

Listen With Your Heart

Volume 12—A Simple
Inspiration in English
and Swedish Languages

By
John J. Kelly, PhD

Translated by
**Anette Galasinski,
Ann-Margreth Eriksson-Eklund**

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Swedish Languages**

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Dedication

This book is dedicated to
the children of the Divine Creator—
my brothers and sisters all.

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Preface

This book is about spiritual truths. It is a central tenet of this book that a Universal Presence or Divine Creator exists, and the terms are used interchangeably herein.

If you read this book, you either believe in a Divine Creator, you believe in the possibility that a Divine Creator exists, or you are wondering about the potential that a Divine Creator may exist. You may have already established a personal connection with this Universal Presence, you may still be searching for this connection, or you may be somewhere along the intervening spectrum of spiritual awareness. It matters not at which point you place yourself on the spectrum of faith: this book is still for you.

This book is an “interfaith” book. As such, the form, structure, institution, and religio-political orientation of your spiritual belief is neither challenged nor supported herein; thus it does not seek to impose upon your personal choice. This is a book about spirituality, spiritual connections, faith, and your personal relationship with your chosen Divinity. It is a book about spiritualism and your relationship to the Universal Presence. It is a book for you and about you and your soul, whoever you are, where ever you are, however old you are, and whatever your race, color, creed, sex, nationality or religion.

This is a book about spiritual common sense. It is an effort to cut through religious rhetoric and focus on the instinctive, common sense, spiritual connectedness inscribed indelibly in the heart and on the soul of every human being. As you read the pages of this book, you will come to know in your heart that this book truly was meant for you, that you were ready for its simple insights, that it was your time to know the Divine Creator and affirm your personal, unique relationship to that Universal Presence from a fresh perspective.

I have absolute faith that God will place this book in the right hands. I trust that there is a reason that **you** are holding this book—some unseen inspiration which guided you to read these words. There must be a reason that you happened upon this “guide to spiritual common sense” at this time in your life; there must be something within these pages which has a special meaning just for you. All you need to do to achieve this understanding, to receive the message uniquely intended for you, is to *listen not* to the echo of the words resounding in your mind; *feel instead* the messages that the words vibrate within your heart and resonate within your soul.

I have no awareness of the impact of the words in this book, your reaction to these words, nor the meaning that you will give to these words. If somewhere along the way these words ring true in your heart, and if they bring you a greater sense of connection to your spiritual self, then I have humbly and unknowingly accomplished something worthwhile. I only know that I will not be complete until I have exercised the opportunity to share this divine inspiration with other children of the Divine Creator, my brothers and sisters all.

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Introduction

Levels of Consciousness

The information in this book was obtained through a personal “automatic writing” session. This concept will be new to many readers, while it is actually a common practice with a long history. Automatic writing derived over time from the concept of “free association” writing used in psychoanalysis as first developed by Sigmund Freud. Yet its roots date back to the early “stream of consciousness” concept found in early Buddhist scriptures (specifically, in the *Digha Nikaya*; see Steven Collins, *Selfless Persons; Imagery and Thought in Theravāda Buddhism*, Cambridge University Press, 1982).

In 1890, the psychologist and philosopher William James published his *Principles of Truth*. James’ description of the mind-world connection described in terms of the “stream of consciousness” had a direct and significant impact on the development and expansion of “stream of consciousness writing.” This is commonly associated with the modernist movement in literature in the nineteenth and twentieth centuries. Stream of consciousness writing guides the reader to visualize or perceive a character’s point of view through the written equivalent of the character’s thought processes. Examples of stream of consciousness writing include Leo Tolstoy’s *Anna Karenina* (1873), William Faulkner’s *The Sound and the Fury* (1929), and Nobel laureate Nadine Gordimer’s *July’s People* (1981).

I first learned about automatic writing while reading a book by Ruth Montgomery entitled *A Search for the Truth* (Ballantine Books, 1982). Automatic writing is typically accomplished through meditation while placing a pen or pencil against a sheet of paper in the same manner as free association writing. In time, the pen will begin to move on the paper creating images or capturing words, thoughts and—for very experienced automatic writers—inspired perspectives and even comprehensive discussions.

Automatic writing stems from the concept that humans have multiple levels of consciousness (e.g., conscious awareness, unconscious perception). In psychoanalysis, the conscious mind is the part of the mind comprising psychic material of which the individual is aware. In contrast, the unconscious mind is the part of the mind containing psychic material of which the individual is rarely aware, yet it has a pronounced influence on behavior.

Both of the above levels of consciousness are active during the “waking state” (whenever the individual is awake); the unconscious mind is active even in sleep states. In the waking state, the conscious mind is normally in control of our actions, whereas during sleep the unconscious mind assumes an increased level of control. This shift in the degree of conscious control from the waking state toward sleep—the shift in control of information and actions from the conscious mind toward the unconscious mind—is referred to as an “altered state of consciousness,” with the most common examples being the dream state (daydreams or night dreams), meditation and hypnosis. An altered state of consciousness is typically accompanied

by a heightened degree of suggestibility, a higher or broader level of perspective, and personal inspiration.

From a spiritual perspective, the physical body is generally correlated with the conscious mind, whereas the unconscious mind is considered as the gateway to the soul: and the soul never sleeps. During the waking state the physical being has primary control over our thoughts; during the sleep state, the ever-awake and ever-alert soul has primary control over our thought processes and provides information typically in the form of dreams.

Yet if the individual is trained in meditation, the balance of consciousness can be shifted so as to receive information on a specific requested subject matter and even engage in nonverbal conversation. This is common for monks, religious clerics and devoted spiritualists the world over. If the practitioner is also trained in automatic writing, then the information received through the gateway of the unconscious mind can be recorded.

Most people are capable of influencing to at least some degree the level of control exerted between the conscious and unconscious minds, such as is routinely accomplished by the average individual during meditation or even prayer. A relatively small percentage of people have trained themselves to balance the level of control between the conscious and unconscious minds so that both are actively working on different activities at the same time. For example, some secretaries are able to carry on a conversation on one topic while continuing to type a letter on a different subject—two levels of consciousness working on different physical world activities at the same time.

Inspirational Channeling

As discussed in Ruth Montgomery's books, automatic writing is used during meditation as a means of documenting whatever information is received during meditation. For this approach, the person doing the meditation is referred to as a 'channeler', because they are serving as a channel or conduit for information flow through the minimally alert conscious mind and onto paper. The channeler requests guidance or information through the unconscious mind and also releases conscious control of the hands and fingers. The expectation is that whoever or whatever provides this guidance will also pass along sufficient energy to move the hand holding a pencil or a pen so that the channeled guidance or information is recorded on the paper.

There is absolutely nothing to fear in this process. ALL DIVINELY INSPIRED INFORMATION IS CHANNLED INFORMATION; otherwise, where would information about life beyond the physical world come from? Throughout history and in the present day, popes, priests, shamans, rabbis, and other holy men have prayed for guidance or information, and the information they received is considered as "divinely inspired." If they were capturing this information as part of a great religious book, such as the *Qur'an*, *Vedas*, *Bhagavad Gītā*, *Bible* or *I Ching*, then they were serving as a channeler of the divine information transferred from their unconscious mind to the great book. A fairly modern day religious book of some 2000

pages is *The Urantia Book* (Urantia Foundation, 1955), which clearly states that every bit of the information contained therein was channeled by a number of gifted and highly respected channelers.

Most religious documents recognize the ability of every person to communicate with “the other side,” although they also warn about the potential of receiving information from evil, malicious or misguided souls, which certainly can happen. Thus, spiritual leaders of most religions admonish their congregations to rely either solely or primarily on the guidance and inspiration passed down from religious leaders so as to be certain that the information is “right-thinking”—which means it is channeled from a safe, loving, good and high source. Of course, many trained spiritualists, authors, artists, etc. are perfectly capable of channeling the same source(s) of information and receiving divine inspiration. Perhaps the most obvious visual evidence of this can be discovered with a tour of paintings at most art museums.

One of the best modern day examples of this concept is the three-part series of books by Neale Donald Walsch entitled *Conversations with God: An Uncommon Dialogue* (Hampton Roads Publishing, 1996, 1997, 1998). Walsch does not use the term automatic writing in his books, yet he maintains that the information for his books was provided to him as a result of his “conversations with God.” As he explains in Chapter 1 of Book 2:

"On a blank sheet of paper, I would merely write a question—any question; usually the first question that came to my head—and no sooner was the question written than the answer would form in my head, as if Someone were whispering in my ear. I was taking dictation!"

Note that “Someone” is capitalized, which traditionally indicates the highest divinity. Around the world, millions of readers of Neale Donald Walsch’s books, which have been translated into many languages, would agree that his writings fully satisfy the term “divinely inspired.”

The Process of Automatic Writing

Back to the concept of automatic writing, for several decades Ruth Montgomery was able to connect with an entity (soul or guide) on the other side which identified itself as Lily. Although originally very skeptical, Ruth became quite comfortable over time with the information channeled from Lily as having a high degree of accuracy in terms of the information which was able to be verified in the physical world (e.g., people, places, dates, events, predictions, etc.). As a result, her automatic writing became the source of many successful books on spirituality.

After reading one of Ruth Montgomery’s books on the subject, I was inspired to try it myself. As commonly happens with unfamiliar concepts, my early attempts at automatic writing failed. This was due in part to impatience, but it was primarily due to the frustration of learning to apply a centuries old technique in a era of advanced communication technology.

While Ruth Montgomery relied on the pen and paper technique, I found it difficult while in meditation to keep track of a moving pencil on a page of limited dimensions and with limited space. I had no awareness of the edges of the paper and felt that the simple process of changing pages was unnecessarily disruptive to the meditation.

I was about to give up on automatic writing, when I awoke one night with a sudden realization (an inspiration) that I should learn to do automatic writing using a computer. I happened to be in Sedona, Arizona, at the time participating in a certification course for hypnotherapy presented by Clara-Bo Whiteman, a renowned parapsychologist and a reported walk-in. (Walk-ins are discussed in a couple of Ruth Montgomery's books, including *Strangers Among Us*, Ballantine Books, 1979.) When I awoke with the inspiration about using a computer for automatic writing, I asked in my mind who could teach me such a skill. The response was, "ask Clara-Bo."

The next morning I excitedly shared my inspiration with Clara-Bo and asked if she could do this. Fortunately, Clara-Bo seems to have a gift for everything spiritual. She said that she had never heard of using a computer for this purpose: but why not? She guided me into a comfortable level of meditation while I sat in front of my laptop computer. Then she instructed me to open my unconscious mind to receive channeled information and to allow that information to take control of my hands. In less than 30 seconds, I could feel my right hand begin to vibrate, and suddenly I was typing channeled information —nothing remarkable at first; more like automatic gibberish. Clara-Bo remained traditionally calm and asked questions to focus the answers relayed through my fingertips and into the computer, eventually transforming mere gibberish into meaningful response.

In the months that followed, I practiced many times each week to strengthen my automatic writing skills on the computer, developing a simple protocol and working to minimize filtering by the conscious mind. From a practical perspective, this was an exceptional improvement over automatic writing on paper. I no longer needed to worry about the margins of the page and no longer had to turn a page while receiving information. When a computerized automatic writing session was finished, I was able to read almost every word clearly (as opposed to the chicken scratches I had previously scrawled on paper), and I was able to use the computer's spell-check feature to correct spelling errors. The result was a computer file that could be printed, shared with others, saved to my computer, and backed up on a removable disk.

This sense of freedom from focusing on the administrative functions of automatic writing allowed me to relax into a deeper state of meditation, permitting the words to flow through my fingertips and onto the keyboard, where they migrated to a safe storage disk for future retrieval. This contributed significantly to higher quality channeled information.

Channeling From the Heart

In November of 1998, I was working on a different book. I was nearing the end of the research phase for that book, and I was seeking something which served as the core of all the spiritual, religious and philosophical concepts which I had explored.

On November 16, I placed myself into a deep meditative state consistent with the approach commonly used for semi-detached automatic writing. Since I had been practicing automatic writing routinely for several years, I knew how to achieve a comfortable, altered state of consciousness which allowed for only the barest minimum of conscious mind awareness. This was the optimum state to minimize filtering (bias) and to purify the information received through the gateway of the unconscious mind.

In the process of accessing that meditative state, I began by typing a request in an effort to set the tone of the session and to clarify what information I was seeking. I was requesting the information from the highest and most knowledgeable “authority”—in fact, from the root source of all knowledge—and I believe that was source of the reply which comprises all of the channeled information in this book.

Then came an even greater challenge: how to match the channeled information to the book I had been struggling with since 1998. It simply did not work well with the tone of the book I was working on. In fact I tried for years thereafter to fit it into other books and even to use it as the foundation for one of those books, yet I was unable to find the perfect match with any of those efforts.

One day in 2009 I sat down to read the channeled information yet another time. I had read it many times without realizing that I was overlooking something significant. Attached to the end of the information was a follow-up automatic writing session from December of 1999 seeking further information. Therein lie the answer, but I had failed to grasp its meaning for nearly ten years:

You are seeking quantity in My words ... when what you really want is quality. What I have already said ... is more than sufficient.

The answer was right there: the channeled session was more than sufficient. It embraced the most positive aspects about our personal relationship with the Divine Creator, and anything I might add in the pages of a book would surely fail to achieve the same level of divine perfection and inspiration. Nothing more needed to be said.

Yet there remained the question of how to turn something so simple into a book that could speak to people all over the world in their own language. The answer again came instantly: “include the translations in the same book.” And so I did!

Through the generous time and efforts of some very special multi-lingual friends who provided the many translations to the original channeled session, this book finally accomplishes my objective of more than ten years to bring the channeled words of the Universal Presence to your heart. In so doing, I go to that well one more time and ask again for assistance: please help all those who are seeking the information herein to truly listen with their hearts.



Original Channeled Version — English

Name of Channeler — John J. Kelly

Language — English

Dialect — North American

Listen With Your Heart

My request on November 16, 1998:

Please assist me in setting forth Your guidance to all. I am seeking the core information which has been revised many times over the ages to benefit a few. What is the core information which benefits all? Assist me to lift up my eyes to see what I should have always seen, and to assist others to lift up their eyes, raise the veils, see that which has always been there but which has escaped their vision before. Please provide me with information and guidance which applies not only to me but to all those whose eyes have been closed by the words and ideas of others. Let Your words set me free. Let Your words reach into the souls of all men and women everywhere to set them free.

The reply:

The information you seek is within you. That which you wish to hear you have already felt. The words you write will be the words you request. I will guide your hand. Trust in yourself. Trust in Me within you.

I am the one referred to as the Universal Father, the Universal Source and Center. I am the First Divinity, that from which all within this universe was created. You are of Me. You were created in My image, not as a physical entity but as a spiritual being. All that you see and all that you experience and all that your senses address are of Me, created by Me, exist through Me, continue by Me.

Each aspect of creation, each living entity, and each material object is of Me. All that is, is of Me and was created by Me or from that which I created.

Yet, there is far too much I and not enough We. We are all as one, and We are all connected to one another. All people are connected, even if that final connection is through Me. We cease to exist without one another. If one of us should cease to exist, We would be less than We are. That which is referred to as the "All" or the "Whole" is the sum of all that exists. It is not Me, but it is of Me. Neither is it you, but it is less without you. All people are important. All creatures are important. All things are important. For, without them, We are less than We are. The sum of the Whole would be less than it is now.

Universal laws ensure that nothing is lost, that all is conserved. Yet, if We create men from ashes, then We lose something if man returns to ashes, for We have stepped backwards. If We create spiritman, then We have stepped backwards when spiritman ceases to exist, even though that which was spiritman returns to the Source and Center and recreates as something else.

All people are not here for the same reason, but while here, all share in the same purpose. Some come here by choice; others come by request, although it is their choice to accept and respond to that request. Some may have a primary overriding purpose that drives their lives or a portion of their lives. When that objective is complete, they may leave or they may choose to

continue to fulfill other secondary objectives or to fulfill that which is a generic objective or purpose of all people. That overriding, central, generic purpose is to experience.

Through experience, you will define and redefine who you are. In so doing, you will create your next destiny. However, in the greater sense, your long term eternal destiny is already written: yet, you will decide along the way who you will be as you move into and through that eternal destiny.

All people—men and women, black and yellow, white and red, child and adult—are created equally. They come into the world with equality. Each individual “being” of this plane and all other planes was created and given two irrevocable gifts: the gift of unconditional love, and the gift of free choice. No choice can be free if it is embraced within condition. Thus, My love for you is unconditional, regardless of any choices you make along the way toward your eternal destiny. Anything which violates those gifts will not survive into eternity. Those who violate those gifts will survive, as will all others who choose to do so, yet their violations of those gifts will not survive into eternity. Those who seek to come between Me and you—thus seeking to impose tertiary conditions on My love for you—cannot impose such control for a moment longer than you allow, and they cannot continue such controls into eternity. The choices of accepting such limitations or controls over Our relationship is yours. Still, they shall not bear on the unconditional love I give to you.

Listen with your heart. I love you unconditionally. I love you without condition. There is no condition which could ever exist, by My law, which could cast even the smallest shadow on My love for you. As We move into eternity, far beyond the existence of the plane of your present existence, only four things will continue to exist for that entire span of time: you, Me, My unconditional love for you, and your free choice.

You even have the choice not to love Me in return, though I will always love you. Wherever you go, whatever path you choose, whatever choices you make, I will continue to love you. There are no conditions on My love for you now, there never have been any conditions on My love for you from the moment of your creation, and there never will be any conditions on My love for you.

Listen with your heart. I walk not in front of you nor behind you. I am not above you nor beneath you. I walk beside you and exist within you. We are as one, and a part of Me is always within you. You are never without Me, and I am never apart from you. Listen with your heart, for there will you find Me, and there will you find all the truths and answers you seek.

Listen with your heart. If you are told that I am a jealous creator, then you will know that such is not true, for My love for you is unconditional and, therefore, not conditioned upon what you might do nor how you might worship in your present existence.

Listen with your heart. If you are told that you will feel My vengeance in time, then you will know in your heart that this is not true. My love for you is so strong and is without condition, such that there could never exist a sense of vengeance against you.

Listen with your heart. If you are told that you should fear for your future or your existence after this life, then you will know in your heart that this is not true, for your life after this life will be, by your choice, an existence with Me. Where you go, now and after, I go. Where you exist, I exist. Whatever you do, whatever choices you make, I am with you.

Listen with your heart, and you will know the truth when it comes upon you, just as you will recognize untruth when it is imposed upon you.

Listen with your heart, and refuse to accept any untruth which suggests that My love for you is conditioned in any way or at any time by any choice or choices you make.

Listen with your heart, and cast down any concept which suggests that anything could ever come between you and Me.

Listen with your heart to the messages I send you continuously. Listen to My words of love. Wherever you go, whatever you choose to do, My unconditional love for you continues. You are never without that unconditional love, for you are never without Me.

If you are seeking Me, then look within your heart, for it is there that I reside. Feel the warmth of My hand as it touches your heart, and know once again that I love you, just as I have always loved you and always will love you. If you are seeking Me, seek within yourself, for you are never without Me and never without My unconditional love for you. If you seek within and find that there is even the faintest spark of love within you, then you have found Me. If you do not find such a spark of love, then it is by your own choice that you refuse to see that which is always, has always been, will always be, there. Lift up the veil you have chosen to place over your eyes, and then you will surely see the love that is within; then you will have found Me, for you have never existed for even the briefest moment without Me and My love for you.

Listen with your heart. If it is suggested that I have created some who are more worthy than others, then you will know in your heart that this is not true. All creation is equal. I do not love you more than I love another, nor do I love another more than I love you. I love all with equality and with an unconditional, eternal love. I exist within all people at all times. I walk beside all people at all times. You are never without Me, regardless of your color or creed or choices or station in life.

Listen with your heart. If you hear that I favor one group of people over another, then you will know that this is not true. I love all nations, all people, all groups of people, and all individuals with the same unconditional and eternal intensity.

Listen with your heart. If you read any words in any book that suggest that I do not love you or that I do not allow you free choice, or that I would seek vengeance upon you, or that you could ever lose favor with Me: then you will know in your heart that this is not true. If such were true, then My gift of free choice would be violated, and such would be as a condition to My love for you. Yet, there are no conditions to My love for you; there can never be any conditions imposed upon My love for you.

Listen with your heart. If someone suggests that I would look upon you with honor and favor if you gave your life for what you believe is My desire, then you will know in your heart that such is untrue. You are never out of favor with Me, and you cannot gain greater favor with Me. My love for you is never diminished nor enhanced. It is total, complete, unending, and unconditional.

Though it is true that I may be saddened by your actions from time to time, the sadness stems from the adverse effects you bring about in your own life and visit upon the lives of others by your actions. If you step on My toe, I will not love you less, but I will feel the pain. If you visit harm upon one of My other children, then I feel saddened by and experience their pain, yet I do not love you any less. If they retaliate and return the pain, then I do not love either of you any less, yet I feel the pain which both of you feel, and I am saddened by your actions. Yet, regardless of what you do and regardless of what choices you make, I will never stop loving you nor tarnish even slightly the unconditional love I hold for you.

You exist on this plane, just as you exist on all other planes: to experience your existence. You cannot know white if all is white, for there is no means for comparison. You cannot know light if all is the same intensity of light, for there is no means for comparison. You cannot know love if all is love, for there is no means for comparison. To know white, you must experience black. To better understand white, you must experience all the colors of the energy spectrum. It is only by comparison to all other colors that you can fully understand white, and it is only through this experiential understanding that you can choose that color which best fits, suits, defines you and your continued existence. Moreover, it is important that all colors exist within creation, and it is essential that all colors exist in harmony.

You cannot know light without knowing darkness. It is only by experiencing the absence of light that you can understand light itself, and you accomplish this through experiencing darkness. Neither can you obtain a full understanding of light until you experience all the variations and intensities of light which exist within the energy spectrum. Only after you have experienced all of the variations and intensities of light will you be able to choose that which best fits you and which you will wear or exist within into eternity. Moreover, it is important that all variations and intensities of light—including darkness—exist within creation, and it is essential that light and darkness and all the intensities in between exist in harmony.

You cannot know love without experiencing its opposite. You cannot understand what it is like to be loved until you have experienced what it is like not to be loved, to close your eyes to all the love that comes toward you, even the unconditional love which I maintain within you.

You experience this absence of love through fear. Moreover, you cannot fully understand love unless you experience and understand all of the emotions between love and fear, such as anger, hatred, prejudice, jealousy, vengeance, passion, compassion, caring, sharing, generosity, acceptance, forgiveness, forgiving, and more. Only when you have experienced and fully understand all of these emotions can you fully understand love and choose for yourself that state of emotion that will define who you are into eternity.

Thus, you are here in this existence, just as you will be in the existence after this life, to experience that which you have either not yet experienced or which you have experienced before but do not yet fully understand. Each being is encouraged to experience directly or indirectly all aspects of life, including love and fear, peace and war, happiness and sorrow, freedom and constraint, greed, anger, prejudice, leadership, servitude: love and fear. With each experience, with each step you take, you define and redefine who you are: that which you will incorporate into yourself, that which you will deny or eliminate from yourself, and that which you should continue to experience or have need to experience. You are experiencing the evolutionary process of self determination and are, step by step, creating yourself and who you will choose to be into eternity.

Some have completed this process of self-creation; some have barely begun. In time, all will come to know their connection to one another, to the other forms of creation around them, to the universe, and to the Whole. In time, all will come to love one another unconditionally and to know and feel the unconditional love of all others. I am but the beginning, the steadfast, unconditional and eternal wellspring of love for you and all others. In so being, I do not ask nor require that you worship Me nor do My bidding. However, if My unconditional love for you, and if My gift of free will or free choice, can serve as an inspiration for your own aspirations and self-determination, then you do Me honor.

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Approximately one year after the original meditation recorded above, the following was recorded in an automatic writing session.

My request on December 23, 1999:

Once again I sit in Your light, requesting that You assist me by providing an appropriate ending to this book. Again, I ask that You provide the words which will reach out and touch the hearts of all who read this book.

The reply:

The words in your book will touch the hearts which are meant to be touched. My words are less important than the message which they receive, and, as you have said, all will hear that which is appropriate and applicable to them.

You are asking for an ending for something which is really a beginning. Many who read this book will open their hearts to Me for the first time in this life. For many who have opened their hearts but who do not understand or who are skeptical, the words in this book will strengthen their faith. Such is never an ending; it is a new beginning.

Thus, I say to all of them, welcome home, children. I have not missed you, for I have always been with you. Yet, I have missed the pleasure of your voice and the relationship we have so often shared in the past. Welcome home!

In response I asked, "Is there more?"

You are seeking quantity in My words, John, when what you really want is quality. What I have already said, combined with your own words and good counsel, is more than sufficient. Those whose hearts are not hardened by the words and teachings of others, those who are open to their own freedom of thought, those who are ready to soar or to soar higher in terms of developing their own free thought have already received all that they need from this book.

This is not an ending for them, and these are not My final words. We have much to discuss. I have a desire to speak again with them directly to express My love and My appreciation for their efforts and their struggles. I am interested in hearing their prayers and learning from their own hearts of the struggles and joys they are experiencing. Although I see, hear, and experience all that they experience, I never tire of hearing them speak of their lives to Me.

Thus do I say once again, welcome home, children. Walk with Me again. Talk with Me again. Allow Me the joy of sharing in your life.



Anette Galasinski
Sweden



Ann-Margreth
Eriksson-Eklund
Sweden

Swedish Version

Översättarens Namn — Anette Galasinski and
Ann-Margreth Eriksson-Eklund

Språk — Swedish

Lyssna Med Ditt Hjärta

Min begäran den 16 November 1998:

Var vänlig att bistå mig med att förkunna Din vägledning till alla människor, jag söker den grundläggande informationen som blivit reviderad många gånger för att gagna en del. Vad är den grundläggande informationen som gagnar alla? Bistå mig med att öppna mina ögon för att se det som jag alltid skulle ha sett, och att bistå andra med att öppna deras ögon, lyft slöjorna, för att se det som alltid har funnits där, men som har undflytt deras blick sedan länge. Var vänlig att bistå mig med information och vägledning som inte endast är ämnad för mig men också för de, vilkas blick har blivit förmörkad av andra människors ord och idéer. Låt Dina ord befria mig. Låt Dina ord tränga in till alla mäns och kvinnors själar och befria dem.

Svaret:

Den information du söker är inom dig. Det som du önskar höra, har du redan känt. Orden du skriver blir orden som du begär. Jag vägleder din hand. Tro på dig själv. Tro på Mig inom dig.

Jag är den som kallas Universum's Fader, Universum's Källa och Centrum. Jag är Gudomligheten, av vilken allt inom detta universum har skapats. Du kommer från Mig. Du blev skapad genom Min avbild, inte som ett fysiskt väsen, men som en spirituellt varelse. Allt som du ser och allt du erfar och allt som dina känslor mottar kommer från Mig, skapat av Mig, existerar genom Mig, fortsätter från Mig.

Varje aspekt av skapelsen, varje levande väsen och varje materiellt föremål kommer från Mig. Allt som finns, kommer från Mig och blev skapat av Mig eller av det som jag skapat.

Dock, det är alldeles för mycket av Mig och inte tillräckligt mycket av Oss. Vi är alla en och densamma, och vi är allihopa förenade med varandra. Alla människor är förenade, även om den slutliga föreningen leder till Mig. Vi upphör att existera utan varandra. Om någon av oss skulle upphöra att existera, skulle vi vara färre än vi är nu. Det som är hänvisat till som 'det Hela' eller 'Helheten' är summan av det som existerar. Helheten är inte Jag, men den kommer från Mig. Likaledes, är det inte Du, men helheten blir reducerad om du inte finns med. Alla människor är betydelsefulla. Alla skapelser är betydelsefulla. Alla ting är betydelsefulla. För utan dessa, är vi färre än vi är nu. Summan av helheten blir således reducerad.

Universum's lagar garanterar att ingenting försvinner, utan att allt är bibehållet. Dock, om vi skapar människor av aska borde vi förlora något när människan återvänder till aska, vilket innebär att vi gått tillbaka i utvecklingen. Om vi skapar den spirituella människan, har vi gått tillbaks i utvecklingen om den spirituella människan slutar att upphöra, även om denna spirituella människan återvänder till Källan och Centrumet och återskapas till något annat.

Alla människor är inte här av samma syfte, men medan vi är här, alla delar samma ändamål. En del kommer hit genom val, andra kommer genom begäran, även om det är deras val att acceptera och uppfylla denna begäran. En del har ett ursprungligt befogat syfte, vilket driver deras liver eller delar av deras liv. När uppdraget är slutfört, kan de lämna eller välja att

fortsätta att fullfölja sekundära uppdrag eller fullfölja allmänna uppgifter eller ändamål som gäller för alla människor. Detta befogade centrala och allmänna uppdraget är att erhålla erfarenhet.

Genom erfarenhet kommer du att kunna fastställa vem du är. Genom detta förfarande bestäms ditt nästa öde. Emellertid, i det stora hela, är ditt långtida eviga öde redan skrivet: dock, du kommer att kunna bestämma vem du blir emedan du rör dig inom och igenom evigheten.

Alla människor—män och kvinnor, svarta och gula, vita och röda, barn och vuxna—är skapta jämnlika. De föds jämnlika till världen. Varje individuell, varelse' från denna eller andra plan blev skapad och fick två oåterkallade gåvor villkorlös kärlek och fri vilja. Ingen vilja kan vara fri om den begränsas med villkor. Sålunda, är Min kärlek till dig villkorlös, oavsett vilka val du gör på din väg till evigheten. Vad än som skymfar dessa gåvor kommer inte att ha plats i evigheten. De som skymfar dessa gåvor kommer att bestå, så även de som väljer detta, dock kommer deras skymfanden av dessa gåvor inte att bestå i evigheten. De som söker att komma emellan Mig och dig—sålunda genom att utöva negativt inflytande över Min kärlek för dig—kan ej utöva sådan kontroll längre än du tillåter, och de kan ej heller fortsätta deras inflytande in i evigheten. Det är dina val att acceptera sådana begränsningar eller sådan kontroll över Vår relation. Dessa val kommer dock inte att påverka den villkorlösa kärleken som Jag ger dig.

Lyssna med ditt hjärta, jag älskar dig villkorslöst. Jag älskar dig utan några villkor. Det finns överhuvudtaget inte några villkor, enligt Min lag, som skulle kunna kasta även den minsta skugga på Min kärlek till dig. Medan vi rör oss emot evigheten, långt bortom det plans existens som du nu befinner dig i, kommer endast fyra ting att fortsätta existera för denna omfattande tidsrymd; du, jag, Min villkorlösa kärlek för dig, och dina fria val.

Du har även valet att inte behöva returnera min kärlek, men jag kommer alltid att älska dig. Vart du än går, vilken väg du än väljer, vilka val du än gör, kommer jag att fortsätta älska dig. Min kärlek har inga villkor, det har aldrig funnits några villkor för min kärlek till dig från början av din skapelse, och det kommer aldrig att finnas några villkor för min kärlek till dig.

Lyssna med ditt hjärta. Jag vandrar inte före eller efter dig. Jag är inte över eller under dig. Jag vandrar bredvid dig och existerar inom dig. Vi är en enhet, och en del av Mig är alltid inom dig. Du är aldrig utan Mig, och jag är aldrig ifrån dig. Lyssna med ditt hjärta, för där kommer du att hitta Mig, och där finner du alla sanningar och svar som du ställer.

Lyssna med ditt hjärta. Om det sägs om mig att jag är en svartsjuk Skapare, då vet du att detta inte är sant, för Min kärlek till dig är villkorlös och har därför inga krav på det du kanske gör eller hur du ärar mig i din närvarande existens.

Lyssna med ditt hjärta. Om det sägs att du måste frukta min hämnd, då vet du inom ditt hjärta att detta inte är sant. Min kärlek för dig är så stark och utan villkor, på ett sådant sätt att det aldrig kunde finnas något uns av hämnd gentemot dig.

Lyssna med ditt hjärta. Om det sägs att du måste frukta för din framtid eller din existens efter detta liv, kommer du känna i ditt hjärta att detta inte är sant, för ditt liv efter detta liv kommer att bli, enligt ditt val, en existens med Mig. Var du vandrar, nu och efteråt, vandrar även jag. Var du än existerar kommer jag också att existera. Vad du än gör, vilka beslut du än tar, är jag med dig.

Lyssna med ditt hjärta, och du kommer att känna sanningen när den nalkas, likasom kommer du att känna igen lögnerna när de nalkas dig.

Lyssna med ditt hjärta och vägra att acceptera lögner som förleder dig att tro att min kärlek till dig är villkorlig i någon slags form eller tidpunkt eller genom ett eller flera beslut du tar.

Lyssna med ditt hjärta och kasta bort alla koncept som påstår att vad som helst, när som helst skulle kunna komma emellan dig och mig.

Lyssna med ditt hjärta till alla meddelanden som jag sänder dig kontinuerligt. Lyssna till mina ord av kärlek. Vart du än vandrar, vad du än väljer att göra, min villkorlösa kärlek till dig fortsätter att följa dig. Du är aldrig utan denna villkorlösa kärlek, för du är aldrig utan Mig.

Om du söker mig, så sök mig inom ditt hjärta, för det är där jag finns. Känn värmen av Min hand som når ditt hjärta, och känn att jag älskar dig, precis som jag alltid har älskat dig och alltid ska älska dig. Om du söker Mig, sök inom dig själv, för du är aldrig utan Mig och aldrig utan min villkorlösa kärlek till dig. Om du söker inombords och känner även den minsta gnista av kärlek inom dig, då har du funnit Mig. Om du inte känner en sådan gnista av kärlek, då är det resultatet av ditt eget val att du vägrar att se det som är, har varit, och alltid kommer att finnas där. Lyft bort slöjan du har valt att hänga framför dina ögon, och du kommer säkert att se kärleken som finns inombords; då kommer du att ha hittat Mig, för du har aldrig existerat även en endaste kort stund utan Mig och Min kärlek till Dig.

Lyssna med ditt hjärta. Om det påstås att jag skapat en del människor mer värdefulla än andra, då vet du inom ditt hjärta att detta inte är sant. All skapelse är jämställd. Jag varken älskar dig mer än jag älskar andra, eller älskar andra mer än dig. Jag älskar alla lika och med en villkorlös, evig kärlek. Jag existerar kontinuerligt inom alla människor. Jag vandrar kontinuerligt bredvid alla människor. Du är aldrig utan Mig, oavsett din hudfärg, eller trosbekännelse eller val eller livssituation.

Lyssna med ditt hjärta. Om det sägs att jag föredrar en grupp av människor framför en annan, då vet du att det inte är sant. Jag älskar alla nationer, alla människor, alla folkslag och alla enskilda individer med samma villkorlösa och eviga intensitet.

Lyssna med ditt hjärta. Om du läser några ord i en bok som påstår att jag inte älskar dig eller att jag inte tillåter dig en fri vilja, eller att jag skulle hämnas på dig, eller att du skulle

kunna förlora din betydelse för mig: då vet du inom ditt hjärta att detta inte är sant. Om det skulle vara sant, skulle min kärlek till dig vara villkorlig. Det finns inga villkor för min kärlek till dig; inga villkor kan någonsin existera för min kärlek till dig.

Lyssna med ditt hjärta. Om någon påstår att det skulle vara min önskan att hedra eller gynna dig mer om du skulle ge ditt liv för din trosbekännelse, då vet du inom ditt hjärta att detta är lögn. Du kan aldrig bli missgynnad av mig, och du kan ej erhålla mer hedersbetygelse av Mig. Min kärlek för dig är varken förminskad eller förstärkt. Den är total, fulländad, utan ände och villkorlös.

Även om det är sant, att jag då och då blir bedrövad genom dina handlingar, kommer min bedrövelse ifrån de handlingar som medför skadlig inverkan på ditt och andras liv. Om du trampar på min tå, älskar jag dig inte mindre men jag kommer att känna smärtan. Om du tillfogar skada för en av Mina andra barn, blir jag bedrövad och känner deras smärta, dock jag älskar dig inte mindre. Om de vedergäller och besvarar med smärta, är min kärlek till er inte förminskad, dock känner jag smärtan som ni båda känner, och jag är bedrövad av era handlingar. Oavsett vad du gör och oavsett vilka beslut du tar, kommer jag varken att sluta älska dig eller i det minsta försvagas i min villkorlösa kärlek till dig.

Du existerar på detta plan, precis som du existerar på andra plan: du genomlever din existens. Du kan inte veta att vitt är vitt, för det finns inte något mått att jämföra med. Du kan inte känna ljusets inverkan om ljuset har samma styrka, för det finns inga mått att jämföra med. Du kan inte känna kärlek om allt är kärlek, för det finns inga mått av kärlek att jämföra med. För att se vitt, måste du ha erfårit svart. För att bättre se vitt, måste du ha sett alla färger i energispektrumet. Det är endast genom jämförelse med andra färger som du kan förstå fullt ut färgen vit, och det är endast genom den kunskap som erhålls genom erfarenhet, som du kan välja den färg som bäst passar dig, är lämpligast för, och som formar dig och din fortsatta existens. Alla färger har en plats inom skapelsen, och det är viktigt att alla färger existerar i harmoni.

Du kan ej se ljuset om du inte har sett mörkret. Endast med erfarenheten av ljusets frånvaro, kan du förstå ljuset, och du kan uppnå detta genom erfarenhet av mörkret. Dessutom kan du varken erhålla full förståelse av ljus tills du har erfårit alla variationer och styrkor av ljus, vilka existerar inom energispektrumet. Endast utifrån din erfarenhet av alla variationer och styrkor av ljus, kan du välja den styrka som passar dig bäst och som du kommer att bära inom dig emot evigheten. Dessutom, det är viktigt att alla variationer och styrkor av ljus—mörkret inkluderat—existerar inom Skapelsen, och det är väsentligt att mörkret och alla styrkor däremellan existerar i harmoni.

Du kan ej känna kärlek utan att ha erfårit motsatsen. Du kan ej förstå vad det innebär att bli älskad tills du har erfårit hur det är att inte bli älskad, att stänga ögonen till att kärlek som strömmar emot dig, även den villkorlösa kärleken som jag har för dig. Du erfår frånvaron av kärleken genom rädsla. Dessutom, du kan inte fullt ut förstå kärlek om du inte har erfårit och förstått alla känslor från kärlek till rädsla, som t.ex. ilska, hat, fördomar, svartsjuka, hämnd,

passion, medlidande, omsorg, förfördelning, generositet, accepterade, förlåtelse, förlåtande, m.m. Endast när du erfarit och fullt förstått alla dessa känslor, kan du fullt ut förstå kärleken och välja den känsla som kommer att avgöra vem du kommer att vara fram till evigheten.

Du är dock här i denna existens, precis som du kommer att vara i nästa livs existens, för att erfara det som du antingen aldrig erfarit ännu eller det som du erfarit tidigare men ännu inte fullt ut förstått. Varje varelse är uppmuntrad att erfara, direkt eller indirekt, alla livsaspekter omfattande kärlek och rädsla, fred och krig, glädje och sorg, frihet och fångenskap, lystnad, ilska, fördomar, ledarskap, slaveri: kärlek och rädsla. Med varje ny erfarenhet av varje steg du tar, klargör du åter och åter igen vem du är: det som du kommer att införliva inom dig, det som du vill förneka eller utesluta från dig, och det som du kommer att fortsätta att erfara eller skulle ha kunna erfara. Du genomgår din egen utvecklingsprocessen, och, steg för steg, skapar dig själv och vem du väljer att bli fram till evigheten.

En del har avslutat denna självskapandeprocess; en del har knappast börjat. Med tiden, kommer alla att känna till förbindelsen med varandra, till de andra skapelseformerna runt omkring dem, till universumet, och till 'Helheten'. Med tiden, kommer alla att älska varandra villkorslöst och att erfara och känna den villkorlösa kärleken till allt annat. Jag är från begynnelsen, den orubbliga, villkorlösa och eviga kärleksbrunnen för dig och alla andra. Trots detta varken ber Jag dig eller begär av dig att du skall dyrka Mig eller Mina bud. Emellertid, om min villkorlösa kärlek till dig, och Mina gåvor av fritt val och fri vilja, kan tjäna som inspiration för din egen förväntan och självuppfyllelse, känner jag mig hedrad.

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Cirka ett år efter den ovan nämnda meditationen, blev följande dokumenterat i en självskrivande session.

Min begäran 23 December 1999:

Ännu en gång sitter jag i ditt ljus, och ber dig att assistera mig med att finna ett lämpligt slut av denna bok. Igen, ber jag dig att förmedla de ord som kommer att nå ut och beröra hjärtat hos dem som läser denna bok.

Svaret:

De ord som finns i din bok kommer att beröra de hjärtan som är avsedda att bli berörda. Mina ord är mindre betydelsefulla än budskapet de mottar, och, som du har sagt, alla kommer att höra det som är lämpligt och användbart för dem.

Du begär ett slut för någonting som i verkligheten är en början. Många som läser denna bok kommer att för första gången öppna sitt hjärta till mig, för första gången i detta liv. För många som har öppnat sina hjärtan men inte förstår eller är skeptiska, kommer orden i denna bok att styrka deras tro. Sådant är aldrig ett slut, men en början.

Sålunda, jag säger dem alla, välkommen hem, barn. Jag har inte saknat er, för jag har alltid funnits bredvid er. Dock, har jag saknat glädjen av att höra era röster och det förhållande som vi så ofta delat i det förflutna. Välkommen hem!

Mitt svar, blev en fråga: ”,Finns det något mer att veta?”

Du söker kvantitet i mina ord, John, men det som du menar är kvalitet. Det som jag redan sagt, tillsammans med dina egna ord och goda rådslag, är mer än tillräckligt. De, vilkas hjärtan inte har hårdnat av andras ord och undervisning, de som är öppna för sin egen tankefrihet, de som är beredda att sväva upp och sväva högre i och med utvecklandet av sin tankefrihet, har redan erhållit allt de behöver från denna bok.

Detta är inget slut för dem, och dessa är inte mina slutliga ord. Vi har mycket att diskutera. Jag har en längtan att tala med dem igen för att uttrycka min kärlek och min uppskattning för deras ansträngningar och deras kämpande. Jag är intresserad att höra deras böner och känna från deras egna hjärtan, den kamp och den glädje de erfar. Även om jag ser, hör, och känner allt de känner, blir jag aldrig uttröttad av att höra dem tala om sina liv för mig.

Dock, jag säger det igen, välkomna hem, barn. Vandra med mig igen. Tala med mig igen. Tillåt mig att dela ert liv med mig.

Some Final Thoughts (in English)

The developmental process of this book was a unique journey in many respects. The original automatic writing session was remarkable in itself. Computer-assisted automatic writing sessions take place during a meditative, altered state of consciousness in which the limited awareness of the conscious mind is focused primarily on keeping the fingers on the keyboard. Only when the session is over does the writer have the first opportunity to read and assess the entire work; in this case it was both a surprising and delightful first reading.

Equally intriguing has been the process of working with translators and translations to create the 11 different languages within the original, multi-language Volume 1, as well as Volumes 2-12 which include English plus other individual translations. Some of the people who initially offered to translate the channeled information were unable to make the translation because they were not familiar with many of the words and concepts. The English language contains more than 50,000 words, yet most international linguists rely on somewhere between 1500 and 3000 English words for common translation; clearly many English words do not exist in other languages or are unfamiliar to the average reader. For example, the words “overriding,” “spiritman,” the “Whole” when referring to the Universal Presence, and even “Universal Presence” are not common English words or terms heard around the world; these can be difficult to translate into meaningful terms in another language.

Entire passages can also be elusive to translate. Consider for example the third paragraph in the channeled session:

Each aspect of creation, each living entity, and each material object is of Me. All that is, is of Me and was created by Me or from that which I created.

On a word-for-word basis, this is not difficult for a multi-lingual person to translate. However, translating it so that it has the same tone and meaning in another language can be quite a challenge.

So the translation process became a journey of discovery for me and for each translator. Along the way we recognized that there are essentially four ways in which to convert the channeled session from one language to another:

1. Direct word-for-word translation. This is much the same way a typical computer might translate a passage automatically; yet in the end the passage makes no sense to the reader of the translated language.
2. Translation with retention of original meaning. The objective here is a completed translation that is as close to the original English words and terms as possible while still

making sense of the information in the new language. Essentially this involves first a direct translation with as little change as possible. Next a second reading is made in the new language version to correct translated terms and passages so that they make sense. Finally comes the challenge of reading the translated version alongside the original English version while mentally attempting to translate back to the English version; this is where most meaningful discrepancies are found and where bias can best be eliminated.

3. Interpretation of the original text. Unfortunately, that is the mechanism by which most of the great religious books have been handed down for thousands of years, with individual and group interpreters adding their own personal bias to specific passages or entire chapters. Thus it becomes a challenge for the translator to avoid adding or subtracting information or interpreting it in terms of their own personal beliefs. Interpretation is the least desirable approach for translation of spiritual channeling sessions.
4. Translation of a translation. This is much like making an electronic copy of a copy of a copy, with each subsequent copy losing some of the quality of the original. For the initial translations in this book, translators were not provided copies of other language translations so as to ensure that they were focusing on the original text. Only for the final review were all the translations provided to all the translators so that they might compare the meaning of specific words or phrases to identify possible discrepancies or better understand unfamiliar terms.

The process of translation is made even more complex by the parallel processes of receiving and understanding messages intended for each reader or translator. We must always keep in mind that spiritual writing has a different meaning for every reader. Throughout my life I have heard spiritual experts and religious clerics state in reference to some recently read aspect of their favorite spiritual book, "I read that passage many times, but I never fully understood or appreciated it until today." Here we see multiple processes at work:

1. Great spiritual writing was and continues to be both "divinely inspired" and "divinely inspiring." Each reader may be inspired in a different way, and that inspiration often changes or evolves over time according to their needs. This is the root of most religious debate.
2. The message and inspiration intended by the Divine Source varies for each individual reader, and that message will get through in its own way. For example, no one living on the planet today can read the complete text of the Bhagavad Gītā, the Qur'an, the I Ching, the Bible, the Vedas or any other great religious text and receive a full, comprehensive understanding during the first reading. There is simply too much information—too many messages—to absorb in a single reading. Moreover, such texts were divinely inspired and are designed or intended to inspire all subsequent readers

in some way. Each reader is, indeed, inspired in their own unique way and as an extension of their personal faith.

3. Messages and inspiration get through to the individual reader in their own time and at the right time. Most people of spiritual faith eventually come to accept that their personal divinity will find a mechanism to communicate with them in different ways according to their spiritual needs at any given moment in their lives. This is most apparent in response to a specific prayer, and it is one of the most common ways in which we recognize the Divine Presence in our lives. Even the greatest religious and spiritual leaders of today refer often to their spiritual texts to find an answer—a message or inspiration—which best fits a given question at a given time; it is as if the answer or message was there waiting for them all the time; waiting for the right time, the right life conditions, or the right question.

The process of translating even very brief spiritual texts provides an opportunity for the Divine Presence to communicate specific messages and inspiration to specific readers and translators. Thus we must recognize that spiritual writing has a different meaning for every reader at different times.

Spiritual writing also creates a different inspirational reaction within each translator. I implicitly trust that each translator translated the original text and meaning as faithfully and honestly as possible, just as has been done by the faithful for thousands of years. Yet the words and meaning echo in the heart of each translator and reader with slightly different inspirational messages. I would even venture to predict that most or perhaps even all of those who generously devoted their personal time to the translations in this book will read it again at some future date and discover both a new meaning for some individual passage or another way in which to enhance their personal translation. The initial translation was not wrong; in fact it was perfect for that translator at the time it was transcribed onto the page.

This is exactly how the process of spiritual inspiration is supposed to work. The Divine Presence in our lives plants the good seeds of inspiration with full awareness that each such seed will sprout into its own unique message for each reader.

In the end I came to realize that this is only the beginning of a process which will endure for perhaps decades to come. The translations in this book are not intended to initiate a debate on accuracy or on interpretive meaning. To the contrary, they are intended to encourage each reader to engage in the process in their own way. I believe that people of many faiths and of many countries, languages and dialects will accept the same challenge as the participants in this book to create their own translation of the original text. In so doing, they will *listen with their hearts* to the messages and divine inspiration which were uniquely meant for them.

I have listened with my heart perhaps several hundred times to the original channeled information. I believe it transmits only positive and loving messages to every reader. I believe

in the process of translation by as many people as possible of these words, their meaning, and even their inspirational messages. I believe it will find acceptance in schools, universities, seminaries, churches, synagogues and other centers of learning around the world, where the participants will be encouraged to make their own translations for individual inspiration and as a source for thoughtful group discussions. And along that journey, many will come to believe that the time spent listening and translating with their heart was among the best hours they ever invested.

After all, is the information in this book really so different from the heart-felt spiritual beliefs of all people of all religious persuasions? Or does it simply confirm that which is indelibly inscribed in the hearts of all the children of the Divine Creator?

Submitting Your Own Personal Translation

Ideally, the marvelous message captured in this book in eleven languages and dialects will eventually become translated into all languages and dialects. Those readers who make the effort to translate the text in Chapter 1 (original English version) into their own language and dialect and who are brave enough to submit their translation to eSpirit Publishing for possible publication are encouraged to email a copy to John J. Kelly at: jjpkelly@mindspring.com. It is anticipated that some will be selected for publication in a subsequent volume of this book and possibly on a dedicated web site. If selected, a release form and photo will be required from the translator(s); no fee will be paid to the translator(s), although one copy of a published version will be sent to the translator(s).

Please follow the process of “translation with retention of original meaning” as discussed in the preceding chapter of this book. Also use the following guidelines:

- o Font should be 12-point Times New Roman (or Times Roman); international language characters accepted (e.g., Cyrillic, Arabic, Mandarin Chinese).
- o Single line spacing within each paragraph; add an empty line between paragraphs.
- o Do not modify paragraph formatting (e.g., justification, spacing), and do not combine or split any paragraphs. In the final version, there will need to be the same total number of paragraphs as present in the English version.
- o Every effort should be made to ensure punctuation (e.g., em-dash (—), comma, semi-colon, end of sentence period) is exactly as shown in this book. For those familiar with Alt Codes, the code for an em-dash is Alt+0151; here is a link for language and punctuation Alt Codes if needed:
<http://tit.its.psu.edu/suggestions/international/accents/codealt.html>
- o Verify that all accent marks and text characters are correct for the language and dialect used.
- o You are encouraged to have at least one other person of the mother tongue read through the final text to be certain that it reads clearly and that all accent marks, language symbols, and text characters are correct for the language and dialect used.
- o The name(s) of the translator(s) must be included both in English language and in the translated language. If the submission is a group translation from a specific organization, include the name of the organization both in English language and in the translated language.

- o An email or physical mailing address of the translator (or lead translator for a group translation) is required and will be used for the sole purpose of communicating in the event the translation is considered for subsequent publication.
- o All submissions and copyrights become the property of eSpirit Publications.

Thank you in advance for your time, for the generosity of your heart, and for your excellence in translation.

John J. Kelly

Other Volumes in the Series

As of the time of publication of this eBook, *Listen With Your Heart* had been translated into 11 languages, including English. This was the first eBook in the world which contained 11 language translations within a single volume, and some of the translations represent the first time an eBook has been made available from a major USA distributor in that language or dialect.

The original online publication of the eBook *Listen With Your Heart* was the first eBook in the world that contained 11 language translations within a single volume, including English. It was an experimental approach uploaded to Amazon.com's Kindle publications. Kindle does not accept all languages, so it was necessary to capture some of the languages (e.g., Romanian, Serbian-Cyrillic, Serbian-Latin) as photo images. These were limited to 6-inch images to allow viewing using a standard Kindle reader. Some of the translations represent the first time an eBook had been made available from a major USA distributor in that language or dialect.

In addition to the multi-language version—which contains all 11 original language translations—a separate volume was published for Kindle focusing on individual language translations, along with the original English versions. Each of the following eBook volumes was available online at the end of 2011:

- Volume 1 — Multi-lingual version (11 languages)
- Volume 2 — English only
- Volume 3 — English and Afrikaans
- Volume 4 — English and Czech
- Volume 5 — English and French
- Volume 6 — English and German
- Volume 7 — English and Polish
- Volume 8 — English and Romanian
- Volume 9 — English and Serbian Cyrillic
- Volume 10 — English and Serbian Latin
- Volume 11 — English and Spanish
- Volume 12 — English and Swedish

Uploading photo images of language versions not supported by Kindle has some significant limitations. Most notable is an inconsistency when Kindle automatically resizes photo images. Image quality also suffers when converted within Kindle Desktop Publishing, thereby affecting the quality of text displayed as an image.

For these reasons, we have begun to convert *Listen With Your Heart* into PDF files that can be downloaded from The Soul Channel internet web site and should be available later in 2013:

<http://thesoulchannel.net/>

The PDF versions should be viewable using most eBooks, laptops and tablets, including the iPad; UniCode conversions will be applied where functional. However, conversion to all languages and dialects will continue to be a challenge and may require an alternative imaging approach. The Russian translation will be the first one uploaded and will represent a good test. Thank you in advance for your patience as well as for your continuing support.

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