

Conversations with God, Book 3 ~ A Guidebook ~

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Excerpts

Guidebook Summary

In *Conversations with God, Book One*, God tells us that *Book Three* will “contain the largest truths you are now capable of understanding, and address universal matters and issues – matters being dealt with by all beings of the universe.” In the introduction to *Book Three*, Neale writes “This book sums up the teachings in the first two instalments of this trilogy. It then carries them forward to their logical, and breathtaking, conclusion.” He goes on to say in Chapter One that it “will focus, I am told, on the largest questions facing man. Concepts dealing with other realms, other dimensions, and how the whole intricate weave fits together.” The first part of the book looks at death and the afterlife, while helping us understand the purpose of human emotions, and in particular Love. The second half of the book is aimed at guiding us towards a better world, both at a personal level and on a world wide scale. Much of the last part of the book talks about Highly Evolved Beings, generally shortened to HEBs. These, God explains, are beings who live on other planets or in other time dimensions who have evolved to a much higher degree than the human race of our time. It doesn't really matter whether you believe such beings exist; the point of the descriptions is to show us a path, to give us guidelines to follow in order to create a better world, if we so wish.

CWG Book 3 - Guidebook Chapter One

ACTIVITIES

***Conversations with God* Principles**

The basic *Conversations with God* principle explored here is truth-telling – telling the truth about our feelings to ourselves and to others. Then letting others express their feelings truthfully.

Learning Objective

To be able to recognise when we are repressing emotions, learn to express them in a helpful and non-violent way and explore different tools which can help us to do this.

Exploring Ways of Releasing Emotions

Think about, ask yourself and write down:

- What you do when you feel angry?
- How you let others know what you are feeling?
- What kind of things or people make you angry?
- Where you feel the anger inside you, and what it feels like?
- Are you good at hiding your anger? Does it eventually explode, often triggered by a much more insignificant irritant? Or do you manage to communicate it in some way without causing hurt to others?

Think carefully about what emotions you have buried from the past without processing them first. These could be feelings of anger, grief or guilt for or about something past which still resurface every so often and affect you in some way in the present.

Consider what helps you to process negative feelings and answer:

- Do you have close friends who are good listeners when you need them?
- Do you feel that nature can heal?
- Have you tried dealing with problematic emotions in a peaceful, natural environment? Does it help?

Experiment with using some of the following tools for processing emotions that we want to be rid of and find out which ones work for you. If you have a group, you could find someone to come and talk to the group about one or more of the techniques. Sharing your experiences of using these tools with others in a group is invaluable and helps you to assess their usefulness to you. Remember, not everything is useful to everyone but a group is a safe place in which to experiment and possibly practise on each other.

1. Visualisation

This usually works best when the emotion has been buried a long time and you have been able to talk about it and process it to a degree but a knotted scar still remains and causes pain from time to time. Sit quietly somewhere where you will be undisturbed and visualise where you feel the emotion in your body. Anger may be in the stomach, grief in the throat, for example. Visualise putting your hand inside your body, and then slowly and carefully drawing out the ball of emotion and casting it away. You can either visualise your hand entering via the throat or you can use psychic surgery. This means that you visualise cutting yourself open as in real surgery and removing the stuck emotion that way. It is very important to make sure you then visualise your body healing itself straight afterwards, see the opening being closed up again and the skin re-forming with no mark or scar left.