

The background of the entire page is a photograph of a child's silhouette standing on a beach, looking out at the ocean. In the distance, a glowing, ethereal human figure stands in the water, illuminated by a bright light source. The sky is a gradient of purple and blue, and the water is shimmering with light.

The Book of Joy

**How to live every
day of your life
happily ever after**

**Channeled messages
from Spirit
through John Cali**

The Book of Joy:

How To Live Every Day of Your Life Happily Ever After

by

John Cali

PUBLISHED BY
John Cali on Smashwords

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Table of Contents

- Dedication and Acknowledgments
- Introduction
- Chapter 1 -- Joy
- Chapter 2 -- Joy and Your Physical Body
- Chapter 3 -- Fun
- Chapter 4 -- This Single Solitary Moment
- Chapter 5 -- All Is As It Should Be
- Chapter 6 -- Who's There?
- Chapter 7 -- Spirit Speaks
- Chapter 8 -- To Live In A Sacred Manner
- Chapter 9 -- Feeling Good and Getting Connected
- Chapter 10 -- You Live In A World of Absolute Abundance
- Chapter 11 -- Trusting Yourself
- Chapter 12 -- Listen
- Chapter 13 -- Gateways
- Chapter 14 -- The River of Life
- Chapter 15 -- Unshakeable Happiness
- Chapter 16 -- Success
- Chapter 17 -- The Power of Joy
- About the Author
- Directory of Products & Services

Dedication and Acknowledgments

I dedicate this to my spirit guides for their constant inspiration, love, and support over many years and many lifetimes.

I want to acknowledge my good friend and fellow publisher, Judee Pouncey, for her love, support, and her gracious offer to lend her editing expertise to the final production of this book.

And I want to acknowledge all of you, our readers, for your loyal support and love throughout the years. Without you, neither this book nor the work Spirit and I do would be possible.

You are all truly the “wind beneath our wings.” We’re deeply grateful to you for always being there for us.

Introduction

Spirit and I began our work together in this lifetime in 1992. As with all things on Mother Earth, our work has evolved and grown over the years. That evolution and growth has traveled in tandem with my own personal and spiritual growth. As I've become more comfortable and adept at bringing forth information from Spirit, they and I have developed an intimate relationship not unlike that of lovers or soulmates.

The past several years, a clear focus and theme have emerged for Spirit and me in the information we've been producing and publishing: joy.

And now, joy is a nearly constant element of all we do. Hence the idea for this e-book. I've taken our articles from the past several years, and culled out the ones whose particular emphasis has been joy.

Spirit continually reminds all of us this life we've chosen in these particular physical bodies at this particular time on the planet is supposed to be a joyful and joy-filled experience. And yet for many, if not most, it is not. Often, it's anything but joyful.

This book will hopefully serve to remind the reader of the goddess or god within. And from there, to inspire him or her to create the joyful, abundant life that is the birthright of us all.

With love and joy,
John Cali

Chapter 1

Joy

Spirit

What brings you joy? What are those experiences -- those people, those activities, those thoughts -- that bring you joy, filling your present moments with bliss and a deeply-felt sense of oneness?

We would ask you to sit down with the silence and ponder these questions. If it will help you, write down whatever comes to mind -- anything and everything. It is important, especially at this point in your evolution -- as you move quickly now into the new millennium, for you to focus on joy.

In the coming days there will be many who will panic and lose sight of the divine light within. But that is a choice -- it is simply a choice. And it's a choice no one is ever forced to make. You can choose joy instead -- no matter what is happening around you, no matter what is happening with your loved ones.

Chaos may reign in the lives of others. It may permeate every part of your planet. But it will not be the experience of all. Many will choose a different reality. You've heard it said so many times, I'm sure, it's become almost a trite expression you pay little attention to -- but you all create your own realities. And it does not matter what those around you, even those closest to you, are experiencing. You can still choose the path of joy.

Think about what brings you joy. And then focus on it with all your might. Give all your time, your attention, your energy, your love to what brings you joy. That will bring you Home once more.

Joy -- it is your birthright -- it is your soul's purpose for reincarnating this time around. Joy is your essence -- you are joy.

In focusing on what brings you joy, you are returning to that divine golden flame within. And there is nothing like joy to make that flame burn brighter and brighter. You can literally transform your life on Planet Earth into paradise. It's simply a matter of focus -- turn your focus, with a laser--like intent, to joy.

And then you will draw into your life only those experiences that resonate with joy. You will have once again found the eternal golden flame within -- the flame that has never gone out. You have just forgotten it was there.

Chapter 2

Joy and Your Physical Body

John Cali

Not long ago, a dear friend told me she'd been medically diagnosed as having ovarian cancer. It really threw her for the proverbial loop. She was faced with some tough choices -- and with a deep depression.

Her doctors had proposed chemotherapy -- exactly what she did not want to hear. She was torn between accepting their conventional medical wisdom and her own inner guidance (which conflicted with the doctors' opinions).

She called one night recently to give me an update on her condition. Before she hung up, she mentioned, almost as an afterthought, it might be interesting to see if Spirit had anything to offer. She asked no specific questions of Spirit -- she just wanted to hear what, if anything, he might have to say.

I had no idea what they would say. But a few days later, we had a little session. After I transcribed it, I realized the message might have meaning not for only my friend, but also for many of you on our mailing list.

I say that because so many of you have written me about your own challenges with your physical bodies. Perhaps this message was meant not only for my friend, but also for others dealing with any kind of physical dis-ease. I hope it resonates with those of you who are dealing with physical body issues.

Joy and Your Physical Body

Spirit

If you choose to get chemotherapy, focus on the help it can bring you -- and not on the possible damage it can do to your body. Focus only on help, not damage. There's nothing wrong with choosing to use medication.

But if you choose the path of medication, consider it to be a short-term, temporary remedy. You can learn to rely on your own considerable inner resources to eliminate your depression and the condition your society calls cancer.

You cannot be depressed -- it is absolutely impossible -- when the light of your soul is flowing freely through your physical being, through your physical body. It is absolutely impossible to be sick when your life force -- your soul energy -- is flowing.

Yes, you may well have a conventionally diagnosed dis-ease or illness. And when you consult those who are professionally trained to find something wrong with your body, then you can be sure they will find something wrong. After all, that's what they expect -- their job is to find something wrong.

But you, at your soul level, know there is nothing wrong. Physical illness -- no matter the degree of its severity -- whether it be life-threatening or something minor -- is there in your awareness only because you are not in a place of allowing your highest good to come to you.

We realize, when you are in the midst of a serious physical challenge, it can be difficult to think about all the wondrous gifts of abundance your soul and the universe are wanting to give you.

But it is critical for you to focus on what you want -- and not on what you do not want in your life.

Of course, when you are sick, it's difficult to focus on health. But let's take it one step at a time -- and, in the beginning, you may have to take some really tiny baby steps.

The critical element here is that you begin taking steps, no matter how tiny. Let's talk about that for a few moments.

No matter how "dis-eased" part of your body may be, there is far more of your body that is in perfect health. Even if you have some so-called life-threatening disease, there are still many parts, in fact most parts, of your body that are in absolutely perfect health.

So what we are advocating here is that you focus on those parts of your beautiful body that are functioning perfectly.

In doing that, your entire being -- including your physical body -- will begin vibrating at a higher level. It will begin to move into the high vibration of perfect physical health. You won't necessarily see any immediate changes in your overall condition. But we guarantee you all the cells of your body will begin to resonate with your thoughts of perfect health.

And when that happens -- and you keep making it happen (by simply focusing on health -- on the parts of your body that are perfect and healthy), then any parts of your body that are not at their peak will begin to move back to their natural state -- the state of absolutely perfect health.

Focus on perfect health -- not on the lack of it. As you do that, your body must, by the laws of the universe, return itself -- all of itself -- to a state of perfect health. To the state which is natural to your being.

Use whatever means your inner guidance leads you to -- whether it be chemotherapy, medication, whatever. But, more importantly -- and most critically -- keep your focus on health -- on the beautiful, youthful, perfectly healthy and powerful physical body you wish to manifest.

Let most of your thoughts be of perfect physical health. Focus not on illness. Each time your thoughts wander back to illness, jump in there and shift them back to health. You have that power -- pay attention to your thoughts by focusing on your feelings.

If you're feeling bad (sad, discouraged, depressed -- whatever), that's a sure signal from your soul you are focusing on what you do not want to manifest, or continue to manifest, in your life. If you're feeling good (joyful, happy, blissful, loving -- whatever), that's a sure signal from your soul you're focusing on what you do want to manifest in your life.

Be as picky about the thoughts you entertain as you are about what you wear, what you eat, what people you associate with, etc. Choose thoughts of perfect health. The more you choose those thoughts, the healthier your body will become. Once you reach the point where you are joyful most of the time, it will be literally impossible for your body to be sick.

Illness cannot exist where there is joy. It's impossible. Illness and joy are at opposite ends of the vibrational spectrum. You cannot be joyful and sick at the same time.

So the choice is simple -- choose joyful thoughts. Always. It is a choice you can freely make all the time. The more you choose thoughts of joy, the more joyful thoughts the universe will bring to you. You don't even need to think about your body. Just focus on joy, and your body will heal itself completely.

Chapter 3

Fun

John Cali

I've recently met a wonderfully delightful being of great light. Her name is Mikala. And she told me I needed more fun and lightheartedness in my life. That caused me to do some serious soul-searching. After all, I'm having lots of fun in my work with Spirit.

But then, I quickly realized Mikala was right. I needed to start having more fun in other areas of my life too. Which fits in perfectly with last week's message from Spirit (on balance) -- and with this Christmas season we now find ourselves in.

Fun

Spirit

Do you believe life is supposed to be joyful? For those of you who remember the wisdom of our dear friend, Seth -- you may recall he said if something is not fun, you ought not to be doing it. And he was talking about everything in your life -- even those things you might perceive as heavy responsibilities.

So, if it ain't fun, don't do it! Life should be fun. Neither the Great Spirit, nor your higher self want you to drag yourselves through life with a mournful "woe-is-me" attitude. Life can be joyful even in the midst of heavy challenges and responsibilities.

We are not saying you will not feel all -- or most -- of the emotions associated with being human, at one time or another in your life. Simply allow yourselves to feel those emotions. Your feelings are neither right nor wrong -- they just are. It is only when you become attached to them -- whether you perceive them as negative or positive -- that you get yourselves into difficulty.

If you have a good solid relationship with your higher self -- generally (though not always) achieved through regular meditation -- you will be able to remain peaceful and centered even when the world around you is chaotic. And you will be open to the messages and wisdom your higher self wants to give you.

You do not need to face any of your life experiences with pain -- pain is simply your higher self's way of saying, "Listen up, you don't have to do it this way." Of course, you can choose to continue to do what you've always done -- it is your choice. But you can also make a different choice at any moment.

If there is a purpose to suffering it is only to remind you that you don't need to suffer! All areas of your lives -- even in these challenging times -- can be joyful, peaceful -- and fun! And, in fact, it is from that joyful, peaceful, fun-filled place within yourselves that you can best prepare yourselves for the new age that is already upon you. And it is from that same place that you can best prepare yourselves for the time when you shall all return Home.

Chapter 4

This Single Solitary Moment

John Cali

Spirit often uses my personal experiences as the “raw material” for his messages. Meaning, I guess, I need to hear those messages as much as the others receiving them.

My personal life this past week had presented me with some fascinating “opportunities for remembering” -- to use Spirit's words for those times when the \$#!+ hits the fan. I hadn't even thought about this week's message until just a few hours ago. And I was wondering what on earth we were going to do about it. Normally, I have a few days to think and talk to Spirit about it before we actually sit down to do it. Not this week.

And, believe me, for someone who has been addicted to advance planning most of his life, this was a tough one! Spirit told me, just do it -- and do it now! So we sat down and did it -- with no advance thought or planning. I didn't think I'd make it -- but somehow we did make it. And, not “coincidentally,” what Spirit talked about was exactly what I needed to hear -- and, I'm sure, what many of you can benefit from hearing right now.

This Single Solitary Moment

Spirit

Your beloved Mother Earth is experiencing the most extraordinary time of her life -- as are all of you, her children. We don't need to remind you of the intense energies and changes engulfing all of you at this very moment. You are feeling these energies and changes at every level of your being -- and so too is Mother Earth.

These are, in a sense, the “end times” -- the Armageddon -- you have no doubt heard much about from many sources. There is much confusion and fear within the hearts and minds of many of your sisters and brothers. And perhaps even within your own heart and mind as well. How will you ever get through these challenging, changing times?

First of all, let me say this -- everyone is going to make it. Everyone -- one way or another, sooner or later. No one will be left behind. And “making it” does not have to be a painful, joyless experience -- though it may be for some. The key to making it painlessly and joyfully is to focus on neither the past nor the future. Feel no guilt, for then you are then anchoring yourself in a past that is forever done with. Feel no fear, for then you are propelling yourself into a future that may never be.

Focus all your energies, your love, your entire being in this single solitary moment. Then you can know no guilt -- no fear. You will know only the most blissful love -- love free from the shackles of past and future. It shall be a love focused on this single solitary moment. For that moment is all you have. Live it fully, fearlessly, joyfully.

Chapter 5

All Is As It Should Be

Spirit

Do you remember when you were a little child? For most of you that was a delightful and joyful time of your life. You played and laughed, cried and hurt, loved and hated. And it was all okay. You did not judge yourself, your life. You did not judge your playmates, your family, anything at all.

You simply luxuriated in the joy of life. You immersed yourself in everything, and in every thing, life brought your way. Your path was mostly carefree and happy. Life was good and you accepted it at face value. For you knew all is as it should be.

And then, for most of you, “reality” set in, if you will. How many times were you told to be quiet? How many times was your playfulness discouraged? How many times were you told, “Children should be seen, not heard”? Probably more than you care to remember.

Your childlike energy and enthusiasm were basically squashed. You began to realize life is serious stuff. You wondered where you had gone wrong. After all, you’d only been following your heart, your joy. Wasn’t that what life was all about?

Apparently not, or so “they” said. And who were “they”? They were your parents, your teachers, your churches, your governments. Perhaps even some of your former playmates, those who had been “civilized” (read that to mean “brainwashed”) earlier than you.

And so, early on, the scene was set, if you will, for getting down to the dead-serious business of life. “They” taught you how life was to be lived, at least according to “their” standards. You were to go to school, to church, to meetings, to lots of things, events -- whatever -- which perhaps held little meaning or joy for you.

But even if it was a joyless or thankless task “they” set before you, you owed it to “them” to grit your teeth and just do it. It was okay if you hated it, “they” said, as long as you did it the way “they” demanded of you.

And so your life gradually became something of a burden. You were still young enough to remember those carefree days of childhood when you were still consciously connected with your angelhood. But if you talked about those memories and experiences, “they” often told you to get real -- come to your senses. Life is not about having fun. It’s about doing your duty -- no matter how dreadful that duty may be, no matter how much that duty drained and debilitated that little angel child within you. That perfect part of yourself you would get a momentary glimpse of now and then.

But the angel was fading and would eventually disappear from your sight. The process of forgetfulness was done. You were now fully “civilized” and you became a citizen of the world.

And then skepticism set in. Why was that? Because, even though the conscious memory of your angelhood had vanished, you still experienced what you might call “bleed-throughs.” These are brief, almost unnoticeable glimpses, or recalls, of who you really are -- memories of your joyful, carefree days of childhood when you were still connected to your angelhood.

And those momentary glimpses were such a painfully stark contrast to the “real world” around you. How could you reconcile the joyful life of the angel you were once with the doleful life of the human you had become? It seemed impossible.

And so many of you took the path of skepticism. Therefore, your world today is one largely ruled by skeptics and cynics. That is shifting for the better as you move into the new millennium. But the shift is ever so slow.

We have no easy answer for you. But we do have a simple answer. The more you connect regularly with your higher self through meditation, the more you will remember the angel you truly are. (Meditation can be whatever works for you to help you feel peaceful and centered.)

As your memory of the angel grows stronger, your skepticism grows weaker -- and ultimately vanishes. Peace and joy will become the norm in your life again. And you, in the full remembrance of who you really are, will know all is well. No matter what is happening in the world around you, you will know in your heart all is as it should be.

Chapter 6

Who's There?

John Cali

Spirit has often told me (and others) the only true purpose for our lives is to remember who we are. All else is incidental.

How often -- and how badly -- we get caught up in the forgetting of who we are! We place our identity -- our self-esteem -- our very reason for being -- in something or someone outside ourselves. It could be a job, a spouse, a child, a place, a teacher, a house, a bank account -- or whatever.

But these are all "things" we "own" only temporarily. We have forgotten they are only tools our higher selves have given us to help us fulfill our true purpose in this lifetime -- remembering who we truly are -- divine beings in human form, literally gods and goddesses.

Have you forgotten who you are from time to time? I certainly have. Especially lately. At one point, I feared I was losing my focus, losing my self. So, a few days ago, I asked Spirit what my real work in this lifetime was. Their answer was simple and direct. "Your work right now is to be yourself."

Who's There?

Spirit

Have you ever wondered who you are -- what is your life all about? We suspect you have, at least occasionally.

What your life is all about is simple -- it's the remembering of who you truly are. That is your life's purpose. If you want to distill everything you have ever done in your life -- or ever will do -- into one simple word, that word is "remembering."

You came into this incarnation as the playful, joyful, creative gods and goddesses you truly are. You decided to take on human form for a while because you thought it might be fun. It would be exciting to play the three-dimensional game with your sisters and brothers on this beautiful Planet Earth.

And so you came into human form once again. You played and were joyful for a little while. Until "reality" kicked in, that is. Then you began forgetting. And you had lots of help pushing you into the forgetfulness -- your parents, teachers, churches, governments, etc., etc.

You forgot -- totally, but not forever -- who you are. You often found yourselves looking into your own hearts and minds, and wondering "Who's there? Who is this stranger I've become?"

In the beginning, of course -- before the forgetfulness took hold -- you did not question yourselves often. Today, however, with the major shifts the human race and Mother Earth are undergoing (the "ascension process," if you prefer) you are questioning more and more. You're questioning everything. But, most especially, you're questioning who you are -- and what your purpose is. Is there a reason for it all?

Yes, there is a reason for it all. That reason is your life's purpose -- to remember who you truly are, to return to the joyful memory of your true selves, to return Home to the oneness with all that is.

When you can remain connected with your god and goddess selves for even a few brief moments each day, gradually the bliss and ecstasy your soul feels at all times will return to your human consciousness. When that begins to happen, your life can indeed become heaven on earth.

You will still have your earthly challenges to deal with. But you will handle them with the ease and grace of the goddesses and gods you truly are.

Go in peace.

Chapter 7

Spirit Speaks

John Cali

Some time ago, Spirit suggested to me the title of our article for this issue -- Spirit Speaks. I had no idea what to talk about. (Spirit often gives me titles without providing a clue as to what the content might be.)

So I thought about it a while -- and I reflected on my life this past year or so. Suddenly it became obvious. Spirit is almost constantly speaking to me these days in unmistakably clear ways. Spirit is always speaking to all of us -- it's just that we've become so immersed in the illusion of life on Planet Earth, we've closed off our lines of communication to Home -- to the gods and goddesses we all are. And now it's time for all of us to "phone Home."

This past year has been a most fascinating and challenging one for me. As I look back on it from the perspective of "hindsight," I realize how much I've grown -- or, I should say, how much I've remembered. Or both. I'd like to briefly share with you part of my journey this past year. Perhaps something in my sharing will touch a chord deep within you -- and help you, if only in some small way, along your path of remembering. That is my hope and prayer for all of you.

I'd been "floundering around" late last year wondering where my path was taking me -- where this work with Spirit was leading. Sometimes, I felt I was making no progress at all.

One late afternoon between last Christmas and New Year's, I was waiting at the Sacramento airport for a flight. I had several hours to wait -- so I decided to take a walk around the airport.

I walked out to the edge of the parking lot. There, in the shadows of the setting winter sun, I saw a large truck with a company name and address painted on its side. The address was Walla Walla, Washington. Walla Walla is just north of the ancestral homeland of Chief Joseph, a historical figure I've long admired. Was Spirit speaking to me?

I was deep in thought as I walked farther out toward the edge of the airport. Suddenly, I saw a beautiful white feather floating in the air about ten feet in front of me. As I walked toward it, it drifted and danced in the chilly, but gentle, late-afternoon breeze. I was just several feet away when it magically took on the shape of a beautiful white dove. The dove stood still in midair as I started to reach out for it. Then, just a couple of feet from me and right before my eyes, it vanished! Nothing was there -- in the air or on the ground. Was Spirit speaking to me?

I still don't fully understand those two events -- with my mind, that is. Though my heart understands. But what my mind does know is those two events triggered within me a renewed process of growth -- of remembering. And that process has led to my making a full commitment to my work with Spirit, something I'd never done before. (A "110 percent commitment" -- to use their words.)

And the best part is all this has led me to a deeper, far more intimate bond with my higher self. That bond has brought me into a state of bliss I've never known in this lifetime. I still have my challenges to deal with, as we all do. But now -- even in the midst of those challenges, even in the depths of the sadness I've sometimes felt lately -- my life is easy and joyful -- and magical even. Magic is all around us. We only need to look and listen for it.

Was Spirit speaking to me in the fading light of that cold winter's day in Sacramento? I'd like to think so.

Spirit Speaks

Spirit

Just be -- enjoy your be-ing. Focus on that instead of do-ing. You don't have to do anything in this life -- your only mission is to simply be.

Immerse yourselves in your be-ing. Then -- and only then -- can you effectively do anything. Then -- and only then -- will you find yourselves empowered to do every-thing.

Your actions flow from who you are. It's a matter of putting the horse before the cart, if you will. Once you have fully remembered the goddesses and gods you are, you will know what to do -- you will know your life's work -- you will know your life's partner. And it will all flow easily and effortlessly.

The key is simple -- just be. And, equally important is for you to totally immerse yourselves in the joy of be-ing god -- be-ing goddess.

Spirit often speaks to you of this. Yet you do not hear because you're not listening -- you're not watching. The signs are all around you -- they come to you in ways expected and unexpected. But you'll never hear or see them unless you remain constantly watchful.

This is the single most important task you can do in this incarnation -- be constantly watchful for the signs of Spirit speaking to you. As you persist in your watchfulness, you will find Spirit speaks to you as easily and clearly as your friends and family on the earth plane.

And what is Spirit saying when It speaks to you?

It is saying many things. But the "common thread," if you will, running through the fabric of Spiritspeak is this: remember -- remember -- remember!

Spirit has many messages for you. And It speaks to you in ways specifically "tailored," if you will, to the specific being -- the human being, that is -- you have chosen to become for a while.

Think of your humanness as a costume you have donned for a bit. This thing you call life is really nothing more than a costume party! A party you, as your higher self, chose to attend. And just what are parties? Why, they're fun! Or, at least, they're supposed to be. And so too is your life on Planet Earth, in your exquisitely designed human costume, supposed to be fun.

You, as human beings, take yourselves entirely too seriously. You have been so successful at immersing yourselves in the illusion of the Planet Earth party, you have forgotten you didn't come here to stay. And you didn't come here to be miserable and joyless -- that's not what parties are all about.

You came here because your nature, as goddesses and gods, is playful and creative and joyful. As you left Home the last time before incarnating in your current life, you asked your loved ones in spirit -- your angels, teachers, and guides -- to be ever watchful over you as you bravely ventured down the trail of tears.

You, as your higher selves, knew this life could indeed be a trail of tears -- or it could be a joyful path, a time of happy reunion with those of your loved ones who also chose to be pioneers on the wild frontier of Planet Earth.

And so, as you left Home with this great spirit of adventure burning in your heart, you asked those who remained "behind" at Home to guide you if you should ever become too deeply immersed in the illusion.

And most of you have become so deeply immersed, you have forgotten much of what you knew -- including the fact life is just one big party. You have also forgotten the love, the wisdom, the power you once knew -- the love, the wisdom, the power you are.

You are love incarnate, nothing more -- nothing less. You are gods and goddesses. You are All That Is.

And so, as you've become "fully engaged," shall we say, in the business and busy-ness of human life, you've allowed fear to have its way with you. Fear tells you "Do this -- do that and you will be safe. Think this -- think that. Conform to your culture. Honor thy father and mother -- and any other authorities who happen to be in your life. Honor them. Please them. Do what they say -- for, after all, they know what's best for you."

Fear's voice is most insistent -- and your mind loves the sound of fear's voice.

This fear-filled environment is the one many of you, as humans, grew to adulthood in. And, of course, this is a most stressful environment. You can see that stress manifested all around -- and perhaps within -- yourselves. Every day, your newspapers and television screens are filled with these manifestations of fear. And so the stress -- and the fear -- continue in a seemingly self-perpetuating process, one that can feel almost impossible to break free from.

And yet it is critical, at this point in your personal evolution and in your planet's evolution, for you to break free from the self-imposed bonds of fear. When you begin to break free -- and when you finally gain full freedom -- you will marvel at the way you found so much false comfort and security in the misery of your jail cell. And all the time you were imprisoned, you had the key to your cell door in your hand. You had just forgotten you were given the key before you left Home.

So how do you break free of your culture, your authorities, your jail cells? Well, you begin by listening to Spirit speaking to you. And how does Spirit speak to you? In myriad ways. You are awake and aware -- or you would not be reading these words of mine. And yet, though you are awake and aware, you sometimes seem to struggle to simply get through just one 24-hour day. It does not have to be so. Spirit is speaking to you constantly. And we mean that literally -- constantly.

It is critical for you to fully remember who you are -- to remember your divine heritage -- as you move into the new millennium. And it is critical for you to move forward with joy and peace and love. Sure, you can also move forward through struggle and pain. But you don't have to do it that way. It's your choice.

And so, we come back to the ways in which Spirit speaks to you. It speaks to you in many ways, as we said a few moments ago. But It speaks to you most clearly through your feelings, through your heart. Whenever you are feeling joyful and positive and powerful and loving -- it is those times Spirit is speaking to you most clearly. Whatever feels joyful, positive, powerful, loving is Spirit simply reminding you of who you are.

Your soul -- your higher self is always in a state of perfect bliss -- perfect joy -- perfect peace. It is a state somewhat like a deep meditative state, but with total awareness of your total reality and existence in the moment. If you are fully present in the moment with love, there can be no pain, no sorrow -- there can be nothing but total peace -- the peace, as your bible says, that surpasses all understanding (human understanding, that is).

When you achieve that state of bliss and ecstasy -- and you can fully achieve it while still incarnated -- you will have once again become one with Spirit. And when Spirit speaks to you again, you will hear only the sound of your own voice.

Chapter 8

To Live In a Sacred Manner

John Cali

This title was taken from an article I co-wrote with Martha Patterson for an environmental magazine several years ago. Spirit suggested it would make an apt title for this message.

To Live In a Sacred Manner

Spirit

When you live in a sacred manner you live with honor and honesty. You honor all life, including your own. And you are relentlessly honest, especially with yourself.

The best way to ensure you live each of your waking moments in a sacred manner is to be, and to remain, deliberately and consciously connected to your higher self, your soul, your source -- the god, the goddess within.

And that connection is easier to achieve and maintain than you might think. You have an infallible indicator telling you continuously whether you're connected to your higher self or not. That indicator is the way you feel.

Yes, your feelings are absolutely the best way to tell if you're connected. When you feel good, you're connected. You don't need me to tell you what it feels like to feel good -- anything that is fun, joyful, pleasurable is a sure-fire indication you're connected to your higher self.

It is entirely possible to maintain this connection in every waking moment -- and even in your "non-waking" moments. The key is your focus.

As I've said before, if you're wanting to live a life of joy and fun, of feeling good all the time, it's important you pay attention to what you're paying attention to. Or, to say it another way, be aware of what you are focusing on in every moment of your wakefulness.

Are you thinking about all the troubles, difficulties, and disasters others are experiencing on the planet? Are you thinking about all the potential troubles you could experience in your own life? Or are you focusing on the good things of life, the things you want to manifest in your experience?

You will always know, by how you feel, when your focus, your thoughts are in alignment with your higher self. Here's a little self-test:

Think of something you find deeply unpleasant. Then pay attention to how you feel as you think about it. You'll probably get a funny, heavy feeling in your gut. Then think of something that gives you great pleasure. Now you'll feel light and exhilarated, joyful.

When you're feeling joyful, you're connected to your higher self. When you're feeling bad, you're not connected. It's that simple.

So it's a simple choice. Choose to focus only on those thoughts that feel good. You will raise your vibrations and will come into full harmony with the energy of your higher self. The end result is you will create only what you want in your life.

That is the Law of Attraction at work. Like attracts like. You cannot bring into your life anything -- good or bad -- unless you are vibrating on that level. Your thoughts determine the level of your vibration. And you are totally free to choose thoughts that align you with your higher self, or that do not align you.

The law works equally well the other way too. If you focus on what you do not want, on what feels bad, you'll create what you do not want in your life.

It is your choice. You are free, completely free, in every moment, to choose your thoughts -- and to create the reality you want.

As you consciously and deliberately choose only what feels good, your life will become more joyful, more pleasurable. You will find an abundance of all the things you've ever wanted.

You will truly be living in a sacred manner, the way the universe intended for you to live.

Chapter 9

Feeling Good and Getting Connected

Spirit

There's a dangerous myth loose in your world today. It goes something like this: If something feels good, you probably ought to feel guilty about it. Sound familiar?

You may hear it couched, if you will, in different words, in varied forms. But it's all-pervasive in your culture.

We say it's dangerous because it keeps you off-focus, as it were. It takes you off your spiritual path -- the path you chose, at the soul level, before you incarnated.

And so, if you buy into this myth, you're going to do, perhaps already have done, things you really don't want to do in your life. An excellent, and common, example is your work, your career.

How often have you been told, in subtle ways perhaps, you cannot do what you love and expect to "make a living," as it were? You're programmed, brainwashed even, into believing it is your responsibility to succeed. Success, of course, is not defined by you. It is defined by the idols of your society. Among these are money, worldly power, influence, material possessions of all sorts, and so on.

Now there's nothing wrong with any of these things IF you choose them for yourself, and not accept them simply because you're told to. If these things bring you joy, and if you consciously and deliberately choose them, that's fine.

And it's equally fine for you to choose whatever else you may want, regardless of what anyone thinks of your choices, if those choices bring you joy.

And now we come to heart of the matter -- what brings you joy. Whatever brings you joy, whatever is fun for you, whatever feels good is what you are supposed to be doing with your life.

When you are feeling good, when you are feeling a deep sense of joy, even bliss and ecstasy, it is at that moment you are deeply connected to your higher self -- the god, the goddess within.

Whatever feels good connects you, and keeps you connected, to God. It is entirely possible, in this lifetime, for you to have a full, conscious, continuous connection with your angel self, the god within. And you can achieve that by simply choosing, in every waking moment, only what feels good to you.

What feels good is your higher self's way of saying to you, "Yes, dear one, this is your path. This is the way Home."

Chapter 10

You Live In a World of Absolute Abundance

John Cali

I think that title might be the perfect thought to get us all off to a great start in this glorious new year of 2001. As Spirit eloquently articulates in this message, there are abundances of everything -- of all we want and all we do not want -- in this physical world we've chosen to be a part of.

One of the greatest personal insights I've had this past year is a growing appreciation for the simple fact there are positives and negatives in everything and everyone in our life experience. That is the nature of our life on Planet Earth -- and it is the very reason we've chosen to be here at this particular time.

We are all goddesses and gods -- powerful creators of whatever is manifesting in our lives. And where else but in a world of such wondrous contrasts -- the negative and the positive -- could we find such a grand and glorious opportunity to exercise our divine creative powers?

When we focus on anything long enough -- whether we consider it positive or negative -- we create a vibrational harmony with the object of our focus. It matters not if that "object" is a person, place, relationship, job, career, or whatever. And it matters not if we want or do not want it. Our focus on it ensures our vibrational harmony with it -- and therefore, it ensures it will manifest in our lives.

The universal Law of Attraction guarantees we will attract into our lives whatever we give our attention to. It cannot be otherwise. So it behooves all of us to pay attention to what we're paying attention to!

I wish all of you a bright and beautiful New Year!

You Live In a World of Absolute Abundance

Spirit

Do you know that? You live in a world of absolute abundance. You really do! And there is absolutely no reason you cannot have it all. In fact, you already do have it all!

Let us look at this. There is no lack of anything at all in your world -- no lack at all. You have an abundance of health and well-being. You have an abundance of illness and dis-ease. You have an abundance of prosperity and an abundance of poverty. You have an abundance of harmonious relationships and an abundance of painful relationships. You have an abundance of joy and an abundance of despair.

You already have it all! It's all there. All you need to do is choose what kind of abundance you wish to bring into your life experience -- an abundance of what you really, really want -- or an abundance of what you really, really do not want.

It's your choice -- you literally do create your own reality, as tired a cliché as that may seem to many of you. But the only reason it's a cliché is because it's absolutely true!

Your world is one of absolute and limitless abundance. It always has been and always will be. The pivotal point, if you will, is simply your choice of which end of the abundance spectrum you wish to focus on.

Yes, you can focus on, for example, illness and dis-ease. Or you can focus on health and well-being. You can focus on an abundance of dollars or on a lack of dollars. You can focus on

having your perfect mate or on not ever being worthy of a perfect mate. And the list goes on forever.

The point is it's your choice -- and only your choice. No one else can create your experience for you. You and only you have the power to create the life of your dreams.

Do not give that power away by thinking about and focusing on what you do NOT want. For remember, this is a world of absolute abundance. And there is an abundance of all you do not want -- and an abundance of all you do want.

It's your choice to focus on either end of spectrum. You can have it all -- whether it be all of what you don't want, or all of what you do want. Many of you, however, have a mix -- some of what you want and some (perhaps a lot) of what you do not want.

You get what you think about -- what you focus on -- in this deliciously delightful physical realm you've chosen to incarnate into this time around.

Give your attention, your thought, your focus to that which you want -- and only to that which you want. Ignore all the rest. Then you will have it all.

But the "all" will be only what you want. You will not have the "all" of what you do not want.

Acknowledge your power. Own your power -- claim your power -- your power to be once again the joyous, playful creators you intended to be in this physical lifetime.

Chapter 11

Trusting Yourself

Spirit

Your willingness to trust yourself and your inner senses is a most valuable asset. It is the one sure way to get and stay in touch with the god -- the goddess -- within. For you are indeed gods and goddesses -- and you are all endowed with all the power, majesty, and trappings of divinity. The only obstacle to fully using this divine power is your belief you do not have it.

The goal of life is not to see how much better you can do than the other guy. It is simply to see how much you can better your own record. After all, you didn't come to this incarnation to play useless games with your fellow travelers, although that is what many of you think you are here for.

Your purpose, your only purpose, is to grow beyond the limitations you have chosen to impose upon yourself for this lifetime. Your purpose is to remember who you truly are. Once you do that, you can move on -- you can fully live every moment of every day of your life. And you will know, in your most ordinary moments, a most extraordinary joy.

Chapter 12

Listen

Spirit

Have you ever listened to the silence? And what have you heard? We'd like you to take a moment -- right now, before you read any further -- and listen to the silence. Can you hear the sounds of silence?

You may have difficulty simply listening, not allowing your mind to chatter endlessly on, as it often does. But if you will spend even just a few moments simply being -- be-ing -- not doing, thinking, looking, touching -- but simply being silent -- you will discover an entirely new layer, if you will, of yourself.

In that new layer you will feel a deep sense of peace, of oneness, of connectedness with yourself. Your world does not value silence, nor does it practice it much. And that reluctance to value and practice the silence has taken its toll on your lives and on your planet. If you will be silent with yourself, many wonders will unfold. Listen to your heart beating. Listen to your breathing. Listen to your feelings. Just listen -- do not judge, criticize or intellectualize.

Simply listen. You will discover much richness in the silence. You will rediscover your lost soul self. Just be with that soul self in the silence -- tenderly, compassionately, lovingly.

Practice this each day, if only for a few moments. You will open up a whole new dimension of wonder, joy and peace -- just by listening to yourself with love. And, in doing that, you will empower yourself to really listen to and fully love your sisters and brothers, your fellow creatures, your planet.

In listening to yourself -- really listening and being in the silence -- you will remember all you have forgotten of the fullness and peacefulness of love and life.

Chapter 13

Gateways

John Cali

Last week I spoke briefly about some personal challenges I was having and the intense energy I was feeling as a result of those challenges. Since I wrote that, I've noticed those challenges and their resulting energies have created some wonderful openings, or gateways, for me.

Gateways Spirit

It is springtime in many parts of your planet -- a welcome respite for many of you from the rigors of winter. Your earth mother is arrayed in her most colorful finery -- bright flowers, green grassy swells, multi-colored birds singing gaily, trees in their full green glory. Your gardens are beginning to fill with the stirrings of new life, of rebirth. And you feel joy in your hearts as you luxuriate in the earth mother's yearly ceremony of rebirth. Your gardens will soon be full.

However, spring cannot come to your earth mother without her first passing through the gateway of winter. Winter, for some of you, is a time of quiet, cold joylessness where your endurance is sorely tested. For others of you, it is a time of rejoicing in the ever-shifting rhythms of your earth mother. But, regardless of how you experience winter, it is a gateway -- for you and for your earth mother. A gateway to the new life, the new colors, the new energies now spreading over the lovely form of your earth mother.

All of you encounter many gateways in your earthly lives. You don't always pass through them -- often you don't even see them. But there is not one day that passes in which you do not come to at least one significant gateway. The problem is you often see these gateways through a glass darkly, as your bible says. The challenge -- particularly for you, the lightworkers -- is to recognize a gateway when you see it. And to have the courage to walk through it.

And so, you might ask, what are these gateways we speak of? Well, they are many and varied. Let me tell you something that may surprise you -- every moment of your life is a gateway -- an opportunity to be reborn into a totally new life. Of course, some gateways are more easily noticed than others. To take an extreme example, the death of a loved one is a most noticeable gateway. Other gateways do not "grab" your attention, if you will, as powerfully.

The point is this: everything -- every thing, every moment, every person, every change, every fear, every doubt, every joy -- all your experiences -- are giving you a grand opportunity to grow, to learn. Or, more to the point, to fully remember who you are.

You often either run away from or simply don't see the many gateways to a richer, fuller, more blissful life experience -- while still in your physical bodies -- you are presented with, literally at every moment.

If you are fully present in the moment, you shall see all your gateways. You shall have the strength and courage to walk through each and every one of them. And you'll walk through them with the confidence of knowing you are not walking into the gloomy darkness of a cold, uncertain future, but into the joyful light of your greater reality.

All gateways -- whether they take you through darkness or light -- always lead you Home.

Chapter 14

The River of Life

Spirit

Your life is much like a river. Or, at least, that's what it was intended to be -- simply a free-flowing stream of energy, of consciousness. When you were a little child, you went with the flow, quite literally. You had few, if any, inhibitions and simply immersed yourself in the river of life.

You did not dam up the river. You let your emotions, your desires, your dreams simply be okay, no matter what. If you were happy, you were happy. If you were sad, you were sad. If you were angry, you were angry.

And it was all okay. You did not judge or criticize or condemn yourself. You simply went with the flow of the river of your life. You did not wonder if you were good or bad, right or wrong, light or dark. That is, until you were taught certain things -- certain feelings, beliefs, actions -- were right or wrong, good or evil.

It would be good for you to return to those days of yesteryear -- the days of your childhood, the days of innocence. You innocently and joyfully accepted your lives -- in every present moment -- just as they were.

You knew how to play joyfully in the river of life. We suggest you learn once again to play by the river, in the river.

Go with the flow, go in peace.

Chapter 15

Unshakeable Happiness

John Cali

The Buddhist nun and teacher, Pema Chodron, speaks of unshakeable happiness -- the ability to remain joyful through life's ups and downs. It's a profound notion, one not easily understood by most of us in western society today. We've been taught to base our happiness (or lack of it) on whether our lives are up (happy) or down (sad).

In much of our western culture, our happiness depends on things outside ourselves. In Buddhist thinking, happiness depends solely on you and your inner awareness. Your happiness remains untouched and uninfluenced by the world "out there."

Unshakeable Happiness

Spirit

You've often heard it said "go with the flow." Have you ever stopped to think about what happiness is to you? Many of you would probably respond by naming "things" that make you happy. Among those "things" could be a lot of money, a new car, a big house, the perfect job, the ideal mate, lots of friends -- and on and on.

All those "things" are good and certainly desirable. There is nothing wrong with wanting them for yourselves and your loved ones. But how often have you been devastated -- or seen someone else devastated -- by the loss of a job, a relationship, a friend, a home? We are not saying it is inappropriate for you to feel sadness over such losses -- the sadness, the suffering are, after all, part of being human. And being human is the choice you, at the soul level, made before you incarnated.

The key here is flow -- to go with the flow, as you say. To remain unattached. When you feel sad, you touch the sadness with your awareness, you acknowledge it, then you let it go. And you do the same with happiness, love, joy -- all the "positive" emotions and feelings. And you also do the same with the "things" in your life -- a wonderful mate, a beautiful home, a good job, a caring friendship, etc. You acknowledge them and you express your gratitude for them. But you do not get "stuck" on them.

Life is all about change. Nothing ever remains static. Nothing remains the same, even from one moment to the next -- not your body, not the air you breathe, not the sun that warms the planet, not the planet herself. Everything -- every thing -- is constantly changing. If you did not change, you would never grow. You would just wither up and die.

That is what going with the flow is all about -- simply acknowledging the impermanence of life, then learning to feel safe and secure with uncertainty. When you reach that place of safety and security, you will know unshakeable happiness. It will be a deeply-felt happiness that will remain with you -- within you -- no matter what is happening in the world around you.

Chapter 16

Success

Spirit

We would like to propose a definition of success -- perhaps a radically different definition from those you've heard before.

As John has said, there are as many definitions of success (or happiness, for that matter) as there are humans on your Mother Earth. Since you all create your own realities, it's perfectly logical that you would all define success or happiness in your own unique and special way.

So let's go through a list of the more popular ideas of success. Let's see -- there's money, harmonious relationships, sexy lovers, prestigious careers, beautiful houses, fancy cars, powerful friends, college degrees, and so on. We know you can all add many more items to our short list.

But do you get a sense of where this is leading? Many humans define success or happiness by what they have, by what they do. There's absolutely nothing wrong in the having or the doing. Where you go astray, however, is in defining your value as a human (or spiritual) being by what you happen to have -- or what you happen to do -- in this particular lifetime.

Let me ask you to do a little personal assessment here. Sit down and make a written list of all you have in your life that you consider good. Good relationships, a fantastic lover, a great career, lots of friends, financial abundance, a supportive and loving family, etc.

And now let's list all those things you'd rather not have in your life. You can do that list better than we can. Maybe you have a job you hate. Or a failing marriage. Or a lack of money. Or a dis-eased physical body.

Both of these lists could be endless. But -- think about this -- what do those lists of what you have or lack in your life say about you? What do they really say about you -- that human being who stands in front of your mirror every morning?

As you stand at your mirror, look deeply into your own eyes. If you do that long enough (a minute or two is long enough), you will re-connect with that grand and glorious soul-self. That part of you that is eternal -- and all-wise, all-knowing, all-powerful, all-loving.

That is the real you!

And that real you is not defined or limited by what you -- the human aspect of the greater you -- have or do in this particular lifetime.

If anything in your human experience in this lifetime is giving you joy, then that is a very good thing for you.

Our point is what you have or do in your life is important only to the degree it brings you joy. What brings you joy is good for you. What does not bring you joy is not good for you.

So start re-thinking your definition of success, of happiness. Re-define success or happiness not in terms of how much you have, or how much you've done. But let your measure of success be having and doing what brings you joy.

Joy is the only true measure of success. And it doesn't matter if the rest of the world -- even those you love deeply -- agree with you or not.

When you seek joy, then you -- on your human level -- are deeply connected to your soul-self. And your soul-self is who you really are -- a grand and glorious being of great light and power and divinity.

So let what you do and have in your life be only what brings you joy. Seek only joy -- always. And then you will know success on every level of your being.

For success is not what you have or do. It is who you are. And who you are is joy. Seek only joy.

Chapter 17

The Power of Joy

John Cali

This is the flu season. If you don't know that, you must not be reading the newspapers or watching television. Those two media are doing their best to scare the hell out of you. And this year, the dreaded flu season has a little additional complication -- anthrax.

I haven't had the flu in nearly 20 years. And I don't intend to get it this year. But if you listen to the mainstream media, you may be convinced getting the flu is inevitable. Or worse yet, you're convinced getting poisoned by anthrax is a real possibility for you.

I'm not convinced on either score. Spirit isn't either. Are you?

The Power of Joy

Spirit

Do you have any idea of the power of joy? Do you know nothing is more important than that you be joyful and joy-filled? Nothing!

Joy is your reason for choosing to come into this lifetime. It is literally your reason for being. At least, for being in your current physical body in your current lifetime.

You did not choose, at your soul level, to come into this lifetime to experience anything except joy. You may have forgotten that. But your forgetting does not make it any less true.

There is obviously much in your world today, especially today, that, if you focused on too much, would bring you anything but joy.

But your world today is no different than it has ever been, at least in this sense: there are negatives and positives. There always have been, always will be.

We will, however, grant you this: today, there are some huge negatives -- events and circumstances that, if you focus on them too much, will fill you to overflowing with fear and dread, robbing you of the joy that is your birthright.

But it has ever been thus, as long as you, as a human race, have walked upon your beloved Planet Earth.

You have always been free to choose what you want to focus on. Which, therefore, means you're free to experience whatever you focus on. And that is exactly where many humans "go astray," if you will.

For it is what you focus on, what you give most of your attention to, that creates your life experiences. If you focus on the negatives -- and there are plenty out there -- negative will be your experience. And the reverse is also true. It's totally up to you.

The entire world could be "going to hell in a handbasket," as you might say. But you, in your centered, peaceful place within, could be living a life of absolute joy and total bliss.

No one -- not even a whole world -- has any power to create your experience for you. You -- and you alone -- create your own experience, your own reality.

Your choice to focus on the positives -- and there are many more of those than there are of the negatives (even in the wake of September 11) -- will ensure your joy. That choice will also ensure your remaining fully connected to your higher, wiser self -- the goddess, the god within.

And when you consciously, deliberately choose to focus on joy, on the beauty, on the grandeur that exists everywhere, in everything, and in everyone, you are in the highest vibration you can experience while still in human form.

As long as you remain in that high vibration, no one -- nothing -- can harm you. Your physical body will know and feel the power of your soul. And from that knowing and feeling place, nothing harmful can touch your body. Nothing!

Whether you believe any of this or not, it is the truth. For you are far more powerful than you know. You are wise and powerful beyond what any of you have envisioned in the wildest, most passionate of your dreams.

All is well.

About the Author

John Cali

Great Western Publishing

John Cali was born into a Roman Catholic family of Sicilian immigrants in western New York State. As a child, he would occasionally be visited by spirits. Though he didn't understand what was happening at the time. In fact, it sometimes scared him. There was no one in his family or church who would or could help him. It scared them too.

In the early 1980s John took a spiritual development course, and was introduced to his first spirit guide, Lydia. After Lydia arrived three other guides also came to him: Michael, Tamarra, and Joseph. Today these are John's four main guides. As a group he refers to them simply as "Spirit."

At first John worked only privately with his guides. The guides eventually urged him to "go public." He did so, but reluctantly. First with just a small circle of close family and friends. Then to a larger circle, until it's grown to what it is today.

In the late 1990s John started publishing Sentinels of the Sky Newsletter, now known as John Cali and Spirit. He also has a blog, [John Cali and Spirit Blog](#).

It was not an easy journey in the beginning. But it was fun and fulfilling, and it still is. More importantly, though, this journey has brought many people (including John) closer to remembering who they really are, and why they are here. It's helped them feel good about being human.

It's also helped them know they are spirit beings in human form. And to rejoice in that knowing. As John and the group often remind people, "You are God."

For more information, visit:

<http://www.GreatWesternPublishing.org>

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Personal Readings with Spirit

How Can I Benefit from a Reading?

Are you feeling stuck in your life? Are you searching and yearning for your passion? Are you confused about which way to turn, which path to follow?

When you see yourself non judgmentally from Spirit's perspective, you'll find it far easier to see yourself clearly, and with love. You will see you are neither "right" nor "wrong" -- you are just you.

And that's the beauty and power of this process -- you begin to see who you really are. And you begin to know you are a beautiful being worthy of love and abundance.

This is a time of transition on Mother Earth. And it can be a difficult time for all humans, including light workers. The energies are intensifying. The old ways no longer work. You need not look beyond the newspaper headlines to see that.

This is where John and his guides can help you. If you want to fully remember who you are, this is for you. If you want to re-claim your power, this is for you. If you want to live the rest of your life happily ever after, this is for you.

That's what this is all about -- remembering who you are, re-claiming your power, and living your joy.

What Sorts of Questions Can I Ask?

You can ask any questions you want. These are the main areas many people find they have concerns about:

- * Relationships, including romantic ones
- * Money and finances, other forms of abundance
- * Work/career
- * Physical body/health
- * Home
- * General sense of well-being

Another question of increasingly greater concern to people is all the intensity of the energies our planet is experiencing today. Some people are scared, some are confused, all are concerned. Though Spirit always says there is nothing to fear.

For more details on personal readings with Spirit, go to:

<http://www.greatwesternpublishing.org/reading/>

Special Reports from Spirit

These special reports provide you concise mini-sessions with Spirit and John on topics Spirit feels are timely and appropriate for those drawn to a conscious, deliberate spiritual path. Some of these mini-sessions are Spirit's responses to questions our clients and readers have asked over the years.

The reports are designed to assist you, in partnership with your soul, along the path of your personal and spiritual growth. The goal is simple: To live your life freely, fully, and with deep joy in every present moment.

You can order the special reports online at:

<http://www.greatwesternpublishing.org/john-cali-spirit-store/john-cali-spirit-store-reports/>

The Way of the Warrior

The Way of the Warrior is one of our most popular special reports. Here is the full text of it: The Way of the Warrior is simple. However, as you have often heard me say, it may be simple but it's not always easy. Today I would like to give you a few of my simple guidelines or "rules of the road," if you will. And that road is the Way of the Warrior.

The Warrior always speaks her truth -- no matter what the circumstances.

The Warrior is totally detached from what others think and say about her. (This is absolutely necessary if she's going to observe the first rule above.)

The Warrior always does her best to see the divinity in all that is. In this way, she shall never have any desire to own, control, manipulate, misuse or abuse any of the Great Spirit's creatures.

The Warrior always follows the highest path as dictated by the highest authority in the universe -- herself.

The Warrior totally trusts in -- and surrenders to -- the flow of her life. She knows all is as it should be. Therefore, she must always completely trust in -- and surrender to -- her Higher Self, her Soul, the Great Spirit.

The Warrior knows all Love, all Wisdom, all Power lie within her -- within her heart, her mind, her body, her Soul. There is nothing to seek, nothing to find, nowhere to go -- except WITHIN.

The Warrior knows with absolute certainty she has never make a mistake -- she can never make a mistake. All of her life is simply a lesson in this classroom called Planet Earth. She learns as she goes. All is as it should be.

The Warrior never takes life on Planet Earth too seriously. It's all a game, after all -- a game in the classroom of Planet Earth. And games should be fun. Enjoy the game -- it won't last forever!

The Warrior's heart is always full -- and always grateful. She never knows lack or emptiness -- except, that is, when she creates those illusions by getting too infatuated with the Great Illusion -- the human experience.

The Warrior knows the Great Illusion creates some highly interesting challenges -- for example, the challenge to rise above the Great Illusion.

As she rises above the Great Illusion, the Warrior knows this experience is as it should be -- she has chosen it. And in this choosing, she is remembering her way back to the Light -- back to her Home. That was the only reason for choosing the Great Illusion in the first place.

The Warrior knows all her brothers and sisters on Planet Earth have the same destination she does -- HOME. But each may take a different path. And the Warrior knows that's okay! All will get Home -- no matter what path they take. It cannot be otherwise -- for ALL paths lead HOME.

The Warrior knows the way of the wind. She loves the wind, but she knows she cannot capture it -- she cannot own it. She can love it, luxuriate in its presence, glory in its energy. But if she tries to capture it, it becomes something other than what it truly is -- it becomes still and stagnant air. She can never possess it completely -- unless she refuses to ever own it -- unless she refuses to ever have sovereignty over it. She can possess it only by letting it be free -- by letting it be what it is.

It cannot be otherwise. The Way of the Warrior is the Way of the Wind.

Here's a beautiful video of The Way of the Warrior:

<http://www.youtube.com/watch?v=tPr1ykx839k>

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