



BOOKLET

Important

To begin—Please save this booklet to your desktop or in another location.

How to Use This Interactive Booklet

How can you get the most out of this interactive booklet? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting edge learning system that involves listening to the audio, reading the ideas in the booklet, and writing your ideas and thoughts down. In fact, this booklet is designed so that you can fill in your answers right inside this document, or take a sheet of paper and do the exercises at your desk.

For each session, we recommend the following:

- Preview the section of the booklet that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Complete the exercises right in this booklet.

Don't just listen to this program — devour it! Strategies don't work unless you use them. Test and use the strategies that make sense to you, consistently, over time — until they become habits. Listen to it more than once. Listen for the key ideas that you can use to impact your attitudes, actions, and results. True change takes focus and repetition.

Let's get started!

When I was a young man, I experienced much of my life as very difficult, very trying. A really big challenge. A lot of stuff was happening, and it was happening very fast. At 23, I felt totally unequipped to deal with it. Heck, at 39 I wasn't doing all that well. I remember thinking, "Why didn't somebody give us a Rule Book?" Then I realized that, of course, "Someone" had. God has been communicating with us for a very long time, and in all the Sacred Scriptures of the world can be found the very best Rules of Life.

The problem is, quite frankly, that many people have lived their whole lives without reading any of the world's sacred scriptures. So a way had to be found to get some of this information in front of people in a form that would capture, and hold, their interest. This is the reason, I am sure, that *Conversations with God* was given to me.

This trilogy covers an amazing array of subjects, leaving no stone unturned in the search for answers to life's most challenging questions. And as the books have become more and more popular (at this writing, millions have been sold around the world with translations in 24 languages), hundreds of requests have poured in to us, asking for in-person programs, lectures, seminars, workshops, and retreats that could delve even more deeply into the dialogues, bringing forth their wisdom and showing how it can be applied in a practical way to day-to-day life.

The Truth Seminar is one of the ways I have tried to answer those requests, and this booklet has been written especially for those who have purchased the Nightingale-Conant recording of that seminar, which has been titled *The Heart of Truth*. On these pages I have sought to distill the mountain of information that seminar participants received over the course of the many magical hours we spent together, learning and sharing and processing our life experiences.

The pages also contain exercises not given to participants, but designed just for you. I hope you will give yourself permission to do the exercises as they come up. This will allow you to have an experience very close to the kind of "processing" that is an integral part of retreats and workshops like The Truth Seminar.

I would like you to know, now, that this booklet does not contain all the wisdom one needs to successfully negotiate life, and that I am not so presumptuous as to suggest that with these guidelines, you "can't miss" as you aim for happiness. Yet I will tell you that I feel very confident the suggestions here will lighten your burden, clear your path, and ease your way as you continue on your life's journey.

These rules for life are what I like to call "noticements." That is, things that all of us can notice about life and how it works, if we are really looking, really watching closely. The "watching closely" part is important. If you're not careful, you could miss most of this. Only after reading the *Conversations with God* trilogy did I begin watching Life really closely.

Some of these "rules" may be a bit controversial. Don't be surprised if you do not agree with some of them. At least, not at first blush. After a while, however, if you keep watching, keep being vigilant, I think you will see that they are all well worth heeding.

So here are the Rules of Life as presented, and explained in detail, in *The Heart of Truth*, based on the messages in *Conversations with God*.

Editor's note: Due to the extent of editing that was required to condense a 3-day retreat into an 8-hour format, a small number of the author rules presented in this booklet do not appear in the final program content.

RULE 1: YOU CAN'T GET THERE THROUGH 'DOING.'

Doing something doesn't do it. Since I was a child, I have been told that it did—but it doesn't. You can do, do, do until you are "all done out," and you can very often find that it has gotten you nowhere at all. At last, this has become clear to me.

I consider it one of the biggest awarenesses of my life that I cannot "do" my way to happiness, I cannot "do" my way to inner peace, I cannot "do" my way to joyfulness, security, abundance, or any of the wonderful experiences of life which I have been promised.

Everything we think, say, and do is an attempt to "be" something. Think about it. Whenever you are "doing" anything, it is because you think that once it is accomplished, you will get to "be" something. Maybe you'll be happy. Maybe you'll be more secure. Maybe you'll be relaxed, or content, or relieved, or whatever.

It is the State of Beingness for which the soul yearns. And here is a great secret. You can "be" what you are hoping to "be" through all this "doingness" without doing anything at all.

Listen to that portion of the recorded program that describes this in great detail. It could change your life.

EXERCISE

- ▲ List five "States of Being" you would like to experience in your life right now. ("I would like to be happy," "I would like to be financially secure," "I would like to be loved," etc.)
- ▲ Write down next to each what you think you would have to "do" in order to "be" that.
- ▲ Now see if you can imagine what it would take for you to simply assume that State of Beingness, without doing anything. Move into the experience of that. Simply be what you thought you would be after doing all the things you listed in the second item.

RULE 2: THERE'S NO SUCH THING AS OBJECTIVE TRUTH

Nothing has caused me more misery in life than my idea that there exists in the Universe a thing called Absolute, Unwavering Truth—and that if I just spent enough time, enough energy, or enough effort (if not to say, enough money), I could find it.

Well, the truth is, there is no such thing as Objective Truth. That may seem like an interesting statement coming from “The Truth Seminar,” but there it is. “Truth” does not exist as a consistent phenomenon outside the experience of the beholder. Quantum physics puts this another way. “Everything which is observed is affected by the observer.” And quantum physicists leave no squiggle room here. When they say “everything,” they mean “everything.” The bottom line here? There is no such thing as Objective Reality. All truth is subjective.

In all my lectures, in all my travels, in all my workshops, retreats, and seminars, I have never found anything more difficult for people to understand, to believe, or to accept. People need to hold on to the idea that somehow, someplace, somewhere, there does exist something that is Absolute—that there exists a set of Supreme Values, or Inviolable Facts, around which the Universe revolves. If this is not so, they ask, how are we to find our way? How are we to know when we are “on the path”? By what measure do we determine “right” from “wrong”?

Yet, more peace, more serenity, more compassion and deep understanding are brought into human experience through this insight than any other single “wisdom from the masters” of which I am aware. That is because if we accept that Objective Truth does not exist, we can no longer make others “wrong” when they disagree with us. The implications of this are staggering.

EXERCISE

- ▲ Write a brief essay on the question “What kind of world do you believe would result if the human race accepted the premise that all truth is subjective and that Objective Truth does not exist?”
- ▲ Supposing that from this day forward you substituted the words “same as me” and “different from me” for the words “right” and “wrong” in all your thoughts and statements. What behaviors, if any, do you think this would change in you? Write out your answer.
- ▲ Think of three people you have “made wrong” in your life for something they said or did. Write down their names and a brief paragraph about how you would treat them, or think of them, if you decided that they were not “wrong,” but simply following their truth—a truth that is different from your own.

RULE 3: IT'S IMPOSSIBLE TO DO SOMETHING THAT'S NOT, AT SOME LEVEL, SELF-SERVING.

Everything that you think, say, and do is self-serving. Every decision is a decision to produce an outcome you desire. When this is understood, it becomes clear that it is not possible to experience any volitional act that does not inure to your own benefit. Failure to understand this leads to disharmony and discord, resentment and feelings of being “used.”

It is not possible to be “used” by anyone—but it is possible to think that you are. Imagining that you are being used is a delusion, resulting from your decision to disown your own vested interest in the outcome you sought to produce. This is a form of insanity that requires you to believe that you have no idea what you are doing in your life, or why. This belief is false.

When you adopt Rule 3, nearly every reason for harboring anger or experiencing resentment in your life disappears. Your interactions with other people become very “clean.” It is understood that everything you are doing, you are doing because you choose to—and that you are making this choice (and all choices) for purely selfish reasons. Those reasons might include benefits for others (indeed, most often they will), yet that renders them nonetheless selfish.

EXERCISE

- ▲ Remember the last three things you did for other people. List these below or on a sheet of paper.
- ▲ Ask yourself: Why did I do this? What did I hope would happen if I did? What feelings did I think I would have if these outcomes occurred? Write your answers down.
- ▲ Make a check mark next to any of the items you listed in the first instruction above that you honestly feel carried no specific gain, emotional reward, or personal satisfaction for you whatsoever.
- ▲ Write your thoughts out in brief essay form on the following question: Is emotional reward or personal satisfaction a form of personal gain?

RULE 4: EVERY ACT IS AN ACT OF SELF-DEFINITION.

This rule links seamlessly with Rule 3. *Conversations with God* says that the purpose of life is to recreate yourself anew in the next grandest version of the greatest vision you ever held about who you are. That process is going on all the time. The tools with which you re-create yourself are Thought, Word, and Deed. That is why every act is an act of self-definition.

All we are doing is going around defining ourselves. We are in the constant act of announcing who we are, and then demonstrating that. We are also deciding who we choose to become. *Conversations with God* says that if we understood this deeply, our whole lives would change.

EXERCISE

- ▲ List the last three thoughts you can remember having about anything reasonably important to you. Now try to remember the last three things you've said of any importance to others. Finally, write down your last three actions before reading this booklet. It doesn't matter how important or unimportant these actions were. What were the last three things you did just before opening this booklet? Did you light a cigarette? Have a meal or a snack? Turn on some music? Get dressed? Get undressed? Chew your nails? It doesn't matter. Make the list.
- ▲ What do these thoughts, words, and deeds say about you? How have you defined yourself anew? Is your new definition a rehash of your old one, or has something changed for the better? Write a short essay exploring this topic. Keep it for 60 days, and then do this exercise all over again.
- ▲ If you really accepted that each of the thoughts, words, and deeds that you listed above were self-defining announcements and demonstrations of who you are and who you choose to be, would you change any of them? List the changes you would make.

RULE 5: ALL FEAR IS ULTIMATELY A FEAR OF DEATH

If you did not fear death, you would not fear life. By “death” I mean the “end” of any particular experience. Endings are a part of life, yet our fear of them is what stops us from truly living.

Think about this. Think about how many times you’ve stopped yourself from being, doing, or having something because you would lose something else in the bargain. That is, something which you are now enjoying would end. You’ve looked at the trade-off and decided it’s not worth it.

Yet “all good things come to an end,” except life itself. What this means is that life, which never ends, is cyclical. It does include endings. In fact, it is made up of nothing but endings and beginnings, beginnings and endings. Because the fear of the actual death of the physical body is the largest fear for most people (what we actually fear is the end of our existence, of our awareness of our Self), an understanding that this does not occur can go a long way toward eliminating other fears from one’s life.

Some say the fear of pain is, for them, greater than the fear of death—and so it may be. Yet when this is analyzed, it becomes clear that fear of pain is also the fear of the death, or the end, of something. When “feeling good” does not “end” with the onset of pain, the pain is not feared. Many birthing mothers, for instance, feel wonderful about giving birth, even though there is pain, and so before their labor do not fear the pain at all. (Indeed, some welcome it.)

EXERCISE

- ▲ If you did not fear the death of your body, what, if anything, would change about the way you live your life?
- ▲ If you did not fear the “end” of any particular experience (a relationship, a job, living in a particular place), what, if anything, would change about the way you make your decisions—and the decisions you make?
- ▲ If you thought you “couldn’t lose” out of any choice you made, what choices do you think you might have made differently in your life? Make a list.

RULE 6: MONEY IS OUR WAY OF SAYING THANK YOU

Of all the things we are afraid of losing, few loom larger on the “fear horizon” than money. We can lose time, we can lose friends, we can lose patience—even the possible loss of our good health doesn’t faze us (note the number of people who continue smoking), but the possible loss of our money is mighty traumatic for most people. Some folks have a very interesting attitude about money. They love getting it, but hate giving it away. Others have a more healthy idea, and find that letting go of money can be just as much fun as grabbing onto it.

The Sixth Rule of Life is a very good one for those who need to “loosen up” about money. Most people (even people who feel a need to hoard their money) like to hear those magic words, “thank you,” when they have done something for others. All of us feel better when we experience that we are appreciated. Yet not all people understand that, in our society at this time in human history (and for quite a while now, actually), money is our chief way of saying “thank you.”

If we thought we were saying “thank you” each time we paid a bill, if we thought we were saying “thank you” each time we made a contribution to charity, or to our town’s symphony, or even to a panhandler on the street, we would feel oh, so much better about parting with our money. For a “thank you” is always freely given. Gratitude, among the emotionally generous, is lavishly used. Let money be your lavish praise, your generous thanks. In addition to the words, not as a substitute. Never as a replacement for the sentiments, but as an extension of them, an elaboration. Make it an elaborate elaboration.

Give thanks in this way even to the phone company. Even to the tax collector. Thanks for this marvelous service. Thanks for this wonderful country. Thanks for my life and all that serves it. Give thanks even to the newspaper for the weekly subscription—thanks for bringing me the information I desire on such a regular and dependable basis. Even to the lawyer, for his bill—thanks for helping me in my attempt to bring integrity to my dealings with others. Even to the travel agent and the dentist, the credit card company and the mortgage holder or landlord—thanks for bringing so much of what I want into my life, for making so much possible.

Give thanks in this way even to the charities asking for help, even to the street person holding out a hand—thanks for giving me this chance, this wonderful opportunity, to demonstrate Who I Really Am. And finally—but, I hope, not lastly—give thanks in this so very tangible way to your source of spiritual nourishment—thanks for helping my heart and my soul, conduct its very own ... conversation with God.

Used in this way, money becomes a tool, a device, a mechanism in the creation of the grandest version of the greatest vision ever you held about Who You Are.

EXERCISE

- ▲ Make a list of the last three times you had a hard time—that is, you didn’t really feel that good about—writing a check or sending money to some person, company, or organization.
- ▲ Look to see in what way, if at all, your feelings about this might have changed had you thought of the money as a form of gratitude, as a way of saying “thank you”—if for nothing else, then at least for the “lesson” (and hence, the wisdom) that the expenditure brought you.

RULE 7: YOUR FEELINGS ARE YOUR CHOICES

Here is another of the most important “rules” about the “Game of Life.” How you feel about a thing is how you choose to feel about that thing. I used to think that my feelings were not chosen by me, but rather, experiences I was having over which I had no control. Because I thought this, I felt that I was forever subjected to the roller coaster of my emotions.

Conversations with God expresses very clearly that “feelings” and “emotions” are not the same thing. In the more uncommon usage—and the more sophisticated differentiations—in *Conversations with God*, “feelings” are defined as our innermost truth about something, and “emotion” is defined as what we do about what we think we are feeling about something.

How we think we are feeling is very often—all too often—based on how we imagine we are supposed to feel about something. And that data is produced by a combination of messages we have received from the world at large during the course of our present lives. The messages we receive from our soul, on the other hand, are very often—in fact, most often—quite different. These are our “true” feelings, and these are what the dialogue is referring to when it says, “Feelings are the language of the soul.”

Within the context of the statement that I am calling Rule 7 above, however, I am referring to the “energy that we put into motion” around our feelings—that is “Emotion.” This “energy in motion” might be called our “reaction” to things. And it is more often than not, just that—a reaction. That is, an action that we have done before. We literally re-enact a previous response, based on how we think we are supposed to feel about a certain thing, rather than how we really feel at the depth of our being.

Over the course of our lives we do this so often that our response, our reaction, becomes almost automatic. We literally seem to have no control over it. Yet we do have control over it. We may have no control over the exterior events in our lives, but we do have control—and I mean total control—over how we respond to them.

EXERCISE

- ▲ Think of three times in the past when you had a very dramatic and easily defined feeling about a particular experience. It could be a visit to the dentist or a confrontation with a loved one, an important business meeting or the news of the death or severe illness of someone close to you.
- ▲ Imagine yourself having those experiences again. But this time, imagine that you have a choice over exactly how you could feel during those first moments. Are there any instances in which you can say you would have chosen to feel, and react, differently, if you’d had a choice?
- ▲ Decide ahead of time how you are going to feel. Make a list of the tough or challenging moments you can imagine you might be called on to experience in the days and weeks and months ahead. Now, next to each predicted experience, describe how you will choose to feel and react.
- ▲ Declare your intention to do so.

RULE 8: YOU CAN'T RELEASE THAT WHICH YOU DO NOT HOLD

In order to let go of something, you must first take hold of it. This is the universal Law of Releasing, a process by which we are able to divest ourselves of any aspect of our being that we no longer choose, be it a personality trait, an old habit, an “automatic” response when we get “plugged in,” an unhealed anger, or a lingering resentment ... anything at all. And, with regard to this process, possession really is nine-tenths of the law.

What this means is that you must possess something—you must “own” it and call it your own before you can hope to let it go. If you are not holding something, you can't drop it. You can only look at it, sitting there in front of you. To get rid of something, you must get hold of it.

So you must own your anger, own your resentment, own your unhealed places, and love them, before you can disown them for good. And that is what you will eventually be doing, of course. Disowning them, for good. Replacing them, with good. But you cannot replace what you do not face.

EXERCISE

- ▲ Find a pencil, and place it firmly above and behind your right ear.
- ▲ Now repeat these words: “I let go of this pencil,” and then do so.
- ▲ Notice the effort it takes to shake the pencil loose—if you are able to at all.
- ▲ Now take the pencil and hold it in your right hand.
- ▲ Say these words: “I let go of this pencil,” and then do so.
- ▲ Notice how easy it is to let go of something that you are holding.
- ▲ Now look at a problem you seem to have recurring in your life. Ask yourself what it would take to “hold” that problem in your hands. That is, to admit to it, to acknowledge it, to own it and claim it as your own.
- ▲ Commit to doing that now, publicly and openly with those you love.

RULE 9: I SEE THE GIFT AND I GIVE IT

Give the gift to others that you see in them. This is the greatest piece of advice that I ever got. It took me three years to understand it. Since I got the advice directly from God, I could forgive myself for taking so long to reach comprehension.

Often I see in others what they do not see in themselves. For any one of a wide variety of reasons, they are unable to see or accept something really wonderful about themselves that virtually everyone else who knows them sees perfectly. If they do see it, they are unable to admit or announce it. Remember this: What you do not announce, you denounce.

Do not denounce the best part of you. In fact, denounce no part of you at all. Accept and love all of you, then alter or change whatever part of you it now pleases you to experience differently. As you look at others, see the gift they have come to bring you. See the gift that they are. (My friend John Denver once wrote a beautiful song called “The Gift You Are.” It was a remarkable statement of a remarkable truth about how we see people when we see them through the eyes of love.)

When you have truly seen the gift that another being is, announce that gift, and give it back to them. Tell them what you have seen—tell them often and long—and in so doing, give them back to themselves. For even those who have seen their own gift, and owned the wonder of who they are, can be strengthened and confirmed.

EXERCISE

- ▲ Think of three people who are in your life right now with whom you do not feel fully comfortable. Be honest. Do not try to pretend that no one falls into this category. There is no one privy to this exercise but you.
 - ▲ Now think of at least three things about each person that you could like.
 - ▲ Ask yourself what it would take to share that with these three people the next time you have contact with them.
 - ▲ Now think of three people who are in your life right now with whom you feel very comfortable.
 - ▲ Think of at least three things about each person that you like.
 - ▲ Ask yourself when the last time was that you shared this with them. Decide now what it would take to do so the next time you see them—then do it.
 - ▲ Make a note in your journal about how this exercise with the six people above made you feel—about the six people, and about yourself.
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RULE 10: THE DANCE OF LIFE IS NOT BY CHANCE—YOU GET WHAT YOU GET BECAUSE IT CONTAINS GIFTS FOR YOU

Conversations with God says that there are no accidents and there is no such thing as coincidence. That means that all things happen by design. It may not be your own conscious design, and so may seem like an accident or coincidence, but Life's Larger Design is known only to your soul.

The way to peace is to see this clearly, and to understand it. In all things, at all times, and in all places, *CWG* invites us to "see the perfection." These three words can change your life. They serve as an acknowledgment that—as I like to joke in my retreats and seminars—"God hasn't made a mistake in a very long time."

In other words, what's going on here is not occurring by chance. We may not know the reason why a certain thing is happening, but the master knows that there is a reason—a perfect reason—and so is able to accept with utter equanimity all occurrences and outcomes in his or her life.

Actually, "why?" is a virtually irrelevant question. The only question of any importance in human affairs is "what?" Not, "why" is a thing happening, but "what" do you choose to make of it?

Here is the greatest therapeutic advice in the world, in a single sentence: It is in the "what" that your healing will be found, not in the "why."

Content yourself to know that the "why" of a thing will be revealed to you soon enough. Yet the "what" of a thing will never be revealed to you until you reveal it to yourself. It is you who make of something whatever it is you are making of it. This is another way of restating Rule 7.

When I was a kid, the block bully used to tease me endlessly. There was always something he was in my face about, and I remember that if I would say anything, anything at all—even complain in a "nice way"—his reply was always the same.

"Yeah? Well, whaddaya want to make of it?" Later, as we grew older, that "bully" became my best friend. Life is like that. At first, it can seem like a bully. Later, as we grow older and more mature and see things for what they really are, it can be our best friend. For Life is our tool, not our tormentor. Life is our gift, not our burden. And Life is our chance, our only chance, to announce and to declare, to be and to become, to express and to fulfill Who We Really Are.

Everything in Life contrives to do that. Everything in Life serves that single purpose. And every person who walks through our life brings with him or her that incredible gift—the gift of opportunity. It is as God said in the last line of the wonderful children's parable, *The Little Soul and the Sun*: "I have sent you nothing but angels."

EXERCISE

- ▲ Divide a sheet of paper into two columns, and in the first column make a list of three "bad" things that have happened to you in the past 10 years.
- ▲ Next to each item write in column 2 any way you can think of that you may have benefited from that experience, or grown from it. See if you can "find the gift" in that experience, no matter how bad it was.
- ▲ What, if anything, does this tell you about your life and the people and events in it?

RULE 11: WHATEVER YOU CHOOSE FOR YOURSELF, GIVE TO ANOTHER

The Truth Seminar contains lots of extraordinary wisdom, but of all the insights in the program (and the books from which it sprang), perhaps the greatest is this.

The questions I am asked most frequently wherever I go have to do with how we can manifest in our lives those things that we most desire. “If God is such a good friend,” these questions usually go, “and if we can all have a continuing conversation with God, how can we get God to give us what we want?”

This is a fair question, especially since I have said, over and over again all over the country, that God’s will for us is our will for us. I do not see the question as motivated by selfishness at all, but, rather, by a genuine desire to really know—at last—how life works.

The first part of my answer always startles people. “God says you may not have anything you want,” I tell them, and eyebrows raise all over the room. Yet this is what I have been told in my conversations with God, and this is what is so in my experience. The reason is simple enough. The very act of “wanting” a thing pushes it away from you. That is because a statement that you “want” something is a statement that you do not now have it—and this statement is accurate.

God gives you whatever you choose to create—for God’s will for you is your will for you, and your will is announced in everything you think, say, and do.

Yet if you declare that you do not “want” something, but simply “choose to have it,” how then can you call it into your life? Again, the answer is simple. Give it away. Be the source of it for another.

Now this may seem a contradiction at first, for how can you be the source for another of something that you do not even have? Yet that is the whole point. For hidden in this apparent contradiction is a great understanding: Since you most certainly cannot give to another that which you do not now have, the very act of giving it away causes you to notice that you do now have it. And this noticing creates in you a great appreciation of what you have, which only increases it—for when a thing is “appreciated,” it is made larger.

Therefore, that which you would choose for yourself, give to another. Closer examination of this rule reveals it to be nothing more than a reversed statement of The Golden Rule: Do unto others as you would have it done unto you. Nothing has changed about that rule since it was first conceived. It is still golden.

EXERCISE

- ▲ Write down three things you really would like to have more of in your life right now.
- ▲ Make a determination to find at least three people in the next three days who could also, and obviously, use more of these same things.
- ▲ Decide to “be the source” of this experience for them. Make an active choice to give them what you would have Life bring you.
- ▲ Do this every week for the next three months. Keep a diary of how this has gone for you.

RULE 12: YOU WILL ALWAYS GO WHERE YOU HAVE TAKEN OTHERS

No matter where you think you are going in your life, you will always wind up right where you have taken others. This is important to know—it is a key rule of life—and it is not something that all people understand.

You cannot show to yourself that which you have not shown to others, and you cannot bring yourself to a place to which you have not brought others. This is why Rule 11 is so important, and Rule 9, which links directly to it. If you imagine that you can provide for yourself that which you have not provided for another, you imagine falsely. Even if you do manage to bring it into your life momentarily, you will find that it has been taken away from you. Not by God, and not as a “punishment,” but by Life, and as part of the Process of Life Itself. For here is how The Process works: What goes around, comes around. And nothing remains with you that is not given away.

You see, the Universe works on a system called circulation. This is the lifeblood of God. When circulation fails, a thing dies. That which is not circulated is terminated. Did you hear that? That is an important law. That is an incredibly important insight.

When your life takes others to a place of misery, it takes you to that place as well. When it takes others to joy, it takes you to joy as well. These outcomes may not always be immediately apparent, but always they will ultimately be. *CWG* makes the reason for this crystal clear: There is only One of us.

All of us are One, and what you do for another, you do for yourself. What you fail to do for another, you fail to do for yourself. This is an experience you cannot escape, because it is not something that is “happening.” It is “who you are.” You are One—with everyone and everything—and it is the failure to notice this that produces all the ills of the world.

EXERCISE

- ▲ Decide right now to “take” someone else—anyone else, it doesn’t matter—to a place of happiness some time in the next three days.
- ▲ Do it.
- ▲ Look to see what feelings this brings up for you.
- ▲ Ask yourself, “What does this tell me about Rule 12?”

RULE 13: WHAT YOU KNOW IS WHAT IS SO

You were made in the image and likeness of God. And since God is The Creator, so, too, are you. God is also a three-part Being, and so, too, are you. The three parts of your Being are Mind, Body, and Spirit. From these three aspects of your Divine Self do you continually create.

The rule above is sort of a shorthand for all of this. It says, essentially, that what you know in your heart to be true, will be true for you. Now here is a great revelation from *Conversations with God*. Most people think that experience precedes knowing. That is, we experience something, and then we “know that.” But CWG turns the tables on this and flips everything upside down. It says that knowing precedes experience, and that, in fact, it is what you “know” that produces your experience.

This is another way of saying that your thoughts create your reality. And, of course, they do. Therefore, in order to experience a thing, you must “come from knowingness” about it. Belief is not enough. Belief is just a stronger word for hope. IF you are hoping for something, that is a sure statement that you do not know whether or not it is on its way. The person who “knows” does not hope. Hope is not necessary when knowing is present. Therefore, a person who lives at a level of mastery is “hopeless.”

EXERCISE

- ▲ List three things you have been hoping for in your life over the past several months.
- ▲ Move to a place of “knowingness” about your having these experiences in the very near future. If that is not a move you can make, look to see what is blocking you from going to this mental place.
- ▲ Begin to make actual, physical preparations for these experiences. Do what it would take to “act as if” these experiences were about to become a part of your reality—or were your reality right now.
- ▲ Get ready for these experiences to show up in some form in your life. Let go of your need to have them show up in a particular form, and give God a chance to be creative!

RULE 14: TO SHARE AND DECLARE IS TO PUT IT THERE!

The fastest way to produce an outcome in your life is to share it with others and declare it to be true. Sharing of something is a great demonstration of your understanding that you have it to share, and declaring something out loud, for all to hear, is a great demonstration of what you “know to be so.”

Do not be timid about any of this. Share openly and freely. Declare loudly, and often. Declare your love of God, your love of life, and your love of self.

Yes, it is all right to declare, loudly and often, your love of self. Particularly and especially when you know who the Self really is; that there is no separation between you and another. In this case, declaring your love of Self “looks like” declaring your love not just for you, but for all others, and for everything that lives in the world you inhabit.

Indeed, a person filled with self-love is rarely inconsiderate of others or insensitive to other living creatures or to anything in the environment. Lack of true caring for anything or anybody else can always be traced to lack of true caring for the self. Declaration has always been an important part of spiritual awakening. What you declare is what you put there.

EXERCISE

- ▲ Here is your chance to make a declaration about each of the four cornerstones of the human experience: money, love, sex, and God. What is true for you about these aspects of your life? What do you choose to be true in the future? Take out a sheet of paper and answer these questions in writing.
- ▲ When you’ve decided on the future you wish to create, begin telling others about it. Declare your new truths loudly and often. Let others know of your intentions about money, love, sex, and God—and any other aspect of your life that you wish to change. Remember, your life proceeds out of your intentions for it. Make your intentions widely known. There is strength and purpose in public declaration.

These are the 14 Rules of Life that emerged spontaneously from our Truth Seminar. I hope you will find them useful and review them often. These suggestions for successful living are drawn from the extraordinary dialogue *Conversations with God*. Have your very own conversation with God, remember to live your truth and allow your life to be a ringing statement of the grandest version of the greatest vision you ever held about Who You Are. If you would like more information on this dialogue, would like to support the work of spreading its message to people all over the world, or simply wish to “stay connected” with the energy surrounding this experience, you are invited to contact our nonprofit foundation:

ReCreation Foundation • 1257 Siskiyou Blvd., #1150 • Ashland, Oregon 97520 • 541-482-8806; online at: www.conversationswithgod.org • email: recreating@aol.com