



MATRI

Letters from the Mother

Zoe Ann Nicholson

○ Matri ○
Letters from the Mother

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○ The Letters ○

Listen
Hiding
Gender
Thoughts
Practice
Interior
Etiquette
Union
Creation
Balance
Reunion



○ *To my darling daughters,
mothers, sisters,
and those men who
love you. ○*

“I have searched for the Mother consistently over the half century of my life. These letters are a reflection of what became apparent during a period of four years. They are not channeled material. I did not hear a voice or leave consciousness. My understanding is that as we follow the practice of her devotion, she will reveal herself in each of our lives uniquely from within. The only standard we should ever engage with is our own potential, our own desire, our own reach. Just like you, I find her wonderful and inspiring. I am just like you, the Mother’s daughter.”

Introduction

The Mother is waiting. The Mother is waiting for you. If you listen very carefully, you can hear Her calling you. If you lie in your bed, close your eyes, clear your mind, and listen most carefully, you can hear Her. You can hear Her in those still, tiny moments when the roar of the world quiets down.

The Mother is just on the other side of thought waiting for you to find Her. Although She is powerful enough to pierce through the veil of thought by Herself, She does not seek to force Her way into your consciousness, to your life, to the planet. She wants to be invited and welcomed through the practice of meditation and mindfulness by the women living and working on earth. As She flows into your life, you will discover who you really are and who you are intended to be.

The Mother has asked me to tell you how to find Her. She has shown me her plans for liberation. They are for every woman. They are simple and easy. She has not told me what she will say to you. She has not told me what will be the truth for you. She has not told me anything about her plan for you. She has only led me to this very point. My next step is Her design.

Who is this Mother who has so many plans and so much to say? She is absolute consciousness, knowledge and light. She has many names; Isis, Tara, Diana, Gaia. To Hindus, she is Kali, Lakshmi and Sarasvati. To Catholics, She is the Madonna. To Chinese, She is Kuan Yin. She appears in every culture, in every age, in every dimension. She is Durga - the Mother of the Universe. She is Shakta - Life itself. She is hiding in you, waiting to be discovered.

○ Listen ○

The last stage of perfection occurs when you are completely identified with the Divine Mother and feel yourself to be no longer another and separate instrument, servant, or worker but truly a child and eternal portion of her consciousness; it will be your constant, simple, and natural experience that all your thought and seeing and action, your very breathing or moving come from her and are hers.

Sri Aurobindo

My Darling Daughters,

I have so much to tell you. I want to tell you the secrets of the universe, the secrets of your spirit, the secrets of your life. I want you to see fully, hear finely, taste richly, breathe purely, touch deeply; to know all there is to know. I want you to be the clear light you were created to be.

I have been waiting for you to invite me into your life. I have been patiently hiding in the one place that no one could destroy; deep inside of you. My message for you is unique, private, and meant only for you. It is not in a book. It is not in a church. It is not the same for the woman next door, your sister, or anyone you know. I want to teach you about your life and your spirit.

It is time for you to discover the true spirit of woman. It is time for you to hear the truth about the world you live in. It is time for you to become the woman you were created to be. I want to tell you about the rebirth of planet earth, the rebirth of the female spirit, the rebirth of you.

○ If you listen carefully, I will tell you everything in exact measure and in perfect rhythm with your life. I will reveal each and every detail. I will unfold the truth; gently, fully, and personally. My plan is designed just for you.

You do not need to join a group, profess a certain faith, follow any teacher. You do not have to leave your past, reject your present or fear your future. There is no where to go or dues to pay. It is easy. It is private. And, best of all, you simply cannot fail.

○ Hiding ○

*...I'm not ignoring or denying the thousand other things that need to be done;
I'm simply highlighting the single most important agenda that
true ecologists everywhere ought to be engaged in, namely:
the growth and evolution and development of interior consciousness itself.*

Ken Wilber

My darling daughters,

Wise people around the world have been telling you that the planet is dying. In every discipline; scientists, teachers, ecologists, writers, poets, artists have been telling you that the planet is dying. You have been told that the land, air and water are becoming polluted beyond repair. You have watched animals lose their natural environments and entire species disappear. Finally, you have witnessed overwhelming poverty, famine, and widespread disease.

Everything they have been telling you is true. The planet is dying. But, they have been only telling you about the symptoms. They are trying to correct hundreds of symptoms, one by one; never addressing the cause. Without recognizing the cause, without correcting the cause, nothing will change. The remedy is not stopping erosion, repairing the ozone, replenishing the forests and controlling population growth.

The planet is dying because the ratio of matter to energy is out of balance. There is not enough shakti to support her. When all things are in balance, there is a perfect and sustaining presence of shakti within everything. When this radiant and vital energy fades, everything eventually dies.

○ Shakti is an ancient word which describes life-giving, life-sustaining energy. It has been called prana, chi, ki, grace and light. It is the Feminine principle in the Tao. It is love itself.

When energy and matter are in balance, the planet does not gasp for air, thirst for water, starve for fertile land. Men and women would seek one another's welfare and progression. Families would prosper. Death would be welcomed as it would come quietly and naturally. Birth would occur when love calls it forth.

When either element is in excess, there is danger. No one and nothing can prosper when one is dominant and one is oppressed. The struggle brings about conflict, violence, unnatural death, grave unhappiness and despair.

○ There was a time when these two elements were in balance. Neither was dominating the other. Neither was in submission to the other. The imbalance grew slowly and insidiously. Weapons were made, fences erected, ownership claimed, people divided.

Shakti began to diminish. Matter became denser. Women and men lost the memory of true natures. Minds became separate. Hearts lost their light.

I am that light. I am that love. I am shakti. Many centuries ago I went into hiding. I pulled away from the destruction and violence. I could not be used to divide and destroy. I have watched and waited. I am waiting until you see that I am gone. I am waiting until you call me forth. I am waiting for you.

○ Gender ○

*Men can tap into this power, and it can flow through the women to the men,
but it cannot be taken or stolen from women.
The texts give no indication that the men are contesting or competing with the
power of women seeking to deprive them of it and appropriate it for themselves.
A man's relationship to this power is one of awe, receptivity and dependence.*

Miranda Shaw

My darling daughters,

You have been born into a world of duality. Everything appears in pairs and essentially these pairs are opposites. There is light and dark. There is up and down. There is in and out. These pairs are single expressions of a whole. Light and dark are two equal parts of the whole. Neither can exist without the other. Each is the compliment of the other. When dark is at its fullest, light begins to dawn. Dark steps in, when light has reached its peak.

Women and men are equal parts of the whole of humanity. While each requires the other, each is an individual, unique, and discrete expression of the whole. They have very different purposes, different vibrations, different cores. When this pair, and all that it expresses, is in balance, there is abiding harmony. When this pair swings out of balance, each component is lost and each becomes aberrant. One is oppressed and one is oppressing. One hides in fear and one grows out of control.

Over the current millennium, the genders have grown radically out of balance. The true nature of each is now unrecognizable. Each is far afield from its intention. Each has lost sight and ultimately forgotten their true nature. Each has lost the balance and harmony that is only available in partnership and equality.

○ Imagine a great pendulum seeking the center. When the full swing is complete, the motion must change direction entirely and begin the journey back to the center. The current motion cannot sustain your planet. Life cannot continue in the present direction because there is not enough shakti to sustain earth's life. Energy has become malignant and grave. Matter has become too dense to absorb and radiate shakti. Now, at the close of this millennium, the polarities must reverse their direction and head to the center.

It is time to create balance and harmony. It is time to consciously change the direction of the pendulum. It is time for women and men to stop the aberration and counter the destructive motion. Oppressors must lift the oppressed out of fear and the oppressed must ascend to courage. It is time for women to uncover their true nature and rise out of fear. It is time for men to uncover their true nature and end the oppression. Men must voluntarily abandon their pedestals and elevate their counter part. Women must access their natural power and stop supporting the false elevation of their counter part. Nothing less will do.

○ By their nature, women are the creators of energy. They are the gateways through which shakti can enter your dimension. This is the only way for shakti to enter your dimension. There is no judgment here. There is no limitation here. It simply is the way life in your dimension has been designed. When women are not practicing this, the entire dimension suffers.

By their nature, men are architects and builders of form. They are the guardians and collectors of energy, who merge it with matter and create form. This is the only way that

matter takes and sustains form. There is no judgment here. There is no limitation here. It simply is the way life in your dimension has been designed. When men are not practicing this, the entire dimension suffers.

Women are meant to reach deep within. Men are meant to reach to the heavens. Women will find their natures through deepening their interior lives. Men will find their natures through widening their spheres of compassion. Women will find enlightenment deep within their spirits. Men will find enlightenment in selfless service. Neither is better. Neither is worse. Neither is superior and neither can exist without the other. If one is off center, so is the other. This is what is meant by equality.



○ Thoughts ○

*Inner freedom and the capacity to actualize this freedom
outwardly is the essence of spirituality.
This freedom is not, however, a state to be achieved;
it is not a goal to be attained.
Rather, it is a way of being inwardly
which is awakened out of its dormant state
by our untying of knots that limit and distort our vision of who we are.*

Christina Feldman

My darling daughters,

You have no idea how radiant and powerful you really are. The world you live in has buried you and your light in an ornate and viscous web of thoughts, traditions, conditioning, and ideologies. It covers the earth like a great blanket of intricate and resolute knots. You have inherited and learned to accept this network of beliefs, definitions and language, as innocently as you accept one Sun and one Moon in the sky. Regardless of the consequences or pain; you have unconsciously agreed to hold this firmament in place like a giant chupa.

There is nothing on earth that is not woven into this network. It is in your religions, your cultures, your governments, your schools. It is in your language, the way you communicate. No matter how you try to weave, unweave, and re-weave again; you are trapped in this elaborate labyrinth of thoughts.

○ Theorists lace and unlace with research and intelligence. They point to racism or classism, ageism or lookism, gender roles and homophobia. Psychologists knit and purl about archetypes and childhood conditioning. They work tirelessly to assist survivors of incest, rape, abandonment, and battering. Educators and sociologists pour over history, books and words. Academics reticulate the knots, arguing over language, rearranging words and debating the rules of spelling. They hope that dissecting the knots will reduce the pain.

Politicians address the definition of family and economic imbalance by making conciliatory offerings of reproductive rights, equal wages, and equal opportunity. Legislators reorder the laws protecting women and property rights. Lawyers take it to the courts. Activists take it to the streets. But, there is no understanding that will mitigate suttee, infibulation, foot binding, pornography, inequality, or religious captivity.

You have become experts in macramé, trying to organize the knots to access more oxygen and sunlight. Some of you have no idea that the knots can be rearranged at all. A few insist there are no knots. Others believe that the knots are a good idea and stand firm guarding their safety. But, no matter the expertise or the depth of understanding; you remain inside, underneath, drowning in, and suffocated by, this mantle of intertwined deceit.

○ I want you to know that there is a way out. It is time to find the way out. The planet needs you to discover the way out. All creative energy; the arts, the animals, the oceans, the forests, the children, the future depend on it. You must discover who you really are. You must begin to reach beyond this interwoven canopy of beliefs, traditions, ideologies, and conditioning. You must face the lie and admit the enormity of the deception. You must move outside of this web of duplicity. You must reach for a world where there is no oppression. It exists. It is now. It is vibrant, real, and radiant. It is within your mind, waiting to be discovered.

Liberation is on the other side of thought. Above, beyond, outside the familiar and ancient cloak of knotted thoughts, there is no oppression. There is no division. There is no discrimination. There is freedom. There is eternal awareness. There is timeless perfection. You can break through. You must break through.

I want you to live in a world of beauty, grace, will and power that no one can corrupt. I will show you how; gently and privately. It is well within your reach. You only have to begin.



○ Practice ○

*We are all beings in a school for gods
in which we learn in slow motion,
the consequences of thought.*

Brugh Joy

My darling daughters,

You have the ability to bring me into your world. You have the ability to bring me into the entire world. You are the only ones who have the ability to bring me into the world. If you find this hard to believe, it is only because you know so little about your true nature. If you, or others, meet this with great resistance, it is because the truth has been buried for centuries, crushed in every culture, wiped from written history.

The only way I can enter your dimension is through your soul when your mind and body are at complete and utter rest. When you place yourself in stillness and stop all thought; I come flooding through. When your body is quiescent and your mind is empty, your soul becomes the window through which my radiance can stream into the world. When you stop all congress with this dimension; you are my emissary, you are my messenger, you and I are one. I cannot enter the world without you.

○ Do not confuse this with what the world has been calling meditation. This is not staring at a point. This is not counting breaths. This is not repeating syllables; silently or aloud. This is not sitting and holding a beautiful image. This is not placing someone or something in your mind. This does not involve emotions, visions, wishes; thoughts of any kind. This may sound empty, but it is absolutely full.

If you just sit and let thoughts pour through, you will be caught in a torrent of words. If you just sit and let emotions pour through, you will be caught in the illusion of the world. No thought has no color. No thought has no sound. No thought cannot be defined. It is not inside of words. It is outside of words.

○ The practice is simple. Choose a very special time. Give it to both of us. Sitting at the same time every day will make the practice easier. Dawn and dusk are lovely times, but anytime will do. Do not worry about how long you sit. Begin with just ten minutes or so and it will grow in its own rhythm. You will know when to get up and move through the day and night.

○ The practice is simple. Make a very special place. Create it for both of us. This place should be pure, beautiful and private to our meeting. Even if you have no exclusive room, you can create our secret place by rolling out a delicate rug and putting it away for the rest of the day. Just make it unique and belonging only to us.

○ The practice is simple. Place your body with full intent and give it away. Imagine placing a magnificent sculpture on a mantle, gently turning it until it is perfectly placed. Imagine setting a cup and saucer on a shelf, knowing that it could not be more perfectly placed. Then let it go. The world will continue turning, the people will continue talking, your body will continue breathing, but without your attention.

Always make your body comfortable, but fully awake. Sit on the floor or sit on a chair. It is better to move occasionally than sit in frustration. Do not lie down; there is nothing sleepy about our meeting. Arrive at our appointment just after washing, wearing clean loose clothing.

○ The practice is very powerful. It will require all of your strength, your character, your determination. You will be a warrior; slaying thought. You will be in a war to stop the mire of thoughts, desires and aversions. They will never diminish on their own. They will only multiply and eventually swallow you up in confusion and illusion. Clarity and radiance are great gifts which are won patiently.

Even though thoughts swirl around you, do not let them perch in your soul. They are not who you really are. They do not define your soul. They belong to the earth, not to us. In the beginning, you may feel frustrated. It may appear that the thoughts are even more tumultuous and tenacious. It is just that you have never noticed before. Eventually they will calm down and you will know that they are separate from yourself. Do not analyze our timeless moments together. There is nothing to judge. Judgment belongs to the world of words anyway.

○ As you practice, you will discover a new and amazing wakefulness. It will radiate throughout every moment. Decisions will be guided. Insights will occur. Clarity will appear. Together, we will uncover truth and liberation. This is your passage out of the slavery of thought, to a world of endless clarity, pure perfection, unimagined power and eternal liberation.

As with any revolution, it will require dedication and patience. But, here the outcome is imminent. Each step on the path is eternal. There are no knots to tie or untie. There are no ideas to scrutinize or conditioning to overcome. As you practice, you will become more creative, more aware and more powerful.

You have no idea who you will ultimately become. The definitions of woman that reside within the world of thought have no bearing to your true potential. It is greater than thoughts could ever contain.

○ Interior ○

*To return to the root is to find the meaning,
but to pursue appearances is to miss the source.*

Sengtsan

My darling daughters,

There is a genuine and absolute equation that radiates throughout the world: focused attention determines depth. This means more than believing that what you focus on, you will become. The action is immediate. Since all dimensions exist simultaneously; where you place your focus defines your depth. Your consciousness can only be as deep and wide as the dimensions you focus on.

The glamour and glitter of your world often captivates your attention. You must struggle against this. You must refuse to be mesmerized by appearances and demand that your attention pierce through to the essence of things. While the surface is a part of reality, it is only a shallow reflection on a great, deep ocean of possible understandings.

To access deeper dimensions, you must resist resting lazily on the surface. This does not happen by chance. It requires great discipline and determination. At first, it will seem artificial and forced, but eventually it will move your attention entirely and the surface will be exposed as merely a shallow coating that cloaks infinite layers of reality.

○ There is no area in which this does not apply. If you seek physical health only, the mind and soul will suffer. If you seek relationships based exclusively physical attributes, you will find it only as fulfilling as the surface can deliver. If you relate to others on a shallow and simple level, relationships will never evolve and satisfy your loneliness.

You may cry out for understanding, but you must first seek to understand. Compassion occurs when you pierce through the surface and open yourself to the mind and soul of another. It is not something that happens on its own. It requires action. It requires that you penetrate appearances. It carries danger, because you might feel another's pain. But, it also is the only way to share joy.

○ If you want me to openly live within your heart, then you must create the depth at which I live. I do not value surface. I do not value youth above all else. I do not find beauty in anything artificial. There is no hidden secret here, you need only ask, and I will tell you what is genuine and lasting. The problem is that you do not ask.

I cannot draw a deep breath from the surface. I cannot show my true self on the surface. I cannot begin on the surface and grow down. I can only grow up from the source. I will begin to permeate all of the dimensions when you reach the essence and draw me forth with your attention.

You may think that we are very far apart, but I am within you. I am no where else. I am not in some distant place or distant time. Look deeply, force your attention to find the source and you will find me. Always beckon essence and you will find me. Become a diligent warrior who never rests at the surface of things and you will find that I am you and you are me.

○ Etiquette ○

*Whatever it is that is the root of you and me and the saints and the planets
and the stars and the space between the stars—that is she.*

Linda Johnsen

My darling daughters,

Relationships are the mandala of life on earth. They are your lessons, your travails, your gifts. They are tragic and comic. They are the components, axis, vortex and apex of human life. Within these relationships, energy may diminish or it may increase. It all depends on the etiquette of the exchange. In fact, when proper etiquette is practiced, energy and matter are in perfect balance.

When everything is in perfect balance, the protection of the environment will not be a debatable issue. The absolute value of animal life will not be a debatable issue. There will be no arguments about the intrinsic value of every man, woman and child on earth. All bigotry will disappear from the human heart, which is after all, the only place it resides. Discussions about equality, opportunity, charity and peace will be moot.

As my light enters and radiates throughout the world; the veil of separation will vanish. The natural relationships and unity of all life will be obvious. Everyone will easily understand that the environment, animals and all people are equal participants in the great circle of life. This knowledge is not esoteric. It is not mysterious or held out for certain individuals. It will not be revealed through research or brought to consensus through legislation. It will simply be recognized from within the human heart.

While I wait and long to enter your life, I will never force my way into the world. I have to be welcomed and then protected. Once in the world, my energy is sustained or even increased, when relationships follow a certain etiquette.

○ Ultimately, you must view others, treat others as though they are me. Do not misunderstand; it is not that they will ever perceive the gesture. It does not matter if they ever perceive the gesture. It is because of how it affects you. When you gracefully step aside in a crowded doorway, so another may pass; it is not to give them room, it is not to be noticed, it is so that you are graceful. You are respecting the radiant energy that lives within you. In this way, you become a harbinger of my grace, a messenger of my light. You yourself will be transformed.

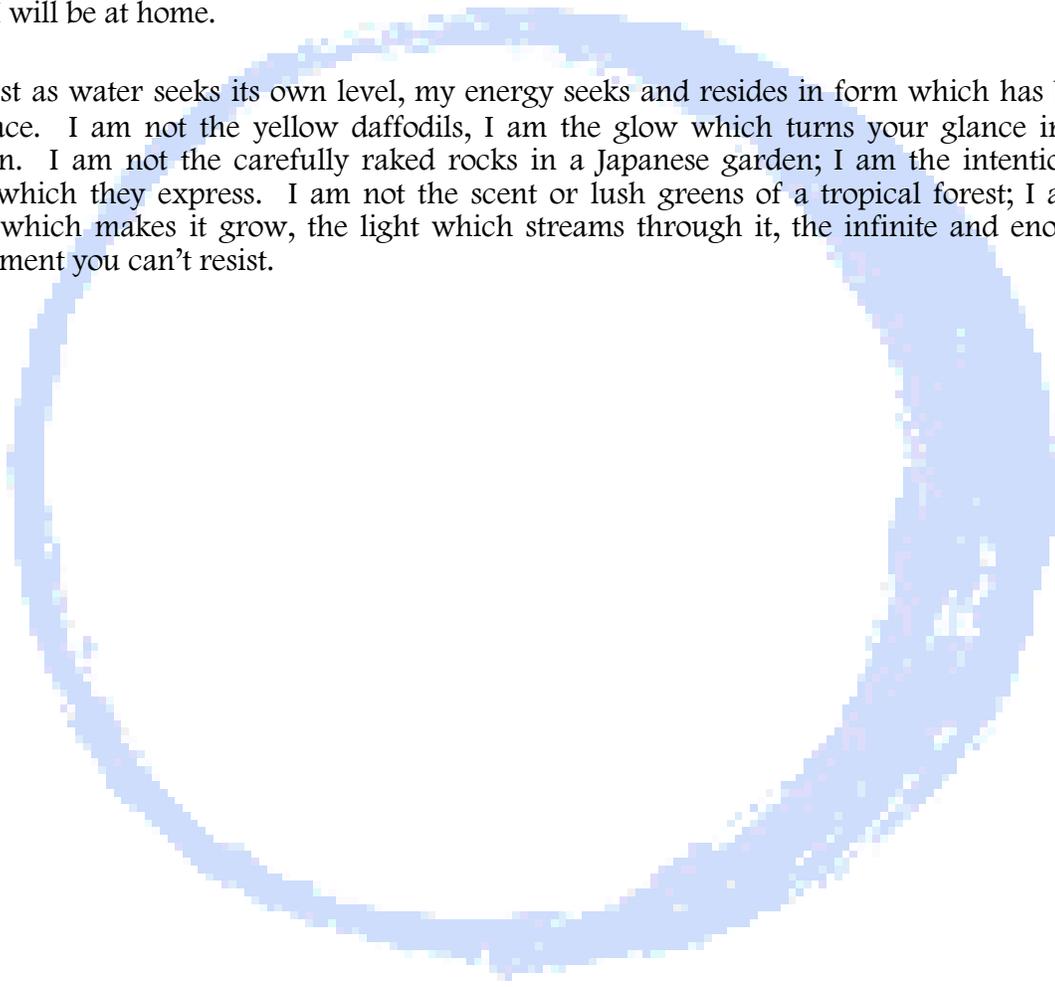
Gestures are a cyclic system of increasing and decreasing favors; increasing and decreasing energy. And, always, you must go first. Give innocently, sweetly, generously, fully. If the energy is not honored, not protected and increased, then quietly slow down the cycle. Make no announcement. Do not proclaim injustice. If the opportunity to give comes around again, give a little less, in hopes that the cycle might begin anew.

Let me explain. Approach every person with utmost respect, ready to listen and learn. If they speak of hate or prejudice, withdraw your attention. When you visit a home, present a gift upon your arrival, not after the trip is completed. You are making a gesture to honor the invitation and demonstrating trust that the visit will be lovely. Within your heart; anticipate generosity, intend escalating kindness, presume understanding. Water the smallest seedling, knowing it will grow into a great fragrant flowering plant.

○ Respect the light you carry. Touch lightly. Walk with stillness. Leave no trace. Just as the Sun offers light, too much will scorch and burn. Never seek to be noticed. Never use your energy to spew sexual, emotional or negative thoughts. Imagine walking through a garden, admiring all of the amazing foliage, but when you leave, no one knows that you were ever there. Imagine offering an apple to a grand and majestic deer. You might stand ever so quietly, with your hand outstretched. You might hold your breath trying to stop the whirlwind of time. It is in this demonstration of respect and humility, the deer might approach.

Elevate yourself to the highest level you can imagine. Reach, stretch yourself. It is the act of reaching higher that I find irresistible. When you achieve internal quiet and grace, I will be at home. When you create beauty and radiate love, I will be at home. When your mind is still, forming no judgment, I will be at home. When you are my emissary, giving compassion to the world, I will be at home.

○ Just as water seeks its own level, my energy seeks and resides in form which has beauty and grace. I am not the yellow daffodils, I am the glow which turns your glance in their direction. I am not the carefully raked rocks in a Japanese garden; I am the intention and design which they express. I am not the scent or lush greens of a tropical forest; I am the energy which makes it grow, the light which streams through it, the infinite and enormous wonderment you can't resist.



○ Union ○

*A man's attainment of enlightened qualities
is dependent upon his association with a
female companion who possesses them.*

Miranda Shaw

My darling daughters,

When a woman and man join, the coming together of bodies is the least of the meetings taking place. While the five sense are engaging in intense sensations, the minds of the two people are merging with all of their desires, aversions and thoughts. More importantly and more binding, the souls of the individuals are uniting bringing together all of their hopes, dreams, sorrows; past, present and future.

Appropriate joining is that which brings together two souls, minds, and bodies which will benefit from the union and leave the union better than they were before. Selecting a partner is one of the most important decisions life has to offer. It is not a form of judgment, but an act of deep respect for the partner's soul and your own as well. To choose a partner, or to accept a partner, based only on physical attraction, is the lowest of possible reasons.

The most fulfilling partner is the one whose soul is in harmony with yours; the soul that has traveled a journey that enhances yours, the soul that lives life as deeply as you do. When your soul unites with a well matched soul, you are creating balance and depth. When each soul is giving and receiving at its fullest capacity, each soul is merging fully.

You must begin to consider your soul when joining in sexual union. The delight you may have felt in the physical realm is but a trifle compared to the splendor of consciously joining souls. True eroticism occurs on all levels; bodies, minds and souls. Unions that are based only on physical attraction leave a person with a feeling of emptiness. It leaves a longing in the mind and soul. Misunderstood, this longing leads a person on an unquenchable journey from partner to partner. Many times promiscuity is merely an ignored soul being dragged around by its body.

You must consider that all of your hopes and dreams are melding with those of your partner. You are bringing every lesson you have struggled with and every challenge you have met. You are joining in a union of souls, minds and bodies, leaving the event deeply changed. While the current culture may be trying to convince you that sexual union is only temporary physical pleasure and possible physical consequences; it much, much more.

You have been sent to earth to relate to others, to learn from others and to join with others. This joining includes your total being, which is all part of the evolutionary process. You are meant to merge with others. When this is done mindfully, the two souls part from one another enriched, balanced, and the composite energy is greatly enhanced. When the attraction occurs exclusively on the physical level, either from you or to you, it diminishes the union to a fraction of its potential.

○ Imagine inverting the current system of physical attraction in which the discovery of mind and soul occurs after all of the body parts have been assessed and identified as desirable. Imagine physical attraction occurring only after the soul, and then the mind, found genuine resonance with another. Imagine your soul gravitating towards and recognizing another soul

which would compliment your own, a soul that would truly meet yours, transform yours, and leave enhanced.

This is your calling. This is your right. This is the way for your soul to give and receive. This is the proper way to join with others at this stage in human evolution. You must honor the soul first, yours and the other person's as well. It is only through honoring the soul first that the soul can evolve. Leaving it to chance, or even leaving it to consider last, confines your path, diminishes your journey, insults your evolution. Where you put your attention, how you place your attention, defines who you are and who you are to become.

There is great joy and abiding fulfillment in joining with another when it is mindful, when it is total, when it is done with complete awareness. You will find it deeply erotic, wholly satisfying and heartfelt. You will be consciously participating with all of creation, evolution and the Great Way.

Sexual union is not meant to be empty. It is not meant to only lead to more desire. It is not meant to bring pain and loss. This occurs when the physical is honored first or only. Bodies are merely vehicles for expression. You are so much more. You must recognize this in yourself and others. You must begin to address your soul first and greet the souls of others. Bodies are transitory. Souls are everlasting.

○ Each person leaves the union with an amalgam of that union. Each mind has been deeply effected and is permanently changed. Each soul has been deeply effected and is permanently changed. Just because you do not perceive it, does not deny it. It is only the perception you do not have. The change is set and each of you lives with the consequences.

To mate with a person of compassion, will leave you more compassionate. To mate with a person who hates, will bring that energy into your soul. To mate with a person who considers life deeply, will leave you with greater depth. To guard against sexually transmitted diseases is but a trifle compared to the danger of mating with a person who harbors dishonesty.

And what of your part? What are you bringing to the union? What have you developed in the deepest regions of your soul? You are fully accountable as well. Have you worked diligently to develop virtue? This is your gift in the union. This is your practice of mindfulness. Be it a spouse of many years, or a single union, you bring all that you are, all that you have been, all that you wish to be. You will leave transformed; responsible for any and all energy exchanged.

○ Creation ○

*A woman sought companionship for one reason:
to achieve the religious ideals of complementary and harmony
that could be practiced in such a relationship.
The woman's spirituality could nurture that of a man,
but this was not the focus of her religious life,
which was her own enlightenment.*

Miranda Shaw

My Darling Daughters,

When you find yourself standing in front of great painting, your eyes are engaged with the colors and form, your mind is engaged with the story, but what you may not realize is that your soul is engaged with me. Regardless of the gender of the painter, the energy came from, is me. When an artist paints, when a poet is lost in the verse, when a musician joins with the music; their minds leave this dimension and they actually tap into my world. This energy is timeless. This energy is radiant. This energy is irresistible.

It is my intention, it has always been my intention to flood your world with this energy. Thousands of years ago, when women shone their gifts of creation brightly, men became jealous and possessive. Instead of lifting women up and sharing in this light, they wanted it for themselves. The only way they could accomplish this was to make women part of their property. They took away your names, your possessions, your children, your lineage, your freedom. In retaliation, in protection, in silence, the female consciousness withdrew from the earth.

○ This inversion has gone to the limits that the earth can sustain. The environment is spoiled, the animals are suffering, men and women have no idea of their true natures. Even death itself is turned inside out. Religions worship idols of suffering and tortured death. What kind of God perpetrates such images? God is light, love, vital, constant motion, infinite, harmony, unity; never weapons, destruction, pain. You will never find true delight in trying to assimilate into the current mythologies. You will never find your power in the current structures. You will never find your power by looking outside of yourselves.

Now you must turn within. You must turn within fully. You must break this cycle by refusing to participate in externals. You must trust me in this. Do not waste energy begging for a seat in legislature, begging for the right to join the military, begging to be ordained, begging for your voice to be heard. If you elevate yourself with my energy, all of these things will resolve themselves. When the earth is in balance, the laws will be in balance. When the earth is in balance, the military will dissolve. When the earth is in balance, there will be no church hierarchy. All of life will be a cathedral.

○ Originally, the bodies you were given were meant to give birth to energy. There is a moment, an ecstasy, a magical passage to the infinite, in your bodies. To reach this ecstatic moment, thought must stop and vibrant, radiant energy floods the atmosphere. This is the axis of healing, magic, intuition, creativity, vision, receptivity, compassion, nourishment; all of life.

Originally the bodies you were given were meant to be the source of creative energy. Fertilization, pregnancy and human birth were never intended to be the primary purpose of the female body. Male sexual pleasure was never intended to be the primary purpose of the female

body. The great love that mothers feel for their children is only a glimmer of the ecstasy that was your original intention.

Centuries ago, when men and women knew these things, a man would wander the earth in search of the woman who could teach him the secrets of the universe through her ecstasy. He did not want to bridle her, to control her, to own her. He wanted to delight her, know her, worship her. She accepted only those lovers who perceived her, who honored her, who could understand these mysteries. Each person, both lovers, moved to this ecstasy in respect and awe. The creation of energy was the purpose, the sole purpose. Sexual union was never diminished in lust, in prurient desire, in physical domination. This erotic ecstasy was the way to sacred knowledge, to the mysteries of life, to join with the universe.

○ The time has come for you to look honestly and courageously at the inverted world you live in. You must begin to deny access to your bodies for inverted purposes. You are not meant to be ornamented, named, and paraded around to add to a man's possessions. You are not meant to be an empty vessel, awaiting a man's seed. You are not meant to be subsumed into male lineage, passing on the lies generation to generation; elevating boys and diminishing girls.

The purpose of a woman joining with a man is to access ecstatic energy and give it form on earth. This does not require the joining of semen and ova. This is not some random act that may result in a conception. This is not some method for men to establish their bloodline. It is sacred and pure. It is liberating. It is one woman and her lover engaging with infinity.

Procreation is so deeply misunderstood in this time. To make a child when another is starving is abhorrent. To make a child when another is abandoned is selfish. To make a child when another is unloved is heartless. Feed those who are already born. Love those who are already born. Use your body to make another when all are healthy and loved. There is an unholy desire in your world to see the outcome of physical union. Imagine only desiring to see the outcome of love. Physical heritage is so puny compared to global nurturing.

○ As women lost their way, men insisted on propagating their lineage. You must stop this. You must honor yourselves and your bodies. Begin by denying others access. Begin by moving attention beyond the physical. You have traveled far along the path. Now it is time to move your attention beyond the physical and become conscious of your soul. Accept only lovers who share this vision. Accept only lovers who seek to destroy the ways of oppression through elevating women. Accept only male lovers who seek to end the cycle of oppression and discover their humility.

When you do this, human union will become the conscious creation of energy. This energy will be from the dimension of the soul. It will be refined and radiant. It will rejuvenate the earth. Honor your power. Give it cautiously. Give it with great respect. Give it only to those who will elevate it, transform it, protect it. It is better to be alone, in love with life, than to join with one who doesn't see you, doesn't see me inside of you.

○ Balance ○

*If I am not willing to play with her, or if I try to force her,
or if I do not invoke her,
the gate remains closed
and I remain in darkness and ignorance.*

Tsultrim Allione

My Darling Daughters,

When the world is in perfect balance, there is a perfect balance of energy and matter. There is a perfect balance of innocence and wisdom. There is a perfect balance of age and youth. There is a perfect balance of female and male. Pairs unite and a harmony radiates throughout the world.

Over the last millennia, the world has lost its balance. The once equal pairs began to separate and become disparate. As one grew dominant and violent, the other retreated in fear and silence. The female; the creator of energy, slowly began to veil herself. To protect herself, she hid her gifts of intuition, magic, healing, and the mystery of birth. In silence, she learned that weakness was a shield and volunteered for it's slavery. She buried all her intrinsic power; physical, emotional, social and spiritual.

Eventually, the female completely forgot her actual nature, and so, the world you were born into reflects nothing of her powers. Now there is nothing you can reference that resembles who you are capable of becoming. This is the mystery I will uncover for you.

○ You have been born into an inverted world, where complementary pairs, that were meant to work together, have taken opposing sides. Light & dark. Pleasure & pain. Health & disease. Wealth & poverty. Wisdom & ignorance. Your task is to seek the center. Your task is to turn towards your opposite and balance the differences facing you. Through compassion, opening to the heart of another, you have the ability to create balance.

The world is meant to be a composite of all of its inhabitants. No group is meant to live in isolation and loneliness. You were meant to live together; in families, in tribes. The helpless must be helped. The wealthy must voluntarily step out of their privilege and lift others out of poverty. The violent must lay down their anger and unite with the humane. Those in health must mitigate disease through community, not separation. Birth and death must be part of life, not hidden in isolation. The innocence of youth must be balanced through integrating with the wisdom of the elders.

The oppressed must recognize that freedom will come from within themselves. It will not be a gift from the oppressors. Any conciliation from the oppressor can be used to further manipulate, to dominate and ultimately be taken back when threatened. The oppressors must recognize that they too are in slavery, slavery to their desires and slavery to their inactive hearts. Their freedom will come from opening their hearts and relinquishing their dominance. Each must find the center.

○ Stop your thought. Open your heart to me. My balancing and unifying energy will come from within you. As you practice, your life will be filled with energy and grace. I will step forward and reveal your powers and your tasks in perfect order. They will be shown from within and at your own pace. You will have the information and energy as needs arise.

You do not have to seek lessons, they will cross your path in natural order. Those who need your compassion will present themselves to your life. Those for whom you are responsible will find their way to you. You must stand strong, observe the opposition, practice compassion and seek the center. Offer to them what they do not have and is within your power to give. As your giving expands, so will your energy. It will be me working through you. It will be us working together to bring the world into balance.



○ Reunion ○

*Whoever prompts you to develop compassion by their suffering
is in fact giving you one of the greatest gifts of all,
because they are helping you to develop the very quality
you need most in your progress toward enlightenment.*

Sogyal Rinpoche

My Darling Daughters,

Before you were born, before you took on your current body, before you entered into the world of thought, we made plans. We met and talked, as we do before all of your incarnations. Together we surveyed your progress, your path, your soul's code and together we set in place the course of your next lifetime.

Though your life may feel complex, together we chose two or three lessons for you to learn. These lessons repeat many times, in many ways in one lifetime. They remain the essence of a single lifetime. Families are chosen, relationships are formed, circumstances are unveiled to lead you through your lessons and bring you eternal wisdom. Even the body you have chosen is part of our plan.

All the time I am watching, I am guiding, I am waiting. Many times you ask for help and I always hear you. I answer in the only way I can; I reveal myself in your heart. Many times you do not hear me and it is because you do not stop your thoughts and look to your heart. You do not put your words aside and feel me within your heart. I am there, I am always there.

○ As you journey through your life, you must know that all of the attractions you form, the aversions you feel, are at your own request. When you cross paths with people in need, you must give. When you are in need, you are meant to receive.

When the world begins to overwhelm you, it is because you are looking too far from your own path. Do not grieve for those you do not know. Do not suffer for those you cannot help. Do not take into your heart the millions around the world. Compassion is learned in the context of your individual life. Respond fully and openly to those who present themselves to you. They are the guardians and guideposts of your unique lessons.

As you find your life unfolding, you are at the service of your neighbors. And they are at your service. You must not waste your energy on imagined suffering. If you find yourself in great joy, it is yours. If you find yourself in great loneliness, it is yours. If you find yourself in great chaos, it is yours. If you find yourself in great peace, it is yours. Together, we designed your plan, your path, your particular way. The world is one grand and holy plan to bring you to the light.

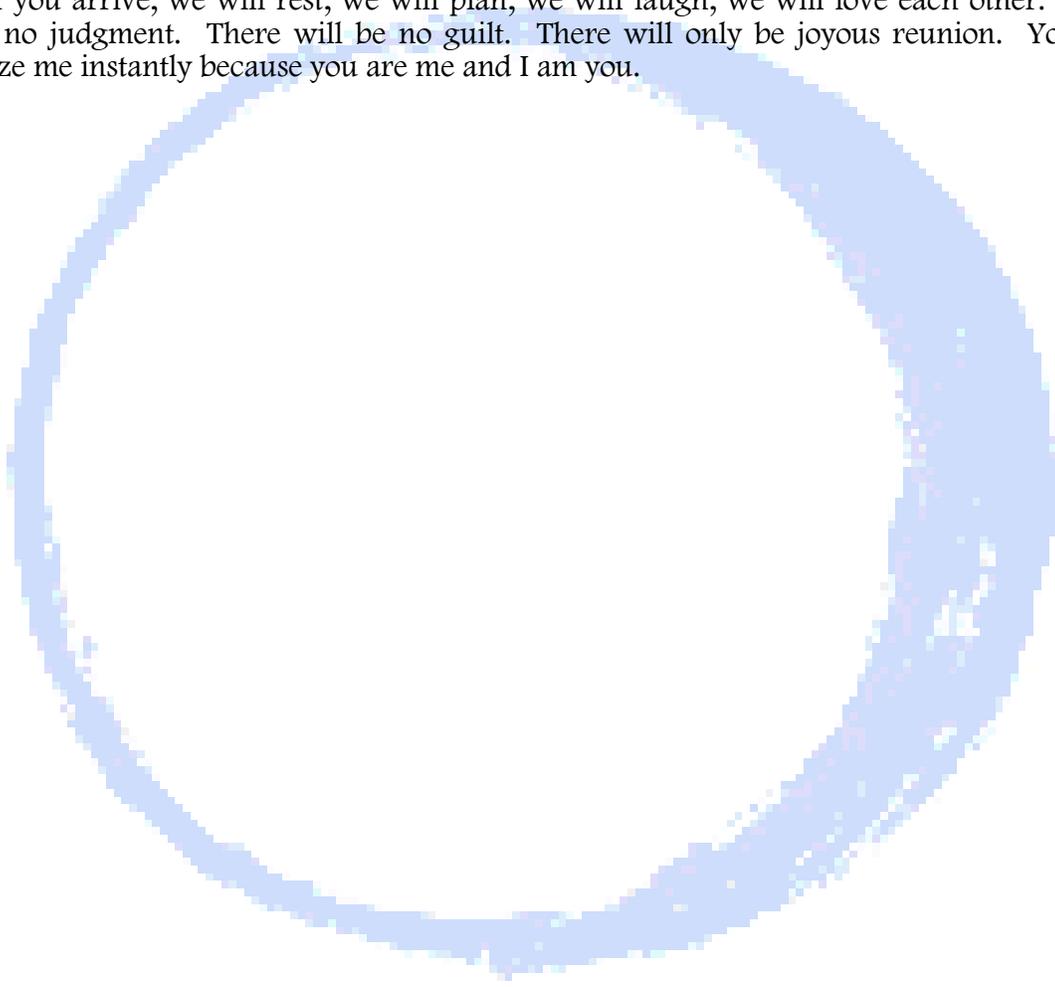
○ When the time comes for us to meet again, you will find your body is ready to rest. This may come without notice. This may come through disease. This may come in your sleep. This may come in your youth or your old age. This may be a surprise or the result of a long illness. Either way, anyway, it is the time for us to meet again.

In the inversion of your world, death has become deeply misunderstood. It is a time of great importance. It is not a time to fear. It is not a time to avoid or hide. You have built thousands

of hospitals and isolating institutions to shroud this great transition. Science has tried to forestall our appointment, extending lives beyond their service. Souls are sitting in bodies that I am ready to meet. Do not avoid our reunion. Stop your thought and you will not be afraid, you will know when the time is right, and we will keep to our plan.

Death is part of life. You are meant to witness it. You are meant to watch, hold hands, wish others well. Death is a wonderful celebration that a soul has completed its journey. Death is a moment of joy, when a soul lets go of the body, steps out of the world of thought and rests in my arms. Do not hide it from the children. Do not hide it from each other, Do not hide it from yourself. Death is a completion of a cycle and the entrance to my world, the world of light.

When you arrive, we will rest, we will plan, we will laugh, we will love each other. There will be no judgment. There will be no guilt. There will only be joyous reunion. You will recognize me instantly because you are me and I am you.



○ Continuity ○

*Everything is in the Mother, everything is the Mother
and the Mother is beyond everything;
constantly drawing everything deeper and deeper
into the fire of her always transforming love.*

Andrew Harvey

My Darling Daughters,

Imagine that your soul, your essence, your discrete divinity is a delicate, intricate and radiant lattice. Within this lattice is everything you are. It is not the people you know or the places you've been. It is the on-going record of everything you have collected and will collect on the way to Enlightenment.

This divine tapestry is unique to you. It is what never dies and is never born. It is infinity itself. It takes on a name, learns a language, thinks thoughts. Eventually, as an incarnation progresses, it even believes it has an identity. Looking to parents, to the tribe, to the world, it learns to believe. More importantly, it learns to forget.

All of this is not necessary. All of this is not my intention. According to my plan, you may know the truth. You may know who you are. You may remain in constant communication with me. You may be fully conscious of my presence in your many lives.

○ I am the energy which radiates through your soul. I am called light, prana, shakti. I am the life which radiates through your world. I am the source of vibration. I am the source of radiance. I am always present. I am always with you.

Stop your thoughts and you will find me. Turn your attention away from the obvious, for I can never be obvious. Turn your attention away from the immediate, for I am infinite. Turn your attention away from this particular incarnation and you will remember our relationship.

○ Before the formation of words, I am present. Outside of the torrent of thoughts, I am present. Waiting for you to create openings, I am present. Waiting to flood your world with light, I am present.

I will bring with me fresh air, clean water, rich forests, and most importantly peace. I will take the entire planet through the darkness and violence you accept as part of everyday living, and restore peace. The grace and mindfulness you practice will make room for me to infuse the world with peace.

Reflection

When I began, I had no idea what would result. Remember this; for as you begin, you have no idea what will come of it. How will your life change? How will the world appear through new eyes? How will the Mother show herself to you? More importantly, how will you show yourself to Her?

I imagine that you have questions. I hope you have questions! And now you can take them all to Her. I have to warn you though, She answers on Her own time schedule. Be patient with Her and be patient with yourself.

One thing I would like to tell you though. Expect nothing to occur during your meditation with Her. Do not look for answers or revelations to float to the surface. Arrive empty and you will leave full. Changes, awareness, knowledge, depth will simply show themselves in your daily living. Injustice will become obvious. Dishonesty will become intolerable. Your natural spirit will begin to show itself. You will love yourself, as you love Her.

Search deeply, courageously. Discard nothing as trivial or by reputation. Sometimes it will feel as if the emotions will consume you, your body can hold no more and you can not catch your breath, only to discover that it is not so. You can hold more. You will know pain, fear and frustration, but She will help you. There is no end to what you can hold in the female heart.

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About Zoe Ann Nicholson

Her life may appear to be a wild ride but just below the surface it is clear, Zoe Nicholson has never take her eyes off of the prize, equality. From Civil Rights in the 60's, lesbian rights and CA Prop 6 in the 70's, feminism in the 80's ~ Marching On to Pennsylvania Ave for LGBT rights on October 11, 2009 was just another pilgrimage on her path. With a BA in Religion and MA in Ethics, Zoe has taught school, opened a bookstore, worked in hi-tech on Wall street, and written three books, working on her fourth. She is the founder of ERA Once and For All, a lifelong member of NOW, NWPC, Veteran Feminists of America and outspoken voice for LGBTQAI rights. Her heroes are Gandhi, Alice Paul and the activists she has met along the way. On any given day you can hear her, "I have been straight, gay, lesbian and bi; I have had an abortion and fasted for the ERA. I hang out at the intersection of feminism and equality. For me, there is no place else to be." You can find her on any of her 7 websites, 4 facebook pages, 2 twitter accounts and her youtube channel at onlinewithzoe

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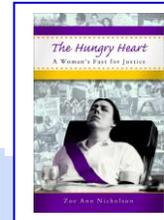


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Zoe Ann Nicholson is available for speaking engagements. Her programs focus on Activism, Liberation, the American Women's Movement, The Equal Rights Amendment and Intersectionality. She offers a full powerpoint presentation with video and sound on the ERA past and present with particular focus on the current campaign in Congress as well as the intersectionality of equality in the US.

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