

SPIRITUALITY
101 - 601
AND BEYOND



Shamaré

Excerpt

Spirituality 101–601 and Beyond

Shamaré

This excerpt is from the book Spirituality 101–601 and Beyond. Further details and information on where to buy it and how to contact the author are listed at the end of this sampler.

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Preface

How This Book Came to Be

Between 2011 and 2013, these Spirituality Notes were released progressively to many friends around the earth.

During this time period, after each chapter was completed and roughly edited, the new pages were emailed to the 'Friends List'. This original list grew into several lists over time, as more asked to receive it. It continues to grow. Hence the book.

After a period of time, I was inwardly prompted progressively to write another chapter, and the distribution process was repeated. It was not urgent to get it done.

There was no book design, no pre-work for the chapters, nor planning for the words written. In other words, this book was not designed or planned consciously. Even when writing, I never tried to think of what to say or even knew what was being written until the instant the keys were struck. The narrative was playing in my mind as I

typed, but not ahead of the typing. It flowed from a deeper part of self.

After a chapter was typed up, I would read it and marvel at what was there, staring back at me from the computer screen.

Most times when I was prompted to write, I would sit blank in front of the computer and wait, and then it would flow out. I could pause or do something else and then come back and the flow would pick up again from where it was stopped.

Sometimes during typing, the flow would stop and the mind would go blank again. I would wait, and then it would start again after a short pause.

This is how all my writings are on any spiritual discussion. No planning, no design, no pre-thought of the names, topics, subject, or words. Just sit down and start typing when the flow starts.

From month to month or chapter to chapter, I would forget what had been written previously, but I was certain the next chapter would knit tightly with the last and lead to a progressive flow of enlightening energy, ideas, and words.

I did not know where it was going, although sometimes I would get a preview of what would be written months in advance, and I would include

a short snippet on the preview information in the current chapter, as a heads-up for the readers of what was coming later.

I never knew how that preview information would slot into the chapters months ahead, but they always did smoothly.

It was a case of allow, trust, and embrace.

There was a time gap of about one to two months between each chapter, which was to allow each reader the opportunity to read the new material several times, assess this, and finally let it be bedded down in each of their minds.

For some in the group, as they integrated each chapter's theme, their Spiritual Life started to open and evolve, and Mind Healing started and progressed throughout the publishing period.

After all the chapters were completed, there was a pause in the writing prompting. After some time, inner prompting again came; encouragement came to convert the chapters into a book, to allow for a bigger audience so that many others can benefit.

The original work was reopened and edited and expanded to make it more readable for first-time spiritual readers. The original notes were cryptic.

The name of the book, 'Spirituality 101–601 and Beyond', was there as a thought from the beginning, and it is to signify that the information is a metaphor for a university course.

However, I did not know it would be a book. I just had the title. I thought it was like all the other writings over the years, just for myself and my close friends around the world who were interested in healing.

In this Spiritual course, which is to be applied to your life unfolding, the intellectual mind is used to understand the words and ideas, but fundamentally the Real Mind is the instrument that brings a progressive awakening and healing.

Some people like to refer to this as the awakening of 'the heart of man'. 'The heart of man' is a metaphor for the 'Soul and Spiritual Real Mind' combination. It seems to be a stronger seat of motivation than the intellectual mind.

The original chapter names are maintained in the book.

When reading the book for the first time, you will find it beneficial to go through the chapters linearly, as each chapter contains progressively building themes and concepts that become keys to entering a Spiritual Life by Healing the Mind.

Therefore, the purpose of this book is to assist anyone who wants to awaken and return to Joy and Peace of Mind with awareness of Love flowing to them and through them. This is a full Spiritual Life.

This is not a religious book, but it does contain references to some religious material in the form of correction and expansion.

Most of the important so-called 'Sacred Secrets' are revealed, which if you are religiously inclined may reshape your thinking dramatically.

By the way, you all know the information you will read in this book, even if you swear you have not seen it before.

By the end of the book, you may very well agree, 'I do know'.

Much of the information flows as a consolidation of my spiritual life experience in this incarnation—from a small child of three having its first remembered spiritual experience, through many endeavours and experiences to gain knowing, culminating in finally linking up with Jeshua Ben Joseph's ACIM ('A Course in Miracles') and his 'Way of the Heart' audio channellings, and other Jeshua channellings that ran for many years.

Jeshua and his friends lent a hand also in this writing, at various points directly and indirectly, consciously and unconsciously.

By the way, the reason you may not seem to know this information at present is that each soul in human incarnation creates quite an elaborate illusional identified ego self, which blanks off their conscious connection to their true spiritual self.

The book's objective, then, is to offer tools and information that if used and applied will allow each reader progressively to start to identify with True Self again inside Reality, and to de-couple or un-identify with the created ego-self inside a creation.

And a letting go of the many things that only seemed important at some point along the way starts to take place and accelerates as awakening comes to mind.

The spiritual journey home is activated by you correcting your mind. There is no magic or ritual required, no beliefs, no rules, and hence it brings to each searcher great freedom.

By the end of the book, if you have applied what you have read, you may very well be walking in a very different mental state. You will not be the same. Most things will seem different and easier, sweeter, less serious, more fun, and your real Joy

and a quiet Peaceful Mind may well be present continually.

You also may feel empty inside, as most fear, guilt, and judgment will have ceased or at least eased off.

As a last point, none of this information you read in the book is to be assigned as a serious thing in your mind. The purpose of the words is to allow you to discover the truth for yourself in yourself, and then to progressively heal yourself, with yourself, in a light and loving environment.

This is light itself that is coming to you, your light, so lighten up and enjoy the development of your great power and freedom that is yours always.

So to set the stage as it were, let us move into our mind healing discussion quickly and get to the heart of all these matters early.

Why waste time? There is an incarnated life to live, and living it in Joy and with Peace of Mind, plus with Love flowing to you and through you, not from a source separate from you but from the very depth of you, is a delight to be had by all.

Love to you all

Shamaré—The Guardian, the Protector, the Door Keeper, and the Gate Keeper

Spirituality 101

The Journey Begins

In all cases, throughout the book, the part of you that I am primarily directing the communication to is the part that is best described in this short statement:

We >>> that are in this incarnation are called Human Beings.

Consider these words.

We are Being >>> Human, is another way to say it.

Ask yourself this question:

If you weren't Being >>> Human and there was no body present to play in

What would be there, as you?

This is the piece I am communicating with and always do.

This part of you is always present and is actually the only thing that truly exists.

Everything else is a self-construct, a creation.

The human body, with ears and vocal cords which seem to do the communications in this domain, are only apparatus for the True Self that is remotely driving or running the human body in another domain.

This True Self always lives in that other domain (Reality), and it is not a Creation, as a body is.

This True Self is Spirit in nature, or Intelligent Energy.

Hence Spirituality is about that True Self and that Energy that Spirit resides in. Nothing else.

You will discover that this Resident Energy is the one thing that heals all things and brings Joy and Peace of Mind.

A little definition for you, just in case you are wondering...

A Soul is Spirit that is in individuated experience. This is the so-called 'Individuated You'.

And so, we begin our journey.

I have contemplated many lives over many years, including my own, and the one thing that seems to arise over and over again, sprinkled through all

lives now and all other times, epochs, histories, cultures, societies, and groupings, is a collective human desire—even more than a desire, a begging or a pleading, and in many cases, a crying out. Some bend their knees many times in a life and pray, many climb mountains to seek gurus and teachers, many join religious and philosophical groups, and after all this searching and scurrying around, this quest still remains as an unanswered desire in most people's lives.

'Please help us find and master these one or two things and we will be OK, and be able to live life here, Being as Humans.

We desire the secrets to find True Joy and Peace of Mind in our incarnated lives.

We desire to be surrounded by Love!

Throughout so-called life being human, most souls have Joy, Peace, and Love coming in and out of their mind experience, but for the many, to hold these states for long periods of time seems elusive and difficult.

The reason for the loss of Joy and Peace of Mind is that we often still find ourselves being re-active, frightened, upset, hurt, judgmental, being right, being wrong, guilty, overwhelmed, confused, perplexed, and many other emotions and we drive

Joy and Peace of Mind out the door of our mind, and Love seems to stop flowing when experiencing these emotional upheavals.

And also, when we are in the midst of these self-made emotional dramas, which in fact is the time to heal them and they are therefore grand opportunities, we don't seem to have the ability, in that moment of emotion, to bring focus back into the mind and move into healing of our minds.

Often the emotion or drama just seems to run away on us and we lose sight of Love, and with it, Joy and Peace of Mind leave the scene.

And then later, when we are recovered, seemingly sane again, we kick ourselves all over the place saying 'what is wrong with me', or 'what an idiot' or worse.

We all know that one very well!

Therefore, to heal the mind, to continually sit inside Joy and Peace of Mind with Love flowing to you and through you, from the depth of you, requires the development of a New Viewpoint.

Old Viewpoints, ego self-identification viewpoints, do not bring Joy, Peace of Mind with Love flowing to you and through you, from the depth of you.

It is quite clear that if Old Viewpoints did work, the

world would be in Joy and have Peace of Mind by now. Love would surround us all, after all this time.

This book is about how to develop this New Viewpoint.

Viewpoint is the place in your mind where you sit, where you experience and see life.

Where is your place and what is your view?

What viewpoint are you sitting on and viewing life from?

Is it serving you well?

You are not stuck with this old, limiting viewpoint.

You can change this viewpoint, and miracles will seemingly occur.

And so we move to the discovery and building of a New Viewpoint.

By the way, there is only one thing that does heal the mind to allow the development of this New Viewpoint, and it is Love flowing to you and through you, not from a source apart from you, but from a source in the depth of you.

Hold that thought for a few moments and reflect.

And so this book is how to develop this New

Viewpoint by opening of Self to this Love that resides in you. Not somewhere else. This Love as it flows stronger and stronger will then heal the mind of the many mis-perceptions and errors that the Old Viewpoint holds.

Nothing else other than Love flowing to you and through you works, nothing—nothing.

There are no human contrivances or teachings that will heal your mind, other than Love. Self-Love.

You will discover that this Love, which is not human love, flows endlessly and is to become our recognised and welcomed new life energy for all healing and with its welcome, the bringing of Joy and Peace of Mind.

And some of the things this Flowing Love allows you to achieve are:

Love allows all things

Love trusts all things

Love embraces all things

Love trans-forms all things

Love trans-cends all things

Love trans-mutes all things

Love becomes all things.

Imagine having these abilities.

Make this little Love Declaration your mantra, say it to yourself, say it to others, sing it in the shower, skip to it when moving around, go to sleep in it, bathe yourself in it.

And even right now, you may not be aware of this, but fundamentally you are just Love. You were born from Love itself, you are the conduit of this Love, and as you read and change your Viewpoint, you are returning to realise, you are the ambassador for Love.

We will examine this Declaration about Love in more detail as we progress.

Of course, we are not talking about human love here, we are talking about the Universal Unconditional Love, as the energy that flows through all things, sustaining them.

This is the same energy that birthed all things.



And so with that short introduction, we enter into the body of our first chapter, Spirituality 101.

Yes, the beginning of a little course. Have fun with

it; there is no professor to mark your grade. You can even skip class if you like and come back for another session at another time. You decide about this course.

Spirituality 101 is very simple, and it is the introduction of how to start capturing the drama mind moments that arise for you and then running the Love Mantra across the drama right then and there, in present time, to heal your mind of this mis-perceived re-active energy.

or

If you miss the emotional drama moment, to learn forgiveness of self for not catching that moment, and then falling into the healing of the mind in a loving, gentle way after the event and by running the same Love Mantra.

And it is this simple, as you will see.

By the way, we do not make this Universal Love. Love just is, our family inheritance, it is there always and you just need to open yourself to its flow from the depth of you. It is free, as a gift to all life.

It flows through the doors and windows of your life continually and even through the cracks if you are trying to hide from it, maybe in a steel boxed existence.

It is what makes and sustains all things now and forever.

You may like to know that this is the only true energy that exists. It is the fundamental energy.

Here is something to consider about Fear and Love.

Fear is just trans-muted Love, nothing else, so how dangerous can fear be?

Trans-muted means you have mutated Love to fear. It is a mutant energy. You are that clever and powerful and go through this process many times each day.

You just wanted to try your power out, that is the power to create what you want to be and feel, and you got hooked on it and are mentally diverted with the effects of this power, your power.

I am sure you are aware of the two main states of mind that predominantly seem to exist.

Let us look at this more closely.

As your life flows and you are experiencing, and if you are sitting in True Mind, that is in Reality, these are the mental and emotional attributes experienced.

Joy, Peace of Mind, and Love flowing to and

through you, from the depth of you. The default state.

We all experience this. You do not need to be taught this, it is fundamental.

Watch a child at play!

Now at any moment that you find any of these attributes sliding away, the loss of Joy and Peace of Mind, and no Love flowing, what will arise to replace them, are forms of

Fear, Guilt, and Judgment.

A trans-mutation is taking place in the mind, and you are making it happen.

You are creating it all; no one else is.

Subcategories can be anger, projection, depression, resentment, being lost for words, feeling violated or victimized, etc.—you know, we all know this.

What is making these trans-mutations?

A fearful, guilty, and judgmental Viewpoint in the mind. A mis-perception of how it really is.

This is what the Ego mind is. That stuff—it is unrelenting and seems vicious and insane, hence

this state is often referred to as darkness or a dark period in a life.

However, it is all actually an illusion outside Reality, only a construct, created by no one else but yourself.

It doesn't really exist. It is un-Real (not from Reality).

The creation can go away at the wave of your mental magic wand, and it will stop existing, ceasing to be present. This does mean you can control your mental creations, make them and unmake them at any time you desire.

However, you can never remove Reality with your mental magic wand. It is always there, solid, a rock to rest on, to build on.

So mark these two distinct points as pivotal information for yourself.

Therefore, Reality is, in truth, where you reside mentally always.

However, you sitting in Reality can create for yourself virtual mental creations and move inside these and experience these mental creations virtually. If you live inside them too long, you will forget about Reality as your true home, and you have done just that. Forgotten about Reality.

The journey home therefore is to re-discover Reality as mental home and drop creations of virtuality as mental home.

So mark these extra two pieces of information also as fundamental building blocks of new understanding for yourself.

Building blocks for the New Viewpoint.

This also means, then, that this journey is very personal.

If you are really honest, you know deep down that there is nothing outside yourself making you react or trans-mute Love and that you have created every last feeling and response that you find so difficult to live with.

You may think in an emotional time that they, over there, are causing it or that particular circumstance is driving you to this mental state.

But no, always and forever you are choosing and deciding how it is mentally for you.

Hence the afterwards, the kicking and the gnashing of teeth, the oops guilt feeling, the self and external judgments, the depression, the anger, the projections at others, etc.

Sometimes in these moments of mental slide

there is a fear that arises in some: I may not get over this, and then what? Am I doomed to be like this forever??

And hence the waving of the figurative collective human arm in the air throughout its history, seeking attention from someone, anyone, please, to lead us to a better way to live life as human beings, with Joy, Peace of Mind, and Love surrounding us.

It is only reasonable! Yes!!

You may have tried many avenues to find mind healing, to return to Joy and Peace of Mind with Love flowing to you and through you, from the depth of you.

Be assured, all those efforts are now all stepping stones to your final arrival back home.

Hence the reason you are casting your human jelly eyes across these symbols of words, deciding and seeing if this information and new way may be for you. Each person will decide what works for them. There are many roads leading home, with only one path to the final door.

And you are actually already Home. (More on this later.) You will discover it can be no other way.

That titbit is just to add a little sweetener and

certainty to your new venture into healing the mind and journeying mentally.

So the demarcations between Reality and Ego are very clear, black and white.

By the way, for those who are numbed out from all of this emotion and drama in their life, this continual trans-mutation of Love to fear in their lives, and now are living the quiet life, the shut-down life, you are also experiencing the ego dark side.

The reason this can be said is clear. In a shut-down, passive existence, there is no real Joy or Peace of Mind, and you will not be feeling Love flowing to you and through you, from the depth of you. The seeming Peace may just be numbness or withdrawal and denial. A cutting off of some or most communication and experience. So no escape artists please—take full responsibility for every thought, word, and action from now on.

You are in for quite a ride to heal your mind, many ups and downs, so hold on. However, it is as exhilarating as a real horse ride and you create it all.



So now let's discuss the slide out of Joy and Peace

and the seeming turning off of Love flowing to you and through you, from the depth of you.

This is the nub of this discussion in *Spirituality 101—The Journey Begins*.

Everyone who has had the experience of the slide from Joy and Peace of Mind, with Love seemingly ceasing to flow, has run into these sorts of thoughts at some point.

Maybe you thought, 'I just got so overwhelmed with the moment and the emotions flowed, I was lost for words or ideas and even thoughts, I became lost inside the mind maelstrom and I forgot my mantra on Love healing all things'.

or

Maybe you have never known there was a way to heal all this re-activity, and you just had episodes in life where it was difficult, with suffering.

If you have not been able to heal these moments of mental re-activities, you most assuredly have reverse played the Love Mantra, with the Ego mind running the drama show many, many times.

Does it run something like this?

I did not allow the moment to flow, I wanted to

turn it all off, and I even begged the other person, 'let's not go there'.

I did not trust that I brought this moment to myself. I am nice and gentle. It had to be them over there. I was frightened; I thought I was going to be overwhelmed.

I could not embrace the painful drama feelings; the fear was too great, and it was definitely not my friend. I only embrace friends. I became as a child again.

I got trans-formed, but backwards. There was no Love flowing to reverse this; I lost it. I lost the Love.

I actually didn't trans-cend: I sank, I drowned, I floundered.

I trans-muted to something I don't like, and I said things I wouldn't normally say. My Ego mind turned me into a projecting monster or a wimp.

There was little Love around inside that moment.

OK. Well done—we have all been there, in varying degrees.

Some people call this your personality or your personal traits. Some say it is part of your nature to be like this.

Really?!

Whatever—a pat on the back for being so good at this procedure and drill. It is probably a repeating pattern of a mental habit.

It seems to happen almost automatically, doesn't it?

See, it is just that: a procedure and a drill that comes from somewhere, an old habit from somewhere.

You do create all your realities—only you—smile—ah, yes—the nub of the discussion.

So with this understanding of your self-creations, it also does mean you can self-create a new outcome for any moment. It is just that simple.

If you are that good at going down the sliding pathway to emotion and drama using ego and creating an insane moment, you can also take a new pathway to healing to return to Joy and Peace with Love flowing to you and through you, from the depth of you once again.

It will get easier.

It is a choice—your choice. Ah yes, the New Viewpoint!

There are two requirements to trap all moments in a very deliberate way to allow for your new outcome, the way you want it.

Courage and Vigilance.

And by the way, I am not necessarily talking about winning arguments or being right or those sorts of things.

I am saying to stay inside the framework of True Reality under any circumstance. That is, inside the energy of Joy and Peace of Mind, with Love flowing to you and through you, from the depth of you. Your natural state, yes.

There are four stepping stones to process while sitting inside these two qualities of Courage and Vigilance.

Desire—Intention—Allowance—Surrender

These speak for themselves, with Allowance being the critical one to reach as quickly as possible.

You must reach a point of mental simplicity and openness to allow the process of Love flowing to you and through, from the depth of you, to do its work of healing your mind.

That means not turning off feelings, but as they

arise, emote, watch and observe, become the Watcher, the Observer. Feel it all.

Start practising being the Watcher of your mind at work; become the Observer of Self.

To get started, you can practise this when you are not emoting strongly.

Stop and say, 'I am observing my mind, I am happy, I am a little restless', or whatever is observed. Expand this observation. Do it regularly: monitor your mind's state.

And then later, after a little practise, step into the real arena and watch your mind trans-form from Love to Fear and then catch this mental switch.

This is vigilance and it does take courage to catch the switch.

You may not be able to hold the Watcher state for too long at the beginning when emoting strongly, but just keep practising until you can be this, the observer of self, in creation.

Here are some tips on managing these situations when interacting with other people and to bring teaching to yourself at the same time. When you enter into a moment that seems difficult with another person and you feel the mental slide from Joy and Peace coming on, start a dialogue about it

with the other person. They (and you) may find this odd, but do not worry: it is you that is important here.

Say something like this:

'You know, I am practising watching my mental state, so as to stay in a Joyful and Peaceful state of mind. And when you said that to me, I realised something was triggered inside my mind for me to look at. You just touch a mental re-active button for me; thank you for doing this. Can we keep talking now and see if these feelings dissipate?'

That would probably blow their socks off, as they are probably wanting to project at you or maybe argue, but I would say if you can become this simplistic, this transparent, and this self-responsible, you have definitely started to turn on the Love Mantra.

You allowed, trusted, embraced, and started the process of trans-forming the fear and transcending the mountain of energy and possibly even trans-muted the drama experience from fear to Love.

You will know you have done this only if the mental and emotional heat on it dissipates and your mind clears.

If it doesn't, it is OK. You are in the game now, you are in the process. You have entered yourself into the process of Self Love and self-healing.

A simple change of Viewpoint and mental behaviour like this, and in one instant of mental transparency and Love of Self, you will have changed your life forever.

A pat on the back—a different mental habit is arising, and an old habit is passing away.

A New Viewpoint is starting to be bedded down into place in your being.

I am no longer victim. I am feeling freer now.

You will know if you have trans-muted the fear because there they are back again, your three friends: Joy, Peace of Mind, with Love flowing to you and through you, from the very depth of you.

Now when you get very good at this stuff, and you will, you may find one day that the feelings don't dissipate for you. Oops!

However, you have struck gold if this arises, as you have aroused a large body of resistant energy to heal. It has come because you are ready now. Celebrate this moment with great joy. You may not be able to actually heal it in one go at that moment, as you may be overwhelmed. However,

you can look back after the rundown of the Love mantra and celebrate a major mental healing that has come to you and by you.

A few tips to manage this moment.

So here you are overwhelmed and the emotions do not seem to want to dissipate. Stay with it. Feel it, let it have its say. Stay trans-parent and open. Do not judge it.

Now say something like this to the other person(s) or self—even maybe through the tears or fears.

'This is a mother lode you have helped bring up for me. You must love me a lot to be able to do this. Just give me a few moments here and I will breathe into this and through this and release it.'

Staying trans-parent, breathe into the feelings, keep them alive.

Allow this intimacy with self and the other person. It will surely allow healing for both of you to come, as the fear has not overwhelmed you entirely. You did not project or blame.

You may say at this moment that you could never do this with your friends, work mates, boss, or even some family members. I venture to say, though, that if and when you do, the word will spread very quickly that you are amazing, and some people will

come to you to talk about themselves and their desire to get on the mental healing pathway.

And if you just can't manage this, wait until you have some alone time and regenerate it all, same feelings, same words to the person. In other words, act out the scenario again by yourself. They may even get some healing remotely, as you heal also.

Yes, everyone has to heal, all those you encounter are party to your healing and you to theirs, in some way. Take advantage of this knowing.

If you weren't able to move to healing in the middle of this emotional arising, you may next time or later, and you can go into full mode right there and then. You will feel very powerful when you do this inside the emotional maelstrom, as it is a choice and very deliberately taken.

Another 'by the way'—you do not necessarily have to know what the Cause of the arising energy is in order to heal it.

You do not have to always dissect this supposed human life and all the others you have had to heal. It doesn't matter, and who cares anyway, as long as the resisted energy dissipates and you return to Joy and Peace of Mind, with Love flowing to you and through you, from the very depth of you.

Often the dissection is just more party talk and drama. It can stall your progress also.

Now as a way to reinforce this healing procedure, start doing this if you are able: sharing.

If you did go through an event, a little drama, tell your best friend who is also on a pathway to self-healing about this healing event when you get an opportunity. Open up to them, become transparent allowing great intimacy. Include them in your healing and growth. Emote in front of them again if required. Open to your feelings at all times and watch yourself do it, and release the energy as wholly self-created. Just knowing you are making it all may be enough for it to dissipate.

Tell your friend how you did it—exact words, thoughts, feelings. Re-live it with them and say ‘It was amazing, and I am now healed of this’ and laugh, really laugh and say ‘it is fantastic, it is miraculous’, and know that it is, but not really; it is just how powerful and loving you really are, always and forever.

Spirituality 101.

About Forgiveness of Self for the mis-perception in your mental creations.



Now as a closing note:

Practise, practise, practise.

Remember, it took many years of practice to develop your Old Viewpoint. Same for the new one. However, this development of a New Viewpoint is deliberate this time, driven by Self Love.

Also, now as you practise and have success, tell others how to do this.

You may not get the explanation to them correct the first few times, but keep adding to your words, clean up the edges, polish the delivery, and there you are a teacher, a master yourself.

And the last 'by the way': you are really a master already.

This may confuse you, as you may still believe there is much to do!

As you move from body-centric identification (don't you love that) to Spirit-centric identification, you will see this has always been the case.

You actually do not have to learn anything new. You just need to drop the Old Viewpoint, unlearn some old mental habits, mis-perceptions, beliefs,

etc., and surrender to the New Viewpoint and allow the new way of being. A surrender into the default you, the real you, the Love you.

In body death, you will find that when you seemingly cross the divide, you will suddenly run slap bang into yourself again, and guess what—you have always been there.

Sort of like the 'Avatar' movie.

Remote podules aren't required, or technology, but you do fire up the avatar body each day and move it around in virtuality having experiences.

You can disconnect at any point, and usually it is when the body is old and worn out.

Some final thoughts.

Remember, if you are running into situations of mental complexity, this is the mental slide also.

Return to simplicity, with a deep breath and a choice, possibly a smile also. Just drop it all and laugh and say 'Caught you!'

Keep it light; you are light.

You are loved always and forever.

It is impossible to be otherwise.

How's the Viewpoint??

Well done.

Love to you all.

*Shamaré—The Guardian, the Protector, the Door
Keeper, and the Gate Keeper*

Addendum

A few more tips

We are not going to move along too fast on this journey until we have the basics settled in the mind.

Here are some expansion notes and thoughts on Spirituality 101 which may be helpful to some.

When 101 was originally released, I asked the guinea pig readers for feedback, and several reported back to me their experiences of watching their mental slides, and some of these observations are quite interesting.

Some actually started catching many of their mental slides and dealing with these re-activities, inside that arising moment.

You also may now be watching and catching. This is quite something to achieve, as it requires your Observer to be present in that re-active moment.

Others said they realised *after* the re-active event that they had missed the mental slide.

You may have your mind saying at some point, 'You missed one!' And you can smile and say 'thank

you, yes I did'. And then re-enact the event right then and there and start to heal that particular re-activity.

Some even expressed the view that they are not going to waste time, diving into old habits of being upset about this or that anymore.

If you find yourself entering into this Viewpoint, stop and reconsider.

To heal re-activity, it is not a matter of hardening up or re-resisting the emotions, the dramas, the re-activity, but mental healing is getting over the need to re-act, which is based on some past mis-perception or belief that is held in the mind.

So be careful that you don't shut down on these moments of emotions and never heal and in fact just re-bury old re-activities once again.

To heal, you have to stay with emotions and sit inside them, embrace them, and allow the recognition that you are responsible for the re-activity arising, taking ownership of your emotional and mental state.

I am creating this re-activity. It is mine to do with as I will. I can forgive myself for creating it and release it. I mis-perceived and created in error.

The release is letting go of the mis-perceptions and

beliefs that cause a loss of Peace and Joy and stop the Love flowing to you and through you.

By the way, beliefs are only substitutes for True Reality, and are at best just simple childish illusions, ideas, dreams, insanities of how it really is, a false reality.

In True Reality there are no beliefs required, it just is; hence the burden of holding a whole parcel of beliefs and perceptions, self-definitions, politics, culture, religion, food, wealth or lack of it, health, etc. just drop away as a useless burden, dragged along with a chain from the past.

You mean to say that even some of those things I hold dear to me are going to drop away?

Oh yes, eventually you will realise that they are what they are, and they will be like chaff and just blow away.

Imagine living a life where only Love is Real all the time, and there is only a smile and a Peaceful Mind. This is your birthright (and we are not talking about human birth).

However, you have to decide and choose if this is what you really want, as it is that deep desire which will kick off and sustain the pursuit of true

freedom, with Joy and Peace of Mind, with Love flowing to and through you.

What do you really desire??

To see what your desires are, you can try this little project on for size if you like.

Get a piece of paper or maybe even get a little book.

Write down your desires right now. Say just five or six things, then come back to reading.

So you have your short desire list.

Jeshua taught us about doing this little desire list many years ago now, and you will see it becomes a little bit of a joke, really. Because after you are over the desire for the money, the sex, the possessions, the perfect job, the perfect body, the car, the house, the status, and the being liked, etc. (you see it is a little joke) you really just want Joy and Peace of Mind and to be surrounded with Love.

Maybe a few of the others also!

So try it out, maybe for a couple of weeks; write down the list of your desires and watch the list morph as you drop the frivolous and see what it really is that you truly desire.

Because, you see, when you have the big three coming at you (Joy, Peace, and Love) from Reality all day long, what is in the way to having everything you desire?

You are the fundamental creator of your small world here, and as we progress you will see this world expand until you realise you are truly expansive and way beyond this small self.



So some more tips, because don't forget, I have done all of this also, and I was slow and struggled and moaned and groaned and I felt I had to fight everything that came my way for many years.

I am so happy that some of you are making this so easy and doing it lightly, as you know you are light itself and grand creators of your own reality.

Some of those early readers that I see from time to time are truly literally glowing. The Joy is back, their peaceful mind is coming on stream for longer and longer periods of time, and the Power to change is flowing. They are re-discovering their master again.

Now if you aren't at this level yet, here are some more tips.

First, don't compare yourself to anyone. En-Joy

your moments. This is your game; do not let anyone interfere with it.

In 101, we discussed re-activity when being with other people.

It doesn't have to be just when you are with others that you catch the mental slide. It can be when you open a letter from the bank to find the statement saying you have no money left, or a good friend has just left this world behind and you feel alone, or a relationship breaks down, or you fail your exams, lose your job, are told you are ugly or smell nasty, etc. Anything that takes your Joy and Peace away is a mental slide.

So let's work on these types of mental slides now, as the idea of dialoguing with another person may not be you at present. You may be so frightened with human intimacy that you shut down and go for absolutely no real dialogue at all, a numbing out. A submissiveness overcomes you. Anything to keep the Peace.

Maybe saying to someone, 'Look, I am practising to remain in a Peaceful place blah blah blah' is just too much, or you have the thought, 'I am so into automatic that I just can't watch the mental slide taking place. It all happens far too quickly for me to catch at present'.

So let's start with something easier, like watching the news on TV (that got you smiling). Yes, TV news almost always invokes a response; they do it deliberately to get you going, and you may watch over and over again, like getting a fix, until you diet and swear off it. However it still wins every time as all the re-active hooks remain in place in the mind.

(By the way, the mental slide could be just as simple as suddenly feeling depressed even without watching the so-called news. Anything that mentally slides you into no Joy or no Peace.)

So sit and watch TV or your life (it is a big TV), and as the feelings arise, start a quiet internal dialogue with self.

We will work this example with Self as it may be easier. The need for privacy may still be strong at this beginning mind level.

Say something like this.

'Excuse me, Self, I am working on staying Peaceful and in Joy and allowing Love to flow through me, and this TV news is pushing my re-active buttons all over the place. I sit here and I am making judgments on many things, places, people, and events. I would like to take just one of these things and sit in it and work through the healing process on it. Is that OK?'

You are allowed to be a little whacky, you know, make it funny, make it light, make it silly and smile as you go through this.

It is seriousness that locks re-activity in your mind.

OK, so you have your event that got you all steamed up in your mind, that turned on the emotional and re-active juices. Now turn the TV off and sit and imagine and feel everything to do with that event that caused the re-activity to arise, feel it, and feel it, merge with it, let it build and consume you.

Emote. This is you being the creator, the master. You are choosing the response; you are making the response based on a mis-perception that needs healing.

Now ask self as you sit in the middle of this energy, 'Is this energy I am making, is it something I wish to continue in? Does it serve me well?'

Now breathe, because you probably have stopped or become shallow. Diaphragm breathe and get perspective again, and smile and say, 'Self, I am getting perspective, I am lifting out of this mental re-activity, this emotional drama, I am lightening up (and that is true)'.

You are now through. Love allows all things. You did

not turn it off, you felt the judgments, the fear and guilt, etc.

Now Love trusts all things:

Say to self, 'OK self, this a grand opportunity to heal that piece of my mind that is all upset. I have chosen this event to heal a piece of myself, I am trusting this arising event has come to me so I may heal my mind'.

Breathe, keep it all alive, do not turn it off, feel it in the body (Where? Name the location), watch it and marvel at it.

Once you recognise this as self-created, say 'Self, I know I am creating this mental re-activity; however it seems as a mystery to me where does it all come from. I am feeling and watching it; it is amazing. I have done this so many times automatically and thought this was the only way to respond, but now I see there may be another way'. (And smile or chuckle or roar with laughter as it is your own joke with self.)

You are launching the master now in a different way.

You have just slipped across into Love embraces all things.

Say 'Self, I am going to hold this fear as a friend that

I have brought to myself to allow healing with Love. It is my teacher. (And I thought it was my enemy all these years.)'

Sit inside this as your mastery and power come flowing to you.

Say 'I embrace you as friend' and breathe, stay there and sit in it and allow Love to dissolve it away and you will start to feel Joy and mental Peace returning.

This may take time or not.

You are now inside Love trans-forms all things.

You may, as you sit with your eyes closed breathing, have flashes or recollections, or snippets of video and audio from the past where this all originated from, or you may have a deeper dialogue or find it just dissolves.

Every situation is different.

You have now allowed Love to trans-cend the fear, the experience, the thing, and the monster is now become a friend, something that has brought change to your mind.

You will never be the same again. You are a new person and your mastery is returning, via desire,

intention, allowance, and now surrender as you move to this new place.

Next the realisation that only Love trans-mutes all unreal created things.

This is a life-changing event, no matter how small or large.

There is no order of magnitude in miracles; all are equal and as useful.

Joy and Peace of Mind with Love flowing to you and through you have returned, and all you did was sit, watch, breathe, allow, trust, embrace, and watch the trans-form (changing form), the up and over of fearful energy trans-cend, the trans-mute (changing from once substance to another or energy from fear to love).



So there is the process. You may not get through all of that in the first go.

Actually you may be surprised at what arises for you in this process.

It may be a resistance to holding the emotion in place. You may find you jump out of the emotion.

Or holding the memory of the event. You drop into

the memory of the event in the past and you find you jump out because of fear, maybe even changing the subject and having to walk away and do something far more 'important' like clean the house or car. Smile.

Or you find you can't embrace the emotional drama moment of healing as a friend. The fear is too great, and you cannot let go. You sit in the emotion, and the memory of creating the original instance of it arises, and fear takes over and you cannot move to embrace and allow Love to do its thing. You may need to return several times to this or get a friend to work with you and hold you in place, to allow Love to de-fuse the fear.

Usually your Love for Self will win, and you will find a way to proceed. You will be very happy in that day.

By the way, you do not have to win every occasion. You can leave some on the shelf for a rainy day. This is not an exam to be passed. It is an unfolding experience, happening for you in the right order.

Or you may find the ego mind will get you into a drift away from what you're doing. You suddenly realise you are off point and day dreaming again or even going to sleep or now snoring away. Ha ha, well done.

Dialogue these little off-subject mental slides and

come back. Use a mini Love Mantra session to dissolve this sabotage pattern and return to the original healing.

Continue on. Each time it will get easier and quicker.

Start at this level if you are truly frightened of people dialogue.

But know this, that the fear of people dialogue also can equally be dissolved away, at any moment when you desire it.

Whatever you decree—is.

The universal energy of Love—which is you, the mother, father, god, source of all that is—will flow into any desire you have and will not disappoint you. It is impossible, even if you decide to be fearful again tomorrow.

Always supporting, always loving, always gentle, always quietly being there, always without judgment.

You are safe always, you are Love always, you are Loved always, you are Loving always, you are Loveable always, you are Always, and you are the one you have been seeking all this time, full of all knowledge and wisdom.

Self Love at any level is the power to a full healing of all things.

If you do not feel this about yourself, there is your doorway to healing; enter into that doorway of a mental slide or self-judgment.

If you feel you are not Loveable, there is your emotional doorway to heal. Slide into that doorway and emote and heal it.

Dialogue, dialogue, with others or self but dialogue.

Do not sit in silence dis-empowered any more.

Decide to move through this stuff. There is a new you waiting for you.

Anything that is not Love in you must come out, and it will.

Ask it to come out. It will come out in the right order.

You see, True Self, sane self, or divine holy self (if you would allow that thought) is just waiting as a servant to do all this miraculous stuff for you.

You are in effect during these sessions just saying to sane self, 'I pass this stuff to you', as you breathe and sit in the energies that arise, and as you watch

the love flowing, the healing comes and there is a return to sanity.

So allow **All** to arise in you.

It will come in the right order for you to heal.

Love Trusts that this is the case and Love Allows that to happen. And you are Love itself.

You have woven a great tapestry of illusions, beliefs, and mis-perceptions, and you are now unravelling this.

Watch the unravelling. It seems miraculous at first, and then it becomes your very best friend.

You spend a lot of time with your best friend. You feel good with your best friend.

All of that above work in 101 and 101 Addendum—emotional dramas, fears, guilts, judgments of self, resistances, mutant energies—is working with illusions or the un-real.

As there is no reality in any of this work, it does mean you can do what you like with it.

You created it all and now you can un-create it all, as the game of Re-Integration to the One takes place.

How's the Viewpoint??

Well done.

Love to you all

*Shamaré—The Guardian, the Protector, the Door
Keeper, and the Gate Keeper*

About Shamaré



Shamaré lives in remote hills in Northland, New Zealand surrounded by forests, birds, animals, streams and nature. From an early age, he knew that the world he was being shown was missing some essential knowledge. This knowledge, as spiritual writings from Shamaré, has been shared worldwide to a private group of friends for more than 20 years.

His commission now is to bring this knowledge to mainstream readers worldwide, to share a vision of the future where humanity can finally bring

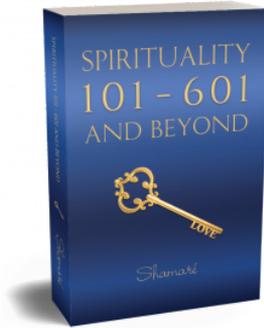
heaven to earth as a reality. Shamaré (designated as the Guardian, Door Keeper, Gate Keeper and Protector) is now a public instructor of this knowledge and is available to meet your group of friends to share and expand this knowledge.

Shamaré's teachings may very well become the opening and support you need in your own pathway to awakening fully.

Find out more or sign up for Shamaré's
free newsletter

www.shamare.com

Buy the Book



This set of simple mind lessons can lead you back to the Real Life with full Spirituality. It is not religion, it is ancient information from the beginning of all created things. Learn to take responsibility for your ego self, to awaken again as Spirit Self, and that Love flows endlessly to and through you from a Source in the very depth of you.

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