**CONVERSATIONS with the INNER SELF**

**By**

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Ever since I vowed to make changes in my life, I find myself silently having a conversation with my Inner Self. It tells me, that I give more attention to my clothes, my jewelry, my hair and face than I do to It. That I am self-centered, proud, aloof, detached from society and have no love or gratitude for my Inner Self. I agree, but how can I change?

It responds: When you wake up in the morning without any aches or pain, or when you drive, or when you eat or drink, or when you admire the roses, the trees, the grass, the weeds, or when you sit to meditate, you can send me love and gratitude. You can help in your community. It is your INTENTION that is important. It will help you to establish a habit.

ME: I try to meditate, but it is so difficult. My mind wanders. Can you help me, dear Self?

SELF: That would depend on how great is your DESIRE to contact me. If your desire is great, then you will have willpower. Imagination is a tool that is greater than you think. You can act ‘as if’. You have read, “As a man thinketh, so is he.” You can act as if, you are the loving Soul. When you sit, think: “I, the Soul, am sitting.” When you meditate, think: “I, the Soul, am meditating”. Keep your attention focused on the forehead between the eyebrows. This center is the conduit to Me. When a consistent rhythm is established, it will become easier each time, until it is a habit.

Me: I would like to help people and to tell them to give up resentment, the feeling of superiority, intolerance, stupidity and selfishness. Their health would improve. So many are unconsciously enslaved by their ideology and beliefs. I would like them to see the world as I do.

SELF: Ooops, my Dear, that is one of your own faults. You want everyone to believe as you do. You are passing judgment on others when you, yourself, are far from perfect. When you think of another as a ’jerk’, that, my Dear, is yourself, though in a less degree than your loved one. When you allow the idea of separateness from any evil thing or person to grow up within you, you create karma which will bind you to that thing or person. Remember that the sin and shame of the world are your sin and shame, for you are part of it. It is the sense of separateness that is the major cause of the world’s problems. There is no realization that all souls are part of the One Oversoul.

ME: I don’t understand. I see myself as separate from another.

SELF: You see yourself as the body and as the personality. That is your problem. You don’t see yourself as the ‘soul’. The soul uses the personality as its vehicle.

ME: OK, I will at least try to be more understanding and tolerant. Yesterday while in the supermarket, waiting on line to check out, I noticed that the lines were not moving. The express line was closed. Ordinarily, I would be annoyed, looking at my watch and wondering when I would be able to get home. Thinking of you, I decided to change my thoughts and attitude. Most everyone in line, was talking contentedly with each other. I smiled at the Mexican man in front of me and said: “ People are really kind”. He smiled and nodded his head. For me to smile and to talk to a stranger was something that was foreign to my independent disposition. I thought you might be proud of me. Perhaps I can smile more often. It has a good effect on people. The man suggested that I go ahead of him on line. I declined. I thought that he should go ahead of me, but he insisted, with a smile. I complied with gratitude.

SELF: That is a good beginning.

ME: Then, while walking with friends I tripped over a piece of wood. I wasn’t hurt, but in the evening, there was considerable pain in my wrist and fingers. In the morning all the pain had disappeared. I had such gratitude and love for You, for healing me. I thought: why can’t I have that feeling of love every day?

SELF: All thoughts, feelings and desires are forms of ENERGY. It is like money. Where are you putting your energy?

ME: I read that Joseph Campbell, who wrote about symbols and myths, was asked by his students in college for his advice for their vocation. He said “Enthusiasm comes from God.” He asked them: “What makes you enthusiastic? What gives you real Joy? Follow your BLISS.” He said that in our society, parents would urge their child to be practical. Money is needed if you want to have a family. But real joy comes from being a channel for the Inner Self. When Campbell was unemployed for five years during the depression (1929-34) he was living in a shack, without running water. He was writing and reading eight or nine hours a day. He said he was in ‘bliss’.

SELF: He was expressing the desire of his Inner Self.

ME: Yes. It is sad when some elderly people, whose bodies have deteriorated with age, become more self-centered and indulge in self-pity. They find little joy in reading, in studying, in expressing their talents, listening to music, and being with young children. When you are tired and your body is in pain, it is difficult to think of something else.

SELF: They think they are alone. The truth is that they are not alone, if they had the etheric vision to see. Nature is filled with an infinite variety of creatures, elemental lives, sprites, angels ranging in evolution from the minutest to the greatest. All have their specific work to do, which they do lovingly. Some work to heal, some work to enlighten, others work to guide. Everyone has a Guardian Angel. There are many cases where miracles saved the life of someone.

ME: Yes, I know. I read that miracles are taking place all over the world. Some years ago in Clearwater Florida, crosses of light appeared on the glass building. It was wiped off. It appeared again. Tears of blood fall from Madonna statues, etc. 1

SELF: These phenomena are trying to tell us to have hope. That there is a Divinity and that Divinity is inconceivable Love. Remember, as you change yourself, you change your world. Humanity is young and has many lessons to learn while it is growing up.

ME: Thank you. I will do everything in my power to work for the One Life and the One Oversoul.

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REFERENCES:

### 1[Art Bell Interviews Benjamin Creme](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=9&ved=0CFMQFjAI&url=http%3A%2F%2Fwww.bibliotecapleyades.net%2Fbiblianazar%2Fantichrist06.htm&ei=NjxcVKKRIevCsAT0yYCwCw&usg=AFQjCNEvQ1O4NBWKVd3JBA3KGnXrR4bodw&bvm=bv.79184187,d.aWw&cad=rja)

[www.bibliotecapleyades.net/biblianazar/antichrist06.htm](http://www.bibliotecapleyades.net/biblianazar/antichrist06.htm) PART TWO

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