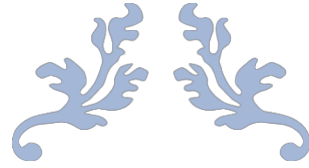


Wisdom along the way



Inspirational
Notes
&
Quotes

You Equals Me®
Foundation



FEAR

The Journey Begins



FEAR

All conflicts come from the idea that we are not perfect equals.

All opinions and vanities with no intrinsic value are actually the source of naiveté.

David Hawkins

Anger is a hungry wolf which must not be fed.

Any decision of the mind will affect both behavior and experience.

A Course in Miracles
(ACIM)

Arrogance is the denial of love because love shares, arrogance withholds.

Author unknown

At all times remain aware that the real you is not the ego. Refuse to identify with it.

David Hawkins

Belief creates behaviors and all behaviors are sponsored by beliefs.

Belief produces the acceptance of existence. That is why you can believe what no one else thinks is true. It is true for you because it was made by you.

A Course in Miracles
(ACIM)

By the intensity of hatred, we created in ourselves is the character we imagine in our enemies.

Neville Goddard

Calming the storm that rages inside of you is the only way to survive the storm that rages outside of you.

Bruce VanHorn

Consciousness is identified as the domain of the ego.

We are incapable of seeing other than the contents of our own consciousness; therefore, hate betrays us in the hour of victory and condemns us to be that which we condemn.

Neville Goddard

Defenses do what they defend.

A Course in Miracles
(ACIM)

Everything we see is a reflection of our own consciousness.

Eckhart Tolle

Fear and faith ask the same thing of you; both you cannot see.

Fear asks you to protect yourself. And how do you protect yourself but by erecting wall, and when wall is not enough, ammunition is needed to shoot over the wall.

Fear depends on the ego to protect itself. If you were taught your own superiority, your own ability to starve a neighbor, to war against a brother, you have chosen your ego as your false god.

Fear is the one emotion that opposes love, and always leads to sight of differences and loss of unity.

A Course in Miracles
(ACIM)

Fear of failure to the ego is loss of self.

Author unknown

Fears of not being worthy, lovable, smart, strong enough,
successful, being laughed at by others...

Guilt is a sure sign your thinking is unnatural. Unnatural thinking
will always be attended with guilt. The ego does not perceive sin
as a lack of love, but a positive act of assault.

A Course in Miracles
(ACIM)

Harm is the outcome of judgement. It is a dishonest act for a
dishonest thought. It is a verdict of guilt.

A Course in Miracles
(ACIM)

The goal of darkness is to cover the light so it cannot know it is
there or is in existence. The darkness knows the power of the light
which is why the darkness tries to hide and has hid from the light
within us.

Nothing hides to protect itself.

Inward is sanity; insanity is outside of you. We but believe it is the
other way; that truth is outside, and error and guilt within.

It is well to keep in mind at all times that the ego/mind does not
experience the world, but only its perception of it.

David Hawkins

Judgment keeps fear safe. Judging another is so you can feel safe
as yourself.

Author unknown

Judgment creates turbulence in our minds.

Eckhart Tolle

Judgment like any other defense can be used to attack or protect;
to hurt or to heal. The ego should be brought to judgement.

A Course in Miracles
(ACIM)

Nearly all pain is created from non-acceptance.

Never accept the suggestion of lack.

Never be afraid to raise your voices for honesty, truth and compassion against injustice and lying and greed. If people all over the world would do this, it would change the earth.

William Faulkner

Nothing the ego perceives is interpreted correctly. Not only does the ego cite scripture for its purpose, but it even interprets scripture as a witness for itself.

A Course in Miracles
(ACIM)

One mechanism the ego uses to protect itself is to disown the painful data and project it onto the world and others.

David Hawkins

Only the ego is capable of suspiciousness at best and viciousness at worst. And can never be certain.

A Course in Miracles
(ACIM)

Peace is the ego's greatest enemy because of its interpretation of reality; war is a guarantee of its survival. The ego becomes strong in strife. If you believe in strife you will act viciously.

A Course in Miracles
(ACIM)

People who judge are too afraid to be their authentic selves.

Perception can make whatever picture the mind desires to see.

A Course in Miracles
(ACIM)

Poise is power. Anger blurs the vision and poisons the blood which is the root of many diseases.

Florence Scovel Shinn

Power over others is weakness disguised as strength.

Author unknown

Since we are all interconnected at the highest level of our being, it must take an enormous amount of energy to maintain the illusion of separation.

Dr. Leonard Laskow

Some were taught in order to stay safe you must judge others.

Author unknown

The 'better' self the ego seeks is always one that is more 'special' than another.

The bigger you think you are, the smaller you become.

The denial of truth will always be the action of fear.

The ego believes that by punishing itself it will mitigate the wrath of God.

A Course in Miracles
(ACIM)

The ego believes that power, understanding and truth lie in separation, and to establish this belief it must attack. To the ego, if separation is salvation, harmony is a threat.

A Course in Miracles
(ACIM)

The ego is always insecure and vulnerable, even if it appears intensely confident.

The ego is part of the mind that believes in division. The ego believes you are separated from God and believes it is you. If you identify with the ego, you must perceive yourself as guilty.

A Course in Miracles
(ACIM)

The ego literally lives by comparisons. Equality is beyond its grasp, and charity and grace become impossible.

A Course in Miracles
(ACIM)

The ego needs to confirm itself by getting.

A Course in Miracles
(ACIM)

The ego not being known by Spirit perceives itself as being rejected by something greater than itself.

A Course in Miracles
(ACIM)

The ego perceives on person as a replacement for another, our higher self-sees them joined and indivisible.

The ego secretly 'loves' and clings to the position of victimhood and extracts a distorted pleasure and grim justification from pain and suffering.

David Hawkins

The egos survival depends on our unconscious awareness of it.

The less present you are in the watching of the consciousness, the stronger the emotional charge will be.

Eckhart Tolle

The more arrogant an individual is, is the evidence of insecurity. Most will tell you they do not have insecurity issues because they love themselves. The ego loves itself.

The opposite of love is fear, not hatred. Hate is an aspect of fear but the true antidote to fear is love. And love is the most powerful tool to overcome fear. Taking action in fear only produces more fear. Taking action in love is as powerful as the Universe.

The root cause of all human problems is belief.

The victory the ego seeks is as meaningless as itself.

Neville Goddard

The wicked shall perish becomes a statement of atonement, if the word 'perish' is understood as undone. Every loveless thought must be undone. A word the ego cannot even understand. To the ego, to be undone means to be destroyed.

A Course in Miracles
(ACIM)

Sin is an archery term which means to "miss the mark". The greatest and only sin is to believe that you are separate from me.

Lynn Brewer

There was never a lie told that was not told in fear.

Paul Selig

Three things of intrinsic value to human happiness: authentic, competence and community outweigh extrinsic value, beauty, money and status.

Author unknown

To judge another is your own fear of not being good enough.

War is nothing but fear and control.

We are always dining on yesterday's leftovers.

We perceive what we need to prove ourselves right.

What you fear within yourselves, you fear within your fellows.

What you project, you believe. This implies that you will learn what you are from what you have projected unto others, and therefore believe they are.

A Course in Miracles
(ACIM)

When you were born, you were given the inheritance of yourself. The question is - will you squander this gift with your fear?

Without your own allegiance, protection and love, the ego cannot exist.

A Course in Miracles
(ACIM)

You get to be right all of the time, which is just the way the small self likes it.

Paul Selig

Your mood tells you that you have chosen wrongly, and this is so, whenever you are not joyous.

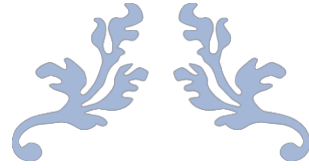
A Course in Miracles
(ACIM)

Be not afraid to look within. The ego will tell you it is all black with guilt inside and bids you not to look. Instead look to your brother and find guilt there. The ego is insane.

A Course in Miracles
(ACIM)

Prejudice is an emotional commitment to Ignorance.

Jane Elliot



TRUST

The Bridge to Enlightenment



TRUST

A leader is not one who says, 'follow me.' A leader is one who says, 'I'll go first.'

Neville Goddard

All emotions are a flow of energy.

All suffering comes from a violation of intuition. Get in the habit of following your hunch; it leads to the magic path.

Florence Scovel
Shinn

As humanity awakens, so too will our powers to create true change on our planet.

Eckhart Tolle

As man thinketh, so does he perceive...

Attention and intention are fulfillment.

Collective action is destroying the world: collective action can save it.

Do not be afraid of your own power.

Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So, go. Love intentionally, extravagantly, and unconditionally. The broken world waits in darkness for the light that is you.

L.R. Knost

Happiness comes from within, not outside of yourself in your job, your pedigree or stature. It comes from knowing you are not your ego.

Sheila Gillette

Hold the positive pole; the knowing that all is well in the midst of chaos. For out of chaos will come order, and clarity and new positioning. Trust your path.

Theo

I am here. I am the light in the darkness.

Author unknown

Identity math: We are united as one, divided by zero.

In every moment of hope we free our self.

Life is eternal, and, because you cannot lose your life ever, you have nothing to lose by being passionate, caring and comforting in every circumstance.

Neville Goddard

Love does not limit, and what it creates is not limited.

Lower consciousness is witness to a window. Higher consciousness sees the whole vista.

Author unknown

One of the most difficult things for man to give up is his prejudice. He holds on to these as though they were his treasure of treasures.

Neville Goddard

Opportunities of growth come in the form of discomfort to you.

Sheila Gillette

Our sense of belonging can never be greater than our sense of self-acceptance.	Brene Brown
Peace is an attribute in you. You cannot find it outside of yourself. Illness is some form of external searching. Health is inner peace.	A Course in Miracles (ACIM)
Radiance of the True self cannot shine forth when you mistake yourself for the mask you wear.	Author unknown
Remember you are deprived of nothing except by your own decisions, and to decide otherwise.	A Course in Miracles (ACIM)
Spirituality and science have a co-resonance; they both ask questions of the unknown.	
Success has nothing to do with what you gain in your life or accomplish for yourself. It is what you can do for others.	Danny Thomas
Trust is the bridge between fear and acceptance.	Lynn Brewer
That which I am is Allness. To realize that one already is and always has been ALL THAT IS leaves nothing to be added.	David Hawkins
The essence of man includes the potentiality for enlightenment. Readiness implies that one has evolved through the lower levels of consciousness, so spiritual inspiration now becomes the spark that ignites the quest.	David Hawkins
The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing.	Eckhart Tolle

The cost of giving is receiving.

The Kingdom of Wholeness is ours but yet we wander homelessly.

A Course in
Miracles (ACIM)

The miracle is this; the more you share, the more you have.

Leonard Nimoy

The question “what do you want?” must be answered. You are answering it every minute, every second, and in each moment.

A Course in
Miracles (ACIM)

The soul of you is worthy of all connection from the Highest source, always.

Theo

The truth is like a lion. You don't have to defend it. Let it loose. It will defend itself.

St. Augustine

The universe of love does not stop because you do not see it, nor have your closed eyes lost the ability to see.

A Course in
Miracles (ACIM)

There is nothing outside of that dictates who you are.

Three pillars of self-determination: autonomy, competence and community.

To judge is to be dishonest, for to judge is to assume a position you do not have. Judgement implies a lack of trust.

A Course in
Miracles (ACIM)

Truth cannot be created, only perceived.	Author unknown
We as human beings are the individuation of the singularity, experiencing life sequentially, simultaneously.	Neale Donald Walsh
We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better.	J.K. Rowling
We do not see things as they are. We see things as we are.	Anais Nin
We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.	Brene Brown
Weak people revenge, strong people forgive, intelligent people ignore.	Albert Einstein
What is healing but the removal of all that stands in the way of knowledge?	A Course in Miracles (ACIM)
What one accuses in another, he must first see in himself.	A Course in Miracles (ACIM)
What you do comes from what you think.	
What you do makes a difference, and you have to decide - what kind of a difference you want to make?	Jane Goodall

When you love yourself enough, you can let others be themselves without judgement or prejudice.

When someone shows you who they are, believe them the first time.

Maya Angelou

Where do you seek to claim your worth through the approval of others?
Nobody can take your worth and nobody can grant it to you.

Where you look to find yourself is up to you.

You = Me is a peaceful awareness based on inclusion and a universal interest, rather than the unfulfilling specialness and fragmentation of exclusion.

Cindy Jarvis

You = Me is one being, one species otherwise known as a human being.

Cindy Jarvis

You = Me is the recognition of the authentic self and the knowing that you belong.

Cindy Jarvis

You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there.

Maya Angelou

You cannot make a change in behaviors unless you address the beliefs that underline them.

You can't go into the heights without comprehension of the depths.

Paul Selig

You cannot perceive unworthiness in another without perceiving it in yourself first.

A Course in Miracles (ACIM)

You cannot solve a problem at the same level of thinking that created the problem.

Albert Einstein

You must never be fearful about what you are doing when it is right.

Rosa Parks

You witness your reflection in everyone you meet.

Your authentic self is the greatest gift you give to the world.

Theo

Your good precedes you. It gets there before you do! But how do you catch up to it? You must have ears that hear, eyes that see.

Florence Scovel Shinn

Your inherent value as a divine being cannot depend on anything outside of the self.

Your potential is responsive to your thoughts.

Paul Selig

Your truth is your gift to the world.

No two people will hear the same words in a single message. It must first be filtered through your prejudices, your superstitions, and your concept of yourself.

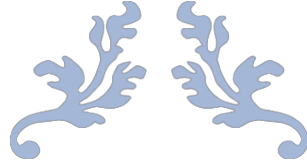
Neville Goddard

The essence of man includes the potentiality for enlightenment. Readiness implies that one has evolved through the lower levels of consciousness, so spiritual inspiration now becomes the spark that ignites the quest.

David Hawkins

The expression of God or Source cannot judge its expressions, cannot judge its Creations, and will not fear of judge.

Author unknown



ACCEPTANCE

Reflection is All there Is



ACCEPTANCE

A mind is like a parachute. It does not work if it is not open.

Frank Zappa

A person with low esteem may be at an advantage in recognizing the lack of self-love which is the road to discovering we are not our egos...

A strong person stands up for himself, a stronger person stands up for everyone.

All humans are entitled to a life of liberty and the pursuit of happiness.

Sheila Gillette

All individuals are as equally precious and a sacred aspect of the one.

Author unknown

All seeming separation is an artifact of thought. It is essential to see that the mind is at all times experiencing a point of view.

David Hawkins

As you witness yourself in your worth, you give others the right to do the same.

Author unknown

Be the reason someone believes in good people.

Being fully in the world as your true self, and in honor, not in fear; in joy, not in anger; and in forgiveness not punishment.

Author unknown

Difference does not mean divided.

Different experiences lead to different beliefs, and with them different perceptions. Perceptions are learned with beliefs and experiences.

Happiness is the new rich; inner peace is the new wealth; and kindness is the new cool.

Author unknown

Hate has caused a lot of problems in the world but has not solved one yet.

Maya Angelou

How you witness something is always dependent on the history you bring to it.

Paul Selig

Light can never be extinguished but it can be covered. When one turns on the light, you can see darkness was a powerful, empty thought.

Lightness shares, creates and expands. Lightness is the light of love and so it is.

I have decided to stick with love. Hate is too great a burden to bear.

Martin Luther
King

If you can't see God in a brother, look no further.

Mahatma Ghandi

If you understand that the dignity of any human being must be honored, you will know your own dignity.

No one is born who is not worthy!

Once one identifies with our true self, our life changes and we rejoice in our brothers.

Author unknown

Peace is an attribute in you. It does not exist outside of you.

A Course in
Miracles (ACIM)

Peace is more than possible. There is nothing within you that is not projected outward in your expression.

People think that peace is passive but its only passive when people are unaware of the power and magnitude of energy that we manifest from that peaceful state.

Matt Kahn

Seeing oneself in another is an experience of love or self-loathing

Author unknown

The acceptance of our creations is the acceptance of the oneness of creations. Without which you could never be complete.

A Course in
Miracles (ACIM)

The appreciation of mankind as one humanity comes only through acceptance.

A Course in
Miracles (ACIM)

The lens of perception: projection of separation or extension of oneness?

The realization of union is the Source of all love.

Deepak Chopra

The world or sphere is an ultimate expression of unity, completeness, and integrity. There is no point of view given greater or lesser importance. All points on the surface are equally accessible and regarded by the center for which all originate.

There are three ways to ultimate success; the first way is to be kind. The second way is to be kind. The third way is to be kind.

Mr. Rogers

To release judgement frees the egoic mind.

Today, I decided to forgive you. Not because you apologized, or because you acknowledged the pain that you caused me, but because my soul deserves peace.

Najwa Zibian

Unity consciousness is sharply in focus now. You = Me has no borders, no political party, just connectedness.

Unity is not sameness, it is individual - meaning indivisible.

Unity lets us combine our strengths to do remarkable things for the world and ourselves, as individuals. We are richer for the experience.

We are an expression and expansion of that life force some call God. Nothing more. Nothing less. With awesome freedom, comes awesome responsibility to see the simplest reality--You= Me. No division in that.

Lynn Brewer

When we unite in purpose, we are greater than the sum of our parts.

Maya Angelou

You = Me celebrates the authentic self and that of others.

Cindy Jarvis

You = Me crosses all races, religions, cultures and genders with its message globally.

Cindy Jarvis

You = Me has no state, no country, no race nor gender by which to know itself.

Cindy Jarvis

You = Me is the deep awareness of the inherent worth of all humankind.

Cindy Jarvis

You are not your body; survival is not your basic instinct; the expression of divinity is.

Neville Goddard

You cannot access vulnerability if you can't empathize.

Brene Brown

Approximately ninety percent of our encounters are about you deciding who someone is and then seeking to confirm your idea for them.

Consciousness itself, in its equation, is calling manifestation to it at every moment.

Choose to be yourself; choose to be in your worth. That lifts you up.

Sheila Gillette

The experiences you meet are your creations in life.

We can escape from our own egos. We can and must. When you make the exchange, you simultaneously exchange guilt for joy; viciousness for love, and; pain for peace.

A Course in
Miracles (ACIM)

We do know this, when one is in His knowing of His own worth, there is
no need to bully or hate.

You = Me allows us to weave the colorful threads of mankind into a
magnificent tapestry.

Cindy Jarvis

Hatred ceases not hatred.

Powerlessness is ruled by fear and anxiety that hides in the darkness, safe
from the light that will discover powerlessness never existed.

Judgment makes another wrong and immediately separates.

Man has always blamed others for what he is and will continue to do so
until he finds himself the cause of all.

Neville Goddard