

Shalom

October 2007

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He who knows his own self, knows God.
(Prophet Mohammed)

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From the Editor's Desk

My dearest readers,

I want all my dearest readers to know that I have set up a brand new channel at the world famous site Youtube. To reach my channel, just point your web browser to Youtube and type 'pramodkuday' in the search box of the site. You will be directed to my channel. Alternatively, the direct URL of my channel is <http://www.youtube.com/pramodkuday>. I have uploaded two very short video clips. They are in fact video presentations of extracts from the past episodes of my [podcast](#). Do view them and please do mail me your comments at pramoduday@yahoo.com.

Enjoy this issue of *SHALOM*!

Eternally In-Spirit,
Pramod K. Uday
(Editor)
(India,
Oct 5, 2007.)



What Matters is not Matter

**Pramod K. Uday
(October 2007)**

Abraham has been reaching us through Esther and Jerry Hicks for more than two decades now, always reminding us “You are loved. All is well”. Their teachings have been so influential that hundreds of present day inspirational writers quote their teachings or use the unique and simple terminology used by Abraham such as ‘contrast’, ‘deliberate creation’, ‘source energy’, ‘art of deliberate creation’ and so on. You will find below an extract from the transcript of a seminar conducted by Abraham. To learn more about Abraham and their teachings, head to <http://www.abraham-hicks.com>.

Introduction to Deliberate Creation and Virtual Realities (G)*

[*CR: General (G): Suitable to readers of all ages]
(From Intro Indianapolis, IN, 5-28-02)

Good morning. We are extremely pleased that you are here. It is good to come together for the purpose of co-creating, do you agree? You are knowing what you are wanting? It changes ... eternally evolving. You are enjoying the evolution of your desire? You like that feeling of a fresh new awareness, a new desire coming into your consciousness? That feeling of adventure and wonder, delight with a new idea? Yes? Not so much? If the new idea or desire breathes life into you, then we suspect that you have reconnected with your inner knowing. But if the new desire tortures you a little, antagonizes you, if when you have a desire that isn't fulfilled you feel uncomfortable in its not-yet manifestation, then you still have not remembered that you are leading-edge creators and that you will never get it done, that there will always be a fresh new desire. When you realize that you are leading-edge creators and that the new

desire that is born within you is literally what summons life to you, then you no longer feel frustration about what is not yet manifested. Instead you feel appreciation for the life-giving desire that still summons through you.

But we understand how when you have not consciously addressed the subject of resistance within your own vibration how new desires could sometimes not feel so good. Because when you really want something and you cannot for the life of you figure out how to bring it about, if you've got something that is plaguing you, something that you'd dearly love to get rid of and just can't seem to rid yourself of, we understand how you might be out of balance with the idea of desire, so much so that you might even begin to condemn it, begin to say that desire is inappropriate. which is odd since the entire Universe is based upon this attraction-based effect where desire is born and it has the summoning capability that literally summon life force forward which keeps us all moving forward.

It is so much more comfortable when you get in synch with the laws of the Universe. It doesn't work too well when you jump off the cliff determined to defy gravity, and it doesn't work too well when you go against the stream, or flow, of Source. That's what resistance is. Resistance is not going with the flow of your own well-being. Most clear statement we've ever made. Resistance is not going with the flow of your own natural wellbeing. Well-being flows, and when you are in alignment with it you feel wonderful. And when you are not in alignment with it, you don't feel so good. So anger is you not going with the flow of wellbeing. Frustration is you not going with the flow of well-being. Fear is you not going with the flow of well-being. So you say .How can I stand in this condition, knowing what I know and observing what I observe, and not feel these negative emotions?. And we say you have to practice. You have to decide that *you're* going to be in charge of how you vibrate, *you're* going to be in charge of how you feel. You're not going to be buffeted about like a cork on a raging sea. You're going to practice your vibration so that *you* can determine how you vibrate, how you flow, how you attract.

Through time, as you've been interacting with one another, as you've been responding to the circumstances that surround you, you have developed some vibrational patterns. And many of them serve

you. Many of your vibrational patterns are vibrational patterns of positive expectation. We look at those of you who are in this environment and we notice how magnificently you expect. Your standard of living is superb. You expect life to go well, to a certain extent. And what we're wanting to assist you in doing is expecting it to go well in all regards. We want you to get so good at thinking thoughts deliberately, at setting your own tone, that *you* get to decide what your dominant vibration is about the subjects that are important to you, rather than having let something when you were three set the tone and you just keep doing it or something that mass consciousness is thinking about set the tone. We want you to get so good at choosing what your dominant vibration is that under all conditions you offer it. That's a key word that we are offering you here - dominant vibration - because you all have dominant vibrations relative to major subjects in your experience, and some of your dominant vibrations are serving you and some of your dominant vibrations are not serving you.

For example, when you think about the subject of dollars or financial abundance, do you feel adventurous and eager and unlimited or do you feel worried and uncertain and limited? You know! Some of you may say .well I feel some of all of that. and we say yes, you do, but you know which is dominant. You can tell which way that leans. You know. When you think about your major relationship, the most significant relationship, the one that you think about the most or the one you interact with the most, does that relationship feel like fun and life-giving, or does it feel like struggle and hard work. You know.

When you think about your physical body, does it feel flexible and strong, and sure-footed, or do you feel tentative and uncertain. You know. Relative to every subject that you ponder, and especially those major subjects, you have little by little by little by little developed vibrational patterns - you could call them .beliefs. – we don't want to give them too much weight - habits of thought that you keep thinking. And the reason that you keep thinking them is because you haven't decided to think otherwise and so the thought that you think you think which attracts to it so you think it some more which attracts to it so you think it some more which attracts to it so you think it some more.

IOW, when you have an expectation, you've got a dominant thought going on and LOA is going to deliver that to you again and again and again. And you say .The reason that I believe this is because it is true!. And we say the reason that you believe it is because you've practiced the thought, because all that a belief is a thought that you keep practicing. And you say .But the reason I believe it is because it is true!. And we say .And why is it true?. It is because you think it. It is because somewhere you got the thought, you held the thought, you let it become dominant in your vibration, LOA responded to that vibration and made it evidential in your experience. And so you say .It's true!. And what we are wanting you to come to realize is you can make well-being .true. Or you can make not-well-being true. Cancer is .true.. It's just not usually wanted. Violence is .true., it's just not usually wanted. And we want you to begin to realize that .facing the facts. because they are .true. only perpetuates the .truth. you would not choose for yourself. So when you begin to think about the dominant thoughts that you have, and more importantly, you begin to think about *choosing* thoughts that you want to make dominant, we have a process for you that will work if you will work it. And we call it . the process of Virtual Reality..

You've played this game under other titles. We've called it creative visualization.. We've called it .using your imagination.. Virtual Reality is a game where, like a director of a movie, you set the scene - you know what you want your audience to feel, and so you set them up for it. You make it winter or you make it summer. You put it in the mountains or you put it on the ocean or you put it on the beach. You put it outdoors or you put it indoors. You make it daytime. You make it nighttime. IOW, you set the scene. It has one intent only, and that is the intent of your practicing a vibration with the singular purpose of making it a dominant vibration.

“Intent is a force that exists in the universe. When sorcerers (those who live of the source) beckon intent, it comes to them and sets up the path for attainment, which means that *sorcerers always accomplish what they set out to do.*” Carlos Castaneda
(*The Active Side of Infinity*)

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Key Words: The Secret, Law of Attraction, imaging, co-creation, spirituality, meditation, Omar Khayyam, Kalidasa, Paulo Coelho, appreciation, love, romance, relationships

Show Notes: There is nothing wrong with having desires. Our desires are an integral part of the very life force in us. Once we cease desiring we cease existing. Even the intention to have no desires is a desire. The key to the fulfillment of our deepest desires is joy. The secret is to be in a state of gratitude. To feel gratitude, you must stop depreciating and start appreciating. Appreciation is this wonderful warm experience of focusing only on that which gives us joy, on that which we want to see and have. [Cover Art Model: Chris Evans]

Size	Duration	File Type	Content Rating
8.48 MB	0:18:31	MP3 Audio	General (G)*

Just Added to the Archives*

When did you Last Drink a Cup of Coffee?



Key Words: The Secret, Law of Attraction, imaging, co-creation, spirituality, meditation, mantra, Indian mantra, Dale Carnegie, Jesus, Bible, Sir William Osler, Psalms, snow-viewing, Peale, coffee, appreciation, live in the present moment

Show Notes: One of the greatest benefits of being more receptive to sensuous pleasure is that it can help us focus on the present moment. Those who are sensuous always enjoy the physical feelings that reach them through their senses. They just love everything they do, everything they come across, their texture, color, shape, size, smell, and what not! They are extremely skilled in living in the present moment. How different are they from those who think about the warmth and coziness of their bedrooms at their offices and those who pine for the facilities of their offices and the company of colleagues in their bedrooms!

[Size: 7.70 MB; Duration: 0:16:49; File Type: MP3 Audio; Content Rating: General (G); Cover Image Courtesy of Flickr.com; Rights: [Creative Commons Attribution 2.5 India License](#)]

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“To give one’s heart is to give all.”
Mohandas Karamchand Gandhi

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Shalom!

Notes