

InVest: 64 – Be the Christ You Are

My wife MariLyn and I returned from Costa Rica on November 22, filled with love, peace, joy and thanksgiving from our marvelous trip. I'll be presenting more of the details, experiences and descriptions on upcoming blogs for next year.

For now, I want to share what seemed to be the core lesson of the whole trip: **Be the Christ you are.** It's this simple: Take all of the spiritual teachings, all the psychological understanding, and all the emotional and physical exchange, then distill it all to its essence and this is what you get. Simply, lovingly, with your whole mind, body and soul, be your I Am Self. Be the holy child of God that you always have been and always will be. Do unto others as you would have them do unto you. **Be love in action.**

In preparing for the trip to Costa Rica, our guidance was to go not as teachers, healers or members of a spiritual organization. We did not expect to talk openly about the I Am Nation. Our focus instead was to just be ourselves; to be typical I Am Nation citizens. To all eyes, we appeared as any normal, balanced, average American. However, we knew that the love and light within us would radiate to all whom we met and to the entire region, and that we would see and feel the Christ in others.

Time and again in Costa Rica, we saw evidence of the spiritual awakening that is occurring all around the world. This small country probably leads the world in its total embrace of environmental, green consciousness, with about one-quarter of the entire country being natural forest and reserves. Costa Ricans are peace loving, having not had an army since 1949. One of our drivers and guides, representing everyday Costa Ricans, talked openly about there being only one God, whether people were Protestant or Catholic, Hindu, Buddhist, Muslim or Jew. In relation to extraterrestrials, he proclaimed that we are not alone. (Picture is of MariLyn, our driver Jimmy, and myself.)



At both hotels and spas where we stayed, the prevailing ethic and structure was that of a loving family, where everyone was equal but had unique roles and functions. This loving social consciousness also extended to the local community. MariLyn and I felt like we were in the beginning stages of the I Am Nation implanted and functioning on Earth.

Many times, various ones commented on, and commended us for, our peaceful and loving vibration. We felt the same coming from others. It truly was a special, uplifting time for us.

We came away from Costa Rica knowing more deeply in our hearts that **the key to our planet's healing and transmutation is love.** Just be who you are, be the Christ you are, the Buddha you are, the I Am Self you are. All the rest flows easily, smoothly, comfortably and powerfully from this love center, this love of God and love of one another.

Here, then, is regeneration, rebirth and resurrection. It is not necessarily some incredible, supernatural, unusual experience. **Regeneration comes simply from being the Christ you are**, in your everyday thoughts, feelings, and interactions. It comes from being love in action.

Christmas season is now upon us. Celebrate your rebirth now. Celebrate the birth of spiritual awareness in each other child of God. Celebrate the birth of the I Am Nation on Earth. Amen!