

Life Story: The Way of Eno.

In the Beginning...

Once, long ago there was Eno.

We call It 'Eno' although nobody else did because there was nobody else. So we could give It any name, it just wouldn't matter.

Eno simply was. However, this was no small thing because this was at the time before anything else existed.

Not even time.

Therefore, simply 'being' was everything. Eno was everything.

Which was fine as long as it lasted - and since there was no time, that was forever; backwards and forwards.

Eno was all there was. There was only It.

No stars, no Sun, no Earth, no seas, no land, no cities, no schools; no books, no films, no music; no chores, no homework, no holidays, no games.

Just Eno.

Eno was everything, every being, every feeling, every happening, every place. It was one thing, the only thing, so therefore it was all things.

Because there was only Eno, It was the biggest and most strongest. Also, of course, Eno was everywhere, because there was nowhere else. And moreover, as you might guess, It was the cleverest, and knew everything.

The one thing Eno could do was think. Since It was all there was, It was the very best thinker there was. So Eno just was, thinking about things.

But, as I'm sure you've guessed, since there was nothing else, all Eno could do was think about Itself.

Now, with only one thing to think about, you'd think you'd soon know everything about that one thing. Yet after thinking about Itself for It didn't know how long, Eno suddenly realised It didn't actually know who It was. Not really.

So, Eno decided to take stock: but, where to start? Well, what was the very first, the original thought that It had ever had? What was the very first idea It had become aware of?

"I AM," thought Eno.

Yes, that was it. "I AM." That was the first thought.

Fine. But what did that *mean*? Eno 'was': Eno was what? Eno was everything. There was nothing else. Everything was Eno. Eno was the only thing. The only one thing was Eno. So everything was one thing - wasn't it?

Hey! - this was good. Eno enjoyed this. It liked thinking about things this way. All there was, was Eno, who was the only one. So all was one.

And Eno knew It was the only one – but what was ‘all’? Surely ‘all’ meant ‘lots of things’? What an idea! What a thought! Wow!

Hold on, though; what are these ‘lots of things’? Where are all these ‘many things’ going to come from? There’s only one thing, and that’s Eno: “I AM.”

Eno thought and thought. Within the one thing that was everything, It had created the idea of many things. But what sort of things? What might they be like? What might they do?

The more It thought about this, the more It wanted to know, until the wanting became longing, and the longing became yearning, and the yearning became a craving. Eno felt this craving growing inside It, striving, reaching upwards, swelling up within until It thought It would burst! It was shaking with the intensity. Surely something had to blow!

The shaking got more, the vibration got faster and faster, the energy was building and building until - it suddenly burst forth in a glorious explosion of pure white light.

Eno gaped! It stared in wonder and amazement at what It could see within. All was brilliant and clear! Eno loved the way the light had created brightness, and colour, and shadows, and darkness where nothing had been before.

Eno was so happy, It longed to explore more and more, to let It’s thoughts run on and on, to enjoy this adventure forever.

This burning desire fuelled the fire even more, and Eno’s love of every moment of the experience played upon the light, shaping it and swirling it into spirals which created ripples and waves and patterns.

Oh! it was *wonderful!* Eno had become aware of Itself, and one almighty thought had created the idea of many-ness inside of one-ness, or unity. It’s love and passion for the idea was so great it had illuminated everything and filled all there was with a background sea of swirling energy.

And Eno was still everything, and everything was still Eno.

Things take shape...

What Eno had done so far was absolutely fantastic; yet even more unbelievable things were to come.

All the energy, the light, the swirls, the spirals, the patterns which Eno had created contained that same “I AM” spark which was Eno. In their own way, they too could think, just like Eno. This was exactly the way Eno had thought it.

Everything there was, or could ever be, was Eno, so it was quite all right for everything to think for itself. Whatever they thought, or wherever the thoughts went to, they would all come back to Eno in the end.

Not surprisingly, things started to act together, started to be drawn to each other, and since they were all intelligent, they too started to experiment and adventurise just as Eno had done.

It was about then that time began. There had been no need for time before this, but now ‘things’ were starting to happen, events were starting to take place.

'Starting' meant 'before' and 'after'. Once something 'started' it had to continue, and possibly end, so time was needed to know just when these moments happened.

What Eno had done, in creating many things out of – but still within – one thing, was to create the idea of 'growing'. Eno was growing, and all the things that Eno was, were growing too. Since they were part of Eno, they were all like Eno in thinking, ideas, curiosity, and creativeness, striving to be more.

The spirals and patterns began to criss-cross each other, forming new shapes and thicknesses and eventually new 'things' came into being. They formed fire and wind, and atoms and molecules. Gradually, out of the topsy-turvy chaos came galaxies with billions of stars, each one a Sun with its own little family of planets and moons.

The idea of space had been born. You see, when Eno just 'was', all there 'was' was 'here'; Eno didn't need anywhere else. Now, though, It's thoughts had created so many things that some were 'here; and some were 'there': so It had to have the idea of space to know where everything was.

The wind and fire continued to act upon the earth and water of the planets, creating hills and lakes, and valleys and seas, and rain and sand and soil.

It was time for the second stage of Eno's grand plan. The "I AM" spark in some of the chemical molecules in the land and seas reached up towards the light, eager to develop more and more and to explore this new environment.

"Physical bodies would be a good idea," thought Eno, and that thought made for them tiny cells, which then began to divide and multiply into organised structures. Eno waited to see what would happen.

Some of these tiny organisms grew into mosses and lichens and eventually grasses and plants.

Others became microbes and germs and eventually tiny sea creatures.

More and more thinking and growing and developing went on over thousands and millions and billions of years.

Grasses and plants became flowers and fruits and trees. Tiny sea creatures grew little legs, and learned to live on the land. Some grew wings and could soar into the air. All this from Eno's one "I AM," thought!

A major breakthrough which a physical body gave to these little life forms was that they could move about and so they could travel great distances – some as much as a few centimetres, some hundreds of miles – and explore their 'space', experience new conditions, meet new species.

Some were friendly and helpful; some were just hungry.

Which was another new development. The physical bodies of these new life forms needed food to give them energy and to keep them going. Leaves and shoots and fruits would provide food for the plant eating beings, and they themselves would provide food for the meat eaters.

Of course, this meant that one life-form became food for another life-form, but it was not sad because this was just two life-forms combining together: all plants

and animals and things were part of one thing. It was good to be of service and help each other. It was not until much, much later that the idea came along that 'death' was something to be frightened of. In any case, it was only the physical shell which 'died': the "I AM" spark lived on and could start a new and exciting and different life possibly as something else and somewhere entirely different.

After all, the 'I AM' spark is part of Eno, and Eno is everything, so it couldn't just 'disappear'; it couldn't simply 'not be'; it couldn't 'die'; not really.

Each of these exploits whether exciting or hazardous, taught them a great deal, and because they were still part of Eno, this greatly increased It's understanding too.

And, oh! Eno loved this more and more.

Time to wake up...

Knowledge and experience shaped and guided further growing as each plant and creature continued to strive onwards and upwards.

Just as Eno had done in the beginning, *they* became aware. They got to know their surroundings, where to find food. Leaves and flowers turned to the Sun for light and warmth. Animals learned how to protect themselves, how to have babies and look after them till they grew. They learned the safety and security of family life in the herd, the pack, the flock, the school.

Meantime, Eno carried on thinking, and everything It created responded to It's thinking, and added their own thoughts too, creating even more types of things, and colours and shapes and sizes, and textures, and ideas. Which pleased Eno even more, because this was the way It had thought it to happen. The grand adventure just went on and on!

Eno loved everything. What had started as one single thought had become millions and billions and trillions of new thoughts every single second. It just grew and grew, and Eno just grew and grew in size and shape and experience and knowledge and happiness and joy, because everything was still 'one'! *Oh it was outstanding!*

Because there were no limits to Eno, It just kept on thinking and creating and enjoying every single moment, and every single being, and every single feeling, and every single happening which It's thoughts and It's co-creators' thoughts came up with.

So it was, after many, many thousands of years, Eno decided it was time for the third great big step. Some of the animals – and even a few of the trees – had been thinking so hard that they became aware, not just of everything around them, but they became aware - *of themselves!*

Yes, they were part of the group, herd, flock, whatever; but they had realised that they were something else too: they were individual and could think, and act, and behave for themselves.

Now it wouldn't do for them to carry on just as they were because many of their herd, or group simply were not ready for this giant leap yet, so Eno thought about an entirely new body for them to wear while they experienced a life.

The second step had been all about developing bodies and survival. These new creatures were to learn to think for themselves, think a new kind of thoughts -

some of which may not even have anything to do with staying alive. They would learn to appreciate art and music and dance; sport, fun, and games. Laughter, joy, and pleasure. And most of all, Love.

Perhaps Eno was taking a big risk, because remember, from the very first, Eno had thought it was quite all right for everything to be free to think for itself. Now, aware of themselves, and feeling 'individual' these entities could choose to do whatever they wished - even to think they were quite separate from Eno and everyone and everything else if they wanted to.

This newly granted freedom would allow them to choose.

What would this mean? No longer operating as a group or a herd or a species, the power that being self-aware, thinking for themselves, having free will to choose as they wished was absolutely *aaawesome!*

Remember that what had spurred that first original thought was the fact that Eno didn't know who It was: well, letting things get to this stage was a sure way to find out!

There was going to be umpty-ump trillions of these individuated, free thinking bits of Itself floating around in the Universe, all choosing for themselves what to think, and all inter-acting and affecting each other in a myriad different ways.

They could choose where to live, what to build, what to eat, how to live. They could even choose a mate and have families of their own. They could make tools and decorations, build houses and villages. They could even choose their own attitude to each other.

This or that...

What this boiled down to was a choice between being totally selfish - going off on their own, thinking they were separate, grabbing everything for themselves, using others to get their own way, - or caring for others, remembering and honouring the fact that they were part of the whole, linked and connected to everything.

Which is exactly what happened. Some learned to live in harmony with their fellow beings and the animals and the plants and the surroundings; offering and giving help where it was asked for. They saw in others the similarities with themselves, and appreciated the variety and excitement which the differences brought. They treated others fairly, as they would want to be treated themselves. It felt good in their hearts when they had done a 'good deed', and that was all the reward they looked for.

Others chose to 'look after number one'; to scheme, and take, and steal, and fight to be 'better off', or 'more important', or 'more powerful' than anyone else, with no concern only for themselves. They chose to believe this was the way to progress: the other entities needed to be led and shown what to do, and it was up to them to be the boss, and lead the way.

However, Eno loved them all. They were all part of Eno; there was no right way nor wrong way, only experience, and each must find out for itself. It was their free will to choose for themselves.

So part three of Eno's plan was all about shaping the personality, learning about relationships to each other, and choosing whether to be helpful, caring, and kind

to everyone and everything, or to take advantage of others and just look after oneself.

This choice will have a big effect for future parts of Eno's plan.

The fourth stage is all about Love. Total, complete, unconditional Love. Either whole-hearted love for other-selves, or undivided, unscrupulous love of oneself.

Then there are stages to add wisdom, to understand unity, and then, in foreverness to rejoin with Eno.

Who's who...

We don't know much about the story after the third stage, because we haven't got there yet. We ourselves are still in the third stage.

You see, this story is about your life.

You are one of those precious fragments of the original Eno.

One of the exercises for being a better person is:
"Look in a mirror: see the Creator."

Now, I'm sure you know that when you look at things in a mirror, they are back-to-front, so 'ENO' in the mirror would become 'ONE'. And as we have seen, we are, all, 'One', aren't we?

What else would you see in the mirror?

Correct! Yourself.

You are one of those "I AM" entities which started off as a spark of the Creator in a tiny micro-organism.

If you don't believe me, look deep into the mirror. What do you really see? Your eyes physically accept the rays of light which form the image staring back at you; but what turns those rays of light into a picture that you can understand?

You may say that your eyes accept the rays and your brain turns their pattern into the picture. Yet, amazingly wonderful though they both are, your eyes and your brain are merely lumps of tissue and cells: a meat robot – mostly made of water!

Which leads you to the idea of a mind, which can think and interpret, and decide: is that image you or someone else? Do you look like your Mother, or your Father? Are you too fat or too thin, good looking or ugly?

That's better, but is that everything? Err... how do you decide? Who tells your mind what to think?

Your body is a creature of your mind. When your mind says, "Go!" your body goes. But who tells your mind where to go? And why?

Gaze even more deeply into your mirror eyes. Do you see it, down in there? Down in the deep of the black pool of your pupils? If you look very, very closely you can see that brilliant spark, the "I AM" which is the real you, the Eno, the eternal One, since time began.

One day you will fall deeply, madly, truly in love. When true lovers – two people prepared to open themselves entirely, honestly and in complete trust to each other - drown in each other's eyes, each sees the very soul of the other. It will be a very precious moment.

In that moment you will be able to fully appreciate that an other-self is exactly like your-self: that we are truly, all One.

This is the essential realisation. We are all One. None of us is separate, not from each other, not from Nature, not from our world, not from the air, space, the Universe; not from creation, not from our Creator – whether you call him Eno, God, The Source, Brahman, Allah, or whatever.

'Allsorts' are all sweeties...

It doesn't mean we are all the same: we are not robots. But we all come from the same Source, the same place; we are made up of the same 'bits', and in the end, we all want the same things. We just choose different ways of thinking and going about getting there.

Think of it this way. If you shine pure white light through a prism, all the colours of the rainbow will be seen coming out of the other side. The pure white light was part of Eno, and we – the full spectrum of delicate and beautiful shades – are that same light in a slightly modified, or distorted form – but still part of Eno.

"All things, all of life, all of the creation is part of one original thought."

"You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are."¹ This is the way of the One, True Creator.

You are one with your Creator, so you are a co-Creator, and all the other little "I AM's" are the same: co-Creators. In other words, there is no disharmony: only similarity. We simply have different points of view from each other at times. And neither is the 'right' view, nor the 'wrong' view.

Who are we to choose for others, what is 'right' for them and what is 'wrong' for them?

It's like good and bad; both are points on a horizontal measure: good is at one end and bad is at the other extreme. Both are measurements, or values of the same quality. It just depends where your view-point, or your frame of reference is. If you were in Greenland, 'hot' would be at the 'good' end of your heat measure, whilst 'cold' would be at the 'bad' end. But mid-day in the Gobi desert, 'hot' would be the 'bad' end, and 'cold' would be much 'better'!

In this way we should view other-selves, our global brothers and sisters. Some we will like and get on well with. Others we will not 'like' and choose to avoid.

But place both types on a measure of love: on the one hand, some we will love very easily, whilst on the other hand, others we will love with more difficulty.

That's "OK." We should never be false to our hearts. However we should realise that the one's we may not 'like' are providing experience for their idea of their Creator, just as we are for our idea of our Creator. The Creator is the same, One. They may be coming from an entirely different point of view, but it is *their* point of view – and we, like Eno, should respect their free-will.

We should grant them their choice, their decision. We may say, "That would not be my way," or, "I cannot accept that," or, "I prefer not to choose that path."

However, we have no right to decide – or judge – that our way is right and their way is wrong. We must accept it as simply different, or alternative.

We must, like Eno, grant everyone, every creature the right to *be*: we must grant them '*being*'.

Think of the wonderful variety that we know as life. Whatever field you may want to think about has benefited and is infinitely richer for the influence of differing cultures, traditions, beliefs. Art, music, dance, architecture, design, mathematics, language, food, - even the way we think about things and each other: all more interesting, more exciting, more effective because of the inter-mingling of ideas. Or to put it in Eno's terms, the co-creativity of all we individualised selves.

What any of us chooses leads to what we do. Choices lead to action. Action is a cause. Every cause has an effect: we say, "This (effect) happened because..." Every effect leads to another choice, action, cause, and so on.

For example, you have invitations from two people to go to their parties on the same evening. For whatever reason, you decide to go to one rather than the other. You have a good time at the party, there's lots going on, lots of things happen – both to you, and because you are there.

If you had chosen to go to the other party, an entirely different set of things would have happened, - both to you, and to other people because you were there. Do you get the picture?

This is how the experience becomes so varied and rich and colourful. Remember the prism splitting the rays of pure light? Is red different to blue? It may seem different, yet they are both light; just in a slightly different form. Should yellow think itself better than green?

Moreover, how do you know that what you see as 'violet' is the same as what another-self sees as 'violet'? Yet both are the same modification or distortion of light through the same prism.

Living is easy...

It's quite some weeks ago now since you set out as a little microbe, and you've still a long, long way to go. But time doesn't matter when you have forever, does it? Especially not when you're having fun!

It's only here, where we've been brought up to demand everything 'this minute' that we complain about time. We should remember the story of the two people on a long train ride.

One arrived tired and worked up, frustrated and bellyaching about how long it had taken to get to the destination. The other was smiling, relaxed, and refreshed after enjoying such wonderful scenery along the way: he wished the journey had taken longer!

Don't we miss so many lovely sights and experiences by rushing around, eager to get someplace? And what do we do when we get there? Do we use the 'extra time' wisely?

Why don't we relax and go about more leisurely, arrive bright-eyed and bushy-tailed, pleased and excited by the events along the way, and much, much wiser for the experience?

Do you know that once, when man first walked the Earth, you lived for about nine hundred years? How much did you learn in that time? What amazing things did you get to know? How much did you experience with all that time to appreciate every little detail in every single second? Absolutely no reason to rush or hurry at all!

Think what you might have achieved. Look at it this way. Even today, if you walked for just four hours each day, had Saturdays and Sundays off, and took four weeks holiday a year, you could still walk right round the world in just over six years of your lifespan of about seventy years.

Where did you go, what did you see with nine centuries to play with? What could you build, what could you create, what could you imagine in all that time?

Of course back then we were learning about ourselves, about each other. How we related to our families, our neighbours. How we shared the fruits of the Earth with the birds and beasts of the field, and with them we were connected to the rhythms and cycles of the Earth, and the Moon, and the stars.

The seasons of the year governed our lives: the migration of the birds in the air, and the animals on the land, and the fish in the seas were our timepieces. We lived off the land and respected its gifts that we might continue to enjoy its bounty in the future.

Fire was the only energy we could utilise. It kept us warm, cooked what food we ate hot, and provided meagre light of an evening. In the dark we stayed home and slept.

We had time for each other. We talked to each other. Round the dying embers on a long winter's night, we shared our feelings, our dreams, our stories. The old people passed down to us the traditions of their ancestors, from generation to generation. Collectively over the centuries we charted the cosmic dance of the stars in the heavens.

We lived for each other too. Those who were fleet of foot and sure of aim would hunt, for us all. Those with green fingers and love of the soil would grow crops, for us all. Those who could fashion wood and stone would build and create homes and tools and decorations, for us all. Those who could teach or heal would minister, to us all. Those who could cook, and sew, and clean, looked after us all.

And the old, who had given their service would give wisdom and guidance and be appreciated for their contribution also.

There was time to learn about life, how it worked, what it was about, what was our purpose. We had respect for ourselves and for each other, and for all around us. We took responsibility for our selves and our communities.

Laws and regulations were not necessary: we had a code of conduct, a natural sense of 'right' and 'wrong' which honoured our people, our family, our selves, and the environment we were blessed with.

Of course there were hard times and heavy burdens, but we shouldered them together and worked for the greater good.

Many of these traditions continued even when the average lifespan was reduced to give a more focussed learning experience. In one or two isolated communities the thread exists even today in modified form.

However, if you know anything about history at all you can see how things have changed for most of us today.

When your Mum and Dad were growing up, mankind was taking its first tentative steps into space, colour television was just becoming available, some radio stations began to offer stereo music. A very clunky sort of email was becoming available in the USA to Universities, Libraries and the like; a portable electronic calculator was put on sale, cell phones (mobiles) were invented, the first computer with a mouse and pictures was developed.

The Internet was being developed, but not available to you or I; there were few if any *home* computers, Microsoft was just a gleam in someone's eye, and home based VCR's - video recorders - were just becoming affordable.

Now, just thirty or so years later, you probably have satellite TV in your bedroom, multi-media PC hooked up to the home network, DVD recorder and player, mobile phone with digital camera, MP3 player - even if you are just 'ordinary'. For your Mum or Dad to have communicated with a friend the other side of the world back then, would have taken days/weeks by mail or cost a small fortune by telephone - with one of them making a sacrifice for the time difference. Today you can email instantly at virtually no charge and if you don't need instant response you can do it 24/7. With a web-cam you can even talk to friends anywhere in the world 'face to face'.

The Internet is transforming the world both on a business and a personal level. Relationships can be established with people the other side of the globe, at all levels, and from entirely differing backgrounds and cultures. The Internet allows almost limitless amounts of the very latest information to be available to the widest possible audience at the click of a button.

These are just a few examples of how much and how fast things are changing nowadays. I'm sure you can think of many more.

But do we have time for ourselves, or for each other? Of course we do - it's our choice - but do we *make* or *take* time for ourselves or each other?

There are people who say that time is speeding up. Not that there are now less minutes in an hour, or that the Earth circles the Sun any more quickly; but what we do, and what we can do in each hour today is so very much more than could have happened ten or fifty years ago.

Talk to your Mum and Dad, talk to your grandparents: things that took many years to become 'common place' in their day are happening in months and weeks now. New products, new technologies which would have taken years to perfect - primarily for industry, then a few wealthier people - are now rolled out to the

general public very quickly. New laws and 'acceptable' behaviour become part of daily life almost before we've noticed them.

And it seems to be accelerating: time is getting like the bath water going down the drain, spiralling ever tighter and tighter until it disappears.

Let's pretend we've invented time travel – a bit like Dr Who. If you could take someone alive in Jesus' time, two thousand years ago, and drop them into the eighteen hundreds, they would find many differences, but I guess they could still 'get by'.

How do you think someone alive just two hundred years ago would manage if you dropped them into your town or city today?

It's not just the speed of events which is changing, either. Major changes are taking place in our life giving surroundings too.

Most people are aware of what the popular news calls 'global warming': lots of scientists are talking about it, trying to explain the reasons for it and coming up with their pet suggestion how to stop it. Most would have you believe that what they call 'greenhouse gases' – the smoke and steam from factories, the unseen carbon gases from our cars and trains and aeroplanes – are forming a sort of cover round the Earth's upper atmosphere; when the Sun shines on this, like it does on a greenhouse or one of those poly-tunnels, it heats up the 'inside' which is where we live, far more than it should.

Now, whilst they don't say we're all going to turn bright red like tomatoes, they do claim that this is why the ice is all disappearing at the North and South poles, why the glaciers that move through the big mountain ranges are melting, and why the weather patterns throughout the world are going all screwy.

There is no doubt that all these things are happening – and more. However, a few scientists have realised that whilst lots more cars and aeroplane journeys aren't helping, it needs bigger causes to create the full range of changes which can be seen, on such a vast scale as to affect the whole planet.

All of the planets which revolve around our Sun are changing – some are getting warmer, some are changing their magnetic field, some are changing the atmosphere that surrounds them. Even our Sun is more active than it has been for thousands of years. These are the real events which are causing the Earth changes.

Large areas of the polar ice caps are breaking off into the sea; the temperature of the deep oceans is rising; weather systems are changing; earthquakes are becoming more common and more violent; more volcanoes are erupting more frequently.

All these things bring more catastrophes: devastation, fire, floods, mudslides, tsunamis. They also threaten wild-life – migrating birds, fish and sea mammals like whales and dolphins; polar bears, seals and penguins; whilst droughts and floods bring starvation and danger to land animals like elephants, buffalo, antelope etc.

Just like them – for we are all One – we too will have to change, to adapt. And these physical, environmental changes will not distinguish between Europeans and Americans, or blacks, whites, red or yellow; they will not enquire as to

Christian, Muslim, Buddhist, or Jew; they will not happen only to men, or women: we will *all* be affected.

There are other changes too. Look at the way we behave towards each other. We have much more violence in the world today than your parents and grandparents can remember.

We have bullying in schools, we have street gangs. Doctors, nurses, firemen get attacked while trying to do their job of helping people. Old people get mugged for the few pounds which was to last them for a week or a month.

And there is fighting and war going on in every continent on Earth. Wars and fighting which do not just harm the soldiers who choose or are paid to fight, but innocent children, women and men who have nothing to do with the fighting, nor want anything to do with it: most often indeed, the war is not to protect *their* land, or their freedom.

Wars are fought because you do not agree with me: we're different. You do not agree with my way of life, my beliefs, my customs. Wars are also fought by bullies and thieves. They want what you have got, your oil, your water, your wealth.

All this has to stop.

Be the change you wish to see...

Peter Pan said, "Every time a child says 'I don't believe in fairies,' there's a little fairy somewhere that falls down dead." I believe the opposite is true also: every time someone thinks a kind, loving thought, it has a good effect somewhere else.

Some very clever researchers actually proved this. They got together a few people in a city and had them think good, kind, loving thoughts: the researchers found that crime, traffic accidents, visits to Accident and Emergency all fell during the period. This was repeated in many cities and even in war zones with a similar happy result.

We have to start and think good, kind, loving thoughts – all the time. We have to start and live with good, kind, loving thoughts in our hearts and as our motives in everything we do.

There is no need to 'push' these feelings onto others. Should you come across someone who rejects your service, that is their freewill choice, and you must respect that and move on.

When these loving feelings are solidly embedded in your intentions, the opportunities to act accordingly will present themselves. You will be like a beacon, radiating true 'lovingkindness' and this will attract those who would seek your help.

This really should not be too hard to do. After all, that spark which will shine from you, is the original "I AM" which Eno bestowed upon you all that time ago, and it will recognise and be recognised by the "I AM" in those you meet.

Eno loves you, all of you, and is waiting patiently with open arms to welcome you home, and to thank you for the wonderful experiences you have created for It and all It's children.

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¹“All things, all of life, all of the creation is part of one original thought.”

“You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are.”

The Law of One by Ra, an humble messenger.

LL Research, Louisville, Kentucky
llresearch.org