

DARE NOT THINK

Entering Silence: The Church Without Walls

Let Us Experience Together, “The Thoughts” Which Help
To Create Our Everyday Life Experiences...

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TABLE OF CONTENTS

Title Page	Dare Not Think	Page 1
Table of Contents		Page 2-3
Dedication		Page 4
Prefix		Page 5-6
Introduction		Page 7
Chapter 1	Who Do You Think You Are?	Page 8-11
Chapter 2	Dare Not Think	Page 12-14
Chapter 3	The Greatest Healer is Love	Page 15-20
Chapter 4	Sickness and Disease Karma, is a Real Life Force A Voice for Our Children It is I, Only I Who Determines My Fate	Page 21-27
Chapter 5	I See, You See Inside Out Words of True Thought I Wonder	Page 28-33
Chapter 6	Blank Page Masterpiece LovesVoice is Calling	Page 34-40
Chapter 7	Happiness is Homemade Forgiveness is a Blessing Back Guarantee The Greatest Fellowship of All	Page 41-44

Table of Contents Continued

Chapter 8	What have I Been Thinking There is a Well That Never Runs Dry You Are Not Alone	Page 45-48
Chapter 9	What is Love The Power of Thoughts Mirror Mirror Within The Walls Silencing of Mind	Page 49-56
Chapter 10	Metamorphosis	Page 57-59
Chapter 11	Bigger and Better Pains	Page 60-62
Chapter 12	Nineteen Years Young	Page 63-66
Chapter 13	Life Strikes Again	Page 67-69
Chapter 14	She Heeds The Call	Page 70-73
Chapter 15	Her New Start in Rochester New York	Page 74-76
Chapter 16	A New Day of Emerging Lord Please Stop My Momma's Pain	Page 77-83
Chapter 17	The Journey Continues I Scream! I Scream! I Scream! Still Search Peace	Page 84-87
In Summary		Page 89

Dedication

This book is dedicated to Love, which was my greatest challenge; and is now my most treasured possession. I embrace the love that is expressed as my first born son "Reginald." I am grateful for the love, that is my precious only daughter "Martha." I am bond to the love who is, and will always be, my baby, he is my youngest son "Joseph." I keep close to the loves of my life, that I experience, in each and everyone of "My Grand-babies." I overflow with the love that I receive from each and everyone of my "Brothers, Sisters, Nieces and Nephews." I am joyful for the love that is shown through all my "Uncles, Aunts, Nieces, Cousins and Friends." I say thank you, to the love of each and every soul, that I have had the pleasure to meet and greet, as I journey along this road, called my life. Last but certainly not least, I am basking in the Ultimate Gift of Love, that warms, calms and covers me, in my moment by moment existence. This book is dedicated to the "True Love" that resides within me.

I give my greatest thanks and Honor to the "Most High" for it is in His Image and Likeness

"I AM"

Prefix

I'm writing the words in this little book to challenge you, to inspire you, to dare you. I dare you not to take another thought. I know you must be saying to yourself, "what in the world does she mean, that she's daring me not to think?" How could I possibly get through my everyday life, without my thoughts? Well, I am glad you asked me this question. This is the exact place I wanted to bring you to. This is your place of awakening!

I'm daring you to stop right here and now, in this present moment. In the place of "no thought." To be still and know, even as you are known. I dare you not to think about your yesterdays! I dare you not to think about your tomorrows! I even dare you not to think about your today! Where would you be without all those thoughts rushing in, at every moment of your life? They burst though at full force, beating against the walls of your mind. The never-ending fierce winds and raging storms, pouring in with the power and might of a hurricane. There you stand, caught in the middle; trapped by the eye of the storm. You are being tossed to and fro, by every wind of doctrine. Why do you stand there, kicking against the pricks? Haven't you lived in your life of deception long enough? What has holding on to your imagined life, done for you, so far? Aren't you ready to lay down the madness? I know a place where the yoke is easy, and the burden is light. In this place, you can find rest for your weary soul. The love, peace, and hope that we all need and desire, starts from within, and is then poured outwardly. Viewing our world from the inside out, allows us to walk in the hope, joy and beauty of the true light.

I welcome every hurt and suffering soul, you who are filled with disease and self-loathing: open your heart and mind, to allow love to take away your guilt, your pity, and your shame. Love will reach down to where you are, right within your pit of emptiness. Bruised, battered

and hurting child of God: feeling void of hope and without direction for tomorrow, open up your heart and enter Heaven's Open Door. There is a place located within the depths of your very own heart, where mind, body and soul are joined "as one." In this place you can taste and see for yourself, that the Lord is Good. Come along with me, and enter this place for yourself. Be still and know: watch as your very own life existence is changed forever for the better.

As you read though the pages of this little book, have an ear to hear what the Spirit is saying to You, "The Church Without Walls." Your body is the temple of the "Living God." This is the Secret Place where the "Most High" dwells. The Kingdom of Heaven, is with you. If you have the courage to put my challenge to the test, then follow my simple plan of action: First, find the place of silence for yourself, within yourself. Secondly, go forth to enter that silence, embrace it. Thirdly, go even further to become "One" with that silence: For My Father and I are "One" in the same. He who dwells in the secret place of the "Most High", shall abide under the shadow of the "Almighty".

Now take off the shoes from your feet, for the place where you are now standing is:

"Holy Ground."

Introduction

LovesVoice, speaks to the Church Without Walls. I am willing to reach out to you, from exactly where you are. To experience with you, the thoughts, which you call your life. I ask only one question. Who do you "think" you are? If you are willing to reach into the depths of your heart and answer this question, in truth; Your true answer can give you the power to change the destiny of your soul.

Stop, Look and Listen before you take another thought or utter a single word. You and you along have the power to "Stop" whatever you are doing right now, "in" and "to" your life. You have the choice to really "Look," to see your life in more conscious or insightful way. It's up to you to take the time to "Listen" to what your life is saying to you, through words and life experiences, as you travel throughout your day.

The purpose of the book is to introduce you, to Yourself. Life answers what you think, what you speak, what you feel and what you believe, in every single moment, rather we are asleep or awake. If you though courage and determination decide to take hold of these truths, your ability to "see" and "apply" it to your life, has the power to work miracles for you. So, if you don't want it, don't think it. If you don't need it, don't speak it. Because I promise you that: if speak it, if you feel it and believe it in your heart, then sooner or later, you will receive it.

Now come along with me, and let us learn together, the lessons of how to "see" and "experience" our lives from the Inside Out...

Chapter 1

"WHO DO YOU THINK YOU ARE?"

"Who do you think you are?" How many times, when confronted with this question, have you automatically reacted in a defensive manner? You are completely offended by the very

thought of this question, itself. Yet, your honest answer to this question, affects every area of your life, in every single moment. Your thought of who you think you are, creates the experience of who you are. In other words, you are exactly, who you think you are. Right now where you are, just take a moment to look around, really look at your surroundings. Look at every object from the ceiling to the floor. Look at every piece of furniture, every object that occupies your space. Look at the clothes you wear, look at the car you drive, look at the company you keep. Not just the physical company, but the company you keep through the television, consider the music you listen to on the radio, and even think about the sites you visit, on the internet. Now last but not least, look at the company you keep in your very own thought life, which is considered your you.

I tell you this one very important truth: every single thing you see, in your life, is the who, that you think you are. "For as a man thinks, and believes in his heart, so is he." What you, and you alone must be willing to see, is that life gives you the life that you continually see. If you see your life as good, life gives you the good that you see. If you see your life as bad, life gives you the bad that you see. If you see your life as happy, life gives you the happiness that you see. And if you see your life as sad, life gives you the sadness you see. It goes one and on: If you see lack, life gives you lack. If you see plenty, life gives you plenty. If you engulf your life with hate, then hate is what you will receive. And if you surround yourself with love, life gives you the love that you be. This makes you and you only you, the responsible party for the creation of your life experience. If you don't like the life that you see, the first change must begin, in the eyes of the seer. If you don't like the way your universe looks, then it's up to you, to change the way you look at your universe. Your view of your world, is your world. To see the change within your world, it is that change that you must be. Who do you think you are? "As a man thinks, and believes in his heart, so is he.

Take this lesson of life, as you walk around in your quiet space: What is it that you see, in every moment, as you experience your day? What feeling come forth from within you, as you

greet your day? What words do you speak forth, as you are creating your way? Another important key to remember is, that we are made in the Image and Likeness of the Creative Spirit of God. So just as God Created the world, by Speaking it Forth, by the Word of His Mouth. You speak forth your life experience, by the very words of your mouth. When you wake up in the morning, how do you greet your day? If you wake-up and see that it's raining, do you curse the rain, by telling it that it's come to back up traffic and bring misery to your day? Or do you give thanks that the rain has come as God's blessing, to water the trees and flowers, bringing beauty to the earth? The Power of Life and Death, is in your very tongue. You have the choice to speak words of Life, to your life experience; or you have the choice to speak words of death, to your life experience. You have the Greatest power of all, the power to choose: In changing the way you think about your life, changing the way you see your life, and changing the way you speak about your life, you can change your life experience, forever for the better. Pay close attention to the words Jesus spoke whenever, He healed someone: He would say, "it is done unto you, as you believe" or "Your faith has made you whole." Then again in the place where he grew up, the bible says that, Jesus couldn't perform many miracles, because of their unbelief. Life does more than give us what we desire, life gives us, what we believe. You reap exactly what you sow.

What you must see, and you alone is that, "what you see, is what you get". Rather you accept this truth or not, the reality is this: if you really want to know what you are believing, just look around at what you see. You can only create, who you believe yourself to be. The

sun can be shining ever so brightly, yet the darkness you see, is so dark, that you are blinded by the light. Being in the dark doesn't mean that you are a bad person, it just means that you are without knowledge of the truth. The bible says that, "my people perish for lack of knowledge." To know the truth of who you are, is the greatest knowledge of all. You are held responsible for the way you think. How? Your every thought, backed by your feelings, every word you speak, and every action you choose to take, reflects back to you, the very substance of what you send out. There is no escape, you attract to your own self, exactly who you are. You meet yourself, through every person you meet or greet throughout your day.

The next time you begin looking around to blame a person, place, or life circumstance as the object of your soul's misery, stop, take a deep breath and turn within: look into the mirror of your very own heart. Turn within, to your very own true self, and ask yourself this question: "What have I been thinking?" Now look and listen: see for yourself, that you have the power to change what you see in your life experience, by changing the way, you choose to see your life. And as I ask you this same question again, I know this time you will greet it with wondrous delight: "Who do you think you are?" You are all the hope, the beauty, the joy, and the love that you believe yourself to be. "For as a man thinks, and believes in his heart, so is he."

CHAPTER 2

"DARE NOT THINK"

DARE NOT THINK

I am writing the words of this book to challenge you, to inspire you, to dare you. It is made up of teachings, lessons, poems, and in closing a brief description pointing out certain life experiences, which have helped to shape, form and mold me into the person I am today. My hope is that by sharing my story with you, it may help another person, who may be fighting the fight of their own life experience. In no way is it my intention to present myself as an expert or authority in this walk, we call life. I'm just offering my life as an example of what was, as it is today, and as it will be, as it unfolds, in service to any soul, who may need a word of encouragement, a light at the end of a dark tunnel, or a hand to reach down to you, who may have fallen to the ground, and you are searching for a one reason to get back up again: you're looking for just one glimmer of hope, and a world that seems hopeless; to give this life one more try, just one more time. I am in no way telling you that it will be easy; however, if you can find the strength within yourself, to keep on going. To keep on walking, it will be worth all the hurt and pain. The hardest test will be getting beyond your own worst fears you have told yourself, about yourself. And I know that you may be thinking to yourself, that you have already come through so much hurt and pain, on this journey called life' so what's the use? Why should you keep going? Yet, If you will listen to hear me, what I really want to grasp is that, the real fight has never really been somewhere out there: "No", "beloveth child of this Wonderful Universe, the Kingdom of Heaven or hell, is created within you, and by you, and you alone."

Now that I have your full attention: Get ready for the fight of your life! Get ready to be challenged by every thought you have ever thought, every word you have ever spoken, and every single thing that you have allowed your heart to believe about yourself and your life experience. Wait one moment, keep those boxing gloves on; because just when you're down

to the finale count, and your, so called, enemy is on the ground; just when you're sure you have won the battle, every single demon in hell and the devil himself will come forth to steal, kill and destroy you.

This fight that you've been fighting has never been somewhere out there. The only real battle that you need to fight, is the battle inside your very own mind. There are two roads: one road leads to life and one road leads to death: You choose. If you choose the road of hate, this is the road you will create and receive. If you choose the road of Love and forgiveness, this is the road you will create and receive. You have the power and the authority to cast down every thought and imagination, every high thing, that exalts itself against the knowledge of God. It's your job to bring your thoughts into captivity. This is a Spiritual battle that must be fought and won in the spirit by the spirit of truth, in which you truly are. Their only goal will be to defeat you at all cost: no matter what you have to do; cry, scream, yell, do whatever it takes, to keep on waking: Walk though the heartache, the shame and the pain; walk though the yearning and longing for change; walk though the anger the hurt and the fears; walk though the sadness, the hurt and the tears. No matter what, just don't quit! Your freedom is only one more, "no thought" away. Enter the Doorway of Heaven. This is what it's been all about. This is what your hungry soul's been longing for. It's in this very place; Your hurting place, your place of despair, your dark night of the soul, that I dare you not to take one more single thought. Take your shoes off from your feet, and relax for a little while. For you are standing on Holy Ground. Dwell in this place of silence, and know that you have found your way back home. Doesn't it feel like you've been here before? Be still and know, as you are known. And remember to "Dare not think!"

CHAPTER 3

"THE GREATEST HEALER IS LOVE"

The Dance Of Love

We seek so many outward pleasures; so many things: so many activities (these fillers) we use to fill the void, that only one small word can fill, "Love." Yes, this may be a very small word, yet the impact it makes on every single aspect of our life experience, and the meaning

we give to it, makes all the difference, in our worlds. Love determines our happiness or sadness; our joy or pain; The condition of our health; the condition of our wealth. Love can even make the difference in rather we choose between life or death. Indeed, love has a definite affect on every single area of our lives. Love has the power to change our world from darkness to light. We each carry within ourselves, the solution to every single problem we encounter. We have just forgotten where to look. We have forgotten who we really are. The next time you go searching for a person, place or thing, to fill the void, and to heal the hurt and pain, you encounter throughout your day, take a minute to be still; take the pause; breath a breath. Go quiet, beloveth child of the Universe, "Look to see," "to understand;" to know as you are known; to remember: the only place you've ever had to search for your truth, is in the depths of your very own heart and soul. The Kingdom of Heaven is Within You. Now close your eyes, still your mind; turn off the noise that surrounds you, that blocks you, that hinders you: All the noise that keeps you from, knowing you. Love is only a breath away: one no thought. Can't you feel it? Listen for LoveVoice. Love has been waiting all this time, just for you. If you could only grasp just how much Love, really cares for you. Have the faith to trust Loves call; to hear Loves Voice. Have the hope to believe Love is reaching out to you. Then know that you know, that the Love that you've been waiting to meet, all these years, through all your pain and tears, is within you. "Faith, Hope and Love, these three; But the greatest of these is Love!"

How do you begin to hear LovesVoice? To heed Love's call? And to love yourself, just as Love loves you? In the very moment that your heart begin crying outwardly, for the answer to your soul's misery, a shift in your consciousness takes place. You are never alone: The Higher Power, that resides within you, hastens to your side, as soon as you ask. "Ask and you will

receive," "Seek and you will find," "knock and the door will be opened." Be still and listen to your inner voice; the still small voice. Trust the Universe to supply, everything you desire. In fact, everything you ask for is already been supplied, you just have to open your eyes to see it, and open your heart to receive it.

Love reaches down to you, right where you are. In that place where you first believed the lie; when you first felt unloved, in that moment you were first told that your life didn't matter. Love will take you as far as you need to go; and Love will do whatever it takes, to help you to remember that you are never alone, and that you are already whole. Love will never leave you; and Love will never forsake you. Love is with you always, even until the end of your life experience, and beyond. Love never dies. There is a Love so powerful and strong, right within the depths of your heart and soul, that it can heal all the wounds of your past: All you have to do is ask. Just forgive yourself for believing the lie; and then forgive the person who told you the lie. Love will destroy every yoke, heal every hurt, and restore all that you lost. Your only requirement is to just allow Love to do the work. All it takes is for you to have a willing heart and an open mind. True Love can not be answered in the who or the how, Love just "IS." Love is a "State of Being." Every chance you get, as you travel throughout your day, take some time to go within: five minutes of solitude, here and there. Each time you go within, you won't come out the same. You don't have to worry about the how: Love itself will guide the way. Love is a "State of Being." It's what Jesus meant, when He said, "I Am." Unconditional love begins in the heart: it takes root of the roots that were in you, from the start. You are love and you are loved: believe this. You begin the process of loving yourself, by remembering that you are love, and love is you. You and Love are "One."

The Dance of Love: Love has a dance, all of its own: to embrace Love is to love Love. Love does the waltz, the rumba, the chi chi, the tango, the two-step, the belly roll, and finally the slow drag. Love's definition: moving one's feet and body to the rhythm of Love's call. To leap or skip in excitement or emotion. Nimble, bobbing up and down in successive groups of

steps and bodily emotion rhythmic to the music of love. A movement performed in stylized patterns, you as free as a bird, in courtship, dancing to love's absolute tune. David knew of Love's dance: and when he embraced Love, when he held Love, when he became captured by Love, he lost himself within Love. Dancing to the different tunes of Love, swept away by Love's melody, he was enraptured by the glory of Love's beauty. David danced Love's dance until the very clothes, came off his body. Yet he was so entranced by Love, so captured by Love's tender embrace, that he didn't even know that he was naked. This is the secret of Love's dance: Love's tender embrace. When you become totally clothed in Love, you can no longer see your own nakedness. You become whole; you are complete; you are covered, robed in the beauty, the Light, and the sweetness of Love's tender embrace.

As you dance the dance of Love, the Glory of Love arises upon your very being. When dancing the dance of Love, you are dancing the dance of freedom and liberty. We all must dance the dance of love: the young, the old, the orphaned and the free. It doesn't matter who you are or where you're from. The dance of Love is available to all who will only ask the question, "Love, may I have this dance?" Love in Her Heart of Tenderness, Mercy and Grace, will then take the lead. It doesn't matter if you say that you cannot dance; because Love has a rhythm and tune, all of Her own. Your only job is to surrender, let yourself go: step by step, Love will keep the pace. Just release and allow your feet to go with the flow.

Before you know it, right before your very eyes, you will be dancing the dance of Love, for yourself. You may may start out with Love, in the dance of the waltz---in moderately fast triple meter, dancing you are revolving in perpetual circles, taking once step to each heartbeat of Love's lead: not too fast, and yet, not too slow. In perfect union with Love's embrace. Now

Love's dance takes you to the dance of the rumba---a dance of Cuban origin, complex in rhythm, your body is moving with praise in full ecstasy of Love's splendor and grace. Moving on to the dance of the chi chi---Elegant yet trendy, feeling fashionable and smart: one, two, "chi, chi, chi" three, four, "chi, chi chi" Now face-to-face you behold the sweetness and fullness of Love's grace.

Beholding Love's face while dancing: you adore, Love suddenly says, "let's tango!"---a dance of Latin American origin, coupled in love, moving with varied often quite elaborate and dramatic steps, figures and poses, layer by layer: You become more and more of Love, and less and less of yourself. You are so lost in Love, that old you begins to fade away. You are no longer afraid, you're almost there! You feel like David did: you are so in tune with Love, that you can no longer remember where you end, and Love begins. Now you and Love are doing the two-step---a two fold dance, having two parts, in duple meter marked by sliding steps; sliding to the music and rhythm of Love, you continue to slide out of one state of consciousness and into another, falling deeply into the arms of Love.

Now smelling the sweet scent and aroma of Love, you dance the dance of the belly roll---A solo dance (for now you and Love have become "one"). performed by emphasizing sinuous movements, of your hips and abdomen. Your senses are open: you feel everything around you, all at the same time. You realize your oneness with Love and with everything within the

entire Universe. You are no longer separate: remembering that "All is One." You have come to the last dance, the slow drag---You are drawn slowly yet with much effort, you are listless, soaring as the white eagle, now totally free. You feel Love fully and completely. You are One with Love; and Love is One with you. In Love you have danced the dance, until you are now naked, yet not ashamed. You make love to Love: You are now clothed in the Beauty and Glory of Love. Dwelling in Love's Presence in a state of pure bliss. Your soul is now free---as you continue your journey: soaring freely and enchantingly, you look ahead, feeling completely content, in this perfect present moment...You are healed, you are safe and you are at last, at peace.

CHAPTER 4

"Sickness And Disease"

"Karma, Is A Real Life Force"

"A Voice For Our Children"

"It Is I, Only I Who Determines My Fate!"

Sickness and Disease:

Disease is simply defined as: a sickness or illness. Let's explore the depths of this word, we so often use, Yet I ask, "Do we ever seek to understand the root of it's meaning?" First, we should determine what it means to be "at ease." The best definition that fits our purpose is

the "state of being" comfortable. Is it now then fair to say that, to be diseased would mean that we are in a "state of being" uncomfortable? What is the source of my discomfort? What is the cause of my sickness or disease? What's going on in my inner world? This is the place most hidden within me, sometimes even from me.

If I am willing to face the truth, in the innermost places of my heart, this truth itself, may give me the power to forever be free from the state of being diseased. What determines my "state of being?" What is the underlying cause of my comfort or discomfort? When I am in a "state of ease", what are my thoughts, words, feelings, actions and reactions? When I am in a "state of being" diseased, what are my thoughts, words, feelings, actions, and reactions? What's really going on in my inner world? If I dig a little deeper within myself, what would I discover? Think about it, when you go for a check-up, before the doctor even begins to examine you, they ask you a series of questions. The doctor asks detailed questions, about how you've been feeling; you're asked to describe every detail about your signs and symptoms. You have to tell the doctor, what's going on in your inner world: you may even be asked if you've been under any kind of stress, at home, on the job or in any of your personal relationships. Next the doctor may send you to the lab, to have blood and urine tests done, so they can check the inner and outer workings of your entire body, from head to toe. These examples are also clues that our "state of being" is an inside job.

Nothing just happens: we are at all times, given nudges, signals and warnings inside and outside our individual universe: It is our job to take heed to them. If we would take the time to examine our inner life; our every thought; our every word; our every action; and our every reaction, what would we be able to see? If we would keep a journal of exactly how I am feeling, as I experience every single moment, of each "state of being," what would I discover?

If through careful watching of what I think, what I speak, what I feel, my actions and reactions, could i gain the power to be free? It is done unto me, according to what I believe; for the Kingdom of Heaven, is within me.

Karma is a Real Life Force:

My whole mission and purpose in life, was to win at all cost. I want it all; nothing and no one was going to stop me from working my way to the top! I was willing to pay the cost to be the boss. Finally after running into one brick wall after another one, my life going around in constant circles; yet always ending up in the same place, with different actors. One day I just

had enough, I woke up: I came to the understanding that the madness would not end, until I ended it. I took total responsibility for every single thing that ever happened in and to my life experience. The power, in this present moment, is in my hands. I have the choice to just say "no." "Enough is enough!" I decided to stop paying the price for the same mistakes I made over and over again. Until we learn the lessons that our life experience is trying to teach us, we get to repeat them over and over again. The actors/actresses may change, but the movie continues to play the same reruns, over and over again. If you are willing to become still enough, within yourself, you will be able to really see: you will notice for yourself, from yourself, that the same test keeps presenting themselves, in different ways. Jesus asked the question the perfect, "Why do you keep kicking against the pricks?" When you are willing to ask yourself this same question, and then go further, to answer the question, honestly, the answer you find, may just work miracles for you.

Karma is real---it takes on a life of it's own. Until we are willing to face our fears; to look into the mirrors of our own inner worlds. To come face-to-face with those dark images within ourselves, we will continue to play a part in the madness, the roles, and characters create. The karma begins as a small seed, then it grows and grows and grows. Rather it takes the form of Heart Disease, Diabetes or Cancer, it all begins with the seed. The seed then grows according to how we feed it. There is no escaping this; what's on the inside, will be manifested on the outside. And remember this: these seed can be passed down from generation to generation. "You choose what you will accept and you choose what you will reject!" God cannot be mocked; we reap exactly what we sow. What you give out, will be given back to you. You are the architect, the master builder of your life experience.

A Voice For Our Children:

In the dusk of our day's labor, as the sky gives up her light, there can be no quiet or stillness of mind, as long as our children's voices continually cry. We can give no rest to the calling of our souls, until we change our consciousness so, "their stories" may be heard and told. How long will we hide behind our padded locks, and doubled doors? Will we harden our hearts

and close our eyes and ears, knowing that the child next door lives his life in total fear? Can you hear our children's screams, as they cry throughout the night? Will we refuse to care or even wipe away their tears? The day has come when we must change the way we think about our children.

Each child should have an equal right to be safe and secure: morning, noon and night. Will we allow our children to die, just because the killer happens to be the child's mother, father, or family friend? We as a community must continue to fight, until the day arrives, when we wipe out the murdering spirit of abuse. If we continue to allow this cycle to grow, in the lives of our children: then we must remember that our children's fate, is our fate, as well. The future of our children, is our future. Without the children we have no future generations. We must be willing to take a stand, for the well being, of each and every child. We stand in silence, at the brink of a possible nuclear war, that may wipe out our world, as we know it: Yet we fail to see, that every child's life that struck down by the hand of abuse, is the real destruction and devastation that we as a nation, must face. We look for dangers outside our home, locking ourselves inside, behind our fancy alarm systems. Yet the real alarm is being sounded though the voices of our children.

Our children are becoming murderers, and we ask ourselves why? They are learning it from us: "Kill or be killed, is what we teach." Our children are practicing, what we are preaching. We refuse to teach our children to love those of another, race or skin color. It is forbidden in school, to talk about the bible or to teach them about God, up above. So, can we see "Now" why our children are doomed? Lacking the knowledge or wisdom of the "true-self", void of trust, and so easily fooled. We must lay the our weapons of, division, bitterness and hate,

that's plaguing our human race. Only love has the power to change our children's plight, let us put away our guns, and show them their own true light. If you ignore my plea and continue as you are, just prepare their coffins, because the end of our children, is not very far.

IT IS I, ONLY I, WHO DETERMINES MY FATE...

Born to be free, yet without knowledge. Complete in All, yet empty I perish. Surrounded by galaxies, yet alone in bondage, Wanting to go forth, yet without courage.
Haunted by voices within my own mind; void of hope, I'm doing my time. Fearing the future, tortured by past. Finding no escape, I am slipping fast. The key to the Kingdom is within my

hands. My belief in weakness hinders my chance. Prison is not what keeps me bound; Freedom for me, has already been found. I Am the keeper of the gate. My blindness to this determines my fate. I build the weapons that keep me in fear; so it is I who must destroy them, this is clear.

I AM the Faith. I AM the Substance.

I AM the Cause. I AM the Effect.

I AM the Thought, the Word, and the Action.

I AM the Creator and the Creation of my coming Attraction.

It is I, Only I, Who Determines My Fate...

CHAPTER 5

"I SEE, YOU SEE"

"INSIDE OUT"

"WORDS OF TRUE THOUGHT"

"I WONDER?"

"I SEE, YOU SEE"

I see Light, You see Darkness.

I see Full, You see Empty;

I see Joy, You see Pain.

I see Love, You see Hate.

Who Am I?
Who are You?
Are we "One" in the "Same?"
If this is "True," Who is the "I" or "You?"
That gives "Us" our "Sight?"

Should it be said then, that If I Am the Light, I Am also the Darkness?

Can we then say that, it is not the "Light" or the "Darkness", but the "I" or the "You" or the
"We" that "Sees?"

The "Seer" himself, creates the "Light", as well as the "Darkness."

For "I" can only "See" that which "You" Believe "Yourself to Be!"

"INSIDE OUT"

We have all been deceived. We have all been taught to direct and pattern our lives from the outside in. Yet, "in truth" we will never be free to effectively direct and pattern our lives, until we learn to see and experience our lives, from the inside out. Life is not formed from outside of us; it is not formed from the patterns we see, somewhere out there. In reality, life is formed, patterned and shaped, by all we don't see deep within us. Will we dare question the

existence of the wind, just because it cannot be seen, with our natural eyes? If you ever want to become the master of your destiny, you must seek to know and understand this truth. Life is formed and shaped, from the inside out.

In order to see from this viewpoint, you must learn to live from this viewpoint. The truth of the matter is, rather you believe it or not, this Law is one of the Laws, that govern your Life Experience: You reap exactly what you sow. Without uncovering the secrets to this Law, your destiny is to be driven by forces that shape your experience, rather you like the direction they take you or not. Life does more than give you what you desire, Life gives you what you believe, yourself to be. Your life experience is the exact reflection, of who you think you are. Everything expressed within you, is reflected outside of you. And this included every thing you love and every thing you hate. If you focus on love, you get love; if you focus on hate, you get hate. Your every thought, every word, every action, and every reaction, is given back to through the thoughts, words, actions and reactions of other people. This is the Gift of Life: because with this insight, you are given a choice. Your power to choose, is power. The bible, says that "As a man thinks and believes in his heart, so is he." The bible also states, that "My people perish for lack of Knowledge." If you're willing to grab hold of this knowledge, it can work miracles for you.

If you don't like what you see, you must change what you are seeing. Change your world, by changing your view of your world. If marching in formation, and you see that you are about to march off a cliff, make an about-face. It's okay to change your mind. Change what you're believing about your life experience. Life can only give you what you believe. Check your vibe. Check your energy. Check your frequency. You are the artist: if you don't like the way the picture, is unfolding, erase it, and start drawing it all over again. Self-watching teaches you to examine your own motives, your own thoughts, your own feelings, your own actions,

and your own reactions. Have you noticed that your life experience has begun to play the same old records? Show the same old patterns? Revealing the same old movies, with different actors? Then wake the heck up! You can change the course or direction of your life, by viewing your life from the inside out. When you decide to live from this state of consciousness, being responsible for the choices you make, you can greet your day, in a brand new way. Imagine how beautiful, joyful and hopeful, your world will begin to be: seeing your outside world from within: you radiate the world you want to see:

For the True Light Shines, from the

"Inside Out."

"WORDS OF TRUE THOUGHT"

"True freedom comes when you no longer look for Your right of "Being" or the "Approval" of "Who you are", through the eyes of another."

I Am the Peace, that I Seek.

I Am the Love, that I Need.

I Am the Freedom to Be.

Love is:

The Glow that Sparkles in my Daughter's Eyes;

The smile of Sunshine on my Son's Face;

The Touch, so Tender, of my Husband's Hands.

The Voice of my Father, I Hear,

The Light of my Father, I See,

The Touch of my Father, I Feel,

The Love of my Father, I Know.

CATHERINE MARY MCWILLIAMS

"WORDS OF TRUE THOUGHT"

"I WONDER?"

I wonder is the story of my life...

I wonder what my life would be

If I could see the truth...I'm free;

Just as eagles soar the open skies
There is a flight that I too must fly.

I wonder what turn my life would make
If I would only dare to take;
The one chance that I'm afraid to try
For when Spirit is free, life will not deny.

If I will only pay the price
I'll dance with others who have found the Christ;
As queen I'll sit upon my thrown
Clothed in royal robes and golden crown.

If I will only dare to dream my dreams
I will receive that which I believe;
Absolutely nothing will be withheld from me
In my newly awakened "State of Being."

"I WONDER?"

CHAPTER 6

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"MASTERPIECE!"

"LovesVoice IS CALLING"

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It is finished: my body, my soul, and my spirit, "This Holy Temple" has been cleaned, swept, washed, waxed and polished. The "All" of me, has been made brand new. All doubt, self-pity, anger, envy, hurt, pain and the rest of the "Posse", have been placed in the fire and burned away. The need: to cleave to persons, places or things, that no longer satisfy, yet I felt that I had not the strength, power or wisdom, to let go of, has loosed it's grip on me. The fear: of

failure, of success, of defeat, of the future, of losing all that I never really possessed, has vanished from my sight. The regret: of not being all that I thought, I was suppose to be: to myself, my husband, my children, my father, my mother, my siblings, my friends, my community, and my God, have been wiped away from my memory. The hope: to be loved, to be great, to be accepted, to be needed, to be understood, and to be appreciated, has now been re-defined. By the Power of His Might, my life has been re-designed, within the hope of all that already is.

I am cleaned from the thoughts that once held me completely imprisoned, in my own mind. I am swept away in freedom, from every person, every place and every thing, that held me captive. I now stand in need of only being totally, uniquely and completely me. I am washed in the waters of life, without the fear of what I could be, would be or should be. I am waxed in the knowledge that, there can be no regrets, in a life that realizes that all that comes to us, are lessons that teach us, strengthen us, and cause us to grow. I am polished in the comfort of knowing, that the true hope of all hopes, shines forth from understanding that everything I can ever desire, already resides within me. Now free and clear, naked and not ashamed, in comfort, care and warmth, I begin to be all that I can be, which is all that I believe myself to be.

I Am nothing, yet I Am completely All. I Am empty, yet I Am Totally Full.

I Am a

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"MASTERPIECE!"

Formed in dust particles from His Earth
Likened the Image of His handy Work
Clothed in the Robes of His Glory
My Body His Temple tells of His Story.

Seed of Creation, Oneness with Maker!

Voice of Life Speaks of me
Finger of Life Molds me
Breath of Life Sustains me
Spirit of Life Guides me.

Spoken into Reality by His Word
Woven though Galaxies still Unheard
Fashioned in Love by Conscious Mind
I began even before Space and Time.

Birth of Creator

"I AM"

HIS/HER

"MASTERPIECE!"

"LovesVoice is Calling"

LovesVoice is Calling You, saying: You are welcome to take a walk with me through the journey called your life. The true church is not made of walls of mortar and clay. LovesVoice, has come to tell you that the Kingdom of Heaven, is right here on earth. The church without walls is you. I am willing to reach you from exactly where you are: to experience with you, the

"thoughts" that you call your everyday life. I ask you the question again, "Who do you think you are?" If you are willing to reach into the depths of your own heart, to answer this question, in truth; your true answer can give you the power to change the destiny of your soul. Catherine Mary McWilliams, urgently saying, "Wake The Hell Up!"

There is a place where you can go to quiet your mind. This is a restful place, a place of peace and comfort, after a long day's journey, in the wilderness called your life. To enter this place, you don't need a ticket, a passport, or even a dime; this place is free of charge, and it's located within the secret spaces of your very own mind. I cannot go there for you, but what I can do, is lead the way. Through the powerful Voice of Love, if you are open and willing to listen, the guide within will remove the veil for you. Now take a deep breath...let it all hang out, and walk along with me on this magical journey, where the wondrous purpose of your true life, will be revealed to you. In this place you will discover and uncover all the tools you need to feed your body, mind and spirit, which are already within you. You are already fully equipped, with everything you will ever need, to complete this journey. When you seek first the Kingdom within, all else is added unto you. This is the starting place: from this place, the possibilities are endless. The purpose of LovesVoice, is to inspire you: to sow seeds of love, to the loveless, to give hope to the hopeless, and to give comfort, to the comfortless. LovesVoice, wants you to really "SEE", that your life of dismay, of anger, and of pain, can be changed, into a life of everlasting joy, peace, and all the love you will ever need, want, hope for and desire.

You have the power within your very own self, to make the world a better place, by changing the world within you. The Jesus, said in the bible, "As a man thinks and believes in his heart, so is he." This is a very powerful and very true statement. In examining this very statement, each of our individual lives can be changed forever, for the better. You are exactly, who you think you are. I want to bring you back to this place, so you can really grasp it, please let this sink in, and take hold of you. Study to See, this truth. Right now, where you are, just take a

moment to look around, to see your surroundings. Now take another look at every piece of furniture, every object from the walls, to the floors. Look at everything that occupies your space: look at the clothes you wear; look at the car you drive; Look at the company you keep, not just the human company. Look at the company you keep through the television, the radio, and on the internet. Now breath, and look at the company you keep through your very own thought life.

Please "See" and "Understand," that this is the "Life" that you consider, to be your "Me." You really do have the power to change your entire life experience, around for the better. I am not talking about some temporary change, that will only last until the next relationship ends, or until the boss decides he no longer needs your services. This is not a fleeing change: This is everlasting change, with life shattering results, which goes from glory, to glory, to glory. You can live from a "State of Love and Gratitude," giving thanks, for a life filled with more and more love and grace, everyday. This is the "New Story of My Life!" My cup now overflows. This book is my gift to you, it's purpose is to show you, how to pass from death to life, and experience Heaven, right here on earth. You don't have to wait until the sweet bye and bye. Today is the day, and the time is "Right Now!"

My goal is to send a "Wake The Hell Up Call" throughout the Universe. LovesVoice, is saying that every soul can know that they know. Each and every one of us, can "Be Still, and Know God." The Kingdom of Heaven, really is right here, right now. The Kingdom of Heaven is closer than you think, because the Kingdom of Heaven, is within you. Have ears, that hear: have eyes that see; with all your getting, get understanding. The Kingdom of Heaven, is within you. This is the true message of Jesus, The Christ, The Messiah. Now is the time, today is

the day, of your salvation. The Creator, The Father/Mother, Holy Spirit, The All, The I Am, That I Am, The Universal Mind, or whatever Name you choose, to call your Source, can be found. He has never been lost; you've just been looking in the wrong direction. Turn within, I am offering what Jesus, offered; to point the way, to lead you back to "Your Own True Self." Turn now, from all those outside distractions: those things you use to divert your time (those fillers) which don't really satisfy. Turn your attention "Within," and explore the wonderful Universe within your very own heart and mind. This is the place where you'll find your Treasure, Your Storehouse, Your Gold. For I am My Father are "One." The Kingdom of Heaven is within you. This is the Sacred Place, that will fill all the empty places of your soul. You Are Welcome Here...

CHAPTER 7

"Happiness Is Homemade"

"Forgiveness Is A Blessing Back Guarantee"

"The Greatest Fellowship Of All"

Happiness is Homemade

You have the power to choose to be happy, no matter what your circumstance dictate. Understand that the only true reality, is the reality that's reflected from inside of you: and it's all an illusion. It's only so, because you think and believe it to be so. You have been conditioned to believe that what you see on the outside of you, determines how you experience your day. In learning to change the direction of your sight, from outward to inward, you give yourself the power to choose to be happy, no matter what may come our

way. Happiness is a "State of Being." In choosing to be happy, in every moment of your day, all is needed is a change of focus or point of view. Stop believing that the sun shines from somewhere out there; and see the sun shining from the inside out. If your heart is full of light, no matter how hard the rain may fall, the light that shines from within you, will continue to shine brightly. Make a conscious choice to not spend another day blaming an outside person, place, or circumstance, for the condition of your heart, which only belongs to you.

Begin each day, with your choice to be happy, no matter what you may face throughout your day. If you will start your day with this determination, in your heart, it is without doubt, that you will begin to see, brighter days. In mastering this great truth, you will see that each day that you choose happiness, happiness in return, will choose you. Energy, Vibration, and Frequency: As you put forth thoughts of happiness, you draw happiness back to you. God is not mocked: You reap exactly what you sow. The Kingdom of Heaven is within you. Eat of this word, and live forevermore, with **"Happiness that is Homemade."**

Forgiveness is a Blessing Back Guarantee.

For if you will forgive men their trespasses, your Heavenly Father, will forgive you your trespasses. The greatest gift you can give yourself, is to release another of an offense they have committed against you. When you release the offender, you release the offended, of being hurt, of being angry, of being wounded, and of being a victim. I'm not talking about something, that will be easy; I'm talking about something that will free you. I'm sure it wasn't easy for "The Messiah", as he hung on the tree: after being bruised, chastised, oppressed

and afflicted. As He Hung on the cross, He left us the greatest example of forgiveness: He said, "Father, forgive them, for they know not what they do."

Through your forgiveness, you allow your wounded soul to heal, and you teach the person who offended you, a great lesson of forgiveness. This allows for a two-fold blessing to occur: to be blessed and to be a blessing. Through your heart of forgiveness, you have freed two souls from hurt, pain and destruction. You reap exactly what you sow. It is impossible to be a blessing, without being blessed. Forgiveness is a lesson that we can choose to take part of, to grow. You may taste bitterness, as you take in this word of truth, the benefits, will forever work miracles for you. Make the hard, conscious choice to forgive that person today. You know who they are; and you know what they did. Yes, choose to give the gift of "Forgiveness" today, and receive your, **"Blessing Back Guarantee"**.

The Greatest Fellowship of All

Webster's definition of fellowship, is a group of people with a common interest. Let us explore this word we call fellowship. I know some of you may wonder how you can have fellowship, in a church without walls? True fellowship begins in your very own heart: the relationship you have with yourself, will determine the relationships you have with every other soul. You are the Temple of the Living God, You must learn to experience the "Oneness" of your own "True Self." This is the Greatest Fellowship of all. There is no greater freedom, than to experience

the beauty of "knowing" your "Oneness" with God. That you may "Know as you are "Known." This is the fellowship that will lead you to your greater purpose.

When you become fully conscious, being fully awake and aware, you can stand with a powerful voice, which can work for the good, the peace and the growth of every other soul. Set aside some time, that's best for you, for fellowship with yourself. Take time off from your spouse, your children, your friends, and any other family members. This will be your very special time, to be with yourself, within yourself. Turn off every single outside influence: no television, no radio, no telephone/cell phone, no internet, or any other distraction, are allowed in this place. This is your special "Space" in the "Universe."

When you first start out doing this, it will feel a little strange; keep going; keep exploring; keep searching, keep asking; keep seeking; and keep knocking. The Door, will be opened unto you. Ignore all the loud shouts, from the outside world. Now, ignore all the loud shouts from within your own mind. Ignore all those stubborn, resistant thoughts; just let them be; watch them pass on by. See them on the movie screen of your mind, and "Take No Thought." No matter what happens, keep on moving: just don't quit. This journey through the depths of your very own heart and soul, will be worth the price you pay, for it's worth is worth more than gold. When you encounter your own true self, the Fellowship you experience, with the "Inner You, is your real "Pearl of Great Price" and this will be your **"Greatest Fellowship of All."**

CHAPTER 8

"What Have I Been Thinking?"

"There is A Well That Never Runs Dry"

"You Are Not Alone"

"What have I Been Thinking?"

My man has left me; all my bills are past due; my bank account is overdrawn; my boss says that my job performance, just won't do. "What have I been thinking?" I look like hell twice over; my children do their homework, just to avoid me; my dog's not even my friend anymore, he runs and hides from me. "What have I been thinking?" Every place I go, everything I read, seems to speak this same message, to me. "As a man thinks and believes in his heart, so is he."

"Could this really be true?" Could my thinking and saying that, "all men are dogs, and that he'll eventually leave me, make it come true?" "Did my constant fear, worry and thoughts of lack and not having enough, draw more lack to me?" "Did my low self-image, cause my job performance, to be inadequate?" "What have I been thinking?" If my inner world, determines my outer world, then everything that's happening to me, is my own inner reflection, that's telling my life story through me. Am I really the only one I can blame for my children, who now run from the hell and torment that's vibrating from inside of me? Can my dog somehow sense, that I'm not even a friend to my own self? "What in this self-creating hell have I been thinking!"

I am the responsible party, for the creation of my life experience: through my thoughts, my beliefs, my words, my feelings, my focus, my intentions, my actions, and my reactions. The world that I'm now seeing, is the world that radiates through the: energy, vibration and frequency, that flows from within me. If I will only take hold of this lesson, and consciously apply them to my life experience, then in changing the life that I see, I can change the life that I receive. I must focus my attention within, choosing only to think about what I want. With every single thought and every belief, I am given the power to build up or to tear down. The choice is truly in my hands.

"What Have I Been Thinking?"

There is a Well That Never Runs Dry.

Come every hurt and suffering soul, you who are filled with disease and self-loathing. Open up your heart and mind and allow Love to take away your pain. Love will dry your weeping eyes; Love will reach down to you, in the pit of your emptiness; within the hunger of your soul. Bruised, battered, and hurting child of the Universe: please open your arms and receive Love's gift of Love. This Love is freely given; the price has already been paid. Drink from the

Living Waters of Life and never thirst again. Taste for yourself, and see, that the Lord is Good.

There is a place located in the depths of your very own heart: this place was meant for the Holy Spirit to fill. The place where, Mind, Body, and Spirit are joined as "One." This is the place of "Wholeness," of Freedom to Be." Enter this place and you will finally "See" that this is the place of the "True Self" within your "Me." I have walked in the Presence of the "Almighty." I now Dwell in the Secret Place, of the "Most High!" The Glory of the Lord, is Upon me. Stop believing that you have to wait until you die, or for the "sweet bye and bye," to know your God. Jesus said, "Now is the time, today is the day of salvation." Come to know, to understand and to grasp the beauty of walking with God, as the god that God made you to be, right here and now. Heaven is not somewhere up there: The Kingdom of Heaven is located on the "Inside of You." It is up to "You" to "See" that this is so. Walk this Way, Child of the Universe: Come forth and:

"Drink From The Well That Never Runs Dry."

You Are Not Alone

The Lord is with you. He loved you so much, that even while you were yet in your mother's womb, He died for you. The Lord has never left you, He has never forsaken you: He never left your side, from your beginning, even up to now. Your fear has blinded you from this: it has kept you from seeing that this is true. If you will have faith, as small as a mustard seed, you will see clearly, that this is so. The Lord Loves you so much, that He took the time to count

the very hairs on your head: not one of them falls to the ground, without His knowledge. You have asked in your heart, "How can God love me, with all of the wrong that I have done?" You see yourself as Adam and Eve, saw themselves, in the garden. In reality, the only sin is your belief that you are separate from God. Separation from your Creator, is your creation of hell on earth. Oneness with your Creator, is your creation of Heaven on Earth.

You and your Creator are "One Spirit." Your Creator's question to you, still is, "Who told you that you were naked?" The only thing that can keep you from the Love, Comfort, Presence, Protection, Provision, and Oneness of Your Creator, is "You!" You have been given the power to choose: There are two roads; one road leads to Life, and one road leads to death. Choose to Live Eternally within the Bosom of your Creator's Love and Light. Your Creator's Word to you is: "Choose Life." **"You Are Not Alone"**

CHAPTER 9

"What Is Love?"

"The Power Of Thoughts"

"Mirror Mirror Within The Walls"

"Silencing Of Mind"

"What is Love?"

True love is a "State of Being." It is so much more than a word tied to a feeling or thought of how, love hurts so good. "What does love have to do with it?" Everything! You will never find true love in a person, place or thing. Love in its fullness and in all of it's wonderment and glory, can only truly be found within the depths of your very own heart and soul. First, you

have to let go of everything you think love is; everything that you were told love is; and everything you can even hope love will be. You must come to the point where you don't have a clue. In order to draw anything that is true to yourself, you must be willing to completely surrender, to come to a state of not knowing anything. You become totally empty: A Blank Page. Then dwell in this state of blankness; in this empty space of not having a clue. It is in this very state that the miraculous will begin to happen. From here you open yourself up to the miracle of love's grace. This is the "state of being" where love steps in to show you the way.

If you are willing to let go, to lose the old, you will gain all that is new and true. Love must first be born inside of you. The Virgin Mary, was the perfect example of how we must be willing to give birth to love. We each carry the Christ Seed inside us (The Kingdom of Heaven within). We must be willing to give birth to the Christ, that dwells within us, if we want to experience the Fullness of all that Love truly is. Jesus was the first Word of God, made Flesh. The Word is Love. Jesus represents the Fullness of Love in the Flesh. What is Love? Love is a "State of Being." It's a "State of Consciousness." The Christ Consciousness: Love in it's purest form. We each carry within us the seed of creation. The seed of love. Therefore, "We are Love, and Love is us. We are created in the image and likeness of love. This is the rebirth. Love is so much more than our minds can ever comprehend. This love can only be birth in the spirit by the Spirit.

If you want to experience the love that resides within you, then you must be willing to lose your mind. You must be willing to leave everything you think you know, that you know behind., then enter loves open door, through the Spirit. Mary opened her heart to the Spirit, and received, in return, the gift of giving birth to a Son, Jesus "The Christ", Love Embodied. You too, through the Power of the Holy Spirit must give spiritual birth to "The Christ" within you. This birth of love will be all that you'll ever need. This love will never leave you, and never

forsake you. This love will be with you until the end of all time. This Love is You. And now as The Apostle Paul said, "For this reason I travail much, until Christ be fully born in you."

To him that has an ear, let him hear what the Spirit is saying to the church: "Your body is the Living Temple" of the "Most High God."

What is Love? "Love Is That It Is." "I Am That I Am". When every single thing that we call our world shall cease to exist; when that which I call my Life, My Body, My Soul, My Being is no more, "Love Still Remains." There is absolutely nothing other than Love. **"Love Is!"**

The Power of Thoughts

These remarks come from my own personal experiences; and I promise no special expertise, ability, or power to change your circumstance. What I am offering to you is, a different way of "seeing your reality," that can give you the ability to change your reality, forever for the better, if you will apply them. You have the ability to create the life you desire, by changing the way you think, and believe about your life. Change your thought, change your life. Begin to see

yourself as the great umpire: the bat is in your hands, now see yourself hitting that home run every time. Remember, that we each have the power to choose. As the great umpire, Your life is the great field of thoughts. If you are not happy with the ball, call a foul, and start the play again. All the greatest sports figures were first great thinkers, and even greater believers. They held thoughts in their minds of being the greatest; the fastest; and the best of all time. Their belief in themselves, led by their thoughts, which led by their actions, of being all that they thought themselves to be, in turn, led then to their greatest victories.

Look within all that you call your life: begin where you are, in this present moment, to tear down, and re-structure, the game you call your life, in any way you choose. You decide who the players will be: now is your time, to begin calling the plays, as you see them unfolding. Keep that first place or championship prize, in the innermost thoughts of your mind. See yourself at that finish line. Change your life, in the direction that you desire, by first seeing your life, as it is. Now take the bat, the ball and the glove in your hand, and conduct yourself as the great umpire, calling the balls as you see fit. The ball is in your court. Because who you are, is exactly who you think you are. **This is The Power Of Thoughts.**

Mirror Mirror Within The Walls

Here is a way that you can test your progress, as you travel inward, to discover your true life. You will come to understand, that your eyes work as mirrors; they are called the windows of your soul. I want you to begin from this day carrying a small mirror around with you wherever you go. This technique will teach you a great lesson of looking within, which is how your outward condition reflects. If you don't have a small mirror, go out and purchase one from the

Dollar Store. If you will allow it, this technique will help you to get your life back. As you go about your day, and you run into that person, place or thing, any circumstance that causes you to react in a negative manner, (if you're in a safe place to do so, *like not driving*) immediately take your mirror out. It will only take a few minutes: use this opportunity to look within yourself. Ask yourself, "What's going on inside of me?" "What's the true nature of this disturbed state of being?" "Why have I allowed this experience to cause me to react in this manner?" Then just get quiet; be still and know. Just Breathe, 3 deep breaths, and let it go. Surrender.

You may not get the exact answers to these questions, right then and there, but what you will gain, is a way to take your power back. To let absolutely nothing outside of yourself, cause you to act or react in a manner, that's uncomfortable for you. This self-powerful technique, is a way, if you will use it, to see in a more clearer or awakened way, the motivating cause of every action you take. From this day forward, you can choose not to play the blame game. I am in no way saying that, other people will not choose to do bad things. This is not about trying to control other people, this is about self-control. If you can get control of yourself, you'll find that everything else, will simply fall into place, as if by magic. I'm giving you the power to choose not to be so disturbed by the actions of another, that it changes the atmosphere of your day. This also gives you the chance to examine yourself, to make sure the issue isn't coming from within you. Seeing the situation clearly, through the mirror of your own soul, deep in the walls of your very own heart, is half of the battle of healing the problem of hurt and pain, which causes you to have the issues, in the first place.

All through the years you have used mirrors to see yourselves dressing, to wash dirt and germs off your face, to put make-up on, to brush your teeth, and all the other rituals. Now you can use the mirror to go a little deeper. You are no longer going to use your mirror, to take care of the things on the surface; the things you see with your outer eyes. Now you are going to use your mirror to travel deep within every pore of your being. You're going to dig out every pimple, allowing it to burst open, in full view: the seen and the unseen. You are going to look

deep into the depths of your own self and clearly see, all that the mirror wants to reveal to you. When you really open your inner eyes, and see the dirt for what it is, in your ability to see it, you give yourself the power to clean it up, from the inside out; to wipe it away, once and for all. Now you have given yourself the power of choice. Go out and get your mirror, today! "What do you choose to see, through the **"Mirror Mirror Within the Walls"** of your heart today?

"Silencing Of Mind"

There is a place inside myself that often fills me with wonderful
In this place inside of me my worries all fly asunder
It is the place of my retreat a gentle place I often seek
Within this place of great relief I rest in the quietness of my peace

As my heart grows near I can sense no fear
There's a sound I hear as I am drawing near
It soothes my thoughts and refreshes my heart
From this place my soul shall never depart

The sound is like a thousand seas
It's the sound you hear as you're walking the beach
It whispers wonderful mysteries yet untold
It tells life's stories as they still unfold

This sacred place is called the **"Silencing of Mind"**

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CHAPTER 10

METAMORPHOSIS

Metamorphosis

This is a story of a young girl, one of 11 children, trying to fit into a world that never seemed to be her own. The young girl's Mom, was the center of everything, that was considered to be her life. In between giving birth to 11 children, she found time to be a full time cook working in

a number of different restaurants, over the years, in the Greater New Orleans area. Besides being Mom to her own 11 children, her Mom also become a Mom to every other child who showed up on our doorstep, who needed a place to call home, before dying at the young age of 54, with the diagnosis of lung cancer. The young girl's Dad had died only three years before this, of a massive heart attack, at 53 years old.

Our parents do the best they can, with what they have. Unfortunately, because the young girl's parents worked so hard, trying to make ends meet, Dad sometimes working two or more jobs or whatever it took, to feed us, clothe, pay the bills, and keep a roof over our heads, the young girl begin searching for attention, even if it meant getting negative attention. Mom saw the girl as stubborn and full of rebellion. So the young girl did all she knew how, to keep up with this reputation. There were times when the young girl would hide in the closet and listen as her brothers and sisters searched for her, because of the panic and worry in her Mom's voice. When Mom would discover her hiding in the closet, she would stand there pleading for her to come out. Every time Mom would open the door, the young girl would pretend to be smothering herself, with the clothes, hanging in the closet. In a strange way the young girl enjoyed this attention, especially when her Mom would tell her Dad, that she was acting out again.

When we are children, we often see the world around us in a different light. The reality of it only extends as far as our narrow understanding of it. As the young girl decides in her limited understanding, that she was ready to choose her own path, she receives the first lesson, of what happens when we decide to judge another person's life choices. She wasn't happy in her home environment, so at 15 years old, she runs away from home. Her choice seemed to

be good at first, she had moved in with a girlfriend, who was several years over than she was. This gave the young girl a place of refuge, until her Aunt and Uncle offered to take her in, so she could finish school, and get back on track.

In the meantime, the young girl developed an open resentment for her Mom. She decided that because her Mom wouldn't leave her Dad, that she was the of herself, the young girl, and her and her siblings suffering, by the hands of her Dad; who was a good hardworking man, up until he drank too much alcohol, which was usually every weekend, in which he turned cruel and abusive. Although the young girl love and respected her Dearly, she learned from a young age, to become a protector of persons who couldn't defend themselves, which were her younger brothers and sisters. The young girl pleaded with her Mom to leave her Dad. And although Mom tried to explain to the young girl, that we each have a cross that we have to bare; and that this was her cross, and she was willing to bare it. The young girl now at the ripe old age of 16, shouted back, in her arrogance and defiance, "Mother, you are not the only one who has to bare this cross, we are baring it with you!"

"Judge not, for in the measure that you judge, you also shall be judged."

CHAPTER 11

"BIGGER AND BETTER PAINS"

"BIGGER AND BETTER PAINS"

On to bigger and better pains. At the tender age of sweet 16, when the young lady couldn't control her Mom's life, she decided to begin a new life of her own. So she talks her Mom into

signing papers, to allow her to get married. Imagine a young lady, third to the oldest of 11 siblings; and for as long as she could remember, she's had the responsibility of taking care of her younger brothers and sisters. Having to do the cooking, cleaning, and running the household, along with her two older siblings, who were not much older, than she was, while her parents worked night and day, to keep food on the table and pay the bills. The closet was no longer a big enough place of escape.

So now without a full grasp of what life is really all about; without the young lady having her own identity, her own purpose, her own reason for being, she gets married, a few weeks after her 16th birthday. And then, 2 months before her 17th birthday, she brings another life into the world: her first born son. This is a life that the young girl must shape and mold; nurture, care for and love, she must teach this life the right way to go. There is only one problem: "How can the young lady, teach, guide, mold, or even love this life, when she's already so utterly lost in her own life?" To make matters worst, before this life is even born into this world, while only 4 months in the young lady's womb, has already felt for himself, that this world can be a cruel and violent place. The violence he has already come to know and experience, has come from his father's very hand. The child must have tried to find a closet within the womb of the young lady, as he moved to escape the fist of his father, as he punches his mother, in her belly.

So before this road barley begins, the young lady, sees that it must come to and end. At still the young and tender age of 18 years old, after two years of being mentally and physically abused, starved, and even raped by her husband, the young lady, has taken all that she's willing to take. And "Yes", I do believe that it's very possible for a woman to be raped by her

husband. I was a victim of rape, in every sense of the word. Rape is rape. It doesn't matter if it's at the hand of a stranger, a father, a friend, a brother, or your own husband. The young lady still felt violated, dirty, and ashamed. It devastated an already torn, battered and confused life. Each day she lived through the pain and humiliation, the fear of not knowing what was to come of her or what to do next. Now she must find the strength to stand between the hand that not only hits her, but she must take the beatings that are now directed at her son. Timid, confused and afraid of men, after pointing a butcher knife at her husband's throat, as he pleads for his life, this time, she realizes that it's time to go. The young lady walks away feeling tired, angry, and hopeless, her desire to continue living has died. This was the point where the young lady decided that death itself, was indeed, more appealing than life. True to her character, she begins to live her life accordingly.

The young lady saw life as a big cruel joke. Life had its moments, when it would tease you, making you think that things were getting better. Then just when you got your hopes up, life would slap you in the face, with yet another disappointment.

CHAPTER 12

NINETEEN YEARS YOUNG

NINETEEN YEARS YOUNG

At the age of 19, the young woman landed a job at a convenience store, and within 6 months worked her way up, to become the store's manager. She felt pretty good about this,

especially since she was the youngest person working in this particular store, her general manager referred to her as a baby. Have no fear though, because the young woman's husband would make sure to come by, from time to time, to put her in her place. He would tell her that he was going to kill her and her Dad, for taking her away from him. His fear of her dad was probably the only thing that kept her alive, during this time. He would tell the young woman, that if he couldn't have her, than no one would. One day he actually came to the store, where she worked, to make good on his threats. He started off picking up items in the store, and throwing them behind the counter, at the young woman. He picked up a clipboard and begin aiming it at the young woman's face. Two of the employee's who were working with the young woman that day, became fearful and motioned for the young woman to call the police. But because she still loved his parents, and out of faithfulness to them, she called them, instead of the police, to avoid sending him to jail. While waiting for his parents to arrive, the young woman's husband grew even more hostile, announcing that he was going to light her on fire, and blow her up with gasoline. He then took matches and begin striking them, and throwing them on the young woman. The two employees, in their aim to protect the young woman, forced herself to lock herself in the stock room. His parents arrived arrived, and the young woman escaped the face of death, this time.

When one door closes, another one opens. Still looking for love in all the wrong persons, after passing the test and receives her (G.E.D). This was something she promised her dad she would do, if he allowed her to get married. She also signed up for the Louisiana Air National Guard, and would have to leave for basic training exercises, at Lackland

Air Force Base, in San Antonio Texas, in two months. A week before her 20th birthday, she meets Ken. Little did she know, that he was to become the father of her next two children. The young woman, kind of liked Ken, but she reminded herself that no matter how nice he seemed, he was still a man, and men can not be trusted. After all that she had experienced so far, she still had a lot of trouble, just trusting life.

Ken surprised the young woman, by showing up at Lackland Air Force Base, to watch her graduate from basic training. This is where she opened the door of her heart to Ken, because she felt, that no one had ever went through so much trouble, just on her account. Once she returned home from basic training, everything seemed well on the outside, but on the inside she could still feel the pain, and fear brewing. It was lying dormant, just beneath the surface. The young woman was still filled with heartache and disappointment. The young woman saw herself as nothing but a caterpillar. She was still very afraid to accept anything good coming into her life. She still saw her world as a cruel, harsh and cold place. The young woman retreated to another closet, hiding herself within the closet of her own mind, hoping and praying that the world wouldn't notice that she was still alive. The young woman felt that if the world saw her smiling or happy, it would quickly and harshly remind her, that she was nothing at all but an ugly caterpillar.

At 21 years of age and considered to be a grown woman, the young woman plans her escape. She swallows a handful of pain pills, while at a hotel with Ken. Discovered by Ken, he refuses to let her go; he begins walking her around the hotel room, and along the outside grounds, and wouldn't allow her to go to sleep. Yet sleep is what she wants, more than anything; she longs to sleep forever, so that she will not have to feel the pain anymore. The

young woman did not want to spend another day of her existence, pretending to be happy on the outside, while inside herself, she felt like she was already dead. Yet Ken, is determined to show the young woman, a better way. Ken gives the young woman his word that he will not tell anyone, especially her Mom, what she attempted to do, if the young woman promises, she will never do this again. So far a brief moment in time, the young woman, decides to really trust Ken, she takes down all her walls, lets her guard down, and Ken became her life.

CHAPTER 13

LIFE STRIKES AGAIN

LIFE STRIKES AGAIN

Life strikes again! The young woman has now fallen head over heels in love with Ken. The problem with this is, that she loves Ken, more than she loves herself. The young woman still has yet to learn how to love herself; she doesn't have a clue, as to what true love is. Five

years have passed by, and the young woman and Ken never marry; she's still married to her first husband. On top of this she has given birth to a daughter and a son, for Ken, at his request, and the young woman's existence is completely absorbed into Ken. And now, while their son, is only 6 months old, and he was caught cheating, he announces, "it's over, I thought I wanted to settle down, but now I'm confused, I changed my mind. And besides, you deserve better than me."

Imagine the young woman's horror, once again life has come to slap her in the face. The young woman allowed herself to love Ken, so much that she would die for him. The man, in which betrayed her; she considered him to be her soulmate, her whole life. This was the ultimate betrayal. The young woman asked him to reconsider, to no avail. He needed time, his space, he wanted his freedom. Five years and now three kids later, he had the nerve to talk about his freedom. All of the young woman's emotions became rolled up into a big ball of despair. She felt alone, afraid, and disillusioned. The young woman's worst nightmare, was coming to past right before her very eyes: She feared that she would be a young unwed mother of 3 children, struggling for the rest of her life.

The young woman had reached her breaking point, once again. She cracked while at work at the Air National Guard, Navel Base, in Algiers Louisiana. No one realized it, but her best friend, Edith, and her supervisor on base, who had to drive her home that day. that she had a nervous breakdown. The young woman spent the next 10 months walking around like a zombie. Hanging out with friends, drinking all the Jack & Coke, the base would supply, to try

to cover the pain. Her friend Edith and her sister Janet, would come over to help care for my children, while she drowned herself in her heartache and sorrow. The young woman told herself that it would have been easier to accept, to let go, if he would have just died. This was a pain, that felt worse than death itself.

Every single thing that she had feared the most, had indeed, come to past. Now at the age of 25 years old, she was alone and unloved; and to add to her pain, she was being tormented by the voices in her own mind. The demons of the young woman's own making were now telling her to take her life, and to take her children's lives as well. The young woman, at this point, would hardly show up at work, for her full time position, with the Air National Guard. She refused to leave her bed, her world had grown dark, bitter and utterly cold. She just lied there wallowing in her misery, self-loathing and despair. All the young woman wanted was, to be left alone to have her pity party. She absolutely hated life with a passion now; and there was nothing on this earth she wanted more, than to be left alone to die.

CHAPTER 14

SHE HEEDS THE CALL

SHE HEEDS THE CALL

The day comes when the young woman would take heed to the call of the voices. The young woman now sitting on her sofa, watching the soap operas: she began to see their nice little lives, how perfect everything went for them, and how they always seemed to have happy

endings. This made the young woman angry, resentful and even more depressed. Now she was in a rage, as she started staring from the soap operas, to the stove, which was at the left, of where she sat. The voices showed up right on time, telling her to go ahead and kill herself and her babies. The young woman's two youngest children, laid in front of her, at her feet, sound asleep. She had already sent her oldest son, with her Dad, to spend time with them; because the voices had informed her on an earlier occasion, that he would be okay without her. He was the first grandchild, and was already attached to her Mom and Dad, who she knew would be willing to raise him. The voices went on to say, that no one would be willing to take care of her two youngest children, so she had no choice but to take them with her.

The young woman seemed to be in some sort of a trance now. She seemed to be watching herself, from outside of herself; she stood up in a zombie type state, and began walking towards the stove. After turning the pilots on to allow gas to begin seeping out, she took matches out of a drawer, near the stove, As the fume from the gas began filling the rooms, she returned to the sofa, sat down, and once again began looking down at her babies, as if she was saying her final goodnight. In that moment she felt the warmth of her own tears, as they began to roll down her cheeks, carrying with them, the load of her guilt, her shame, her heartache, her sorrow, and her lifetime of pain. Just as she went to strike the match, the doorbell rang, which startled the young woman. It was like someone had shaken her, to wake her up from a bad dream or nightmare. She felt her heart beating against the walls of her chest, as she jumped up, turned the pilots off, on the stove, and went to answer the door.

To the young woman's surprise, a friend from the Air National Guard Base was at her door; he was in the Navy. The building where he worked, was right next door to hers. The young woman had met him while at the club on base, when she hung out with her friends, for ladies night. They had dated a few times, but nothing serious. He would purposely park his car next to hers, to make the guys in the Air National Guard jealous. It was a kind of military unspoken

competition between the different branches of service: a kind of love/hate relationship between the guys.

As the young woman, stood in the door, the young man began speaking to her; his words penetrated through her mask, going directly to her heart. He said, "I noticed your car hasn't been at work, the past few days so, I came to check on you. You may be fooling your friends, but you're not fooling me. You laugh on the outside, but on the inside you are dying. I know because I've been there before. I know what it's like to be tormented by your own mind. I was 24 years old when I had a nervous breakdown. I was admitted to a mental hospital, by the Navy, and day and night I was angry, lost and confused. He told her, that He did the exact same thing she was doing right now. Laughing on the outside, joking while hanging with my friends, but on the inside I was dying." The young woman didn't utter a single word. She just listened to his every word, allowing him to speak freely. Once he said his piece, the young man got into his car, and went back to work. The young woman just stood there, still alive, knowing somewhere deep down within herself, something unknown to herself, had sent her friend (this angel), to not only save her life, but to also save the lives of her babies.

The pain was still there, she had no idea where this road would take her; or where she would possibly get the strength or the courage to make through another day. Yet she knew, she had to at least try. If something or someone up there, went through all this trouble, to keep her from ending three lives, the least she could do was hang on a little longer. She was afraid to even think about what to do next; yet she was willing to trust this new experience. She really

didn't quite know what to think of it, but she was very curious to learn more about the mysterious. The young woman could not remember, word for word, everything the young man said to her that day; but one thing she knew for sure was, that if it had not been for this young man's intervention, should have no doubt, that she would have lit that match. As the young woman sat down, back on the couch, she noticed that she was still holding the matches. Looking down at her babies who were still sound asleep, the tears begin swelling up in my eyes, and rolling down my cheeks. While sobbing her heart out, the women wondered within herself, if there was something more to this life, then that which meets the eyes? Is there something that she had not yet considered? What had caused this young man to leave his job, in the middle of his workday, in that perfect moment, to drive to her home, and speak to her in this way? How was he able to see what she had so carefully hidden, from most of her family and friends? The young woman didn't see her friend but a few times after that, predestined moment in time; he was stationed somewhere else, and she also moved to another state. Although the young woman has a long way to go from here, still somehow she knew that she would never be the same again. Even to this day, she often wonders if this young man knows or understands, the value of the gift, he gave her. He not only saved my life, he also saved the lives of her babies. Each day she gives thanks for the joy that having them in my life, brings her. Mr. Navy Man, if you ever read this story, and it sounds familiar, I want to say a big thank you, and may God bless and keep you forever.

"Do you think that at some point in the caterpillar's life, that it knows, it was meant to be a butterfly?"

CHAPTER 15

HER NEW START IN ROCHESTER NEW YORK

HER NEW START IN ROCHESTER NEW YORK

Now at the ripe age of 26 years old, the woman decides that it's time for a fresh new start. She moves to Rochester New York, and marries husband number two. The woman got

married for all the wrong reasons, again. She was in church now, so she didn't want to live in sin. She had three small children to raise, and still feared that she would be left to raise them alone. She also wanted to punish her beloved Ken, for breaking her heart, for cheating on her, and for lying to her. She would show Ken, that that if he wouldn't marry her, that there was someone who would. The women still had so much to learn; the good part is that she was now on her upward journey. The woman had been to hell and back, and now face-to-face with the devil himself, she was wandering in the wilderness of her life experience. This marriage lasted for eight years, and it was a hard test of the woman's faith. She had come to a place of knowing and loving the Lord; and now her purpose was to show faithfulness to Him, at all cost. The woman understood that the battle was far from over, yet somewhere deep within herself, she knew that she was going to make it through this. The woman was willing to stand and fully embrace her newly found faith. She recalled an experience she had with the Lord, in the first days of her conversion. It was the middle of the night, and right in the middle of being tormented in her mind, she heard a still small voice. She knew that she knew, that it was the Voice of the Lord. He told her that He knew that she felt like she was at the bottom of a pit; and that she didn't know how to get herself out of it. He said right there from within that pit, imagine that you can see a rope, reaching down to you. The Lord then told her to see that there was a knot, at the end of that rope, He said to just grab the rope, and hold on to that knot, at the end of the rope. The Lord said, I understand that you don't have the strength to pull yourself up; but if you will just hold on to the rope, and don't let go, I will pull you up, out of your pit. So now every time, the women felt like she didn't have the strength to go on, she reminds herself, that the Lord is pulling her up, in His Power and Might. And that it is in her weakness, that the Lord is made strong.

This marriage lasted about 7 or 8 years, and it was a good learning experience: it taught the woman to learn to live and hold on, through the good and the bad. Slowly but surely the woman is emerging, from out of her self-made closet. In this marriage the woman lived through more mental than physical abuse, which even landed her in the mental hospital for an

overnight stay, and a few surgeries, to mend some damaged fingers. For as long as she could remember, the woman had longed to die, more than she desired to live. Her life was a life full of tears, fears, heartache and heart break, yet she had somehow survived. Every shattered and broken piece of her heart, had been put back together again. She was learning to go within, to see and live from a new place, in a new way. The woman was learning to hear the Voice of the Spirit, by the Spirit which dwells from within her. Now she understands what the Lord meant, when He said, that the letter kill's, it is the Spirit that makes us alive. For the first time in her entire life, the woman felt like she was more alive, then she had ever been.

CHAPTER 16

A NEW DAY IS EMERGING

Lord Please Stop My Momma's Pain

A NEW DAY IS EMERGING

It has been a long hard struggle; a lot has taken place, yet the woman is still alive. Christmas Day 1993, is the year the woman, had to say her final goodbye, to her dear sweet Mother.

Her Mom had been diagnosed with lung cancer, March of that same year. She had been separated from her husband, for a year now, so she was very grateful that she was able to move back home from Rochester New York, to care for her Mom. She had already lost her Dad, three years ago, in 1990. The woman went home to visit her Dad, the year he took ill. He had to have his leg amputated, because of Gangrene. She was given the opportunity to spend some quality time with him, in which she will always treasure. The woman didn't realize it at the time, but the special talks, they shared during her visit, was his way of preparing her for his final goodbye. The last words her Dad, ever spoke to her were, "Don't worry "Cat", Jesus will make everything alright." Two weeks later, after she had returned to Rochester New York, she got the call, that while Dad was getting ready for church, with the help of her brother, Paul, he laid back on the bed, as if he was tired and needed to rest, then he died. Although my sister Gaynel, applied CPR, to try to revive him, he had suffered a massive heart attack.

Thomas Lee Washington Sr., please know and understand, that your journey was not in vain. Although your life was cut short, at the ripe age of 53 years old, your legacy and name continues to live on and on. I've have come to understand that you were not perfect, and that's okay; what I do know is that your every motivation was to love, care and provide for your wife and kids. Dad, I see you in each and every one of my brothers, and I am so very proud to call you my Dad, because even for the short time you were here, you molded them in to the strong, faithful providers for their wife and children, they are today. You left a great imprint on your sons, Dad, and your seed is forever blessed, and shall remain throughout all generations. And thank you for teaching your girls, what to expect, and accept from a man. If if that man didn't measure up, it was okay to leave.

I will always respect the fact, that when I had enough of being beaten my first husband, when I called you, you came immediately, to my rescue. Although It broke your heart, when I chose to leave home and get married, I can remember you sitting on the sofa next to me, weeping. I know now Dad, that you wept, because you know my choice would cause me to suffer, and

you as my protector, wanted to keep me from that pain and suffering. Yet, still Dad, I will never forget, that when I call you that day, you backed your green truck into that yard, loaded me and my son, into the truck, and you took us home. And Dad, never once did you mutter the words, "I Told You So." No not once. On this day, you taught me by your example, what unconditional love is. I was your daughter, your child, and you loved me, and You also took in and loved my child, raising him as if he were one of your sons. I didn't understand what I had in my hands Dad. All those years I spent running away, trying to find something, that I had all along, right at home. I Love you Thomas Lee Washington Sr. Continue resting in Eternal Peace, until we meet again.

Sometimes after the pain and grief, in the face of death, we find the beauty of life shines brighter. Or maybe it's the fact that we appreciate life more, realizing how precious the gift of life truly is. The woman was very grateful, at this point. She was given time to spend priceless time with her Dad, before his passing. And now she was allowed to be at her Mom's side, during one of the worse ordeals, of her life. Over the years she developed a very special bond with her Mom. They had grown to love, support, respect, and accept each other for exactly who they were. And now she was able, and strong enough to stand with her Mom, when she needed her the most. The woman's Mom told her the secrets things she held in her heart. Her fears, her hopes, her regrets. She also told the women, how much she admired her courage. She said that the woman, will never have to look back and say, "I wonder what it would have been like if I would have traveled here or there, or did, this or that; this was a strength and courage that she herself, never possessed. The woman's Mom told her that she always feared life, which made her afraid to move out of her comfort zone; she learn make do with the choices she made, or that life made for her.

What the woman's Mom didn't understand was, that the woman was fighting for her life. For her right to be. The woman was fighting because something deep down inside of her, told her that she had to fight. Something inside of her told her that there was much more to life, than what meets the eyes. Something told her that she had a reason for being; and that nothing

outside of herself could truly hurt who she really is. The woman decided that she did have a right to live, and that she would not just lay down and die. Now the woman had come face-to-face with some of the greatest tests of her life; and just when she had formed a bond so strong with her Mom, that life itself could not break it, the time had arrived, that her Mom, must say her final goodnight. The woman said goodbye to her Mom's physical body, on Christmas Day, 1993, around 8:00pm, that night. As she watched her Mom's cancer-filled lungs, take their very last breath, she knew what it meant, for two souls to be joined as one. Yes, the women said goodbye to her Mom's physical body, yet in her heart, she knows that her Mom continues to live on, as one heart, within her heart. Of course the pain of her Mom's departing was a lot to bare, still the love they shared now gives her the strength to carry on. It's ironic that, just when the Woman mustered up the will to live, and to give this life all that she has to give, her sweet Mom, had decided that her purpose for coming to this earth, had been fulfilled. The woman will always hold the love she has for her Mom, forever in her heart of hearts, because she realizes that her Mom, continues to live on inside her. The woman has so much to tell her Mom; so much has happened, throughout these years. She sees so much of her Mom, inside of herself. When she looks in the mirror, she sees her Mom, looking back. The bond that she shared with her Mom, continues to live on inside her; and now the woman shared the same bond with her daughter. This is something that the woman treasures, and holds dear to her heart.

Dear Annette Theresa Washington, please always remember, that your life had a meaning and a purpose; and that life continues to live on in all your children, in their children, and in their children's children. You my Dearest Sweet Mother, will never be forgotten, for my love

for you grows deeper and deeper, in the depths of my heart and soul, as the years go on and on, an on, and on.

LORD PLEASE STOP MY MOMMA'S PAIN

Lord they say that Father knows best; but can't they understand that my Momma, not only nourished "one" but "eleven little ones, by the tenderness of her very own breast?

Lord they say that lessons come only to test; but can't you see that this is the Momma who held me, comforted me, building me up each time I fell? Yet now her cancer filled body is her living hell.

Lord they say that you are not the blame, your will is being done, is what they claim. But Lord if you came to bring us life more abundantly, and make us whole, then why is my Momma's body so broken and cold?

Lord Please Stop My Momma's Pain, Grant this one wish and I'll give praise to your Name.

Lord Please Stop My Momma's Pain, Answer this one plea, and I vow to serve you eternally.

Lord Please Stop My Momma's Pain, Let not my Petitions be spoken in vain.

Lord they say to just keep the faith, and let God do the rest, but as I behold my Momma's torn and frail body, I must confess: I can feel my Momma's agony and I'm losing trust.

Lord please be patient with me, for I am doing my best; this could all be over if you'll just answer my urgent request.

Lord what I need to you to grasp, is that this is my Momma, my friend, and I hold her dear. She is the one who dried my tears and soothed my fears throughout my 34 years.

My Momma is the one who believed in my dreams; she filled me with all of my self-esteem. In
letting her go Lord, what would I gain?

Lord Please Stop My Momma's Pain, Seeing her like this is driving me insane. The absence
of her body means she'll be present with you; though my emotions say no, my heart knows
this to be true.

Through the ending of her long suffering, the lying down of her earthly body, her spirit will be
made free again. By knowing through her death, her new life will begin, we each will be made
whole again.

Catherine Mary McWilliams Myers, saying goodnight my dear sweet Momma: enter the place
of no more pain. Go forth to enjoy the fullness of eternal life, and "yes" we shall embrace
again.

CHAPTER 17

THE JOURNEY CONTINUES

I Scream! I Scream! I Scream!

Still

Search

Peace

THE JOURNEY CONTINUES

As the journey continues, the woman doesn't know where her life experience will lead her. What she can see is that life is a never-ending story of lessons, which come to guide, to heal, and to give us what we need to accomplish our purpose. The woman has discovered the beauty of the inner life, where there is always something new to uncover. She realizes that she no longer has to search for love, peace, contentment, or anything else she really needs, outside of her own "True Self." The woman understands that in owning herself, she has gained the whole world. She has found her way home: The Kingdom of Heaven, is within her. It is from this place that all else is added. The woman now dwells under the shadow of the "Most High God," and it is from this place, that she already is all the love, peace, and joy she will ever need. The only place she will ever have to hide, is in the closet of her own heart.

The young girl, the young lady, the young woman, and the woman spent many of her years, doing whatever a person, place or thing dictated, that she must do. Now she knows and understands that all she has to do is "Be." It is within her "State of Being" that anything is possible.

A "Metamorphosis" is said to mean a change of structure and form.

Through her pain, her struggles, her fears and so many tears, in her search, the woman had somehow changed. She changed the structure of her thoughts. She reexamined the life she had formed. The woman transformed what she felt and believed about her life. And with this she received the miracle of her own rebirth, which has formed for her a life of beauty, of hope, and of triumphant that is well worth every moment of living.

"Yes," "The Caterpillar does know; somewhere deep within herself she knew that she was meant to "BE" for at last the Butterfly is Free!"

I SCREAM! I SCREAM! I SCREAM!

I AM Daughter: should I look further?
I AM Woman: is this the All there is in me?
I AM Wife: what more must I be willing to see?
I AM Mother: why do I feel the need to smother?
I SCREAM! I SCREAM! I SCREAM!

Longing to fill the still empty void
Given no answers I am very often annoyed
Yearning for what I can't quite conceive
Needing to protect, to hold, to cleave.
I SCREAM! I SCREAM! I SCREAM!

my search uncovers wonders of mind
Now longing to tell of the joys I find
Of secret treasures of every kind
Behold mysteries held beyond all space and time

I SCREAM Daughter, "You are greatly Beseeched!"
I SCREAM WOMAN, "You are more than Enough!"
I SCREAM WIFE, "You are dearly Beloved!"
I SCREAM MOTHER, "You hold a gift "Life" within your protective Womb!"

STILL

Perfectly still
One with the Flow of the Wind
I Move Steadily...

SEARCH

Like the Leaves Fallen
To the Ground Blowing Away
I Now Search for the Branch...

PEACE

The Secret of Peace
is to Carry it Within You
Wherever You may Go...

**This Page Is Intentionally Left Blank
In Summary**

Through the pages of this book, you may have noticed some blank pages, or breaks in space. Use these special places to stop, and really think about the thoughts, you consider your life, as you go about your day. Give yourself some time to reflect, to be still, to wonder. Write yourself some notes, as you walk along, just to ponder.

This is a different kind of book. Every word and every page. in some way reflects the story of my life experience. I chose to share these thoughts, which have been very intimate details of my life with you, to allow every soul to see that it really is possible, for each of us to live a life of happiness and total freedom. It absolutely does not matter from which point you are lost. Right there in the exact position, from your very location, the only thing you have to do is choose to start.

I do not profess to you to be an expert of any kind. My gift written within these pages are offered to show you, that if the discovery of Love can change the direction and the expression on my life, then surely Love has the power to change a life of any kind. Love's requirement is that you choose. To just say yes, and have an open mind and a willing heart. Love will show you the way.

"LovesVoice is saying," "Wake-up, and discover that the Church Without Walls is You!"

REFERENCES

You may have noticed throughout the pages of this little book, that some bible references were used to tell of my story. In truth there is no other way to tell my story, without giving reference to my greatest Friend and Helper. The Bible refers to my special friend as the Holy Spirit, the Comforter. I say, that The Holy Spirit is my Friend who sticks closer to me than any brother. On the day the Holy Spirit was revealed to me, my whole world opened up. Being filled with the Presence of the Most High God, can not be described in mere words. You have to experience it, for yourself, to ever fully understand. The Love of The Holy Spirit, is above my mind's comprehension. In Companionship with the Holy Spirit, I am never alone. The Holy Spirit bares witness with my spirit, that I am a child of God. Worship or Oneness with the Holy Spirit, is Sacred, It is Personal. The Holy Spirit's voice is still and small. There's no pushing or shouting, and it will never be done through the use of force. The Holy Spirit leads and guides to all truth. For the hour has come when the true worshipers, will worship in Spirit and in Truth. God is a Spirit, and they that worship, must worship, in Spirit and in Truth. The letter kills, it is the Spirit, that makes alive. All you need is a willing heart and an open mind. If you draw close to the Holy Spirit, the Holy Spirit will draw close to you.

I give reference to the Word, The Living Word Made Flesh, which has been a Light unto my path a Lamp unto my feet, and to the Holy Spirit of the Most High God, which makes this Word, alive in me, and through me, from now throughout all eternity.

Catherine Mary McWilliams Myers