



THE SOUL DIRECTED LIFE ~ APRIL 23, 2015

with Host: JANET CONNER (www.janetconner.com)

and Guest: DAVID COWAN; Author of 'Seeing Beyond Illusions'

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JANET: Welcome to the Soul Directed Life, the radio show that helps you notice, recognize and respond to the calls bubbling up from your soul so you can live a soul directed life. And welcome to this delightful experiment in 2015. Each month we are walking the medicine wheel, following the natural rhythm of Mother Earth's four directions and four seasons. In the northern hemisphere we are in the spring right now and the direction of the east. As the sun rises in the east, we too rise on the wings of eagle to see – oh look! A new idea, a new beginning.

Our theme for April, this first of the three months walking the east is this: the soul wakes from the rest of winter filled with desire to discover its true whole sacred self.

Well, awaken we will in the next hour with my guest David Cowan, author of 'Seeing Beyond Illusions'. What we are about to hear holds the energy to change us, and change us at depth. To help that happen, let's ask the voice of the Tibetan Bowl to call us to listen.

(ringing bell)

And listen deeply. Mmm – she’s sitting on David’s book ‘Seeing Beyond Illusions’, and she’s very happy. The bowl is singing and singing and singing and singing.

Sol let me tell you a little bit about David Cowan. He’s a Biofeedback trainer and a teacher in spiritual communication and the topic I’m so hoping we get to: Dowsing.

He’s a counselor, alternative health practitioner and trainer living in Boulder Colorado. Everyone when they talk about him says this: “David is the easiest of the easy going spiritual coaches.”

His first book is Navigating the Collapse of Time – that is next on my list of books to read. And he’s the co-author of ‘Dowsing Beyond Duality’. He joins us today live from his home in Boulder, Colorado, to talk about his newest book, ‘Seeing Beyond Illusions’. Welcome David!

DAVID: Welcome, thank you, and thank you Janet for that excellent introduction.

JANET: I get, you know I get a big kick out of developing those. Some of it is obviously taken from your books and your bio, and your website. But then there’s always that piece where I add my excitement about the guest, so I’m delighted to share that with you.

Now, David, this might be the first time you’re on the show or hearing the show, but each guest has been opening the conversation with some sort of story or invocation or blessing, something to awaken us to the east on the Medicine Wheel, or the season of spring. So would you like to lead us in some way, honoring Mother Earth’s gifts of spring and new awakenings?

DAVID: Oh, I’d be so happy to do that, and I thought about that as you’d actually mentioned that earlier this week, about this opportunity. And what I’d like to do is to invite yourself and the listeners just to take a moment to go within, and of course, the easiest way for us to do that is to close our eyes. So much of our attention is taken up with the visual field, but when we close our eyes, we’re really making a commitment to go within, so I invite



everyone just to close their eyes just for a moment and put your attention on the breath. The breath is a wonderful gift that will always remind us to be present in this moment, as this moment is the only time we will ever experience, and so it's our place of power, it's our place of decision. It's our place of connection.

So just placing the attention gently on the breath and becoming fully present in this moment. And should your mind wander, which minds tend to do, just remind it to come back to the breath. And in this moment now we're going to create some images in the mind, and we're really using the mind when we do this in its full creative potential, as all our experiences are literally images in the mind. So let's use that potential to create an experience in this moment.

And in this imagery now I invite each and everyone to find themselves in a comfortable place, we'll call it a Sanctuary, where you can be – I would suggest outdoors – where you can be surrounded with all of the things that bring you comfort that bring you joy. For me it's a nice easy chair and perhaps a hot cup of coffee first thing in the morning.

But nevertheless, find yourself in that place now, and see out in front of you, out on the rising horizon, on the eastern horizon as the sun rises, a beautiful light coming up over the horizon. And of course, the instant imagery is that of the sun, but let's take it further. Let's invoke that this light that we're seeing coming up on the horizon represents Divine Source. It represents the light of all creation. And of course, the light within us leaps in joy as we see it coming up over the horizon and wants to be one with that light. We're not content to be sitting apart from it. We want to join with that light.

But before we can do that, there are things in our life, circumstances, perhaps frustrations that are keeping us this day from our peace. So I invite you to create an alter in front of yourself, as simple or ornate as you wish, and see yourself placing on that alter in whatever form it shows up for you, the things in your life that are keeping you from peace. Again, this could be situations, this could be as mundane as the bills that aren't paid yet. Anything that is coming up in your mind that is keeping you from peace, just



put it on the altar. And when you feel complete with that, and again you can always come back and do this again, take that alter and send it with the power of your imagination into the light. And tell the light you are no longer invested in solving these problems on your own.

You're sharing these now with Source, and that you expect in place of these problems, a miracle. And with a new sense of lightness, a new sense of release from these problems and worries, take yourself now in your imagination and move into that light. Yes, you can fly. Anything you can think always creates form on some level in this universe. So fly yourself into that light now, unburdened of the worries and the blockages and limitations you've imagined and become one with that light.

There's nothing to fear in this light, for this light totally accepts you as you are, and loves you unconditionally. Align the center of this light now with the center of your heart and give thanks for the gift of life and for this wonderful opportunity to learn in this human experience.

Now, holding this light in your heart, put your attention back on your breath and come back to your ...knowing that anytime in the future, you can rejoin this experience, putting your attention once again on your breath, coming back to the awareness of your body, and when you're ready, open your eyes.

JANET: Thank you David. What a beautiful depth experience of dawn. I don't think I'll ever look at the rising sun in the same way. Thank you! That was absolutely luscious!

Well, I have to read to you your own book, because there's a few things in the beginning of your book that awakened me to, 'oh my God!' – I've got to have David Cowan on the show.

In the first couple of pages I read this: "Let me reassure you here and now that there is nothing of any value that you could read, here or anywhere else, that is not already somewhere in your own mind. I cannot tell you anything you don't already know, at least unconsciously. All I can do is



remind you and point you in a direction where you will discover the unlimited well of wisdom within that is yours by virtue of your being alive.”

David, my heart sang when I read that. I underlined, I marked the page, and at the same time, even as I know that what I’m underlining is true, there was still this little, “oh yeah? Really? Are you sure about that? How does this work?”

So could you help us enter into some awareness of this startling and reassuring truth?

DAVID: Sure, sure. And what you just stated, that part of you that went ‘really?’ is a perfect illustration of the condition, of the human condition, particularly the condition of our mind in its state of what we call the split consciousness. So part of us is already, you might say, part of that light. Part of us never left that light. Part of us is safe at home, as it says in A Course in Miracles, while dreaming of illusion. While another part of our mind has forgotten that. It’s gone into a state of amnesia. And that’s the part that goes ‘really, what? Show me’. So, what I’m saying about the truth that’s already there, we only aspire in this life to what we think we have lost. You know, if you have something valuable and you lose it, there’s a sense of yearning, there’s a sense of, in a sense, of commitment to find that thing. And yet if you never owned that thing in the first place, there’d be no sense of loss. So why is it that we all yearn for peace, for joy, for this divine connection, for purpose in our life if we don’t already have it but simply misplaced it.

And so, to me, this is another example of the title of the first book, The Collapse of Time, because outside of our experience of time, we never left that state. It’s always ours, and it’s our birthright and it’s simply our due. We’re simply in a state of amnesia, as I said, where we’ve forgotten, we’ve lost, we’ve misplaced what’s always been ours. And this is that spark within each and everything that lives that connects us to this knowledge, to this divine memory. And each of us has a destiny to fully and consciously re-connect with that.



So, the word recognition I think is a very good one and apt here, because when we recognize the truth, there's a ring of familiarity about it. It's like an old song you used to know and you hear it in passing and you remember; the faintness of that melody triggers something within you. So when you recognize, we re-cognize, or we see again what we already knew.

JANET: See again what I already know. Oh, it makes perfect sense. And thank you for re-defining recognize. You know, there's so many words that we use and we use and we use and we use, and we have lost the exquisite meaning and we use them without really honoring what we're telling ourselves when we use those words.

Well, and one of the words that you take a little broom and sweep aside is the word 'seeker'. So, just a couple pages after that – Whoa! Anything I can tell you, you already know, I read this:

"With this book I intend to offer some meat and potato ideas for the 'serious awakener'."

David, when I came to that phrase 'serious awakener', I slipped into my own wacky version of Lectio Divina - I had to stop reading, stare off in space, whisper it out loud. I knew those words were vibrating inside of me telling me something. But finally, I put my eyes back down and you say:

"I'm using this term in place of seeker."

And so, once again there was a part of me going, "yes, yes, yes." And then the other, the amnesia part going, "really?" So, what's the difference between a seeker and a serious awakener?

DAVID: Well, a seeker – the term 'seeker' is a time bound concept. It's looking for something that you're not experiencing now outside of this moment. And so, just like the proverbial carrot in front of the donkey, we keep chasing something in the future an image we have of what is peace, what is enlightenment, you know, what is divinity? But the further we move towards it, the further away it seems to go.



So, the seeker is caught in a time loop of the belief that someday, I'll get it. The next lecture, the next book, the next divine inspiration and I'll finally get there. But we never do because of our, the underlying commitment to time implied by that term.

A serious awakener is someone who realizes, comes to that realization that they're not awake, that they must be in some state, some kind of a limited state of amnesia, or perhaps more accurately a dream state. And they recognize that they've been asleep to their true potential, which is already with them.

So, this is sometimes referred to as the dark night of the soul, as it is very shocking and it is sometimes very hard to accept that we've come to this realization that we truly don't understand life, that we truly don't understand ourselves. I prefer to call that the dark night of the ego, however, because the soul doesn't know about darkness. The soul is perfect and divine. So we come to this realization that we don't understand and that is the first glimmer of what I call true awakening.

JANET: Mmmm, the first recognition of that divine light rising at dawn. Oh I just – I'm in love with this phrase 'serious awakener'. I used it in the little video I posted last night about you being on the show, because we've been using that term seeker, my god, for decades, eons, hundreds of years?

DAVID: Millions, come on, we've been seeking ever since we got here.

(laughing)

JANET: So, I'm for awakening.

DAVID: And Janet, I have to tell you that nothing means anything unless you've experienced it. You know, words and concepts are fine, and as Eckhart Tolle pointed out, they're only pointers to a truth beyond concepts. And this coming to the point of knowing that you're asleep, knowing that you're not awake was a personal experience for me. And I'll take a moment to share that if I may.

JANET: Yes, yes please.



DAVID: Ten years ago when I met my wife Arena, I was living up in Canada, and she came up from New Jersey and we were in the same classroom together, learning the biofeedback actually, and we recognized within three days that we were gonna be together, that, you know, our life's purpose was fulfilled in meeting each other and that we had work to do together. And so, very shortly after that, I mean we were married within five weeks, and after that I moved down to California, pulled myself completely out of my familiar context.

And I remember distinctly one day walking on the beach – we lived in San Clemente down there in Southern California – I remember walking on the beach and realizing that nothing I had figured out until that point in my life added up to anything, that I really didn't understand anything at all, for that matter, that I was just playing with concepts and ideas up to that point. And I'd come to this state of emptiness, and I'm sure part of that was being pulled out of my familiar world, etc. But I just felt this sort of opening up inside to – and the freedom that this realization was giving me was that I can start my life over in this moment unencumbered by any thought, belief, memory or concept of myself that I've had up until that moment.

And from that point forward, our lives have been nothing but a continuing unfolding and revelation of reality beyond the dream of separation, beyond the need to explain myself to myself. And shortly after that we were actually introduced to A Course in Miracles through Gary Renard's work, and that has become the basis and the foundation of our work together since.

JANET: So do you think in that moment that you met her, just like the book isn't telling us anything we don't already know, you were meeting someone in this human expression that you so, so already knew?

DAVID: Yes, yes indeed. It was a deep recognition on both of our parts, and we sensed it energetically, and we were both dowsers at the time, as well. And so, of course, I had a knowing in the moment, but Arena, and you know, understandably, went back to her room dowsed, "Is this guy for real?" (laughs) and she got a validation through her dowsing, so....



JANET: Now wait a second, wait a second – this is the validation of the relationship – now we do have to take a break, but I – I knew I wanted to ask you about dowsing, but it never crossed my mind that dowsing would be the sort of oracle confirmation of a relationship. Wow. This – (Laughs) Now I really can't wait to hear. However, we do have to take a short break, and when we come back we're gonna hear about dowsing, vertical time, and three big illusions.

(Break)

JANET: So I hope you grabbed that Facebook discussion page, Janet Conner, the Soul Directed Life. You can find the link at the Unity FM page for this show or you can pop over to JanetConner.com and find it on the pages that are dedicated to The Soul Directed Life radio show, but then please, come and join the conversation – If anyone else has confirmed their sweetheart with dowsing, please, please come and join the conversation. (laughing) It's so fun to hear people's reactions to this show, their favorite quotes and David is going to send a signed copy of 'Seeing Beyond Illusions' to a listener. Everybody that joins the conversation, their name goes into the Tibetan bowl, and the Tibetan bowl releases one next week, and that person will receive a signed copy of 'Seeing Beyond Illusions'.

So David, I knew I wanted to ask you about dowsing. My knowledge of dowsing you could probably put into a sentence. Tell us what dowsing is, and how it can help us awaken.

DAVID: Sure, and again, for those looking for more in depth explanation, our second book is dedicated to this entire subject. But dowsing is a bridge and, of course, when you say dowsing to most people – you know, the images of the farmer in the field looking for the well, and all this. And that is one, I would say, small facet or aspect of what is actually available.

The actual physiology of the pendulum as a bridge is very similar to that of muscle testing. And I think an important concept here is how the mind is structured in that we have a conscious mind. And the image that works best for me is that of an iceberg floating in the water.



The conscious mind is like that small ten percent that's above the surface, out up in the daylight floating in the water. And it thinks it's all there is. It's oblivious to the fact that 90 percent of its intelligence, you might say, is below the surface of conscious awareness but completely supporting its existence. So we have this superconscious mind, which in the past psychologists called the unconscious, and I think they did that just because they didn't know much about it, or they assumed it must be negative, or at least empty.

But we now realize – well, look at what Dr. Chopra, Deepak Chopra called it years ago. He called it the Cosmic Computer, that we have this element of the mind below conscious awareness that is vastly more, how can I say, connected to all intelligence, not only through its own deep memory of all experiences of all lifetimes, but it's also connected to all other super-consciousnesses through sharing the same ocean, you might say, of Big Mind or Consciousness or Creator.

So we all have this, you might say, universal library but we don't have a library card. The conscious mind is above the surface thinking it's all up to itself to figure things out, and to-to, you know, maintain its existence. So the conscious mind operates primarily through the central nervous system. When we have a conscious intention and we get up and we get ourselves a glass of water or whatever, this is all through the central nervous system. The super-conscious, however, can express through the autonomic nervous system. And that's the aspect of the nervous system that's running everything automatically. Right now in this moment, your super-conscious system is beating your heart. It's reminding you to breathe. It's digesting your last meal and doing the millions of other functions that your conscious mind doesn't even have to pay attention to, which is a good thing.

So, when we ask a question of the conscious mind, something the conscious mind wants to know, and we simply direct it to the super-conscious mind, what we do in our classes is we introduce people to a self-programming exercise, where through repetition and certain movements, you program your nervous system and both levels of mind to accept the specific

movement of a pendulum, in this case, as a yes and no answer. Again, we're talking about the same basic physiology as muscle testing. When there's a positive response from the super-conscious, there's no change in energy with muscle testing. And yet, when there's a negative response, a no answer, there's a weakness or completely different response from the nervous system.

Same mechanism with dowsing. So we call this ability to access, to ask questions of one level of the mind to the other, and receive information back through physiological changes, this was what we call classic dowsing. And this is the same thing the farmer in the field is doing. He's opening his mind to a greater level of subtle energy, and recognizing that on some level he can tune in to the forces of nature and he can get certain signals back to tell him where the water is. So that's classic dowsing.

Now, in our book we also talk about active dowsing, which is a whole other phase. So we use the classic dowsing to get information, such as my wife used to see whether or not I was on the level.

But when there's a situation in our life where things aren't working, where we're stuck or we're blocked, let's say illness, for example, or a physical pain. We can go in and ask the question of the super-conscious mind, where did this originate? When in time and space was the experience that this symptom is now resonating with, because if we truly want to get to the cause of any of our issues, we have to go to the level of mind that generated it. And again, this is a basic principle here, that all of our experiences are being generated from a deep, creative level of mind.

So we ask of the super-conscious, where will you lead me, where can I go to find the core of this issue? And once it's identified, and of course, we teach a certain line of questioning - We call it 'going down the rabbit hole'...right - that leads you to that point. Once you find that, and if it's something that you made up, which pretty well covers everything we're experiencing, it's something you can also change once you've brought it to the light of day.

And there are quantum principles in effect, such as the observer effect. Quantum science has now validated that wherever you put your attention, you've already begun to create a change. So we've put our attention on that deep level of cause. It could have been a childhood trauma, could've even been a past or future life issue that we're carrying. And we go in with that and with the pendulum, we use a rotation or a spinning motion which creates an energetic vortex. Now when you spin a pendulum, much more is going on than meets the eye. Because by creating an energetic vortex, even with a small object like a pendulum, you are literally playing the co-creation game. And what I mean by that is that everything in creation spun into existence, from the moment of the big bang, and everything continues to spin, whether you are looking at sub-atomic particles or galaxies, it's all spinning. No wonder we're dizzy most of our lives.

So when we actually take up an object and consciously spin it with an intention, we are claiming our, you might say, our right, our potential to co-create a new reality.

So we use the spin as a focal point, but also as a co-creative dynamic. We go into that situation; we make a new decision, we release the information or the memory, put something beneficial in there, and voila! The outer expression, the condition or the issue spontaneously changes. That's dowsing beyond duality.

JANET: That book now is on my list too. Thank you very much. You make me very busy. I've never really understood why a pendulum works. I can't thank you enough for that explanation.

DAVID: Mm hmm. There's no magic in the pendulum. Some people ascribe magic to their crystals, to their sacred shapes and stuff. But to us, anything works. Again, the magic is within us. It's not within the tool.

JANET: Which I think leads me to an idea I wanted to explore with you about Will. You write at length about Will, and I'd like to read to the listeners the sentences that grabbed me.



“The Will – now this Will has a capital W – the Will is much more than a personal quality. We equate the power of the Will with the power of Love, Love being the manifestation of Divine Will. In other words, there is no division between my will, your will or God’s Will. One Will unites us all.

Now, once again, my heart just leapt in joy reading this. It is the entire premise of Soul Vows, my third book, that when we live our most precious values, it’s the Divine that’s living those values in and through and as us; there’s no separation. I think that’s the same thing you’re saying as one Will. Would you talk to us about breaking through the illusion that there’s one Will?

DAVID: Sure, and again, this will is an inherent quality that everything that lives carries. It’s that divine spark as we spun into a seemingly separate existence in this universe of time and space, we were all tagged with this spark. And the Will is that, it shows up in many cases in the human experience as this divine discontent.

As the lack of willingness to put up with illusion, to put up with the pain of separation, and again, what we talked about it earlier, coming to that understanding we don’t really understand, or the dark night of the ego.

So all of that – if we were content – let’s put it this way – if we were content to remain asleep in our illusion of separation, there would be no problem. We would just adapt, we would just float along. And many of us have done that for many of our years of this life. But sooner or later, something happens, something – a rug is pulled out from under us, circumstances change and we’re left sitting in ashes, as it were, about all of our assumptions about the past.

And yet, there’s something within us that burns, and that whispers to us, there has to be more, there has to be another way. And of course, what it’s reminding us is that there is another way, and there is more. And it is part of us that we have lost again connection with. It’s simply been disconnected with this divine intention.

So again, the Will can show up, first of all, as this divine discontent, which drives us deeper into ourselves, which drives us deeper into examining our thoughts, our assumptions, our beliefs, our attitudes. And a getting below those to the very life within us that motivates us to take that next breath, to live one more day, to live in hope and anticipation that things are going to improve and that life is worth living.

That is the divine Will, that spark within each and every one of us coming alive. It's kind of like a seed, which I think is a beautiful analogy. You plant a seed into the ground and for many seasons, it lies there dormant. And it's enclosed in darkness, and it's cold down there and not much is going on. As a matter of fact, the seed itself may not even have an awareness that it is there and that it's a life. And yet within that seed there's a spark of life that inevitably, sooner or later, when the conditions are right, sparks into existence. And that seed comes alive and it knows exactly what to do. It knows to send the roots down, and it knows to send the stems and the leaves upward. It knows that there's light up there, and that light represents its life and it just automatically moves in that direction.

So, we are each and every one of us are like that. We're all seeds and we're all at different stages in our development, you might say, in our fruition. And yet something is happening on planet Earth now, where you know, planet Earth is like this, I suppose you could say a giant greenhouse, where the conditions are such that all of these seeds that have been lying dormant for eons and many, many lifetimes are spontaneously awakening at the same time. And this is the great awakening, this is the shift of the ages, this is the time of transition that we're in.

So, it's just beautiful and comforting to know that no matter what situation people are in in our world, that we all have this spark of divine will within, and the destiny of that Will is to re-join our source, and to know itself as One. So despite conditions, circumstances, life issues and challenges, this is the destiny. This is what is inevitable about this experience of life, that the spark will awaken and that it will take you home.

JANET: Mmmmm, that image David, of so many of us spurting up out of the dirt and looking around, and going "oh!" that's how I feel about this radio show, and the guests that I invite on it, and the people who read my books and the people who read your books. It does feel like hundreds of thousands, maybe millions of people are – it, it – the only word for it is awakening, right?

DAVID: yes, and it's perfectly natural.

JANET: But if the Earth as this giant greenhouse, why do you think so many of us are awakening at the same time?

DAVID: Well, it's a progression, you know, all life seems to go through, and I say 'seems to', because it's all part of the illusion of time. But all life seems to go through developmental phases. And there is a theory that Earth herself is a living being, which makes perfect sense to me.

So, Earth herself is going through developmental changes which have occurred on other planets, and which is again a perfectly natural evolution.

In this case, Earth herself is evolving from a third density planet. Now all that means is that, the focus of consciousness on this planet has been physicality. And physicality implies certain limitations, particularly that of time and space. And uh, but there are other dimensions in the multi-dimensional universe that are equally accessible to, again, this divine spark.

And so, it's a developmental process where a planet, you might say, exhausts all of its potential as a third dimensional planet, and through the impetus of specific alignments, energies, as well as the rising of consciousness generally of the life forms on that planet, enters into a birthing phase where it literally will give birth and is giving birth to what we would call a fifth density planet.

This is a planet where physicality becomes infused with the energies of the fifth dimension. The primary difference between the fifth and the third is that the third dimension again is mired in the experience of duality or separation

or conflict, if you like. Whereas the fifth dimension is representative of the state of non-duality, what Plato called back in the day, a perfect form.

In other words, whatever exists within the fifth dimension exists without an opposite. We're talking about the purity of a love without an opposite, of life without an opposite, of health without an opposite, of abundance without an opposite. These are qualities that reflect the nature of the fifth dimension.

And again, of that divine spark within the heart of each and every one of us also reflects that, or is resonant with that state. So Earth herself is moving into an experience, an opportunity where all life forms on this planet will be operating from that state, and to us right now, this would appear as heaven on earth.

JANET: That explanation, David, makes so much sense. Earth herself is awakening, so of course, we, the seeds are awakening. Oh this is so exciting. We're going to take our second break, and when we come back, we're going to talk about two big topics, oh ho – guilt and forgiveness.

(Break)

JANET: So David, I know that the listeners are going 'whoa, whoa! I want more of these books too. Janet's not the only one that's going to be reading all your books. So will you tell us how we can find you, your website, all your contact information.

DAVID: Well, our home website is www.bluesunenergetics.net. The title of that website is a nod to the Hopi prophecy of the Blue Star Kachina at this time. And you can also us, contact me directly simply by emailing info@bluesunenergetics.net, and we do have a class coming up on May 7th called A Course in Relationship, which is described on the site. We're really excited about this, it's launching a new class on divine relationships and healing of relationships. Our intention is to take that into the corporate world.



And also on the page, or on the site, you can look at the personal sessions page where you can contact us directly for sessions. We do our work with the dowsing and we do spiritual counseling and all kinds of fun stuff. So, again you can read some testimonials on the website about the personal sessions, as well.

JANET: And I will post all of that and links to all of your books at Janet Conner - The Soul Directed Life.

Well, David, one of the things in the book that grabbed me, and you talked about it at length is that guilt is an illusion. How is guilt an illusion?

DAVID: Well, to really appreciate that, we have to go back to the metaphysics of creation as outlined in A Course in Miracles, because to me, it provides the only rational explanation for how we can actually accept and thus release the illusion of guilt.

In the Course, it talks about us as before the universe perfectly at one with Creator, no distinction between Creator and creation. And yet us as creation had a voice, had a will. And a thought popped into our mind in that state of perfect oneness, which is very difficult to imagine much less describe. And yet, inevitably the thought popped into our head, 'what would it be like to do this on my own?'

Almost like the two year old that, you know, runs across the street and runs away on their own, asserting independence, as it were. And that intention to experience ourselves as separate, was the impetus, the big idea that physicists don't talk about that must be behind the incredible complexity and majesty of the Universe. However, our initial reaction to the experience of separating from oneness was guilt. Oh my gosh, what have I done? We - it's like we got our hand caught in the cookie jar, and there was no way we were going to escape this sense of responsibility.

So we took on this sense of dread that, oh my gosh, in order to be in this state of separation, I must have destroyed oneness. I must have damaged Source. I must have offended creator. And so we've spent the last few billion years trying to hide from that feeling. And we do so primarily through

projection. The guilt was so terrorizing and such a weight upon our being that we tried to give it away, and create situations and conditions that we could blame, that we could project our guilt onto enemies, onto threatening environments, onto nature, whatever anything would do to absolve us of this guilt.

And yet, here is the cosmic joke. In truth, in fact, we never left, because it's not possible for us to leave oneness and oneness still be oneness. It's a paradox; it's an oxymoron to think that we actually divided oneness because it's all still happening within oneness.

So, rather than us stepping outside of oneness and into a universe of form and separation, a more accurate analogy was we simply fell asleep. We fell into the spell or dream of our own separation. And it says so beautifully in the Course, we are safe at home while dreaming of exile.

In other words, the guilt that weighs us down and is such a heavy burden to bear is groundless. It has no basis in reality. And it's that understanding that brings us back to the peace and the sanity and the knowledge that we are still as we are created: perfect, divine, innocent, invulnerable and free. Nothing in reality has changed.

So how forgiveness fits into this, is it comes back to this idea of projection. To get rid of my guilt, and we all carry this, okay, it's – if you're here in a human form, you're part of this, what I call, ontological guilt, guilt for having existed in what seems to be a separate form.

And in order to get rid of it, we still do the same game, it's called projection. I blame the government, I blame the weather, I blame whoever happens to be in my radar for my discomfort, for the issue I'm going through in the moment. And I see the faults that I deny in myself in everybody else.

Once I recognize that this is what I'm doing, however, and all I'm really experiencing is myself, I begin to see others that I previously blamed, as simply mirrors back to me of what elements or aspects of unconscious guilt within myself that I have not yet released. And so I choose to overlook the fault that I've projected onto the other, and released them from my

judgment in what I call the true forgiveness, recognition of the divine innocence of that other, who I previously condemned. And when I do that I inadvertently, on a deeper level, release it in myself.

So, it's the forgiveness of others of which we have projected our unconscious guilt upon, that actually cleans our mind, to borrow a term from Ho'oponopono, that actually cleans our mind of the vestiges of unconscious guilt that we still carry. And my sense is, if you're here in a body on planet Earth at this time, you have some. That's why you got here, and that's what we're here to do, is to release the guilt in our own experience and in our own mind, and thereby contribute to the cleaning or the clearing of the collective consciousness of this planet to prepare us for this birthing.

JANET: So you mentioned Ho'Oponopono, and it moved me deeply that your entire book culminates, comes to a recognition of this profound truth practice prayer. Would you give us just a little bit more insight in the profundity of this forgiveness prayer?

DAVID: Certainly, as I'm sure many of your listeners are aware, Ho'Oponopono came out of the ancient Hawaiian tradition. And what the Hawaiians recognized was that if there was anybody in the community, or extended family or who was suffering, then it was the responsibility of the community to create a healing situation. And so in those days, the entire community would sit down, and this person who was suffering from whatever, illness, injury, perhaps a victim or committed a crime, was in the middle. And each person in the community would search their own hearts silently for whatever way they may have contributed to this person's suffering. Whatever projection of guilt or anger or envy or greed or whatever, they may have held about that person. And as they released themselves and forgave themselves for that projection, they would simply walk away. All of this was done in the silence of that mindspace. And at the end of that process, of course, there was always one healed individual left behind.

Now more recently, a Hawaiian social worker modernized the technique, you might say, to suit his situation. He was the night watchman on a hospital

ward for the criminally insane. And he remembered this technique that his mother and his grandmother had told him about, so he applied it in his clinical situation and got the same results. And basically, what he did was he distilled the practice down to four statements, and he would look at the pictures of these inmates, even without knowing them personally, but just connect with them energetically. And he would say to them I love you. I'm sorry. Please forgive me. Thank you. And he would just repeat that like a mantra until he felt an inner shift within himself some kind of lifting of the weight or some kind of a feeling better about that person, and he would put that file away. And within a few months, the entire ward was healed and everybody went home.

So what he's saying however, and it's important to make this distinction, because you can still practice this from a dualistic perspective. When you say to that person in your mind's eye, I love you, you're recognizing unity, that we are one, we have the same source and we have the same destiny. Therefore, not to love you is not to love myself.

And when you say, I'm sorry, it's not for what anybody did, even yourself, not for what they did or you did. It's for the one problem we're all working out in our own way, and that is the belief in separation. For that I am truly sorry and that is a decision we all made together and are all equally responsible for.

The forgive part, please forgive me, is please join me in recognizing that the basis of our guilt, this belief in our separation never happened. We're feeling guilty about nothing. So please release me from the belief that separation is even possible, and thank you for being in my dream, for giving me this opportunity to heal my mind, your mind and the mind of the dreamer.

JANET: It's so perfect. So it seems like the perfect way to say goodbye is to listen as you, David, say those four statements.

DAVID: Yes, and I extend this to all who listen in all time and space, I love you and I am sorry for our suffering and in the belief in separation at the root of that suffering.

Please forgive me and join me in recognizing there's no basis to our illusion. And thank you for being in my universe and for being part of my dream.

JANET: Amen, and thank you David. What a delicious conversation. We have truly seen beyond many, many illusions. And we are more awake for having spent an hour with David Cowan.

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