upon you.

Indeed, you need do nothing

except allow this day to unfold on its own,

knowing that everything you need is on its way.

The Guidance

As in all my books, many people have shared their stories and information with me. Some of these “people” are not visible in the corporeal sense of the word, however it is my intention that their information speaks for itself. Indeed, the history of the Intenders has been one of people collaborating with angels and ascended masters. Even our logo, with its alternating winged and un-winged characters joined in a circle, was designed to reflect our connection with invisible beings.

In the pages ahead, you will hear from my first (visible) mentor, BJ, as he prepared me for the unique life I’ve lived in service to the Highest Good. BJ and I spent 18 years on my avocado farm in Kona while he passed along a particular body of knowledge to me that we called “*The Information*.” Typically dressed in a tee shirt and jeans, BJ (who was the spitting image of St. Germain) had the rare ability to turn any drama or problem around to the positive side of things. Whatever issue I was going through always became fodder for his uncommon teaching methods. [*The Code: 10 Intentions for a Better World*](#) is filled with stories of BJ and me on the farm in Kona.

After leaving BJ and moving from the Kona side of the Big Island of Hawaii to Pahoehoe, I met Tina Stober who lovingly introduced me to Lee Ching, my second teacher. Indeed, it was Lee Ching who helped us create the Intenders of the Highest Good community. For those who are unfamiliar with Lee Ching, he is the male archetype of mercy

and the companion of Quan Yin, the female archetype of compassion. Although he's invisible, Ascended Master Lee Ching is the kindest, most caring Being I've ever met, and, to this day, I love him dearly.

As the Intenders community grew (per Lee Ching's prediction), I was fortunate to become the sounding-board and scribe for Intenders all across the globe as they began sharing their success stories with me about how the *Intention Process* had worked in their lives. At the same time, I was intending to be a conduit for inspired information on my own when several new saintly, angelic Beings started speaking to and through me in the creative writing process. In short, I began receiving knowledge, not only from Lee Ching, but also from Mother Earth, Mother Mary, and last but not least, from my wizardly friend, Merlin and his young protégé, Arthur.

Along with Merlin and Arthur's insightful conversations, we'll also be sharing several new Intenders stories with you here. These new stories will focus on the social, political, medical, environmental, financial, and personal issues of today, always with an eye on *The Code* and the best outcomes we can imagine. No longer will we fixate on the unfixable. Instead, we'll look at everyday life, as well as our spiritual life, to find the best outcomes for any situation we might encounter.

***At this very moment you are creating
with your thoughts, with your words, with your actions.
You are constantly creating the world around you.***

The Intenders and the Law of Attraction

The Intenders make the best use of the *Law of Attraction* and our thought processes: First, we think it (envision it), and then, we hold our attention on our imagined thought until it reveals itself right in front of us. We do not let doubts or naysayers distract us. Armed with this empowering information, we *intend* that we are even more vigilant, and that we're holding our attention only on that which we truly want to manifest in our lives, only on that which reflects the very best result available to us.

Ed Note: Although described differently, the *Law of Attraction* and the *Law of Precipitation* are the same. *The Law of Attraction* says that we attract experiences into our daily lives by thinking about them first. Merlin's *Law of Precipitation* simply puts it a different way: our worldly experiences precipitate, like rain condensing from the clouds, from our "invisible" thoughts into our "visible" everyday events.

We Intenders are letting go of our old inclinations to think small and settle for less, and we're replacing them by envisioning only optimal outcomes. We ask ourselves "*What's the very best thing that can come out of all this?*" and then we remain open to receive all that we envisioned and intended for. Indeed, sometimes *Spirit* will even surprise us with a couple of additional goodies that perhaps we'd never thought of. That's when you'll know the Highest Good has kicked in: when your intentions have manifested something *even better than you expected*.

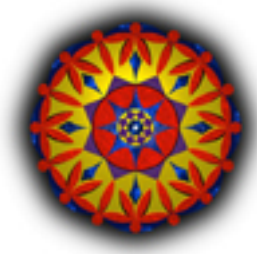
***Everything you need in life
is always shown to you.***

Your next step is always unveiled before you.

Our experiences over the last quarter century with the *Intention Process* have shown us that it's quite common for newcomers to start out by intending for objects, mates, money, good health and so forth. However, after most of these physical things have been manifested — often many times over — people tend to turn inward to explore their higher potentials. Thus, if you're intending to be more secure, more comfortable, more accomplished, more successful in your worldly affairs, our friends Merlin, Arthur, BJ, Lee Ching, along with several helpful Intenders, will explore every aspect of the *Law of Attraction* with you so you can begin to draw all good things into your life. On the other hand, if you're intending to reach a higher state of awareness that sees this world as a dream to awaken from, the conversations and stories ahead will point you in that direction. In other words, whether you're intending for a new car or to find *the Holy Grail*, the way is made clear ahead.

It's all about accepting that things can work.

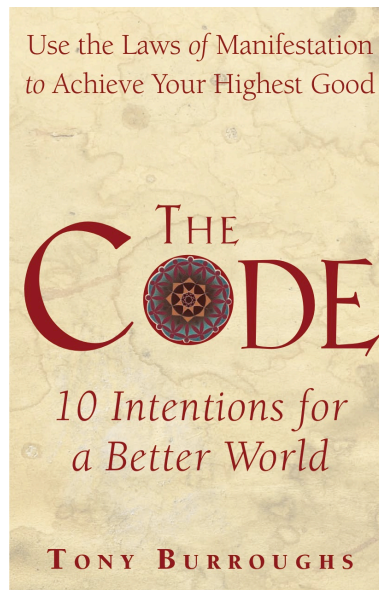
The Laws always work.



The Code

A Universal Guide for Positive Daily Living

The Code was purposely created for these turbulent times. Since its inception, tens of thousands of you have downloaded the poster of *The Code* from our [Intenders website](#) and have begun to integrate its powerful 10 Intentions into your lives. Now, however, what with humanity sitting at a crossroads, each one of us is having to reevaluate our old material ways and reach out for a new way of life, a way that calls upon us to love one another and step into our God-given power. Thus, we've added the 11th Intention ~ *Stay Above It All*.



Since I originally wrote my bestseller, [The Code: 10 Intentions for a Better World](#) over 18 years ago, it's empowered people the world over. Lately, however, our world has gone through so many

unexpected changes that few would have imagined them possible. What with our weather shifting, the pandemics, the wars, the extreme polarization of the people, the self-serving leadership, the environmental debacles, the lockdowns, the skewed media, the non-asset backed currencies, the never-ending debt, and so much more, *The Code* offers a way out. Not only is it capable of raising the individual up and out of the prevailing mainstream madness, it's also a guide for communities and nations to follow as we move into the days ahead.

Take care of it so it can take care of you

Clearly, if we do not adopt an inspired guide for daily living like *The Code* as soon as possible, and put it to work in our schools, our communities and our everyday lives, we're in for a rocky ride. It's time, now more than ever, to move our attention away from the cruel tyrants of this world and manifest a world that supports us and cares for us while our current way of life plays itself out. Along the way, we may even discover that our true happiness is unrelated to the ways of the world, but is to be found in our own peaceful hearts and positive minds. That's where *The Code* will take you: first, to your power to manifest worldly objects and events at will; and then, next, to the sweetness of the *Holy Grail*.

To apply The Code in your daily life, say it once a day.

The First Intent ~ *Support Life*

I refrain from opposing or harming anyone. I allow others to have their own experiences. I see life in all things and honor it as if it were my own. I support life.

Not surprisingly, the first line of *The Code* (“*I refrain from opposing or harming others.*”) has been the most controversial. People shared that they could “pretty easily refrain from harming anyone”, but that it was more difficult for them to stop opposing others. In [The Code: Ten Intentions for a Better World](#), we clearly established that we become like the people we’re opposing. Then, to this point, we asked, “*once you know that you’re becoming just like those you oppose, shouldn’t that be reason enough to stop the opposition?*” That question brought on such a response that we decided to take it a step further.

For when we oppose another, we’re seeing them separate from us — and until we’re able to change our thinking, we’ll keep the wondrous experience of *Oneness, or Unity*, at bay. In other words, it’s the separation from *Great Oneness* that’s causing all our problems and suffering in this life, and it’s the reconnection with *Oneness* that resolves our issues and returns us to peace and happiness. This is why, as Merlin indicates ahead, that we value our connection with *Great Oneness* as the most fulfilling experience we can have in this life. Indeed, we’d want to treat it like the precious *gift* that it is. That said, let’s see what Merlin and Arthur have to say about *Supporting Life*.

***It is for us in these changing times
to walk the walk and talk the talk
that brings people back to peace and unity.***

Merlin Tells Arthur About the Grail

A: “If what you say is true, Merlin, I’ve spent a lot of energy in my previous lifetimes on battlefields, in combat. Why is it, then, that I have such an aversion to harming others in this life?”

M: “This lifetime is different for you, Arthur. Your soul has graduated, so to speak, from soldiering. You have killed and been killed in war after war, lifetime after lifetime, so much so that you have gained the wisdom of no longer needing to take part in such senseless activities, activities that do not further your education or your evolution.”

A: “I don’t feel so evolved, Merlin. But I do feel merciful and compassionate toward my fellowman, whether they’re a friend or an enemy. I can’t explain it, but taking the life of another, or harming anyone in any way, just doesn’t feel right to me.”

M: “Nor should it, my young friend. There is a simple formula to understand, even though most people in your world still don’t get it: If you don’t Support Life — and that includes no longer supporting any person or regime that advocates opposing or harming anyone or destroying the Earth in the name of self-serving profit, and so forth — then you are endangering yourselves as a species. In every

instance, throughout all of physical creation, whenever a species has unconsciously turned against itself by destroying its own, that species has gone to dust. That's why we're here now, Arthur. You and I and many others who truly care about the well-being of their fellowmen and women have come back into this Earthly realm at this pivotal time in history to save mankind from destroying itself."

A: "And just how are we supposed to do that, Merlin? If I'm going to be a king again, how do I rule the people without having to kill anyone, like I did in the past?"

M: "That's the best question you could have asked, Arthur! And the answer is: In this lifetime, you're going to be a different kind of king, the kind of king humanity hasn't seen for over two thousand years. In your kingdom you will set an example on behalf of peace and Supporting Life. You will Stay Above It All and not kill another person, ever! You will dispense mercy and the people will see your example and begin to throw down their guns and weapons, and rise up to help one another instead."

A: "I still don't see how all this can play out, though. I'm just a boy, Merlin. What has to happen to place me on the throne as a king someday?"

M: "You'll see, Laddie! You needn't be concerned about all this at present. Everything will fall into place. But know this — and here's a glimpse into your royal future for you: first, you must find The Grail."

A: “The Grail! Isn’t that the cup of Christ? What are you talking about, Merlin? I don’t know the first thing about The Grail!”

M: “But you will, I assure you. The Grail is not what people think it is. It’s not a symbolic physical cup, or a physical anything. The Grail is the Holy Spirit. It’s an expansion of your awareness. It’s the Bridge between your mind and the Oneness of All That Is. In truth, the Holy Grail is a Living Teacher, a loving invisible Voice, a Guide who will keep you in line with your Highest Good and lead you to Great Oneness if you choose to stay on the path you set for yourself before you came to this Earth. It’s who you really are, Arthur. At present, you still think like a human being, with all its faults and foibles. But soon an unexpected event will occur that will awaken you to a part of yourself that you presently don’t know exists.”

A: “Oh my God!”

M: “Yes, indeed, this is a Godly experience, and it will unequivocally reveal your true calling to you – and you will be lifted up and out of the illusions of this world to Stay Above It All in a state of enduring peace.

“That’s what The Grail is all about, Arthur. That’s why it’s called ‘The Holy Grail’. You see, the experience that it leads you to is so sublime, so exalted, so holy that you cannot compare it to any other human experience.”

A: *“I don’t know what to say, Merlin. I’m excited and scared at the same time. I’m mostly frightened of not being the kingly leader that the people will expect of me.”*

M: *“When you actually experience the majesty of The Holy Grail, Arthur, the people will see the change in you, and they will follow you. They will follow your example.”*

A: *“And what example is that, Merlin?”*

M: *“You’ll set the example of peace, my young friend, by supporting the lives of your people — not just some of the people, Arthur, but all of the people everywhere! And they will be amazed and relieved — and they will set their weapons aside and stop their killing once and for all time. They’ll begin to share and care for one another again, and they will see, oh-so-clearly, from your kingly example of Staying Above It All, that Supporting Life is their ticket to the New Camelot. Indeed, the New Camelot welcomes all who come in peace.*

Supporting Life is more than renouncing violence.

It’s lifting others up as well, and helping them

thrive and get the most out of their lives.

I remember when *The Code* came to me: I was nestled in among three sand dunes on Grover Beach, California and writing as fast as I could. When the second line, *“I allow others to have their own experiences”* came into my mind, I recall thinking that as we begin to allow others to have their own experiences, we’ll also see when others

are trying to keep us from living our own lives fully and freely. Indeed, the practice of invading the sanctity of another's life is all too common in our world nowadays. It's as if we're constantly having to deal with those who are actively trying to control us, harm us or herd us against our will. And yet, the only response that will bring us lasting happiness is to withhold our reactions to their invasive maneuvers, forgive them, and *Stay Above It All*. Any other reaction on our part only plays into their hands, separates us all the more from one another, and keeps us from stepping into the *New Camelot*.

***Oftentimes things may be happening all around you
that seem to be discordant,
and you cannot imagine what is going on.
But you must remain focused and steadfast
and be able to see through and not get caught up
in all the mundane dramas
that are constantly being perpetuated on this planet.***

One caveat here: if someone is in front of you and actively threatening to hurt you, vaccinate you, or experiment in any way upon your body, you will likely want to protect yourself by any means necessary. However, just as soon as the threat has passed, realize that any further opposition (per *the First Intent of The Code*) works against you. As quickly as you can, let it all go and return to whatever you were doing before the threat occurred. Seek no retribution, lest you attract further opposition into your future. And remember: it doesn't matter whether you're being confronted by camo-clad military

operatives, deceptive media pundits, or misguided doctors and health officials — all are attacks on your ability and intent to *Support Life*.

Tony's Story ~ The Detail Man

In the pages ahead you'll hear a lot about how diseases and pandemics are created, and you may wonder why an avocado farmer from Kona like me became so interested in today's medical establishment. It all has to do with how I was raised. My father was a small town Southern Illinois MD, and my mom was his nurse and receptionist. From my earliest memories, they worked together in his office, a couple of blocks from where we lived. It started when I was 5, when he carried me to the car in the dead of night, drove us to the hospital, and proceeded to take my tonsils and adenoids out. As I recall, I wasn't having any pain in my throat that evening, but that didn't seem to matter to him. What I do remember was the intensity of the ether he used to anesthetize me. My body was way too little to be able to handle such a powerful drug; the experience traumatized me for years.

The following year, when I was 6, he loaded me in the car again, drove to the emergency room (although there was no emergency that I could tell), and he removed my appendix. Apparently people didn't have to have anything wrong with them in those days in order to undergo surgeries; it was literally "standard operating procedure" to remove body parts for preventative measures.

The year after that, when I was 8, he made a reciprocal deal with the local orthodontist who put braces on my teeth and left them there for the next 9 years. The fact that my teeth are still misaligned today is witness to the experimental nature of what I was going through.

Even though I was still quite young, I was beginning to form certain beliefs around all the seemingly unnecessary procedures I was having to endure. But these thoughts didn't fully register with me until the following year when, as a regular ritual, my mom began making me come down to their office after school. According to her, the regional pharmaceutical salesman — they called him “the detail man” — had visited their office the day before with a new batch of vaccines and whatnot — and from that point on, I became a human pincushion, a guinea pig.

Somewhere along the way, as my after-school office visits and inoculations became more frequent, I fully realized that I was being experimented on — not consciously by my parents (because I knew deep down that they loved me and wanted only the best for me), but by “the detail men” and those who paid them to go around selling their drugs to the local doctors.

It's important to point out here that we, human beings, are products of our environment and our cultural conditioning. The experiences we have in our youth stay with us as reminders of good times and bad. In my case, it's easy to see why I rebel so passionately these

days at the invasive techniques of the pharmaceutical and medical communities. They were experimenting on me back then, and their experiments have never stopped to this day. Indeed, that's what the pandemic of 2020 was all about. It was nothing other than a clandestine experiment, only this time it wasn't localized; we were all being experimented on at the same time.

PS: Every now and then I wonder about my dad. If he'd really known what he was doing to my small body back then, would he have continued to poke and prod me like he did? Would he have continued to push the detail man's vaccinations and free samples on everyone who came to his office? I have no doubt that my father was honest and he truly wanted to be a good doctor — but that he was misled by “the detail men” to believe he was helping his patients when, in truth, he'd become an unwitting front man for those who were experimenting on us.

***Why keep patching up the old
when the best use of your energy
is to envision the new?***

The recent assault on our physical health and wellbeing provides us with a good look at how to *Support Life* in times of such invasive maneuvers. That being so, let's sit in on another recent conversation with Merlin and Arthur and see how they would respond to the latest contrived pandemic . . .

*Merlin Talks about Reinforcing Diseases —
Mrs. McGurdle's Story*

A: "Did you hear about Mrs. McGurdle? She's really sick!"

M: "Oh."

A: "That's right, Merlin. I heard it's really bad. She's got the disease and is not expected to live."

M: "Hmmm."

A: "Jeez! You're not very compassionate!"

M: "Does it seem like that to you?"

A: "Yes, it's like you don't care about Mrs. McGurdle. She was our school teacher here for 25 years."

M: "Oh, but I do care about Mrs. McGurdle, Arthur. Perhaps more than you."

A: "How could that be?" (a bit miffed).

M: "Instead of going along with everyone else who's seeing Mrs. McGurdle's failing health — and therefore reinforcing her illness — I Stay Above It All by holding a vision of perfect health and wellness for her while she and most everyone else is seeing her sick. I'm picturing her well and happy, living her life to the fullest."

A: "Reinforcing her illness? How does that work, Merlin?"

M: “Well, first off, your thoughts are things. They really exist, even though you don’t see them with your physical eyes. And since everything is connected (as today’s physicists have finally acknowledged), these thoughts are transmitted to whoever you’re thinking about. In other words, when we think about someone, on a level that’s invisible but exists nonetheless, they pick up on our thought and, if they’re receptive to it, it can affect them.”

A: “Really?”

M: “Yes, really! So if we’re thinking good thoughts about someone — thoughts that support their wellness and happiness — that’s what they’ll receive . . .”

A: (Interrupting) . . . “and if we’re thinking bad thoughts about them being sick or hurt, then that’s what they’ll receive.”

M: “Exactly! It’s all happening in our mind, which, my young friend, is truly only one mind. We’re all connected in our minds, and when we think of someone else, regardless of what our thought is about, they’ll receive it on a very subtle level. And, if it resonates with what they believe, it will begin to manifest via the Law of Precipitation in their daily lives.”

A: “But that’s something we’re all doing all the time. We’re all talking about other people’s sicknesses. It’s like a national pastime.”

M: “Unfortunately, that’s true. However, that’s not the point. If we’re really going to help our friends and loved ones, we need to stop reinforcing their ills.”

A: So, how do we do that?

M: “In three ways: first, we stop talking about them being sick (or hurt, or having fallen on hard times.) Second, we stop thinking about them being sick, and we disregard that topic altogether.”

A: “OK! I can do that! What’s the third way?”

M: “Third, we never, ever, agree with anyone anywhere at anytime about someone else’s challenges or diseases. When they bring it up in casual conversation, it’s our job to remain neutral, like I did when you accused me of not being compassionate about Mrs. McGurdle.”

A: “I understand, but that’s not going to be easy. People want us to agree with them.”

M: “Yes, that’s true, Laddie. But after awhile you’ll learn to withhold your agreement, and not even nod your head which signifies an agreement and would further their challenges and sicknesses. And, you’re right: people will think you’re weird when you don’t agree with them about someone else’s sickness. But you’ll know in your heart and mind that you’re not feeding or reinforcing their disease.”

A: “I see . . .”

M: “Then, after a short time, when you get good at these measures, you’ll take the next step . . .”

A: “And what’s that?”

M: “In your mind, regardless of outer appearances and what other people are telling you, you’ll begin to envision the other person — in this instance, Mrs. McGurdle — completely and totally well, happy, healthy and living her life to the fullest. When you can do that, you’ll know that you’re truly helping your fellow travelers, instead of harming them.”

A: “Wow! I think I’ve got it! Thanks, Merlin, because I really want to be helping people.”

M: “And now you will, Laddie. Oh, and you’ll be helping one other person, as well.”

A: “And who’s that?”

M: “You’ll be helping yourself. You see, when you’re able to Stay Above It All and envision others happy, healthy and well, your own health and happiness blossoms, too. Whatever you do to others, even in your thoughts, comes back to you.”

A: “Oh my! I hadn’t looked at it that way. That’s wonderful!”

M: “Yes, it is! So now, you understand that if you’re thinking about them being sick, you’ve introduced sickness into their life, and, just by acknowledging the existence of that sickness, you’ve introduced the possibility of it into your own life. But when you’re holding a vision in your mind of another person in their perfect state of health and happiness, your own health and happiness is enhanced tenfold!”

A: “I like that!”

M: “Of course! Now, Laddie, what do you see for Mrs. McGurdle?”

A: “I see the best of her life still ahead of her, and she’s happy and healthy every step of the way!”

***It’s our job to hold the light of wellness
for others while they’re temporarily unable
to hold it for themselves.***

There’s a moment in almost every conversation when we’re called upon to agree and align with the beliefs of others — and it is at this precise, fleeting instant when we have the opportunity to choose which path we want to travel. If the belief serves us, then we can agree and look forward to receiving its bounty in the days ahead. But if the belief doesn’t serve us and appears to encumber us or place us in harm’s way, then we are wise to let it go and place no further attention on it, lest we bring it to life.

Said another way, if someone can get you to believe in something, then it becomes a reality for you, and you’ll have to deal with the effects of it. On the other hand, when someone tries to get you to go along with his or her ideas and you politely decline, then you can go on with your life in your own way. And you can look at the *Law of Attraction*, as well as the [*Law of Agreement*](#), from higher ground where all our experiences happen first in our mind, and then move outward into our physical world from there. We create our own reality, not someone else’s, unless we agree with it.

We manifest disease symptoms by believing in them, and by agreeing with others that we could “*catch*” their illness. If, however, we’re wise and strong enough to override the *suggestions* of others with our own positive thoughts, thoughts of wellness, thoughts of being in perfect health — and if we can *Stay Above It All* long enough to withhold our agreement when the well-meaning, but mesmerized people around us *suggest* that we could “*catch it*”, then, since we haven’t put any undue attention on sickness, we won’t create it for ourself.

***Just because someone throws something at you,
doesn’t mean you have to catch it.***

This one change — refraining from indiscriminately chatting about our health problems — would bring relief to so many who are caught up in the suffering brought on by lining up with the mainstream medical mindset. We could *Support Life* and live in complete, sustained wellness, no longer creating or adding to our own physical issues, if we would just learn to shut our mouths and shift our minds to the positive side of things. From that point on, all we have to do is *Stay Above It All*.

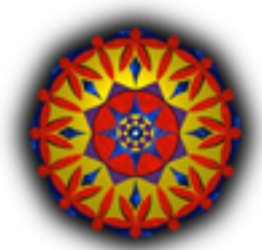
***If you take care of Life,
Life will take care of you.***

Now It's Your Turn

This short exercise calls upon you to begin to turn some of the situations around that cause most people to forget about Supporting Life. From this moment forward — and every time you get the chance — stop yourself before harming anyone, opposing anyone, fouling your environment, mandating what others put into their bodies, and so forth. These thoughtless activities do not Support Life.

Likewise, anytime you're asked to take part in any activity that doesn't feel right to you, just say No — and then say, "I treat everyone the way I would want to be treated. I Support Life, and that includes yours, mine and everyone else's. So be it and so it is!"

***Life is like Pandora's Box.
Some things in the box are unpleasant,
but other things are so worth it.***



The Second Intent ~ *Seek Truth*

I follow my inner compass and discard any beliefs that are no longer serving me. I go to the source. I seek truth.

Every one of us has an inner compass we can rely on to guide us aright. Nowadays, however, our inner guidance system — our truth bell — has been compromised almost beyond recognition. Having placed our faith in the mainstream media to tell us what's best for us, the media has consistently failed to honor the trust we've put in them. These days, the daily news is saturated with lies purposely designed to keep us encumbered and off-balance.

Never in the course of human history has mankind been confronted with so many lies. Indeed, our truth bell hasn't rung in so long that we've almost forgotten it's there. But it is! It's still right there in the midst of all the disinformation and secrecies and hidden agendas, just waiting for us to set it to ringing again. But first, we have to learn to discern and discard any news, beliefs or *suggestions* that don't serve us. That's the way we get the truth bell ringing again. When we're confronted with new information of any kind, we have to ask ourself if it serves us and our fellow travelers, or not. Is our Highest Good served, or is It not? If we're guided to believe the new information, our truth bell will be ringing loud and clear. On the other hand, if we hear nothing but clamor and contradiction at the news presented to us, then we can be assured that fear has entered the picture, and we're not being served by believing in it any further.

Merlin Rings Arthur's Truth Bell

M: "Is there anything you can't think of?"

A: "What do you mean, Merlin? Where are you going with this?"

M: "It's a simple question, Arthur. I'm asking you if there's anything you're unable to picture in your mind."

A: "Hmmm. Can you give me an example?"

M: "Sure. Right now: Can you picture a rowboat in your mind?"

A: "Of course I can."

M: "Okay. Now, can you make it longer and include a dozen oarsmen rowing it down the river?"

A: "Again, yes."

M: "And now, can you see it in a race with other similar rowboats, heading toward the finish line?"

A: "Yes."

M: "I think you're getting the point now, Laddie. Anything I ask you to envision in your mind is available to you at a moment's notice, yes?"

A: "Yes, again . . . but what does this have to do with anything?"

M: "My young friend, it has everything to do with the enjoyment and fulfillment of your life because what you're picturing in your mind — indeed, what you are thinking about — is on its way into

your future experience. I'm just making sure that you don't limit yourself by thinking that certain pictures aren't available to you. I wouldn't want you to cut your future short by harboring doubts about what you can or cannot create. You can create anything you can envision."

A: "Now I get it! My future and everything in it depends on what I'm thinking about, or picturing in my mind today. If I think that any outcome is unavailable to me, I'm actually keeping myself from experiencing or creating it"

M: "Precisely, Arthur. Now you see that all things, including rowboat races, are already there in your mind, just waiting for you to tap into the ones you want to manifest for yourself. In truth, there's nothing you cannot envision, so there's nothing you can't bring to life."

A: "Whew! This is powerful knowledge, Merlin. I could be a pilot, or a doctor, a famous explorer, or . . ."

M; (Interrupting) "Or you could be a magnificent king, Arthur. You could be anything you want to be."

A: Arthur's truth bell was ringing loud. Now he knew that his future is in his own hands. He needed to let this new information settle, but first . . . "One more question, if you please, Merlin."

M: "Of course."

A: "How will I know which thoughts — which futures — to put my attention on?"

M: “Ah! A wise question, indeed, Laddie. And the answer is: As a vision arises in your mind, you can ask yourself, “Is this for my Highest Good?” The answer you receive will come into your mind immediately with a resounding Yes or No.”

A: “But how will I know if the answer I get is the truth or not?”

M: “With a bit of practice, you’ll know because you cannot lie to yourself when the Highest Good is summoned. The Highest Good is like the Holy Grail, Arthur. It will always ring your truth bell.”

***When you are always asking for the highest and best good,
that is all that can be delivered to you.***

So now, let’s make sure we understand this oh-so important process. All our experiences happen first in our mind, and then move outward into our physical world from there. We create our own reality; we do not take on someone else’s reality unless we’re in agreement with it. In terms of our health, this means that we unwittingly create physical symptoms by believing in them, and by agreeing with others that we could “*catch*” their illness.

Sickness agreements are among the most insidious for us to consider. For if we lend our agreement to the thought that a particular sickness exists, and that we could possibly *catch it*, we place ourself in great peril, peril we could have easily avoided if only we would have withheld our agreement from it.

Merlin Tells Arthur the Mind Decides and the Body Complies

M: “There’s a moment when people choose their sicknesses, when they say to themselves, ‘Oh, I could catch that. I could be next.’ Even though they may have forgotten about it, there was a fleeting instant, perhaps long ago, when they told themselves, ‘There’s a sickness going around. If I’m not careful and take precautions, I could get it. I could get sick too!’”

A: “That makes no sense at all! We don’t have a choice whether we get sick or not.”

M: “On the contrary, Arthur. You do! You are not a victim of the world around you unless you allow yourself to be. As Jesus says in A Course in Miracles, ‘Sickness is an election; a decision.’”

A: “Well, (sniffing a bit) I don’t remember ever choosing to be sick.”

M: “Ah, but you did. When you were quite young, you told yourself – and you’re still telling yourself – that you could catch whatever appears to be “going around”. Remember, in our previous conversations, we agreed that all our experiences start out in our mind. It doesn’t matter whether we’re thinking about sicknesses, or scarcity, or going shopping. Every manifestation, every experience, good or bad, takes place in our thoughts first.”

A: “So, you’re saying that every sick person out there chose his or her illness, yes? Why would anyone do that? It’s insane!”

M: “It’s madness in the extreme, Laddie. No question about it. And yet, humanity continues to this day to argue on behalf of its sicknesses, its suffering and its limitations.”

A: “Merlin, I’m new to all this. Can you give me some clarity?”

M: “Okay. Imagine that you just got yourself a cold drink after a long, hot day at work and you sat down to watch TV for a little while. You flip on the nightly news, and a serious-looking woman is talking excitedly about the new disease that’s going around. She says it’s getting worse, spreading rapidly, and she spouts all sorts of scary statistics, while running stock footage in the background of hospital corridors filled to capacity. And, all the while, she’s implying that you could be next. You could catch this contagious illness she’s talking about.

“Now . . . whether you know it or not, this is a pivotal moment in your life. While you’re casually sipping your iced tea, if, in the least way, you agree with this serious anchorwoman, then you have just made a choice, not on behalf of your wellness, but on behalf of the disease. From that point on, your body will begin to manifest what your mind tells it to. Understand?”

A: “Whew! This is heavy! I’ve got to digest it for awhile. So . . . are you saying that our body has nothing to do with choosing its health or its sicknesses?”

M: “That’s absolutely correct. The body can’t choose anything. The mind decides and the body complies. It’s never the other way

around. It all boils down to our old friend, cause and effect. Our thoughts are the cause and our experiences are the effects.”

A: “Okay. One more time, Merlin, if you please. You’re telling me that everyone who is sick has decided at one time or another that they could get sick. Otherwise, they would be happy and well. Is that right?”

M: “Yes. As we’ve said several times now, everything happens in your thoughts first. If you believe otherwise — that your experiences, including your sicknesses, have nothing to do with your thoughts — then you open yourself up to all sorts of future issues you’d wish you never would have had to deal with. But . . . if you’re willing to entertain the idea that your thoughts come first, as the Law of Precipitation states, then you effectively remove yourself from harm’s way.”

A: “And how do I do that?”

M: “That’s the best question you could have asked, Arthur! And the answer is: Every time you have a thought that you could catch something from someone else and get sick, you must immediately do one of two things. Either you disregard that ugly thought altogether by forgiving it and letting it go — or you apply the opposite, positive response.”

A: “Which is?”

M: “I am well! I am fine! I am in perfect health for the whole of my life. I choose wellness. I choose the best possible outcome I can imagine, which is: I am in excellent health, now and forevermore.”

A: “That’s all there is to it? I can do that!”

M: “Of course, you can! Oh, and by the way, there is one more thing you could do that would help you immensely . . .”

A: “And what’s that, Merlin?”

M: “Turn off the TV news.”

***Whatever we’re putting our attention on,
that’s what we’re becoming . . .***

In no arena has our truth bell been assaulted more than in the information coming out of the established medical community today. Everywhere one looks, large numbers of people are polarized and arguing on behalf of the existence and perpetuation of a sickness that doesn’t serve them in the least. Clearly, our health and wellbeing is under heavy attack by those we entrusted to keep us in good health, and it’s time, now more than ever, to recalibrate our inner compasses and seek out the truth that’s inside us. Then and only then will we be free of the fallout from all the lies required to maintain a cruel population reduction scheme disguised as a pandemic.

In truth, lies and money fueled the pandemic. The hospitals and everyone connected with them were rewarded handsomely for every

case they diagnosed. Indeed, the hospitals had a huge vested interest in every case they put in the pandemic column. Millions of dollars were brought into the medical community by them saying that their patients had the prevailing disease. Nevermind if the patient had no related symptoms. Nevermind if s/he was on the verge of passing anyway. All that mattered to the majority of medical managers was the flow of money, even if they had to conjure up a fake sickness and sell it like Flex-glue through the power of *suggestion* in order to bring it to life.

Many years ago the Rosicrucians set up experiments to show us the power that our thoughts have upon our body. They hypnotized people and then approached them with a normal pencil or pen, telling them that the pen was a red hot poker, like a branding iron. Then they touched the pen to the person's arm and guess what? The person would immediately cry out in pain and a blister began to form. Within moments, the arm took on all the physical characteristics of having been burned . . .

Stories like this have been hidden from us, but their message is clear. We human beings are very suggestible, and it serves us well to remember the truth: that it doesn't further us to believe everything everyone else tells us about ourselves. Not only could their suggestions be entirely untrue, but if we believe them, we run the risk of manifesting all sorts of things we're apt to wish we'd stayed away from. (from [*The Law of Agreement*](#))

That said, the pandemic of the early 21st century offers us a perfect opportunity to see how we've been duped to act against our own best interests. Let's take a closer look at how it all works so we can keep our truth bell ringing and *Stay Above It All*.

The Making of a Pandemic

Objectively, the pandemic is a manmade phenomenon. Somebody thought it up and turned it loose on an innocent, suggestible public. It began as a means for population control. The pandemic's creators apparently felt that the Earth was getting too crowded and they needed less people around. At the same time, they also wanted to control all the pandemic survivors by collecting comprehensive data on every person, with the ultimate goal of clandestinely inserting a tiny tracking chip into our bodies. In short, they wanted to keep track of our every move and control our behavior *in perpetuity*.

Much has been hidden that is now being revealed

Several ways for limiting population growth were discussed and a pandemic was decided upon because it was the easiest to put into play. It wasn't as messy as war (which they could always turn to if the pandemic wasn't working). And it didn't make our leaders look like bad guys — at least not until the accompanying economic hardships kicked in. In practical terms, it took a sizable portion of humanity to agree and comply with their pandemic agenda in order for it to work. That, however, turned out to be a non-issue when the people began

spreading it to each other right away. And therein lies the rub. People became complicit in their own suffering by believing in the constant media hype and spreading it among themselves.

And what an amazing media blitz it was! The newspeople inserted the disease into the minds of the population *and didn't even have to create any germs to do it*. Indeed, the creators of the disease knew that pandemics are first placed into people's minds by suggestion and unending repetition. Accordingly, they turned the world's TVs, tablets and cellphones into mass hypnosis generators, dropping all other news topics and concentrating solely on the pandemic. Each and every moment of programming was purposely designed to teach people how to get sick.

And that's what happened.

My second mentor, Lee Ching is a man of few words. One evening after work, Tina and I were sitting on the old Hawaiian rock wall that runs beside the warm ponds on the Kona coast where she'd been giving her weekly aqua-aerobics classes. We were waiting to see the green flash that often accompanies the sunset on the leeward side of the Big Island. I asked her to bring through Lee Ching, and as soon as he came through, I mentioned that I had a new lady friend who always seemed to be talking about her problems. If it wasn't her money issues, it was her health, or her car needing repairs, and on and on. It seemed like whenever I brought up ideas that could help

her out and alleviate her issues, she threw up barriers, barriers that were insurmountable, according to her.

“Sounds like your new friend is deeply attached to her problems,” he said. “It doesn’t look like she’s ready to let them go anytime soon.”

“True,” I said. “She’s holding onto her stuff like it’s gold. I want to help her, but haven’t been able to break through her resistances.”

“It may take awhile for her to change, Tony. You know what happens when people argue on behalf of their suffering, don’t you?”

“No, what happens, Lee Ching?”

“They get to keep it.”

***Wouldn’t it be nice if people stopped arguing
on behalf of their sicknesses,
and argued instead on behalf of their wellness?***

Marsha’s Story ~ Our Thoughts Affect Our Health

In the summertime I hang out with a group of friends at the lake every Sunday. We share food, feed the turtles and fish, and enjoy each other’s company for several hours. One of the ladies in our group, Marsha, is a registered nurse who works hard all week helping sick people. As a result, her mental environment centers

around diseases and mainstream healthcare. She's particularly wary of germs, and recently said to me, "Aren't you worried about catching that disease that's going around?"

"No, Marsha," I said. "I don't use my body for catching germs from others. In fact, for me, germs don't even exist — I've never seen one — and it doesn't make any sense for me, or serve me in any way, to agree that diseases are contagious."

"That's outrageous!" she yelled, her demeanor shaken. "Everyone believes in germs. Everybody believes in contagion!"

"Not me," I replied, firmly. "Everybody believes in a lot of things that are harming them: war, poverty, sin, disease, low self worth, the possibility of accidents happening, and more. We were taught to believe in these things when we were very young, too young to know what we were agreeing to. We trusted that our parents, as well as our teachers, preachers and TV personalities, knew what is best for us. So we bought into their fearful beliefs, not realizing at the time how foolish some of their beliefs really were."

"Foolish!" she screamed. Now she was getting really mad. "You think the sick people I see at the hospital all day long are foolish? Where's your compassion?"

"Marsha, I have tremendous compassion for anyone who is suffering. But, at the same time, I'm a believer that our thoughts

create our future experiences. If people continue to think they can catch things from other people and get sick, then that's what they'll be creating for themselves. All diseases start out in our mind and work their way outward from there. Wouldn't it be nice if people stopped arguing on behalf of their sicknesses and argued instead on behalf of their wellness?"

That quieted Marsha down for a moment. She was thinking about what to say next, when I went on, "People are constantly arguing on behalf of their limitations," I said. "They'll protect their right to believe in illnesses and, without thinking, they'll reject any beliefs in the possibility of perfect health."

"So you're saying that people can think themselves well?" she asked, softer now and more open.

"That's exactly what I'm saying, Marsha. If people would just turn off the TV, withhold their agreement when their friends talk about germs and contagion, and instead, in their mind, hold the blueprint for perfect wellness, then their lives would improve dramatically, and our world would be a much better place to live."

Your wellness is just as available to you as your sickness.

Sickness and Suggestion

We tend to do whatever we're told. We follow along; it's a human trait. We create our view of life based on the *suggestions* and experiences of others. As a result, going along with the crowd can either help us or hinder us. We're helped when the crowd we're conforming to is benevolent and caring, and we're hindered when the crowd is uncaring, undisciplined or disruptive.

Such is the case with the creation of our sicknesses and diseases. Someone is creating them and selling them to us. As dark art forms go, it's one of the darkest, and yet we continue to give our attention to it. Here's how it works: A man or woman is hired by a secretive, independent think tank to "think up" a batch of symptoms for a new disease. It doesn't really matter what these symptoms are because s/he knows we will manifest whatever we're told to manifest. Indeed, we're unlimited and perfectly capable of manifesting any thought that's suggested to us.

We are consummate creators.

Anything we can think, we can manifest.

So, as you can see, the think tank hired gun "thinks up" diseases and *suggests* them to us. If we don't listen to our truth bell, and we believe in their *suggestions*, then our body will create them. So let's say the hired gun comes up with a list of common symptoms that almost everyone experiences at one time or another, especially in crowded

conditions where fresh air and clean water are at a premium. Typically, these “thought up” symptoms include cough, fever, fatigue, runny nose, headaches and multiple variations on flu scenarios that most people already believe in.

At this point, one or two “off the wall” symptoms may be added to the list: for example, a ringing in the ears or a tingling in the toes. Again, it doesn’t matter what these added symptoms are. Once we hear about this new disease, with its catchy name and list of symptoms, the most suggestible among us will begin to manifest these symptoms right away — and that’s exactly what the hired gun wants. Soon, enough people are creating the “thought up” symptoms, allowing the disease to move quickly into the mainstream population. Here, with enough gullible people manifesting the symptoms, the hired gun is poised to suggest another list: a string of precautionary solutions supposedly meant to keep the new disease from spreading. For instance, s/he could offer solutions like wearing a mask, staying a certain distance from one another, coughing into one’s elbow, vaccinations, etc. A radical new precautionary solution like telling people not to touch their own face, or not to leave home, is often suggested at this point, as well.

To repeat: the hired gun can “think up” any solutions s/he likes because the masses will begin to manifest them if they believe in them. Now, pandemically speaking, we have conditions set for the perfect storm: a gullible public, a conscienceless, sold-out media, a convergence of symptoms, a catchy name and a list of solutions. In

combination, these deadly conditions make for sure chaos in our lives.

***Once people realize
that they're the ones
who created the mess in their life,
they'll begin to straighten it out.***

The Truth in Lockdown

Here's a conversation that took place between two Intenders after one of our Intenders Circles recently. They were discussing how to react to the pandemic. The tape recorder we use for our Spiritual Guidance Sessions sat on a table nearby, so I switched it on.

"Does the lockdown make any sense to you?" She was clearly frustrated with the latest mandates.

"Normally," he replied, "I'd like to be going along with our leaders. But with this lockdown, they've lost me. I'm beginning to question some of their decisions lately, and it's messing with my brain."

"As well it should," she said. "They're way overstepping their bounds with these lockdowns — and the people know it."

“Are you sure about that? It looks to me like most people are doing whatever the politicians and newspeople want them to do, whether it’s for their highest good or not.”

“That’s the problem,” she said. “Where does the average person draw the line about whether to follow their elected leaders or to follow their own conscience? Where does servitude end and personal freedom begin?”

“Good questions,” he said, “but the real question is how far will the current leaders go before the people stop them, or simply begin to disregard them? It seems to me there has to be a point where the average Joe says he’s had enough.”

“That’s absolutely right,” she said. “And that point is being reached by millions of people as we speak. And it’s not just the lockdowns that are being questioned. Truth is the issue here. People have stood by and watched for eons as their leaders have purposely lied to them. The lying has been so constant and so pervasive that people don’t trust their leaders anymore. They don’t trust the leaders to serve them properly, and they don’t trust them to tell the Truth.”

“And with good reason,” he responded. “Especially with this recent lockdown where we’re being asked to voluntarily stay at home because of a disease that’s totally contrived. People are beginning to ask ‘What gives the leaders the right to enforce such a lockdown?’”

“That bothers me too,” she said. “We’ve seen this before in history, when the Nazis moved into Poland and started building cement block walls around the ghetto. After the walls were finished, the people didn’t have a chance; they couldn’t escape. It’s seems to me like that’s what’s happening with this recent lockdown. And what really upsets me is that they don’t have to build physical walls anymore now that they’re using top-secret, ultra-high-tech gadgetry to monitor and control our every move. They can simply adjust the frequencies in our phones or the programming on our TVs to get us to do whatever they want. It’s an ingenious scheme, and we, the people, are doing nothing about it. We’re complying with their every ploy, just like sheep. It’s as if we’re walking into our own jail cell, locking ourselves in, then returning the key to the jailer and trusting that he’s doing what’s best for us. It’s insane!”

“You just hit the nail on the head!” he said. “We’re feeding the hand that’s biting us — and it’s chomping down harder than ever lately.”

“I agree, but what can we do?” she asked. “Somehow we have to take heart. We have to summon the wherewithal to rise up and out of these orchestrated agendas created by our uncaring, pseudo-stewards. Ask yourself: ‘Who has the guts to stand up for the Truth nowadays?’”

“I don’t know. What Truth you’re talking about?” he asked.

“In this instance, the Truth is that this pandemic and all pandemics are contrived by uncaring men and women who want to control and rule over everyone else. They want power — always more power — and they’re willing to do whatever they have to do get it and maintain it. We, on the other hand, must find our own power within ourselves, one person at a time, and override their deceptive plans.”

“In that respect, they might even be doing us a favor,” he said. “If it weren’t for their agendas, we might never consider rising to our highest potential. We might never consider Staying Above It All. Perhaps we’re actually being given an opportunity, personally and collectively, to transcend their plans. Perhaps we’ll take heart, take ahold of our own power and learn to lead ourselves.”

Truly, the day will come when we rise up and out of these dark medical ages and realize that we could be using the same power of suggestion with love and positive intent for healing ourselves.

Your power belongs to you, not someone else.

Merlin Tells Arthur that Pandemics are Nothing New

A: “Where are you from, Merlin?”

M: “Out there and in here.” (pointing upward and patting his heart at the same time)

A: “And what do you do ‘out there’ and ‘in here?’”

M: “We’re doing our best to help you get out of the mess you’re in.”

A: “And what mess is that?” (a little sarcastic)

M: “Are you joking?”

A: “Enlighten me.”

M: “Well, to begin with, you don’t know who you are. You’re lost and you don’t know how you got here, or where you came from. And, in truth, you’re stuck on this lovely, but besieged planet and can’t find your way home. In fact, most of you aren’t even looking to be free of the binds and bounds that attach you to this existence you call ‘life on Earth.’”

A: “Oh. Is that all?” (even more sarcastic)

M: “No. Not by a long shot! You’ve given your power and freedom over to those who don’t care about you. Indeed, a hierarchy of beings exists that puppets your world. Unfortunately, these puppeteers truly do not care about anything but themselves and their corporate profits. Your well-being is the farthest thing from their minds. In fact, it’s just the opposite. These puppeteers are actually doing whatever they can to get rid of all but a few of you so they can have the Earth all to themselves. That’s their primary agenda.”

A: “And, just who are these ‘puppeteers?’”

M: “Like I said, Arthur, a hierarchy of men and women exists. At its lowest level are your governmental officials, business chieftains and media moguls. These are the people in the public eye who most of you look to to tell you what to do with your lives. You know who they are because you see them on TV all the time.

Above this level in the hierarchy are the men and women (mostly men) who tell these elected and business officials what to do and when to do it. You’re not as privy to the identities of the people at this level, however, suffice to say, they are well aware of humanity’s history and they herd you, like cattle, in whatever direction they choose. Their only motivation is to keep you in line, dumbed down and unaware of their clandestine activities. These are the international moneyprinters and moneylenders who have control over your Presidents, CEOs and media people.”

A: “Is that all?”

M: “No, on the next level up, there are off-planet energies who have seen similar agendas play themselves out across the whole of the Universe many times over. They’re familiar with what the results of their decisions will be long before they set them in motion here on Earth because they’ve witnessed similar scenarios run in other worlds and in other environments.”

A: “For example?”

M: “OK. For instance, pandemics are nothing new. Pandemics and diseases have been used countless times to control populations.

“These off-planet energies know that when a planet’s inhabitants are introduced to the thought of contagion — ‘germs’ — that humans will immediately begin to separate themselves from one another. This, then, plays right into the hands of the puppeteers because they know that people kept apart from one another are much easier to manage. Likewise, they know that their secretive agendas and activities will be exposed if people were to come together and work together as One.

“So, these resourceful puppeteers create ‘germs’ in order to keep people apart. They invent diseases based on these ‘germs’, give their diseases frightful, catchy names, and offer up a list of sickly symptoms for humanity to manifest. Now a pandemic is created out of thin air, and, from that time on, all the puppeteers have to do is continue to use the power of suggestion through the repetitive media to enforce their remedies and precautions, which include social distancing, mask wearing, invasive testing, vaccines, and more.”

A: “Wow! That’s scary! It’s hard to believe that anyone would be so cruel. These puppeteers must really hate us.”

M: “Not exactly, Arthur. Yes, they are very cruel in their ways, but they don’t hate you. In fact, they have no emotional attachment to you whatsoever. They see all of humanity as a profitable commodity, to be used and discarded after they’re done with you. Simply put, they want total control of the Earth. When they’ve used up most of the Earth’s precious resources — its oil, its gold, its trees, its fish, its animals, its fresh air and water — that’s when they

typically begin to introduce pandemics, diseases or wars in order to whittle you down to a more manageable number. In other words, when you see Earth's precious resources being ravaged, you can be assured that you are next on the list. Of course, they'll keep a few stronger survivors around as slave labor to run their machines and work their fields."

A: "You paint a pretty ugly picture for our future."

M: "In point of fact, humanity has no future on Earth unless . . ."

A: "Unless what?"

M: "Unless you do something now, before too many of you buy into the pandemic mindset and get chipped."

A: "But what can I do?" (more interested now).

M: "At this point, there's really only one thing you can do."

A: "And what's that?"

M: "You start by appealing to your own 'off-planet energies' to intercede and help you out. You see, there are many, many helpers 'out there and in here,' like me, who will rally to your side, if you would only call us forth. We are loving Beings who have the power to help you see things clearly and to guide you out of the mess you're in. You see, Arthur, when enough of you are able to calm yourselves down, sit quietly and ASK, PRAY, INTEND or AFFIRM that the Highest Good for all of humanity and the Earth is served, then your tyrannical puppeteers — and their ugly pandemics — will go away."

A: *“That’s all I have to do?”*

M: *Yes, my young friend. You start within, find your own peace, envision a positive outcome for the Earth and her people, and it will spread outward from there. And remember to read The Code everyday. Work from the inside out. Quietly invoke your own guides and helpers and ask them to intercede on behalf of the Highest Good for everyone involved.*

*“That’s all you have to do, Laddie. BUT, you have to do it . . .
You have to Ask.”*

***Go with the blessings from all your own guides
and teachers and masters within,
for that is where you will find them:
within you.***

After you’ve asked for help from your guides and helpers in higher places, what else can you do to keep manmade disease scenarios from continuing to pop up in your world? The answer: collectively, you can turn off the media and *Stay Above their repetitive suggestions* by seeing, ever-so-clearly, that the media and medical people who are describing the symptoms and solutions to us are all hired guns, having sold out for money or fame. Your best interests are not their concern. They’re spreading the disease for their own selfish purposes, while either not caring or remaining totally unconscious of what they’re doing to their fellowmen and women.

***You need not agree with every suggestion
that comes your way.***

Freya's Story ~ The Doctor Says I Have It!

"I have the virus," she said with a tear in her eye. I'd known Freya from when we were in an Intenders Circle together years ago. Lately, we'd become good friends while working on a graphics project together.

"No, you don't," I replied. "You just think you have it. But, in truth, you just have what you have."

She looked at me warily, but with a hint of interest. "But the doctor said I have it. He was sure. I even asked him if the tests were 100% reliable, and he said they were — although I felt a bit of uncertainty in his voice."

"Freya, I'll say it again because it's so important to you." It was clear that she really wanted to get well and was willing to consider all possible alternatives. "You just have what you have, and there's no need to give it a name. If, however, you name it, then you've validated its existence, and you run the risk of having it manifest in your daily life."

Freya was listening closer now, with a glimmer of hope in her expression. "We do ourselves a huge disservice," I went on, "when

we name any sickness or disease, because it's by naming and claiming it that we put ourselves in harm's way. The fact of the matter is that everyone is different. We've had vastly different experiences, different cultural programming, different exposure to various toxins, different snacks for lunch. But when we lump ourselves in with a large group of people who have similar symptoms, we deny our differences and tell ourselves that we're in the same boat as them, capable of experiencing the exact same sickness or disease that they're claiming.

"Freya, you just have what you have, and they have what they have — and these are not, and cannot be, the same thing. They may appear to be similar, but each is distinct in itself. We cannot have exactly what someone else has — unless we believe that we can."

"Okay," she finally said. "So, how do I deal with the way my body feels? What do I need to do to get well?"

I thought for a moment, then answered, "First, you need to understand that you can get well — and then you'll have some mental, as well as physical, work to do, starting with understanding that you can heal if you refrain from naming and claiming a sickness or virus as your own. Second, you'll have to stop telling everyone you meet about your health challenges. And third, you need to uncompromisingly envision yourself well and at your best."

She was starting get that puzzled look again...

"You see, Freya, the world is continually sending us messages through the TV, the phones, the schools — and even through our friends — about how to get sick. The media is actively suggesting sickness to us, and every time they do (and we're able to spot it), we have to tell ourselves the opposite. Instead of buying into the sickness, and thus beginning to manifest it, we have to apply the positive point of view, which is, 'I'm in perfect health, I am fine, etc.' We envision ourselves with the most positive future we can imagine: dancing with our friends, laughing uproariously, doing cartwheels around the room, taking a trip across country. Then, we hold that Vision, no matter what, especially when we're around others who've bought into the disease."

"What do you mean? My friends want to help me. I don't understand," she said.

"I mean that your friends may be well intentioned, but at the same time, they may have a vested interest in supporting the sickness in themselves. They might be getting money, attention, job security and the like by holding onto their sickness beliefs. Understanding now?"

"I think so," she replied. "Can you elaborate a little more?"

"Sure. Everything we experience or manifest starts out in our mind." I answered. "If we allow our mind to be poisoned by thoughts that don't serve us — even when these thoughts are coming from

seemingly thoughtful friends — we leave ourselves open to take on the sickness or disease.

"Let's go back to the basics for a moment," I said. "Everything we experience started with a thought — and all thoughts are doing their best to work their way outward into our daily lives. The more attention we put on any thought, the quicker and easier it will manifest for us. So, when we're able to be more vigilant of the thoughts that are crossing our mind, and we discard the ones that are making us sick, or broke, or unhappy, and we replace them with thoughts that serve us, such as, 'I'm happy!' or 'I'm healthy!' and so forth, we're no longer feeding and reinforcing our unwanted experiences, including our ill health. Instead, we're picturing the best possible outcomes we can imagine. This is how we put our thoughts to their highest and best use."

Freya was beginning to smile. Her whole countenance was brighter now. "So," she said, "all I have to do is think happy, healthy, positive thoughts — and disregard the suggestions from others about diseases that could come my way — and I'll be healthier. Is that so?"

"No doubt about it!" I said. "You create your world. No one else is creating it for you, unless you allow them to. That's why it's good to remember that everything in our world happens first in our mind. Our thoughts are always creating our future. We can manifest a fabulous future for ourselves by thinking positive thoughts, or we

can dwell on illness and create more of that. The choice is always up to us."

***If a friend of yours
is telling you how sick they are
and everything that's wrong with them,
always remember to see them in their perfection.
If you add to their illness by your belief in it,
you are not doing them any good.***

On a personal level, we can protect ourselves against any newly created diseases, first and foremost, by reading *The Code* everyday and understanding that our thoughts and words are creating our future experiences. Then, we can begin to *Seek the Truth* and decide which thoughts are serving us and which thoughts aren't serving us. As we become more vigilant and proficient at watching our thoughts — culling out the dark ones (“*I could catch it!*”) that suggest the possibility of sickness, while holding our attention only on the lighter ones (“*I'm in perfect health*”) — we'll begin to see a difference in our daily lives. We'll notice that we're not being as afflicted by the unhealthy *suggestions* of others. And we'll remain in good health because that's what we're attracting to ourselves.

Indeed, our thoughts create our world whether they're sickness thoughts or wellness thoughts. Furthermore, we do ourselves a great disservice when we believe that we have a particular sickness and call it by name. By believing what a doctor or someone else tells us about

ourselves, we *lump ourselves in* with everyone else who has ever had similar symptoms to ours, not realizing that our mind, in its infinite wisdom, will begin to send messages to our body, telling it to create the exact symptoms we're believing in. And, since our thoughts are always creating our experiences, *our body will immediately comply with the mind's wishes and begin to manifest the disease we believe we have.* Wouldn't it be better to hold a vision of ourself in our highest light and manifest that message instead?

What you believe or agree upon is what you'll get.

Merlin Explains Lumping to Arthur

A: "The pandemic disease is real, isn't it?"

M: "Only if you believe it is, Arthur. Then it's real for you. But otherwise, it's not real."

A: Hold it right there! Everywhere I look, every friend I talk to, every newscast on TV — all of these are telling me it's real. It must be real or people wouldn't believe in it so readily."

M: "Yes, they would. Look at all the things people used to believe in that aren't there anymore, or have been shown to be untrue: the WMDs in Iraq, the gold-backed dollar, a free Tibet, a flat Earth, the Easter Bunny, political accountability, customer service, the US Constitution, your privacy, no civilian casualties; the list goes on and on."

A: *“What are you saying, Merlin?”*

M: *“I’m saying that the only place they exist is in your mind. I’m saying that they exist only in what you call your “past”, but that the past is a construct of your mind, too. It isn’t here and now unless you believe it is.”*

A: *“You’re beginning to confuse me. How can you possibly say that this disease isn’t real? People are dying in droves from it everyday.”*

M: *“Yes, people are dying everyday, just like they always have. And when they pass, someone attaches a label to the cause of their death, giving it a name and subtly suggesting that others can die of the same thing. But, in truth, they can’t.”*

A: *“What! That’s insane! People die of the same thing all the time.”*

M: *“No, Arthur, they don’t. Every person dies in a circumstance that is individual to them. Just like no two people have the same fingerprints, or DNA signature, or the same physical characteristics, no two people die of the same thing. Everyone leaves their body in their own way. But to lump everyone into the same category, then give it a name, and say that they all die from the same disease just isn’t true.”*

A: *“How so?” (still a bit flustered.)*

M: *“Ask yourself, Arthur: Why would you want to lump yourself in with a group of sick people? What does it serve?”*

A: *(A long pause, then) “Jeez, you’ve got me there.”*

M: “The only thing these people have in common is that they died. Everything else is hype, perpetuated by those who make a profit from it all. I’ll say it again: the disease is manmade and reinforced by people believing in it. As soon as we withdraw our belief in it, it goes away.”

A: “But others will still be suffering from it, yes?”

M: “Yes, however that’s because they bought into the hype to begin with and then created it for themselves. We — you and I — can go on about our days happily and healthfully because we’re not thinking about it. We’re not believing in it, so we’re not attracting it. We’re not precipitating it. We’re Staying Above It All.”

A: “So, you’re telling me that it’s all happening in our minds. Do I have that right?”

M: “That’s correct. The pandemic is a disease of the mind, not of the body, unless we choose to agree that it’s real. It first happens in our head, and then, if we put enough attention and emotion on it, it manifests in our body. That’s how everything we precipitate, or manifest, works. It starts in our mind and works its way into our body from there, if we continue to believe in it.”

A: “Again, Merlin, you’re saying is that if we don’t pay any attention to all the talk of pandemics and we Stay Above It All, we won’t have to experience them. Is that right?”

M: “Yes, that’s right, Laddie, with one exception.”

A: “*And what’s that?*”

M: “*Sometimes people have to deal with health issues because of actual physical poisons or toxins they’ve ingested. But that’s another story altogether. . .*”

What we desperately need nowadays is mass education on the myths of contagion and the creation of diseases and belief systems. People need to relearn how to think positively. At the same time, we need to immediately stop putting more toxins in our environment and in our bodies — and that includes questionable vaccines and all manmade dissonant substances in our food, our air, our water and in our electromagnetic realms. In short, it’s the toxins that are killing people, not a manufactured virus. *There is no virus out in the physical world unless we create it in ourselves via the Law of Attraction by believing in it.* The disease only lives in our minds, and then manifests outwardly from there because we put an inordinate amount of attention on it. In truth, the sicknesses seen nowadays are manifested because we live in a world stretched to its toxic limits. Most of the people who are supposedly dying on account of the virus are actually dying from toxicity in our environment, and, sadly, they probably would have died anyway. Toxins and those who spread and spill their poisonous substances into our delicate living environment are the culprits — not a mythical, media-driven disease.

There is no virus out in the physical world unless we create it in ourselves via the Law of Attraction by believing in it.

Merlin Exposes the Difference Between Germs and Toxins

A: “Where do all these crazy diseases come from, Merlin?”

M: “As we’ve said many times, your diseases are not diseases at all – and you cannot “catch” them unless you believe you can. They’re caused by an overexposure to toxins.”

A: “Toxins! What do you mean by toxins?”

M: “Toxins are any substance or frequency that’s harmful to the perfect, balanced health of your body. This includes toxic substances coming into the body in the form of poisonous foods, dirty water, unclean air, dissonant frequencies and negative, disturbing thoughts.”

A: “Do you mean that our diseases, including the current pandemic, are not caused by contagious germs? That’s what we were taught in school.”

M: “That’s what you were taught, Arthur, but it’s not true. The sick people you see nowadays are sick, not because they have a disease, like the media and medical people would have you believe, but because they came into contact with manmade substances or electromagnetic vibrations that the body cannot metabolize. One does not “catch” these toxic substances and frequencies because they are not contagious. One experiences the results of these toxins because s/he has ingested them at some time or another.”

A: “Can you give me an example or two?”

M: “Sure, Arthur. All toxins come in through your air, water, food and your use of cellphones, computers, tablets, TVs, as well as those blasted at you via satellites, cell towers, ground arrays and so forth. It’s common knowledge that, in the name of national defense, your military is actively exploring ways to poison people by tainting the life-giving substances you need to thrive and survive. For instance, your air has been fouled since the early 90s by secretive airplanes spraying the toxic chemicals that rain down upon you daily; your water is made toxic in many ways, but the most horrific are the inclusion of flouride and other dissonant chemicals in your drinking water and your toothpastes. Flouride is proven to keep humans dumbed down and easier to manipulate — and it is not needed by the body, except in small, trace amounts.

“On a larger scale, your waterways are being contaminated everyday by uncaring businesses that do not want to pay the price of safely getting rid of their toxins. Stories abound from Erin Brockovich to the Exxon Valdez to the Equadorian rainforest, and yet, the dumping of extremely toxic waste materials into your water supplies continues unabated to this day.

“To list all the dissonant chemicals going into your foods would take an encyclopedia. Suffice to say, the long-term effects of, for instance, sodium benzoate (to name but one preservative found in most foods) are kept well hidden from the general public. Likewise, the toxic effects of the ubiquitous GMOs in your foods are as untested as the toxic vaccines being offered to balance out the harmful effects of the

so-called pandemic of the day. And don't get me started on the absurd process of pasteurization, which kills the life force in your foods."

A: "Life force? What's that?"

M: "Nowadays, Arthur, people have forgotten why they eat. Eating is for maintaining the perfect health and vitality of the body. But sadly, in the West, humanity only eats for the taste and the feeling of comfort that comes from having a full belly. People in the developed nations simply aren't paying attention to the 'life force' — the Life — that's in their food. Live foods beget Life, Laddie. Pasteurization kills the life force energy that you need to live healthfully. If people were to start eating more live, raw, fresh, clean foods, especially fruits and vegetables, they would be healthier by far."

A: "That's good to know, Merlin. You also mentioned frequencies. What's going on there?"

M: "Frequencies are a different story, Arthur, because you can't see them. But you can feel them. From Montauk to Alaska's HAARP Project to the 5G Wuhan Province rollout, efforts to induce frequency jamming on the general public have persisted unchallenged. Think, for a moment, how you feel in the heart of the city, as compared to the expansiveness of a drive out in the country. You feel better in the country because the cities are steadily being bombarded with countless debilitating frequencies and toxins that the average person is unaware of."

A: “Jeez Louise! We’re not being told about any of this. Sure, I see the chemical trails covering the skies on a regular basis. But, from what you’re saying, the pressure to get us to vaccinate and ingest toxins of all kinds is scary, to say the least!”

M: “Not just scary, Laddie, but deliberate and cruel.”

A: “I guess when I really think about it, that’s true. It’s common knowledge that our country’s medical military people are creating all sorts of nasty nerve agents and diseases in their secret biolabs. Why do we allow this to go on? It’s crazy! Sometimes I feel like a mouse caught in a cat’s claws, while the cat toys with me before he does me in.”

M: “A good analogy, Arthur! And it goes to show how helpless most everyone is feeling nowadays, what with new symptoms and diseases popping up every time the government gets a notion. The question for those who are starting to see what’s really going on in the unhallowed halls of power is: How do you survive and stay healthy while all this insane activity and toxicity is swirling around you?”

A: “That was my next question! What can we do?”

M: “Well, obviously, you would be wise to stay away from vaccinations and to stop ingesting any toxins whatsoever. Other than that, you can do several very helpful things: 1) Read the labels on your foods and stop putting unnecessary preservatives and toxins into your body; 2) As much as you can, eat live, raw, fresh

fruits and vegetables; 3) Begin to cleanse your food vibrationally by blessing it and seeing it provide the proper and perfect nutrition and nourishment to every cell in your body. Before you eat, you can envision your food full of light and beneficent energies. This has a much greater effect than you've been taught. 4.) Get daily exercise by taking walks, going to the gym, or bouncing on your little trampoline. You see, most toxins are released from your body through the lymphatic system which doesn't have a pump, or heart, like your circulatory system. Instead, your body relies on your movement and exercise to remove the toxins that have built up in your lymph glands. You need to exercise or bounce in order to keep them clean."

A: "Wow! They never taught us that in school, Merlin. I love jumping on my trampoline! So, what else can I do?"

M: "Clean out. Start detoxing. You can cleanse and clean your body so that it is free from accumulated toxins. This means periodic fasting and colon cleansing. In other words, if you stop eating for a few days (or if you're heavily toxic, eat a mono-diet), your body will begin to eliminate any lingering, undigested toxins. Then, you'll want to begin doing regular colonics to cleanse your bowels. You can't imagine how good you'll feel a few days after you've begun these detoxing programs. (The first few days can be a bit uncomfortable, though, while the toxins are coming out.)"

A: "That seems like a good idea, too. But it doesn't take germs into account. What about all the germs going around?"

M: “What germs! I thought we’d already established that germs don’t exist unless you believe in them. If you believe in them, however, you physically create them for yourself. Ask yourself this, Laddie: Why would you ever want to claim that germs are real? Why would you want to argue on behalf of a belief in contagion when you know that it can only bring you and everyone else undue suffering?”

A: “Hmmm . . . You’ve got me there. I don’t know why I keep believing in it. I guess it’s because that’s what I was taught to do.”

M: “My point exactly! Your sacred texts tell you to let go of childish things once you’ve grown out of them and learned that they don’t serve you anymore.”

A: “So, let me get this right. You’re saying that if I stop believing in contagion, then I won’t catch germs from others, and then I’ll be healthier, yes?”

M: “Now you’ve got it! If you really believe it, you’ve just paved the way for the worst toxins imaginable to release their claws and let you go free. From this point on, you can live out the rest of your life without having to deal with those ugly miscreations anymore.”

A: “The worst toxins imaginable?? And what are those, Merlin?”

M: “Your negative thoughts, Laddie. The worst toxins are your negative beliefs . . .”

***You can clean and cleanse your life
so that you are walking around in sublime bliss.***

Mental Poisons and Your Power.

Nowadays many of us are seeing the results of *Seeking Truth* in our daily lives, and yet we still have to stay on guard for what the masters and mystics throughout the ages have called *mental poisoning*. We're finding out that poisons are not only of a physical or chemical composition, but are also of a mental nature. We see the physical toxins in our foods and our environment, and we do our best to avoid them. But up until recently we haven't paid as much attention to the mental toxins that can do just as much harm to us as any physical substances. Mental poisons are always *miscreations*.

So, what are these mental poisons? How do we recognize them and avoid them? *A mental poison or toxin is any suggestion or thought we harbor that doesn't serve us or our fellow travelers, and that furthers our sickness, our poverty, our limitations, etc.* Indeed, these toxins run so rampant throughout our world that one needn't look far to find them. Every time we turn the TV on, we open ourselves for having to deal with these hypnotic poisons. Every time we *agree* with our well-meaning, but unconscious friends who talk freely about *"what could go wrong,"* we open ourselves to undesired experiences. In fact, so that we can better spot these mental toxins, let's take a closer look at a couple of examples that are way too prevalent in our world today.

When the doctor says you have such and such a disease and it won't go away, or you have so many months to live, he is spreading a

powerful mental poison. He is creating your upcoming experience if you allow him to because, per the Law of Attraction, your thoughts create your future. He is getting you to think thoughts that will harm you just as sure as any physical poison.

Or, when a new acquaintance excitedly says that a scary sickness is going around, if you nod your head and agree with her, you pave the way for it to enter your life in the days ahead.

Or, when the TV advertisement announces that "times are hard and getting harder," if you buy into this idea you will limit your God-given ability to experience your abundance.

Who is creating your reality?

Is it you, or someone else?

Instances like these are all too common in our world — and yet, those who are waking up spiritually are becoming more aware of when someone around them is spreading a mental poison. The trick (per [*the Law of Agreement*](#)) for those of us who are becoming better at spotting these "*suggestions or thought toxins*" is to withhold our agreement, to refrain from nodding our head or saying "uh-huh" when a poisonous thought comes toward us, and to *Stay Above It All*.

***What you believe
is what you'll perceive.***

The Masquerade

The following discussion took place at a corner table in the local coffee house recently. The woman had just arrived at the table with a steaming, whipped-cream-topped coffee concoction and hadn't even had time to set it down when the man suddenly became visibly agitated, raised his voice and . . .

"You have to wear your mask!" he said.

"No, I don't!" she replied.

"You'll spread germs if you don't wear your mask," he said, more firmly.

"What germs?" she asked. "I don't know anything about any germs. I don't even believe in them."

"How can you say that?" He was starting to get really upset. "Everybody believes in germs."

"Well, I don't!" She looked him straight in the eyes. "I know, when we were young, they showed us pictures of little things swimming around in glass dishes, and they told us that these little 'germs' could make us sick, or even kill us. But I never bought it. I never believed any of that garbage!"

“But you still have to wear your mask if you want to get into the store,” he said.

“That’s okay,” she responded. “But I’m only putting it on so I can go in and buy my groceries. Not because I believe in some pseudo-sickness they’re selling on TV.”

“Now I suppose you’re going to tell me that, along with germs not existing, the disease itself doesn’t exist!”

“You couldn’t have said it more eloquently,” she replied. “The pandemic is made by men. Somebody thought it up in order to put fear in the hearts and minds of humanity for their own selfish purposes. Then they used the TV news to spread their new disease, telling people that little germs are the cause. Soon after that, the people who believed them unwittingly manifested the disease because of their belief in it. It’s the belief that makes people sick, not a bunch of little bugs.”

He was livid. “You can’t tell me that germs don’t exist. I’ve seen what they can do!”

“Yes,” she replied. “In many cases, people are believing so strongly in germs that they create them. But mostly, it’s the thought of germs, not the actual germs themselves, that makes people sick. The people who invented this disease, and all diseases, know that they don’t really need to create actual germs; they only have to create the

thought of germs, and the people will begin to manifest their diseases.”

“What you’re saying is crazy; it’s cruel! It’s unconscionable,” he said.

“Yes again — and it’s called mental poisoning. They don’t need to use physical poisons anymore to make people sick. They simply get people to think they can get sick — and so they do.”

He was beginning to see what she was getting at. Why else would the news on TV be so absorbed with the pandemic? The more he thought about it, the more he could see her point of view. “So, how do we protect ourselves against all this mental poisoning?” he asked.

“In three ways,” she answered. “First, turn off the TV and leave it off. Second, stay far away from conversations where people are obsessing over their sicknesses. And third, and most critical, learn to counteract the negative mental programming out there by telling yourself the opposite point of view. Tell yourself: ‘I don’t use my body for sickness! I’m fine! I’m in excellent health!’ Then let it go and Stay Above It All.”

He was starting to catch on. “In other words, you’re telling me that if the poisoning comes from our thoughts of sickness, then our healing comes from our thoughts of perfect wellness?”

“Absolutely!” she said. “The Law of Attraction works for manifesting sickness or for manifesting wellness. What you think is what you’ll get.”

***As we replace the negative with the positive,
we see that the results of having made this shift
are filtering down into our daily experiences
where we receive the gifts we truly desire.***

The bottom line calls for us to realize that we can think whatever we want, and thus create whatever we want. There’s no one standing over us with a cat o’ nine tails telling us what we have to think (even though some folks would quickly do so if given the chance.) This is what stepping into our power is all about. We can choose for ourselves, or we can let others choose for us. Likewise, we can choose thoughts that will give us the experiences we’re looking for, or we can choose thoughts that will bring harm into our lives. Which thoughts will you choose?

***Is what you’re thinking about and talking about
what you want to be manifesting?***

All outcomes are available. Anything we can think about — or imagine — is capable of manifesting in the world around us. It is we who short-circuit the *Law of Attraction* by believing in our long-held, limited thoughts, thoughts that tell us we can’t have what we want, or, that it can’t be done, or, that it’s impossible for our dreams to come

true. All of these doubtful ideas work against us and keep us from our fulfillment in life.

Yes, in the current mainstream mindset, it may appear to be more difficult for us to manifest certain things. But mindsets and miracles go hand in hand, making it entirely possible for us to create anything we can envision. That said, if we are to live up to our greatest potential and reach our highest state of fulfillment, we must expand the horizons of our mind. Individually and collectively, we need to go well beyond our present-day belief patterns and open ourselves up to the miraculous. *We must believe that the best possible outcomes have the unlimited ability to manifest for us in any given moment.*

***The truth will set you free,
and keep you well at the same time.***

The Crystal Waterfall Healing Technique

According to my Cherokee friend, Neal, one way to purify ourselves is to envision a cascade of crystal, white light, like a waterfall, showering down upon us from above. “In the old days,” he said, “we used to imagine things like this, and if we were sick or blocked or had pain somewhere in our body, we would direct the light from the waterfall into the area that was afflicted. That’s how we tried to heal ourselves.”

He shook his head a little. “But that didn’t work as well as we would have liked. We still had a lot of good people who didn’t get well. So we started looking deeper into it and, after awhile, we ran across something which completely revolutionized the way we approached our healing work.”

“And what was that?” I asked him, enthusiastically.

“We realized,” he said, “that whenever we directed the healing light energy toward a particular area that we thought was afflicted, we would have to envision the blockage or resistance first. From that point, it didn’t take us long to figure out that we really didn’t want to be doing that because it subtly, reinforced the affliction.”

He stopped talking, let that settle in for a moment, then he continued. “Since we knew that our thoughts were creating our reality, we didn’t want our thoughts to be creating something that was causing us more pain . . . so this is what we did. We started envisioning the waterfall of light coming down from above us, surrounding and infusing every cell in our entire body with soothing blue-white light. That’s all we did; we stopped envisioning the blockages. We simply pictured our whole body happy, healthy, and humming with light. That’s what makes our Spirit shine, and that’s what worked.” (from [The Code: Ten Intentions for a Better World.](#))

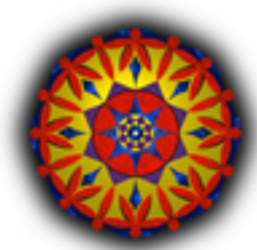
You can think yourself well.

Now It's Your Turn

If your heart is singing and your truth bell is ringing, you know to keep moving forward. If, however, your heart isn't singing and your truth bell is still, perhaps it's time to stop and ask yourself a couple of questions: Does it think right? Does it feel right? In order to Seek Truth you can run any situation past these two pertinent questions to see if you should proceed further.

If it doesn't think right — if the end result is unclear in your mind — then it would be wise to set aside further action and wait until a better solution reveals itself. The same goes for how it feels to you. If it doesn't feel good, and your heart isn't singing, then perhaps you'd be best off to pass on going ahead. If, however, the result you're envisioning makes you feel great, then keep moving forward. Full steam ahead!

***The truth is revealed out of experience
that takes you to a new place.***



The Third Intent ~ Set Your Course

I begin the creative process. I give direction to my life.

I set my course.

When we talk about Intention-making and Manifesting, we're coming from experience. Over 25 years ago, we in the original Intenders Circle set out to put the *Law of Attraction* to its highest and best use. We intended to become proficient at getting the things we wanted and needed to come to us as easily and effortlessly as possible. We had to put this Law into action in our own lives before we could pass our findings along to you.

Intentions in Action ~ Taking the Intenders out to the World

Here's a fun manifestation story from [The Code: Ten Intentions for a Better World](#) about how the Intenders came out to the world.

One night, after our Intenders Circle in Hilo, Lee Ching told me that I was going to be leaving my beautiful island home in Hawaii soon. He said that if I stayed there, my books would stay there with me. I had to take them out to the world if I was going to fulfill the plan I'd set for myself long, long ago.

Of course, I grumbled at first. I loved the islands, my land was paid for, and, although I never had much money, my life as an avocado farmer was simple and free from a lot of complications. In short, I was no longer part of the workaday world and could have happily

lived out the rest of my days in my coffee shack on the Big Island. But that isn't what happened.

The dynamics of how all this came about were as follows: I had gone to Reno to visit my mother over the Christmas holidays, and, while I was there, I rode the bus over to Petaluma, California to take part in their new Intenders Circle. I received a warm welcome from Conrad and Gail and their friends, and when it came my turn to say my intentions, I said, "I intend that I'm given a clear sign if I am to live here on "the mainland." I intend that I have a nice place to stay, and that it comes to me freely, easily, and effortlessly." Immediately, Gail and Johnna, who were later to become good friends, said they had an idea. Johnna had a spare room on her pygmy goat farm up on Sonoma Mountain, and I could stay there, if I wanted to.

Well, that, to me, was as clear a sign as any. It made me feel so good that I decided to hang around Petaluma for a few days, and the next morning I went to visit the goat farm, which turned out to be a lovely place. I couldn't wait to move in, but first I had to go back to Hawaii and get my belongings.

*On the morning after I got back, I was taking a walk on the beautiful black sand at Kehena Beach on the eastern side of the Big Island, and, on the spur of the moment, I took a copy of my novel, [*The Intenders of the Highest Good*](#), set it on an outcropping of rocks above the high-tide line, blessed it, and offered it up to anyone who*

happened to find it. It was like a gift I was giving back to Mother Earth for all the help she'd given me recently.

A couple of weeks went by during which I took the rest of my money and bought a one-way, nonrefundable ticket to San Francisco, not having the slightest idea how I was going to get to Johnna's place when my plane arrived at 11 o'clock at night. Maybe I'd hitchhike. For years, I'd been hitchhiking around the Big Island, but little did I know that not too many people hitchhiked around California these days, especially at 11 pm. Either way, I wasn't concerned because I knew I was in a flow, and that everything I needed would be taken care of. Lee Ching had told me that there were lots of people who were waiting to meet me once I got to the mainland.

And so I packed my backpack, one suitcase, and my old guitar and was ready to go, when, two days before my flight was due to depart, I got a call from Johnna saying that she was very sorry but, due to circumstances she couldn't control, the room at her place on Sonoma Mountain was no longer available. I remember hanging up the phone and staring at the wall, thinking what the heck was I going to do now? That's when I heard Lee Ching's voice, as clear as day, inside my head. "You have to go," he said. "You have to get on that plane; there's no turning back now. Everything will be fine. Just trust, and see what happens."

Ironically, that night was my final Intenders Circle in Hawaii, and all my good friends showed up to wish me well and say their good-

byes. It was a wonderful evening, full of joy and high spirits, and when it came my turn to say my intentions into the circle, I told them what had happened; that I'd just gotten a call that morning from Petaluma letting me know that the place I had counted on wasn't there anymore. And, on top of that, I had no transportation arranged for when I got there. Undaunted and trusting, I went ahead and stated my intentions anyway, saying, "I intend that I have a wonderful place to stay when I get to California, and that I have a nice vehicle of my own while I'm there."

Before I could say anything else, my best buddy, Mark, interrupted and asked me what kind of vehicle I would like? I said a van. I always liked vans. Then he interrupted again and said, "Well, what color?" To which I laughed and said, "Red! I intend I have a red van when I get to California."

We finished our intentions and toned, and it was like the angels in Heaven sang with us that night. During our customary break before Tina was going to lead our weekly 30 minute spiritual guidance session, a sparkling lady named Helen Noble pulled me aside and told me a very interesting story. She said that she'd been walking alone on Kehena Beach a couple of weeks earlier and had, to her great surprise, found a copy of my novel sitting on the lava rocks. She took it home and read it in two days. In fact, it was what prompted her to come to our Intenders Circle that evening. She went on to say that she enjoyed the book so much that she'd mailed it to her daughters, Nancy and Patti, who lived in Sonoma, California,

and that, that morning, she'd talked to them on the phone, and they'd both read it and said they'd like to meet the guy who wrote this book!

I'll never forget the feeling that swept over me when Helen asked if I'd like her to call them and see if they had a place for me to stay. I said "That would be great," and she immediately walked over to the phone, made the call, and took care of everything. I even spoke to Patti, and she said they'd be glad to pick me up at the SF airport at 11 o'clock at night.

But wait! That's not the end of the story. Two evenings later, I flew to California, Nancy and Patti picked me up as promised, and, after stopping for a late night snack at a Denny's near Sausalito, we drove into the quaint little town of Sonoma. Seeing how tired I was, Patti graciously put me in the back room where I slept deeply for a few hours, only to be awakened early the next morning by a whole bunch of little children running around my bed. As it turned out, Patti ran a day-care center, and the kids, as cute and cuddly as they were, were not included as part of the environment I'd imagined for myself in California. You see, I'd been a hermit for the last twenty-five years, living a quiet, secluded life back in the hills of Hawaii. Not only that, but I was a writer, and writers, I told myself, needed silence to do their work. In short, I realized that I'd neglected to intend that I had a quiet place to live while I was on the mainland.

So, after a cup of coffee with Patti and Nancy, I called the only other person I knew in Sonoma, a lovely lady named Dottie who had come to our circle when she was on vacation in Hawaii a few months earlier. As it turned out, Dottie only lived three blocks away, and she invited me to come over for a late breakfast. I walked over about 10, just as her roommate, Betts, was getting ready to go out the door for her weekly meeting in the nearby town of Napa with a circle of friends who called themselves “The Voyagers.” We chatted for a few minutes and, on the spur of the moment, Betts asked if I’d like to come along with her, to which I agreed, and we hopped in her car and drove through the beautiful, rolling hills and vineyards to the Unity Church in Napa. The Voyagers turned out to be a delightful group of about 15 people, all over the age of seventy, who listened to inspiring, channeled tapes sent each week from Virginia Beach, and then said prayers into their circle. I told them about the Intenders and said that, if they didn’t mind, I’d like to say some prayers with them, and say some intentions as well. They agreed, and, when it was my turn, I started off by explaining that I had just arrived from Hawaii the night before, was staying in a day-care center, and I intended that I have a nice, quiet place to live while I’m here in California.

No sooner had I said “So be it” when the debonair man who was sitting on my right tugged on my sleeve and whispered that I could stay at his place for as long as I liked. Richard Robinson, who later turned out to be a very close friend and confidant, said that I could move in right away. So, when the meeting was over, Richard and I

drove back through the vineyards to Sonoma together where I picked up my backpack, suitcase, and guitar, thanked Patti and Nancy profusely, and headed back to Napa.

As we reached the edge of town, Richard pulled into a parking space in front of a hardware store and went in to get something. After a few minutes, he came out with a thin paper bag, and, with my curiosity getting the best of me, I asked him what was in the bag. He explained, as he drove, that he had an older van for sale and that in the bag were a couple of For Sale signs. Right away, my wheels started turning. I didn't have but \$37 in my pocket, however I was determined to trust that I was doing what I came here to do, that I was meeting the exact people I was supposed to meet, and that I was in a magical flow with the Universe taking care of everything. He described the van as a 1985 Toyota with just under 200,000 miles on it, and, with a sparkle in his eye, he said he wanted \$2000, a good price, considering that, like himself, it was in great shape for being that old.

As we rounded the corner and pulled into his driveway, there sat the van—but something was amiss . . . It wasn't red! It was silver! This couldn't possibly be my van. It was the wrong color. Besides, I reminded myself, I didn't have anywhere near \$2000.

Talking to myself the whole time, I got out of the car and went to grab my things from out of the trunk of Richard's car when he handed me the bag and asked if I wouldn't mind placing the For Sale

signs in the windows of the van. I said I'd be happy to, and as I walked around to the far side and opened the passenger door to the van, my heart did a somersault. The interior of the van was RED!

To make an already long story short, two days later, Betts cosigned a note at the bank with me, and the van was mine! I was off and running — and, within a year, there were 17 Intenders Circles in the Bay Area, and it flashed across the country from there!

The Intention Process and the Law of Attraction

In our Intenders Circles, people are always asking about the difference between the *Intention Process* and the *Law of Attraction*. The *Intention Process* is a *tried-and-true, practical application* of the *Law of Attraction*. It takes the *Law of Attraction* (or Merlin's *Law of Precipitation*), which says that "*Our thoughts are creating our future,*" and applies it to our daily living by doing three things:

- 1). We say our intentions daily (preferably in the morning).*
- 2). We gather in a circle or cybercircle with like-minded and light-hearted friends on a regular basis (preferably weekly) and say our intentions, as well as our gratitudes for the intentions that have manifested for us.*
- 3). We line it all up with the Highest Good when we're done by saying, "I intend that for these intentions to manifest they must serve the Highest Good of the Universe, myself and everyone concerned. So be it and so it is!"*

There is always a lot of gratitude expressed in our Intenders Circles. In fact, that's what our Intenders Circles are for - to make our intentions and to express our gratitude for their manifestations. When an Intender speaks of gratitude, it shows everyone in the circle that the *Law of Attraction* works. It gives those who still carry doubts and skepticism a newfound confidence. It heightens their level of trust when they see their fellow Intenders "winning."

And that's how it all starts. We make an intention, and soon, when it has manifested, we feel like we've gotten a "win" - and we say so by stating our gratitude. The Intention Process has come full circle. It started out with an intention and it ended with a statement of gratitude.

From [The Intenders Handbook](#)

The Intention Process is about *going for it*, not holding back, reaching as far as we can reach, and manifesting even better outcomes than we might have expected. It's about being surprised when something we may have thought at one time to be out of reach materializes right in front of us, asking only that we say "yes".

And it's about *Staying Above* the current mainstream madness and creating things like comfort, peace of mind, personal fulfillment, abundance and more — *so much more*. From now on, we're going to use our amazing mental powers to parade all possible outcomes and potential results past whatever it is we're intending for. Then we'll hold our attention only on the outcome that makes our heart sing.

Janey's Story ~ So Be It and There It is!

My longtime friend, Janey, was hospitalized recently because she was running out of breath easily and wasn't able to get around as quickly as before. When I phoned her to see how she was doing, we talked about old times, then she asked me about the new book I was working on. She wanted to know what it's about.

"The Best Outcomes You Can Imagine," I replied. To which, she responded, "Well, the best outcome I can imagine is for me to get out of this darned hospital soon! But the doctor said that I might be here several more days while they continue to monitor me." And then she started to rant about the poor food, the constant noise, the interruptions to her sleep, etc.

"Soon!" I said, stopping her. "Is that the best outcome you can come up with? 'Soon' could mean anytime between five minutes from now to five days from now. Let's refine your intention a bit, okay?"

That got Janey thinking. She was silent for a moment, and then, as if discovering a great treasure, she blurted out, "The very best outcome I can imagine is that I'm out of this hospital NOW, and that I'm home, working happily and healthfully in my beautiful flower garden! That's my intention!"

"So be it and so it is," I said — and just then, the doctor came into her room and, through the receiver, I heard him tell her, "Janey, we

don't need to keep you here any longer. Your tests are all favorable, and if you'll take it easy for a few days and take your medicines, you can pack your things and go home right now."

"Wow! That's wonderful!" Janey exclaimed. "That's the absolute best thing that could have happened to me today. Doctor, you've just given me the best gift I can imagine!"

The phone clicked off, and I thought to myself about what just happened. Janey got perfectly clear on what she really wanted for herself – and it manifested instantly. What if, in every situation we encounter, we were all letting go of our resistances to imagining the very best outcomes possible? What if we all knew we could have what we really want?

Soon you will have a thought and it will be there.

The Best Outcomes Imaginable

Our mainstream world would have us believe that we are less than we really are. It would have us think small, sick, short-term, stop-gap, mediocre results, and then urge us to argue on behalf of our limits and doubts. We can, however, rise above our world. We can *Stay Above It All*. We're not relegated to a slave-like existence for the whole of our lives. Indeed, there is hope. There are those today who are holding the Vision of their best possible outcomes. There is light if we can lift ourselves up and out of the current status quo mindset and

step into the world *Great Oneness* meant for us to enjoy, a world that loves us, cherishes our humanity unconditionally, offers great freedom and peace. This new world brings the best that life has to offer for those of us intending for *the best outcomes we can imagine*.

***What if enough people were to envision peace,
And, at the same time,
they were to feel the peace
they're seeking, deep within,
You would be at peace.
Your world would be at peace.***

Merlin Tells Arthur the True Secret to Manifesting

A: "Is there anything you can't manifest, Merlin?"

M: "I can precipitate anything I can picture in my mind, Arthur. So, yes, there isn't anything I can envision that I can't precipitate. It's just that there are some things I wouldn't want to be precipitating."

A: "Such as?"

M: "I don't precipitate anything that doesn't feel good to me, Laddie. In point of fact, my feelings have considerably more to do with my precipitations than I've told you."

A: *“Can you elaborate for me? We’ve spent most of our lessons on the mental part of the Law of Precipitation, but you’ve rarely mentioned how our feelings come into play.”*

M: *“I’m so glad you’re interested in this, Arthur, because our feelings have a great deal more to do with precipitating things than people realize. In fact, many people skip over this most important aspect of manifesting.”*

A: *“Please go on.” (Arthur is keyed into Merlin’s every word).*

M: *“Most schools emphasize holding your mind fixedly on the object or event you’re looking to precipitate, but they neglect to mention holding your feelings on how you would feel in the moment immediately following the precipitation of the object or event.”*

A: *“I think I understand. You’re saying that in order to precipitate anything, I have to feel what it would be like after my manifestation has just happened, yes?”*

M: *“You’ve got it, Laddie! That’s how the masters do it.”*

A: *“Can you give me an example of how it’s done?”*

M: *“Sure, Arthur. Let’s say that you’re intending to precipitate a new computer. First, you’d picture or envision the most exact image of the computer you’re wanting, and perhaps even see yourself*

sitting at your desk with your brand new computer in front of you, working to perfection. Then, second, you'd take another moment to be quiet and conjure up the feeling of what it will be like when your computer has just arrived. In other words, Laddie, you 'feel as if' your new computer has already manifested for you. You feel the joy and satisfaction of already having a fancy new computer on your desk."

A: "Is that all there is to it?"

M: "Not quite, Arthur. It may take some practice on your part. You see, the better you get at 'feeling as if', the quicker and easier your precipitations will appear. When I first started learning this principle, I wasn't very successful until I was able to completely surround myself with the feelings of joy, in advance, of my object or event having already precipitated. I literally bathed myself in those feelings!"

A: "Now it's all coming clear. The better I get at envisioning and, at the same time, 'feeling as if' my precipitation has already happened, the faster it will manifest."

M: "Precisely! Indeed, the time will come when you'll get so good at precipitating whatever you want that your intentions will precipitate instantly."

A: "Wow! That's exciting, Merlin. I can't wait!"

M: “Good for you, Laddie! Now all you have to do is practice. The more proficient you become at simultaneously picturing and feeling the end result from the very beginning, the quicker you’re precipitations will appear right before your eyes.”

See And Feel Your Intentions Manifesting

Once we make an intention we have to be ready for it to manifest. We must expect it. This doesn’t mean that we’ll know all the specific details: the color, size, or shape of what we’re intending for. In fact, we can leave those things up to the Highest Good, and let ourselves be pleasantly surprised at how well the Highest Good knows what’s best for us. Of course, there’s nothing wrong with being specific when we envision our intentions coming into physical creation. However, what’s just as important as envisioning every little detail is feeling the feeling that accompanies the manifestation of our intentions.

After twenty-five years of working in the field of conscious manifesting via intention-making, we in the Intenders can tell you that the better you are at conjuring up the feelings, in advance, of the joy, the love, or the fulfillment that will be running through your body at the time of your manifestation, the easier manifesting will be for you. Said another way, if, at the time you’re originally making your intention (or saying your prayer), you can bring up the way you’re going to feel at the moment your dream actually comes true, and hold

that feeling for as long as you can, then you're on your way to becoming a master manifestor.

Picture and feel the end result from the very beginning.

The great masters know to hold the emotion of what it will be like when their intention has already manifested. They know, too, to hold an image in their mind of what it will be like when their intention has manifested. They make good use of both their mind and their feelings in order to become proficient at the art of conscious creation. What we Intenders have found is that, when we make an intention, if we can hold the vision and the feeling of it having already manifested for at least two or three minutes, then we greatly accelerate the manifestation process. The longer we're able to hold that vision and feeling, the quicker and easier our intentions and prayers will be answered.

Randy's Story ~ An Almost Instant Manifestation

Last weekend, when I came out of my meditation and said my intentions for the day, I took a few extra minutes to both see and feel a nice check arriving in the mail. I actually felt the excitement and joy as I envisioned myself opening the envelope and seeing the \$500 I'd intended for written on the check. Then, after I was satisfied that I'd taken long enough to set my intention in motion, I turned it over to the Highest Good and let it go.

Yesterday afternoon—four days later—I was visiting with an old friend who asked me how my work was going. When I said fine, but that things had been a little tight in the money department lately, she got up, walked over to a nearby table, picked up an envelope, and handed it to me. Inside was a check for \$500—the exact amount I’d intended for! I can’t tell you how good it felt—not only because of the money, but also for the confirmation that the Intention Process was working so beautifully in my life.

Randy Fredrich

From [*The Highest Good Handbook*](#)

Merlin Talks About Two Kinds of Magic

A: “Merlin! You’re all dressed up! I’ve never seen you in a business suit before.”

M: “Do you like it? Am I going to fit in nicely?” He brushed some lint off his lapels.

A: “Yes, except for the Washington Wizard’s ballcap. You need to lose that thing right away.”

M: “Oh, I thought people are used to seeing me be a wizard; I didn’t want to disappoint them.” He laughed and as he did, the ballcap disappeared, revealing a well-coiffed, long, white ponytail, braided neatly.

A: “Whoa! Wait a minute! How’d you do that? Can you do that anytime you like?”

M: “Yes, Laddie. And so will you, once you get unstuck from the body you’re currently occupying.”

A: “Let me understand: You generally appear as a white-haired, pointy-hatted, indigo-cloaked, staff-carrying, smile-wearing wizard, but you can change that appearance anytime you like, yes?”

M: “Yes. One of my favorites is an owl. Would you like to see it now?”

A: “No thanks, I believe you. Why are you wearing the business suit today, instead of your usual wizard garb?”

M: “Although I prefer my wizardly look, it occasionally serves my purposes to conform to the fashions of the day, especially when I’m going to be in a public place, like later this afternoon. My intention is to help humanity, and since I want to maximize my chances of success in that endeavor, I’ll shift into any image that puts the people around me at ease. You see, Arthur, I’ve gotten a bad rap over the last few years. As it often happens at the end of an age, the dark forces who run your contemporary media have stepped up their campaign to undermine and stamp out any goodness in your world. Hence, in recent publications, myself and many in the higher Spiritual realms have been labeled buffoons, hippies, dark magicians, and worse.”

A: “Dark magicians? That doesn’t fit you at all, Merlin. I don’t get it?”

M: “Arthur, your challenge nowadays is that the people of your world weren’t taught how to distinguish between white magic and dark magic. The difference is striking, and it will be very helpful for you in the years ahead to be able to spot these differences. The dark magician seeks to control you. S/he sounds authoritative, official, and is telling you things like, ‘Follow me’ or ‘Do what I say!’ — and s/he won’t hesitate to lie to your face. The white magician, regardless of his/her shape or appearance, seeks to love you, telling you to, ‘Look within. Love one another. Forgive. Keep moving forward. Seek the Truth.’ You’ll know each one by how it feels to you. Dark magic is threatening and engenders fear. White magic leads you to love and to your soul’s purpose for being here.”

A: “So, you take on the appearance of any shape or person you like?”

M: “That’s correct. If I want to get my message across to a businessperson, I might dress in a suit, like the one I’m wearing here today. If I want to inspire a sports enthusiast, I might wear a jersey for his favorite team. If I want to answer the call of a new ager, I might put on my wizardly look. Again, my purpose is to do the best I can do to bring guidance and goodness into the equation, regardless of any criticism from the status quo. It doesn’t matter to me what I wear or how I look. My job is to remain undistracted and hold the light.” And with that, Arthur blinked and the businessman Merlin disappeared and was replaced by a small, purple, nose-wiggling rabbit wearing the Wizard’s cap turned backwards.

“How do I look now?” said the funny bunny, looking up at Arthur and twitching its nose.

A: “Is that you, Merlin? You’re a rabbit now?”

M: “Yep! What do you think? Who wouldn’t love some guidance from a cute little bunny like me?” The voice was still deeper and wizardly.

A: “Well, again, the ballcap isn’t working, and neither is the deep voice. And, by the way, there aren’t any purple bunnies running around nowadays, except in cartoons . . . “ and as he spoke, the rabbit, ballcap and all, suddenly dematerialized and dapper, business-suited, ponytailed Merlin was back. Arthur did a double take. “What’s going on, Merlin? Stop playing around and be straight with me.”

M: “Okay, my friend. It’s time you, and all of humanity, learned that we, the masters, angels and invisible helpers will always come when you call. We might not always be dressed like you’d expect, or appear anything like you might choose. But you can be assured that we’re either there in Spirit to guide you, or we’ve shifted into a 3-D body that will allow us to better pass our guidance along to you. You wouldn’t hang around me long if I was dressed up like an ogre, would you?”

A: “Probably not, Merlin. Has there ever been a time when you’ve had to shift into a scary or ugly shape, like a troll or an ogre?”

M: “Rarely, and only when the student calling out for help was headed down a destructive, dead-end path. In situations like that, extreme measures are called for. Sometimes the masters will have to take on an unusual appearance in order to get the student’s attention. He or she may have to act outrageously in order to change the direction the student’s life is taking. Please note, Arthur, that this is always done with the permission of the pupil, just as you gave me your permission before we started our very first lesson.”

A: “So, are there no limitations on the form you can take, Merlin? Is that right?”

M: “That’s correct again, Laddie. It’s exactly the same as it is with manifesting anything in your world; the Law of Precipitation is what makes it all work. Whatever you put your attention on, that’s what you’re becoming. It doesn’t matter whether it’s a beetle or a bunny. Like I said earlier, my favorite is an owl, but we’ll save that for another lesson. For now, you’ll be well served, my young friend, knowing that one day you will do as I do, and be able to shift into any form at will. Who knows, you might even choose to precipitate a crown and become a king.”

You can be anyone or anything you choose.

Now It's Your Turn

What's the best possible outcome for whatever situation you're in? Think about it. Really think about it, and don't cut yourself short. No second guessing. No Plan B. No settling for less. No Miscreating. Search your mind for the absolute, most favorable result to come out of it all until a Vision comes into focus in your mind.

Then, Set Your Course and hold that Vision, suspending all distraction and doubt, know and feel that it has already manifested for you. It has to. The Law of Attraction guarantees it. The Intention Process guarantees it.

***What if you only believed
that your life is filled with magic and miracles
and that is all that can happen to you?
What if, before any thoughts of fear or lack came in,
you started out your day with that intention—
that only magic and miracles are coming to you?
Everything in your life would get better.***



The Fourth Intent ~ *Simplify*

I let go so there is room for something better to come in. I intend that I am guided, guarded, protected, provided for and lined up with the Highest Good at all times. I trust and remain open to receive from both expected and unexpected sources. I simplify.

My life has been a quest for living on Trust, on letting go and not knowing where the next thing was coming from. I rarely knew when my next meal, my next warm place to sleep, my next opportunity would come. I just made my intentions and trusted that everything I needed, and most of what I wanted, would come to me. And you know what? It did. It always did. Everything I needed, and most of what I wanted over the last 40 years, came in the perfect timing, or sooner.

The next step beyond intention is surrender.

It's letting go—not trying to get more.

***It's trusting that your inner guidance
is taking you exactly where you need to go.***

After saying our Intentions and Gratitudes in our Intenders Circle, we always held a 30 minute Spiritual Guidance Session with my second mentor, Lee Ching, and his friends. In one of these early sessions many years ago, he told us that we're all learning to trust that the *Intention Process* always works; that our thoughts create our future; and that our intentions, prayers and affirmations will manifest if we get out of our own way and let them. *"A higher power is working*

mysteriously, magically on your behalf,” he said, “taking care of “how” things are going to manifest for you.”

I remember looking around the room at my fellow Intenders as we listened intently to his words. They knew what he was telling me pertained to them as well. A peacefulness had settled over the group, then he began to elaborate, saying that letting go of the “how” is where our deep trust comes in. *“It’s when you truly realize that you don’t know “how” your manifestations are going arrive that you’ll begin to let go and let the Law of Attraction work its magic. The challenge with this is that most of you want to know the “how” in advance. You want to know the exact avenues your intentions will take on their way to manifesting – and in doing so, you tend to short-circuit the entire manifestation process. You want it to bring things to you in the exact way you expect them to come, not realizing that it serves you to let go and totally trust that things can come to you in any number of ways.”* Lee Ching smiled so sweetly, his gentle voice soothing our souls. *“Oftentimes,”* he went on, *“when you give up the urge to know “how” something will come to you, you’ll manifest outcomes that completely surprise you. They’ll be much better than you were anticipating!”*

Want to be a Mighty Manifestor?

Say your Intentions daily.

Say your Intentions weekly in a Circle of friends.

Line it all up with the Highest Good.

Then, Trust and be Open to Receive!

Trusting Bigtime

Here, on the cusp of the ages, Trust is our most valuable lesson. We're learning to let go and Trust, deeper than ever before, that we are loved, watched over and cared for in every moment. Likewise, we're also learning that we needn't stress and struggle if we don't want to. But we do, and it's because our lack of Trust and our powerful childhood programming are holding us to the yoke of striving. We strive because we don't trust that we're taken care of by a Higher Power. If we could only let go and let the *Highest Good* run the show, everything would improve right away.

***The Highest Good will always send you
in the right direction.***

Merlin Explains the Highest Good to Arthur

A: "How can what's going on in the world today possibly be for our Highest Good?"

M: "It's because you've lost your way, many of you, and you don't know it. The direction that your daily thoughts and activities is taking you is not where you really want to be going. It's not where your Highest Good resides."

A: "How so?"

M: “Your Highest Good offers peace and freedom from your worldly affairs, not a deeper entrenchment into them. It brings with it a feeling of release and relief from the world you’re presently stuck in. It’s that stuckness that keeps you from realizing the blissful feeling that accompanies your alignment with the Highest Good.”

A: “But, if I’m continuing to have all sorts of challenges and problems, how can the Highest Good help me out of them? They just seem to keep returning.”

M: “Once you line up with the Highest Good, you will immediately be provided with experiences and opportunities designed to bring you back into your alignment. But these initial experiences may not always be as comfortable as you’d like them to be.”

A: “Can you give me an example?”

M: “Of course. If, for instance, you’re being immoderate in your consumption of certain foods, drugs or drinks, the Highest Good might see to it that you wake up with a hangover or a feeling of fatigue. You see, Arthur, anytime you’re experiencing pain or suffering, it means that you’re out of alignment with your Highest Good – and you need to adjust your immoderate behavior, lest your pain continues to linger.”

A: “I see. That makes sense. Can you give me another example?”

M: “Okay. Let’s say you’re working at a job that’s no longer enjoyable for you. Perhaps you’re only going to work for the paycheck. Since it’s in your Highest Good to enjoy your life and your

work, perhaps you might be laid off or replaced by a machine. Under normal circumstances, you might feel angry at first, or unhappy, because you lost your job. But, looking at it from a higher point of view, you would see that you could be enjoying your life much more if you had a different kind of employment, one you truly loved working at.

“That’s how the Highest Good works, Arthur. When you’re experiencing some adversity, it may not seem like the Highest Good is in play. But, in the long run, you’ll see that It’s always guiding you to your greatest happiness and fulfillment. It’s you who is wanting to hold onto your old ways, instead of trusting that the Highest Good will bring you new opportunities.

A: “Hold it right there, Merlin! You’re saying that if I let go of my after-school job — a job I really don’t like — that another job will come along right away?”

M: “Of course, if you believe it will! The Highest Good is always at work behind the scenes of your life, correcting the course of your daily activities so that you eventually step into your greatest joy. Just as soon as you let go of your attachment to your old job, new job offers will come your way. Or, you’ll be presented with some much needed time off from work to recharge and regroup before going on to your next work situation.”

A: “Wow! That means, while I’m waiting for my next job, I’d have to trust bigtime!”

M: "That's right, Laddie. You and everyone else living in these fast changing times are learning to trust more than ever before. It's a great truth, my young friend, that as you let go of the old, the new will come in and take its place. You just have to trust and enjoy the ride in the meantime, and the Highest Good will take care of the rest."

***It's good to let go of old things
so new things can come in and take their place.***

Money Manifesting

Early in our Intenders Circles, the question often arose about whether we needed to have money in order to have the things we were intending for come to us. Would the *Intention Process* work if we used money, or if we didn't use money?

My first teacher, BJ, told me long ago in the Kona rainforest that I could either base the definition of "my security" on how much money I had, or by how proficient I was at manifesting. He said when I became a Master Manifestor, I wouldn't need money in order to manifest my dreams and desires — but that it would take some practice on my part. I would have to learn to believe and trust.

As you can imagine, I took BJ's words as a challenge and spent the next 40 years integrating this information into my life. In the process, I've never taken a permanent job in my adult life; instead,

in order to fulfill my desires, I've steadily applied the Law of Attraction and made my daily intentions. And you know what? So far, so good. If it was for my Highest Good, everything I've wanted or needed has come to me whether I had money at the time or not. On several occasions, thousands of dollars came to me when I was down to my last dollar and intending to reprint my ever-shrinking inventory of books.

The reason I bring this subject up is because there appears to be a trend occurring in our world today. Our money supply is being deliberately tampered with, while, at the same time, more people are buying into the "*times are getting harder*" mindset being spread by the media. In times like these, we always remind ourselves that we each choose our own realities, and we need not buy into the prevailing mainstream mindset. We can think what we want and create what we want, regardless of the mainstream. Thus, from our perspective, it looks like many people will be helped by learning, as we did, that we don't always need money to get what we want. We do, however, need our intentions and our trust.

***There may be times
when you don't have as much money as before,
but you always have your intentions.
You can still manifest whatever you need by intending it.***

Marty's Story ~ Letting go of "How"

Not long ago I was saddled with more debts than I was comfortably able to manage. I thought for sure it was going to take me months or years to save up the money. I figured I'd have to go out of my way, and perhaps take on several jobs in order to make the extra cash I needed to free myself from the high-interest monthly payments that were weighing me down. I just couldn't see "how" my creditors could possibly be paid off in a reasonable length of time.

About that time I went to an Intenders Circle and my new friends there suggested that I let go of wondering how things will manifest for me and intend that I have a "zero credit card balance". At first I was skeptical, but they were so encouraging that I went ahead and intended it anyway.

That was last month. This month all my debts are paid thanks to my intentions, my new job and the wonderful economic stimulus package money that unexpectedly showed up in the mail. It was just enough to cover 100% of my outstanding debts, and even have a little cash left over to celebrate with a nice dinner.

I never would have imagined I'd be debt free so quickly! Now I'll think twice before setting any predetermined expectations about "how" things are going to come to me — and I'll be much more open to receive from unexpected sources than ever before. I feel lighter and freer now, not just because my debts are all paid, but also

because I won't have to spend so much of my time and energy from now on worrying about "how" things are going to show up in my life. What a relief!

Martin Murphy

***You can have it all.
You've just got to believe that you can.***

Now It's Your Turn

The next time you notice doubt beginning to creep into your mind, Stop! Seek out the exact doubting words you're hearing in your head and isolate them. Now you can see the culprits clearly — the sabotaging thoughts — that are interfering with the manifestation of what you're wanting. Now, start a conversation with these doubting thoughts by telling them that they aren't serving you in the least, and it's time for them to leave you alone from now on. You can say something like. "Anything unlike love, anything unlike God, I intend and command that you leave my body and my being, now and forevermore. For the Highest Good of all. So be it and so it is!"

You'll always be shown the right direction.

You just have to trust in it.

You'll go, "If I go this way, it'll lead to more suffering, and if I go that way, things will work out so much better!"

Graced

*Graced are those who watch their words,
for their words become their future.*

*Graced are those whose words are positive,
for they shall have success in life.*

*Graced are those whose words are without judgment,
for they shall be forgiven.*

*Graced are those whose words serve others,
for they shall be served in return.*

*Graced are those whose words are kind,
for they shall be comforted.*

*Graced are those whose thoughts are of wellness,
for they shall be healed.*

*Graced are those whose words are gentle,
for they shall know peace.*

*Graced are those whose words are defenseless,
for they shall know security.*

*Graced are those whose words are without wrongdoing,
for they shall know their innocence.*

*Graced are those whose words are generous,
for they shall receive in abundance.*

*Graced are those whose words are truthful,
for they shall know freedom.*

*Graced are those whose words are caring,
for they shall know love everlasting.*

*Graced are those whose words are holy,
for they shall know who they are.*

*And graced are those whose words are silent,
for they shall know God.*

The Fifth Intent ~ Stay Positive

I see good, say good and do good. I accept the gifts from all my experiences. I am living in grace and gratitude. I stay positive.

BJ on You Don't Have to Go Anywhere

"You don't have to go anywhere," he said. My first mentor, BJ, and I were having our morning Kona coffee on his lanai overlooking the west coast of the Big Island. "Once you get good at manifesting by

using the Law of Attraction, everything will come to you — if you believe it."

I looked at him skeptically. This was crazy! I'd been brought up to believe that I had to go out and work hard and apply a lot of effort to get what I wanted. As if to know what I was thinking, he went on, "Of course, there's nothing wrong with working hard in order to get things to come to you, but again, once you get proficient at manifesting, you won't do that anymore — and you won't have to go anywhere unless you want to. Things will just come to you from seemingly out of nowhere — if you Stay Positive."

That conversation took place over 40 years ago on the farm in Kona, and from that point on I decided to Stay Positive, overcome my doubts, be grateful and believe that everything I needed would come to me by practicing the Law of Attraction, and intending that the Highest Good is served for everyone concerned. As a result, I've never taken a full-time job in my life. I've simply stayed positive and trusted that everything I intended would be there for me in the moment I needed it. Oh, to be sure, I haven't just sat around and done nothing for 40 years. I've kept busy doing what I love to do: farming, writing books, webmastering, community-making, etc.

FYI: Currently, I'm restoring a 50 year old houseboat, and I cannot tell you how grateful I am to be working on this project. And I'm still Staying Positive and using the Intention Process to have things come to me. For instance, when I realized I needed a new plumbing

system throughout the boat, I made my intentions and a royalty check arrived in the mail from a publisher I hadn't heard from in awhile. When I needed to replace the old smelly carpeting in the galley, a friendly neighbor gave me his leftover vinyl flooring strips that fit perfectly. When my original refrigerator went out, the people who were renovating their boat down at the end of the dock left one sitting out the very next day with a free sign on it saying "works great!" When I needed help lifting a heavy hide-a-bed up to the top deck of my boat, two strong teenage boys happened by the dock at that moment and did it for me.

To this day I don't go out of my way at anytime, and everything keeps coming to me, just like it always has. Why? Because I Stay Positive and believe that it will.

You have to believe when something good comes to you that all good things can come from it.

How to Think

We weren't taught *how* to think. We were taught *what* to think, but that's not as helpful to us as first knowing *how* to think. *How* we think is valuable to us. Our thinking can be a helper or a hindrance in our quest for the enjoyment of life. Indeed, if we think about good things happening, they will. And, if we're thinking about undesirable things happening, they will. Whatever we hold our attention on has a direct effect on our future.

Knowing *how* to think means we're able to see the inherent relationship between our thinking and our experiencing — and then we put that information to its best use by discerning or asking ourselves if what we're thinking about is going to bring positive experiences to us and our fellow travelers. Ask yourself: does it serve us to think about things like being broke, getting sick or having an accident? Likely not, lest we draw ourselves down into these uncomfortable situations. Likewise, does it serve us to *Stay Positive*, be grateful and to think about ways to be happier, more loving, more helpful, more gentle toward one another? Likely yes, because these things make our lives better.

Staying Positive is the key to our thinking processes, but it requires vigilance and discernment. We must continually ask ourselves if what we're thinking about will bring fulfillment and peace into our lives, or are we continuing to put our attention on unfulfilling, worst-case scenarios, thus bringing *miscreations* into our future? In other words, it serves us to keep a watchful eye on our thoughts, because that's what we'll be experiencing. To *Stay Positive* we must constantly line ourselves up with the best results we can think of. That's how successful people do it. They're always intending for the best possible outcomes they can imagine.

***Know that you can create your reality
in each and every moment***

Merlin Expands Arthur's Thinking

A: "I don't have any money!"

M: "Well, Arthur, if you keep saying that you don't have any money, you'll never have any money."

A: "How can that be? I don't understand."

M: "It's because of the Law of Precipitation: Whatever we're talking about is what we're precipitating into our lives. Whatever we're saying is what we're creating. Understand now?"

A: "Yeah, but how will I ever get any money if I don't tell people that I don't have any?"

M: "You don't have to tell people you're out of money in order for money to come to you. Simply intend for more money without telling anyone that you don't have any."

A: "Now I see what you mean. Whenever we mention that we're broke, we're making ourselves broker, right?"

M: "That's correct! And it works that way with everything — your money, your health, ..."

A: "My health! Do you mean that if I tell someone I'm sick that I'm making myself sicker?"

M: "Yes, and it's because of the Law of Precipitation again. Whatever we announce to the world gets stronger and becomes

more apt to manifest in our physical body. Illnesses and diseases are no exception.”

A: "So, Merlin, how do I deal with a health issue if I don't tell anyone I'm sick?"

M: "That's an excellent question, Laddie. And the answer is twofold. First, what you don't want to do is tell everyone you run into about it. Your health issues are not for you to broadcast unfiltered because other people will go out and tell their friends and neighbors all about your challenges. Then, you'll have a whole slew of folks envisioning you being sick, telling all their friends you're sick and unconsciously escalating your challenges exponentially.”

A: "Oh no! That's not what I want.”

M: "You must be discerning at this point. If you know a health practitioner, a doctor or a healer that you trust, then you might choose to tell them about your symptoms. But to tell every Tom, Dick and Galahad about them works against you. You'll only get more folks envisioning and reinforcing your issues and making them worse.”

A: "You said your answer is twofold. What's the other thing I need to do?"

M: "You learn to apply the opposite thought, the thought of wellness. Anytime the thought of being sick comes to mind, tell yourself, even in the face of contradictory evidence, that you are well; that you are in perfect health.”

A: "Are you kidding! How can I possibly say I'm perfectly healthy when I'm suffering?"

M: I assure you that you can. It may not seem easy at first, but you can do it. You see, your body will comply with whatever your mind tells it to do. It's back to the Law of Precipitation again. Whatever we're thinking about or talking about is what we're attracting into our future physical experience."

A: "So, you're saying that we can think ourselves well as easily as we can think ourselves sick, yes?"

M: "Precisely! Per the Law of Precipitation, everything that happens in our physical world happens in our mind first. First comes the thought; then comes the experience."

A: "Now I'm getting it! So, what's the best thought I can tell myself to make my body feel good again?"

M: "You can use whatever positive words that are comfortable for you, my friend. For me, I tell myself that I am grateful for everything in my life and that I am in optimal health, whole, complete, perfect and balanced in every way, all of the time. With that statement, I'm applying the Law of Precipitation to its highest use. And I'm Staying Positive. I'm only entertaining thoughts that I want to be manifesting."

***You get what you say you want,
and you get what you say you don't want.***

Our words are the exact reflection of our thoughts, so, by listening closer to what we're saying, we can tell what were in the process of manifesting. It's especially advantageous for us to refrain from speaking negatively. The word "not" works against us. When we say that we do "not" want something to happen, we automatically call forth its exact opposite. For instance, if we say that we don't want to run out of money, then, in order to be saying something like this, we have to be picturing ourself running out of money. That's a thought, and it will work its way into our future just as easily as any other thought we put our attention on.

This habit of phrasing our words in the negative runs rampant through our daily conversations. When we were little children we were taught to express ourselves in the negative, unaware that we were sabotaging our future experience every time we would do it. Wouldn't it be better for us if we began to reprogram our speaking habits so that we weren't bringing unwanted scenarios into our lives? But how?

It's simple, although it may take a bit of practice. We learn to speak only in the positive. For example, instead of saying, "*I don't want to be sick,*" we find out what the opposite of sickness is, and we rephrase our words as follows: "*I intend that I am in excellent, perfect health, happy and physically well in every way imaginable.*" Since we aren't mentioning anything about being sick when we're rephrasing our words like this, we aren't bringing sickness into our daily experience.

People attract their own challenges, illnesses and limitations by talking about them. However, when we learn to speak in a positive way about what we “do” want, then our challenges, diseases, financial issues and adversities will no longer be a part of our lives.

***Whatever you’re talking about—
whether it’s something you want,
or something you don’t want,
is on its way to you.***

How We Got into the Mess We’re In

Our experiences do not arise from random, seemingly coincidental events we have no control over. In fact, most accidents and unwanted occurrences have been courted by us, much in the same way a young man would court a young woman. We spend hours thinking about and, therefor, attracting sicknesses, wars, losses, catastrophes and calamities into our lives just by holding our attention on them, not realizing that our future is constantly being *miscreated* by these thoughts that we’re courting.

As stated earlier, when I begin the creative process I’m always asking myself, “*Is what I’m thinking about and talking about going to serve me and my fellow travelers? Will it give me the results I really want?*” If it will bring a positive outcome, then my future will get better and better. But if it doesn’t look like it’s going to bring more

good into my life, I disregard it. The challenge nowadays is that so much of what we're thinking and talking about doesn't serve anyone. In fact, when we watch our thoughts and words more closely, we quickly discover that there are a lot of things we're putting our attention on we wouldn't want to be manifesting in a zillion years. We call this a "*Miscreation.*"

Merlin on Miscreation

M: "Did you ever wonder why so many people are drawing unwanted experiences into their lives? It's all a huge miscreation!"

A: "A miscreation? What are you talking about, Merlin? Is that something like a distraction?"

M: "No, a distraction is anything that pulls our attention away from whatever we're thinking about. A miscreation is worse. It's when we're stubbornly holding our attention on thoughts we really wouldn't want to be manifesting for ourselves. It's dwelling on worst case scenarios."

A: "So, what's the big deal? It doesn't seem to be hurting anything."

M: "It's hurting everything, Laddie! Miscreation is the reason your world is in the mess it's in. And it's the reason for all your personal problems and challenges, as well."

A: "I don't understand. Are you sure you're not making it all out to be something bigger than what it really is?"

M: "Not a chance! In fact, it's running rampant in your world today; you see it everywhere, all the time. If you listen in on the average conversation between any two people nowadays, you'll likely hear several miscreations."

A: "I still don't get it. Can you give me an example?"

M: "Sure. Let's say you're talking with a friend at school and he begins to talk about the sickness he says is going around. Then, he goes into greater detail, describing all the symptoms, statistics and suffering he's seen on TV — as well as the possibility, in his mind, that it's highly contagious and you could catch it if you're not careful. Now . . . if you go along with him and buy into what he's saying, you place yourself in harm's way by entertaining the idea that you could get sick. This is a classic miscreation."

A: "Ahhh! I'm beginning to see what you mean."

M: "Good! Because we have the power to make our lives better by holding onto positive uplifting thoughts. And we also have the power to make our lives worse by holding onto ideas and beliefs that don't serve us or anyone else."

A: "I suppose a miscreation occurs for things other than diseases and illnesses. It works for anything we'd want to manifest, including economic, environmental and emotional issues, yes?"

M: "That's right. It's the Law of Precipitation turned upside down. Instead of using this empowering Law to attract good, positive

experiences into their lives, people are using it nowadays to 'miscreate' a whole slew of unwanted experiences."

A: "So, miscreation comes into play when I'm attracting undesirable experiences into my life. Am I finally getting the idea?"

M: "Yes. You've got it! The only question now is can you remain aware of it long enough to stop bringing more adversity into your life."

A: "And how do I do that?"

M: "Well, to begin with, you'll want to start watching your thoughts and words a lot closer than you have been. Now that you're realizing that your thoughts and words are having such a pivotal impact on your future, you'll be needing to monitor them much more diligently in order to weed out all of your 'miscreations'. When you're able to turn those pesky, negative thoughts and words around, or turn your attention away from them entirely, then the negative, unwanted experiences will eventually stop coming your way."

A: "Wow! That's all there is to it. All I've got to do is think and speak more positively — and envision only the most positive outcomes and results I can imagine — in every situation, no matter what it is — then everything in my life will get better."

M: "Precisely! From the moment you begin to turn your thinking and speaking in a more positive direction, your positive experiences will follow."

A: "Oh, my God! Now I'm beginning to see what you mean when you say that all our worldly woes would go away if we, as a whole, would refrain from thinking and talking about them all the time. Everything would change!"

M: "Absolutely! Like I said, it all hinges on what you're putting your attention on. You can continue to think and talk about unwanted things, like wars, pandemics and potential calamities — and thus reinforce them, make them stronger and draw them to you. Or, you can start thinking and talking only about your abundance, your safety, your serving, sharing and caring for one another — and attract these desirable things into your world."

A: "Okay! From now on I'm going to watch what I'm thinking and saying much closer because, in my heart of hearts, I only want to be attracting happy times into my life, instead of "miscreating" any more unhappy times into my life."

M: "Good thinking, Laddie. Your rewards are always assured when you're more careful about what it is you're creating with your everyday thoughts and words."

Miscreation - you won't find it in the dictionary, but you know what it is. A *miscreation* is considering thoughts that don't have the slightest chance of coming out in anyone's favor. Anytime we think about harming anyone, or judging anyone or anything, or wasting anything, or treating the Earth uncaringly, or abusing our body or anyone else's body, or following a selfish leader, or getting sick, or going along with

the crowd when it's headed over a cliff, we're inviting *miscreations* that will never bring us the results we're looking for.

Why so much of our time is spent in thinking and talking about things that don't serve us is a great mystery. People nowadays have a predilection toward thinking in terms of limitation, of dwelling on ugly, violent, painful scenarios, not realizing that those scenarios are exactly what they're creating for themselves in the days ahead just by putting their attention on them. Indeed, every time we go along with a prevailing mainstream belief that advocates any kind of unwanted outcome, we're courting disaster. We're *miscreating*.

***What you think about and talk about all day long
is what you manifest in life. It's the Law.***

Our Casual Conversations Aren't Casual Anymore

We're creating our day-to-day, moment-to-moment reality with our casual thoughts and words. But, in truth, these thoughts and words are not casual; they have great power and can have huge effects upon us and those around us. We can make ourselves happier and healthier by paying closer attention to our everyday thoughts and words, and shifting them to the positive side of the coin. Not only that, but after we get good at watching our own thoughts and staying more positive, it can be a bit challenging to listen to our friends talk about things they wouldn't want to be manifesting.

Mike and Sherry's Story ~ A Miscreative Conversation

I was having lunch yesterday with two friends, Mike and Sherry, and when Sherry mentioned, quite casually, that she thought getting older was a drag, and that she didn't relish the idea that her memory would soon quit working as well as it could. That's when Mike chimed in and said he's already experiencing some degree of forgetfulness. He gave an example and said he thought his memory was getting worse.

All of a sudden, I realized that the three of us were in a miscreative conversation that wasn't serving us in the least. So I said, "Hey, you two! Why are you discounting your future like that? You know that what you say is what you'll get, and that the Law of Attraction always works."

Well. Sherry got it, thanked me for the reminder, and even said that, from now on, she's going to say she's "youthing" and able to remember things perfectly.

Mike, on the other hand, immediately got defensive and began protecting his limited point of view, saying, "You guys are nuts! Everybody gets old and loses their memory! It's a natural occurrence nowadays for people to become forgetful, and I'm no exception! I even got an insurance policy recently that protects me in my old age. So, when my memory fails, I'll be taken care of."

Looking back, it's easy to see which one of them is creating a healthier future for themselves. Mike is dwelling on losing his memory, an outcome that doesn't serve him, while Sherry is open and able to change her behavior. By seeing herself younger, she's putting herself in the best possible position, via the Law of Attraction, to enjoy a happier, healthier life.

***What we think
and what we say
is what we get.***

Passing the Watchfulness Test

What has to happen in order for people to consider more positive outcomes? How do we pull the reins in on our worst-case scenario thinking? For openers, we need to care. We need to care about our lives, our future, our children's future, our happiness. At present, most people today would tell you they're too busy to stop what they're doing. They'll say they're too distracted and indebted to take the time to apply the effort to change their old habits. In short, they don't care enough, or they would change.

Indeed, caring takes constant watchfulness. We simply cannot allow ourselves to be mentally lazy and agree with every idea that comes down the pike. We have to be alert and ready to agree with the best possible outcomes we can think of, while, at the same time, we must disregard or overlook any and all ideas advocating less than optimal results.

Such vigilance offers great rewards. As we become more alert, we become less apt to suffer or experience loss. Until then, it's wise for us to stay away from folks stuck in their negative thinking. If, however, we find ourself in a casual conversation with friends who are suggesting a "less than optimal" outcome or worst-case scenario, it gives us an opportunity to test our inner resolve. When we can withhold our agreement 100% of the time, we will have passed our tests and can now receive the gifts that come from steadily *Staying Positive*. That's when life gets really good!

Your agreement is your point of power.
What you agree with is what you're creating.

Our casual conversations let us express our opinions as well as discharge some of the pent-up emotional energy we've accumulated due to unwanted experiences at work and elsewhere. We talk about the worldly situation, the changing weather, and how these things are affecting our health and happiness. We tell ourselves that we'd like to be happy, however so much of the time we find ourselves conversing, complaining or commiserating about how our world is changing for the worse — and we rarely realize that, in doing so, we're adding to our own challenges and unhappiness. Here's the point: when our casual chats with friends begin to feel uncomfortable or negative, we have the choice to contribute to our discomfort by agreeing and reinforcing our worldly woes. Or, we can remain silent.

Of course, there's always the pressure to join in, if for no other reason than to be a part of the group. But does it serve us to add to our own future unwanted experiences by talking about them to everyone we meet? *What we talk about is what we're creating.* Wouldn't it be wiser to remain silent at times and not cause other people to be thinking about our dramas and having them unconsciously contributing to the creation of our undesirable experiences? Wouldn't it be better for all of us if we were able to hold our negative, dramatic observations in check, be silent, and speak only of positive, happy, desirable outcomes? That's how we bring all good things into our lives.

***If you truly knew what you were creating
with your everyday thoughts and words,
wouldn't you be more careful
with what you're about to say?***

The Quickening

For those who are awakening, casual conversation isn't casual anymore. Even if most folks are frivolous with their words, the people who are consciously evolving are beginning to realize that it's wise to be *extra watchful* nowadays of what they're thinking and saying. What with the increased acceleration — *the quickening of our manifestations* — we're noticing that the time between the time we make an intention and the time it manifests for us is getting shorter

and shorter. Soon things will manifest instantaneously. Thus, it serves us well to pay much closer attention to what we're saying because it's physical manifestation is right around the corner.

In the old days we could say just about anything and it would take weeks or months to come into play. But not anymore! Nowadays we can make an intention in the morning and have it manifest before noon — and this is a good thing if we're positive and optimistic in our everyday thoughts and words. If we're negative, however, this *quicken*ing can bring havoc into our lives. Our everyday casual expressions can get us into trouble right away, creating all sorts of physical manifestations we'd wish we never had to deal with.

The key to our health and happiness lies in our ability to hold our attention only on the best possible outcomes we can imagine, and to *Stay Positive*, not just in some, but in all of our casual conversations. This is how we create a happy, harmonious, healthy future for ourselves and for the people we're talking with.

***Positive communication brings positive experiences.
Talking about the most positive outcomes you can imagine
will bring you the most positive experiences imaginable.***

Bradley's Story ~ Manifesting in Hard Times

Recently, my nautical buddy, Bradley, and I were eating lunch at the local marina cafe, and he was saying that he thought it was going to be considerably harder to sell his boat because of the pandemic. In fact, when I mentioned a more positive approach, he began arguing that the pandemic was causing all sorts of slow downs and interruptions in the economy, etc.

I thought about this for a moment. Clearly, he was arguing for an outcome he really didn't want to have happen. "Brad," I finally said, "I know you may not want to hear this, but the pandemic — and the economy that surrounds it — truly have no relationship to your ability to manifest the sale of your boat. They're two unrelated things. If, however, you choose to believe the media, and you connect these two unrelated issues by thinking your boat won't sell because of the pandemic, then that's what you'll manifest — and it won't sell!"

"You mean," he said, "all I've got to do is change my thinking and my boat will sell?"

"Of course," I replied. "As the old saying goes: 'As you think (and speak), so it shall be for you.' And that applies to manifesting a pleasant lunch by the lake, a pandemic, or the sale of your boat. All you've got to do is intend it." (Ed Note: Brad made his intention, and two weeks after our conversation, his boat sold for the exact price he wanted.)

***What you are looking to create
is a happy, positive life—
and the more you intend
that your thoughts are positive and happy,
the more that is what you will create.***

We weren't taught about *Staying Positive* in school. Likewise, the mainstream media isn't likely to bring it to light because once we begin to use this valuable information, we cannot be as easily controlled. Fortunately, that's all changing nowadays, as more of us are discovering that our thoughts are the forerunners of our daily experiences; that our thoughts come first, then the experiences related to those thoughts follow soon after that.

For example, if you knew you could manifest a houseboat without having any money at the time, there's no one to stop you but yourself. You can do it (just like I did). Moreover, if you knew you could manifest a life of comfort and peace for yourself, independent of all outside influences, there's no one to stop you but yourself. To take it a step further; if you knew that you and your friends could create the *New Camelot* — and you believed with all your heart and mind that it is possible — there's nothing to stop you. You can do it. First you think it; then you have it.

***The abundance and prosperity that you are seeking
is already there waiting to pour itself upon you.***

Now It's Your Turn

The next time someone says, "You could get sick"; "You could get hurt"; "You could be in trouble"; "You need to defend yourself"; "You could lose it all", and so forth, immediately shift your thinking to ideas like, "I am perfectly well and in excellent health"; "I'm guided, guarded, protected, and provided for in all that I do"; "I am safe in every way"; "I am forgiving"; "I am happy", "I am living in grace and gratitude", and so forth. Stay Positive, no matter what, and see what happens!

The Sixth Intent ~ Synchronize

After intending and surrendering, I take action by following the opportunities that are presented to me. I am in the flow where Great Mystery and Miracles abide, fulfilling my desires and doing what I came here to do. I synchronize.

Ralph's Story ~ Six Steps to Your Power

Anyone who desires to become more proficient at using the Intention Process must pass through six stages or steps before becoming an adept. I was fortunate to learn these steps from a tall, highly intelligent man who mysteriously showed up at my doorstep one summer day when I was living in Corrales, NM. He said his name was Ralph, and that he was an author of a different sort than me. Whereas I'd always been interested in the intuitive side of life,

Ralph's talent, as I soon realized, was that he was scientifically oriented. He liked to analyze things and put them in order.

After a few minutes of customary introductions and niceties, we got to talking about the laws of manifestation, and Ralph said that, lately, he'd been writing about something he'd discovered in his research. It had to do with a particular progression that most people go through in order to become more skilled at manifesting.

The initial step in this progression, he said, was testing. If we're going to create anything consciously, we must first run a test by making an intention and establishing for ourselves that the process works. Once we realize that our intention has, in fact, manifested in our physical experience, we'll be more apt to test it again by making several more intentions and watching closely for them to manifest as well. In this way, he said, we gain a modicum of proficiency and work our way toward the second step in the progression: we begin to trust.

Ralph explained that the more we see our intentions come into manifestation, the more our level of trust grows. We start to get comfortable with the process and, usually not long after that, we reach the third step, which he called confidence. Confidence, according to Ralph, comes to us when we understand that we're really on to something. At this point, we typically begin using the Intention Process more often. We use it to bring anything that we need into our lives, and we use it confidently.

After noticing that our intentions are coming to life on a steady basis, our confidence then turns into a knowing. This is the fourth step, and Ralph said that this is where our manifesting skills take a gigantic leap. He said that in preparation for the book he was currently working on, he had interviewed hundreds of people and found that those who had a knowing about their ability to create consciously lived an altogether different kind of life than those who hadn't reached this stage yet. They had a charisma about them; they'd come in touch with their innate power, and, from this point on, there was no turning back. He said it was as if they'd awakened from a dream and had no desire to go back to sleep. Life had regained its excitement and adventure, now that they had accessed their true power. The only thing left for them to do after that was to act courageously. And that is the fifth step: courage.

When we reach the stage of courage in our evolution, we are no longer hampered by what others think or say about us. Fear and intimidation don't play the same roles in our lives as they used to. We call forth the Highest Good and make our intentions courageously, knowing that whatever we're intending is going to manifest for us.

Our base of power grows stronger and stronger, and soon, after acting with courage for awhile, we reach the sixth and final level on our journey: fortitude. We become like a castle or an impenetrable fortress built upon the peak of the mountain. Having made our way

through the previous five steps, we stand firm, at the pinnacle of life, masters of all we survey. Nothing can touch us now. We are grand creators, freed from all worldly cares as God's most precious gifts are arrayed before us to pick and choose from as we please.

(from [The Code: Ten Intentions for a Better World](#))

***You are powerful beyond measure.
This is what is being rediscovered at this time.***

Merlin on Intensity

My mentors, Merlin and BJ have much in common. They both prefer to stay away from the world and its ways at this time. Likewise, they're both able to shift their appearance into any guise that makes people more comfortable with them. Furthermore, each carries a powerful intensity that's rarely found among other men and women. Their garbs and disguises change all the time, but this intensity is always felt whenever they're around.

One day, Merlin and Arthur were tidying up their Crystal Clubhouse when Arthur asked Merlin about his intensity . . .

A: "Whenever I'm around you, Merlin, I feel a strong vibration that I usually don't feel around other people. Do you know what I'm talking about?"

M: “Of course, Arthur. It’s a by-product that comes when you become unattached and your Spirit awakens to the Oneness of all and everything. All masters carry an increased intensity about them.”

A: “Does that intensity feel good to you, Merlin?”

M: “Oh, yes, my friend. It feels great, although when I was first making the shift into this state of awareness, it was a bit disconcerting. But right away, the feeling of deep and abiding Love engulfed me, and I adapted nicely to the increased intensity I was feeling.”

A: “Can you explain this shift and the intensity it brings in greater detail for me, please? How do I get there?”

M: “You won’t need to concern yourself with this now, Arthur. But in a couple of decades from now, when your true calling is revealed to you, you’ll be ready. In the meantime, enjoy your youth and, whenever you get the chance, learn to flow smoothly through life’s interruptions.”

A: “Life’s interruptions!”

M: “Yes, Arthur. As you go through your days and nights, you can prepare for your amazing future by learning to keep your cool and flow through it all when life is throwing distractions and interruptions at you. You see, most people don’t react well to being interrupted. Typically, they fret and moan and let loose with all sorts of negativity, not realizing that they need, at a certain point in

their lives, to flow gracefully through their interruptions, and to save up the emotional energies they've been discharging all over the place."

A: "What's the advantage in that? Why would anyone want to hold back from releasing their pent-up emotions?"

M: "Great question, Laddie! And it's because some of them are at a place in their lives where they need to keep their emotions intact in order to build up the intensity needed to get themselves unstuck from this 3-D reality and move into a higher state of awareness. This commonly happens when societies come unraveled during coups and revolts. While many get caught up in the fear, others have been able to control their negative emotional responses and rise above the madness. These strong men and women used the chaos to launch themselves into a higher place within. Indeed, they reached incredible states of consciousness during the harshest of trials. "

A: "Oh, I see what you're saying now. But everyone will be making the shift into the higher intensity eventually, yes?"

M: "Eventually, yes, Arthur. But not everyone will make it in this current lifetime. As it happens, many are here working through various levels of their physical attachments to this planet, and they aren't quite ready to handle the increased intensity needed in this lifetime to make the shift into Spirit. Others, however — and there are many of you on Earth at this time — want to go home to Spirit and can easily handle the intensities involved in making the shift."

A: “I assume you’re including me in that group, and that I will make the shift into Spirit in this life, yes?”

M: “Right you are, my boy! And in order to prepare yourself for your wondrous destiny, you’ll need to learn to flow gracefully through any interruptions that come your way.”

A: “And how do I do that?”

M: “Instead of reacting when things aren’t going along as you’d like them to, simply take a few deep breaths, remind yourself to remain calm and accept whatever is going on around you.”

A: “Then what will happen, Merlin?”

M: “You’ll begin to experience the same intensity that you feel when you’re around me or any other master you run into.”

A: “In a word, Merlin, this is all pretty ‘intense’ for me. Is this shift into Spirit something I should be frightened of?”

M: “Not unless you’re afraid of feeling good, Laddie. Not unless you’re afraid of your own joy.”

Some days it feels like we’re running the gauntlet, being tested at every turn. The more intense events may come on quite suddenly, while others can be seen coming from a long way off. In either case, these are the times when our character is built, when our mettle comes to the surface. How we act or react in these adverse circumstances will affect the whole of our lives from then on. Indeed,

when we learn to *flow* gently through adverse situations and control our negative emotions, often, quite suddenly, the way is made clear for us to make the most of our changes. Things fall into place that may have continued to nag at us; jobs proceed quicker than before; new creative directions reveal themselves. And our lives are better as a result of our new, tempered attitudes. We pass the tests that we previously failed, and the obstacles of life no longer challenge us because we're accepting them gracefully and curiously seeing what they have in store for us. Now we're *Synchronizing!*

If calamity befalls us; it is okay.

We are ready, without complaint.

This is the posture that strengthens our immune system.

This is the posture that furthers our soul's growth.

BJ on Willingness

I was troubled. BJ and I were finishing up our morning Kona coffee and getting ready to harvest a half dozen avocado trees when I mentioned that the lady down at the county office just called and threatened me, saying that we would lose everything if we didn't comply with their new guidelines and pay their extra taxes right away. We'd recently built a small outbuilding on our Kona property deep in the rainforest, and now the county wanted us to pay them or tear it down. She said that if we didn't pay them, they would take our land away entirely! At the time I didn't have the money, and I was in fear of losing it all.

“Fear always involves losing something,” he said, calmly. “It’s always accompanied by a loss of some kind.”

“Ok, BJ,” I replied, “but I don’t want to lose the farm. I’ve put my heart and soul into this property. I love it dearly! At the same time, I can’t live under a cloud of fear because of that lady and her new guidelines.”

“You don’t have to,” he said. “You can only feel afraid if you’ve got something to lose. It’s all going on in your thoughts and feelings. If you could get to the place where you’re willing to lose it all, then you’ll eventually begin to feel better.”

“I don’t understand, BJ,” I said, wondering where he was going with this unusual line of reasoning.

“Nobody can affect your feelings if you don’t let them,” he said. “People can issue all sorts of fearful threats and warnings to you, but if you remain happy and balanced inside yourself, then you won’t have to deal with those feelings of fear.”

“So, how do I remain happy and balanced when there’s the possibility looming over my head that I could lose the farm if I don’t do what she wants?” The pressure in my gut tightened. It was palpable.

“You have to be willing to lose the farm,” he said again. “You have to be willing to lose it all and walk away. But that doesn’t mean that you’re going to lose it all; you just have to be willing to.” Then he said something that totally relieved the pressure I was feeling in my belly. “Ninety-nine times out of a hundred, your fears are unfounded, Tony. They won’t manifest, except in rare situations. In this instance, we’ll manifest the money, pay the taxes, clean up the shed to her specifications, and the whole fearful threat will go away. And that’s the way it is with most of our fears,” he said. “We can comply with reasonable demands, and at the same time, tell ourselves that we’re willing to lose everything we’re attached to, including the farm.”

He watched me as I began to grasp what he was saying, then he continued. “In order to have it all, you have to be willing to let it all go. Fear can’t touch you when you’re unattached, when you’re willing to lose it all. But that’s not something that happens out in the world,” he said. “It’s something that happens inside of you, in your own heart and mind.”

Two days later BJ and I were chatting casually while driving in his 4WD Subaru to see some friends down on the southern tip of the Big Island. Suddenly, our conversation turned back to the subject of my unwillingness to let go of my attachments. I still wasn’t at ease with it all. A couple new issues had come up and were bothering me now. BJ noticed my discomfort and said, *“You don’t have to get rid of the*

things you enjoy having around you,” he said. “You just have to be willing to.”

“I just don’t understand,” I told him. I was having trouble dealing with two new problems that had recently popped up in my life: namely, my car breaking down, and my girlfriend leaving at the same time.

“As soon as you’re willing to be without a car for a time, and as soon as you’re willing to let your girlfriend go her own way, that’s when you’ll begin to feel better about it all. Until then, you’ll likely be riding the emotional rollercoaster.”

“That’s not as easy as it sounds, BJ,” I said. I really missed Elizabeth. We got along so well . . .

“I understand, Tony,” he said, “because I’ve been through these same issues in my life too. But one thing I’ve learned along the way that surprised me was this: Just as soon as I was willing — totally willing — to let go of my attachments to people and things, unexpected opportunities began coming my way. It was uncanny. The minute I let go of old things, new things came in to take their place. Only this time, I wasn’t as apt to become so attached to them. I was able to enjoy them to the fullest without worrying about losing them.”

In these times, challenges and adversity will continue to press on us until we've let them go — *or until we're willing to let them go*. The longer we hold on to our attachments to people and things, the longer our adverse issues will continue. However, as soon as we're willing to let them go, without any attachment to them whatsoever, the sooner our challenges will cease. In other words, our attachment to the people and things around us is what causes our suffering. If we weren't attached, we wouldn't be setting ourselves up for a loss.

Regardless of whatever kind of change or adversity is happening in our life — we could be losing our job, our home, our mate, our health, our money, a loved one, a pet, our wallet or our car keys — we can still be happy. Naturally, there may be a time of adjustment to the change, but it need not last forever. In fact, the sooner we can bounce back from our adversity and flow through it all, the happier we'll be. Someone has to *Synchronize* and set an example for others who are temporarily unable to hold onto their own balance and happiness while changes are occurring. *That someone is you.*

Now It's Your Turn

The next time you're touched by an upset or adversity, regardless of its nature, step back, take a few deep breaths, and look at it all from higher ground. Take just a moment to remind yourself that the flow of life is in Staying Above It All. Now you've rerouted your emotional energies away from anger and sadness and used them to set the stage for new opportunities to reveal themselves.

The Seventh Intent ~ *Serve Others*

I practice love in action. I always have enough to spare and enough to share. I am available to help those who need it. I serve others.

People want attention and they'll do almost anything to get it. In essence, we're so deprived of love that we'll seek it out at any cost, even if it means we have to compromise our good health to do it. People don't yet understand that they're not serving themselves or anyone else by casually describing all their symptoms, aches and pains to others. Since our thoughts and words herald our future experiences, whenever we talk about our suffering, we're advancing it. We're making it worse. It's the same when we talk about the health conditions of others. We reinforce their conditions and make them worse just by bringing them up in the course of our casual conversations. If we're going to practice love in action, we'll want to change this ugly habit and see everyone in their highest light.

***Everyone is a healer
and healing begins in thought.***

Arthur Asks Merlin About Serving

A: "So... what do you do when someone tells you that they're ill, or tells you that someone you both know is struggling with health issues or a disease? How do you serve these people, Merlin?"

M: "I pray for them, Arthur."

A: *“You do! I thought you only made intentions. But, you pray, as well?”*

M: *“Of course, I pray — although it’s not the same kind of prayer that’s commonly used today.”*

A: *“How so?”*

M: *“Well, instead of seeing anyone as being sick, I see them in their highest light; I see them as happy and healthy as they can possibly be. And I hold that vision in my mind, regardless of what anyone else tells me about them, and regardless of what they tell me about themselves.”*

A: *“Hmmm. You mentioned that once before, Merlin. Why don’t you just pray for them like everyone else does?”*

M: *“Because when most people pray, they’re holding the thought of themselves or others in a state of sickness or disease or lack. When they do that, they’re reinforcing the issue; they’re often making it worse.”*

A: *“I don’t understand. How can that be?”*

M: *“Like everything else we manifest, Laddie, it all comes back to the Law of Precipitation which states that our thinking and our spoken words are the forerunners of the circumstances we’re experiencing. First, comes our thought, then we speak it aloud, then the physical experience follows. It always works that way.”*

A: *“So, let me guess. If we’re thinking about being sick, or talking about being sick, then we’re actually and actively involved in the creation of our own sickness, yes?”*

M: *“Exactly! And it works the same way for thinking about others, too. When we think about them being sick and we tell others about them being sick, we make them sicker. We add to their pain and discomfort. Understand?”*

A: *“I do now. But I still don’t see how it all works?”*

M: *“It works because, on an unconscious level, we’re all connected. As we’ve already said, we all share the same mind. Even though we’re all taught to believe otherwise, in truth, we’re not separate from one another. The mind that’s in you is the same mind that’s in me.”*

A: *“So, what you’re saying is: if we have a thought in our mind about someone else, then, on a very subtle, unconscious level, they’ll have that same thought as well, and react to it accordingly.”*

M: *“That’s correct, and that’s why we need to be much more careful about our thoughts of sickness because sickness thoughts beget more sickness, just as wellness thoughts beget more wellness.”*

A: *“That makes perfect sense now. So what can I do to change the way I pray for my sick friends?”*

M: “It’s simple, Arthur. Now, instead of seeing them sick and struggling, you can serve them by seeing them already well and in perfect health.”

A: “OK! I can do that! But one more question, if you please. Back to where we started this discussion: Specifically, when someone else is telling me about their health challenges, or someone else’s health issues, what’s the best way to handle it?”

M: “You can hold still. You don’t react outwardly at all, not even with a nod of your head, because if you react, you’ll be adding to their sickness. You see, Laddie, commiseration doesn’t work. It only makes things worse for everyone. What truly works is to hold the vision of the other person in perfect wellness, regardless what anyone tells you to the contrary. When you’re able to withhold your commiserative reactions, then you can go into your proverbial closet and pray for them by envisioning them at their very best — happy, healthy and living their life to the fullest.”

***You must see the light for others
if they are not seeing it for themselves.
This is how you help each other.
If one of you is feeling ill, the other one
who is feeling well can see the wellness,
so that you are always holding the template for wellness
and projecting wellness toward one another.***

Thinking, talking and good health are all tied together. If we think we're healthy, we're creating better health. Conversely, if we think our body could have problems, then we pave the way for physical issues to arise. Once this information is understood and integrated into our daily life, everything gets better for us.

Likewise, when we become more vigilant of what we're thinking and saying, it becomes easier for us to spot it when those around us are sabotaging their own good health by telling everyone they meet about what's wrong, or what could go wrong, with their body. Indeed, every time people start describing their physical symptoms, they're actually reinforcing those symptoms and making them worse. Why? Because our physical experiences follow our thoughts. Whatever we're thinking and talking about all day long is what we're manifesting.

Sickness thoughts beget more sickness.

Wellness thoughts beget more wellness.

Arthur Asks Merlin About Healing

A: "People always talk about Jesus's miraculous healings, but they rarely talk about how he was doing them. How do you think he did them?"

M: "I know how he does them — and I'm so glad you asked, Laddie. Jesus is doing two things: multitasking, if you will. People talk about the first way all the time . . ."

A: (Interrupting) What was the first way, Merlin?"

M: "If I may correct your wording slightly before I give you your answer. The proper question for you to be asking is not 'what was he doing', but 'what is he doing.'"

A: "You mean to tell me that he's still healing people, even though he's dead? That must mean he's not dead."

M: "And neither will you be dead when you leave your body, Arthur. You'll still be alive, but without an organic body, just as Jesus is. You may or may not stick around the Earth to help and heal other people. But that's up to you."

A: "That makes me feel really, really good, Merlin. After all these years of believing that I no longer exist after I lose my body, I'm truly comforted!"

M: "As you should be, Arthur, because when you're in Spirit, you're in your natural state of being. Bodies come and go, but Spirit lasts forever. Now . . . back to answering your question, which was . . ."

A: "What's the first thing Jesus does when he's healing people?"

M: (smiling) "You learn fast, my boy! The first thing Jesus does to heal others is that he makes an unwavering connection with God — something Jesus has no trouble doing because he's always doing it anyway. You've heard of this, yes?"

A: "Yes. It's brought up in the Bible and other sacred texts."

M: "That's correct."

A: "So, now, what's the second thing he does when he's healing someone?"

M: "He's seeing them in their Highest Light. He's holding a vision in his mind of them in their Spiritual Essence, perfectly happy, healthy and whole."

A: "That seems like it might not be as easy as it sounds, Merlin."

M: "For some it's very tricky, while for others it's a piece of cake, as you say. It's simply a matter of training the mind to love others in the face of all resistances and distractions."

A: "So, let me get this right. You're saying that the way to heal someone is to keep our attention on God, and at the same time, envision them at their best, in their complete and utter joy."

M: "Yes. That's how Jesus does it."

A: "But I'm sure there are cases where people aren't always healed?"

M: "Right again, and that's where the Highest Good comes in. You see, sometimes we'd be interfering with the other person's evolution if we healed them. Healing them at that time might not be for their Highest Good. Perhaps they need to go through some more adversity in order to learn what it's like to walk in the shoes of those they've caused to suffer."

A: "And I'm sure some people die without ever recovering. Sometimes they're not healed, correct?"

M: “That’s true again, Arthur. But as you’re learning, death is not the end of everything. It’s only the end of residing in that particular physical body. There are always other bodies available which will allow the one who needs healing to continue on.”

A: “I hadn’t looked at it that way, Merlin. You’re saying that we don’t really die; that we keep going until all our lessons are learned?”

M: “You keep going even after that, Laddie. Life never ends. It changes shapes and personalities and localities and intensities — and sometimes it takes a break for a long needed rest and recharge. But life is eternal, Arthur. It never ends.”

Now It’s Your Turn

It’s been said that Love is putting our attention on others the way they want it put on them — not necessarily the way we want to put it on them. In this exercise, all you have to do is help someone who needs it (even though you may be busy at the time). For it’s a great truth that as you help and love another, your own feelings awaken. That’s when you’ll feel the Love in yourself.

***If you’re stuck in your thinking,
when you begin to help other people
you’ll start to feel again.***

The Eighth Intent ~ Shine Your Light

I am a magnificent being, awakening to my highest potential.

I express myself with joy, smiling easily and laughing often.

I shine my light.

It was early morning and Tina and I were in a coffee shop just outside Phoenix when she shifted into Lee Ching at my request. The crowd of people eating their pancakes and eggs paid little attention to us as I waxed metaphysical and asked her about the future of mankind's evolution. Amid all the clanking dishes and disjointed discussions at the nearby tables, here's what he so eloquently told me:

“The veils between the dimensions are getting thinner, Tony, and soon they will be lifted entirely. A doorway, or an opening, is presenting itself – and it is the end of the world as we know it because we, the beings on the Earth, are changing. We’re getting in touch with deep issues and clearing them very rapidly now, and this is creating a new perception of being One with everything and everyone. We’re changing into new people on a new Earth, and the only way to enter the new experience is to love everyone unconditionally. Unconditional love is the new paradigm, for when you love everyone unconditionally, there is no way you can harm anyone or anything. You can only be love.”

Excerpt from [What You Need to Know Now: The Lee Ching Messages](#)

Unconditional love is the new paradigm.

Merlin on the Wonderful World of Freedom

M: "Love will set you free, Arthur. A world where people love and care for one another requires no laws, no regulations, no courts, no judges, no prisons. Although your laws today are said to keep you safer and more civil, the true reason for your multitude of laws lies in the desire for those in power to stay in power, regardless of whether others suffer or not."

A: "That sounds unrealistic, Merlin. Will there ever be a day when we are truly free?"

M: "Perhaps. However, to the extent that people today continue to support the body of encumbering laws in this world, they are also supporting their own servitude. For laws and the legal system are the tools used to keep you enslaved and under the thumbs of those who would manipulate you and all that you do."

A: "But we cannot exist without laws! The world would fall apart."

M: "This is true in your present day world where you've become accustomed to living in fear; fear of being harmed; fear of loss; fear of one another. Indeed, it is fear that gives rise to the legal system in the first place — and fear that keeps it going. If you had no fear, you'd need no laws." He paused for a moment to let that sink in, then continued. "Arthur, can you imagine how wonderful it would feel to live in a world with no laws, where you're no longer looking over your shoulder to see if someone is watching you to make sure you're

conforming to their ways? Can you imagine a world where people love, care and support one another with whatever need arises?

A: “I can imagine it, Merlin. But is it really possible?”

M: “It’s possible in the New Camelot, Arthur. And someday, when you’re older and you have stepped into your kingly calling, you’ll have to wrestle with this issue. But first you’ll have to find the wonderful world of freedom for yourself, before you can pass it on to others.”

A: “Whew! That’s a big calling, Merlin. I don’t know if I’m up to it.”

M: “We have great faith in you, Laddie, especially when you’re intending for the best possible outcomes available to you. For when you picture yourself reaching your highest potential, you would be picturing your complete and utter freedom; freedom from all laws, freedom from punishment of all sorts, freedom from looking back over your shoulder all the time. In such a world as this, you – and all your people – would be happier, more joyful, and more able to fulfill your dreams and desires, without the interference of those who would encumber you. You would be Shining Your Light!”

A: “That sounds fabulous, Merlin. But, again, is it really possible?”

M: “Of course! All things are possible, Laddie. All you have to do to step into the wonderful world of freedom is claim it by telling yourself, ‘I Am Free!’ and truly believe it. You needn’t wait until everyone else learns to be free; you can experience your freedom inside yourself at any given moment, in any situation, in any given

surroundings. Indeed, there is a place where all the laws of this world cannot touch you. For your true freedom is not dependent on the world outside of you, my friend. Your true freedom lies within you.”

***Your light shines brighter every time
you express yourself in a positive way.***

The Power of I AM

Every time we say the words, “I am,” we are creating. Therefore, every time we say “I am Free,” or “I am Love,” or “I am God in action,” or “I am a Universal Being,” we’re applying our words to their highest and best use. While most folks are frivolous about following “I am” with words that are less than positive, (words like “I am bored” or “I am sick”), those who are awakening to their magnificence are much more careful about the words they use because they know, beyond all contradiction, that their words have a direct effect on their future experiences. That’s why you won’t hear them say anything they wouldn’t want to be manifesting.

Every word you say after “I am” comes to you.

Now It’s Your Turn

One of the best ways we can shine our light is to see everyone else’s light shining. We glow brighter when we envision them already happy and well, living their life to the fullest. Not only that, our light

shines even brighter when we're seeing them as the Spirit they truly are; not just as a physical being in need of some R and R, but as the Universal Being who never gets sick and never dies. For, in truth, at the next level up, we are all One, and the person we are seeing in their highest light is really another part of ourself. When we see their light shine, our own light shines bright, as well.

It is important for you to know that you are light.

That is what you are.

***And even though you don't see that light at all times,
it emanates from within you.***

The Ninth Intent ~ Share Your Vision

*I create my ideal world by envisioning it and telling others about it.
I share my vision.*

In the first eight *Intents* of *The Code*, we've primarily focused on our physical world and our body. We've steadily applied the *Law of Attraction* to help you manifest a happier, healthier life for yourself, regardless of the situation you're in. Now, however, with the *Ninth Intent ~ Share Your Vision*, we begin to explore other possibilities. For the *Ninth* is a transitional *Intent*, offering you the means to continue bettering your physical world, or, as many are finding nowadays, offering you a way to express your intentions for manifesting higher, more lofty personal experiences.

Here, the way is made clear for you to express your inner desires, desires designed to compliment your body and all its trappings, as well as to enhance your inner, spiritual qualities and capabilities. Here, you are apt to envision your deeper connection with *God/Great Oneness*. Indeed, from here you'll proceed on to the *10th Intent ~ Synergize* where you actually get a taste of *Great Oneness* by coming together in community with your friends and neighbors.

***You are beginning to realize
that the world can be as you envision it***

As you know, the *Ninth Intent of The Code* blossomed into [*The Intenders Vision Alignment Project*](#) which has given birth to over four hundred Visions and over three million Alignments from people all across the globe. We could easily insert one of our more popular Visions here, however times are changing rapidly, so I'll share a brand new Vision here for your consideration.

A Vision for the New Camelot

I see a world at peace, a world where fear in all its many disguises is gone from the Earth and from all Her people forevermore. In its place, I see a world where Love runs rampant through the hearts and minds of all beings everywhere; where we truly serve and care for one another; where we truly do unto others as we would have done to us; where the ruling elite have retired and gone by the

wayside; and where no man or woman is subservient to another, ever!

Accordingly, I see a world where the central banking institutions that have encumbered and enslaved mankind for decades with unending debt have gone away, once and for all time. Now, instead of our economy being based on worthless, un-backed paper and digital currencies managed by selfish masters, it's based on the wise use of our natural resources. As a result, now we're no longer making our daily decisions according to how much money is available (both personally and collectively), but on whether we have the resources required to complete our creative endeavors.

I see a world where everyone has realized that scarcity is a contrived condition, a tool used to keep humanity controlled, corralled, and off-balance, while our natural abundance — which is God-given to us by right of birth — has shown us that we already have all we need. In fact, we have more than enough resources to fulfill our personal dreams and further our collective evolution indefinitely.

Now, without money as our agreed-upon standard of living, I see a world where scarcity has been replaced by access to all good things. Taken a step further, I see a world where we all feel so comforted, safe and secure — with all our needs met — that we have begun to turn inward, to God, to Great Oneness, to the New Camelot.

Picture the world of the New Camelot for a moment. Enough people have reached a critical mass, stepped into the Oneness and returned to completely upgrade our Earthly paradigm. Now, money isn't being used anymore because we've seen, ever-so-clearly, that we have more than enough natural resources, when distributed equitably, to feed, clothe, shelter, entertain and expand everyone living on the Earth now. Also, our system of laws and prisons have become obsolete because happy, abundant people don't need them; Many professions including sales, advertising, lawyers, judges, police, stockbrokers, economists, soldiers, bankers and more have gone by the wayside because they're totally unnecessary in a world where scarcity doesn't exist. And now, since we're distributing our resources equally and honestly, our world and everyone in it is breathing a deep sigh of relief because we've discovered that we we've been abundant in our hearts and minds all along.

Do You Align with this Vision?



<https://www.visionalignmentproject.com/totalalignments/>

Click on the Link above to align with this Vision.

Or go to [The Vision Alignment Project](#) to see our total alignments.

You can sign up free for The Vision Alignment Project [Here](#).

Now it's Your Turn

So . . . what's your Vision for your ideal world? What's the best thing that could happen to bring about your complete happiness and fulfillment? Now's your chance to take out a pen and paper, or your keyboard, and express your Vision from your heart. This is how you make a difference in your life and in other's lives too, simply by putting the wondrous lightworking tool that you call your imagination to its highest and best use.

Now, when you're done composing your Vision, share it with a friend or a group, and know that it is coming into manifestation as you speak. For the Highest Good. So be it and so it is!

***You have a Vision within you
of what you know yourself to be.***

Stay with that Vision.

Go toward that Vision.

Make that Vision more alive.

That's what you came here to do.



The Tenth Intent ~ Synergize

I see humanity as One. I enjoy gathering with light-hearted people regularly. When we come together, we set the stage for Great Oneness to reveal Itself. We synergize.

When traveling between Intenders events I had a lot of free time and often found myself in parks, pavilions, picnic areas, campgrounds or community centers where groups of people who had nowhere else to go were gathered. In chatting with the people I was meeting, I learned that the best groups were the ones where the people really shared with one another. They shared their food, and they shared their dreams. It was always a joy to be in the company of positive people who were caring and sharing with one another.

In my travels, I witnessed homeless people on a beach in California sharing what little food they had with those who had none. In Cedar Rapids, I saw mothers happily care for the children of strangers who were unable to care for their own. Many times I've watched as people comforted one another in difficult situations, and I was always heartened by what can happen when we really care for those around us.

I also ran into groups of people in various states of panic and disruption. In New Orleans, the evening after Hurricane Katrina, people were running wildly through the streets, screaming and disoriented. All we could do was hunker down in the car for the night. Likewise, one evening in a motel in San Jose, the police broke down

the door in the room next to me, cuffed the people and carried them away forcefully. The tense crowd milling around afterward was anything but friendly. I've seen domestic quarrels in truck stops, and I've watched strangers face off and fight in parking lots for no apparent reason. As you can imagine, I learned to stay away from groups that were disruptive. It just never felt good to hang around where people were angry, complaining or violent. Fortunately, *Spirit* always pulled me out and away from places where disruptions were going on. And I learned that nothing good can come out of me joining in any disruptive, panicky behavior.

I've shared this short travelogue with you because a time will come in the days ahead when everyone sees the great value in coming together and helping one another. Our time of separation will eventually give way to the experience of *Great Oneness*. The people who care, share and are optimistic about life are the ones to hang out with because they're the ones who are paving the way for all of us to come together as *One*.

It's your birthright to experience Great Oneness

Lee Ching on Community

The 10th Intent is the community Intent. When we first started having our Spiritual Guidance Sessions that followed our Intention Circles, I remember asking Lee Ching, "Exactly what is the definition of a community?" As if he'd been waiting for me to pose this

question, he smiled and said, “A true community, Tony, is one where people help each other with whatever need arises.”

Well, that cut to the chase nicely. In fact, it was perhaps the best answer we could have received because, almost immediately, those of us in our fledgling original Intenders Circle began helping one another in all kinds of ways. When Mark was putting a roof on their new place down in the Waa Waa subdivision near the Black Sand beach, Aaron showed up with extra roof tin, and Betsy made us all delicious sandwiches for lunch. When I needed help fixing my old Datsun, the same crew who helped with Mark’s roof arrived, and my car was fixed in no time. When we all felt like we wanted more social time together, Tina volunteered the use of their living room for a weekly “Movie Night.” That turned out to be great fun!

In other words, we began making ourselves available for one another. Looking back on it all, the definition of community Lee Ching gave us that evening many years ago sparked us and brought us closer together. It was clearly one of the reasons for our long lasting success.

***In the days ahead,
people will be helping each other and working together
much more than they have in the past.***

Perhaps the most profound line in the *Tenth Intent* has to do with “setting the stage for Great Oneness to reveal itself.” And yet, it’s the

part most groups forget about. People come together for speeches, social gatherings, spiritual inspiration, fundraisers, church functions of all kinds, and more - but so rarely do they consciously set the stage to experience *Oeness*. *Oeness* is THE Spiritual Experience! It's the pinnacle of all human endeavors. That's why, when we Intenders gather together, we're always doing our best to make contact with *Great Oeness* by toning. Indeed, we recommend that all groups begin to deliberately set the stage for connecting with *Great Oeness* by toning, singing or using any method they're comfortable with.

***Ceremony allows a person
to remember who they really are.***

Tony and Tina on Toning

I was talking with Tina last week and she made a statement that touched me deeply. She said "Weren't we lucky that we ran into the Highest Good early on." Since we've been friends for over a quarter century, I'm sure she'd confirm my sentiment when I say that, from the time I lined up with the Highest Good, my life has been incredible — way beyond anything I ever dreamed it would be. The Intenders took me into places, too many to list, all across the country to meet others who were lined up with the Highest Good. They took me into their homes and their circles of friends, and I took them into my heart.

It's hard to express the feelings we shared in circles from Seattle to San Juan, Puerto Rico over my 15 year adventure of traveling and teaching people how to run their own intentional communities for the Highest Good. Indeed, there were sublime moments, when we held hands at the end of these circles, that our Spirits fused into One. We all felt it. It was unmistakable.

Here's how we did it: we'd stand, holding hands in a circle of any size, call in our Helpers from Above, dedicate it all to the Highest Good, or God, or Great Oneness, (or whatever word you have for your Creator). Then, we would tone "Ahhh" or "Home" (you can pick any sound that your circle resonates with, and then tone or sing it together in as much harmony as you can.) In my experiences, many groups found a choir-like harmony and blended together right away, while others had to practice awhile to get it. Typically, we would tone for 3 to 5 minutes, and longer was always better. After each toning we'd remain silent and still for the same length of time that we'd toned because it's in the silence that the Oneness gels. In 95% of the circles I took part in, we joined into the Oneness within a few seconds. It was heavenly! And it all happened because I ran into the Highest Good.

***Nothing stands in the way
of you creating Heaven on Earth,
even now, in this moment.***

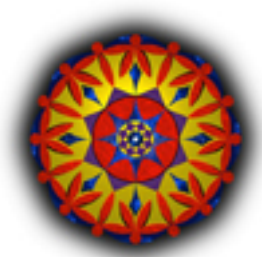
Now It's Your Turn

The next time you're with a group of your friends and you're wondering what to do – how about holding hands in a circle and toning or singing? Simply take a few minutes to be adventurers into the world of your higher, more refined feelings, and experience what Great Oneness has to offer. If you've done something like this before, you'll likely be excited about doing it again. If, however, this is your first time, then be prepared for one of the most enjoyable experiences life has to offer. Go for it! You'll be glad you did!

***Your task at this time in your history
is to lift yourself up and Stay Above It All.***

Climb the ladder to the highest place.

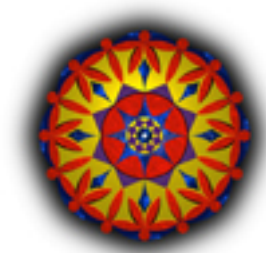
Stay strong and keep looking up and out and over it all.



Congratulations!

Now you're a Mighty Manifestor! You made it through the first 10 Intents of *The Code* and have become proficient at consciously applying the Law of Attraction / Precipitation / Intention Process. The 11th Intent, however, goes beyond our physical reality where we awaken from the dream of the world; where we see all and everything as *One*; where all judgments and grievances have been forgiven; where Love reigns supreme; where God abides.

Step up now, if you will, up to where the view expands out in all directions, up where the material world has receded into the distance and the light of truth is shining clear. From this high vantage point, the ways of man are seen without distortion. Now you're beginning to awaken. Now you're looking down on it all from above . . .



*And now, (drum roll please), with mankind on the cusp of great change, we present the **11th Intent of The Code** to help you **Stay Above It All**. This Intent is expressly designed to take you beyond the ups and downs of the physical world and into the realms of Spirit: a totally separate reality that connects you directly with God and expands your awareness of who you are — not who you've been taught to believe you are, but who you are in truth: a Universal Being, unlimited and free to explore all of Creation at will.*

The people who go to a higher level will save the world

The Eleventh Intent ~ Stay Above It All

I am present and perfect in this moment. My judgments and reactions in check, I forgive myself and everyone else. Now I am innocent, free and at peace, untouched forever by the ways of the world.

I am Immortal Spirit and I Stay Above It All!

We've been wedded to one way of looking at things for so long that it's time for the pendulum to swing back in the other direction. But before it does, we must be tempered. We need to be able to rein in our reactions to life's challenges. This is why we're undergoing so much adversity at this time: so we can eventually learn to be free from our judgments and kneejerk reactions.

How can we tell if we're free from our emotional reactions? Well, we'd have to be able to flow gracefully through crisis after crisis, large and small, until we remain serene in the face of adversity. This doesn't mean we won't respond and deal with whatever issues arise. It simply means that we'll stay unattached. We'd have to have let go of our need to have things happen the way we'd like them to happen. We'd have to realize that the Highest Good is making things happen perfectly so that we will eventually rise up and out of our reactionary tendencies, remain calm and *Stay Above It All*, no matter what kind of chaos is going on around us.

BJ on our Reactions

BJ was a master at remaining cool and calm in the face of emotional turmoil. Several years back I woke up one beautiful Hawaiian spring morning distraught about something my neighbor said to me the day before. He was pompously criticizing the way I was landscaping my driveway. Instead of letting it bother me throughout the day, I checked in with my mentor, BJ, to get some perspective, and he told me, "Tony, you needn't take it personally. It's not happening to you. It's just happening."

By this, he meant that the world and all its wonders and woes is doing what it's doing on its own. It's not directing its challenges and dramas at me personally. He knew I had a habit of taking mundane things to heart. I grew up with the unfounded impression that the world was out to get me; that I was a target, and therefore I needed

to be on guard in order to protect myself from any harm the world might want to inflict upon me.

“The world is not the problem,” he said. “It’s you who’s creating your challenges. You’re sabotaging your own happiness and enjoyment of life by looking to blame the world for your adversity, adversity that you need in order to rise above it all and get on with your life.”

“I don’t quite understand, BJ,” I replied. “How can my problems and adverse experiences be needed? I don’t need them!”

“Yes, you do, Tony,” he said, so kindly. I was always amazed at how he could touch on such sensitive subjects without setting me off. “Your challenges and adversities are opportunities, each and all. You see, you came into this lifetime and this body because you had some unfinished business. This is evident because you’re still reacting to the ups and downs of the world. You’re still spewing your emotional juices whenever anything happens that you don’t like. You blame it on the world, but the place to point the blame is back at yourself, because that’s where your challenges are.”

Now I was more confused than ever. “I don’t get it, BJ,” I said.

“Tony,” he replied, “if you’re totally honest with yourself, you’ll see that you’re carrying a lot of anger inside you, anger that could be used for other purposes, higher purposes. Your job in this life is to

learn to manage the expression of your anger and use it to catapult you into your joy.”

“So, you’re saying I can turn my anger into joy . . .”

Before I could finish, he interrupted, saying, “Exactly! That’s one of the great lessons of life in a body on planet Earth. It’s all about energy management. You’re here to gather and store enough energy for your joy to explode like a starburst inside you! That’s what happens when you stop reacting to every little thing you’ve been reacting to out there in the world.”

My head was spinning. How could I ever hope to find my joy in a world that’s testing me all the time?”

As if to read my thoughts, he said, “The world is never going to stop providing you with challenges and dramas, Tony. That’s its job. Your job, however, is to withhold your reactions, let them go and Stay Above It All, no matter what.”

***If people simply lined up with the Highest Good everyday -
before they let catastrophe in -
this world would be brand new.***

Paul's Story ~ Releasing Judgments

That which we judge comes back at us. I have a friend, Paul, who is judging everyone all the time. Nothing escapes his watchful eye, and, to him, nothing is ever quite the way it should be. You see, Paul is a perfectionist, meticulous in all that he does. He's got to have everything "just right", and he expects others to be as neat and tidy as he is. In fact, he's always complaining about others' inability to fine-tune their ways, saying things like, "Joe's a slob. I don't think he's even smart enough to notice how he's affecting the rest of us around here."

It's interesting that Joe's sloppiness doesn't seem to bother anyone else but Paul. We're mostly unaffected by it. But Paul can go ballistic, ranting on about Joe and his messes. One day, not long ago, Paul and I were having a cup of late afternoon decaf when he went off again on Joe's behavior. He complained for a couple minutes, and when he quieted down I said, "Paul, why does Joe bother you so much? He doesn't touch a nerve with the rest of us like he does with you."

At first, he recoiled and began describing Joe's faults again. So I interrupted him. "I wasn't asking you about Joe's behavior, Paul. I'm asking about yours."

Well, immediately his eyes narrowed and he looked at me as if I was attacking him. “Why are you asking about me?” he said, defensively. “We were talking about Joe.”

“I’m simply speaking my truth, Paul. You seem to spend a lot of your time going on about Joe. He sets you off at the slightest provocation. I doubt if Joe even knows he’s affecting you the way he does. He’s not the issue here. The issue is your tendency to judge and complain about Joe every time we get together.”

He shifted uncomfortably in his chair and began fidgeting with his empty coffee cup. “I don’t like Joe!” he said, finally.

“Okay,” I said. “So, why don’t you like Joe? What’s wrong with Joe?”

At this, he began his rant again, but before he gained momentum, I stopped him and said, “Paul, the issue here, again, is not Joe’s behavior. It’s yours. Since you’re constantly complaining about him, it’s clear that he’s making you unhappy. It’s your unhappiness that needs addressing, not Joe’s behavior.”

Suddenly the room got very still. Paul was thinking, instead of habitually reacting. He wasn’t used to his friends talking to him like this. After a few minutes, he said, “You know, you’re right. I’m the one who’s unhappy, not Joe. Why am I so unhappy?”

“Obviously you’re comparing yourself to Joe, and then making a judgment around that comparison. Paul, if you’d take a break from seeing Joe being messy and see that you’ve got an even bigger mess inside your own head, then you can begin to cut back on your judgments. It’s your judgments, your grievances, your condemnation of others, including Joe, that are coming back at you and making you unhappy. Joe really has nothing to do with it. It’s all going on inside you.”

That coffeeshop conversation took place last month, and since then I’ve seen Paul several times. And you know what? Not once has he mentioned anything about Joe, or anyone else being messy. In fact, he’s taken to whistling a happy tune while he goes about his day. Now that his attention is off Joe — and off his own judgments — he’s become a much happier person, and it shows.

The angry outbursts that often follow a perceived resistance or an obstacle keep us from saving up enough emotional energy to launch ourselves into a higher, more loving spiritual place. In other words, when we can keep ourselves from reacting and spewing our excess emotional charge out on the world, we can take that energy and use its intensity for our spiritual growth.

You are needed in the world at this time, but in a new way. Your old ways where you allowed your ego and its wild emotions to run amok and cause all manner of disturbing circumstances around you

has run its course. You can no longer be attached to your reactions and routines.

As you begin to cultivate a quiet, impersonal attitude toward life, not only do you set an example for others, you will find that you are well served by stepping away from your worldly activities on occasion and letting the ups and downs of the world proceed on their own. That's when, instead of constantly paying attention to the loud, disruptive clamoring of your persona, you'll begin to hear the soft, subtle, undemanding Voice of Spirit inside you that serves you and your fellow travelers. For it is in these precious moments that you find your peace and all that you have longed for.

This is the new way: to seek your peace within, for that is where it resides — not in worrying and scurrying here and there, but in connecting with the higher, more loving part of yourself that comes to the surface of your consciousness when you Stay Above It All.

~ Lee Ching

Previously, when we might have lashed out in anger or fearful frustration, now we're able to see our crises from all sides. Instead of seeing fear and adversity, we see our challenges as opportunities to suspend our judgments, to forgive, to explore avenues only available to us when we're able to overcome our fears and remain at peace. For, peace is its own reward; it's the gift we give ourselves. It's the measure of our character when times get hard. It's how we know that we're *Staying Above It All*.

Mary's Story ~ Sharing Your Peace

My friend, Mary, is constantly taking things personally. She worries about what her friends and co-workers are thinking about her. We were having lunch together last week, and, over sandwiches and sodas, she literally broke down and wept uncontrollably. "I've had enough!" she said when her tears subsided. "These people at work don't appreciate me. They're always trying to upset me or undermine my work. I'm good at what I do, and I take pride in it. But these people just won't let up. They've always got some little snide remark or dirty look when I'm around them. Why can't they just leave me alone?"

I felt compassion for Mary. I'd known her for several years and she'd always been someone I respected. "Mary," I said, "these people at your work are caught up in the world, with all of its ups and downs. You, on the other hand, are looking for something better. Since I've known you, we've always elevated our conversations to a Spiritual level. We always looked at things from a higher point of view."

"I know," she replied, tears still wet on her face. "But I've tried to please them; I've tried to ignore them; I've tried everything I can think of and they still get to me. What can I do?"

I waited a moment to let her compose herself. "First, you need to realize that you're different than them. They're stuck like glue to this

crazy world, and you're finding your way out of it. They're on the slow track and you're intending to Stay Above It All. You're on the fast track to the Highest Good."

"Yes!" she said, her tears letting up now. "That's all I ever really wanted. I've always known that it's in my Highest Good to be happy and loved."

"Right you are, Mary!" I said. "I know you're sincere and honest, and in your heart you're wondering how this situation at work can lead you to your Highest Good. What if your co-workers are in your life to provide you with a very special opportunity? Maybe they're giving you the perfect environment for finding your happiness?"

"But how?" she asked. "They're so hateful and hurtful toward me."

"How else would you be able to Stay Above this world and all its woes if you can't retain your happiness and peace in the midst of their hate and anger? From that viewpoint, your Highest Good is just on the other side of your ability to withhold your reactions to their dirty looks and snitty remarks. You need them."

She just stared at me, still confused by it all.

"Let's look at it another way," I said. "You know that the Highest Good for all concerned is the best outcome that can result from all of

this. So, what's the best possible thing that can come out of all your hurtful experiences at work?"

She thought for a minute, then said, "I guess the best outcome would be for me to be able to be happy and untouched whenever they treat me badly. If I could do that, I'd be free!"

"Exactly! And eventually you'd get to the point where nothing anybody says or thinks about you will touch you in any way. You'll be purified and at peace, while their hurtful remarks are turned back upon themselves."

"Turned back on themselves? What are you talking about?" she asked.

"I'm saying that when they see that they aren't able to get you to react to their nasty remarks, they'll go home and think about it. They'll wonder how you're able to stay so happy and peaceful in the midst of their attacks – and they'll want to be more happy and peaceful, just like you! In that way, you'll be setting an example for them, and you'll learn a great lesson in life."

"And what lesson is that?" she asked, sincerely.

"Mary, you can't know that you have something, like your peace and happiness, until you can give it away, until you can share it with others. When you see the people at work begin to respect you for the

example you're setting, you'll know that you've purified and passed your tests because you didn't react. You shared your peace — and it came back to you.”

***You'll know you're awakening to your highest potential
when you're not reacting to every little disturbance
that comes your way.***

Many of our disturbances come from how we schedule our time. Most of us are so attached to time schedules that our lives are constantly hurried. We run here and there, never quite noticing what's going on around us in the present. We miss the present moment while we're chasing our plans.

Time, you see, is the sister of planning. We plan for things to happen, and we typically, though unconsciously, set a predetermined time for when we think our plans will come to fruition. The downside to this, however, comes when our plans don't work out in the exact length of time we predicted. Then, we find ourselves running behind and stressing about it. That's when we need to learn to flow gracefully through situations when *“we're running a little late.”*

Really busy people aren't any happier.

Kevin's Story ~ What's the Hurry?

My buddy, Kevin, always seems to be running late. When he's around, it's almost like watching a blurred image go by as he hurries from one place to another, one meeting to another, one person to another. If he was obviously happy with all his running around, I wouldn't think much about it. But he's not. He's always complaining that his life is like a runaway freight train, picking up speed.

This issue popped up one day recently on the golf course. In between holes, he was saying that we should have made our tee time an hour earlier so he could get to an important meeting later that afternoon. As we drove from shot to shot, he wasn't able to concentrate because he was in a tizzy. He drove the golf cart faster, as well, and when we almost tipped sideways as we sped at an angle across a steep fairway, I realized that Kevin's need for speed was putting my life in danger, a danger I had no desire to deal with. I came out to relax and enjoy playing a round of golf with friends. But it wasn't turning out that way. Not at all.

"Slow down!" I yelled at him. But he didn't look at me and just kept the pedal to the floor. I glanced into his eyes as he wheeled the cart up to the next green and skidded to a stop. They were the eyes of a madman, wild and crazy. On this beautiful sunny morning, this was the last thing I needed. So, as he was pulling his putter out of his bag, I grabbed him by the arm and stopped him. "Kevin, do you

realize that you almost tipped us over back there? We could have both been badly injured. Is it so important for you to go that fast, even if it means that I, your friend for many years, could get hurt?"

At first, he stared back at me like I was the crazy one. Then, apparently my words sunk in long enough for him to take a second look at what I'd said. He stopped his practice swing, faced me and said, "I'm sorry, Tony. I don't know what gets into me sometimes. I come out here, just like you, to relax and have some fun. But I'm in such a hurry that I can't really slow down and have any fun. All I can think about is not being late for my meeting this afternoon."

"I understand," I replied. "But why would you schedule an important meeting for this afternoon in the first place? You could have scheduled it for tomorrow, and then we could have played a leisurely round of golf, instead of speeding around the course like a couple of lunatics."

"I don't know what gets into me sometimes," he repeated. "My whole life has been like this, running from one thing to another. I feel like a roadrunner on steroids. What can I do?"

This was the opening I was waiting for. "Right now, Kevin, you seem to be dealing with a powerful stimulus addiction. You're addicted to being in a hurry. And, like all addictions, it may take awhile before you can completely break the habit. At least now you're able to see that you're not only harming yourself with all your speedy

shenanigans; you're harming others too. You could've killed me back there on that hill."

"I know, I know," he said. "But what can I do about it?"

"Well, to begin with, take a few deep breaths. Then, call your afternoon appointment and reschedule it. That way we can start to enjoy our day."

He nodded, pulled out his cellphone, and made the call. After that, he turned and asked, "What's next?"

"Next," I said, "You do three things: First, stop scheduling things so close to one another. Give yourself a buffer zone between meetings."

He was nodding again. That made sense.

"Second, realize that whenever you set a predetermined time for how long you think something is going to take, you're setting yourself up for more stress — because, if you don't get done on time, then you're going to be running faster, stressing more, and making everyone around you nervous and uncomfortable, like you did back there on that last hole with me."

"Okay, that's a good idea," he said. "I just have to catch myself every time I'm thinking about how long something is going to take — and then remind myself that I really never know exactly how long it's

likely to take. I have to consider that interruptions occur, cars break down, materials don't always show up, co-workers are late, golf games last longer than expected, and on and on."

"That's right!" I said. "The truth is that we can never really know how long something is going to take. But, when we try to guess how long things'll take, we create all sorts of problems for ourselves. That's what causes all our anxiety. If you tell a friend that you'll meet her in 5 minutes — and then, if it takes you 15 minutes, you'll be stressed out and making yourself even more frustrated for every minute you're running late."

"You make it all sound so simple, Tony. How do you do it?"

"That's the third thing," I answered. "I take some quiet time to myself everyday, with no appointments, no schedules, no time parameters. I just sit and be still for a short time everyday — and sometimes several times each day — and that's what gives me the peace to remain calm and unhurried throughout the rest of my day. It also provides me with an environment where I can reflect on my behavior — and change it, if need be. If I didn't take my quiet time each day, I'd be running around like a crazy person, just like you!"

I was purposely ribbing him, and we laughed together at my silly joke. But we both knew I wasn't entirely joking.

It's a beautiful sight when we run across someone who isn't encumbered by time. We're automatically attracted to these people because of their calm, unhurried demeanor. They radiate a confidence that everything will happen just as it's supposed to happen, in its perfect timing. It's as if they've discovered a rare secret that others don't know about. But it's not really a secret; we all have the innate ability to *Stay Above It All* by stepping out of time at any given moment and experiencing the present moment.

You are at your best when you're in the Now.

Merlin on Staying Above the Mainstream Madness

A: "Those guys on TV have my best interest at heart, don't they, Merlin?"

M: "No, they most definitely do not!"

A: "But they wouldn't be there if they didn't care about me and you, would they?"

M: "Arthur, these people on TV do not care about you, or me, or anyone else. They only care about themselves and keeping their jobs, climbing their success ladder, enjoying their time in the limelight, and, of course, gathering all the money they make for doing what they do."

A: *“Merlin, you’re saying that their motives are selfish. That’s a little hard for me to fathom because I was brought up to believe in what they’re saying.”*

M: *“What they’re telling you on TV is not the truth, Arthur. It’s a story they make up and magnify so large that, when it’s repeated over and over, it looks like it’s the truth. But it’s not. It’s just a fabrication of their mind and the minds of those who pay them to do their bidding. Truth has very little to do with it.”*

A: *“Again, though, I can’t think of another source of information that’s any better. Where else can I turn to find out what’s going on in our world?”*

M: *“There’s nowhere else you can look in the mainstream media with its TVs, movies and constant negative news. The world can’t help you, and its TVs will never help you. You have to find a way to set the past and future aside and step into the present moment, into the Now.”*

A: *“And how do I do that?”*

M: *“So far you’ve been looking to find some kind of peace, or safety or happiness from the world and its TVs. But it’s not there, Laddie. On the other hand, the peace you are wanting can be found inside you, in the present moment.”*

A: *“So, I need to look inside myself, yes?”*

M: “Exactly! You’re the source of your own peace, my friend. However, before you can access your complete and total peace, you’ll first need to know how to stop paying so much attention to all the noise inside your head.”

A: “I don’t understand. The noise inside my head? What do you mean?”

M: “I mean that if you sit quietly and begin to monitor all the activity going on in your mind, you’ll soon discover that you rarely, if ever, get a break from all the mind chatter. It’s rattling on, with thoughts of the past and future, never giving you a chance to find out what can happen if you’re silent for awhile and step into the Now. That’s where you’ll find the Grail.”

A: “Whoa! Wait a minute, Merlin. Are you suggesting that all I have to do in order to fulfill my calling and find the Holy Grail is to quiet my mind?”

M: “That’s right, my young friend. The TV won’t do it; the politicians won’t do it; even your good friends won’t do it for you. You have to do it for yourself by stilling your mind long enough so you can connect with the Holy Grail. It’s there, if you will only stop your judgments and grievances and be open to hear It. The subtle loving Voice of Spirit is ready, in every moment, to guide you to your peace. The Voice of Spirit is the Holy Grail, Arthur!”

A: “The Holy Grail is a Voice! Now I get it! You’re saying that I’ll hear the Voice of the Holy Grail in my head after I’m able to quiet

my thoughts of this world? But, how will I recognize the Voice of the Grail apart from all the other voices in my head?"

M: "That's easy, Arthur. It's the one that comforts you. It's the one that makes you feel really good. It's the one that opens your heart. It's the one that guides you to the best possible outcomes you can imagine."

***The Holy Grail is the Bridge
between your mind and Great Oneness***

Our Spirit is our true identity. It's the *Holy Grail* that guides us and connects us with *Great Oneness*. It's our natural state of Being where we find the truth, where we find all that is sacred and holy, where we find our Highest Good, where we find Love. As we turn all our cares and worries over to the *Holy Grail*, It will take care of everything for us. In truth, It is the living connector between us and God, guiding us, ever-so-sweetly, to the *New Camelot*.

Connecting with *Spirit* depends upon whether we're able to suspend our judgments. We would need to transcend right and wrong, good and bad, and celebrate our innocence. We would forgive everyone by realizing that they never really did anything wrong in the first place. *We only thought that they did*. At that point, we become adept at overlooking whatever we thought they'd done wrong – and, in this way, we free ourselves from having to return and clear things up. We

release our misconceptions and eliminate the emotional charge that accompanies them.

***As we forgive and release the world,
we are forgiven and released.***

Merlin Tells Arthur How to Find the Grail

M: “When you’re judging someone else, do they have anything to do with it?”

A: “I don’t understand, Merlin. Can you say it another way, please?”

M: “Of course, Laddie. When you’re deciding that somebody has done something right or wrong, does that person, or institution, have anything to do with what you’re thinking about?”

A: “Well, . . . no.”

M: “So, you agree that the decision to pronounce judgment on someone else is a personal matter, and that nothing right or wrong had to have been done in order for you to think that something right or wrong was done?”

A: “I guess so, but I’m still confused.”

M: “That’s okay. But what I am saying is that right and wrong are in the eye of the beholder, are they not?”

A: “Since you put it that way, yes, that’s correct.”

M: “And so, when two people are observing the same situation or event from different points of view, they might be apt to make entirely different judgments as to what they’re witnessing. One person’s right could easily be another person’s wrong, correct?”

A: “What are you getting at, Merlin?”

M: “I’m suggesting, Arthur, that since people disagree as to what is right and wrong, then right and wrong do not really exist out in the world. They only exist in your mind, and, even there, they don’t exist unless you give credence to them. They’re not real, unless you believe in them.”

A: “Let me get this straight! You’re saying that there is no right or wrong . . .”

M: “That’s correct, and I’ll go a step further and say that to the extent that we refrain from judging, we’ll be happier, healthier, less conflicted and more at peace. In fact, it’s when we stop judging and condemning everything and everyone around us that we open the way for the Grail to reveal Itself.”

A: “Do you mean that all a person has to do be happier and healthier is to quit making judgments? Do I understand you correctly?”

M: “Yes. You see, your judgments and grievances tie you to this world. They connect you with the one you are judging; whereas when you relinquish your inclinations to judge, you’re no longer creating another ‘Us and Them’ scenario. You’re seeing the Oneness of all things.”

A: “So, our judging of right and wrong is keeping us from experiencing Oneness. We need to become more impartial and stop putting our spin on everything around us, yes?”

M: “That’s correct again, Arthur. You cannot experience Great Oneness as long as you continue to take an ‘Us and Them’ position. Said another way, you can’t find the Holy Grail while you’re still making judgments. You have to see your brothers and sisters as innocent and perfect, even though they may not see themselves in that way. Seeing others impartially, in their perfection, paves the way for their experience of Great Oneness, and yours too!

A: “Wow! Now I see what you mean. One final question, if you please. Do we have to make a judgment of anything or anyone, ever?”

M: “I don’t. Do you?”

Throughout history, many have sought and found the *Holy Grail*. The times we live in now are no different. Opportunities so great, so far beyond our current imaginings, are reaching out to us. Indeed, the world of *Spirit* has so much more to offer us than the busyness of the world outside us that there is literally no comparison. In our outer world, we’re indebted and encumbered. We’re slaves. In our inner world, we are free. We can go wherever we want throughout the whole of possible and potential experiences. And we can do what we want. Instead of laboring in an environment that seeks to enslave us at every turn, we can *Stay Above It All* and step into an environment

that welcomes us with open arms. That's what the *Grail* does. It embraces us with open arms. But first we have to forgive our judgments of everyone and everything around us.

The Holy Spirit is the cup that Jesus drinks from.

Merlin on Forgiving Corrupt Stewardship

A: "We've been talking a lot lately about our sworn leaders and all of their shortcomings. I'm wondering how to treat these men and women who've taken it upon themselves to steward others?"

M: "You treat them like anyone else, Arthur. You see them in their highest light, regardless of their invasive activities. You see the Spirit in them."

A: "But what if they're deliberately harming people? What if they're creating wars and sending my friends to far off places to kill or be killed? What if they're doing all this for their own selfish interests?"

M: "I forgive and overlook all of that, Arthur, for several reasons. First, like Jesus, I see all people, including our leaders, as the eternal Spirit that resides in them. Even though they haven't yet realized that they will be held accountable for the seeds of war and violence they're sowing, I see them in their perfection anyway."

A: "I don't get it! How are you able to overlook all of that? How could anybody overlook all of that!. It's like you don't care."

M: "I do care! It's just that I've learned that I can set the best example for others by forgiving them, by overlooking their fearful behavior."

A: "So, Merlin, according to you, overlooking and forgiving are the same thing, right?"

M: "Exactly! When you think something is 'wrong', you're making a judgment. You're nibbling from the tree of the knowledge of good and evil and right and wrong again. To fully understand, you have to realize that nobody's done anything 'wrong' in the first place. It's only you who thinks someone else has done something 'wrong'. The place where a change needs to be made is in your thinking, not in their behavior. It'll change on its own eventually."

A: "I just don't understand." (sounding exasperated).

M: "That's because you're still judging them, Arthur. You're coming from a judgmental point of view – and that's what started this whole mess to begin with. They made a judgment that our children need to go off to war because of somebody's 'wrongdoing' – and you're making a judgment of them because you think they're doing something 'wrong'. The truth, however, is that you're both in judgment, telling yourselves that a 'wrong' is occurring. When you're able to change this line of thinking in yourself by looking at things impartially and seeing that nothing 'wrong' was done to begin with, you'll be a lot happier, and eventually so will they."

A: "That's not going to be easy, Merlin. I can't just drop all my judgments off along the wayside. Like I said, I have good friends

fighting and putting their lives in danger because of some fearful, judgmental decisions our leaders made.”

M: “Yes. It’s a vicious cycle, and it will self-destruct on its own eventually. We need not interfere.”

A: “I want to make absolutely sure I get this, okay? By forgiving what they’re doing, or not doing, we’re not supporting their violent ways — and we’re not blaming or punishing them either. We’re simply observing, overlooking or disregarding it, then letting it go and Staying Above It All.”

M: “You’ve got it now, Laddie! Forgiveness is easy, once you get the hang of it. Anytime you begin to think that something has gone ‘wrong’, overlook it and release it entirely.”

A: “And what will that do?”

M: “Once you learn to forgive the behaviors of others by not judging them, you pave the way for the Holy Grail to reveal Itself. The Holy Grail always follows forgiveness, Laddie. In other words, when you learn to see everyone as an innocent Spirit traveling through eternity, you set the stage for the Grail to come into your own life.”

A: “So, all I have to do to bring the Holy Grail into my life is to change the way I think. Where I used to see things as being ‘wrong’, now I’ll overlook them entirely because I know that my judgments are keeping me from being free and at peace.”

M: “Precisely! That’s what forgiveness is all about! You can have peace right here and now. You can be free in this very moment by simply changing your mind.”

***When people come together,
peace must be at the core of their intentions,
and then it can be built upon
and something really profound can happen.***

Clearly, a change is on the horizon. People will not allow their freedoms to be taken away indefinitely. How it all plays out, however, is different for everyone. For there will be many who take to the streets and protest, and there will be many who choose not to protest or be activists. And yet, they, too, will take their freedom quietly, almost unnoticeably. They’re the ones who know they need not march or wave placards in the streets. Instead, they’ll *Stay Above It All* by thinking themselves free. They’ll take their individual freedom back, not by using guns or yelling slogans, but by changing their minds. Indeed, the *Law of Attraction* will set us free. If we’re using it to manifest freedom in our outer world, we may have to wait until more of us are able to *Stay Above* the current system. If, however, we are using the *Law of Attraction* to manifest our inner freedom, it can happen in an instant.

For it’s in the privacy of our own hearts and minds that we declare ourselves free. No longer will we bow down to uncaring masters and so-called leaders. Now we’ll take the noble path: the one that rejects

violence and opposition, the one that stakes its claim on behalf of forgiveness, freedom, compassion and peace for all. No more restraints. No more separation. No more divided and conquered. We're free to be happy again — because we're free on the inside. Now we're *Staying Above It All!*

***The longer you hold on to the old ways,
where one profits at the expense of another,
the longer your challenges will continue.
However, as soon as you let go and allow Spirit
to bring about a solution that is best for everyone,
your challenges will lessen.***

Merlin on Following Spirit without Hesitation

M: “What do you think would happen if you were accepting of everything that’s going on around you without your usual judgments or resistances?”

A: “But that’s impossible, Merlin! Nobody can do that!”

M: “Yes they can, and they do! In fact, there are many walking this Earth at this very moment who remain free from the by-products of thinking things are good, bad, right, wrong, pretty, ugly, etc. You will rarely see them in the West, but they are plentiful in the East, although perhaps not as conspicuous as they might be.”

A: “And why is that? Are they hiding?”

M: “In a way, yes. They prefer to stay out of the public’s eyes for many reasons, the foremost of which is that the rest of the population — most of your friends and neighbors — are still prone to violence because they’re fearful of anyone and anything that’s different than they are. Simply put, it’s safer in these shifting times for those more enlightened people to stay away from others who are liable to judge or attack them for not conforming to the prevailing mainstream madness.”

A: “So, what do you suggest I do if I want to evolve out of my own judgment and anger? What kind of environment do I need in order to further my chances of finding the Grail?”

M: “There will be times when you withdraw from the world for awhile in order to be quiet and go within where the distractions of the world cannot touch you. Conversely, there will also be times when you will jump into the fray of mainstream life with both feet so that you can test yourself to see if you can Stay Above It All and remain non-judgmental and unconditionally loving.”

A: “That’s interesting. How will I know when to withdraw and when to be among other people?”

M: “You’ll come to the point, Arthur, when you will simply follow Spirit without hesitation. In other words, the Grail will guide you every step of the way if you will only let go and be open for It’s guidance.”

A: “And how do I do that?”

M: “You intend it! You make a clear intention that you are available for guidance that serves your Highest Good to make Itself known in your life. Then, all you have to do is remain alert and open to change at a moment’s notice. That’s how the Grail works, you see. For when you follow Spirit without hesitation, you will always be led to your Highest Good. You will always be led to the New Camelot.”

We tend to spend large amounts of our energy insuring that nothing out of the ordinary ever happens to us. We don’t like it when something gets in the way of our beliefs or routines. So, we lock our doors and install alarm systems; we purchase insurance policies; we stock up on supplies; we build fortresses in the name of continuing that which ultimately cannot be continued. And we tell ourselves that we are secure now that all our edifices are in place.

But *Spirit* doesn’t work that way. *Spirit* wants us to realize our highest fulfillment. Thus, if we’re placing too much emphasis on keeping things the same, our fortresses will begin to break down so we can learn to be happy whether we’re secure or not.

***If you rely on letting Spirit guide you,
and you rely upon your knowing,
that the outcome will be for your highest good,
your confusion will fade
and you will become clear.***

Deebo's Story ~ You Aren't Trusting God

I was recently in a local coffee shop talking with Deebo, an old friend from Oregon, who told me that he was in the process of protecting himself from all sorts of things. He was stocking up on guns and ammunition, storing huge quantities of food and meds, trying to connect with others who were preparing for hard times, etc. When I mentioned that, just by putting too much attention on these potential future calamities, he was in the act of creating them for himself, he didn't get it. He immediately went back into the rationales for his anxious behavior. "Tony," he said, "I'm going to do whatever I have to do to defend myself and my property . . ."

I thought about this and said, "Deebo, don't you remember when we talked about the Law of Attraction awhile back? You said you understood that your thoughts and words were the harbingers of your experiences. You agreed, back then, that you wanted to be happy and that you would be watching your thoughts a lot closer so you wouldn't be bringing any unwanted experiences into your life. What happened?"

"I don't know," was his reply. "The world is getting crazier and I have to do something! I can't just sit around all day doing nothing."

"I'm not saying for you to do nothing, Deebo. What I am saying is that some things you're doing will bring experiences to you that you don't really want. While other things you could do will bring

considerably more enjoyable, less frightening experiences into your days ahead."

"If I don't defend myself, just what can I do, then?" he asked.

Since he was a devout religious person, I put it in terms he could more easily relate to. I said, "You aren't trusting in God, Deebo. If you truly believed that God or a Higher Power is benevolent and cares deeply about you, you wouldn't have to defend yourself. If you really trusted God, you would see that He is doing His level best to love you and protect you and keep you safe from harm. In fact, you would see that He is doing His best to love you at all times. It's you, by all your preparing, defending yourself, and disregarding the Law of Attraction, who is attracting all your anxiety and adverse experiences into your life. As with all things, Deebo, you can choose love or fear. The one you choose, is the one you will experience."

***All of the dramas on Earth are nothing but a play
that is taking us to our awakening.***

Merlin on Freedom from the Blame Game

M: "As we've said, your world today sits at a crossroads, Arthur. It can go in several directions, only one of which will bring you lasting happiness. As it stands now, your leaders have become so self-serving that they've forgotten about you, the people. As a result,

decisions have been made that do not serve you. And, in fact, these decisions have placed you in great jeopardy.”

A: “You make us sound so helpless, like we don’t have a chance of survival unless things change radically, and soon!”

M: “Indeed, my friend, you are in danger of losing what small reserve of freedom you have left, thus giving complete control of your lives over to someone else, someone secretive and unseen. The question you must ask yourselves at this point in your evolution is: ‘Is this what I want? Do I choose to be watched and monitored all the time. Or, do I choose otherwise?’”

A: “I choose my freedom! I can’t, for the life of me, understand how we could ever have gotten into the mess we’re in. People should be free! We shouldn’t have to submit to allowing others to monitor us or collect data about us. It’s unconscionable!”

M: “That’s true, Laddie. The system you’re in isn’t a pretty one; it has its inherent flaws. It suggests that someone else is doing it to you. On closer observation, however, you can see that this is just another version of the ‘blame game’. It’s an effort on your part to deflect the responsibility for what’s happening in your life onto someone else — in this instance, your leaders.”

A: “But that’s standard operating procedure in our world today. We blame others for our problems.”

M: “Of course. Humanity is trained to blame others for their dramas and traumas, while neglecting to explore other avenues available to you.”

A: “And what are those avenues, Merlin?”

M: “Arthur, when people finally decide to stop playing ‘the blame game’ once and for all, they’ll begin to access their own power. They’ll begin to see that their happiness and their freedom are both inside jobs — and that no one else can dictate what goes on in their hearts and minds but themselves.”

A: “Let me get this straight. You’re saying that most people nowadays are playing ‘the blame game’ but that it won’t take us home. It won’t make us happy, correct?”

M: “Exactly! Your survival, as you arrive at these crossroads, demands your responsibility. You have to stand up and say, ‘I’m doing it all to myself, and I no longer support any person or corporation or political system that says otherwise! From now on, I’m taking my own power back. I’m going to trust my own conscience to guide me aright. I’m going to Stay Above It All, regardless of what others say or do.’”

A: “I can do that! No more ‘blame game’ for me! No more copping out for me! From now on, I’m going to own up to my decisions.”

M: “A wise idea, Laddie. Because, when you reach this point, the crossroads offers you a new choice, one you likely didn’t expect. Now, you can consider the possibility that your mind, by putting the

blame on your fellow travelers, has tricked you into thinking divisively, thinking in terms of 'Us and Them'. But what if it's all you tricking yourself?"

A: "That's crazy! I don't get it."

M: "OK, but ask yourself, 'Is it any crazier than depending on outside circumstances and self-serving people to tell you what to do, how to think, and who to pay? Is it any crazier than allowing someone else to have control over your life and everything in it? That's what goes on when we continue to blame each other and separate ourselves from one another. We become victims."

A: "Now, that's beginning to make sense. I sure don't want to continue being a victim. I can't see why anyone would continue to play the blame game once they've realized that their lasting happiness comes, not from separating themselves from one another, but from coming together as One."

M: "Good thinking, Arthur. The blame game comes to a screeching halt when we step into Great Oneness. In the New Camelot, there's no one else to blame. Indeed, there's no one else at all, because there's only One of us here."

***It may look like we're separate from one another,
but there's only One of us here.***

Above and Beyond Separation

What if how we perceive the world is topsy-turvy? *What if the world you're looking at is you?* At first glance, questions like these seem crazy, insane. But are they? Is it possible that everything is you: the Earth, the sky, the sun, the water; that you are the observer and the observed, the giver and the gifted, the lover and the beloved? Is it possible?

We were brought up to believe that we are separate from the world, with all its objects and people. Almost everywhere we travel, this belief is reinforced by the people around us. In fact, just about everyone we've ever met is caught up in this separation, a separation that keeps us from knowing who we truly are. Indeed, if we accept that there is a *Oneness* to all things, then it must follow that we are living and breathing within that *Oneness*. And since there can be nothing outside of that *Oneness*, it follows that we ARE that *Oneness*, playing the separation game, thinking we're apart from it all.

Here's the point: if it's all *One*, we *are* the world we're perceiving — and this world can be perceived in an entirely different way when we're able to transcend our conditioned, reactive judgments and grievances. Thinking in a new way, we begin to redefine who we are. No longer do we identify with our story about ourselves or our past experiences. Now we're rebirthed into a new identity, an identity which tells us that we are more than we thought we were. We are everything we perceive. It's all us; it's all me; it's all you; it's all *One*.

***The new perception
is being One
with everything and everyone.***

Merlin and Arthur at the Movies

A: "I know I've asked you this before, Merlin, but how can I have a positive effect on the world?"

M: "Which world are you talking about, Arthur?"

A: "Are you saying there's more than one world?"

M: (Chuckling) "Of course, there's more than one world. There are many worlds outside you and many worlds inside of you."

A: "Hmmm. I hadn't looked at it that way. I guess I'm most interested in the world inside me, Merlin. I want to be happy, and the world outside me seems to be on a track of its own. It isn't making me happy. In fact, it's downright scary sometimes."

M: "I completely understand. Let me ask you another question, Arthur: Where is the world outside of you coming from?"

A: (Pausing, thinking . . .) "I guess I don't know. They say it's all coming from God."

M: "That's true, Laddie, it's all coming from God. But how does that work?"

A: *“Honestly, Merlin, I don’t have the slightest idea. That’s why I’m asking you these questions.”*

M: *“Okay. Let’s look at it a different way for now. What if it’s all coming from inside you? What if the physical world you’re perceiving is coming from inside of you, and not the other way around?”*

A: *“I don’t understand.”*

M: *“I’m simply asking you if it’s possible that you’re projecting the world you see around you — and that the world you see out there is actually coming from inside you?”*

A: *“How can that be? That’s impossible!”*

M: *“It’s not only possible, Arthur. It’s what’s really happening.”*

A: *“Would you please explain it to me then, I’m lost.”*

M: *“Okay. You’ve been learning about the Law of Precipitation, and that everything that happens in your outer experience happens first in your mind, yes?”*

A: *“That’s correct. Our thoughts come first, then our physical experiences follow.”*

M: *“So, taking it a step further, let’s look at an example of what happens in a movie theater. When you’re watching a movie, it’s easy for you to get emotionally caught up in the film and forget that it’s being projected from a booth in the back of the theater, right?”*

A: *“Right.”*

M: *“So your whole attention is focused on the movie screen to the point where you temporarily forget where it’s coming from.”*

A: *“So?”*

M: *“So . . . it’s the same in real life, Laddie. People look outside themselves and get so immersed in what’s going on that they neglect to ask themselves where it’s all coming from. It has to be coming from somewhere, and I’m suggesting to you that it all originates from inside of you. You’re operating the projector. You’re the source of everything you’re perceiving.”*

A: *“Okay, I’m starting to get it now. But back to my first question: How do I have a positive effect on the world around me?”*

M: *“You start on the inside, Arthur. You sit quietly, close your eyes and look up inside your head.”*

A: *“And what do I do when I get there?”*

M: *“You change the film, my friend. You’re the one in the projection room, and you can replace the old movie with a new one that reflects the best possible ending you can think of. You work from the inside out, not the outside in.”*

***You change your outer world
by first changing your inner world***

Those who've joined the inner search soon discovered that we really view the world from the inside out, not from the outside in. They'd tell you that we're projecting our worldly reality, like a projector in a movie theater that shines filmed images up onto a large screen. Seen from this point of view, the image on the screen isn't real; it's an illusion, a dream. The true reality lies in the projection room, with the one who's operating the projector.

Now, operating the projector, we're in charge of our own reality, and we can choose another reality if we like. Indeed, many nowadays are choosing to look within. Our only challenge is that in order to gain access to the projection room (our inner world), we must first find a way to quiet our mind. For, we can't experience our *Spirit* as long as our mind keeps on chattering on indefinitely. We have to still it in order for the *Holy Grail* to come forth and show us the way Home.

***What if the world is coming from you,
instead of at you?***



BJ on Two Ways to See the World

Here's a story from [The Ascenders Handbook: Two Roads Home](#).

One cloudy afternoon BJ told me that there are two ways to perceive things. In one way, when we look out at the world, we see our body, and then we see everything else that extends outward from our body in the form of objects and other people. In this view, we assume that we are our body and everything else we see is separate from it. He said this is how most people look at the world.

The second way of perceiving has us looking out at the world and seeing no separation whatsoever between the body and everything else. It's all just an ever-changing scene we're witnessing. From this viewpoint, there's no need for us to identify with the body because we're placing no more importance on it than anything else we're seeing. It's just another object in our view, not unlike the furniture or the mountains in the distance.

BJ went on to say that an interesting thing happens after we've looked at the world in this second way for awhile: the objects in our view begin to merge into One. We see it all as being connected into one homogenous whole - and it's at this point where we begin to question our true identity. Since we're no longer identifying with the body, then who or what can we identify with?

See if you can answer this for yourself: If you're not your body, then who or what are you?

Here's a hint: you're invisible.

On Becoming Your True Identity

It's ironic that most of us in human bodies on Planet Earth believe that we are our body. Then we give that body a name — and Voila! We have an identity! However, this identity, taught to us by others when we were little children, is not who we really are. It's just a body with a made-up name. Who we really are remains largely unexamined and unexplored. Most people, in fact, never question their true identity, and, as a result, our world is filled with folks who think they're someone they're not. They think they're their body, but, in truth, they're the *Universal Spiritual Presence* that animates the body.

Human Beings are turning into Universal Beings

Our *Spirit* has noticeably different qualities than the physical body. For instance, our *Spirit* lasts forever, while the body dies and decays. In fact, our *Spirit* cannot die; it's immortal; it cannot age; it cannot get sick. Yes, it can remain behind the scenes for a time, and patiently wait while we're stuck in cycles involving other bodies in various challenging environments and cultural scenarios. But, in the long run, we all graduate out of our Earthly human cycles and return to eternity. It's guaranteed. It's built into our evolution. Our body and

our identity pass away into nothingness, but our *Spirit* goes on into everythingness, into *Great Oneness*.

Moreover, the Being that's in you is the same Being that's in me. Indeed, the Being that *is* you *is* me. We're the same Universal Being, the same Mind, residing in different bodies.

That which you seek for yourself, you also seek for your brothers and sisters. For, in truth, you are One with all and everyone you perceive, and s/he is lifted up as you are lifted up. It is also true that as you condemn your fellow travelers, you will remain condemned, as well. It cannot be otherwise. Thus, the happiness you desire depends upon how you perceive those around you. If you see them with judgment in your heart, so shall your heart be judged.

The way out of this conundrum is to see your brothers and sisters innocent, thereby removing the guilt from your own heart, and from theirs, too. It is your judgment that holds you imprisoned in the unhappiness of your own making. For, just as soon as you relinquish the temptation to judge another, you are forgiven and released from all guilt and its incumbent thoughts and feelings of wrongdoing. Indeed, you are free.

~Lee Ching

Assuming that we're rising out of our judging and condemning everything, and we've forgiven it all, the best next step for us would be to directly experience *Great Oneness*. When this happens, our

conscious and unconscious guilt will have vanished, thus paving the way for our healing. True healing occurs when guilt and all thoughts of wrongdoing have been erased from our being. From then on, we'll no longer need to identify with our body, our name, our story or our past because *Great Oneness* has given us a new identity. We've become a Universal Being, an *Immortal Spirit*, aligned with *God*, free to travel the cosmos and experience All That Is forever and ever.

***You can go to the next dimension—
or you can stay here
and be part of creating the New Camelot***

As we've said, most of us live in two worlds: an outside world and an inside world. Most of the time our lives are spent engaged with our outside world — the world of the body and all the things we use to comfort it and keep it safe. In fact, we spend so much of our time fixated on our outer world that we've gotten stuck in it, while little attention is paid to our inner world with all its marvels and miracles.

Many have seemingly abandoned any connection they have to their inner world. In fact, those fixated on the mainstream would have us believe that our inner world doesn't even exist, and they do this because if we lose our connection to our inner world, we're much easier to control. Our inner potentials are made fun of, ridiculed by those who would enforce the status quo. Seekers and soul searchers

are called hippies, losers and worse. Needless to say, in these times the mainstreamers rarely support anyone who wants to gain self-knowledge, or to learn about what s/he is doing here. And it begs the question: if true spiritual pursuits are undermined at every turn, how are we to navigate both of these worlds and *Stay Above It All*?

The answer lies inside us, in world of *Spirit*, of *Great Oneness* — and in order to access *It*, we have to be able to let go of our old world long enough for the *Grail* to lead us there. This is the process of meditation, and all that is required is for us to find a quiet place where we won't be easily distracted, concentrate our mind on any one spot in creation, and be open for a glorious revelation to occur. The better we're able to hold a one-pointed view, the quicker the illusions of this world will vanish, and *the Holy Grail* will make Itself known. For some, it may take years, and for others, it can occur in an instant. The trick is to be open for something new and wonderful to happen inside of us.

To participate on another level, you need not know how.

Just know that you want to.



Merlin Shares a Helpful Checklist for Staying Above It All

A: “There’s so much suffering in this world, Merlin. You always seem to be able to Stay Above It All and not be as affected by it as much as we humans are. How do you do it?”

M: “I simply remain detached and undistracted, Laddie. Of course, I am tempted on occasion to jump into the fray of life on Earth, so I always have to remain on guard in order not to get stuck here, like you.”

A: “I don’t want to be stuck here, Merlin. I want the freedom to travel the stars. I want to stay above all the Earthly woes swirling around me, and not get caught up in the madness.”

M: “Good thinking, Laddie. For me, I know that if I were to make a judgment of anything or anyone in this world, then I’d no longer be Staying Above It All, and I’d be separating myself from experiencing Great Oneness. Perhaps a helpful checklist is in order . . .”

A: “A checklist? What’s that about?”

M: “I use a helpful checklist to Stay Above It All, which includes ten ‘stop signs’. I stop myself whenever I’m tempted to respond to others in any one of ten different ways, which involve: correcting, controlling, opposing, appeasing, resisting, reacting, defending, depending, harming or charming them.”

A: “Wait a minute! People are correcting each other all the time. We need to point it out when someone is in the wrong, don’t we?”

M: “No, we don’t, Arthur — not if we intend to Stay Above It All.”

A: “And why is that?”

M: “As we previously established, in order for you to remain untouched and unaffected by whatever is going on around you, you must be able to catch yourself before making a judgment. When you think someone else is ‘wrong’ and needs correcting in any way, you’re in judgment of them, Arthur, and you run certain risks.”

A: “What risks, Merlin?”

M: “Whenever you’re tempted to correct another, you’re validating their point of view and making it real for you, too, Laddie. It has to be all right with you when your friends and neighbors are caught up in the mainstream madness. They may be mad, but they’re not ‘wrong’. And the only way to Stay Above It All is for you to see their perfection, to see the Immortal Spirit in them, even though they may be acting as crazy as Guinevere’s cat.”

A: “Okay. Now I see what you’re saying. I just have to watch myself even closer when I go to make a judgment, so I don’t bring their stuff into my own life, yes?”

M: “Yes, and the same goes for the other nine ‘stop signs’ as well, because they all involve making a judgment in one way or another. As a result, I don’t control others simply because that’s dark magic and it’s dangerous for everyone involved; I don’t oppose others because, as we learned from the First Intent of The Code — Support

Life — we are becoming just like the people we're opposing; I don't appease others because it reinforces their dramas and doesn't do them, or me, any good; I don't resist whatever comes my way because, as you know, whatever we resist tends to persist, and it stops the flow of Synchronicity in our lives."

A: (Interrupting) "I'm a little confused on that one, Merlin. Can you explain?"

M: "Of course. It has to do with our attachments, Arthur. If we're resisting a situation or event, it shows us that we need to let go so new and better things can come to us."

A: "Okay, I understand that. But what about resisting others when they're in our face?"

M: "Again, Laddie, unless you're immediately threatened by a tyrant and need to protect your body, it's best for you to detach and observe what's going on in order to stay in the flow. Whatever is happening is happening for a reason, and there is something for you to learn from it all. Usually, that learning involves some kind of judgment on your part that needs closer attention, lest you join in the old 'Us and Them' game again. Do you understand?"

A: "Yes. Now I see. Keep going with your checklist, please."

M: “Sure. I don’t react when people want to argue with me because it always makes matters worse. I know that their point of view is just as valid as mine, and not reacting to them keeps me from getting embroiled in disruptive, uncomfortable situations. Understand?”

A: “Now I do. Yes. Please go on.”

M: “I refrain from defending myself unless I’m in immediate danger because, as we’ve said, a defensive posture always invites an attack. If we’re thinking about defending ourselves, Laddie, it’s because we’re envisioning someone coming to do us harm — and that thought, per the Law of Precipitation, will come into manifestation as readily as any other thought we’re holding our attention on. I know that you understand this one, so I’ll go on.”

A: “Okay.”

M: “Next, I don’t depend on others simply because I prefer my freedom and, at the same time, I know that I Serve Others best by giving them their freedom, as well.”

A: “I like that one!”

M: “I do too, Laddie. Continuing with our checklist, as you know, I don’t harm anyone because I wouldn’t want to be harmed. I know that ‘As we sow, so shall we reap.’ Thus, harming another is just

about the craziest thing we could do because we'd only be reaping harm upon ourselves. Do you agree?"

A: "Yes. Harming another is the worst thing I can think of. It doesn't feel right to me and it never will. I want to help people, not harm them."

M: "Agreed! And that brings us to the last point on our checklist — charming others — which is something I avoid unless we're in a teaching relationship and I have their permission to get a certain helpful point across that would further their evolution. Then, I might charm them a bit in order to stay in agreement with them. Otherwise, I don't charm or try to impress anyone else because it always makes me feel more like a salesman than a wizard. (Chuckling to himself.)

"Laddie, even to be considering any one of these ten 'stop signs', I'd have to be in judgment — and that judgment compromises my intention to see them in their natural perfection, as Spirit, as One with all and everything. That's what will help them, and me, the most."

A: "So, let me get this straight. You're saying that whenever I'm in a situation where I would be apt to correct, control, oppose, appease, resist, react, defend, depend, harm or charm that I am best served by stepping back, lest I forget my Oneness and become stuck in the same kind of scenarios they're stuck in."

M: “That’s it, my boy! You Stay Above It All by remembering that everything is perfect just the way it is. Your reactions are not needed. Nothing is out of place. Nothing is ‘wrong’. Everything is all right!”

A: “But Merlin, some things are intrinsically, organically ‘wrong’, aren’t they?”

M: “No, Arthur, they aren’t — with one exception. In point of fact, there’s only one place in the whole of the endless Universe where things are ‘wrong’.”

A: “And, where’s that, Merlin?”

M: “In your head, Laddie. The only place where things are ‘wrong’ is in your mind.”

***Spirit is your natural state of Being.
When you see everyone without judgment,
in their perfection, as Spirit,
your own Spirit shines, as well.
This is how you Stay Above It All.***



On Arthur's Previous Lifetime

Arthur and Merlin often walked the old railroad tracks that run north and south through the small, wooded town of Dunsmuir. On this particular spring morning, the heavy winter snowfall had melted; the air was crisp and cool with the morning dew. Merlin tapped his staff on the wooden ties as they walked. Mt. Shasta loomed, like an Angel from Heaven, before them . . .

M: "Arthur, in your last lifetime you were taken down in battle and, as the ancient story goes, when you died you went to a magical, mystical place called Avalon. Do you remember any of this?"

A: "Honestly, Merlin, I don't. I wish I did, but I don't"

M: "That's okay, Laddie. The life that you're living now brings with it a giant step in your evolution. This is the life when you'll bypass Avalon, if you choose — and you won't have to permanently leave your body to do it."

A: "I'm not sure I understand. What is Avalon?"

M: "Avalon is a stop over, Arthur. It's a world of magic and mystery that attracts many people to its shores. But Avalon is not a final destination for you, my young friend. It's only another world for you to explore and enjoy. You can bypass Avalon, go directly to God and Stay Above It All, if you like.

A: "That sounds great, Merlin! So, let me get this right. Are you saying that I won't die in this life?"

M: “Not in the way most people think about dying, Arthur.”

A: Arthur was thoroughly confused now. “What are you trying to tell me, Merlin?”

M: “Arthur, the truth is that nobody really dies. Yes, we do depart from our bodies — but we are not our body. It’s just an image we see through our physical eyes. In truth, we are a Spirit that’s immortal and lives on into eternity, occupying many bodies and forms in untold, countless worlds.”

A: “This is huge information, Merlin. Why hasn’t anyone ever told me about this before? I thought — and everyone I know, except you, agrees — that I am my body.”

M: “Laddie, you’ll have to trust me on this for the time being — until you’re able to discover the Holy Grail and get unstuck from your physical body.”

A: “Merlin, I’m baffled. Please stop beating round the bush and give me the whole story. I want to know what you know!”

M: “It’s time you understood your royal calling, Arthur. And now, since you’ve asked so sincerely, I will tell you.” Merlin tapped his staff on the iron rail and stopped walking. “Unlike your last lifetime as one who united his people and was beloved by all, but was taken down by the sword, and then lifted up into the beauty and magic of Avalon . . . in this lifetime you’re living now, in what is called the 21st century, it is your destiny to bypass Avalon and go straight to God while you’re still alive.”

A: *“I still don’t get it, Merlin. What do you mean, ‘while I’m still alive’? Please go on . . .”*

M: *“You see, Arthur, people have the ability to leave their body at anytime and step into Spirit while their body is still operational here on Earth. There are those who ascend in this lifetime and return to their body at will. I do it all the time!”*

A: *“Oh my God, Merlin! Is that what’s in store for me? Is that what you’re preparing me for?”*

M: *“Yes, Arthur. You may not entirely understand how all this can come about. But I assure you that it will all become clear in a few years when your true calling reveals itself to you.”*

A: *“And what is my true calling, Merlin?”*

M: *“I just told you, Laddie. This is the lifetime when you’ll go Home while your living body remains here. You will be dwelling in two worlds at once: 1) Having followed the guidance of the Holy Grail and mastered forgiveness, you’ll live in Spirit and commune forever with Great Oneness, and 2) Having returned to help your fellowmen and women precipitate a new paradigm, you’ll live here on Earth and build the New Camelot.*

A: *“I’m feeling a bit overwhelmed, Merlin. From what you say, in this life, a time will come when I leave my body, go to God and come back to help the people. If that’s all true, and if Avalon is as wonderful as people say it is, then why would I ever want to bypass it or leave it? And why would I want to return to Earth?”*

M: “Because you’ve made a pact, Arthur. You made agreements and arrangements in your soul to come back and play out a certain role, a role that was left slightly unfinished the last time around.”

A: “And exactly what is that role, Merlin? How am I supposed to help the people when I return?”

M: “Just like you did the last time, Laddie. You’ll return to lead your people as their king. But first, you’ll return to rule over another, more sublime kingdom.”

A: “And what kingdom is that, Merlin?”

M: “It’s the kingdom of God inside you, Arthur. It’s the Oneness you’ll step into when you can Stay Above It All.”

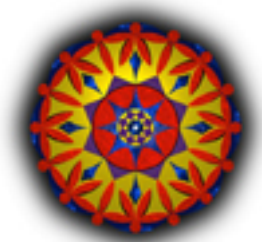
***In order for you to go to the next level,
you must unify with your Spirit,
which sees everything from a higher place,
as if it were a play going on in your life,
as if you were standing atop a mountain
and looking down on it all.***

Now It's Your Turn

Relinquishing judgments, forgiving and seeing others as Spirit are the ways to the New Camelot. Indeed, if your Spirit is beginning to awaken, and you've seen that your body is just another image in your field of perception — not to be confused with your True Spiritual Self — then you'll also want to envision other people in their true identity, which is also Spirit. You'll have realized that their body has nothing to do with who they truly are — and that their Spirit is ageless, immortal, eternal and perfect in every way, just like yours.

Thus, when we see another's perfection in Spirit, our own Spirit awakens at the same time. That's what the New Camelot is all about. It's where we all see one another as Spirit.

***Soon there will be so many new Masters
running around and touching everyone
that this world will be a beautiful place to be —
a Heaven on Earth.
It is possible!***



Arthur Finds the Holy Grail

A: “Tell me about the nature of power, Merlin. It seems like everywhere I look, someone — the governments, the churches, the corporations — are trying to control me and take my power away. Why?”

M: “All powerful institutions serve themselves first, Laddie. They seek to stay in power at all costs. They do not want change, but to keep things the same. Within the walls of these powerful organizations are circles within circles, factions within factions, committees within committees, some of which have taken it upon themselves over the centuries to preserve the status quo. In doing so, they have invented certain stories, certain untruths for the singular purpose of hiding specific information from the masses — from you.

“One of these untruths, or myths, that has been passed down since before the time of the Knights Templars is that the Holy Grail is an artifact, a cup from which Jesus Christ drank.

“All of this, however, is symbolic and deliberately created to lead the people away from the true Grail, the source of true power from which the Christ was drinking.”

A: “What is the true Grail, Merlin? What is it that the cup of Christ symbolizes?”

M: “The answer I’m about to give you, Laddie, contains the great secret of life and death. Throughout the centuries men have fought bravely, gallantly, and died in their quest to find it. Indeed, it is with no small responsibility that the secret of the true Grail is once again imparted to mankind — and it is to you, young future king, to impart it, to share it with the masses of men and women.”

A: “This is intense, Merlin! Are you sure you want to tell it to me?”

M: More to the point, Arthur, are you sure, absolutely certain in your heart and mind and soul, that you want to hear it? For, the responsibility is great, as is the danger from those who would keep it hidden from you. And yet, the knowledge of it will set you — and all who follow you — free. So, I ask you once again. Do you feel the heart of a king stirring inside you? For, only one who is strong and brave, like a mighty king, will be able to use it for the Highest Good of all. Are you up to the quest?”

A: “Yes.” (reverently).

M: “And do you swear, just as you swore centuries ago, on bent knee with the blade of Excalibur resting flat upon your shoulder, that you will honor this magnificent knowledge?”

A: “I do.”

M: “Then kneel before me, young knight, and bow your head and feel my staff aside your collar. Henceforth, you shall be a king, and you shall share the secret of the ages — the secret of the Holy Grail — with all your royal subjects, indeed, with all the world.”

(Arthur kneels and bows his head.)

“Arthur, the Holy Grail is not of this physical world. Close your eyes now and look deep within, call upon God with all your might and all your soul.”

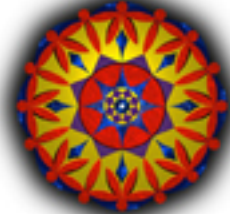
Arthur closes his eyes and feels Merlin’s staff come to rest upon his shoulder, and . . . in a flash of light, he is transported beyond his body, beyond his belief in death, and into the awareness of his true identity — his Spirit. He is lifted above all worldly affairs, to a feeling of Godliness, of Oneness with all and everything. Now he knows. He knows what the Christ knows: that his true Being is not body, but Spirit risen and freed from every attachment and myth that held him to this Earth. He is released. Joy engulfs him. Love embraces him. Light fills every corner of his Being, and then . . . peace. Now he knows.

Time is suspended until, gently, Arthur opens his eyes to see Merlin, emanating with radiant light, standing before him, smiling.

M: “Arise, O king, and stand tall, above the ways of the world. You have found the Holy Grail inside of you. Now go forth unafraid and

tell all you meet that you have tasted of the same cup, the same Immortal Spirit, that the Christ tasted from two thousand years ago, the same cup that they, too, will taste from in the days to come.

“But know this, as well. There will be those who will oppose you because their positions of power within the nations and mainstream institutions are threatened by your words. So you must remember always that you are armed with the sword of truth. You are forged in the fire of holy experience. And the people will see the Spirit — the Holy Spirit — the Grail of God’s Love pouring forth through you in endless overflowing supply. And, one day, not long from now, all shall rise, as you have risen, and share from the cup of God’s Eternal Love. All shall be filled to the brim with the Holy Spirit. All shall drink from the Holy Grail.”



Epilogue

Your rewards come from not giving up and not giving in.

A Message from Merlin for You

“Your best days are still in front of you. Your dreams of happiness, success, peace, abundance and love still await you. There is nothing you cannot accomplish or experience in the days ahead — if you believe it.

“Perhaps you’ve been weighed down with debts or encumbrances; know that these debts can be lifted in an instant. Perhaps you’ve been lonely and waiting to have a loving, meaningful relationship; know that that relationship can manifest for you in the blink of an eye. Perhaps you’re getting on in years and aren’t able to get around like before; know that miracles await you, both in this life and in the next.

“For, there is a next life, a completely separate reality that walks beside you every step of the way, patiently awaiting your acknowledgment and remembrance of it. It offers everything you ever wanted or ever will want. With it comes relief from pain, release from suffering, the knowledge of who you truly are, where you come from and where you’re going. It soothes your soul, lifts your Spirit and provides a safe resting place where you can recharge and remember how you got to where you are now.

“All is not lost; all is never lost. It’s only for you to shift your thinking and your perception in a different direction. For, in that new direction lies eternity and all the time you’ll ever need to enjoy all the experiences and relationships that life everlasting has to offer.

“You are not alone and you are not done. There are more horizons to be explored. Indeed, if you find yourself in a situation where you no longer have a body, you’re still there. You still exist with worlds yet to conquer. Having a body is not a prerequisite for existing and experiencing. You continue to live, perceive and experience whether you have a body or not. In fact, your range of experience and enjoyment expands exponentially when you are without a body, as those of us who are living in Spirit will attest to.

“Whole new worlds present themselves to you when you are not embodied. You can travel the stars or traverse dimensions within. You are Spirit eternal, immortal and unlimited – and whether you have a body or you do not, your best days are still ahead of you.”

Every Step is Magic.

Every Moment, a Miracle.

Merfin 

Notes

Embedded within the *11th Intent* of *The Code* are the [Ascension Reclamations](#) from ***The Ascenders Handbook: Two Roads Home***. Those who are intending to go further with *the 11th Intent* will find the information in [The Ascenders Handbook](#) extremely valuable.

*

The centered quotes in bold and italic sprinkled throughout this book come from Lee Ching. [What You Need to Know Now: The Lee Ching Messages](#) is filled with over 500 inspiring sayings. You can find it and all of our books at our [Intenders Bookshop](#).

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The Code Poster including The 11th Intent is free.
[You can download it here.](#)

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In the Spirit of giving, this book is free.
[Donations](#) are much appreciated!

Gratitudes

This book would not exist if it weren't for so many who've followed the Intenders work over the last quarter century. The interesting thing is that these folks didn't always happen to have a physical body. As you have seen in the pages you've just read, friends from other realms have contributed their fair share of information herein. Namely, you met Merlin and Arthur who have been with the Intenders (albeit invisibly) since having been called forth in our earliest Intenders Circles. These two wondrous helpers returned to these pages to herald the return of *Camelot* and to invite *Great Oneness* back into the hearts and minds of those who seek for higher spiritual experience. Our gratitude for Merlin and Arthur is eternal.

Gratitudes, as well, go out to our Intenders guides: The Holy Spirit, Jesus Christ, Lee Ching, Quan Yin, Mother Mary, St. Germain and a whole host of amazing Angelics and Avatars who have invisibly helped Intenders more than most of us may know. At the same time, I am ever so thankful to have been inspired by several very accomplished channels, mediums and inspiring friends throughout the writing of this and all of my books: Tina Stober, Betsy Palmer Whitney, Mark Dziatko, Alva Kamalani, Lois Fopiano, Master BJ come immediately to mind. Thank you, one and all.

Likewise, friends and Intenders from all across the planet have provided encouragement for me to keep moving forward: Vicki Harding, Gayle Abrams, Bobby Love, Don Townsend, Dan Minear,

Jana Romero, Leigh Morano, Mary Marston, Susan Bagyura, Terrie Haley - and Intenders too many to count have brought their inspiration and upliftment to these pages. I intend all the grace and goodness that these devoted friends have shared with me over the years comes back to them ten times over, and more.

And finally, I express my deep appreciation to my readers and Intenders everywhere who have believed in this amazing work, who have tested the Intention Process for themselves, and who have attracted all good things into their lives as a result.

*May you always manifest
the best possible outcomes
you can imagine.*

*For the Highest Good.
So be it and so it is.*

TB 2/22/22

About the Intenders

The Intenders of the Highest Good have helped people the world over integrate the *Intention Process* into their daily lives, both individually and in community. To this end, [*The Code*](#), a Universal template for anyone who *intends* to enjoy a happier, more positive, more productive life, was created. Likewise, the Intenders information is a call to take your next step in life, and it provides you with the free tools to do it. *The Code, The Bridge, The Intenders Circle, The Law of Agreement, The Vision Alignment Project, The Intention Process and The Ascension Process* were all created to uplift the individual and the group — and, at the same time, line everyone up with the Highest Good.

The Intenders began in 1994 with four friends, Mark, Tina, Betsy and Tony, sitting in a circle, sharing their gratitudes and intentions. With the help of their guide, Lee Ching, their intentions began manifesting immediately, and they soon developed the *Intention Process*, a model for proficiently applying the *Law of Attraction*. Concurrently, they also designed a format for coming together in community with their friends and neighbors. Indeed, our Intenders Circles and Cybercircles make it easy for groups of all kinds to come together and manifest their dreams and desires.

For more information about the Intenders, you can go to:

www.intenders.com or

<http://www.visionalignmentproject.com>

About the Author

Tony Burroughs is an Ambassador for the Highest Good and one of the more prolific visionaries of our time. He is an inspired storyteller, the author of 13 self-empowerment books, and is the cofounder of the [Intenders of the Highest Good](#), a grassroots community movement with Intenders Circles in countries all over the world. His widely acclaimed *Vision Alignment Project* recently surpassed 3.3 million alignments. He has produced 3 full-length videos, over 130 YouTubes for the Intenders Channel, and has appeared on numerous TV and radio shows. When he's not traveling to Intenders Circles around the country, Tony lives with his six-toed kitties, Mittens and Muffins, in Pagosa Springs, Colorado and Hot Springs, Arkansas.



Intenders Books and Ebooks

by

Tony Burroughs

Stay Above It All ~ The 11th Intent of The Code

The Intenders Handbook: A Guide to the Intention Process
and the Conscious Community

The Highest Good Handbook: Love, Life, Liberty and the Pursuit of Happiness

What You Need To Know Now: Lee Ching Messages

Get What You Want: The Art of Making and Manifesting Your Intentions

The Highest Light Teachings

The Ascenders Handbook: Two Roads Home

The Law of Agreement

The Code: 10 Intentions for a Better World

I See A World: Best of the Vision Alignment Project

WINS: Manifestation Stories from the Intenders

The Code 2: The Reunion: A Parable for Peace

The Intenders of the Highest Good: A Novel

The Intenders Handbooks Quartet

All of our books are available as Ebooks from

<https://www.intenders.com>

