



# The Bartholomew Material

**Tape No 405 - 18 January 1987:**

**“Be a Light unto Yourself”**

**Joy Franklin:** [00:00:01]

This is January 18th, 1987, Albuquerque, New Mexico. Good morning, Bartholomew.

**Bartholomew / Mary-Margaret Moore:** [00:00:08]

Good morning then. According to your Western calendar, this is the month of the new year, which is the month of the beginning. And with that in mind, I would like to truly try to bring forward something that, in my true understanding of the energies, will help you in this year. You have been told many things about the new energy fields moving across the Earth plane at this time. For those of you that are doubters, and I hope that most of you are because that's the best kind of material, ones that are still questioning, still, still wanting some kind of experiential proof, not just to hear and believe, all of this wonderful weather that you've been experiencing all over the world. Part of this, of course, has to be attributed to a change, some kind of a shift. All of these things will continue to happen. And that's all right. When new energy enters a sphere, things do change. What I ask you to contemplate this morning is a new slant on an old quotation. 2500 years ago, Buddha said "Be a lamp and a light unto yourself". That was true then, and it's true now. The question must then be: how can you most effectively be this light unto yourself? I have been in the last few months trying to present you with a different model of your own physical body, of the cells within your body so that you could perhaps be ready to hear something that might begin to make a difference.

**Bartholomew / Mary-Margaret Moore:** [00:02:00]

I have told you that the cellular component is the part of the consciousness that needs to relax in order to expand, in order to uplift, in order to release, in order to enlighten. This light unto yourself, this lamp unto yourself is inside yourself. And aren't you glad? Because if it wasn't, where would you go to find it? How many of you would go to the Himalayas? How many to... where would you go? Some of you, the Pacific. Where would you begin this wonderful quest in order to find this lamp? And, you know, for many centuries, that's exactly what you did. Traveling the globe, looking for the light,

looking for the eternal fountain of youth, looking for all of these very alive and real things. The difference is, of course, now you have come, at least those of you in this room, have come to the understanding that if you're going to find anything, it better be inside of you because you've been looking for yeah a long time and you've gone to the far reaches of the world and you've done many, many things, and you have tried it all, haven't you? Haven't you tried it all? So the last and most obvious place we begin with, as we end with. The Buddha said it and he knew it to be true. The job is to know and find the light within yourself. And once you have decided that it is indeed within yourself to do everything that you can moment by moment, hour by hour, to ignite it to such an intensity that it does produce in your physical consciousness en-light-ten-ment.

**Bartholomew / Mary-Margaret Moore:** [00:03:41]

The job is, on locating this particular lamp, to become so dedicated to lighting it, to making its light expand throughout the rest of your consciousness that it becomes the primary reason for your life. If it is just an occasional desire, well then, like many things, the light sometimes is bright and sometimes dim, and sometimes you can't even find it. So the real release from the darkness comes from knowing the light is in your consciousness. And today, let us begin what I hope to be something that you can continue to use after you leave this room. In truth, my friends, if you do not receive anything that you can take with you when you come and visit here, I suggest you stay at home and watch a good football game. It will be much more interesting in the long run, because the only job that we have is to prepare your consciousness for the truth, which is that you have the ability to enlighten yourself. You have the ability to enlighten yourself.

**Bartholomew / Mary-Margaret Moore:** [00:04:53]

Now, let us go back, please, to what we have already covered, but I need to review it in order to come in sequence up to this day. One, there is a new energy field that contains a new vortex to it that is washing across the Earth plane. It contains a new something. Your mind does not know what that something is. If it did, it would not be new. It is going to be something that is new in the sense of transformative, in the sense of bringing you some information that you have not had up until this day. So, first of all, you know, quickly and deeply, your mind is not going to be able to receive it because it's not going to be a mental process. It is not going to be a thought. It is going to come in this energy field as experience. Experience. And in entering the physical body, it will begin to tell you what it is that you need to know. You have also been told that the so-called New Age is an age of the teachers unto themselves. The days of the great gurus are done. So if that be true, and this is something you're going to have to find out in this next year, if it be true, then it seems to make good sense that this energy field is going to have to have as one of its major components the ability to teach you in a private, intimate, personal way. Because if the teachers are no longer available, if for whatever chemical reason, it is no longer what is necessary, then the only thing that's left is for you to be able to learn for yourself. And in order to do that, you have to have the information presented to you and it can simply come, if you will just understand that the new information is deeply embedded in this incredible power that's beginning to wash across this planet.

**Bartholomew / Mary-Margaret Moore:** [00:06:56]

So the job then comes to the second phase of what we have covered, which is this: there is a way for you as a human body in a physical embodiment, to begin to change the cellular components, the cellular feeling about you, the cellular response to energy in such a way that you will be able to relax and to release your fear to such an extent that two things will happen - and this is the this is the real substance of what I'm saying - two things are going to happen if you allow yourself to release and to relax. Number one, this energy, as it moves through the createdness, is going to be able to move into your cellular structure, and at the same time, when the cells begin to relax, you are going to be able to develop new ways of translating energy. This is nothing fancy. It's very simple. You have been longing for many, many centuries to be able - in various ways of saying it - to hear the voice of God directly. Have you not? "All right, here I am. I'm supposed to be here for you. Well, what am I doing here? Well, why don't you tell me? Well, what am I supposed to do? Tell me! Tell me!" In the past, you go to other people: "Tell me! Tell me!" They tell you. You say "I don't like it". [Laughter] Or sometimes you say, I'll try it. I'll try it. And you try and you try...

**Bartholomew / Mary-Margaret Moore:** [00:08:25]

I think what we have to understand is that you long for something that is much more direct than what you have, up to this time, experienced in God realization. Is that a true statement? All right. If that is not true, there's no need for you to be here. If you are experiencing God at your maximum capacity of delight, then you don't need to be here. But if that is not true, if you have an inherently inane, wonderful knowledge that somehow, because of all of the history of man and man's own recorded experience plus your own incredibly dynamic intuition says "there is more!". Not only is there more, but I sense that I have the capability for more and I want it. If there's ever a statement of this year, it's I want it. I want it. Last year was the year of the cleaning out. Did you find that? If you're ever going to have - I hope you don't take offense at this - if you were ever going to have an emotional enema, it was last year. But the cleaning out is almost finished. Almost finished. Which means that there is an openness, which means very deeply we are now in a state of having something new capable of entering, because you well know that until the old is somehow gone, there is no room for the new.

**Bartholomew / Mary-Margaret Moore:** [00:09:57]

So the problem is simple. You are ready. You have been saying for centuries and certainly most of you in this lifetime, or you wouldn't come out on a day like this - and I do really honor you for attempting this on a day like this, and yesterday and so forth, thank you very much - you are saying I'm ready. And at last, that specific kind of educational energy is present. If we are to read the kind of energy, we will say it comes as the personal teacher. It comes finally in a personal way with the ability to record its own wisdom in your physical, mental, emotional bodies and teach you directly. Those of you who have done the Course in Miracles, you know full well the whole premise is you've got to find the inner teacher. Those of you who are doing so many of the things that are alive and well in the world today, the basic statement is: you have got to hear yourself. You have got to find a way to get into yourself, to quiet yourself and hear not

just yourself, but that wonderful moment of combination of yourself plus... other. I don't like to call the "other" God because some of you don't like that word, but nevertheless, it is a wondrous word. And so with your permission - and probably without it - I will go ahead and use it. It is a very basically sound word, this word God, very sound.

**Bartholomew / Mary-Margaret Moore:**[00:11:28]

And it is simple, which is why I love it. It is simple. And the most wonderful thing about it is it holds the syllable "ah... ah... ah...", the sound of "ah". If there is any sound on the earth plane that we could call Holy, it is the sound "ah... la... ah...". From the oldest times till now, that sound. You can drop off the beginning and end letters and just the sound of "ah". And if you would like to make a holy sound, if you would like to increase the frequency of divine vibration within you, I suggest you simply walk around intoning that one soft eternal sound. So, the stage is set and it's ready. The only thing that's lacking and that's not even lacking because you all intuitively will know it anyway, is how to begin the process. Let us look on me as the pump primer... Pump Primer. My job this morning, as best as we can, is to begin the process which you will then take up in your own consciousness and begin to play with in your own way. There are no rules on this energy. There is no wrong way to do it and there is no right way to do it. You cannot fail. You cannot fail because whatever you do and in whatever way you try, and the very fact that you are reaching, is going to absolutely make a reality of your finding it. There are no middlemen anymore. The job is simple.

**Bartholomew / Mary-Margaret Moore:** [00:13:19]

Now, many of you are very good with your facile minds and that's wonderful. But as a side tributary of that awareness, oftentimes what you tend to do is to not use other parts of your psyche, which are going to be very helpful in this year. Now, look, you don't have to do this if you don't want to. I don't mind. We'll meet again another lifetime. But nevertheless, I have a strong conviction that some of you are going to have to prove to yourselves that these next things that we are sharing are real. The thing that you put on the side and don't pay attention to as often as you might if you're an intellectual is the amazing power of visualization. And the reason for that, I know, is very logical because you will say "How do I know that if I visualize a certain thing, that it is really what is changing me? Maybe it's not that at all. Maybe it's the fact that I'm just happened to be in the right place and the right time sitting in the right seat, and it doesn't have anything to do with my visualization". My friends, energy follows thought - again - and when you begin to really understand the depth of energy following thought, we now move into the realm of possibility of enlightenment.

**Bartholomew / Mary-Margaret Moore:** [00:14:42]

I would ask you, please, to sit right now in some kind of straight, soft, yet firm position, please. You have heard many, many rules and regulations about meditation and this and that and fine, make up your own rules. I have very few and they're very simple one. It is absolutely essential that your spinal column be aligned with the above, which means that those of you that meditate lying down, it's not working so well. But that again is a choice. So when you sit with your spinal column aligned with the above move please into the physical body itself. Just move your awareness in, please. The fastest,

most effective way to do this is to gently watch the rising and falling of your breath, either in the solar plexus area or in the abdomen, whichever you choose. So the first is the alignment and the second is the soft and gentle awareness of the rising and falling of breath, the rising and falling of breath. In all of the createdness, at this moment, there is nothing but the rising and the falling of breath. When two or more are gathered, the energy increases dramatically. When this many are gathered in one room, you have now a potential for a maximum opening for what you're going to try to do. So those of you that were courageous enough to make your way here today, well done.

**Bartholomew / Mary-Margaret Moore: [00:16:32]**

Now, I would like to give you the simple view of what it is you're going to do. This energy, this power, this wonder of the new, that which holds the teacher and the solution enters through the top of the head in your simple visualization, please. As you sit, you begin with the basic statement of your intention. I cannot tell you how important it is that you state your basic intention. That will depend on who you are. But please, the general thought toward which this intention should move is something like this: "I am filled". For some of you "I am filled with God". For some of you, "I am filled with light". For some of you, "The light is here". This is not a prayer. It is not a prayer that says I pray that this be so. It is a statement. "The light is here. It is in me." Now, intention is the groundwork from which the rest of this works. When you sit and make this intention powerfully alive in you for a few minutes before you begin, what you have done is move your frequency to the level that that thought contains. Energy seeks its own level. The moment you make this intention deeply within you, deeply, at once then the energy that reflects that truth begins to move toward you. The point that you will begin to feel this energy is at the top of your head. It then moves through the body in its own patterning. The most important thing at this stage now is the breath. So please back to the breath, a few moments, please. The rising and the falling of breath, please. Now, energy follows thought. With your in-breath, if you will feel the upliftment. It's a soft and gentle upliftment. When breath enters the body, those of you who are paying close attention know that there is a slight upliftment. It is very difficult to take an in-breath if the energy is down, but with the incoming of the breath, if you watch for it, you'll begin to find it. There is an upliftment. Something lifts up, it's a lifting off. So this process is the taking in of the breath and the feeling of the lifting up. When you get to the peak of that breath, please, before the release, in that moment at the top of the breath, please, feel the expansion. If you do not feel it, begin to imagine it. Just make yourself turn the awareness to the reality that in that process you have expanded. You don't even have to say how. Just begin to feel the reality of expanding. The more you do this, you will find expansion taking place in many different parts of your body.

**Bartholomew / Mary-Margaret Moore: [00:20:16]**

So, at the top of the breath, the holding and the expanding, the moment that you feel any tension over the retention of the breath, simply let it go. Now, many of you have been taught that when you let the breath go, you are to visualize something leaving you. Please do not do that. There is nothing about you that needs to go anywhere. There is nothing about you that isn't absolutely appropriate, absolutely worthwhile and absolutely useful. You do not have to get rid of anything. So when you let go the breath on the

outbreath, simply see it please as a relaxation. It's as if you allow now all parts of your cellular structure and your emotions and your mind to just simply relax. So with the outbreath is just the statement relaxing, relaxing, relaxing. And at the base of that breath, when the relaxation is finished, once again, a small, gentle period of holding. And in that second period of holding, please just keep your awareness on experiencing yourself exactly as you are in this body at this moment. It is a total acceptance of everything that you are feeling at this moment. Total. That is basically the exercise. Each of you is an incredibly creative dynamic wonder on your own. And as the days and weeks and months go by, you will make the necessary modifications. Feel free to make those modifications. This is the laboratory of the experiment of 1987. You are the laboratory. And I will tell you, in all truth, it is entirely up to you as to whether you will be able to succeed. All of the basic equipment is there and in total working order. All that remains is for you to begin the practice at the beginning on sheer speculation, sheer hope. But as you begin to do this day after week after month, it will move from the realm of speculation unto the realm of knowing. And the moment that you have reached the realm of knowing you will be on your way to the integration.

**Bartholomew / Mary-Margaret Moore:** [00:22:55]

You have also been told that with the coming of this energy, there is going to be a cellular change, that there is actually going to be some kind of a cellular transfer, a difference, an enlightening of the situation, and I would like to describe to you, to give you a model of that, to hold in your mind. You are well aware that the physical body is made up of an incredible number of cells, and deeply buried within each of these cells is something that vaguely resembles space, openness. The reason that it appears is that the scientists have not yet discovered the proper equipment to really measure and show you what is in that space. But may I tell you that it is not empty. And as science is getting deeper and deeper into the study of the basic substructures from which all of this arises, they're going to run right into this, and they're going to begin to show the conscious mind that what appears to be space is really alive with a vibrational frequency that is greater than the cellular structure around it, and therefore it appears to be empty. Anything that you cannot see with the physical eye or with the scientific eye appears to be empty. But that is only because the equipment has not yet come around to increase its ability to see higher and higher frequencies. But you don't have to wait for any kind of a machine or apparatus to tell you because you are going to begin - and this is important please - you are going to begin to feel in your physical body a quickening. You have been told by your literature that when someone is beginning to finally approach the face of God, it is similar in the physical sense to a quickening of the soul. A quickening of the soul. In my terminology, since I see everything only as energy, I would translate that to say that there is within every cell, a soul particle, a soul presence that is simply a much more exciting, dynamic, creative, amazing energy field, and as you begin to turn your awareness to it and allow this teacher to come in and begin to stir up the pot, you are going to begin to feel like you are really being quickened. It begins to come in short openings of sight, flashes of light. You'll start seeing lights on the periphery. Some of you see this already, so forth. You'll begin to see some of the basic substructure out of which all of this arises. But most important, you will be able to feel it in your body. God was not meant to be an idea. It began and will end as a feeling. A feeling of the cellular

awash and wonder of who you really are. And as this process quickens itself this year, you will begin to feel a relaxation that is far more than it would appear.

**Bartholomew / Mary-Margaret Moore:** [00:26:29]

And I would like to talk about that. Lo, these nine years, nine years... Some of you are very, very patient. Nine years I have said you have two options. You can feel love or you can feel fear, but you cannot feel them both at the same time. Some of you have worked very hard and done very well at expanding your sense of love. Nevertheless, there is no one in this room that does not still harbor deep eddies of fear. These deep eddies will respond in this process constantly, moment by moment, hour by hour, day by day. You can begin to caress the cells with a new awareness that will gently awaken them to the memory, which is also recorded, that there is nothing to fear. Now you are afraid because you think that you are a physical body. And I agree that as you look out of your eyes, it looks very, very true. And I do not for a moment doubt that it seems very true. In fact, you would be a blooming idiot if you didn't really think it was true. Because look at you. You see, the eyes say it be true. Now, I am not saying that there isn't a physical body present, what I am saying is that that which you seek and that which is eternal and that which is truly what you are on an eternally extended path of co-creation is not a physical body. Now, look, please use your mind: you know that God is not a human body exploded trillions of times bigger than you, hanging out somewhere in heaven waiting for you to come and sit on his right hand. You know this. What you perhaps have not spent a lot of time contemplating is what that God source might really be. In this year, if you will begin to simply open up the possibility that it is possible for you to come to a concrete, physical, experiential knowing of what that source is. You will begin to bring it into your reality. The more you dwell on the non-physical aspect of God, the sooner you will begin to feel it in its non-physical manifestation in your body. You are not a body. The instant that you die, you're going to say "Huh? Right. Wonderful. I am so glad to know that". You do not have to wait to die to know that. And the whole point of all of these little tricks that all of these windbags from... that's myself definitely included, have been doing all these years, is simply to say, please truly believe the possibility that you are not a physical entity. Now, the more that you allow yourself in this year to dwell on that possibility, the more alive you make it. Two things happen. One, you begin to be less fearful because you know that you're not all of these things that keep bumping up against you and at the same time you have increased to such an extent that otherness of you that it begins to hum with a much deeper, more enlightened kind of a sound.

**Dr. John Aiken:** [00:30:30]

Many psychics have predicted great world disaster and chaos in 1987 or 88, and many have asked Bartholomew about his opinion, and the following are his comments about that subject.

**Bartholomew / Mary-Margaret Moore:** [00:30:44]

One question that I am asked often is what should one's attitude be toward the events that have been projected to happen to the Earth plane at the end of this year and at the beginning of next year, or even at the end of the following year? This, I think, is probably the most asked question. I would like to put another thought in your mind, and this

comes from the deepest part of my awareness. And as many of you as can hold this in your awareness, is the event going to be much more real? Whatever extent you can keep this alive in your consciousness, you will be a tremendous help in having it happen. And this is the thought I ask you to dwell on: from every point of view, from every so-called psychic, whatever that might be, from every visionary who looks toward the end of this year and next year, what they see, unequivocally, is change. Unequivocally, they see change. Because this is a planet of duality, you have half of them saying it's all going to be terrible, and the other half saying it's going to be wonderful. Now, what I would like to place deeply in your consciousness is a probability, a strong dynamic probability. Probabilities are out there, and it is your consciousness that makes the difference between a probability and an actual happening. So as co-creators of the end of this year and next year, I ask you to dwell on this possibility. Change is coming. Is it not possible that what is being seen, instead of the end of billions of people's lives, is it not possible that what is being viewed is a total change inside your own consciousness, a release of energy so strong, so dramatic, so intense, that being seen from a psychic point of view, it might appear like the motion of a body outside of itself moving to another realm? I know I'm being vague. I'll say it again. Psychic events such as the end of this year cannot be seen at this stage, clearly. They cannot be seen. They can have hints, probabilities, maybes. But this is not a static process that you are undertaking. This is a dynamic creation and as such, any time a vast part of that creation decides that a different end is more favorable, so shall the end be. What I am asking for, perhaps even pleading for, is that instead of this concentration on the negative explosion, the negative happening, that you begin to see that you can be that which takes the ordinary, mundane way of seeing the world and begin to transform it in such a way that you will be able to really see. And if enough of you were to have that kind of experience in this year, I will tell you, from a psychic point of view, it could look like a world explosion.

**Bartholomew / Mary-Margaret Moore:** [00:34:22]

Do you understand what I'm saying? Have I said it at all? Can you hear me at all? You cannot know it's going to be an earthquake. You cannot know it's going to be a tidal wave. You cannot, cannot, cannot, because it has not come into physical form yet! So all that a psychic can see is moving energy. And that's one thing I know, because that happens to be my job. I don't know a thing about your Mercedes ,brown car with the lights, but I know this one. And I know that when you see from this point - January of 1987 - and see as a psychic reality the end of this year or even into next year, all you can see is energy in its wonderful, emoting splendor, and not yet can you define it. All that you can say for sure is there is going to be change, there's going to be wonder, something is going to be going on, and you are the ones that are going to decide what it is. I do not believe that all of the dire predictions have to happen. I do not. I do not. I do not. And I say that you make a difference, and if you would please begin to deeply, deeply go into your consciousness and realize that this explosion could be the beginning of an incredible shift of reality, of real vision, of real releasing of the light from within all of you, it would look from the outside like all of these predictions.

**Bartholomew / Mary-Margaret Moore:** [00:35:56]



Now, why California? All of you know... many of you are from California, so I don't have to defend California in any way at all. California has been for many, many decades the place where things begin. On the two seaboards, the nation began in what it looks like now, and so when we think about California, we have to say that, embedded in those people's consciousness, is an ability to feel out the new. If there's anything about California you can say is if it's new, it comes from California first. Now, with that very basic truth in mind, please follow along with me. All of these dire predictions go around California. If this great release of light is going to take place on this planet, one of the major points is going to be California because they have tried it all, and out of their tries, they have come across some very valid ways to release the light. And there are thousands upon thousands in California working every day to release the light. If they continue and use... You see, I'm counting, absolutely, on the wonder of this new energy. Because, without trying to play one up on you, I already have experienced what it's like. And it contains something that is going to make a difference. Everyone is predicting the second coming of the Christos. I would like to suggest to you that there can easily be said to be contained in this new energy field, a total, new, exciting, amazing extension of Christ consciousness. You can call it the Second Coming. You can call it anything you want. It's coming. And that's what matters. And written in that energy is the capability of teaching you how to explode yourself into God awareness. Because of all of those seekers in California, it makes very good intuitive sense to say, should this continue to happen... and you see, the energy will build and by next December... by next December, things will not look this way to you. By next December, you'll understand what I mean. And it is possible, by next December, that the consciousness will have begun to explode to such a degree that all of these dire predictions could come out of simply seeing an incredible amount of energy in motion, taking new form, creating new awareness, being totally expanded in a new and different way.

**Bartholomew / Mary-Margaret Moore:** [00:39:18]

The responsibility is simply your own, and the question is very basic: are you willing to make the attempt to spend one year of your life attempting this very simple thing that we have talked about, with the understanding that it has the capability of giving you true vision? Do you realize that you don't see? Do you know you don't see? You don't see! What do the Buddhists mean when they say there's a blind Buddha inside your hara, wake it up? What does Ramana Maharshi mean when he says "you're asleep, awaken!" What does that mean? It means you aren't seeing, and you're not seeing because fear clouds your sight. The less fear present, the more vision is possible. Every one of you longs to be a visionary in its deepest, oldest sense of the word, which means to have inner vision. To be so clear with your inner vision that everything outside fits the statement "God's in his heaven, all is absolutely right with this world in whatever way it's manifesting". That is what vision is. Vision. And that's what it's all about. When the light begins to release inside the physical body, there's nothing mysterious. Vision starts to happen. The mind starts to open, the heart starts to stir. Fear starts to leave. Courage starts to rise. And in... right behind courage comes knowing. And it all begins with the simple decision to see. You have thrown a camouflage across the world through your fear and your creation of the ego. Right under that camouflage is what you're looking for. The way to remove the camouflage is to increase your physical frequency so inner

vision opens. Please hear this: there are within the physical body eyes of divine vision. You do not have to create them. You do not have to deserve them. They are there. They are real. All you have to do to see is to increase your physical vibration to such a frequency that the eye opens on its own. Of yourself you can do nothing. But if you will simply begin to increase your vibrational frequency with total consistency, the inner eye will open. And when it does, you will see. You will see it all and you will know, and you'll understand, and you will get on your knees in gratitude. You are not what you think you are. Your eyes have deceived you, but you have inner eyes that can see for you if you will simply begin to ask them.

**Bartholomew / Mary-Margaret Moore: [00:42:41]**

This is the year of the empowering of the inner light. That is my absolute knowing. Don't miss it. Please don't miss it. Whatever you can do. Because you see, my friends, I cannot deny that certain probabilities are out there. But I also know that when there's enough will within the consciousness, when there's enough desire to be real servers of the world, anything can happen and all things can change. I ask you to understand a basic thing. There are billions of people who have no awareness of what we're talking about. So the burden lies on those of you who do have the capacity to hear what I say. If you care about mankind and want to serve, I ask you to be very serious about what we have just discussed. To the extent to which you increase the light within yourself through just turning your awareness to that light, the light moves toward you in increments far greater than your human ratios would say. When it is all said and done, the only thing that matters is what do you do every moment when you have a choice, and you have a moment's choice constantly. Do you go to your remembrance and your awareness that you are that light, or do you not? The mirrors of the light are constantly present in all of you. Each time you look at someone, you have a choice. You can aid your own and their awakening through remembering who they really are in spite of the camouflage. Or you can allow the camouflage to entrap you once again. When you see clearly, you will know that you have misidentified, and none of it is real in the way that you thought it was. So, for 1987, be a lamp unto yourself and please, as you view your fellow man, remember: in some mysterious way that you cannot figure out with your mind, there is a camouflage at work, and the net of the ego is very clearly upon the face of those that you love. If you could see each other clearly, there is not one of you that would not love every one of you. The camouflage has fooled you. It's fooled you. It's time to pull it off and to see with those real eyes. And you can do that this year. This year. This year you can see.

**Bartholomew / Mary-Margaret Moore: [00:45:41]**

With your permission, could we have some meditation time, please?

