

June 3, 2018

Blessings, Dear Friends,

Springtime / Summer! Yay! :)

I'm emailing you today to share a few things. There's a lot of info here, so this is best-viewed on a PC, rather than a cell phone.

1) I have had / am having an even deeper spiritual awakening. I find this to be a joyful, yet peaceful experience. I feel compelled to share it with anyone who may be interested in hearing about it, so I have attached a pdf file to this email of my notes of the experience. Please open and read that attachment, if you are interested.

2) Several months ago, I did put an Instructional Video of the tapping (EFT/ECM Tapping) on YouTube. It is a 25-minute, purely instructional video. I had planned to add some mini-tapping sessions to YouTube as well, but I may not do that after all. *(I feel now, that my best assistance for anyone is to help them to get back in touch with their Inner State of Divine Being, our Oneness, and to recognize ego mind when it surfaces and immediately take it through a few simple steps for transformation. Read my pdf file if you care to understand what I am referring to.)* Therefore, I may eventually remove the current instructional EFT/ECM Tapping video from YouTube, but haven't decided fully yet. If you care to see it or save it before I remove it, here is the link:
<https://www.youtube.com/watch?v=NXLluK9DREQ&t>

3) *Women's Spiritual Retreats: (Sorry guys; I will have Retreats that include men in the future, but not yet for 2018)* Registrations open at my website for 2 Women's Retreats that I am offering in 2018. Dates: Monday, July 16 through Thursday, July 19 and Tuesday, Oct. 2 through Friday, Oct. 5. Retreat Theme: Awareness of Presence. Pre-requisite: Re-read Eckhart Tolle's A New Earth prior to attending. Retreats are prepared for 15-22 women; registrations may close approx. 30 days before each retreat or when registrations have reached capacity, whichever comes first. Lake Huron Retreat Center (Port Huron / Lexington area) is our location on beautiful Lake Huron. \$525 all inclusive (includes private rooms, private bathrooms, all meals, all materials). For complete details and registration, visit:
<http://www.lindafp.com/retreats.htm>

4) Reiki Students: If anyone (in addition to Molly) is ready to consider dates for your Reiki III Class, please let me know.

5) Michigan Friends: A friend and I are interested in attending a weekly group, whose focus is to diligently Practice the Principles of ACIM and Eckhart Tolle's teaching. We are not looking for beginners groups---that is to say: we are not looking for groups whose all members are not yet completely convinced of the teachings in those books. If you know of such an advanced group, please let me know. I have a couple of more meetings to try on my next 2 Thursday evenings. My friend lives in Waterford, and I live in Sterling Heights, so a centralized location would be nice.

Okay, dear Ones, thanks so much for receiving me. I love you. I love us all.
pdf attached

In Love and Peace,
Linda
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PDF Attachment:

Sunday, June 3, 2018

I have been knowing I was going to send this email to all of you since about late February, 2018.

And every time I would sit at the computer to work on this project and send it out, I found myself continuing to add a bit or edit a bit, and to leave it be for weeks in-between.

And then, when I felt this was ready to send to you, I saw that my EXCERPTS totaled 13 pages, LOL, so today I edited more out.

Today's message is as brief as I can be, keeping only the most important. And yet, it is still lengthy: 9 pages. I am emailing this to every applicable person in my email Contacts list. I have shared some of this with some of you, personally, already:

The following is an account of my recent deepening Awakening. One month (February 2018), in particular, was an entire month of total euphoria. I took notes daily as I was having the experience, and the following narrative includes excerpts from those notes. But first I will explain how it began:

In late January 2018, I had (what is often referred to as) a dark night of the soul. It lasted for more than one night. I was angry with God (feeling abandoned), and I was desperate to understand how to make a particular area of my life *work*. I thought / felt that I had been doing all of the right things, living the right principles, being a good, spiritual person, etc., but for months, even years, it seemed that my prayers regarding a particular area of my life had gone unanswered. I was at the depths of despair. And in late January, I hit bottom.

Now anyone who has ever taken a class from me, or attended my lectures at Unity Church, knows that I teach the importance of *raising our vibration*. So, I knew, even while at the depths of my despair, **I knew** that I had to do whatever it took to get myself into a better-feeling place. I have a mental list of enjoyable activities (something I advised in the "Deliberate Creation" series), but hard as I tried, I just could not bring myself to do any of them. For days in late January, I could barely function even at the simplest level.

Finally, one day, as I was still searching for a way to get myself into a better-feeling place, I had the idea that perhaps I could color.

I keep coloring books and crayons in my home for when neighbor children come to visit, so I took advantage of the miniscule amount of energy and motivation that had come to

me, and I brought out a coloring book and crayons. I sat at my kitchen table, and I began to color. I was completely present in the moment, focused only on choosing a crayon and using it to add color to the page I had opened. I colored slowly. I enjoyed the experience. Thus, my vibration raised. Just a notch.

And from that initial notch, I continued to rise.

6/3/18: I continue my message to you all with excerpts from a file I have on my computer, titled "Unconditional Love" (author unknown). I gave the entire page as a handout at a Church lesson I gave in 2006. Pertinent excerpts are:

I love you as you are...

I honor your choices to learn in the way you feel is right for you...

...without a thought or word of judgment from me about the deeds you undertake. I see no error in the things you say or do.

...I allow without reservation the choices you make in each moment.

...To those who would choose a way I cannot walk, whilst I may not choose to add my power and energy to that way, I will never deny you the gift of Love that God has bestowed within me for all creation.

...I allow you the universal right of free will to walk your own Path, creating steps or to sit awhile if that is right for you.

...For it is the right of all life to choose their own evolution...

In humility, I bow to the realization that the way I see as best for me does not have to mean that it is also right for you.

The Love I feel is for God's entire world; I know that every living thing is a part of God, and I feel a deep Love within for every person, animal, tree and flower, every bird, river and ocean, and for all the creatures in all the world.

...I live my life in Loving Service...

...becoming wiser in the perfection of Divine Truth, becoming happier in the Joy of Unconditional Love.

My side note 4/8/18: I live this now on a new Level. Deeper and more meaningful than ever before.

My side note 5/9/18: Ditto above ☺

My side note 5/29/18: Ditto above ☺

...and continuing...

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And now, here are the excerpts from my notes of February 2018. I welcome any comments or questions.

Feb. 21, 2018:

My 3-week awakening catapulted with re-reading:

1. Complaint Free World
2. Reflections of the Christ Mind
3. A New Earth
4. Currently: Power of Now

Side Note 5/29/18: Since re-reading those books in that initial period, I have been able to read and understand A Course in Miracles (ACIM) like never before. I am currently reading ACIM.

I read these books slowly, one word at a time, sometimes re-reading a sentence or paragraph a couple of times to make sure I was really understanding it now. I spent countless hours each day, reading and applying.

I don't know how many days I have felt like this. At perfect Peace is a good description. I suppose I could look at a calendar and figure it out, but that is of no importance. This moment of now feels like peaceful, joyful eternity. All there ever was and will be.

I guess that's enough for today! 😊

Feb. 22, 2018:

I feel great. I am aware. I am in conscious contact with the Essence that I AM. I have been coming gradually, step-by-step (a short process), moment-by-moment to this place of pure Peace; it has taken just a few weeks of alertness for me to truly awaken to our Oneness.

It took me (Linda) about 60 years to arrive at those last few weeks. I took the scenic route, lol.

Which has led me here. Today. In this moment, I AM AWARE.

I finally understand on a real level:

If I am *planning*, and my priority is that my "*doing/project*" is mainly a means to an end, I am in ego consciousness.

If I am wanting to be having or doing something other than what I am having or doing right now, I am in ego consciousness.

If I am wanting or needing any situation to be different than it is right now, I am in ego consciousness.

All "wanting" is of the ego.

If I am reacting negatively to any person, place, thing, or situation, I am in ego consciousness.

Anything (and thoughts are things, too) born of the ego will ultimately fail and leave suffering in its wake. Suffering is what the ego does best. Suffering: guilt, shame, fear, worry, blame, judge, condemn, criticize, defend, complain, ...

It is my responsibility to choose repeatedly to be in Christ Consciousness instead of ego consciousness. It is my Purpose to be aware of my Oneness with all things/people/God in every moment. That is my primary Purpose.

My primary Purpose is to practice **Awareness of Our Oneness Presence** in every moment, in all of my interactions.

To diminish the ego thinking, which is the solution to all of my so-called “problems,” I merely have to notice when the ego surfaces. I notice/observe without criticizing, judging, defending. I merely have to admit it (to admit means to allow entrance) to my Self (my Essence, my true Self). I can then just continue to be aware of the essence that I AM, of the essence of all that is, and I can rest peacefully in that Awareness.

When my “doing” is from this enlightened awareness, it is in alignment with I AM and blessed with truth.

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...If the thing that’s driving your bus (your prayer or your wanting) is of the ego, you (and everyone involved) are much better off not manifesting it, because it (its results) will be of ego, and therefore will be temporary at best and will also create an opposing situation which contains suffering of equal or greater degree.

Love:

In this moment, I AM LOVE.

Love means recognizing our Oneness with all.

It doesn’t matter who/what I AM Loving/doing in this moment. It only matters that I AM being Love/Loving. Love anything in every moment.

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2/25/18:

I am Aware. I am Presence. I am Awake.

2/26 correction: I am **Awakening**. (*When my ego mind ceases to surface, I will be more fully Awake.*)

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The following may or may not be in any particular order:

These insights are not coming from my thinking mind, not coming from my head. They are coming from what may be my heart chakra, because it is an energy (warm, circular, moving, expanding, breathing) in the vicinity of my heart chakra.

It is clear to me now:

The human condition (conditioning) is that we have mistakenly mixed up our priorities. We have our focus MAINLY in the outer world, but our Inner world is of much more importance. Our Inner Being is the foundation of everything. If we would simply change

our order of priority, all would be well. *Correction*: all *IS* well. When our focus (our priority) is our Inner Being, we are present in the now, and all outer things unfold beautifully, peacefully, perfectly. Jesus and other spiritual teachers have been pointing to this in myriad ways, since the beginning.

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On Thinking:

“Thinking” and “Learning or Understanding” are not the same things. “Thinking” and “Insight” are not the same things. “Thinking” and having an instant “Idea” are not the same things. We (humanity) have formed a habit of misidentifying “thought,” and that creates our confusion (and our self-imposed suffering, which can result in our hurting one another, on the unconscious level, of course. 2/26: because no one can truly hurt another, not the *other* who is Divine Essence, which can never be hurt). There is a monumental difference between “thinking” and the other, “of God” attributes mentioned above. This is obvious to me now.

Thinking and Being Inspired cannot co-exist.

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The ego mind has been tricking us. And we kept feeding it and making it stronger.

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Here is an excerpt from an Eckhart Tolle book description from years ago:

[Tolle teaches how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world.](#)

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Contemplating for brief moments on the phenomena of my NOW understanding concepts and principles that I THOUGHT I had understood years ago and now realizing that although I found great value and Truth in those books, I now realize that I never totally “*got it*” back then. I now realize that I only had an intellectual understanding of their Truth, but for some ? reason, did not have the *ability* (?) to comprehend the application. ...Which seems odd, because the application is so simple—so much easier than the “hard work” and “effort” I’ve been doing.

Anyway, for some reason, I must not have been ready. It may be because my process of evolvment, of awakening, was still in the early stages. Whatever. I don’t know. And I don’t really care. Only my ego cares, and I’ve decided to Love my ego free.

Like a veil has been lifted.

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It’s the ego mind that would judge me or my actions (or anyone or their actions), and I understand that; and in response: I Love you.

Eckhart Tolle on Love: Love is the recognition of Oneness in the world of duality.

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This awakening experience may resemble the experience of someone like a mathematics savant who sees numbers and formulas literally jump off the page or otherwise somehow magnify themselves to be noticed. The savant wonders why we don't all see it that way.

So, when I express these ideas to others, if they can't yet understand, that is understandable to me. It may seem to them that I am *speaking in tongues*.

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I am realizing, now, that my work with clients has mostly been to assist them in dealing with or healing their "problems" of their outer world, or to be more precise: problems they are experiencing due to having their priorities mixed up. I know I have been "present" during our sessions, because that is my natural mode in session; but I may not have been in alignment with our Oneness—at least not consciously. I feel I am now being led to assist others in a different way: to assist them with being truly aware of the Divine Essence within each of us, and to keep that awareness as priority #1.

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The egoic mind thinks of the past and of the future. It does not / cannot exist in the present moment.

ACCEPTANCE  
ENJOYMENT  
ENTHUSIASM

are signs I am being present in the now. If I am **not** experiencing any of these, I most certainly am thinking about the past or future.

I experience Presence as: calmness, joy of being, Peace, ...  
My entire physical body becomes aware of the active energy within, alive and happy, like children playing happily 😊

This feeling, this awareness has become a forefront, instead of an "in the background" energy. Like, maybe it was a bit dormant or something, and now it has woken up from slumber.

It is present most of my waking moments.

And in the moment that I may realize (which is always blatantly obvious when it happens) that I am not being present, I am automatically (without any direction from me) placed in the present moment. My awareness of my *not* being present in the moment, places me in the present moment.

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I surrender to the present moment of what is.

There is no better choice. Ever.

It is now so obvious that it would be ridiculous to resist what is. What a ridiculous notion.

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(are) separate from God, and then remember my Essence and be there in Essence, that act alone is my release of my negative (egoic) reaction, which I give to the Holy Spirit, who knows the Whole Truth of it all.

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2/26/17

This morning had an insight that I may not yet be fully awake. I feel I may be in the process of awakening. There is a continuing deepening of my awakensess.

So many synchronistic happenings in a day. Too many to mention, and besides they are *minor*. I suppose I call them *minor* because nothing *major* is needed or necessary or called for. There is no "major" in my Awareness. There is no need or want of any kind.

There have been many, "wouldn't that be nice," or "I wonder where..." or "I wonder what..." that have been no more than a fleeting, one-time expression (while present in the Now and Aware of Presence) that have come into fruition. I don't know precisely how much clock time passed (how long it took) for the manifestations to show up. But I've only been this awake since ...sometime this month; sometime in Feb. 2018.

Explaining to a person that says, "Yeah, but, xxx is happening in my life..."  
Tolle asks such a person, "Are you defending your right to remain unconscious?"  
I add: Are you justifying your choice to remain unconscious? Isn't it obvious to you that that is your ego talking?

3/1/18 PM

After dinner with a friend, I emailed her:

If I could say one more thing today...

It's the act of "wanting" or "needing" a thing (a situation to be different or "better" for instance, or any other *thing*) that is the precise *way of being* that would keep it from coming into manifestation.

I don't want to get all up in quantum physics, with atoms and vibrations, and I don't even want to try to explain or instruct spiritual principle in relation, but I feel compelled (noticing strong energy in heart chakra as I remain in Inner Presence and Peace) ...I feel compelled to at least suggest to anyone who has read the 4 books I mentioned, or any other books of same information, to read them again.

I can only recommend those 4 books right now because they are the 4 I've just re-read. I may or may not re-read more of the ones I already have, just to be able to recommend them or not, but right now, I can only say I agree with and understand the information provided in those 4.

Anyway, I feel compelled to let people know: *“Who knows? Maybe now is the time you will really get it. That’s what happened with me. I re-read the books slowly. One word at a time, often taking breaks to be with the information, as I practiced Inner Awareness and confirming Oneness with all that is. I enjoyed the process; it’s actually quite fun; I am continuing to enjoy the process...”*

And I know the things I learned in each book, in succession, prepared me for the next book, which seemed to be explaining precisely what I was experiencing. I had read all of those books years ago, some more than once. But it wasn’t until I read them again this past month that I realized I had earlier, really missed pertinent information.

I would further suggest to anyone: Take your time, this is not a race, the point of the exercise is for you to enjoy the experience. Allow yourself to enjoy reading fine material and enjoy following their guidance; and then you can enjoy watching what happens in the outer world as a result. It’s a fun game to play. Especially because you finally really *get it* that this *stuff* in the outer world, this world of form, of beginning and end, doesn’t matter one iota, compared to what really matters, which is our Inner state of Being.

Nothing is ever more important; nothing in the world of form comes close to being as important as choosing to be aware of our Inner Being constantly. When we really understand that, our whole way of being in the world transforms. And the outer world will react in kind. But the outer world reacting cannot be the reason we practice the principles; because if we ever need something to be different than it is right now, then we are using ego to drive the bus, so to speak, and that will never, not ever, give us what we are searching for.

Lol that reminds me of something I laughed about today: when I told Brian in a jokingly way: “and **my** Lesson today is: *It’s right under your nose. You were looking right at it, but you couldn’t see it. And then you saw it.*”

Lol, that’s the sort of fun thing that was happening with me today. Not finding what I was looking for, and then finding it right where I first looked and never saw it.

...Hmmm sort of fitting for my February 2018 experience ☺

6/3/18:

Thank you, dear Ones, for allowing me to share this message.

In Love and Peace,

Linda FP