



# **NEW IRISH BLESSING FOR LIFE**

***“12 blessings  
for the journey home.”***

**VOLUME ONE**

***by Tony Cuckson***

**Dedicated to my greatest blessing**

**Barbara Mary Smith**

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# BLESSINGS ONE-HUNDRED FOLD...

*Dear Tony Who Has Changed My Life, Thank you for being.. and thank you for being YOU. To me, you are a beacon, illuminating the way Home. When I read your words, I sense that you are carrying me Home.*

*Love, Peace, Joy & Happy-ness to you and Bee. Mary McGillis – Mary’s Moments Radio Show - Canada*

.....

*Fantastic, Tony! Enjoyed reading your pieces very much. My favourite is “The Blessing for a Young Child.” I loved that so much the first time I read it about the innocence of a child. You are a marvel.*

*With love and blessings  
Brenda Gaffney  
Co. Cavan*

.....

*Tony Cuckson, there is only one thing I want to say to you besides my gratitude and that is that you have such soul the like of which I have seldom come across in my lifetime. You are a blessing from above.*

*God sent you to me today. I knew he’d come up with something, but I never thought it would be in the form of a seraph.*

*Thank you for uplifting me beyond my wildest dreams and for bothering to take the time to write. I would love to hear from you again.*

*Eileen Lawlor  
Co. Donegal*

.....

*Thanks for another refreshing and renewing edition. I enjoy the meditative pause and the attention to the everyday you’ve offered here.*

*Sister Pamela Smith SSCM  
Pennsylvania  
USA*

.....

*Tony, this is a beautiful piece of writing. It captures something absolutely spot-on about life, something I’ve been finding more of in my own life, over the past little while. A wonderful piece of writing, Tony, set off by a wonderful quote! Spot on. I am going to print it off and share it with some friends here.*

*Ann Scott  
New Zealand*

.....

***Thanks for this. It's lovely. I think you write beautifully with a distinct calm poetic wistful lyrical tender personal voice.***

***Richard Keeble, Lincolnshire, England***

.....

***Your writing recd this morning is just beautiful - in my opinion the most profound you have sent. And of course it brought tears to my eyes. I have that book so I took an hour out this morning and went up the mountain book and your writing in hand. It was great and it's a great freedom to know that you are complete as you are.***

***Breege Walsh  
Co. Donegal***

.....

***Thank you so much for this uplifting of Spirit, this reminder of who we truly are! Please, whatever circumstance stands before you, Tony, please, continue writing from your heart. You may not be aware how your words touch people's lives..***

***Love to you and yours,  
Veronica Cressey – Australia***

.....

# **NEW IRISH BLESSINGS FOR LIFE**

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# Introduction

Welcome to “*New Irish Blessing for Life.*”

Welcome means, “come and be well.” It is a reminder to us to “Come to the well of our being” and drink. This is nourishment for all of us who live lives separate from this wondrous experience of the Oneness we call life. There are twelve blessings in this Ebook *New Blessings for Life* for you to read and I hope enjoy.

These cover many themes. These are intended to take you on a journey. This is the journey we all take from the time we are born until the time we depart this world of time and space and form. These blessings are intended to help you along this journey. They are intended to be shared so feel free to send this Ebook to anyone you wish. The writer requests only that you kindly do not alter the content without express permission.

These blessings are written by a real fire in a little cottage I call my home in Ireland. This is situated on the borders of the counties of Cavan and Leitrim. This cottage is close to the source of the river Shannon. In writing these blessings the writer is attempting to return to the source of his being. This source in Ireland is known as the Timeless.

This is only another word for the more common word God. Except that throughout the history of time this word has gathered much baggage. The beauty that lies behind this word (which is not the word itself) has been lost and forgotten.

Scattered throughout these blessings are words such as “the Divine,” “the Source,” “the homeplace,” “essence,” and “being.” All these words are interchangeable. They refer to the Oneness of the experience of Love. No matter what word the writer uses he asks you to remember that the word is not the experience.

In this Ebook there is mention of, “*the place of the briars.*” This is our cottage outside the village of Dowra. This is the first village on the river Shannon. This cottage is on the townland of Cordressogagh or called locally Corroogue. It is a place apart. It is a place of heart and hearth. This, for the writer, is a place of grace and of true blessing for the soul set amidst the beauty of nature.

It is from the shelter of this place that the blessings this writer has been graced (if he might call it such) to write flow. This writing only works to the extent that the writer as ‘little me’ gets out of the way. If you find any of the words do not touch your heart it likely indicates that he has lost touch with the real source of inspiration of such writing. This source is the unconditional everlasting flow of Love in the ever present now.

The writer begins each day with the recognition that he has been blessed another day. He follows the instruction and inspiration of the great poet Kahil Gibran when he advises: -

***“Awake at dawn with a winded heart  
and give thanks for another day of loving.  
Your daily life is your temple and your religion.  
Keep your heart in wonder at the  
daily miracles of your life  
For in the dew of little things your heart finds its  
morning and is refreshed.”***

This is part of a spiritual practise that the writer refers to as the practice of presence.

To live life to the full requires you to be present. Life is our greatest present from what we in Ireland know as the Timeless. There is nothing you have to do to receive it. It is a gift from beyond. That this gift is ever present in our lives without our need to earn it in anyway is really the problem we have. Where it that we could earn it by doing something then this we could at least understand what might be needed.

This blessing of Life without conditionality is to be celebrated. This Ebook is written with the intention that it invites you to honour this blessing with thankfulness and gratitude. This is beneficial in all ways to the health of your body, mind and spirit. It brings you closer to the real you.

In this Ebook of *New Irish Blessings for Life* the intention of the writer is always to remind you that you are forever enough and in truth Forever Young.

For most of us the willingness to surrender to this experience of unconditional creativity that arises forever is something we resist. In all religious traditions this is called ignorance. This is not ignorance in the sense we normally understand the word. We tend to think of ignorance as meaning the expression of rudeness. In this Ebook the word ignorance means to ignore. It reminds you that you live the life you live and ignore the real life that we in Ireland refer to as Tir Na Nog – the Land of the Forever Young.

The reason why this Ebook is given to you freely is to invite you to awaken to the beauty that you are.

In Ireland we represent beauty through stories about those called, “The Shining Ones.” These are the people we call the Tuatha de Danaan. This translates as, “The Children of the Goddess Danu.” These are the people who over time became the fairy people and who, though once tall and majestic, became “the little people.” This is the Irish equivalent of the Star Wars trilogy. The Tuatha de Danaan represent the forces of light who fought the dark forces of the Fomorians at the Battle of Moytura. Except this was no happy ending. The Tuatha de Danaan lost and they were driven underground into the Sidhe. There they remain to this day.

They are awaiting the return of beauty in the world of form.

In this Ebook *New Irish Blessings for Life* the writer invites to you be one of the people who commit to inviting the return of the beautiful people from their underground exile.

They will return to the world of form when you and I commit to being the knowing of the beauty that we are. In this way we challenge the forces of darkness represented by the Formorian mindset that pillages the earth and keeps billions of our brothers and sisters in abject poverty. This Ebook is given to you freely in order to be such an invitation.

You can realise the beauty that you are and make this experience of Blessedness a daily practice. Blessing as a practice engages ones feelings. You are a feeling being. You are not just a doer of your life. This being human is truly Divine. This is the real you beyond the mask of persona. This is the real you that is magnificent beyond measure.

It is the intention of this writer and storyteller that the words in this book flow from his being to your being. This is the best that I am graced to allow. When this happens we are together. We transcend our sense of separateness. We come home to our true sense of Oneness. To this experience there is nothing to add.

This is the invitation extended by this writer in this Ebook, *New Irish Blessings for Life*. What other invitation to invite and invoke? You and I can change the world simply by the way we see it. The beautiful people are not different from you and I. They are able to see with the eyes of the heart. To see with the eyes of the heart is the beginning of the end of suffering.

It is to see and move beyond the threshold places. It is the willingness to journey beyond what is known in Irish mythology as “the Ninth Wave.” It is to be willing to commit the heart to the two worlds that Ireland has not yet relinquished. This is the world we know as the world of time and space and form. This world we are all too familiar with.

The other world is the world on which the world of time and space and form depends. It is the world that in Ireland we call the world of the Timeless. Should the people of this land ever forget to honour their allegiance to this placeless place beyond time then Ireland will not be the Ireland that so many people love. Should her people embrace the limited material dynamic of the Celtic Tiger then Ireland will not be the place she now is.

Beauty will remain underground.

Having said that the West and North West of Ireland offers resonances that are increasingly hard to find in this global village we know as the Blue Planet. This writer thinks that this part of the island of Ireland will never really be economically viable enough for it to lose its sense of timelessness. Industry may come here with its focus on clock time but the timeless will remain to invite those burdened by time poverty to come and dance the beauty of their essential self that they have forgotten. They will come as the one who comes looking to [Return to Tir Na Nog](#)

May your heart be open and secure. May you allow yourself the grace to receive the fullness of this experience of who you are beyond words. This is the experience of your Life. This can be declared as

**Love**

**Is**

**Flowing**

**Eternally.**

# The Practice of Blessings

You are a blessed **BEING**.

You can, with practice, feel more and more deeply blessed in this journey called life. Each and every one of us has talents and gifts that we have yet to develop to our full potential. Beauty is in your blood. The words blessing and blood come from the same root. Each is best allowed to flow unhindered. You can create beauty in each word you say. You can make art in each movement of your body. You are a poet and a dancer and this is just the beginning.

The writer of this Ebook is a storyteller so let us begin by sharing with you a story that the writer loves. Storytelling is a tradition that Ireland still retains. You could say that every Irish person is a natural storyteller.

This is the story of a woman standing outside a Buddhist temple. It might as easily have been a Synagogue, a Mosque, a Church or a Chapel. It could have been any form of sacred space. In this temple are one thousand bowls. She is invited to share a blessing in her heart for each bowl. One blessing is to be offered to each bowl. When she has done one round she can decide to do another. Then, if she wishes, yet another.

The woman at the temple holds back. She has come to give thanks. Only, like most of us, she did not expect to be asked to give this much thanks. She is, however, a woman of courage. She decides to take one step. She offers the first blessing.

Inside the threshold of this beautiful temple she stands before the emptiness of a single bowl. It feels like she has stood there a long time. She looks into the first bowl. It is empty but she finds that for a brief moment she is not. She recalls a moment of giftedness and gratitude. This remembrance is cerebral. This is memory. This is not too delightful.

The heart has not yet been engaged.

Then she stops. She steps forward after a moment and offers a second blessing. Then she offers a third blessing. The hesitancy begins to lessen. The steps get quicker and lightness of heart begins to build. It begins to be more fun. Before long she has forgotten how many blessings she has given or has yet to give. She is deeply present with the feeling of 'what is.' As she gives and receives in each moment the blessing of gratitude goes higher and higher.

This is often how the movement into feeling blessed flows.

This woman of courage is one individual willing to cross the threshold too remember the sacred. She enters into the room beyond 'complaining about.' She enters beyond

the feeling of forever wanting and never enough. She enters beyond the ever looking for increased satisfaction and status. She is willing to enter the new unknown territory of one thousand thanksgivings.

She could easily offer one hundred thousand blessings if she knew how to connect the breath and the spirit. She, like most of us, does not know this connection in her heart. She could also offer thanks for the last heartbeat. This could be done for round after round. If we were present to each moment then every breath and every heartbeat would be new.

We are not used to the experience of the new.

We fear change. It can be intimidating. We spend our life in thinking 'about' our life situation. Thus we avoid the experience of living now. Children are much freer in this respect. They feel their experiences flow more easily than we do. They flow into this blessing called life and it flows into and through them. Their connection with their life is a seamless communion.

This woman on the threshold of that other room shares in this list her heartfelt wishes. None are terribly complex. Few, if any, require money or great resources. Most are about her relationship with others and herself. This list includes honouring her relationship to the environment and nature. Most of her blessings are about the desire for courage to give freely. Too many reflect the missed opportunity to share love. Each is a blessing offered to an empty space.

To practice the art of blessing one requires a human body. This is in itself an extraordinary gift. It is one we all take for granted. We all have one of these wonderful instruments. Most of us at times want to get rid of a part of it. Most of us want to make it better in some way. There are some of us who want to get rid of it for good.

We as a society seem fixated on the way we look. So many of us feel undesirable and even ugly. We think ugly thoughts about ourselves. In this way we create our own reality. I have loved many beautiful people who hide any lightness of being under a cloud of poor self-esteem. With poor self-image the body suffers and we avoid our feeling self.

The Practice of Blessing encourages you to enter into the world of feelings with greater safety.

Most of us avoid this world of feeling much of the time. When we are asked what we feel we leap into our heads. We use the word "feel" when it would be more correct to use the word, "think." The extent to which we are divorced from feelings is reflected in the way these two words have become interchangeable. We go further. We segment feelings into "good" and "bad." Into our personal Pandora's box go all the unacceptable feelings. As the story of Pandora's box tells us this includes the butterfly of hope.

This Practice of Blessing requires you to come to your senses.

The Practice of Blessings will build a sense of presence, true self worth, a healthy heart and a mind at peace with itself. This is a practice you can do anytime and anywhere. You will be able to focus on the *full glass of enough*. You will be less driven by thoughts and feelings of anxiety about what you do not have. You will be able to rest in the experience of abundance. This is the feeling that life flows through your body without judgement or blockage. This is the free flowing acceptance of 'what is.'

The Practice of Blessing allows you to feel more, do less and give more of yourself. You enter the joy of real giving. This is giving of the essential being behind the mask of personality alone. You get to experience the blessing of feeling you are known and loved.

When you turn up and practice each day the feeling of being blessed will become a habit. You can then stand before an empty bowl or any empty space and feel a gladness of heart. You love to give and you pour yourself into this empty space. Out of the emptiness a paradox happens. You begin to feel fulfilled. Love begins to pour through you. You are like a hollow bamboo and the Universal song of blessing plays through you. This pouring is from a place of compassion. When pouring compassion begin with yourself.

The Practice of Blessings focuses you on purpose.

This is a selfish art. You are required to honour your own space. This is your unique space. This is the place from which your talent flows. You are selfishly required to give your undivided intention and attention to its growth and development. This is an essential requirement. As someone practiced in Art of Blessings I am selfish. The early hours of the morning are mine. This is my time. There is no answering the phone, listening to radio or television. The chickens wait. The dogs wait. Even the cat waits (most times).

Blessings are seeds.

They need time to grow in your heart. There are certain things that you need to weed out. Weed out the influences of this toxic society of never enough. Weed out the habitual experience of being absent from your life. Plant awareness of this ever-present moment in the garden of your heart. This is the only true place and time for beauty and presence.

This Practice of Blessing will make you feel more attractive. They are beautiful those who are fully present in the moment. Watch a child play. It is how you enter heaven. Absence from presence is the hell of most people's lives. Heaven and hell are not places beyond the life of the body. They are states of being related to the flow of your life's energy here and now.

The Practice of Blessing begins with you. Learn to enter the blessing of your life. Feel it more. Sense it more. Fall out of your head more often. Do not paralyse your life with analysis. Feeling you are not blessed is a habit. Habits can be changed. You only have to be willing to commit, turn up and take the next step.

So let us now begin a journey. It is the journey to what we in Ireland refer to the Homeplace. This is the place of your real home beyond the limitation of time and space. This journey is via twelve New Irish Blessings. It begins with a blessing for the birth of a child. It continues through many of the most important threshold places of our lives. It ends with Blessing for a Funeral. Only this is not the end only a new beginning.

With that I wish a Blessing that is from my own heart. It is from one who journeys with me daily. I keep this quotation in my wallet. It is for me priceless and denotes for me the true meaning of prosperity. When I left England to return to Ireland following the death of my beloved sister Mary a heart friend gave me one of his poems.

He became and is now my Anam Cara – a Soul Friend.

He is not from Ireland. He is from what is now Turkey. He lived over 800 years ago but in the heart time is not what we think it is. In the heart, time does not exist. The name of this soul friend is Jelaluddin Rumi, a Sufi mystic poet. He is the most widely read poet in the USA. I love this fact for two reasons. The first reason is that he is Islamic. The word Islam means surrender. The second reason is that having been raised in Northern Ireland I come from a tradition where for many the focus is on “No surrender.”

Let me end this introduction with the beauty of Rumi. The Blessed one who I so gladly surrender my heart too.

*One moment I was at the bottom  
of a dank, fearful narrowness, and the next,*

*I am not contained by this universe.*

*If every tip of every hair on me could speak,  
I still couldn't say my gratitude.  
In the middle of these streets and gardens, I stand and say  
And say again, and its all I say,  
I wish everyone  
Could know what I know.”*

*From; The Essential Rumi  
Translations by Coleman Barks*

So lets begin the journey to remembering our true homeplace. That placeless place of forever that cannot limit or contain the beauty that is at the very heart of your life.

# Blessing for a New Birth

*May you born in the likeness of Love dance that uniqueness you alone have come here to be.*

*May you always live where your heart feels at home in that placeless place of the Forever Young.*

*l*  
One day we will all remember what it feels like to look at the world through the eyes of a newborn child. We will look and everything will be new and radiant with possibility.

Everything will be fresh and alive and full of wonder. Out of this innocence everything will be seen without judgement and allowed to be the expression of beauty in form as it truly is.

The above blessing is as much an invocation for each of us as it is for the child newly born.

The best that we can ever offer a newborn child is to create the circumstances that allows this new life to give expression to the unique dance of Love in form that it is. It can, I think, be said that this is what most parents of a newborn child heartily desire. Those parents who do not wish such an outcome for their children are thankfully rare. They exist in a hell of deep separateness that it is hoped the miracle of new life might invite them to wake up from.

In the book entitled *The Prophet* Kahil Gibran tells us that children represent life's longing for itself.

This is the longing of the creative force of Love that desires to know itself as Love. The way it does this is through the experience of a human body. To be born in a human body is an extraordinary opportunity not to be missed. It is the only way on this planet to be the knowing of the experience we in Ireland call, The Forever Young. It presents the ability to live a paradox. This is to live the paradox of being a limited form in time while knowing that you are eternal.

The purpose of human birth is to evolve consciousness to a level where human form becomes aware of itself as The Forever Young. To know yourself as Forever Young does not mean you live a long time although you may. It means you live within time while being aware of the reality of your life beyond the boundary of time. You do not forget that you are created within the circle of Love. Your heart does not forget its true homeplace.

All lovers of life who are aware of this Forever Young dimension speak of the child-like heart within. The growth of the new child's body should not be allowed to affect the child heart within. The body will grow; the intellect will be made sharper and the mind more vigorous. When these three aspects grow in harmony then there is real intelligence. This is not the pseudo intelligence we call modern education but the free flow of innocence abiding in the real intelligence that always arises from within.

In addition to providing the newborn with food, shelter and clothing it is important that the child be given food that keeps its connection to the Timeless dimension of The Forever Young alive. This is soul food. The newborn is not just a body that has a soul. The newborn is a body/soul. This body/soul can be likened to a rainbow. All the colours are seamlessly connected to each other to form that which is complete. It is the work of parents to create fertile ground for the full expression of each and all of these colours. In this way is found the gold at the end of the rainbow. This gold is the wealth that gives the child the experience of real well-being. Etymologically speaking, wealth and well-being are two words that share the same root meaning.

You cannot really fully give what you do not have or are the knowing of.

You cannot invite the dance that is unique within this new child without your allowing the unique dance that is you. If you are not allowing of your own uniqueness you will be tempted to live that unacknowledged part of yourself through the child that has been graced you. To the extent that you limit the expression of the child heart within yourself is the extent to which you will limit the child heart of others and also the child heart of this new born. Instead of being able to centre yourself in the circle of Love that is forever expanding you will imprison your child heart in time and you will forget your birthright in eternity. You will forget your connection to The Forever Young.

The child heart in all of us has been wounded to some degree.

It has fallen out of wonder for all sorts of reasons. It needs tender care in order that it remembers the dance of The Forever Young. The good news is that this dance cannot be lost. It can, however, and for most of us is, forgotten. It is the purpose of all true education to give you the ability to stay in contact with the child at heart who you are. This is the source of all creativity and the source of all joy. This will allow you to enjoy life beyond your need to be anyone other than who you are. In this awareness of who you are you will, as a child so easily does, pour yourself away in spontaneous moments of being.

As is told in many fairy stories the child heart needs to be awakened from sleep.

This is the sleeping beauty that lies within each of us and that must be awakened from the locked room of separateness that is at the top of the tower. We each in our own way have built towers of separateness and surrounded it with thick briars of anger and unforgiveness. When we grow up and forget the child heart within we remain asleep for along time. We fall deeper and deeper into what Rumi calls the circle of time. Time becomes a burden and something that we begin to feel impoverishes us. In this way we forget how to feel the connection to that placeless place of The Forever Young where our heart truly feels at home.

We need to return to what is called The Way of the Heart.

This is the way of all the world's wisdom teachings. This is not the way of modern education that fills you up with more and more learning *about*. Learning about is necessary and useful. However, in today's modern educational system learning about has tended to become an obsession. Learning about is always partial. It is mostly

rational. The word rational comes from the word ratio that means a part of. Not only is this learning about partial but also it continues to deepen the idea of separateness. It teaches us to divide everything up and to recognise this as separate from that.

Wisdom is not partial.

It is whole and it is holy. It does not arise out of knowledge that is of the intellect but of the deep knowing of the heart. The heart recognises not in part but in Oneness. It does not create in time but creates from the Timeless. This is holistic and complete in any one moment. It is expressed as Love and moves into the world of form as compassion. It is not a knowledge that one debates but a heart knowing that one lives.

You learn this not by discursive thinking but through allowing.

This is what the word educate really means which is to bring out from within. The heart connection with its eternal creative source does not need addition. What it needs is to be trusted to be the unique expression it already is and is forever. You need not do anything but trust and let go. This is called *kenosis*. It is a form of self emptying. You become as a womb in which that unique creative expression that you are gives birth in each and every moment. It is to allow yourself to become as a child and enter Heaven.

This blessing does not offer the newborn fame, status, material wealth or a long life.

All of these will go at some time or another. This blessing offers what is of real value. This is that this newborn remains connected to their child heart. In this way one need not be overly concerned with their welfare. They will of course experience the ups and downs of existence living in human form within the limitation of time and space. What will not be forgotten however, and must not be forgotten, (or if forgotten must be re-membered) is their childlike heart connection to their original source. This is the source that created them in Love and continues to do so beyond time in this eternal moment and this eternal now.

In such abiding will this newborn child be as another newborn child of long ago.

This is the one who came to invite the blessing of The Forever Young and said, "Unless you become as little children you will not enter the Kingdom." This kingdom is not some other place beyond the here and now. It is the full awareness of your connection to the All One. It is your certain knowing that you and everyone else are born as the unique dance of Love. You know for certain that you are not and never have been separate from this dance that is both one and the many at the same time. This is the eternal dance of Love in myriad form.

This is the real blessing and you who are newly born are it.

# Blessing for a Young Child

*May you never be confined in the prison of knowledge and more knowledge of about.*

*May you ever walk that distant shore where you are the knowing of Tir Na Nog.*

She said, "Children are for sharing. Not everyone can have one."

We never did. So it is a delight to share time with these creatures of being. They are still connected to their original face. They still play in the garden of eternity.

His name sounds as Finn. He has beautiful blue eyes and the blondest of blond hair. He shares his name with Fionn Mac Cumhail. This is frequently anglicised as Finn Mac Cool. Finn Mac Cool is one of the most celebrated heroes in Irish myth.

Little Finn will be tall and beautiful. Now he is small and beautiful. He is learning to talk. He is learning to put distance between his immediacy. There will be a time when he thinks about his life rather than allow it to flow. He will learn to dance rather than be the dance.

Being around children reminds me that they feel their experience moment to moment. When they look they see what is before them. They do not judge their experience. They are their experience. This is why they are so delightful even if sometimes they behave as if this world belonged to them and them alone. They know this world belongs to them until they are told differently. This is their real understanding of this world. It is we who have forgotten. They are there to help us remember.

I am standing at the edge of Lough Allen. I have come to visit Corry Strand.

This is where I meet this giant among toddlers. My partner Barbara has met this child before. His Mum had come to hear a concert or play at the Glens Centre in Manorhamilton. While Mum watched the play Barbara minded the child. When he became fractious and upset she walked him down the main street. She held him close in her arms and sang Gershwin. He settled at the sound of this melody sang softly into his shell like ear.

He quickly learned my name. He quickly gave me the gift of his trusting heart. It came as a delightful surprise to find him placing his little hand in mine. He had decided he and I would take a stroll along the sand. We walked and came to sit by the remains of a campfire. He told me stories. These were one-word stories.

These were one word stories facilitated by finger pointing. He reminded me of the old Zen Master who tells his student “I am only the finger pointing at the moon.” Here is my little Zen master teaching me the simplicity of seeing.

One story is “stone.” The other story is “dog.” Each is direct and immediate. There is no sense of fear. There is only the continued pointing of the finger. He makes the stones come alive. He sees them before ever they have labels.

Too soon there will come a time when he lives in labels. Too soon he will think he knows what a “stone” is. Soon he will forget how he once saw the wonder of that “stone” and that “dog.” He will swap wonder for knowledge. He will swap what is partial for what is holy. He will become a rational person rather than the mysterious little being he is.

He reminds me of Yoda in Star Wars. The force is with him. He is a wise little being with a hand that shows art in every gesture. He shows me the gladness of the ever-present moment. He is selfish as all children are. This is their world. However, they love to share it with you. This world is their playground and they want you to play here too.

On this shore of Lough Allen he reminds me of that other shore. This is the one we seekers long to sail for. It takes us to that timeless shore where we are Forever Young. My work is to do what Finn does best. I spend time patiently allowing myself to enter this mystery of life. He is still held within it. I am the amateur and he is the professional of presence.

He is a fount of wisdom. He does not have the words. He only has his finger. He uses this to conduct dialogues with this mystery of life. He allows the music of life to play through his little body. I am only a part of the orchestra and too often I feel apart from the music. He plays all parts expertly and is the music.

Time will be when he will forget he is the play of God. Time will wrap around him and he will be taught to “do life.” He will be taught that life has to be earned. He will be advised that it is more important to earn a living rather than be alive to Love. He will be taught his creativity does not fit with economics. He will become productive and competitive rather than celebratory and abundant. He will give up his wondrousness for acceptance.

He will forget that he is forever enough. If he is lucky he will meet with other wise men and women who will tell him to risk all for Love. He will forget that Love is all he needs. He will turn from Love in action to love of activity. His is the fall from the grace of being to the non-grace of persona. We are all destined to fall from this grace. He will be loved but he will feel separate from all that is.

When he is older he will, I hope, take another hand. He will stand on another shore. He will remember to look at the beauty of what is without labels. He will no longer see it the way that we lost in social consciousness see it. He will, I hope, one day see again via his heart. The way he sees now. When this happens he will be a giant among men. He will be Finn. He will be fair of face and fair of hair.

Thank you Finn, for your instruction. I am blessed to have shared your wisdom. You are already a giant among men. You are a child of the Universe. Never forget little one. May the force be forever with you and may you stay forever young in that little heart that you are so ready to share.

# Blessing for a Young Person

*May the grown up time not  
come to soon to cloak you in  
an absence of wonder.*

*Beyond the illusions of  
success and failure may you  
know that ever open door  
beyond that keeps you in joy.*

Far too many of our young people are old before their time.

The educational and cultural process that they are subjected too fills them up with knowledge. This is knowledge *about* life. The modern educational system is geared to make what is the dance of creation a commodity to be traded in the market place. This process tends to shut down the heart and body in preference to the logic-chopping scientific rational mind.

Education is intended to bring out that which is unique within the individual. The primary value of most countries, both developed and undeveloped, is increased Gross Domestic Product (GDP). This is the mantra of the politicians, media and business. Statistics show that increased GDP does not lead to increased happiness within the general population. In fact if we took Gross Domestic Happiness as a measure of the value of a society our Western culture has been in decline since the early 1950's.

However, our Western culture would get an A+ for addiction and violence. Addiction is a form of violence to ones self. Witness the increasing suicide rate among our young people. Witness the increasing use of prescribed and illegal drugs. Witness the major growth area in mental ill health. The disease forecast to grow within the 21<sup>st</sup> Century is that of depression. In Irish mythology this is called sleeping sickness.

What is it that our society offers a young person? At present the trajectory goes something like this. Learn as much as you can and accumulate certifications that will tell others about your ability to pass exams.

Then get a job and drop about 90% of what you learned in order to specialise. Work all hours that God gives you to accumulate as much money as you can. On the way maybe you'll have time of a relationship. That is at least until the children come along. Purchase your family a house (that might become a home) and fill it with masses of things most of which you will not need.

Spend a lot of your time going to work like millions of others in the daily commute. Work under stress during the day and come home mentally exhausted. Flop before the television that tells you that if you do not have this thing or that thing you are not good enough. Fall into bed with your mind going ten to the dozen and find that you need more medication or more alcohol or some other drug to help you sleep.

Finally you retire. If you are a man you have on average five years left to do what you always wanted to do. Only you are too tired to do it. The energy has been given

to the development of GDP and it is too late to turn around. Without work your sense of self begins to flounder and all too soon the dance that you had come here to be is over.

This is our present bottom-line society.

Need this be the only way? Of course it need not. However, to leave this path that the writer calls *the linear path* you will need to become an outsider. This is called a linear path because no matter how successful you might become it tends to remain on the level. You as a young person need to engage the heart. The heart is the seat of wisdom. You need to salute heart knowledge because of the heartlessness of these violent times. You need to be one who commits to overcoming the reason for much of the stress experienced in these times when so many are feeling disheartened. It isn't that most people do not care. They are too tired to become engaged because the system is designed to keep them this way.

The answer to a stressful life is to become wholehearted. It is to live with a heart that free of possessiveness. This does not mean you cannot enjoy the beauty of things that make your life situation comfortable. It does mean that you do not take your identity from owning such things.

The heart knows things that reason cannot know.

You will have been taught many things *about* life. What you will not have been taught is the *knowing* of life. You will not have been taught that rational thought that is always partial is not the only way to view this world. In fact it is the lesser of two ways. Rational thought is always partial. Seeing through the heart is always holistic and whole or dare I say holy.

Everyone has a masculine brain and a feminine brain. The masculine brain is designed to serve the feminine. This does not mean that the feminine brain is superior. Each is needed. Each compliments the other in the dance of creation we call life. The educational system, like so many other institutions (particularly religious institutions) do not like the feminine brain. It is too illogical. What this means is that it is less easy to control.

The feminine brain functions via the heart.

The Universe loves the heart. It is through the heart that the dance of Love comes into form. Without this awareness and the ability to access this dance one tends to live a joyless life. Of course there will be moments of satisfaction, moments of pleasure but these are not of the quality the writer refers too. It is only through the path of the heart that one feels a fulfilling and fruitful life leading to deep meaning and joy.

It is through the heart that you learn to feel and enter the beauty that we in Ireland call the Land of the Forever Young. In developing wholeheartedness one never really grows old. Science is baffled by the fact that the human body ages. Every seven years the body renews its every cell. Some parts of the body are completely renewed every week. Your body, in fact, is a flow of the new in each and every moment. The

writer thinks we age because we think this is what is supposed to happen. We see everyone else aging and so unconsciously we think this is the only way.

Stress is the primary way in which the body ages and we are masters at creating this dynamic. Remember, all stress is not to be considered bad. What does the damage is accumulated stress over time that becomes chronic and leads to unease and then disease. Again the answer is to engage with work and play that is wholehearted.

To engage in wholeheartedness you will have to do a paradoxical thing. You will have to become an insider so that you can become an insider. Love is an inside job and an inside joy. To focus on finding meaning and love in the outside world is to climb a ladder to the stars that happens to be leaning against the wrong planet.

The way of the heart teaches you to think in ways that you will not have been taught in school, college or University. This is despite the fact that Universities were originally designed to impart the knowing of universal laws. Their primary function has become the filling up of young minds with facts that serve the economic development of the country in which they are located.

The Way of the Heart is a way of trusting the extraordinary beauty that is within your heart and all hearts.

The Way of the Heart is the inner teacher. This teaching does not come in bits and pieces the way that logic does and then comes to a conclusion. Knowing via the heart arrives whole. It is miraculous. If you allow it in any one instance it will give you visionary experiences that will take you on an adventure that is your wholehearted love affair with this life in form.

One moment of heartfelt awareness can cancel out all you have ever learned logically. This does not mean you forget what you have learned via logic. It does mean that you no longer need to think about what to do with your life. You in that moment have access to the flow of Universal Intelligence. This intelligence is holistic. It is not the intelligence we call modern education.

When you look out at the world with all its violence and addictions it will tell you one thing. This world is not a world that is in love with the beauty of Creation. For one thing as a species we are presently engaged in the destruction of our life systems in pursuit of the real religion of increased Gross Domestic Product.

A young person is one whose heart is not as armoured as adults. They still have ideas of making the world a beautiful place. They have energy and enthusiasm. The word enthusiasm is an interesting word.

*From Wikipedia, the free encyclopedia*

**Enthusiasm** ([Ancient Greek](#): ἐνθουσιασμός *enthousiasmos*) originally meant [inspiration](#) or [possession](#) by a divine [afflatus](#) or by the presence of a [god](#).

A young person might not call it such but it is the life force of the Universal Intelligence that creates forever still in free flow. This flow is still running relatively freely through the body of a young person.

On our journey through this life in form we really have only one purpose. This is to keep open the door of the heart. This is where we get our vitality. We tend to close this door given past experiences. But the heart does not really have any protection. It certainly has boundaries but in the way of wonder the heart has to be able to allow what is painful to be felt in addition to that which is joyful. Close the door on one and you close the door on the other.

Whatever age you are do not rush into being grown up.

A grown up is often someone with very fixed ideas and defensive about such ideas. They tend to think they know who they are. They have a personality that is as the word means a mask. They are not charismatic. They do not dance. They act within well-defined social boundaries. They are not radical. They are not feminine. The feminine loves the new. All creation arises out of the dance of the feminine that dances forever. You are not apart from this dance. The feminine is within all of us.

You as a young person, will be cloaked in reason and more reason until life becomes unreasonable. Recognise that reason has its place but it will not bring you joy. Love will bring you joy. This is not just the love of Eros but also the Love that is who you truly are. When you know this you will be cloaked in the rainbow colours of a heart of wholeness that trusts and lets go into the mystery of life.

When you step into trusting the heart it steps toward you.

Of course, there will be resistance. You are venturing outside the norm. You are taking the heroes quest. You are questing into being the knowing at the heart of who you really are. The writer assures you that this quest is the one you do not want to miss. It invites you into using your mind in the way it was designed. When the feminine and masculine energies dance as one then there is the experience of the miraculous. This is only who you are would that you allow it.

This is the open door that the modern cultural process closes and does not want you to open.

It wants you to be able to dance but only within its terms. It does not want you to feel miraculous because then you couldn't be bought. You wouldn't need to buy into all the promises of never enough that it sells you. You would go dancing with so much power into this world of form. You would inform it in a way that would look totally illogical. You would look mad. You would be informing this world with the power of Love. This would not be a power over anyone but a power of creating forever anew.

Do not think that this is something only special people can apply in their young lives. It applies to everyone with a heart. It especially applies to those whose hearts are vulnerable to a degree beyond what might be considered the norm. You can learn to apply heart skills such as compassion, kindness, reverence, listening, openness and hospitality. This is only the beginning and the beginning of real prosperity.

You do not have to take out a loan to do this. It is absolutely free. It is not only free for all time but is free forever. It is the only safe way to invest your energy. Your return on your investment is not a miserable 2.5% but is tenfold and more. The investment technique is totally irrational. You simply learn to give of your true nature and give and give and give.

This giving is not something you do.

It comes from wholeheartedness. It isn't something you do because you think you should be doing it. It arises because you have begun to trust your very nature. You are not apart from Creation. You are a living paradox. You come from beyond this limitation of a body in time and space and your delight is in allowing that which is beyond this dimension to flow through you. This expresses as Love in action. Love in action is always wholehearted. Love in action is not stressful.

So stay Forever Young in your heart.

It is something you can be all through your life. You will have ups and downs like most everyone born in form. But you will be well informed. You will know for certain that the truth of who you are is Forever Young. This means that you can relax. You can play your role on the stage of life and know that that is all it is. You can ask for whatever you want and get it without trying to get it by constantly doing your life. You apply the magic that is within you and loves to play through you.

This is what the writer calls the Real Life.

This is only what you used to do naturally when you were a small child. You have not lost this ability. This ability never goes away unless you are taught differently and apply your mind in limited ways. This writer invites you to re-member the wonder at the very heart of existence in human form. You might become one who reaches the height of the intellect but without the dance of the feminine brain that the intellect is meant to serve yours will be only half a life, if that.

Do not let the system of never enough cloak you in the prison and trajectory of fear.

You can take responsibility and become a dweller at threshold places beyond time. The paradox is that this will give you the time of your life. You have one foot in time and the other in the eternal. You can dance the real two-step. You dance in form as a lover of your life that is forever. You live as one of the beautiful people in the Land of Forever Young venturing on the stage of this world of form as the Lover you are.

# Blessing for New Sexuality

**M**ay Eros come to dance  
in you and unite your soul

**M**ay the stream of your  
body's delight always be in  
free flow and

**M**ay those unknowing of  
Love honour this desire in you  
for what is holy.

Feeling sexy is a natural response to being in flow with life.

This feeling sexy is a delight. It is flirtatious and playful. It is still and cool but not at all cold. It is protective and pervades the whole of the body. Feeling sexy is a celebration of creation. It is the flow of life expressed as the desire for union. The ultimate union is that with the Beloved. This is the true Yoga.

Throughout much of history the religious and institutional mind has sought to control the body.

This is especially true of women's bodies. A woman with a naked body and a mind of her own is just too much for the religious and institutional mind to handle. Thus the religious mind celebrates the ultimate in spirituality by way of one who is celibate. In the Christian teaching its greatest teacher is born without the naughtiness of sex being there to soil the brightness of the birth of a wondrous spirit.

Young men and woman enter religious institutions and are encouraged to work at alchemising the energy of sex into the energy of spiritual love.

The latter is seen as higher than the former. Often these young men and women are full of beauty and longing. Often they have a great sensitivity. They enter the establishment with a deep sense of wishing to serve Love. They are drawn to union with the holy longing. However, too often they enter the institution under pressure from family and the institution itself. As a young man I had the experience of such longing. Had I been born into a Catholic family I might well have entered the institution of the priesthood. I had many friends who where Catholics who resisted the pressure. They, like me, liked sex too much and control and authority too little.

When controlled, sex becomes not something that is celebrated, but something that can lead to dis-ease. This sense of non-ease becomes distorted. Then we wonder why we get perversions (strong word) in the expression of the beauty of sex. This disturbance in erotic expression not only exists in the religious mind but also in the secular mind. We only have to witness the explosion of pornography in magazines and cinema.

Sex is beautiful. Erotic is beautiful. Celibacy is beautiful but this is a celibacy that grows out of the full expression of one's sexuality. Within the full expression of sex lies the flowering of a beautiful celibacy that is not forced.

Sex has its own rhythms. When one is young it races. When one gets older, and has not condemned the beauty of sex in any way, the rhythm changes. One does not end up becoming a dirty old man or woman with sex on the brain, which is the last place to end up having it. With flowering, sex becomes cooler but not cold. Later sex can become sacred and holy. It expresses fully as Love in action. It begins to start disappearing into the mystery of Love.

This is natural. This is the flowering of the beauty of celibacy. This celibacy does not come from the will. It does not come from the mind. It flowers from a body that loves creation and co-creation with the Beloved. There is no need to proclaim. There is now need for the issue of a decree. There is no need to make it a regulation. Certainly there is no need to make it a regulation for all time. There is no need for either/or. Sometimes sex - sometimes not. There is simply the allowing of the erotic without judgement.

A new rhythm begins provided it is allowed to flower. A new rhythm begins to express beautifully. Otherwise sex becomes an obsession. If an individual's sexuality is judged often enough it festers. More often this turns to anger. Too often this anger is turned inward. If not turned inward it is turned against our most innocent and vulnerable.

Eros and the erotic have not been allowed to flow and so the energy becomes distorted. This distortion is the creation of the institutional mind. It wants to bind sex before its time. It makes it dirty. It projects all its bad thoughts onto those who express sexuality in their own unique way but not in the institutionally prescribed way.

Such condemnation is evidence of the repression of the shadow. This is, I think, the repression of a person's shadow sexuality and their distorted relationship to intimacy. They have not been allowed or able to express beautifully the affection and intimacy. The libido and energy of Eros and the erotic gets disallowed and buried. This repressed shadow is then projected onto the non-acceptable cultural stereotype whoever this happens to be. Sometimes it is homosexuals. At other times it is Jews or Muslims. In the USA it used to be Communists. Each culture has their favourite "get them quick before they get us" group.

Sexuality is something many of us are not very comfortable with. During the sexual revolution of the sixties we took our clothes off. We made love but we did not enter intimacy or our vulnerability. Our sexuality and its expression is part of our most vulnerable self. Sex is a beautiful flowering of co-creation. It is to be celebrated in any way it flowers. It is not any of our business how it flowers in another unless we make judgements of it and thus repress the celebration of such energy. If we are uncomfortable with this then this is our issue. It is not for us to judge the other.

The institutional mind does not like sex. It would prefer if it went away. It is too wild. It is too out of control and anarchic. Yet there are some beautiful teachings of the total flowering of sex. These include the teaching of Tantric sex and the beauty of the Karma Sutra. These vibrant teachings affirm the life of Eros and the life of the Erotic.

The institutional mind loves to control avenues to transcendence. One of the ways to transcend the sense of separateness from love is through sex. In his teaching on “Enlightened Sex,” David Deida talks of our sexuality as a gift of love from heaven. This is a gift without judgement or without labels. David Deida teaches three levels of sexual union. The highest level is the union with the Divine. Most of us are on a low-level one. The institutional mind wants to jump into level three without the embarrassment and anarchy of a body that has those bits with cardinal sins attached.

The institutional mind loves decrees and control. We all have within us the institutional mind full of judgement of others and ourselves. We hope it will keep us safe. We are afraid to own our authority. We prefer to give away our gift of Divinity to those who profess to know such divinity except that they spent much of their time within the rational mind of decree rather than the mystical mind of the lover.

We are afraid to claim our birthright of knowing we are Love and co-creators of Love with the divine. The beauty of this co-creation with the divine will not be known re-claiming our authority and sense of compassion beyond the institution and its mindset.

Instead of celebrating sexuality in all its forms the institutional mind invites repression and creates the very shadow it claims to abhor. Is it any wonder then that our children are abused, abducted and murdered by what we label “perverts.”

The why is because we allow the innocence of sexuality to be murdered within so many of our young. We allow the decrees and notices of the institutional mind to enter our own mind and accept them as our values. We do not cry out of a decree on compassion. We do not speak out about how this hurts the hearts of those who would celebrate love in the way their being needs. We do not reclaim our individual authority to make up our own minds within personal relationships of all kinds. We do not celebrate the Erotic but surrender it into the hands of those who hide it away and make it something dirty.

When we celebrate the beautiful journey of sex with its fire moving toward coolness wisdom happens.

This wisdom is the marriage of the internal feminine and masculine within the soul. This happens when there is deep allowing. This is beyond decree. The authority for this allowing is within the individual heart. This happens whether we are heterosexual, homosexual, bisexual or asexual. This beauty of union happens when we have been allowing enough. This union happens when we have been deeply accepting of all our separate selves.

It is the instruction of Jesus when he says, “Blessed are they who mourn for they shall be comforted.” This is an invitation to invite all those separate parts of ourselves to this banquet of life. It happens when we have loved the body and when we have loved the way our sexuality has expressed in its unique way. We have allowed ourselves to grow. We have grown through all forms of love including physical love and condemned none.

When we have done this we will know what it means to be celibate.

It is to embrace the totality of sex in all its forms and ways of expressing. This is provided that within that expression there is the consent of all those who partake. Celibacy is the flowering of sexuality in one who has loved totally within form. It flowers within, so that they know the real orgasm of transcendence. This is the surrender into Love. This is the knowing we are never separate from Love. The real sex is union with the Beloved. This is real love beyond any decree. This is what each of us is in our own way searching for.

As for this writer, he will be praying for all the beautiful pubescent children who are flowering into the beauty of sex in whatever form that expresses. He will be asking that the Beloved protect them from the excesses of the institutional mind within the home, workplace and any place. This is so they learn never to distrust their being.

This writer for one will be praying that the beauty of Eros, which expresses uniquely through the body, will grow and be allowed to grow. This is so that the flowering of their sexuality, in whatever way it manifests, becomes the perfume of the being they truly are. This is so that they may walk in beauty and feel sexy. This is so that by degree they feel beautiful in their own sexuality. This is so they will know that in their sexuality the blessing is already here and they are it. This will be enough. Let it be so.

# Blessing for Friendship

**M**ay the Invitation  
come to widen your circle  
far beyond time.

**M**ay it allow you to do  
no other than radiate that  
most precious of  
diamonds.

Real friendship is one of life's most beautiful invitations. Within the Celtic spiritual tradition there is one who is referred to as an Anam Cara – this translates as Soul Friend.

It was the Irish St. Bridget who said, “Anyone without an Anam Cara is like a body without a head.” An Anam Cara invites you to radiate the beauty that is within you and always within you.

An Anam Cara focuses you on many things. Behind this focus is the experience that calls you home to remember and be the beauty you are. This remembrance is not an experience of memory. This remembering is holistic and holy. You are not separate from this re-remembering. This is what the word yoga and the true practice of yoga is intended to give you. Yoga means *to yoke* or *to join*. It is to join you and your soul. This experience liberates you from the prison of time and space into the bondless creation that you really are.

Everything in this and other Universes is created from light. All matter (which includes you) is moving at different speeds. These are speeds that the rational mind cannot encompass. Matter is moving at a relatively slow speed. You could in fact say that matter was a form of frozen light. This movement is vibration. The higher the vibration the greater the sense of well being that is felt. This Universe can be thought of as a limitless well of vibration out of which all forms arise at a particular vibrational rate and return to this quantum vibrational field of forever.

An Anam Cara who is the friend of your soul (but not the friend of your ego) will keep pointing to the illusory nature of this sense of separateness that you and the vast majority of human beings throughout time have felt to be their real life experience. This is the original purpose of all wisdom teachings that have been high jacked by what this writer calls the institutional mind. This is the mind that tells you that they are the real authority on such teachings and that you have to believe in what is authorised.

An Anam Cara who is your friend of the soul does not befriend you because you profess some sort of belief or profess none at all. They befriend your soul because they can do no other. To do less than this would be like the sun refusing to shine, the lotus insisting that it will remain in the mud at the bottom of the pond or the hummingbird refusing to sing.

The Anam Cara invites you to know who you are out of the great grace of knowing who they are. This is the greatest of graces. To know this grace is to hold more than a million treasure houses of the most beautiful diamonds. Except that the Anam Cara is interested in the treasure of Soul so they give these diamonds away forever and forever. This is the nature of the true Self. This is why the Universe is forever expanding.

An Anam Cara radiates a presence that is really an invitation to beauty? They are no different to you. You as a being in form are always radiating something. You cannot be in form without radiating a vibration that contributes to the refinement or darkening of the collective human consciousness that we are all apart off and not separate from.

You are doing this moment to moment. You cannot refuse to do this. This is the nature of your being in form. When you say that you feel on form you are saying you are vibrating at a refined level. Your sense of well-being indicates the degree to which you are in tune with your Self. This is what you mean when you might say, "I feel fine." You are experiencing your energy field in a refined or fine way.

An Anam Cara will remind you that you, simply by being here, are either contributing to hell on earth or heaven on earth. This idea can be expressed in some other ways. You, simply by being here are contributing to the creation of Love in form or fear in form. In essence these are really the only two dynamics that you can choose from. Another way of saying exactly the same thing is to say you feel separate or you feel All One. You are not asked to feel guilty about expressing one way or the other but you are asked to become aware of how you are expressing. This is so that you can impact your sense of well being in a more holistic and holy way.

Most of us feel separate in the sense that we think of ourselves as living in separate bodies within time and space. As a consequence we live in fear that is mostly unconscious. We live in fear of something happening to us as the body. In this way we live lives separate from each other and focus on trying to acquire as big a slice of the cake of limitation that we can get our hands on. We build our sense of security around this slice of the cake except that all that exists in time and space is finite.

We get our identity from labels that include gender, race, nationality, political and religious affiliation to name a few. We group all these labels together and this we call the personality. Yet we forget that this is but a mask. The word personality comes from the word *persona* meaning mask. It is the mask with which we face the world. Only it is not who you truly are. It is still a mask no matter how glamorous, successful or not.

The felt sense of All One is different. It is wholesome, it is healing and it is holy. All these words, wholesome, healing and holy are derived from the same etymological root. They are all spoken from the same ground of being. The real healing that occurs is when the sense of feeling separate in this Universe is seen and felt with the real eye. This is the eye of consciousness.

The Anam Cara seeks to radiate this presence of Oneness. It is a radiance that is not of the personality but it comes through the personality. It does not come through the

person but is radiated from beyond the personal. No real Anam Cara will claim that the sense of beauty or presence that emanates through them ever belongs to them or is something that they create. They will claim, however, that they allow this presence to be and to flow through them. They learn to do this by not doing.

An Anam Cara does not seek to make you a better person. They do not seek to improve or remove the mask. They invite you to remember the one who wears the mask. When you are the re-remembering of this then the whole world is a stage and you go and have fun simply playing your part. However, you do not forget that you are never apart from the Love that is playing the whole and the parts at the same time. This Love loves each and every part (which is you as the part and the whole) forever.

The Anam Cara invites you to be the feeling experience of Oneness. Your soul is not a thing. It is a bridgeless bridge into the Timeless that allows you to know you are the dance of forever becoming. When you become the knowing of this you will have treasure more than the whole world might give you and more.

In this way the sound of the Universal song sings its unique song through you. From that placeless place you might meet with the diamond that you are. You would be the knowing of the One Soul and you and your soul would again be friends.

In that experience you could do only one thing. You would give yourself away in Love. You would be Love in action loving form as an expression of the formless. This would be enough because you would know you arise from this forever enough. You would no longer feel you had to go begging in the world to make a living.

You might still do everything you are doing now but there would be a radiance that would emanate from within and around you. You would be singing your Universal song out of the silence of forever enough. You would not go rescuing people because that is not what an Anam Cara does. You would simply allow the light that is radiating everything into existence to flow through you. You would be this allowing in gratitude of knowing that this life of forever is your birthright.

I leave you with a quote from one of my favourite modern day mystics. His name was Albert Einstein.

*A human being is part of a whole, called by us a Universe – a part limited in time and space. He (She) experiences himself, his thoughts and feelings as something separated from the rest – a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.*

*Albert Einstein*

# Blessing for a New Home

**M**ay your home be filled  
with sanctuary and silence.

**M**ay there be harmony  
within and harmony without.

**M**ay the windows reflect the  
light of your soul and

**M**ay the doors be threshold  
places to the heart of presence

A place to call your home is a great Blessing. It offers a great sense of protection from the world when there is a sense of assured harmony within it.

It is thus a place of retreat and sanctuary where you are not only at home as a physical place but where you might learn to come home to your true spiritual homeplace.

Each house has its own sense of welcome and invitation.

The writer has been in houses that despite their functionality have no soul. Despite how warm they feel physically there is coldness within them. Even if one were to spend a great deal of time within the space of such a house there would still be lack of welcome and presence. This is because such houses have been built with the wrong intention. They have been built from what can be called poverty consciousness. These houses have lots of space but it is a space that is empty of invitation to the presence of beauty.

A home that is filled with noise, as many homes are, is a difficult place for the creation of a sense of sanctuary. In many modern homes the television is always on. Often it remains on while guests are visiting. In this way the guest is not honoured. They are not given attention and there is no real listening. Words will be exchanged but there will be little opportunity to hear and feel the beauty that is in the silence between the words.

In this modern world, particularly in cities, silence has become such a precious experience. We have become afraid of such experience. The writer thinks that silence tends to make us aware of how lonely we are at heart. At every opportunity we seem to want to drown out silence through excessive talking. Otherwise we turn on the television, radio, computer game, mobile phone, ipod or a host of other gadgets. We forget that the natural world of which we are part is mostly filled with silence.

Each home will have built within it a sense of presence. This presence pervades the space within the home. It can be felt as a living and loving member of the household. It is important therefore that you create this kind of sacred space within your home. This will allow for increased harmony within the four walls, within you and between those living there. This is one way in which you can beneficially impact the peace of the world.

Every thought you think has an impact on everyone. This is scientifically demonstrated in the new science of quantum physics. Every thought you think impacts what Lynne McTaggart, 'The Intention Experiment.' So your home is not a place separate from other homes. Your home can be a sanctuary, not only for yourself and your family and friends, but also for others less fortunate who may never enter it.

You can make it your intention to use your home as a place to nurture yourself and the world. This nurture begins with you. You cannot extend this welcoming to others if you do not give this nurturing to yourself. When you do this you are someone wearing a perfume of attraction. This is the perfume of one grounded in the sanctuary of silence. You become attractive to that which creates harmony. You are in tune with yourself and with your outer world. The world becomes a place you are in Love with rather than a place you need be afraid of.

The place to practice being in tune with the unique harmonic note that you play in the world is in your home. You play this note whether you do it consciously or not. In this way you are more able to allow what you truly desire to come to you without undue stress or effort. The key is not so much in doing as in allowing. It is to remove the veil that keeps your innate beauty hidden from you.

In order for a home to have a sense of harmony and beauty within it one of the people in the home needs to commit to a daily practice of engagement with silence. This need only be fifteen minutes each day, preferably twice each day - once in the morning, first thing and last thing at night before sleep.

This engagement with silence is the most powerful practice that you can invite into your home. It then becomes a space that is filled with the perfume of the sacred. Silence is not empty. Space is not empty. Each has fullness beyond your imagination that extends forever. You are a unique invitation to the dance that arises from this silence that pours through you and feels whole and holy. In order to access this feeling response one need to be allowing of this invitation that is always there.

Many of us fill our homes with things. We are encouraged to buy the latest gadgets. Most of these gadgets are bought not just of their functionality but also for their value as items that attach to our idea of status. This is what we call, "Keeping up with the Joneses." We buy now and we pay later. The price we often pay is not only in money. The price we pay is the loss of harmony that plays through our body and mind.

In our Western culture there is any number of opportunities to make a house look attractive both inwardly and outwardly. Yet this is not just what a home is. A home is a place of welcome. It is a coming into a sense of wellness. It is the allowing of the well of our being that is forever full of creative potential to manifest in form.

A blessing for a home is not about the size of the building, the place where in it is located, and the status it implies of its owners. There are houses situated in the most beautiful of places that are empty of warmth and affection and are imbued with a sense of fear. The house may have light, it may have space, and it may have functionality. It may be beautifully decorated and yet it has no sense of presence.

This writer loves to spend time thanking the spaces that exist in the little cottage that he is graced to live in. He remembers each day to be thankful for the warmth, the shelter and the protection it affords him. He guards its silence and its places of retreat. He guards the moments alone when he can enter the sacred silence that affords him everything that he treasures.

You cannot buy this treasure of presence. It is the most delightful of perfumes that you can wear. It arises from within you when you create a space within you to allow it. It is protective and nurturing of you. It is your foundation garment of strength anchored not on the moving sands of a separate sense of oneself but the harmony of feeling at one with all that is.

Thus in this way you create not a house that is just beautiful but a home that is filled with presence. Presence is always welcoming because it arises from the celebration of the true Self that you are. It does not mean you are rambunctious or extravert. It means that you express your joy in your own unique way. However, joy is not something you keep to yourself. It is not something you feel fearful of losing because it does not belong to you.

It arises from silence. It arises from the field of consciousness that is creating forever. When you are in tune with this then harmony rains and you know that you are truly at home. You know that your home is not just of this world alone. You remember that your homeplace is not within a limited space defined by bricks and mortar or defined within a particular time and place within history.

This is the real Blessing for and of a home and the opportunity to be at home in harmony and peace with yourself and those you love. When you invite this presence of beauty into your home through your heart connection you invariably impact the world home. You need not be afraid that the world has not benefited from your actions. You in your own way have brought a little piece of Heaven to earth. Let this be the Blessing of your new home both for you and all those who in reality are not separate from you.

# Blessing for Empowerment

**M**ay you know the One Source of Infinite power beyond doubt, beyond despair.

**M**ay you fall into this certainty and let it Love the world through the uniqueness of your being and

**M**ay you offer this beauty filled gift of who you truly are for the highest good of all.

One of the major problems facing the individual in the world today is a felt sense of disempowerment and disheartenment. The above blessing is written to invite you into your true power.

This is the unique power given to you from the Source of all Creation. It flows forever and is available to you at any time would that you take the time to honour and allow it to work through you. Alignment with this power is the one thing that can truly make a difference within this world of time and space and form.

The world of the outer is constantly telling you that you are not enough. It focuses you on lack and limitation. It focuses you on feeling fearful. The outer world is a reflection of the collective inner state of humanity. You can reclaim your real power and change this state by making a commitment to inner change on an individual level. In fact this is where all real change begins.

With this heartfelt connection to the Source of your real life there is no requirement for you to worry about global warming, wars in various parts of the world and other manifestations of our collective human disharmony. This does not mean that you do nothing. It does, however, mean that you commit to action from a place that does not exacerbate the problem. If you act from ignorance (which means to ignore the Self) then the problems of the world will simply change. If you fix global warming another crisis will arise if the structure that created it (which is the egoic structure of the mind) is still in place.

Presently many people are greatly worried about the state of the world. They think that this planet Earth may cease to be able to sustain the creative expression in form called humanity. This may well be the case. In order to avoid this each individual needs to commit to establishing a just and fair world that works for everyone. This being said one also needs to recognise that everything born in form will cease to be. The sun that sustains life on this planet will not last forever. The sun is a cell in the body of the formless and just like you and this writer all such cells will come and go within time no matter how long such a time appears to be.

This might sound doom laden and most likely will if you have never been the knowing of the Timeless. This Timeless dimension creates worlds for the sake of joy and plays as the experience called form. As the Hindu tradition says this world is the play of Brahma. When you are the knowing of this life beyond duality then you know the real power that is available to you. You act in the world but you are not of the

world. Your primary focus and relationship is to that which is real. It is to the Timeless dimension that births and destroys all forms but is itself never born and thus never dies.

When you are in tune with this power you are in tune with the Infinite. This works in silence and beyond time. It is the first cause out of which all that happens in time and all dimensions manifest. When in tune with the Infinite you can truly relax. There is no pressure.

When you begin to tune your heart to the Infinite you will in all likelihood begin to get angry at the injustice in the world. This is because the heart cares. However, this driving force of anger is what you are required to transmute into Love. If you act in the world simply from feeling angry at the injustice all around you will quickly burn out. You will feel disempowered and you may retreat into disillusionment and even despair.

This feeling of disempowerment is common.

There are many people who could be warriors for the highest good of all. The writer is not talking here about soldiers fighting under this label or that label for some cause that they believe in. A warrior is a protector of the threshold places. This means they are not intent on destruction. They protect the portals of transcendence within themselves. Their work is through discipline and surrender. This work allows these portals to remain open so that Love may flow from the formless and impact the world of form. They know that real change which is always for the highest good of all is flowing from that which is changeless.

Most people do not really know the power that is available to them from beyond their limited sense of self. If they knew the wonder and beauty of this power they would go dancing. They would become lovers of allowing. The power of Infinite Love would flow through them and impact the world of form in ways they cannot even image. They would refer to such manifestations as miracles. From this allowing one would not simply act in this world from anger and despair. One would be love in action that then impacts this world of form for the highest good of all.

This power that becomes our individual power is attained through allowing. It is a feminine power. It turns logic on its head. Logic tries to fix problems in ways that are not so very different from the experience that created the problem in the first place.

However, knowing, which arises from allowing acts from completeness. It is not so much that one acts as that the All One acts through you. You are allowing of the power of the Infinite to grace this world of form through you. This is your real power which paradoxically speaking is not yours at all. You simply relax into it but you do not claim it as your own. Once you claim it as your own it is no longer available. You have introduced the idea that you and this power are separate and so by that very idea you lose that which can only be known within Oneness.

In expressing from Love in action there is no karma. Karma is a fair and just universal law of balance. It is not in anyway about judgement but is a simply a law of

energy. What you sow you reap. This is not because you are judged bad. It is not a law of time but a law of the Timeless. Any action has a corresponding reaction. This is the law of cause and effect that operates in time and space and form. It does not operate within the Timeless because all action is from the primary cause that is Love. When you are in tune with the Infinite you are not acting from a sense of separateness. All action in that sense is One. All action arises from the paradox of non-doing. This is what Lao-Tzu, the Chinese mystic, means when he says, “The sage can act without effort.”

When you feel afraid for the world and the problems that all of us face in our daily lives you are adding to the collective insanity predicated by a feeling of fear. You do not need to feel guilty about this. You do need however to recognise that this is pouring oil on troubled waters. You are required to simply notice that you are thinking fearful thoughts. Do not try to stop such thoughts arising. Do not beat up on yourself. Do not force but simply allow. In this way you are practicing a most advanced spiritual practice. This is “resist not evil.” Simply notice that these fearful thoughts are there. In simply witnessing in this way a new dimension is introduced.

Beyond thought is no thought. There is silence. This is the most powerful undervalued state that most of us spend much of our time avoiding. All wisdom arises from this place of silence. The paradox that the logical mind does not understand is that no thought is the placeless place of boundless creativity. Zen Buddhists call it No Mind.

This does not mean you are out of your mind in the way this is normally understood. It means you enter the One Mind beyond the erroneous idea that you live separate from the Infinite. All mystics of all traditions want to take you into this paradoxical place of emptiness that is always full. This is the place an Anam Cara – soul friend will invite you to be the knowing off.

In the Zen tradition a story is told about a student who goes to a Master in order to learn to be enlightened. As is the tradition the student is invited to drink tea. While telling the Master all about the spiritual knowledge he has acquired and all the spiritual practices he has engaged with the Master begins to pour tea into the cup. While the student continues speaking the Master keeps pouring and pouring. This happens until the student in exasperation exclaims, “Master what are you doing, can’t you see that the cup is already full.” The Master stops pouring empties the overfull cup and says, “Unless you are as empty as this cup then you cannot know (be the knowing of) enlightenment.”

The Zen Master is not going to fill up the student with knowledge about Zen. The Master is simply an invitation. The Master invites the student to be comfortable in being totally empty. In this way the Infinite can pour into the student in the unique way in which Love manifests through that individual. Masters are a great emptiness. When you meet a Master there is metaphorically speaking no one at home. The Masters home is in the Timeless. They are in the world but not of this world.

Everyone has this potential within them. Most of us doubt this potential because the ego does not want us to claim our birthright as a dancer of light, love and healing. It is like a parasite that feeds of our life force. Eckhart Tolle in his book entitled *The*

*Power of Now* calls this the pain body. Giving up the pain body means that you have to give up your false identity. In this way you would lose your life (the life of the ego) and gain eternal life that is your real life.

In fact one does not really gain eternal life. It isn't something that you gain because you never lost it. What you lost was the remembrance of your true Self. You lost was the remembrance of the power and the glory of that Infinite creative force that you are not ever separate from except that you think you are. This remembrance begins by turning inward to find that Heaven lies within.

The inner dimension is formless. It is boundless, limitless and glorious. This world of form is a reflection of our lost connection with this boundless, limitless, glorious and forever creation. One person connected to this Source impacts the lives of hundreds of thousands of people. They do not even have to leave their room to do this but of course they will. The room they really leave is the room of ignorance. This is the room that keeps us feeling separate and alone from our beauty and power. Those who are connected to this source commit to Love. They become the realisation that this is who they are. This Love power is the one no thing that animates all forms but is itself never born or never dies.

When you are the knowing of this power then you do not angst about the world.

You focus on Love and have the delight of impacting the collective of humanity for the highest good of all. You are a holy and radiant being ever in tune with the Infinite. This you will feel to be forever enough. You will recognise that you can as an individual have more power and more glory than your limited logical mind can ever imagine. You get to see the world with eyes open in wonder. Then wonderful and miraculous things begin to happen. Only you have no concern about how they get done. You simple act from Love in action. Then you forget it. As Lao-Tzu says, "When the work is done it is forgotten. That is why it lasts forever."

This work of power is available only to those who align themselves with the power of allowing. There can be no claim that this power belongs to you. It is the power of the All One that comes through you when you relax into the beauty of who you are. This is the work to be done. It is the paradoxical work of learning how to be surrendered to Love. When this work is done it is forgotten. This means you simply become empty.

In this way you become like a womb. You, in any moment, are ready for the birth of the new. In the birth of the new is new creation. This isn't the rehash of old ideas of the logical mind. It is the birth of that which is whole and holy. It is the birth of what we in form call miracles. These are only called miracles because one is imprisoned in time and space and form.

This blessing is written in order that you not forget this power. For the highest good of all it is time for each of us born of the Timeless to reclaim that which is our birthright. In this way you can bring Heaven to earth. There is no other way to have this event take place. This is absolutely more than you can ever imagine. It goes way beyond any limited idea of simply having a pleasant time.

When you commit to being someone aligned with the Infinite you in fact are bringing about the end of the world but not as you know it. The end of the world comes about not by the destruction of the earth but by the awakening of the intelligence of the One Mind within the collective called humanity. This is done through you. This is how important you really are.

The end of the world is the end of time. It is when Heaven and earth are not separate but One. This is not a destruction but revelation. It is the revelation of the truth of your being All One. This is real Love in action. The only requirement for you is to make yourself available to this Timeless dimension that Loves forever all that it creates.

# Blessing for Mid Life

**M**ay you as an outsider become a true insider.

**M**ay you who are the troubled guest become a seeker after truth and,

**M**ay you find your birthright in the real you who is truly amazing.

Mid life is often a time of crisis. We are often invited to do things that seem a little crazy. The writer remembers an advert for a powerful motorbike that often appeared in national newspapers in England. The caption read, “Ridden for two weeks only during a midlife crisis.”

This writer considers the midlife crisis a call of the soul to the one real adventure left to us. This is the adventure of the hero’s journey. It is a call to initiation. It is the journey to what we in Ireland call the Land of the Forever Young often known as Tir Na Nog. It is, metaphorically speaking a journey into our whole self and the journey into Oneness.

On the journey into Oneness one’s life becomes increasingly paradoxical. You will become more and more an outsider as you move deeper and deeper within. On moving more deeply inside you will find, to quote Paul Ferrini from his book called *Dancing with the Beloved*, “Love is an inside job.”

On this journey into the heart of Love there is religion and there is spirituality. One can be religious and not spiritual but one who is spiritual is always religious within the true meaning of the word. The word religion comes from *ligare*, which means, “to bind.” In initiation into the spiritual one becomes bound to the truth of Oneness. This is in no way a bind but becomes an ever more conscious love affair with creation.

The true spiritual journey begins with initiation. This is an initiation into the spirit. You do not get this through good works or any effort on your part. You are given it. However, your work is to get on the right wavelength. The experience of a midlife crisis is an invitation to tune in. This wavelength is the same and different for everyone. It is the same in the sense that every spiritual seeker has a longing to be whole which is to be Holy One. How this longing is satisfied however is unique to each one of us.

This initiation can happen at any time. It happened to this writer when he was twenty-six years old after several years of literally being in the wilderness. It happened to his sister Mary while she was walking on a beach in Donegal on the West of Ireland. Initiation often follows a period when one has been greatly troubled. Following such troubles, however, can then come the initiation. Within and after such initiation one becomes amazed. This in fact is an understatement of the experience.

In the experience of initiation an Amazing Grace happens. This initiation changed the way this writer saw the world and sees the world. As another modern mystic Andrew Harvey, recounts in his experience of initiation, "I knew in that moment that my life would never be the same." Thus a new dawn breaks. The old life is left behind and one begins the real quest into the hero's journey that is referred to in different ways. In the writing of Irish Blessings this writer refers to this as the journey to the Land of the Forever Young. Buddhists call it the journey to the other shore.

This initiation makes you an outsider. It makes your view of life and death totally different. Many people are now initiated via near death experiences. They have been troubled in a quite literal sense and they return amazed. Death no longer holds the fear it once did. They now know for certain that who they are is not the body but that which animates the body. They get a direct experience of that which is within them as the Forever Young. They are given a glimpse of life eternal. They have in a very literal sense died before they die.

A true initiate does not become tied to any specific set of doctrines. They may have a preference for a specific teaching given their cultural upbringing but all religious teachings are food for the journey home. Such preferences may change along the way as you become more and more an insider and more and more an outsider.

The writer was initiated into the knowing of their true Self through the teachings of the modern day mystic Krishnamurti. This great mystic was from a very early age groomed to become the leader of what was called, *The Order of the Star*. He was such a wonder that as a young man he disbanded this order and taught during the rest of his life the Pathless Path. He told anyone willing to listen to trust his or her own innate intelligence. This intelligence is beyond what we call logic.

On initiation you become a mystic. A mystic is one who begins the love affair with the mystery at the centre of existence. They have been graced (and it is a great grace) the knowing of their Divine nature and they begin to pay allegiance to this gift of forever. However following the receipt of such a gift the initiate will be tempted to dishonour it.

Here we have the first steps of the mystical journey as represented in the life of Jesus the Christ. The experience of initiation is represented by the baptism in the river Jordan. Then the initiate enters the phase of being tempted to use this great power for his or her own ends. This happens to all initiates. For Jesus this phase of temptation took forty days and forty nights. For most of the rest of us it takes much longer.

Most cultures do not trust mystics. Mystics are in a way free of limitation. They are hard to buy. You cannot offer them more than they have been given by an amazing grace. They will appear disinterested in much that the world has to offer. It is not that they are against the world. They are in the world but not off it. They live and dance in the remembrance of their eternal Divine nature. They are focused on the quest into ever-greater grace of Divine Love for the highest good of all.

After initiation one often gets lost. The natural thing to do with this grace of Love is to claim it as your one. This is what the writer did and, of course, this is how it is lost.

In this experience one literally feels they have lost the universe. To claim this grace that is given for ones self is self-serving.

Initiation is given so that Love can be in service for the highest good of all. In the experience of initiation others are recognised as not other. In the initiation one lives the second commandment, "Love your neighbour as yourself." This is done because for a short time the initiate is All One and thus transcends the illusion of separateness from everything. This, of course, includes your neighbour.

Such an initiation is only the beginning. This is the first step on the journey that paradoxically speaking never ends because it never really begins. This paradox can only be understood within the experience of initiation itself. It cannot be accessed via logic. This initiation begins the journey that takes you up the endless mountain of Love.

Before initiation there is the longing. Often this is the hidden longing behind a mid life crises. This is the longing for Love and the longing to live the life you love. For the writer this longing began, as it begins for many people, in puberty. However the real longing was crystallised when the writer's mother gave him a book on Yoga. He was seventeen years old and Yoga was not the household word it is today.

We all have this longing but usually we project it onto our partners, onto our career or onto anything that we feel will make us happy. This goes on until we become disillusioned with all the trappings that the outer world has to offer. This is often the prelude to some sort of crises. This can be a financial crises or it can be a crises of ill health. It often happens in mid life when there is the unspoken recognition that we are now closer to death than birth.

This is the stage when we become troubled. It seems that this is a necessary stage for most people. They seem to need to be dragged kicking and screaming into the amazing experience at the heart of who they are. This is because they will not release the attachment to who they think they are. They are in, this experience, literally and metaphorically speaking being reborn.

Then, following the crisis, there is the turning. One decides that there must be more to life. This is the birth of the seeker but not the initiate. The seeker becomes an outsider who turns inside. This is what it means to repent. This is a repentance that does not require you to feel in anyway guilty. Repentance simply means *to turn around*. It is a spiritual instruction. You are not required to beat yourself up and call yourself names. This is just more ego game playing. To repent requires only that you turn to look within when for most of your life you have been looking outward.

The turn around begins with deep dissatisfaction. You become a seeker after the truth that will free you from the sense of separateness that is at the core of most human suffering. This is the loss of your ability to experience directly in the here and now your Divine nature. Your Divine nature is the flow of boundless Love from the formless into form. It is your one guaranteed source of happiness.

One might learn all there is to know about your prescribed faith but still is and will always be about. Many Christians claim to be born again. The writer has met many

such people on his travels. They know the words and can quote chapter and verse of the Bible but they are not the knowing of the experience they claim to know about. They may be genuine seekers but they are not initiates. They claim repentance but they are not outsiders who are real insiders. Go to their churches and Love will rarely be mentioned. Separateness will still be the main item on the agenda.

To become an initiate be your deepest longing. This is in order that you can really belong and be the knowing of who you really belong to. In the beginning you may be troubled but you will sing Universal song that longs to sing uniquely through you. Like Paul McCartney you will sing, "Maybe I'm amazed at the way you love me all the time." Yet it is even more amazing than this. Even more amazing.

# Blessing for Aloneness

**M**ay you be alone where no-thing need be added to you.

**M**ay you belong to where no-thing can ever be taken away from you, and

**M**ay you come home to the real knowing that you truly are All One.

Many of us living alone in this world of time and space experience are feeling lonely. This writer has spent the loneliest times of his life amidst crowds and even amidst family. One can feel very lonely even in what might be considered one's most intimate circle.

Without intimacy we suffer emotional malnutrition. The soul needs communion. We may have more communication devices, but often these allow us to avoid intimacy and immediacy.

According to Harvard professor Robert Putnam people now have friends over to their house 45% less often that they used to. The frequency of family dinners together is down by a third. More and more people go bowling alone. This emotional malnourishment impacts not only our personal emotional lives but also our mental and physical well-being. It also adversely impacts our community and our world.

This writer contends that this is because we simply do not love ourselves enough. In this back to front existence of doing our lives we are taught that to love ourselves is self centred and selfish. In a paradoxical sense we are not selfish enough. As a result we do much of our life in order to compensate for a Loveless life. The feeling of lovelessness is promoted in the doctrine of original sin. This is a doctrine of self-loathing, violence and despair. It is the doctrine, not of those who know Love, but of those engaged in egomania.

You are not born in sin. You are born in Love. You are born as a complement of the Divine. From the moment you are born you slowly begin to create an awareness of time and space and leave the knowing that you are Love. You begin to become a feeling of separateness within a body. The real journey of life is to consciously return to this knowing of non-separateness from Love. You return to knowing you are not and never can be separate from Love.

Self-love begins with awareness. People who live unaware lives cannot share Love. This awareness begins with awareness of the words you use in each and every moment. This is particularly true of the internal language you use. The most important language you can ever learn is the language of self-love.

This language of Love is not the language of the so-called sinner. Where there is talk of the sinner there is the egotist. The ego loves sin. The ego loves wrongness. The language of Love is not for sinners. The language of Love is not in anyway

condemnatory. It is the language of allowing. It allows you to be and to be who you truly are.

Self-love is a discipline you can learn to practice each and every day. With this practice there are no days off. When you practice self-love, each day can be a holy day, which is to say that each day can be a holiday. This will bring you into presence. You will gift yourself your real Self. You will give up self-loathing for self-loving. This is the beginning and end of this illusion of separation from Love. You begin the real education in learning that you have nothing to prove. You only have to be.

Do not beat yourself up for any reason. The one doing the beating is the ego. This is the false sense of self. Do not give it power. It is not your essence. Your essential self is Love. Love is a state of being. It is not a relationship. It is not something you do. Love is something you are. You do not practice Love you practice awareness that allows Love to flow into form. Out of this awareness you glimpse the real you. When you glimpse your essential beauty you will laugh at the very idea of original sin. You will go crazy with Love.

Self-love knows that you are enough simply because you are. The ego will convince you that you need to be successful in so many ways. The ego and the collective ego will try and convince you that you have to do something to prove your worth. You are Love eternal manifesting in mortal form. You are forever, without beginning or end. What is more worthy than this? What is needed more than the knowing of this? This knowing is the state of heaven that lies within you. This state is always here now. It is pouring into you in each and every moment. With enough self-love you will gift this state of being to yourself and as a consequence gift it to others.

You will, of course, resist. The malnourishment of your being is a habit. You are encouraged to do life rather than be the life of Love. You will offer yourself all sorts of reasons why you are not lovable. You might be overweight. You might not feel pretty or handsome enough. You name it, there will be something wrong with you. What you will not accept is that there is nothing wrong with you and there never will be anything wrong with you. There may be things wrong with your body. You might be an emotional wreck but there is nothing wrong with the being you are. There is nothing wrong with the eternal you.

You will say, "but there are all sorts of things wrong with "me." You will be right. There are all sorts of things wrong with "you." But "me" and "mine" is not who you are. Until you know beyond the limitation of me and mine you cannot say with certainty, "I am wonderful." You will not say with confidence, "I am beautiful." The most expansive you might venture is to say you feel fine even when you do not feel fine. You have been taught to be an emotional liar. You will show only the mask of acceptability and hide away all those unlovely parts of who you think you are. This is until these parts start to surface and manifest as disruption in your life situation. When this happens we say we are not ourselves.

We are so rarely who we truly are. If you are not totally in Love with who you are then you are not yourself. In fact most of us, most of the time, spend our time playing the personality game. We worship the mask of persona. Witness our love of celebrity that helps us avoid the reasons for our own lack of celebration.

How often do you feel beautiful just as you are? How often do you delight in being you? How easy is it for you to take a complement. How easy is it you to see how often you miss that which is expressing in Love. Being lovely is not something you do. It is something you are. Behind our lack of love for ourselves is our inability to grieve for the loss of our real sense of self. Self-love includes grieving. It requires a deep lamenting. Lamenting is at the root of the word care. This care begins at home with you and your heart.

Self-care is self-love. It is allowing your unique universal sound to be heard. Self-love knows the heart cannot be protected but it has its boundaries. In allowing your heart to lament it will not break. What will break will be the armouring around it. This you will survive because it will introduce you to what is beyond the armour.

Within your heart is the brightest flower. This flower needs nourishment. It needs tenderness and attention. Do not condemn it. Do not judge it less than other flowers. Do not compare. Look upon this flower and allow as much tenderness and care as you might give an abandoned child. Allow it to be. With the light of Love this thing of beauty will flower as it needs.

We are all, in our own way, abandoned children. The adult within us needs to nourish this child. We need to be spiritual warriors committed to loving and caring for this flower child. This does not require us to fight but to be strong enough in our own sound to be able to protect this one child. If we do not protect this one flowering, this unique perfume of our being, there will be no real perfume of Love in our lives. We might be satisfied at best but we will have lost our birthright. This is the knowing of joy and eternity.

Self-love is like a thawing. It hurts. Sometimes it hurts a lot. The writer likens it to the experience of frostbite. When the blood begins to flow it hurts like hell. It is the same when the life force of Love comes flowing through a malnourished or armoured heart. Too often we avoid the pain and sink deeper into coldness of a life isolated from Love. Too often we sink into blaming others.

Self-love is not selfish. Self-love is a radical self-acceptance and a radical self-responsibility. It is being prepared to listen to our inner voice beyond all other voices. This is the inner voice of the heart. Self-love is the foundation of expansiveness. It is the foundation of knowing that you are beyond time and space and beyond limitation. It is the foundation of enchantment and of all beauty and all that is beautiful. It is the foundation of knowing who you are. Self-love is the willingness to know that you are the limitless and boundless eternity of love.

Self-love begins with undoing all the unkindness that has been visited upon you. Much of this unkindness you do to yourself. You probably have been and are unforgiving of yourself. You are probably over judgmental of yourself. You are not taught to be a Lover of your being. You do not speak words of Love to the one that matters most. You do not speak words of love to this gift of divinity within you.

You are not to blame. You have not been taught to honour this gift. You have been told you are unworthy. You have been promised joy later but not now. Always you

are told not now. Only joy is always now and it is never in the future nor is it accessible from the past.

You have forgotten that you are a wondrous presence. Come into this presence and mind your language. Mind your words. You are a co-creator with the Divine. Your words create the life you live. Tend to and be tender with the language of Love. Be tender with the language of your dreams. This is the language of your soul.

You tend to ignore this wondrous language and wonder why you lose direction. Beyond the language of symbol (and all language is symbolic) there is the most beautiful language of all. This is the language of silence. Within the language of silence there is knowing. This is the knowing that you are Love. Paradoxically, you come home to a place you never left and never can leave. You return to Love.

You are finally alone. You have come home to the paradox that when you are happily alone, you are “All-One.” In knowing this, love is, but it is no longer “your love.” You are All One and Al (I)One in Love. This is the blessing and you are already it.

# Blessing for Forever Young

**M**ay you travel beyond the  
Ninth Wave to Tir Na Nog

**M**ay you follow the glimmering  
One who calls you by your name  
and

**M**ay you awaken from the  
sleep of time and the prison of  
form to return home to the place  
you never left.

As a writer practicing the way of Soul  
Friendship, the Way of Anam Cara, I invite  
people to the magical land of Tir Na Nog.  
This is the land of the Forever Young.

In the myths and legends of Ireland Tir Na  
Nog is the place Oisín goes to in search of his  
love called Niamn of the Golden Hair. This  
is a story about the journey of the Soul.

One can think of this place of the Forever  
Young as something that takes place in an old  
story of legend as told by bards and poets of  
Ireland.

Modern minds that are mostly logic based will consider such tales quaint and with little relevance to modern day-to-day living. Such stories might be thought to be an interesting read but other than this they are soon forgotten in the helter skeller chase of making a living.

In the story about Oisín and Niamn of the Golden Hair Tir Na Nog is an island somewhere off the West coast of Ireland. This island does not exist in the physical world. You will not find it on any map. You will, however, find it if you care to look for it within yourself.

An Anam Cara speaks the language of poetry, metaphor and paradox. This is the language of the heart. It cuts through all the illusory power of logic gone insane in this world of form. An Anam Cara is very much a logic chopper. In days gone by they would pose riddles that could not be solved by logic. Such riddles were similar to Zen koans in that regard.

Such a koan might be, “What is the sound of one hand clapping?” This question cannot be answered by the logical mind but only by the paradoxical mind. Thought alone cannot enter threshold places of beyond such as Tir Na Nog. Thought cannot take the one wishing to be Forever Young into such placeless places. It still cannot and never will be able to do so.

It is your birthright to live as one of the beautiful people knowing your nature as the eternal. This is what the story of Oisín and Niamn of the Golden Hair and the place of Tir Na Nog is inviting you to know. It isn't that those who live in Tir Na Nog live a long time and remain young. They do not live in time at all. The logical mind with its dualistic thinking cannot get it. It is dumbfounded. It cannot know what it is to

live forever. You cannot know that you live forever via logic. This knowing is through the heart and is only accessible via heart practices.

An Anam Cara invites you beyond the limitation of logic. Logic is needed but it is nothing compared to knowing that which is beyond logic. Notice here that the writer writes the word *knowing* and not the word *knowledge*. Knowing is not rational (meaning *part off* as from *ratio*) but holistic. It is the way of the miraculous rather than the mundane. This knowing is only considered miraculous because most people are not taught how to use their minds in the way in which the mind loves to be used.

In fact, most people are being used by their mind. Modern thought, which the writer refers to as thinking about, is not holistic. It is rationalistic and scientifically biased. However, all real discoveries made by science that alter our world view and lead to major life changes for the collective that is humanity are not logical. These discoveries tend to arrive whole. The scientist in one instant knows the answer. Then, scientific methods prove the hypothesis. Any other way of discovery is not really discovery at all but what the writer refers to as logic chopping.

Logic chopping is the way we try and solve problems that have nothing to do with logic. This is particularly true of relationship problems including those experienced as an individual and those as experienced as a collective. As the mystic scientist Albert Einstein said, “You cannot solve any problem on the same level of consciousness with which such problems were created.”

The mythical land of Tir Na Nog is the metaphor for that other level of consciousness that solves the core problem of human existence. Without access to this level of consciousness that knows itself as forever problems simply change. Problems come and go. Fix one problem and in time another returns. The crossing of the threshold into the land of the Forever Young recognises the core problem to be solved. Entry into this state of Forever Young gives you the key to realising the true problem at the heart of most human suffering.

An Anam Cara who is the friend of your soul and the devotee of what might be called the collective Soul invites you to venture across the threshold of the finite into the reality of the infinite. Infinite can be taken as meaning the direct experience of eternity or to use another metaphor the Land of the Forever Young.

The core issue at the heart of human suffering is an idea that is false. Many religions teach that this idea is an illusion. They say that who you think you are is not who you really are. It is illusory to think of yourself as existing separately in time and space. The writer does not think this statement that you are illusory helps. Most people when told that their suffering is an illusion will react with anger and disbelief. In this way you close peoples minds down to the possibility of the wonder at the heart of who they really are.

The writer remembers the time when the modern mystic Osho told him, “You have no problems, all your problems are illusions.” The first thought the writer had was one of disbelief. The next thing that happened was the arising of the feeling of anger. Inside my head I heard myself say, “Who the hell is this guy to tell me I have no problems! Get me out of here.”

The master Osho, however, was right. He said the same thing to hundreds of thousands of people in many different ways. These were people who were in love with this modern master. What he is really saying, which all who have traversed from the limitation of the finite to the reality of the infinite are saying, is that you are the problem. They say that when you are gone all problems end.

They are not saying that you should go and kill yourself. They are saying, “Die before you die.” This is not a physical death but the death of the ego, which is the death of the idea that you are a separate entity living in time and space between the boundaries of birth and death. The masters of all traditions (masters also include women) invite you into the land of the Forever Young (state of consciousness) that allows you to feel your Divine state of Forever.

Be under no illusion. You cannot get to the land of the Forever Young. To get there you have to disappear. Only don't imagine that you lose anything in your disappearing. In your disappearing a paradox happens. Nothing changes and everything changes. In reality you give up the false idea you call 'little me' which is not real in the first instance and in return for nothing you get everything. You enter what the master Jesus called the Kingdom of Heaven. Like Tir Na Nog this is not a place but a state of being that is your natural state of oneness with the All One.

In this awakening to your Forever Young nature the world will look much the same as it does now. This awakening is a taste of enlightenment. In Zen they say, “Before enlightenment, chop wood, carry water, after enlightenment chop wood, carry water.” To the logic-chopping mind this seems a non-statement. To the awakened mind it is holistic. In the awakened state what you will see will be seen more vividly. There will be the experience of seeing without the added baggage of the one who sees.

“Wait one darn minute,” the logic-chopping mind will say. It will tell you that you cannot see without someone being there to see what is being seen. The logical mind cannot comprehend there being experience without the one who does the experiencing.

What an Anam Cara invites you into is the re-member-ance of life being life as is without anyone being added to the life that is. This is the meaning of the statement by Jesus when he says, “Those who would save their life shall lose it.” It doesn't mean you should give up trying to save your life if it is in anyway threatened. It means that the idea that you are separate as a life experience from the One Life is a false idea. You cannot save what is not real.

This way of being in the world cannot be taught but can only be invited. You cannot be taught what you already are. This is why all holy books should be read as metaphor and poetry rather than as literal expressions of experiences within time. This is not to say that such experiences didn't happen in time. It does, however, mean that if you take the words as literal interpretations you miss. You will read what is holistic in part. You will as the mystic poet William Blake says

*They read their bible day and night  
While they read black I read white.*

For example, what if you read in the Old Testament about Moses and the children of Israel crossing to the Promised Land. If you only read about this crossing from Egypt to Israel as a historical geographical fact and leave it there then you are like those who Blake says, “they read black I read white.”

When you awaken you know the promised land of Israel is a metaphor for the consciousness beyond the sense of separateness you take as being your real life. The Promised Land that you get to beyond the Red Sea, that is the threshold place between the finite and the infinite, is within you. In fact it is more than this. The Promised Land is who you are. It is the recognition and realisation that you are infinite Love acting in the world of form. What more do you need to be promised than to live as Love forever?

When there is no one to experience the experience the experience still is. Only now it is whole and holy. It does not take place in time but in the eternal NOW. The idea of a separate sense of self has gone and the ocean of life flows through the wave of life that is you. Your body is still here. You are still here. However, now you are the whole of existence living as a part that is not apart but is apart and whole at the same time. Do not try to think your way into this. This is paradox and this is the language of the heart. This is the way in which the threshold place of Tir Na Nog is entered.

See how an Anam Cara speaks in poetry, metaphor and paradox. They will literally do your head in. This in fact is their intention. They value logic but also see the way in which it imprisons you and deprives you of your birthright. This is your birthright in the birthless/deathless placeless place of Tir Na Nog. This logic-chopping writer invites you into the beyond. He invites you into the Blessing that you already are beyond anything and nothing you can think about.

# Blessing for Healing

**M**ay you face centre  
letting go and letting  
flow.

**M**ay you welcome the  
gifts of healing from  
beyond the ninth wave  
and,

**M**ay you radiate the  
Shining One that you are  
from beyond the darkness  
deep.

In a story that this writer regularly tells called *In the Beginning* the audience is introduced to the Tuatha de Danaan – the Shining Ones. These are the children of the Goddess Danu who is the representation of unconditional Love.

She is the one from whom we take our word *donation*. She is the unconditional gift giver and represents the free flow of Love in and through the body. She gives her name to the power of free flow as represented by rivers. In Germany her name is given to the Danube and in Russia she gives her name to the river Donn.

The Shining Ones represent those holy beings who leave the experience of Oneness to journey to a land that will later be called Ireland. There the Tuatha de Danaan battle the forces of darkness called the Fomorians. After the great battle of Moytura they are driven underground. Where once they were tall and beautiful they are now *the little people*. These are the people we call the fairy people. These are elementals who we are no longer in touch with given our modern focus on the scientific rational mindset.

This story is a metaphor for life and for most of our lives. The Fomorians represent the dark forces of judgement, resentment, hatred, doubt and fear that exist within each one of us. These negative forces exist because of the false idea of separateness that creates a mind that is not at ease with itself and is in most cases collectively insane. This is the mindset that leads to most experiences of disease (non-ease) within the body. The beauty that is our real essence is driven underground. It hasn't gone away but it is being driven deeper and deeper underground with each thought of separateness that you and I allow to dwell in our minds.

You think that given enough time you will solve your problems whatever these might be. You think that given enough time you will improve on who you are. You can certainly enhance aspects of your skill set but this is not who you are but a way in which who you are expresses in the world of form.

To be healed is to be whole. To be whole is to feel holy. Your holiness may not be radiating into this world of form but that does not change its limitless boundless essence. It is simply that there is dust on the mirror or to use another metaphor there is cloud covering the face of the sun. The sun is not changed by the cloud but the perception of the light is. The beauty of the one standing before the mirror is not changed by the dust on the mirror but what the mirror reflects is.

From the time you enter this world of form you are told that in certain ways you are wrong. This may be because you are born a woman in a culture that does not value the birth of a girl child. You might be an artist born into a family of non-artists. Whatever way you manifest in form you are going to be told that you are not enough. You will be told often enough that you are being educated in this way for your own good.

Many of us, particularly those brought up in a Christian culture, are told that you are born impure. You are told you are born a sinner and that you must repent. Even if you do not believe this you will be impacted by it at the level of the collective unconscious of which Christian culture is a part. To few people really know what these terms really mean. They are a wisdom teaching that will heal the core of most human suffering. They do not imply any sense of guilt in any way. Implying guilt is a gross distortion of their essence and essential teaching.

The word *sin* comes from an archery term meaning 'to miss the mark.' To the extent that you forget the knowing (being the direct experience of) your Divine nature you miss the bull's eye. You miss the wonder and beauty of the unique dance of creation you have come here to be. The word repent means 'to turn around.' It is a wisdom instruction that tells you to turn inward and asks you to recognise the holy being that you are. In this recognition is healing and wholeness.

Note that in the root meaning of these terms there is no requirement for the experience of guilt. You are not being asked to feel guilty you are being asked to come home to Love. You are being asked to hit the bull's eye in knowing your eternal connectedness to Love forever.

In missing the mark of eternal Love we are all sinners. Does this mean the centre is still not the centre complete and whole? Do you think God is going to take the centre away because you cannot hit the target? Do you think for one moment that that which is whole and holy everything and no thing can divide itself? You are the one who is divided except that at the centre of who you are is wholeness. It is never not whole and you cannot improve it. The archer hits the bull's eye when they relax and trust in their natural ability. Here is the real clue. Simply relax turn around and trust in your nature.

Your nature is Love. You do not have to learn how to do this. You have to unlearn how not to do it. Those who are off target are doing much of the hatred and destruction in this world of form. They come into this world of form as unique expressions of the Divine. They are given all sorts of idea, labels, concepts that create the dust in the mirror of the radiant Self that is holy. This dust in the mirror via labels creates division in the mind of 'little me' and this division is manifested within the world.

You are both the archer and the bull's eye. Relax all your tensions about whether you are good enough, smart enough, good looking enough and if you are loveable enough. Unless you do this you will miss the target. The target is a moving target that is always new; always creating beauty from its centre that has no boundary.

You might think that you could easily hit a target that is boundless. This is true except that you are facing the wrong way. You have to turn around and face the right way. This is to turn the arrow of the light of your consciousness inward. As the master Jesus says, "The Kingdom of Heaven is within you."

Repent is a simple instruction that means turn around. It in no way implies beating up on yourself. In fact, feeling guilty is destructive and counter productive. It is a play of the ego that then succeeds in keeping you stuck in the idea of separateness from Love. There are people in the world who hold themselves within a prison of their own making by punishing the body for what they call its sinfulness. The body is a gift from Universal Intelligence and like all gifts is to be cherished.

Any idea you have about yourself that tells you that you are not a holy and complete being is related to the limit you perceive within time and space and form. You are complete within the timeless, spaceless dimension of consciousness. Nothing can be added to you or needs to be added to you. Nothing can be taken away from you. You might have an incomplete body, you certainly have a split mind but spiritually speaking you are always whole and holy.

Watch what thoughts you place in your mind. If these thoughts are negative then they will create within you a world that you are not at ease with. Such thoughts are akin to facing the wrong way. All that is necessary is to acknowledge these thoughts without judgement. Take a deep breath and focus inward. In this way you have repented. There is absolutely no need for guilt only a need for a technique that will allow you to be the knowing of the holy being you are. There is no need for guilt but there is a need to be mindful of what you fill your mind with. This is the way you create your inner world and that then manifests as the outer world and what happens in your life situation.

In this way you are atoning for your sins. You become At One. The word atonement tells you that you are meant to be At One with. Again notice you are not required in anyway to feel guilty. You become At One rather than one who is off centre. In this wisdom teaching there is no one manipulating you in order that you might belong to a religious group. This really is a wisdom teaching coming from the heart of a master rather than from the distortion of the institutional mind that desires to control you through fear.

This teaching that you repent of your sins is a teaching given from compassion. It asks simply that you forgive yourself for facing the wrong way. You are being asked to forgive any sense of wrongness that you hold about yourself. Whatever you have done or not done will not be judged by Love. God does not judge you in anyway. There are Universal Laws that require balance for wrong doing but there is no right or wrong within the being that you are.

Forgiveness is accepting what is and turning toward the light. In this light you see the whole and the holy being that you perfectly are. You are not apart from the One Life that animates all life in Love for eternity. When you turn around, which is another way of saying become more conscious, then the Blessing is already here as it always is. You hit the target and come home to the reality of your non-separateness from Love. This is the Blessing and you are it

# Blessing for a Funeral

**W**herever you go **I AM** and  
whenever you are not **I AM**

**B**efore the beginning was **I AM**  
and after the end still **I AM**.

**Y**ou are Love as **I AM** Love  
Forever and forever **I AM**.

All through our life there is a shadow that walks with us. It is the shadow of death. It is for most of us the final frontier. This final frontier is mostly an unspoken fear. It is something we do not talk about. We consider it morbid or something not to be discussed in polite company.

The people best able to comfort you about the phenomena of death of the body are the mystics of all traditions and none. One such mystic must have been the writer of the 23<sup>rd</sup> psalm who was able to write with authority,

*Though I walk through the Valley of the Shadow of Death I shall fear no evil for  
though art with me my staff and my comforter.*

We all walk through the Valley of the Shadow of Death. With the direct experiential knowing of I AM one no longer fears his shadow. One might fear pain but one does not fear the idea of annihilation with the death of the body. There is only one real comfort available in this world of time, space and form. This is the knowing (direct experience) of your oneness with the Divine I AM.

All mystics speak from the direct experience of eternal life. They tend to be unpopular with institutional religion of all kinds. In the Christian tradition the original teachings of the Master Jesus were suppressed by the newly formed state religion created by the demand of the Roman Emperor Constantine. Under this new state religion instead of being invited to experience directly the Divine within oneself a creed was developed that one had to adhere to under threat of death.

Death invites you to know who you really are. This is not an invitation to learn about what may be on offer in an after life. What will really comfort you will be when you are the direct knowing of what is called in the Bible I AM. You will be the knowing, with certainty, that you who presently exist within a body in form are also the unique expression of spirit of forever enjoying the experience of limitation.

Without such limitation Love cannot know itself as Love. This Love is not the love represented by the word Eros but Love as indicated by the word Agape. This is what the wonderful Internet resource Wikipedia.org has to say about agape

*Agapē* (IPA: /ˌæɡəpiː/ <sup>[1]</sup>) (Gk. ἀγάπη), is one of several [Greek words translated into English as love](#). The word has been used in different ways and will always be by a

variety of contemporary and ancient sources, including [Biblical](#) authors. Many have thought that this word represents divine, unconditional, self-sacrificing, active, volitional, and thoughtful [love](#). Greek philosophers at the time of [Plato](#) and other ancient authors have used forms of the word to denote love of a spouse or family, or affection for a particular activity, in contrast to [philia](#)—an affection that could denote either brotherhood or generally non-sexual affection, and [eros](#), an affection of a sexual nature.

The reason why most of us are suffering in this world is not because we are living in a world of limited experience but that we have forgotten who we are beyond this limitation. Mystics invite you to remember who you are beyond this sense of the limited. This knowing is the staff that you can walk with through the Valley of the Shadow of Death and be certain that no evil will befall you. Without this knowing death will be something you in form can only be afraid of whether this fear be conscious or not.

The Valley of the Shadow of Death is the experience of ‘little me’ walking in this world of form thinking that ‘little me’ is the limitation of a body born in form, beginning at birth and ending in death. The evil to be feared is the sense of your living separately in a body and taking your identity as being that solely living in form and time and space. You identify solely with your mortal form forgetting that who you are is both the form and the formless. Without the formless I AM you cannot exist in form. When the form is not the formless I AM that which is forever is still forever.

The Kingdom of Heaven that you are invited to bring to earth by the Master Jesus is the conscious knowing of your divinity in form arising moment to moment from the formless. You are not going to get this simply as a reward for believing in a creed or doing good. You are not going to get this as a reward for any of your actions. You cannot get what you already are. You can however be the knowing of divinity in form. This knowing is the real comfort. This knowing will transform your relationship to the experience you define as death. It does not necessarily transform your relationship with pain but it can do so in miraculous ways.

A Blessing at a funeral should not just offer sympathy. A Blessing at a funeral should offer compassion and comfort. The direct knowing of the eternal is the comfort that such blessing can give to those who really are walking in the Valley of the Shadow of Death. They are those who are walking totally unaware of the heights that extend far beyond such valley floor. This direct awareness of ones divine nature is the pearl of great price. It is the pearl you are invited to wear and be the awareness of. It does not mean that you need say anything about it in word but you will be a radiance walking in the knowing of the Divine.

The death of another with whom you are associated either in an intimate or casual way is an invitation to ask the deeper questions not only of your life but also of life itself. This can be the greatest gift offered by the departed. It was the gift given to me on the death of my beloved sister Mary who died all too young. It allowed me to ask the question, “What am I doing with this gift of life I have been given?” The answer was, “Not what I want to do.”

The evil to be feared is not the experience of death but the fact that you have lived life backward. This is the real meaning of evil. The word evil is the word live spelt backwards. This represents a metaphysical truth and is not merely some little play on words. You are a spiritual being living in form and not a form that is trying to be spiritual. You do not have to do anything other than wake up to the miracle you already are. This is the comfort that you need to experience the fullness of life in form and the fullness of your eternal formlessness that was not born and thus does not die.

At a funeral one is honouring the physical expression of the dance that was once in form. This dance goes on forever and did not begin with the birth of a body nor will it end with the death of the body. One could celebrate death in the sense that the soul of the departed has returned to their true homeplace in the dance of forever. They will be again in another dance that will arise within a space, time, and form world. Or they will arise to become some other creative expression of that which creates in Love forever.

This will happen to each and every one of us until time is no more. When time is no more Heaven and earth will pass away. This does not mean the end of the world as we know it. It does mean the end of the idea that the persons we bury in the earth or cremate, are not and ever were separate from the One Source that is the eternal I AM. The end of time means that we will know the truth of our divine nature in the non-separate sense of Self. You will have become still and become the knowing of our true Self. You will have arrived at the still point centre of I AM.

Offer this blessing of I AM to yourself. Make it your intention to feel directly your connection to the eternal I AM. This is a felt oneness with the One Life of the cosmos. This life never began and never ends. You are not separate from this dance of forever. When you are the knowing and the feeling of this oneness you will walk through the Valley of the Shadow of Death and fear no evil.

The Valley of the Shadow of Death is the experience of living in form without knowing who you are beyond this limited experience of a body living in time and space and form. Without this knowing you really do not get beyond the first noble truth of the Buddha. This is that life is suffering and ends in death.

This blessing is written to invite anyone feeling the pain of separateness from a loved one. It is offered by way of comfort and compassion. It is offered from the heart of one who is the knowing of the Divine. What else to know? What else is more blessed and comforting than this? What else to give at such a time as at the death of a loved one or someone known to you?

When you are the knowing of your non-separateness from the Source of All Creation beyond time and space you feel the Blessing you already are. You can walk in this world that the palmist refers to as the Valley of the Shadow of Death and you will be under no illusion that you are or ever can be separate from the Love of Creation. You will know the Blessings is already here and you are it.

# Blessing for a Father

**M**ay the sounds between us be as silent love songs.

**M**ay the light that surrounds us invite our shadow dance.

**M**ay the space between us be full of belonging and

**M**ay our bodies be soft with secret remembrances.

To write a new Irish Blessing is often a challenge. To write one about your father is even more of a challenge.

In order to write a New Blessing one has to enter the heart. One has to have courage to allow the heart to speak. This is not the courage of a soldier but the courage of a warrior.

The soldier is trained to kill or be killed. The warrior is trained to be a Lover of Life. As a warrior you are a protector of life. In the Celtic tradition as part of the training to be a warrior you were required to learn twelve volumes of poetry.

Many men in the past professed to love their children but often gave to such children little active demonstration of such love. They provided food, shelter, clothing, guidance, money, and a sort of affection now and again but they did not regularly validate their children for being their children. Often they only become engaged with their children when a problem arose and they were expected to be the one who laid down the law.

In my dealings with modern fathers and their children this appears to be changing. It is my fervent wish that it is changing. One of the most beautiful expressions a man can give to his children is tenderness. It is such a beautiful invitation and intertwining of soul. It involves the voice. It is a manifested living poetry. It is not simply the praise of words but is Holy Communion. For one precious moment the child is grounded in a true warrior's protective embrace.

Tenderness involves the softness of the body. In that moment of tenderness the body is allowed to love what it loves. There isn't anyone of us who does not feel the beauty of that melting of the heart that expresses itself warmly and fully in an expression of tenderness. It is not something affected. It is not something a man learns to do but it is something he allows himself to be.

This allowing of tenderness is the beauty of the warrior who has done the heart work. It is the beauty of a wholesome protectiveness. Too many men learn to armour their bodies against feelings of softness. I still hear that awful expression which has no validity in the real emotional life of any man or boy, "Big boys don't cry." This is the case if the boy or man retains the mentality of one who refuses to do the heart work. When the melting time is needed they remain frozen. They stand like ice men waiting for the thaw. When an opportunity for communion with their children happens the

moment is gone. Sadly, for them and their children, all too often the children have also gone.

This freezing or body armouring can happen overnight but is more often the result of extended periods of rejection or non-acknowledgement in some form in the father's own life. This is the meaning of the phrase in the Bible, "The sins of the fathers are visited upon the children." Without the heart work of the warrior the psychological dynamic within the family tends to remain the way it has always been. Sometimes this can last for seven generations.

However, there are many moments in each of our lives that are beautifully significant. If you enter these moments consciously they can be most revelatory and healing. These are not the moments of trauma, disappointment or sadness we are all subject too in our various upbringings. These are moments of validation and acceptance. These are moments not to be forgotten but moments to be remembered as the Blessings they are and cultivated as soul food.

These are the moments of the light between you and your father. When you remember these moments of beauty you can learn to allow the shadows between you and your father to come into the light and dance. These shadow aspects of yourself can then be felt as less fearful. These are that cathedral space moment when in the darkness a light shines through a windowpane.

This is when a window of the past is brought to the light and released. The armour around the heart for one moment is softened. This is heart work. This is the softening of that which was once rigid. This is the meaning of the beatitude from the Sermon on the Mount, "Blessed are those who mourn for they shall be comforted." In Aramaic, which was the original language that the Master Jesus spoke, this can be translated as, "Ripe are those who have softened that which is rigid within them."

One of the ways this writer practices softening my heart is through singing. One song he loves to sing is the Joni Mitchell song entitled *A Case of You*. It comes from her album *Blue*. This album is the writers all time favourite recordings. Blue is the colour of paradox. It is the colour of the blues and the colour of communication and communion. I have never sung this song in public. For the writer is too tender a heart song. At least it is for the moment.

I imagine myself singing this song to my father. Late into the night in this cottage there is absolute silence. There is the light of the fire in the wood stove reflected in the body of the white guitar. I imagine my father, who now abides within the Timeless, listening to me. He and I share the sentiments of this song together. Here is my favourite verse from this song.

*I am a lonely painter  
I live in a box of paints  
I'm frightened by the devil  
and drawn to those who ain't afraid*

*I remember you once told me  
love was touching souls.*

*surely you fall out of me in  
these lines from time to time.*

*You're in my blood you my holy wine  
you taste so bitter and so sweet.  
Oh I could drink a case of you and  
still I would be on my feet  
I'd still be on my feet.*

Joni Mitchell – A Case of You.  
From the Album Blue

He, my father, is the one who was the painter who literally lived in a box of paints. He loved more than anything else to paint watercolours. All around this cottage are paintings that he put his heart into. I am the writer having him fall out in these lines of Blessing from time to time.

Your father will always be in your blood. He might not always be holy wine. You might think he is the dregs of the wine at times. But it is important to learn what this says about you as much as it says about him.

I invite you in this New Irish Blessing to create you own holy wine. This is from the whining that we all do around our parents that we sometimes bottle up and have often needed to bottle up. There is no judgement of you here except to tell you that when you make any sort of judgement you return that judgement in equal measure to yourself. In your judgement of your father you are not free. Forgiving does not mean you have to forget or condone. It does mean, however, having the courage to open the door of your heart and walk into another possibility.

Eckhart Tolle author of *The Power of Now* says that parents are always trying to do their best for their children. This writer happens to agree with him. They do what they do given their level of consciousness. Were they more conscious, their parenting would have been different.

Therein lies our quest. Our work is not to judge our parents or ourselves. We are here to journey into the heart of that longing for love which is the holy longing for the Beloved. I journey into that holy longing through the practice of writing.

So let me then leave you with one of the first stories I ever wrote. It is a story about a man who was a lonely painter living in a box of paints who had a son who loved to sing. This story is set in the great cathedral space of St. Patrick's Cathedral in the City of Armagh in Northern Ireland. In the darkness of this cathedral there happened a moment of Holy Communion.

## *Disharmony in the Key of C*

*“Well, we could try the 23<sup>rd</sup> Psalm, suggested the choir master.*

*In the ancient St Patrick’s Cathedral of Armagh he sat perched on the edge of a battered old stool. He stretched his long legs so that they were at an angle to this small chair. Under his weight the stool’s stuffing peaked out from the faded tartan covering. Beneath this covering a mass of grey foam seemed to struggle for breath.*

*This choirmaster waited for my reply. My breathing became like the grey foam huddled beneath the shabby tartan covering – frayed at the edges.*

*“I’m sure that’ll be fine,” agreed my father.*

*This was agreed without consultation with myself. This was the way we often agreed things my father and I. This agreement meant I had no say.*

*I squinted at him with my bad eye. He was dressed as I’d never seen him dressed before. Everything he wore seemed shiny. This shine was evident even in the dim light of this huge cathedral. He wore a dark suit smelling slightly of camphor. His hair was shiny too.*

*He wore the big brown shoes. “Sensible shoes,” he called them. The laces, always too long, made a slight swishing sound as they flew left to right as he walked. Now, they lay limp upon the leather uppers caught by the reflected light for the huge organ keys.*

*It was then he seemed to remember his manners and asked.*

*“Is that OK, son?” ever so softly, in a way I’d not ever heard before.*

*I was held by this new sound as he asked again with ever more tenderness in his broad Liverpudlian accent that had mellowed over time.*

*“That’ll be OK, won’t it, son?”*

*I didn’t reply.*

*“You know that one, don’t yah, son?” he enquired again, softly.*

*Sure I knew it but I only wanted to listen. I wanted to listen to him say “son” with that special sound of tenderness again and again. Never mind the bloody 23<sup>rd</sup> psalm. Just listen to me Da saying the word “son” like I’ve never hear him say it before. At least not in my remembering.*

*Now, often in my imagination I have him audition for the part of my father. I have him play the line with the words,*

*“Do you know than one, son?”*

*I have him say it over and over and over again.*

*Like I'm directing him in a movie of my life and I say.*

*"Very good George," I say, "but could we try it just one more time."  
Maybe for the 1,000<sup>th</sup> time.*

*"Just one more time," I ask, knowing that it would be too long till he played this part  
ever again.*

*And yes, I'd have given him that call to say he'd got the part of playing my "Da" in  
the real life movie if only the choirmaster hadn't hit the chord of C and changed our  
harmony.*

# Conclusion

This Ebook *New Irish Blessings – 12 Blessing for the Journey Home* is given to you the reader for **FREE**. It is written in order that you might freely distribute it to anyone you feel can benefit in anyway from the content. The only requirement you as the reader has is to keep the copyright notice in the name of the author that is at the beginning of this Ebook.

If your heart connects in anyway to the words in this Ebook then in giving it away freely to others you gain merit. Under Universal Laws you receive as you freely give. In this way the intention in writing this book is served. You the reader serve the beauty that is at the heart of Creation and you facilitate the arising of this beauty within yourself and within this world of form. You facilitate the lifting of the veil of separateness alleviating suffering that is endemic in so many people's lives.

This *New Irish Blessings – 12 Blessing for the Journey Home* is intended to invite you into a paradox. At the heart of life there is Creation creating forever. Our Sun beautifully illustrates this. It gives its light and warmth to all without judgement. When you give freely without judgement then free flow happens. The world becomes a place of real freedom. Gone is the need to feel afraid, the need to measure what you have compared to others. You learn to come into your real power as co-creator with the Divine. You learn to give yourself away as the free flow of Love in action.

Unlike other work you might engage with this Love in action will not burn you out. It will burn up all doubt, all anxiety and fear you might have about various issues within your personal life situation. This fire will consume you and consummate the marriage of heart and mind within you. You will enter a place of sanctuary and you will Bless this world of form by your very existence. This you will do in your own way and from you own authority.

As this Ebook *New Irish Blessings – 12 Blessing for the Journey Home* has sought to show your life in form is not the whole picture. In fact it is really only a very small part of the whole and holy picture. You in fact are the whole and the part and never apart from the All One. When you help another in anyway from the experience of Love in action you are in truth simply helping yourself. The greatest way to be of service to yourself is to serve others. This is the meaning of the statement by the Master Jesus when he says, "Let those who would be first be the last."

To our modern way of thinking this makes little sense. This is because you think in terms of separateness and limitation. When you serve the Infinite Source of creation you have access to the unlimited. This is what is commonly called miraculous. To access this miraculous dimension of healing one lets go and lets be. The individual will is sacrificed (that is to made sacred) to will of the All One. This is simply the action of creative intelligence and is not limited to rational intelligence.

In this way you enter free flow. You are not only given freedom of the city but you are given freedom of the Universe. You become versed in unity and this you know to

be the true source of all real joy. You begin to radiate the beauty at the heart of who you are.

At the beginning of this Ebook *New Irish Blessings – 12 Blessing for the Journey Home* we were introduced to a woman who was asked to offer one thousand blessings at a Buddhist temple. To begin with she felt a little daunted. The secret is simply to begin. This is to begin with one Blessing at a time. Lao-Tzu says, “The journey of one thousand miles begins with the first step.” This is sage advice. You could begin each morning by simply saying, Thank you,” for the covers on your bed that have kept your body warm during the night.

Will this change the world you might ask? Absolutely, because nothing else will. This world of form is manifested from the unmanifest via thought. All the thoughts that have ever been thought have made the world exactly as you see and experience it now. You can literally change your world and this world one thought at a time. When you begin to do this you can start to access that unlimited power that is beyond thought but that creates holistically, miraculously and moves as Love in action in this world. This is the one way in which the world we know can be saved from the madness created from the idea of separateness.

One of these New Irish Blessings is entitled Blessing for Empowerment. Each of us needs to personally claim their unique power. Each of us has within us the equivalent of a nuclear explosion of creativity that will act in Love to transform ourselves and those around us. This explosive creativity is available to you unless you doubt that it exists. This Ebook *New Irish Blessings – 12 Blessing for the Journey Home* asks only that you begin to trust this potential one thought at a time. Then that which is unlimited has the opportunity to arrive. This unlimited potential is compassionate and it is forever. When you allow this then the Blessing is already here and you are it.

So dear reader, you have come to the end of the Ebook entitled *New Irish Blessings – 12 Blessing for the Journey Home*. As one book ends another begins. This new beginning is a book about the most well known Irish Blessing of them all.

*May the road rise up to meet you  
May the wind always be at your back  
May the sun shine on your face  
and the soft rain fall on your fields  
and until we meet again  
may God hold you in the palm of his hand*

This new Ebook *May the Road Rise Up to Meet YOU* is more practical in its approach. Its subtitle is *The Way and Practice of Irish Blessing*. This Ebook develops a way of living life that blesses the individual. This foundation is built upon through practice. The Blessings that you receive will be those that best suit your personality. They will radiate within you that is your unique expression in form.

# The Way and Practice of Irish Blessings

**M**ay the road rise up to meet you.

**M**ay the wind always be at your back.

**M**ay the sun shine on your face and

**T**he soft rain fall on your fields and until we meet again

**M**ay God hold you in the palm of his hand.

What if it really happened? What if you could feel really blessed and live the life you Love?

What if the road *really did* rise up to meet you, the wind was always at your back and the sun was shining on your face? What if God (or whatever name you care to use for that which is manifesting creation in each moment) really did hold you in the palm of his/her hand?

What would that feel like? Would it not feel like a miracle? No struggle, no effort just a feeling of being loved and cared for all time and beyond time. What if it really is just a miraculous as this? Where might such a miracle arrive? Where might such a miracle be found? It would arrive from within you because it is always arising from within you.

You are already that miracle. There is nothing that holds you back except the ignorance of the truth of who you really are. You can become miracle minded and learn to live the life you love. You can learn to remember your connection (remember in the sense that you feel it to be real) to the Blessing that you are.

In the unique Ebook entitled *The Way and Practice of Irish Blessings* you can learn to tune into this connection and be the Blessing that you are. The way in which you know you are tuned to this Blessing that you are is through the feeling of excitement and enthusiasm that flows through you.

The question is how do you maintain such energy and enthusiasm? How do you feel the blessing that you already are and have enough energy to share this sense of blessing with others? In *The Way and Practice of Irish Blessings* you are shown the how.

For your life to be a miracle, to be the miracle it already is, requires that you change the way you view the world. This shift is not going to take place in an instant although there have been occasions in the life of an individual when this has happened. What is required is a structure and a practice that then becomes the foundation on which to build a house of Blessings. In *The Way and Practice of Irish Blessings* you are shown the way in which this shift can come about in order that you realise (see with real eyes) the blessing that you are.

This realisation will ensure that when the blessing of knowing (feeling directly) who you really are arrives that you will recognise it. What would happen might literally

blow your mind. In *The Way and Practice of Irish Blessings* we show you the core foundation on which you need to build such a house of Blessings.

With access to this process of knowing, the road *will*, metaphorically and literally, rise up before you. You can wake up from the primary cause of most stress and unhappiness that exists in the world and has always existed from the beginning of time.

Without this knowledge you will, in all likelihood, keep running into one problem which when solved will most likely be replaced with another. For the road to rise up to meet you, you are required to ask some real questions that will allow you to touch the beauty of your true Self. In *The Way and Practice of Irish Blessings* we teach you how to stop running and return to your true source of power that will allow you to solve the real problem and live a life filled with Blessings.

When you learn to know who you are and begin to feel your true relationship to the Universe then you will come to a still point of miraculous power. This is a power within you that will allow you to create the life you love. As the wonderful Irish rock musician Van Morrison says, “*When you live the life you love, you get the blessing from above.*” Learn the questions that will take you into the real life. Learn these real life questions in *The Way and Practice of Irish Blessings*.

Most human suffering is due to one core issue. This core issue is the experience of feeling separate in the world held within a body limited by time and space. The emotional underlying experience of such an identity is ultimately one of either conscious or unconscious fear. The ultimate fear is the dissolution of the sense of oneself as the death of the body.

A belief in the after life will not save you unless you wake up to the knowing of the Blessing that you are in this life in this body. In *The Way and Practice of Irish Blessings* you can discover your true potential in really living the life you came to express as the dance that you truly are.

This real life is a life of purpose, passion, practice and prosperity. In a life that is less than blessed you spend much of your time doing life rather than being the life you love. You struggle to motivate yourself. You time manage and you goal set. All this energy is focused in the future. You spend your life travelling to a time that when it arrives is *felt very little* because out of habit your mind is still focused in the future.

Life is not future based; it is *NOW*. Your life lived in this way may have its highs but it will still be experienced on the flatlands of a feeling of separateness, and for some a deeper sense of loneliness and isolation. In *The Way and Practice of Irish Blessings* you can learn to focus on having the real time of your real life.

What would be the first step be in changing from a sense of do do doing that is most peoples lives to one of blessings?

In the life of most everyone on this planet the real life is felt to be the opposite of true. This is because you have not been taught to ask the questions that will take you into the wonder of the real. Such a question might be, “What if the Universe I am living in

and feel very separate from is benevolent?” “What if I could learn to tune into and feel this benevolence rather than just simply add it as an nice idea to my catalogue of other nice ideas?” In *The Way and Practice of Irish Blessings* we focus you on the *direct feeling experience* of blessings that you tune into so that the road of your life will be easy.

Let us take this idea further. What if this is the true reality of the One Life of Love that you invite others to share in when you say, “May the road rise up before you.” What if you were to discover how to tune into such a real life wavelength of blessings? In *The Way and Practice of Irish Blessings* we help you discover how to trust this process that wants to be in tune with you and pour myriad of blessings your way for all of time and beyond time.

What if the one invoking the blessing was you who no longer simply believed in this Higher Love as a concept but who felt this Love flowing through their mind and body and simply gave it away because this is all that real Love ever does? What if when giving it away you found it simply kept returning with more and more Blessings? What then? With *The Way and Practice of Irish Blessings* you learn that these ideas are more than just ideas. You learn to tune into the Blessing that you are and *that* will give you the feeling experience of a life beyond your imagination!

What do you think you would give and could give to the world with such knowing? What sort of power do you really think this knowing of the Blessing that you are would give you? You would be a powerhouse of wonder. Learn how to access this powerhouse of wonder held within the most common of Irish Blessings as unfolded in

*May the road rise up to meet you  
May the wind always be at your back  
May the sun shine on your face  
and the soft rain fall on your fields  
and until we meet again  
may God hold you in the palm of his hand*

as unfolded in *The Way and Practice of Irish Blessings*.

This wondrous power that you would rediscover would be *a power with* rather than *a power over*. When you learn to tune into this power it will become a deeper and deeper love affair with your true Self. There will be no begging or chasing for a livelihood or love relationship to fill any sense of lack. There will be felt a sense of wondrous innocence like a child who still feels that Santa Claus is coming to give them presents. Only in tuning into the blessing that you are you are simply inviting the feeling presence that you already are. Presence is always enough. It is always inspirationally enough.

When you live from this inspirational way of being in the world you live from the being you are. You do your work but it is inspired work. It is heart work and heart felt. You become wholehearted in what you do because you are manifesting Love in action. This is different from doing your life which often gets you in the do do. In *The Way and Practice of Irish Blessings* we teach you that the way of do do is the

way of the dodo. This is a bird that became extinct. In *The Way and Practice of Irish Blessings* we teach you how to do more by doing less.

You learn to do by way of Love in form. You walk the road of your Life and the road bows down before you in gladness and you are raised up. The Sun of Love shines on your face and you go and radiate the one light and one life that you are here in form to express uniquely.

This is your true delight. Without this ability to express your unique creative potential all else in time and space is a form of compensation. In knowing the beauty of who you are you will find that the Blessing is already here and you are it. When you know this you will have Returned to Love.

You will walk in the world in beauty. Learn how to walk in the world as the beautiful Blessing YOU are. Discover how the road will rise up in honour of the creation that you are. Tune in by way of *The Way and Practice of Irish Blessings*.

To avail yourself of this unique opportunity to live a wonderful life beyond the flatlands of your everyday existence please send an email to the writer with the heading

“may the road rise up to meet me.”

to

[theroad@irishblessingsmatter.com](mailto:theroad@irishblessingsmatter.com)

*Yes Tony, I am so very excited about this ..... you are such a wonderful teacher.....I can tell I am on a new path, a new adventure in my life.....I am so excited to have you as a guide. I hope it is ok, I included your site as a link on one of my pages.... I think your teachings can benefit so many.*

**Brenda McGarvey**  
**USA**

# The Anamcara Experience

Ready to Radiate



***A person without an Anamcara is like a body without a head***

***St. Brigid, Matron Saint of Ireland***

Are you ready to radiate the extraordinary beauty that you are intended to be on this journey of a wonderful life?

In this life everyone needs an Anamcara. In Irish this means ‘soul friend.’ On this journey you meet your heart’s true friend. They do not ask you to believe in any creed or none. They are the very invitation to know the wonder at the centre of who you truly are.

Learn about true wealth and abundance in the unique email course entitled “**The Anamcara Experience - Ready to Radiate.**”

***Thank you for your very special website. Your writing has added immensely to my life.***

***I truly hope you receive as much as you give, for you share your talent generously and you give much to many.***

***Blessings to you. Be well,  
K. Gaston***

This course does not fill you up with more knowledge of facts and figures. It intends to create within you a space that opens you to the miraculous. It will teach you that you can have more by doing less and allow you to relax into a power that is unlimited. **The Anamcara Experience** email course is heart-centred. It will, metaphorically speaking, blow your mind.

Sometimes you need to do that to manifest your true heart’s desire. Do not worry that you will lose anything. You will, quite literally as well as metaphorically, trading rags for riches. You will learn how to spin straw into gold.

**The Anamcara Experience** email course demands very little time. You do not have to learn more but you are invited to know the secrets that will allow your life to be the wonder-filled life it is intended to be. The heart does not learn in the same way as the head. It cannot learn in part; it must wholly engage to be at peace with the world and those in it – you included!

**The Anamcara Experience** is delivered in twelve parts composed of four chapters each. This includes a practice that you can do. These practices do not require additional time but they do promise to expand time and even take you beyond the limitation of time itself.

The course is delivered weekly covering some aspect of **The Anamcara Experience**. This is presented in a way that your heart will understand but might challenge some of your previous ideas about who you think you are and your place within this world.

**The Anamcara Experience – Ready to Radiate** will give you a sense of being complete. You will no longer feel someone who is mostly head-centred but someone who is totally present to the wonder of life with a body, mind and spirit, complete as One.

The practices that invoke **The Anamcara Experience** are practices that you will increasingly enjoy as you build simple techniques week by week that will create the structure for experiencing a wonderful life.

**The Anamcara Experience** revives the wisdom teaching that Universities were created and intended to teach. Unfortunately they do not practice the spirit of their foundation. Universities once taught universal knowing of the wonder living at the heart of each individual. Over time they became institutions of logic. Logic cannot and does not take you deep into the heart of the matter and the heart of life.

**The Anamcara Experience** invites you into places that your normal thinking about life will not take you. This is a state and station of wonder. You cannot get there with normal learning techniques. You have to unlearn what it is that keeps you locked in the prison of you own making.

*Dear Tony Who Has Changed My Life, Thank you for being.. and thank you for being YOU. To me, you are a beacon, illuminating the way Home. When I read your words, I sense that you are carrying me Home.*

*Love, Peace, Joy & Happy-ness to you and Bee. Mary McGillis – Mary's Moments Radio Show - Canada*

This is so easy that it is more often than not overlooked. **The Anamcara Experience** gives you a real sense of belonging. Following this course you will no longer feel that life is something that does things to you. You will be invited through enjoyable – even fun – techniques to come home to the one true place that you can rest in. You will have at least been given access to knowledge that gives you back your birthright to wonder.

**The Anamcara Experience** takes you deep into the meaning of stories related to this wonderful life. It takes you into the deeper meaning of poetry, of place, of folk song and modern day song writing. It takes you deep into the meaning of today's cinema.

More than this, it takes you into celebration. You learn in simple ways to celebrate moments, days and events that are not only significant to you but include your relationship to nearest and dearest, extending through to each and every one of us. If you wish you can take these twelve building blocks and extend them to twenty-four or twelve times twelve and beyond.

This means that all through your daily life you get to remember the wonder that is at the heart of who you truly are. Without these fun practices then life can become

routine - maybe even a little boring. You need not expend more money, more time or more energy learning more. However, you will understand and receive real wealth, real time and an abundance of energy.

Everyone is entitled to **The Anamcara Experience**. In this experience you will begin to give away all that is simply holding you back from your ability to radiate a wonder-filled life. **The Anamcara Experience** will fill you so full that you will simply want to give all this delight to others. As you do this you receive more and more but not through more and more doing. You learn wisdom that beyond doubt that nothing more is needed.

If you are interested in receiving the first four parts of this course absolutely **FREE** without obligation then email the writer at

[Anamcara@irishblessingsmatter.com](mailto:Anamcara@irishblessingsmatter.com)

With the email header

*Ready to radiate.*

You will also be given a **FREE** report that will allow you to practice **7 Ways to a Wonderful Life**.

*And they lived happily ever after.*

**THE END**