

Sunday: Time does not exist. Time simply is mankind's way of helping organize the days and keep track of things. Eternity is forever, no time, only always.

Monday: There is no cause and effect. Today take time to comprehend what it means just to be. You are not a human doing, but rather a human being. While form follows all of the rules of cause and effect, formlessness is a causal, just like the time you spend dreaming. Now here, now there, your thoughts independent of each other. You can get past pure cause and effect by tuning in to your invisible humanity. You need not continue to do the work you trained yourself to do, simply because as a teenager, thirty years ago, you made some decisions about what you were going to apprentice or major in. You need not remain governed by the belief that past decisions cause you to be whatever you are today. You can be a creator without old rules governing your life. You can be anything you choose, regardless of what anyone says or does, and regardless of anything you have done or not done before. If you can imagine it, you be it, and your imagination, your thinking, is not restricted to the rules of cause and effect. Today, Monday, work at not being the effect of anything, but the creator of that which you imagine yourself to be. You do not need a consultant in this matter; you simply need to put your form in harmony with your thoughts and then just allow yourself to be it.

Tuesday: There is no beginning and no end. Practice living this day as if forever were all tied up in this day. This is forever right here and now. Without time as a factor in this metaphysical experiment, today and a million years are the same. You are eternal, and the invisible essence of you can never die. Knowing this, all of the petty, worrisome areas will melt into insignificance. Attachment to things you can never own will also diminish significantly. Look into the mirror on this Tuesday morning and say out loud, "I am not my form. I am something much more divine than mere form." The fact that you can come and go in your dreaming body independent of any time constraints gives you evidence that the dimension of thought is not something to fear, but something to savor. Today, Tuesday, live each moment as if it were the eternity that it is, savoring everything there is to appreciate in every moment. Make it a habit beginning today. One moment at a time. One eternity at a time. And be patient and loving with any fearful thoughts. Reassure your fears that you understand their need to warn you of what they think is danger, and invite them to experiment with you just today, to try this new way of thinking, safely and lovingly.

*Wednesday: **Every obstacle is an opportunity.*** Today, welcome any disorderly or unpleasant behavior toward you from other people, as an opportunity to remind yourself that they are only talking to your form. Know that they cannot have your divineness unless you choose to share it with them, and the, perhaps for the very first time, you will be able to see the divineness in them, inside the form that is being unpleasant to you. Use the obstacle, the annoyance, as an opportunity to connect with your inner self. Today, see how many times you can take what would have been an uncomfortable reaction within you and transform it into a blessing for yourself and the other divine beings as well. Use the incidents as opportunities to practice and experience nonjudgmental observation of what is happening in the world of form. Set judgment toward yourself and others aside, and instead observe what you are feeling, and let those feelings free you. Eventually, in this way, you will discover the blessing or opportunity in what previously you allowed to be an obstacle to harmony in your life. Today, Wednesday, you are becoming the waking dreamer, turning obstacles into opportunities while in your waking body, just as you do when you are in your dreaming body.

*Thursday: **You create everything that you need for the dream.*** As waking dreamers we know deep within that when we die our consciousness will live on in a new dimension, and that everything experienced on our present level of wakefulness will appear as an illusion. Thus, just as in the dreaming body, everything that we need for the waking dream is created by us, even the people whom we experience as difficult: they are in our life because we put them there. They have important lessons to teach us. Today, concentrate on asking yourself, "Why did I create this in my life?" Take responsibility for everything that is in your life, believing that you created it all. Dedicate this Thursday to experimenting with this self-realization. Respond today as if everything that comes your way was put there by you, just as everything that you experienced in your dream last night was created by you. Everything that happens to us is in some way a mirroring of our inner beliefs. When you really and truly know that you create every aspect of your daily life, then you will learn to discontinue disharmony, or to discover its message. When you no longer need to learn how to deal with disharmony in your life, you will stop creating it, and you will create love and harmony virtually everywhere you turn. Today is your day to keep this uppermost in your consciousness all day long.

Friday: **The reactions are real, the characters are all illusions.** Today is the day to soar in a transformational sense. Look at how you play out the reactions to all of the characters and events you create for your life. Remind yourself that all of the feelings that you experience within you, the anger, joy, fear, stress, happiness, are all very very real for you, just as in your dream when you find yourself panting and breathing hard because someone has been chasing you, the panting and breathlessness are real, but the characters are your creation. Your reactions are the very stuff of which the quality of your life is made up. Today study how you are reacting to all the externals that you have created for your life, concentrate on how you are processing your thoughts. Reactions to life are determined by our thinking. Begin today to study the self-defeating reactions instead of the event or person. Imagine waking up from your dream and being upset all day long because one of the characters in your dream did not behave the way you thought he or she should. You know enough to say simply, "That was a dream," and then get on with living, or examine this reflection of yourself. Today, you can use that very same strategy and refuse to be immobilized by the actions of anyone else.

Saturday: **The only way you know you are dreaming is to awaken.** Today you can practice awakening, that is dying while you are alive, and look back at what you judged you needed to do for your life. Begin to realize that everything that you experience is a thought. The cookie that you want to eat but that will not help you is nothing more than a thought. The anger at your spouse or children because they refused to act in a certain way is only a thought. You are awakening, and by doing so you are able to see exactly how all of your self-deprecating actions are really responses to what you are creating for yourself. From this perspective, you are separated from your body, and you are watching how you behave in a variety of situations. Like an actor on the stage, you see your body go through the hoops and roles that you have created for it, and you know that you are not exclusively that physical form. You are invisible and impervious to the senses for a day and you can almost laugh at yourself for acting so foolishly as to immobilize yourself through the avenue of thought. As an awakened being you know that you can only give away what you have inside, and that whatever is inside is there because of thoughts. If you give away any hate or anger today, it is not because of anything outside of you, but rather what you have inside to give away. Loving, harmonious thoughts produce love and harmony to give away, regardless of what is

coming at you. Disharmonious hateful thoughts produce the hate and anger that you have to give away. Both reflect your beliefs about your world. In this life, in this dimension of wakefulness, you simply cannot give away what you do not have. Watch what you give away all day long, and realize that the only way you will ever get a firm harmonious grip on how to live out this illusion is to awaken to another dimension and view all of your actions from the new perspective.

So ends a week of working each day at being a waking dreamer. Knowing that we only have moments to live, rather than weeks and months, we can begin to use this awareness to make our everyday lives a state of wakefulness as unlimited as that which we experience in our dreaming body.

Keep seven words uppermost in your mind and think on the wisdom that is behind them. From the Prince of Peace, "As ye think, so shall ye be."