

## **January 1 BEGINNINGS**

**This will be a year of endings and beginnings for you. When I, the spirit of truth within you, tell you to now die daily to the past, I am promising you that by experiencing your own divine yet human self you will be re-born each day. On every day that you experience union with me, your God being, you will once more give birth to that divine presence in you called the Christ. If you dedicate yourself to it, every day this year can consciously begin with our communion, and with it the end of old limitations and a new lease on life.**

## **January 2 LISTEN**

**This is a year you will spend consciously aware of Me, your higher being. Sometimes I will come to you impersonally as a feeling of gratitude or appreciation, sometimes as the presence of Christ consciousness, or sometimes as divine intuition. It will always be me, the Spirit you, speaking to the personal you. Each day take time to listen and to hear me, for this is the year we, your personal human and your impersonal divine self, will talk clearly to each other. Feel the possibility of our communication as never before. This is the year. Listen and I will speak.**

## **January 3 INFINITE LOVE**

**“...it is my good pleasure to give you the kingdom.”**

**Do not forget the purpose of our times together. Feel my presence. Remove all thoughts apart from the love of God,**

**your divine Self. Keep this moment sacred by asking for nothing except a conscious awareness of my presence as your Self. Let go of your finite sense of self and merge with the infinite love that is your true being. Let me, your Spirit, cleanse and purify your personal sense of self with your own healing love and then return to the world, but first let me, your spirit, nourish you and heal you. I know your human needs. It is my good pleasure to give you the Kingdom. Actually feel my presence as your presence.**

**January 4          OPEN YOUR I**

**Just as you have two eyes, you have two I's through which to see yourself and your life. One of your I's is your divine self -- your spiritual reality, your perfect and the loving Self. The other I is how I manifest at the personal sense level. I, your Christ-vision, does not ask you to shut your eyes to personal sense, to human limitation. Your humanity has its purpose, but I do ask you to realize that your humanity cannot and will not keep you from your ultimate good. Open both your eyes with love, and recognize that the eternal life that I AM is your perpetual self. Your temporary personal sense of self is God Self's gift to the world as well. Open both you I's so that the world can see the light in your eyes.**

**January 5          FLOAT IN THE RIVER OF LOVE**

**Today, just feel my Spirit flowing through and as you like a river, a river of grace. Float in it. Let it carry you. This is the river of trust, of assurance, of fulfillment. Resist not. Let the Spirit of love surround you, support you, and carry you until**

**you become aware that you are the risen Christ. Have the ears to hear what I AM saying and the eyes to see what I am offering you. This river of grace is My life and My love. Let it flow through, in, and as you.**

#### **January 6 HEAR MY WORDS**

**I speak and the world melts. I, your higher being, am going to speak within you as never before, and when I do the world of material sense will dissolve. As the year evolves you will be able to hear more clearly and at greater depth. My words come from your own spiritual consciousness and though they reveal a presence that is within all beings, few are blessed, as you are to be able to hear. All material appearances are consciousness expressing itself in form. When you listen to your divine mind the world of illnesses, of problems, and of confusions, will melt before your universe. Quiet your thinking mind and hear me. My words are power.**

#### **January 7 EXPECT THE NEW**

**You are tempted to look for past answers and old solutions, but each day is new. The past has served its purpose. Let it go. If you measure today in terms of the past, you become like Lot's wife and you will turn into a pillar of salt. Let me show you a new way. Each new day is a fresh learning opportunity, and all learnings are new experiences. So do not look at the past. Do not try to compare. Comparisons are compromises. Stay in the now. Feel and listen your way to new freedom and greater peace. Be expectant. Feel the Christ newness living you now, and follow it.**

## **January 8 LISTEN FOR THE SOUND OF SPIRIT**

**Listen. You can't listen if you do not stop thinking of today's problems. Listen to the sound of my presence. Do not think of and do not seek for anything, not even for peace or fulfillment. Just listen; really listen to your spirit and you will hear what it has to say to you. I speak in the silence for I am Spirit. I am not sound. Sound, as in music or poetry, may represent my presence, but that which you feel in the sound of silence is the presence of my Spirit. Hear me by feeling my presence for I AM the Spirit within you. I AM your being. Listen for and to yourself: The self that I AM.**

## **January 9 SPEAK TO ME**

**This day is the day when I want you as a human being to speak to me, your higher consciousness. Do not ask of me; tell me. Take a moment now to tell me your thoughts. I am listening because our love is a two-way street. Tell me of you needs, your love, and your heart. Then switch over. Be quiet and let me answer. Lay your burdens at my feet. I, your divine consciousness, will share them with you if you will let me know. Tell me and then listen. Unless we speak to each other, we are not united. Speak, and then listen for my answer. Listen to the still, small voice. I will not fail you.**

## **January 10 PRAY**

**Your prayers are not a matter of your petitioning some power apart from your own self. They are a matter of your surrendering yourself to yourself. There may be something in you that resists surrendering, and rightly so. That is because you have thought surrendering has meant surrendering to something or someone outside of yourself. It does not. It means surrendering your outer or personal sense of self to your own inner divine self, to my presence within you. When you pray, offer your self to your own inner spirit and let it surround you in love until you experience who you are, my divine presence.**

#### **January 11 FLOW WITH THE RHYTHM OF LIFE**

**The earth has rhythms. The tides come in and go out. Darkness follows day. Do not be discouraged when you do not immediately feel my presence. My presence has its rhythms. There are those times when Spirit comes easily, and there are times when it seems to ebb. Experience the rhythm of the divine plan in both joy and in lack. Ebbs and flows take place within the one divine plan, though the plan itself never ebbs. Flow with it and know that I, your Christ consciousness, AM with you in both the good and bad. Prepare yourself for your next mountaintop experience. Fear not, it will be on time.**

#### **January 12 EMBODY THE SPIRIT**

**You do not have to always hear my message in words. It can come embodied in the Spirit of a flower, a sunset, or a wave caressing the beach. Listen with your eyes and see with the sounds you hear. Smell my presence with your heart. Find**

**me behind the faces of those you pass on the street. Wink at negative appearances knowing I am hiding there. Give yourself in any way you can, and you will receive my Spirit infinitely expressing itself as your being, both physically and mystically.**

#### **January 13 GO HAND IN HAND**

**“If you make your bed in hell, I will be there.”**

**You have to realize that no matter where you go, I AM with you. No matter what you feel, I AM within that feeling, waiting to be recognized. In light and in dark, my presence, the presence of your Christ consciousness, is within your heart, ready to share this moment with you. Fear not. Just walk with my hand in yours this day. Let me reveal the glory you will find in the freedom of Spirit and the joy of love that is your true Self.**

#### **January 14 USE THE GOLDEN KEY**

**I have given you the golden key that opens the door to an awareness of my presence. That key is gratitude. Gratitude is not a quality; it is a direction. It is the direction toward which you have always been heading since you discovered that God is within and as your being. When you feel you have lost direction there is one way that you can get on track again. Begin each day and each meditation with gratitude. Stop for a minute and consciously think of the many things for which you are grateful. Listen to your gratitude. Feel it, and I will take you the rest of the way.**

## **January 15 REMEMBER**

**This is our moment, our moment together. Do not waste it by thinking that you have to accomplish something. Just be with me. In sleep you let your body renew; so awake, let our love renew itself. Stop thinking and just listen. I AM here to tell you to remember, to remember that we, your Christ and your personal self, are one. Let us spend this time remembering to rejoice in our shared love. We cannot be fully together as long as you are trying to overcome something, so stop, listen, and remember that our name is written in heaven - I AM.**

## **January 16 PUT ON IMMORTALITY**

**Each day I AM becoming more real to you and through your listening you are hearing my voice more clearly. That means that bit-by-bit your material sense of self is becoming less insistent and is beginning to lose its power over you. Now you are putting on your immortality. Just see your material self as the vehicle that houses the presence of the Christ that you are. Then your true Spirit-self will grow daily until the world no longer can affect you. You will start to realize that you are immortal and untouchable. Feel the eternal Christ growing in you. Feel my presence becoming more real to you each day. Feel my being absorbing you, because I AM you.**

## **January 17 CLOSE THE GAP**

**You are not here to bridge the gap between your humanity and your divinity as though they are two. You are here to close the**

gap so that what you have considered your human-ness is revealed as being the perfect expression of your divine Christ-self. That is what my life symbolized when I was Jesus. You, too, are God being present in the flesh just as Jesus, Buddha, and all the masters have been. There is no gap between any of us. Forgive your problems. Let them go, and then you will see that there will be no remaining gap. You will completely close the gap when you transcend either/or and love yourself as a divine human.

**January 18 ENTER THE DOOR OF LIFE**

**“I am the way, the truth, and the life,”**

**(John 14:6)**

Life is movement, always coming and always going. You are movement passing through many states of consciousness. You are moving through a portal. I AM that door. Do not think of me as a human being. Do not think of me as a man or a woman. See me as a state of consciousness, as Christ consciousness. Each day move into that portal. That is where you are now to live. As you move into an awareness of your higher consciousness, you will be at home in me. Enter my Christ spirit, rest in it for a moment, then go about our business: the business of love.

**January 19 ACCEPT GOD'S GIFT**

**“The earth is the Lord's and the fullness thereof” (Psalm 24:1)**

**And, "Son, all that I have is thine." It is God's good pleasure to provide you with all that you need. Appreciate them, but no longer depend on another person for companionship, for a job, for supply, or your body for health. Instead, depend on my presence appearing in and as your supply, your health, or your companion; otherwise you are denying that it is my good pleasure to provide those things. As long as you continue to depend on anything other than my presence -- the divine completion within you -- you will fail. Seek the fulfillment of all your needs from that which you have within your self, and you will live as me, the embodied Christ.**

#### **January 20 LIVE IN DIVINE HARMONY**

**I see into your heart. You really do want to have faith in me, the Christ spirit within you. Ask and you shall receive. The way I can tell if you are loyal to me is by the manner in which you accept and flow with the divine plan of life. The Christ that you are is a divine harmony of life. Trust it. Let go of fear, anxiety, or judgment, and when you no longer resist the ever-changing experience of life, you will be in tune with me. Cease even the need to understand. Just listen to the music of your soul. Then we will harmonize with each other.**

#### **January 21 CUT THROUGH**

**What do you want? Do you want peace or a sword? Perfect peace will come to you when you have no more growing to do. Until then, I give you a sword so that you can cut through the problems of life and be creative up until the day of your ascension. A sword has two sides. One side cuts through**

material obstacles and the other through spiritual darkness. Use both sides of yourself, your inner spirit and your physical presence. Refuse to accept material limitation, and use your divine consciousness to cut through spiritual ignorance. Take my hand, the handle of the sword, and together we will open a way to heaven.

#### **January 22 MOVE BEYOND TIME**

Your sense of time and space keeps hiding my presence from you. Drop any thought you might have that involves a particular time or a particular place, and you will feel my spirit wrap around your soul. Let go of time, and you will realize we are now, and always have been, One. Every fear has to do with time. Let go of any thought that has to do with time, and in the now there will be nothing left but an awareness of my presence. Feel me, your divine presence, everywhere -- inside of you, outside of you, and all around you this minute. Now sink into my allness as you would into a feather bed. Rest in that which I AM now.

#### **January 23 PRACTICE INSTANT OBEDIENCE**

What you need now is instant obedience. You have come to the most difficult and liberating step in your life: instant obedience. Instant obedience is the ability to stop the first negative, judgmental, or discouraging thought right in its track before it can take hold. Reasoning is addictive. If you allow the first poisonous thought to take hold, the next comes easier until you are drunk with self-concern. Instant refusal to play your mind's game allows you to hear me. It ends self-

**centeredness. Instantly obey the spirit of love that is your true being and watch the miracles take place.**

#### **January 24 HEAL YOURSELF**

**When you have the slightest sense of separation and you feel something else other than my presence, you need a healing. To be healed is to be made whole by once more consciously realizing that we are One. See your sense of separation literally melting away. Visualize yourself opening like a flower. As the flower opens, feel the healing taking place. Now realize that you, yourself, are both the healing process and that which is being made whole. Open yourself to yourself as the whole perfect, harmonious, and complete being that you are.**

#### **January 25 HAVE FAITH**

**We need to communicate, and faith is the language by which we communicate. I have faith in you and you have faith in that which I AM. Faith binds us together in trust and in union. Faith is the glue of our love. Through faith, feel my divine presence appearing within and as you. Have courage through faith to let go of fear. Through faith release the energy of life from the laws of human nature. Through faith God is moving in the world as who you are. Faith is remembrance. Remember that I AM your higher being. Have faith in who you are, the presence of God.**

#### **January 26 BUILD THE BRIDGE**

No matter how simple or mundane something is if you listen you always know what you have to do next. I will tell you what your next move is. It is for you to cross the bridge between my guidance and what you have to do this day. Take no thought beyond the next step, and then if you listen, “I”, your own inner divine I AM consciousness, will show you each moment what you have to do. This is what it means for you to live by grace. Feel this grace operating in you as your life, and you will see that I AM the messenger of grace. You have always lived by grace. Acknowledge that I AM the bridge and feel my love supporting the divine/human being that you are.

#### **January 27 START WITH ME**

Put me first. I do not ask you to ignore the problems that confront you. I do not ask you to deny your human self. But I do ask that you put me, your Spirit self, first. The love of God is fulfilled when you see me, the Christ, as the truth of your being. First honor, listen to, and focus on me, your higher consciousness. After that, you will be ready to fulfill the second commandment -- the love of neighbor. Take your neighbor-self, your human condition, and love it. Each morning let all else go until you are in the flow of the Christ Spirit, and then love your so called human self in the light your being that I AM.

#### **January 28 BE THE ONE LIFE**

**“I am in thou and thou in me.”**

If there is but one life, do I represent that life to you? Do you believe that you have a life of your own apart from that One life? At this moment your Spirit tells me that a part of you still feels a sense of separation. Let it go by accepting me, the Christ of your being. Accept our oneness. Let all your cares and fears be put at my feet, where the divine and the human stand together. Rest in me. Rise in me. Live in me. I AM the air you breathe, the love you love, the life you live. Let any thought of a life apart from me dissolve in me -- the way and the truth. Your actually being able to experience that you are all that God is happens to be closer than you may have thought.

#### **January 29 BE CONSTANT**

You have one constant need - to automatically reach for me, the Christ, your higher consciousness. In times of distress it's natural for you to feel anxiety, but you must constantly let go of it in order for you to keep the door open to your inner guidance. Constantly let go until you are automatically aware of your divine Christ nature. Be constant. Constantly let go of your problems so that your own divine consciousness can lift and heal them. I will if you will. Listen and let go until I AM constantly at the center of your consciousness, and together we will live in the spirit of love constantly.

#### **January 30 IGNITE THE FLAME**

When you look at the flame of a burning candle see it symbolizing the presence of my Spirit. It represents the flame of my Spirit alive within and as you. It is a visible symbol, a

**bridge to the living presence of the process that is living your life. When you welcome and trust the flame you are acknowledging my I AM presence within you. Ignite the flame. Feel its light. Let it dissolve the shadows. Visualize this flame as the reality of my Spirit within you and burning as you. It is you.**

### **January 31 EXPERIENCE SOUL PURPOSE**

**This time do not come to me for a message -- not for words or ideas, not even for instruction or guidance. Those will all come from your experiencing my presence, the God presence in you. This is your time to go beyond thought -- to feel your oneness with me, the I AM of your being, and thus with God. Stop analyzing. Stop thinking. Just feel. Let your soul-purpose be to feel my presence. Drop your burdens or concerns and experience my presence as your presence. Do not think, feel. Feel my presence at the center of your being. I AM here.**