



Let me be as simple and concise as I can be regarding tonight's lesson: When you are in a state of mind that is grateful, open, loving, compassionate then war, fear, violence and any other form of negativity does not exist. I will say that again **"It does not exist."**

Now as soon as we say something like that, the intellect will interrupt(just like Paul) and say, "Well what about this and what about that?" But you need to remember that in a state of openness or bliss the intellect was not in charge and perhaps it was not even speaking at all.

When we can learn to practice, practice, practice openness generosity, gratitude, compassion, that negativity of any kind does not and cannot exist.

Now seemingly we only experience those states of mind in brief moments throughout the day, but isn't that higher state of consciousness what we are called to each moment? And isn't that Higher consciousness what defines our essence and the world that we live in.

Do you get a deeper sense of the choice we have again and again and again.???

I would like to keep tonight's lesson in that one focused simplicity, so that we might be able to practice it more fully. **In higher states of consciousness, negativity does not and cannot exist.**

That is what Peace Pilgrim meant when she suggested “When enough people reach a state of inner peace there will be no more war.” **War, violence, anger, hatred cannot exist in the vibration of inner peace.**

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” JESUS

