

THE ART OF SPIRITUAL SIMPLICITY

NADEMUS

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Good Day, Entities! And a fine day it is as we recognize the Truth that is displayed everywhere. Indeed, do you arise from your nights' slumber and in your first moments give glory to God? Do you look around you in reverent awe of your vision of creativity? Do you spring forward with a light step and excitement brewing within you to meet the spectacle of another glorious day?

If not, perhaps some modifications of your thoughts are in order. I suggest this not because these states of mind represent some standard of excellence or the required attitude of an evolving God. No, I suggest this because with these acts of remembrance, do you step into the created reality of your day with an awareness of whom you are within a structure of thought that holds flow and peacefulness and clear opportunity for joy. In other words, the truth of who you are exhibits itself with a pure knowing.

With such a beginning to your day, you awaken within the directive spark that fuels your expression. This expression holds an element that is intrinsic to life, the element of simplicity. Simplicity is that state of being in its own most basic form; clear of extraneous accoutrements and requirements. Simplicity holds no further complexity than is essential to the expression of creativity in its unfolding. In other words, it just is.

How many of you reading these words hold this view of reality in your own life? How many of you can identify with simplicity in this fashion? Perhaps some of you even define simplicity as unsophisticated and old-fashioned. With life in these times becoming so incredibly complicated, how do you assess your day and your life? I can feel your questions and it is to these questions that I address my words today.

Entities, know that who you are is God. I remind you of this often because it is so easy to forget when confronted by a reality so filled with complexity of choice. Every day you face enormous challenges simply to accomplish the task of survival, making a living, feeding your family, keeping a roof over your heads and simply

making it from morning to night. You want more, certainly, but challenges and the onus to achieve are enormous and some of you feel the deck is stacked against you. Others of you are quite adept at handling the survival issues and are doing quite well with these aspects of living, bringing into your reality plenty of money, a fine home and a satisfying job. But even you can agree that survival, however camouflaged by the view of success, is still a major focus.

Interesting, isn't it, that no matter at what level of accomplishment you are, survival is still a focus and an issue to be dealt with. On one end of the polarity pole, you are struggling to make ends meet and on the other, the ends are meeting, but the time and effort it takes to accomplish this may consume your fire for life, triggering you to recognize that it is easy for you to meet ends, but at what price.

Survival, as an issue, is supposed to have been overshadowed by the massive changes in life from before your industrial age to this digital, space age. For instance, you once required a trek to the river or spring to carry your water home, but guess what? You still do this, but these days you trek to the nearest market to purchase bottled water, load up your vehicle, drive across town in traffic, unload your stash from the vehicle and then, one more step of bringing it into the house for storage before taking a breath and enjoying your liquid refreshment. Sounds like the same trek to me, except with more complications.

Even if you are not taking your hard earned cash to purchase water, consider where your water comes from in your cities and small towns. Your water is piped from a reservoir to a central community reservoir you call the city water tank. Then it is processed and chlorinated and fluoridated before, through more pipes, it arrives in your home. With just a lift of a lever, you now have access to water that years ago you needed to have carried yourself. But what if there was a shut down of your municipality? Where would you get your water for bathing, drinking and cooking and all your other necessary uses if there was a break in the pipes? Tell me, whose

method is the most reliable, your current more complicated and reliant method or just walking to the stream and getting your own?

But this question brings up another pertinent thought. If the situation changed and you did need to return to the manual approach for securing water, where would you find it, particularly in your cities? What of its purity? What would you contain it in? Would you have the strength and fitness to accomplish this most basic task?

I have taken you through this very simple example only for the purpose of reminding you of where technology has taken you and your mindset about it. You have come from a time when predominant energy was required to achieve the most basic notion of physical life, survival, to a time, on levels disguised by appearances, where survival still is uppermost on the minds of mankind. Nothing has really changed but the way you survive. Just how far have you come?

Many of you have adopted a "return to nature" approach to life as you retreat from the technological advances and gadgets of your time. You are moving from the cities to the country, slowing down the pace of life, relying less and less on the city structure to support your needs, but rather becoming more self-sufficient and self-reliant. This is making a difference in your world to some degree, but I submit that even this does not slow the outrageous race for complexity that overtakes your world today.

Getting in touch with this phenomenon is important not because the world appears out of control with the increased speed that everything is moving, including you, but this increase in speed holds a momentum that is falsely engendered. This falsity is not of a benign nature, but rather a designed, calculated method of control. Sweeping the population into a mode of excess in all areas of life has a purpose. That purpose is to command attention and, remember, where attention goes, so too goes creativity and manifestation. Some of you who are entrenched within society as it has established itself may be retorting with claims that you are happy with the pace, that it holds excitement and a rhythm of productivity. I will not deny that productivity and excitement exists at this level of expression, but to what end?

Entities, yours is a created world because you are creators. Through your creative focus, you, the extensions of All That Is, use your powers and gifts of creative purpose to manifest before you a living representation of the state of your consciousness in the moment. You do this deliberately or through default. And indeed, so much of what is manifesting is a statement that cre-

ativity is dramatically following a course of action that is leading you down a path away from self, away from the recognition of the God you are, away from Truth. In the process of the day-to-day maintenance of the status quo and the continual reinterpretation of that same status quo, you find yourself in a whirlwind of activity, a state of continually doing and seeking and dissatisfaction.

I offer you the proposal to stop. Slow down. Simplify.

Please understand, Entities, that I am not purporting the ruination of advancement, nor the return to a time where life seemed far more limited. I am simply offering a perspective that the complexity and complications of life today are not supporting personal satisfaction or personal spiritual growth. They detract and occupy your thoughts, diversify your focus and literally act as a tool to maintain such a disjointed stance. And you, in your acquiescence to the now established pace of life, march in formation to the call for performance, acquisition, extension and perpetuation of what is considered the norm. In this process, how could you possibly have time to venture into quiet moments with yourself and breathe in the precious moment between thoughts and actions, the moment of stillness that is the space of God?

What you are involved with in your life, no matter at what point on the polarity pole you reside, can be simplified. Pure and simple. Simplification is available to you and what that process will incur is the sweetening of life. Prioritization allows for, and is the prerequisite for, simplifying your life and your approach to life here on this demonstrable plane. Through the act of prioritization you take the road of simplification. And indeed, it is a glorious road to take. When you do, you realize that the frantic pace of life, as you know it, is actually making decisions and choices for you as you prioritize your involvement through status quo. Of what importance, truly, is the steady accumulation of material things? Does not this accumulation require time, money, energy, focus and attention to maintain? Is the maintenance meaningful to you? Does it satisfy the craving in your soul to return Home? I think not.

Material things are not the only diversions that occupy your thoughts. Ideas and concepts that demand participation and acquiescence on a psychological level also impart their own brand of control. Think of it. For every creative endeavor popping up in this expression of creativity, there are full sets of accessories, containers, storage methods, and instruction books and so on to support it. Manufacturers from everywhere get into the act and provide their version of what is needed to do it right. Then, of course, what comes into play, is the status factor of brand names as they purport status and

inclusion or act as the Scarlet Letter for exclusion from that most manipulated rank of “being in”.

My dear friends and creative masters, I ask you to listen, not to me, but to yourself and hear the cries of your emergence. What you want is to remember who you are and to love yourself and others deeply and intimately. You crave the remembrance of spirit and the enactment of the God you are. You know that you are more than this body or this body’s needs. You know that there is more than this plane of expression. In fact, you truly know that beneath this vision of reality, the material world is illusion. You literally know it all if only you would allow yourself to hear the Truth. Remember, I am not asking you to accept my words. I am asking you only to consider if my words are touching and triggering you on levels deep within that are begging to return to simplicity - simplicity of thought, simplicity of being.

Interestingly enough, it is those individuals who are the most successful, who also hold the greatest simplicity in their beings. This is not to say that they limit their lives, but rather just the opposite. Their lives thrive on their sense of success and happiness. They have all the material possessions that they could want or use. They expand their creative efforts to match their priorities in life and their life flows. But it is not the possessions that are the guiding force but rather their reverence to God and the understanding of what is important – simply being and creatively expressing the extension of the God they are. The pure essence of life lives through them with the act of being and expressing simply. As they create, not from need but from joy, all else follows and fills their lives. But what is most important is the process, not the accumulation. So simplicity is not a formula for lack, but a formula for achieving more than you can possibly comprehend while you are so occupied with excess.

Here are some tenets of thought if you are interested in this simplification:

1) Think Abundantly. Allow your thoughts to wander into the terrain of fullness and rich expression holding the knowing that you are One with all things, One with God and as such, you are this abundance. It is who you are.

2) Look Inward – Looking outward for a statement of your worth is the point at which your assessment of self is no longer the focal point of God. Looking outward diverts your attention and your consequent expression. Disciplining your thoughts inward, you begin to see the Truth and in seeing this Truth do you understand and remember who you are.

3) Love Yourself – Allowing yourself the grace of

self-adoration is the first step to knowing the grandeur of God and remembering you are God and you are of God. Is it not a statement of love for God to adore self?

4) Prioritize – Be determined to see things as they truly are. Pay attention to your life, assess what brings you joy and what does not. Determine to release from your life all aspects of it that do not serve the purpose of bringing you joy. If there is clutter in your life, on any level, clear it out; share it with those who may find it a priority in their life, but release that which does not support you in joy. As you hone down to the simplicity of your life, you find you and when you give yourself the opportunity to find you, you remember who you are.

5) Revere God – In reviewing your priorities and examining your life for preferences and non-preferences, remember that all you see is the manifest reality supported by and created through the very notion of Love. That Love is Life, and Life is an extension of God. So, the entire Universe is God, even that which you are releasing. Do not discard it but rather love it away.

6) Make Home – Rejoice! For finding yourself out from underneath all the clutter of extraneous thought, knowing who you are and having the courage to be who you are is the path Home. Making Home within yourself reveals the answers and brings you into alignment with God, enabling a swift return to full awareness of the Arms of Love, your God, and the Oneness.

Entities, with great love and profound understanding have I offered this perspective of your predominant focus and worldview. This hopefully provided clarity for you to view more exactly through the focus of your personal viewpoint so you ultimately will see it as the precursor of a more expanded, more inclusive, more glorious worldview. When you reach the simple thoughts, you will see in their pure essence the answers to life’s driving questions. You will see the pure purpose of life and will begin to live it. With your example shall you light up the darkness and be the lighthouse of humanity. You will glow with purpose, the simplistic purpose of Love known and expressed. You will truly be a living God in remembrance of who you are and One who acts as the trigger for other’s remembrance of self. What a glorious day indeed!

I am Nademus, I bid you adieu. With God you are and I am. So be it. Indeed.

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