

GURU U



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Authors note:

This small book is a result of 'listening' during my meditation journal writing time. The first part of the book was written in one sitting. There were few if any changes made. The tone of the book for those who know me and my writing is not a familiar one. My writing style is generally edgy and direct. The second part of the book was generated over the years of journaling during meditation and asking for insight.



Gurus have guided fellow human beings for millennia. Many believe this is because they are Divine...with souls and powers above all others. Many believe God speaks to us through them. The truth is rather that their *Divine has been refined...* while in the rest of us it is not. But those days are behind us.

Like any skill humans develop, Divine mind powered by a strong heart, must be consciously planted, watered, tended to and weeded, in order for the harvest of Wisdom to be realized. Gurus have done this work. Their lesson to you as teacher is to show you their way.

Your responsibility is not to stand in awe of them, but rather to get to work to cultivate your own Divine Voice. While their words will guide and inspire you, nothing will move you completely like the experience of following your own Divine Wisdom.

To worship the image and life of one who has reached the 'peak' ...the Guru you love, for all they have sacrificed and accomplished is like worshiping a favorite, famous athlete.

Appreciation of them is not accomplishment for you!

It is time to begin your *own* training, to experience and benefit from reaching your *own* potential, and to inspire others to do the same.

Just as every fingerprint looks the same until deeper inspection...so it is time to look closely at the 'fingerprint' of your heart. It is time to meet the Guru in You!



Where are you when you step away from the daily routine of your life? On a run, a tennis court, a library, in a garden, dancing...or in the bath, on a beach, meditation or yoga? Where and when is your mind allowed to relax and disconnect

from the world of duties, responsibilities, future concerns and regrets of the past?

If your life is too busy and you do not have this time then you must allow yourself to make this opportunity.

Rise earlier or trade out tv/movie time ...watching others stories... to create your own great story. Give up a meal, this process will bring greater nourishment!

Once you make this truly 'free mind' time ... and disconnect from the outside world, you have the opening to move from your mind to your heart, into your world within. Maybe you've heard this many times before. Why not finally try to meet your deeper knowing...your own Divine voice...the Guru in U?

TART

Start by surrounding yourself with elements of nature.
Water...by an ocean, lake, stream, a small fountain, even a pitcher filled with water.
Fire...the sun, a warm fireplace, a candle.
Earth...on the beach, a park, a garden, or a simple rock held, add fresh air... and music, the universal harmony.

These elements are used in many religious traditions because of their ability to

align your spirit with its source. You are water, fire, earth, air, harmony...these elements are not only outside of you...*they are you.*

By bringing them into view you awaken them within. Choosing the time, place and space with the elements you relate to, will awaken and ignite your spiritual heart-mind.



Then follow what you feel. Do you feel like writing, building, closing your eyes and drinking in the quiet, swimming, dancing... What does your Divine move you to do once you are awakened to it?

Remember each Guru within has a unique 'fingerprint', and the key lesson to take away is this:

FOLLOW 'What I FEEL like doing' to find your Divine.

It may be that your Divine is expressed in words...as I am directed to share with you here. It may be that you are inspired to create. You will know the 'right' expression of your Divine voice when you are experiencing pure contentment in the act. You will first *FEEL* your Divine, and your act will be an expression of your Guru wisdom.

There is little gain in only copying another's method. It may be true that like fingerprints, your expression at first glance may look similar to another's, and hard to see how your pattern is

unique. You may find, for instance, that you like many, may connect by yoga or deep breathing. However, you may also feel the need to add some action or practice - do not resist...insist your Guru be heard!

Each is connecting to their Divine in a subtly, unique way. While one may sit for days in meditation – others may sit for a 10-minute train ride. It matters not...time doesn't exist for the Divine.

It is necessary to drop the idea of 'following' a practice of another exactly, which leads to 'forcing'. Forcing a practice is less about discipline and more about conformity.

Remember always – your journey is not about learning to conform to others–

*YOUR GOAL IS TO MIND YOUR DIVINE!...*and the Guru within will lead the way.

Allow it to express itself in ease and joy by not insisting it exist in another's box...even if that is a beautiful box created by a Guru who has been adored for thousands of years. Enjoy a visit with them, be refreshed and inspired and then find your own way 'home'.



The more time spent listening to others the less time you have to hear yourself. Still, you may ask, "How do I quiet my racing mind that is thinking one worried or wandering thought after the next...even *after I feel* that I am engaged in the activity that sets my mind as free as it can be?"

You may have heard stories of those who created a book or song in one short sitting, and say that the words seemed to flow out of the pen with ease and little thought?

Try this before you move into your 'free mind' activity. Sit with paper and pen and begin to compose a cover letter for a job or

write a book or movie review. When the thoughts come from your intellect you think, rethink, recompose, maybe struggle and start again.

Then, after or during your 'free mind' time, sit and write after asking yourself for guidance about a particular concern. As the words come to you write them with no expectation or control of the thoughts.

You may find, as I did, that after reading back what you wrote that it sounds like another's voice. "Ask and you shall receive" may not mean getting some 'thing'- rather ask and the Guru in you will answer.

A Listening Story

My first attempt at listening was at least a year after 'sitting'...reflecting on other Guru's revelations. My 'free mind' time was spent under a tree in my backyard near a small fountain where I had added my favorite objects. I wrote nothing and just enjoyed the peace I experienced there.

One year later, after meeting a man many years younger, I was conflicted because I believed he was too young for me. “Should I move in with this man?” The question had no answer for weeks... until the morning I asked during my ‘free mind’ time. Suddenly the following statement poured out of my pen.

Would you rather ‘marry’ your ego or marry each other?

Of course! Saying ‘no’ to our relationship was saying ‘yes’ to my ego that could not accept looking old aside of him. Did I want to ‘marry’ the demands of my ego in this situation or in any situation? The answer was suddenly clear.

I was struck deeply by the ease in the response, and I have used this simple process ever since. Some will find my answer one that applies to their dilemma... which is why wisdom is universally shared and why some become recognized as ‘Guru/Teacher’...they speak their deep knowing and millions over time hear and say, “Yes! There’s the truth of it!” However, I do not imagine that this revelation will strike everyone as it did me. Which is the problem point in trying to follow another for

all of your answers... revelations are tailor made for your own soul's journey.

RUSTING YOUR VOICE

After a time you will know the 'feeling' of alignment. You will know how to 'turn on' your Divine radio and 'tune in' to your higher frequency. It's fine-tuning so be patient and listen for the clearest channel!

But what of those who claim after violent acts that a voice told them to do it? Not many are willing to either own, or admit to themselves or others that such 'darkness' is their own. Hate filled thoughts nurtured, create an energy that can take on a life of its own- just as loving thoughts and behaviors take on a life of their own.

Evil does not rise from the Divine within us....instead it appears because of a complete lack of connection and rejection of GOoD.

The test is this, “Would this revelation or act, produce a YES! response of acceptance universally, or a response of rejection and revulsion?”

Like everything, listening is a choice. You will begin maybe with a nervous start or maybe hear your Divine voice like an old friend. In either case, it will be your choice to continue the process.

As with school, you might be one who dreads the responsibility of ‘attending’, but unlike school, once you begin the dread will quickly melt, as only peace and contentment settle in when you allow your Divine Voice to speak.

Know this...if you struggle to hear your voice, you need only to trust, just as you do when you turn on a faucet. It may be that the ‘water’ is a distance away, but eventually it will sputter and start to flow.

IN THE FLOW...

You will find your true self. You will have gems to share...some just as popular and highly regarded Gurus. You will be different in that you will feel more complete and others may be inspired by your words, acts and presence. This is all good as long as you realize that the more Gurus, the better the world.

Placing any old or new Guru high above, deferring to them for all of our guidance means the world will continue to hobble along. We, as drops in the ocean, can gain our power and flow together ... for each Divine voice should speak, each should listen. It is time to hear your own wisdom, and share it...and to neither sit above nor worship another. This is the key.



Ki, The Universal Energy of GOoD, will grow in strength and harmony as each sings their part. In the end, Divine voices will blend perfectly and the power of the song will transform the planet. A handful of Guru soloists have led the choir for far too long.

If we feel the need to follow Gurus of old...we could follow their single, repeated directive:

'Go, Seek GOoD Within'

Only then can we share the experience of heaven here on earth, which the human race has longed for forever.



Again, keeping the wealth of your own Guru wisdom to yourself, locked up tight, will

not change the world, even though many will not be equally inspired by your voice.

Your voice will inspire YOU first and foremost, and like color, yours may not be someone's favorite, but there will be no one who doesn't recognize the rainbow of beauty forming and reaching across the whole.

When you decide to finally try this spiritual solution of tapping your Divine guidance, you may not get immediate results...but ask yourself what new process gets immediate results?

Babies hear music and begin to bob and fall but there is no thought of stopping, because adults are dancing at such a higher level. Isn't their only response a feeling of joy in the experience? Each day they get up and dance a bit better, no thought to the way it looked yesterday.

"Be like little children."...trust and enjoy the process.



How many spiritual solutions can we uncover by turning to our Divine minds? Isn't genius our ultimate tool?

Why haven't we looked to our own collective Guru/Genius in the past?

In part, systems have been organized to support the 'business of God'. Millions upon millions of books, statues, paintings, sacred items, holidays and their accessories, even cities have sprung up around a single Guru. There is tremendous financial gain in supporting and marketing one Grand Guru's wisdom, especially if they are on top of the heap for hundreds if not thousands of years.

While looking to one Holy Guru for leadership does have a unifying power, it also gives birth to great divisions and strife between peoples, believing their Guru to be the one and only Supreme Voice!

The idea of *you as Guru* begins a new tradition, and those with a vested interest, who care to protect their power, influence and financial gains...all elements of organized religion, may soundly reject it. Their fear...

Once people turn within for guidance how can we 'sell' them what they already have?

Those in the business of packaging and selling their God, push the big name because they *Believe!*

..or maybe they believe in a known brand and an easy sell.

But in the age of the global community connected through the Internet, we now understand that solutions will arise from our Group Wisdom...People will no longer be silenced by those who wish to capitalize on enlightenment, as they cherry pick and promote only the so-called '*best*' spiritual voices.

The lost wisdom of the unknowns and unnamed through the ages because of this system of 'better than you' contributes to

the chaos, confusion and collapse in the world throughout time.

Deep insight and compassionate creativity is needed to solve the pressing problems on our planet. But we can topple the tables in front of the temple as Jesus did, by placing our own gems of wisdom down for the taking. And so here I place mine...Words, which continue to guide me and I trust that there is a grain or two of wisdom for others to hold, heal and live by. Consider reflecting on and adding to my revelations on the following pages.

The human experience is a unifying experience...we feel love, joy, and pain, understand justice and appreciate the beauty of nature in much the same way. This collective universal energy of love ...Ki, is the fundamental power we live and die by in this human dimension. Love is the meaning, the message, and what creates magic in our lives.

The time has come for each one of us to recognize our own power of GOoD, and become graduates of Guru U! No matter the form, the key point and motto of this ethereal Guru University, the grand union of our Spirits is embodied in one word:

 AMASTE

The Divine within me recognizes & honors the Divine within you.

dventure

Everyday, everyone is on the adventure called Life. Do you share your provisions, equipment, and time when you see a fellow hiker down and hurt on your trail? Maybe s/he started out ill prepared, it matters not, you would not leave without sharing some food, fire or friendship...as you know very well how easily it could have been you.

Pass on the same helping hand to those that fall in your path on this adventure called Life.

ssumption

Never assume what is sheltered in someone's heart. If you make choices or take action based on the worse of what you judge to be in their heart, you are acting from only an assumed 'evil'.

Speak only love to your friends and enemies alike, they will hear...if they choose to ignore, they hold any guilt, shame or hate as they choose.

eauty

There are rules that apply to that which we see as beautiful. The Golden Mean, repeated throughout nature provides a design that pleases our eye.

But what of the beauty of love that touches our heart? It is not our eyes decision for sure, as that which is torn and battered can move us to tears with beautiful acts. It is in the purity of soul that we 'feel' beauty.

Beauty, seen with the eyes, or felt with the heart, is the reflection of our true, beautiful essence.

hange

You may design yourself each morning, each minute of everyday. Always know that you are never bound to the old way.

Loyalty to what is not working is the fool's way. How many times does the scientist repeat the exact trial that does not produce results or move the experiment forward?

hange

When is it time for a change, a move, a fresh start? Is the *best* energy of you often rejected or does it feel like it is being sucked into a black hole... or is it rather returned in a sensational circle of love & respect?

If you are not being seen and honored in a place, that place is not the place for you.

reativity

If you release *your* attachment to who *you* think you are, or should be, as well as who others believe you are, or should be, you have taken a giant step into the creative realm.

When you welcome and allow *any you*, then *any thing* is possible.

ommunication

Focus on a loving response. Say what you want to say – first to yourself – notice how it makes you feel...adjust accordingly.

ompassion

True compassion is not when you 'approve of the pain'. It does not include a judgment call on the 'how' and 'whys' of a person's painful situation.

If there is pain and you respond with love...that is true compassion.

Death/Birth

The pain of birth is soon justified by sheer joy and awe of life just outside the womb...And so it is with 'Death'.

How difficult would childbirth be if we fought instead of releasing into the moment and trusting the next and wondrous stage?

Delight

In someone's laughing eyes,
in a perfect summer day,
in the complex dance of the
city, in the gentle pattern of the seasons.

The lightness of life is to be celebrated...what are you waiting
for?

Desire

The ego craves only to be desirable and seeks attention often at all or any costs.

If you give up your desire to be desired, then you open yourself up to the experience of true love

Ego

Often ego tries to protect and lift you up by smashing down someone else. This is like trying to feed yourself by starving another.

Ego is strong, most often it is not wise.



Ego makes 'enemies' of even the closest of brothers and sisters.

Your ego will fight for 'I'm right' at the highest cost...those you love.

nthusiasm

What would our world be like if we all graduated from The School of Enthusiasm? Raising children to understand NO! is important for their safety. Raising children to understand YES! cultivates “I Can! I Will!”

Enthusiasm is the contagious energy that begins, moves and sustains projects, relationships and our brightest future!

Faith

Faith is the awareness that we are part of a great, unknown unfolding. It is to recognize all that has come to pass once was viewed as impossible...flight, anesthesia, the simple match! Faith is trusting there is genius in us and the universe, while belief restricts us by closing our hearts and minds to the vast possibilities beyond our knowing.

Failure

Only those who call others 'losers' by word or attitude have failed. Because in all the world only this matters:

If you are giving and receiving love, wherever you are, then you are not failing!



Fear builds sand castles from past memories. The future is a wave.

Why keep rebuilding that which the future continues to wash away?

reedom

If you shut the door to your heart and mind you are no longer free. An open heart, a quiet mind will guide you as you travel through life.

Keep your 'free will compass' pointed at true north towards higher ground and you will never lose your way and arrive at journey's end safe.



With obedience to efficiency and simplicity we cut out the clutter of things and stray thoughts.

How spirit filled our work becomes...all flows unencumbered as the best within gracefully washes over our lives.

ratitude

What sticks the words, “You are amazing!” or “I appreciate all you do!” in your throat? Insecurity may be the adhesive. Dissolve it by reminding yourself that you too are amazing...then, gratitude for others will begin to spill out.

If it does not, then your adhesive may be false pride. So you must ask, “What are the odds of me being the only amazing person I know?”

armony

Listen for the sound of harmony...a blending of sweet voices, creating a new melody. From the willingness of the singers to surrender their solo, comes magical music that cannot be made alone.

Watch for the actions of harmony. A blending of inspired ideas, creating a new world. From the willingness of those who surrender their egos, comes sensational, spiritual solutions.

ealing

Deep inside is a box. It is heavy and locked tight. Open it, and notice all the pains that you have kept there. Why? Are they yours? Pick one up and look closely. Did someone give you this pain? Why did you take it? Did you feel you deserved it?

Take some time to clean out this box, get rid of what you do not need. Maybe take a hurt and put it on a shelf as a reminder of your 'victory' over it.

Housekeeping is in order. You do not want the box to overflow, you will find yourself tripping over the contents day after day.

ealing

As a child, how much easier was it to sink into illness on a school day verses Saturday, the day you were to go out and play with friends?

As adults this tendency remains. If you find yourself sinking into 'illness' look at your days...do you look ahead in dread?

Re-discover that which has you jumping out of bed and running into the day.

ealing

You have been hurt. Love has been denied.... Your heart energy is weak from trauma or loss.

Try re-scripting the traumas. Create a loving ending and allow yourself to feel consciously the powerful energy that those endings would have created in you.

True, the 'happy ending' didn't happen because another choice was made, but consider that it could have been a mistake, as mistakes are made in a single moment and then often regretted. Write out your happy ending, as that ending may be just on the other side of that single moment. Allow yourself to feel that energy as real, as it may be, hiding in someone's heart who has hurt you.

Allow this to be just as real as the pain you experience. This balance will provide healing.

onesty

The best you can ever do is speak honestly in the moment. Because if we are openhearted freethinkers we will have many new truths to let in and out. Each time a deeper truth is recognized, our view changes. We need to start by being honest about that shift.

Honesty is not about truths, only about where we are on our journey in our search for higher truths. If it is this way for you, it is that way for others.

Do not decide who they are by their honest discussions one day. The very next day they could say, "I heard something yesterday that changed an opinion I've held my entire life."

umor

The power of this tool is universally understood, yet is not often applied to the spiritual quest. Humor is as sacred as any divine prayer.

A room full of people laughing together becomes one laughing soul...how much closer to heaven can you get?

Identity

People spend their lifetime struggling to discover who they are...so how could they possibly really know you? And worse still, judge whether or not you are worthy?

Joy

Stop trying to do the right thing. Do what brings your soul joy...this is the 'right' thing!

“How do I know what brings my soul joy?”

Notice your task when you find yourself energized, smiling, whistling, singing, or too engaged to eat!

Judgment

Our method of making sense of the world is by the classification & categorization of things into a box, by linking and comparing new things to old things we understand.

This method can fail us when we apply it to people, as we are complex and ever changing souls and personalities... deeper and more complex than either box.

 Loneliness

If you need more love in your life,
Go out and give it!



To describe love to a heart that has never felt it, is describing the beauty and wonder of color to the blind.

When you meet those who seem without ability to love, know that it was denied them, and now they live in darkness, as handicap as those who cannot see.

Would you turn away from the blind in disgust, or share your world?

Lovemaking

Hold as a conviction that lovemaking is a sacred act, used to express the deepest and most profound love in your soul for another.

If you use sex for sport it is like using your best knife to cut rubber...expect that you have dulled the knife and will be unable to slice into the juicy fruit of true love when your heart craves it most.

eaning

If nothing matters, that is the world is accidental, then why this deep, universal desire to love?

Does it also appear that there is a deep, universal desire to war?

Throughout the ages, evil empires motivate the masses to war with manipulative talk of Love...Love of GOD,

Love of country, Love of justice and freedom...Love of our loved ones over theirs. Ultimately, we live and die for Love.

Love is th Ki...our essence, our meaning, our God, our core drive, powering us through the ages.

bedience

“I’ can’t believe ‘i’ just said that!”

“I’ can’t live with ‘myself’ any longer!”

“I’m so sorry, ‘i’ was too cruel!”

Who is this ‘I’...looking at the ‘i’ in disappointment? It is our Divine, the soul, the witness, the knower.

Who is this ‘i’ that falls short?

The ever-changing personality, struggling under ego.

Obedience to ‘I’ will change your life, so listen and live from your highest knowing, your Divine voice of ‘I’.

Pain

We all have a toolbox for soul enlightenment. Many of the tools are effective... the education tool, the empathy tool, the laughter tool... the pain tool.

If you don't like learning with your pain tool, use and make needed adjustments with your other kinder, gentler tools first.

atience

It is only unrealistic expectations that force the issue of patience.

Recognize the true nature of the process or growth cycle right from the start and the act of 'practicing your patience' is over.

Prepared

Know that you do not 'know' in your mind all the wisdom in your soul, so do not worry about perfect preparedness...
If you are ready & willing to give love then you are prepared.

No amount of information will inspire, heal, or bring happiness like the love that you can give.

Protection

Living to block pain blocks love.

So why exactly would you want to protect yourself from love?

Purpose

How much of your life is 'on purpose'?

If you are only designing for career and money, then you may find your heart and soul tossed in the whirl-wind of materialism.

In a purposely-designed life, one also pays attention to the heart & soul's designed purpose.

ejection

You cannot make someone accept love or give love... that is his or her decision.

It is o.k. to drift away from those who refuse to recognize, respect or return love...as long as when or if they drift back into your life with regret, apology and ammends you offer forgiveness and not bitterness.

esistance

An open heart that slams shut is sending a message to the master of the house. What is it that you are afraid to let out? What is it that you are afraid to let in?

esponsibility

Your ability to respond is a gift. Is it not the torture of those who have been paralyzed...No longer jumping for joy, protesting for peace, throwing arms around those they love? To be given a gift you do not use can only look mad to those who have lost the gift.

Embrace all that enters your life, this is your response-ability!

implicity

We confuse a full life with a busy life. A truly full life is one that fills you with awe, joy, tranquility, and deep connections.

Pure and simple.

Sister & Brother Hood

If, from under your 'hood' you see us, and looking out from your 'hood' you see them, your hood has fallen down over your eyes and blinded you.

Open hearts and minds is where sister/brotherhood begins, inclusiveness allows it to never end. GOoD for all...all for GOoD!

Spirit

Your fear may be that you will walk alone if you start this journey. Don't busy yourself by trying to recruit others who may not be willing. Just begin walking and meet the millions already making the pilgrimage.

Do not worry that you are not smart enough; this is the path of the heart.

trength

If today I feel weak I need only to focus on the whole, I am not alone. As I reach out to join others, I lift us all up. Weakness results when one atom believes it alone must hold the water. With many it makes the cup.

Strength is not about 'going it alone', it's about recognition of your part in the whole and contributing wholeheartedly.

trength

To lift the most, to carry the longest, to push the unmovable,
and to leave the watcher in awe...

If you can lift the most souls, carry the lost and needy the
longest and push the unmovable to higher ground, then you will
leave the hearts of the many in awe...and your strength will
change the world.

Synthesis

Does it need to be your truth or mine?

Could your truth + my truth = the higher truth?

Truth

Forever, it is for you to focus on acknowledging, supporting,
fighting for truth, pure and GOoD where you experience it!

Willing & Able

Are you willing and able?

“Willing yes!.. Although I don’t feel able”... you may say. It is your willingness always that creates ‘able’. They grow at the exact rate.

Withdrawal

Do not hold back any expression of love because you are punishing for a perceived wrongdoing, for at this point you are deliberately denying love, while the other may have hurt you unknowingly.

The End...
A Beginning.