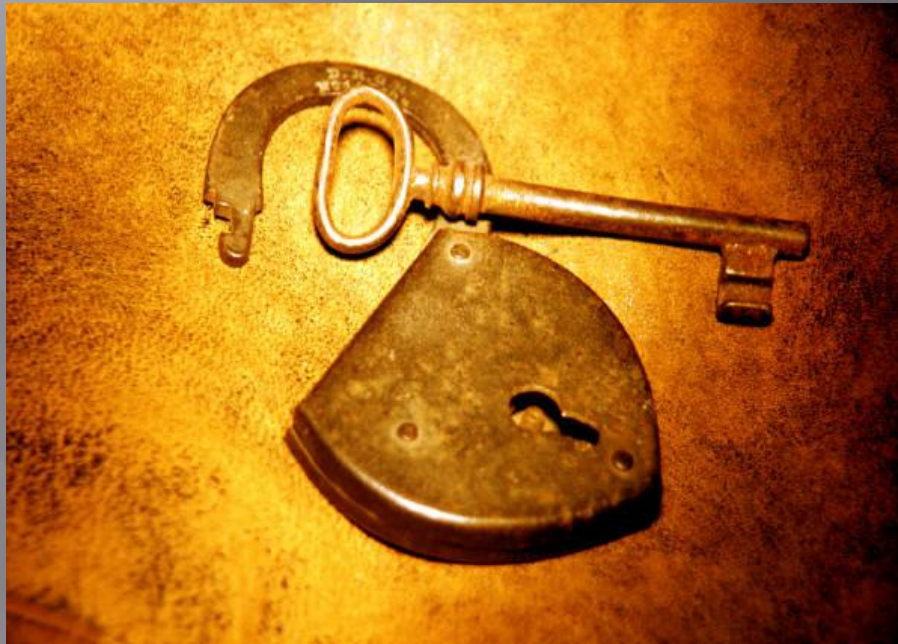


TOO MANY SECRETS



by Carole Gold

For my daughter, Zoe

May your journey be inward.

May your song be original.

May you always choose to dance.

Introduction

Jesus didn't charge for services rendered. He was one of several enlightened beings who have walked the Earth to provide so many with direction and purpose. As for some of the others... Abraham, Moses, Buddha, Lao Tzu, Gandhi... just to name a few, well they didn't charge either.

I think there's a message here and it goes like this.

Introduction

We humans are born equal, with *equal access* to the Source of All That Is. No one individual has a leg up on gaining that access. There is no one person to whom you can go to purchase wisdom. There is no group, club or organization that alone possesses wisdom, or holds the exclusive rights to selectively distribute it.

Introduction

My intuitive radar lights up when some individual or group vigorously promotes themselves as either having **the** way to enlightenment or as being in possession of **the** secret to getting everything you desire.

Eventually, such claims are inevitably followed up (in a much quieter voice or much smaller print) with a pitch for payment in exchange for access to enlightenment.

Introduction

Claims of being the sole repository of Higher Truth used to be the stuff of organized religions. But today, as we embark upon the early days of the third millennium, everyone with a computer and a clever marketing plan boasts **The Answer** to whatever ails you.

Whether addiction to chocolate, finding the perfect mate, or the “secret to life” ... someone will sell you the answer you believe you lack the ability and resources to discover for yourself.

Introduction

That's why this book is free.

Introduction

I have some insights to share, and some Higher Truths as I see them, which work for me. Everything I share with you is based upon **my personal experience** along the winding path of Life in search of greater understanding and meaning.

While I wouldn't trade, for any price, what I have come to **know**, I gladly give it away to you because, after all, this is what I've learned:

Introduction

Each of us must travel the journey within, surmounting our own challenges along the way, in search of a Truth that will be personal and the result of direct experience.

It's safe to say that if you haven't **experienced** something, you can either *believe it or not believe it...* but you cannot **know** it.

And these are not the same.

Introduction

We are here as Guides and Guiding Lights for one another. We mirror each other. But we are not the reflection. We can, however, use that reflection to enhance and adapt what we see to more harmoniously align with the **highest good for all concerned**. The means by which we do this is called **Co-Creation**.

If what I have to share resonates with your heart, embrace it. If not, keep moving forward toward that which is true for you and give my experience not another thought.

Introduction

I wondered how to best share with you what I know thus far. There are two possibilities.

First, to write the whole journey in its entirety. Second, to share just the “nuggets of Gold.”

For now, I have chosen the second.

In some future Now, I'm writing it all.

All my best,

Carole

There are no chosen people.

There are simply those of us who choose.

In every generation there are those who choose to bear witness to the Truth because history is too often recorded and thrust upon us by the victorious and the forceful.

Truth, on the other hand, is most often found in the silent and the receptive.



Do you know how to be still and receive?

I am my thought

I am my word

I am my heart

I am

I



What thoughts and feelings are
you choosing to create You?

Anger and Empowerment are antonyms.

Anger robs you of power. It causes you to react rather than to act. When reacting, you give the essence of your power away.

Empowerment is a state of *thoughtfulness* that *precedes* all action. Thought is where you harness your power and give it direction.



Are you seeking to win... or to
be empowered?

When we seek acceptance and affirmation *though*
our relationships we are needing to get that
which we feel unable to give...
even to ourselves.



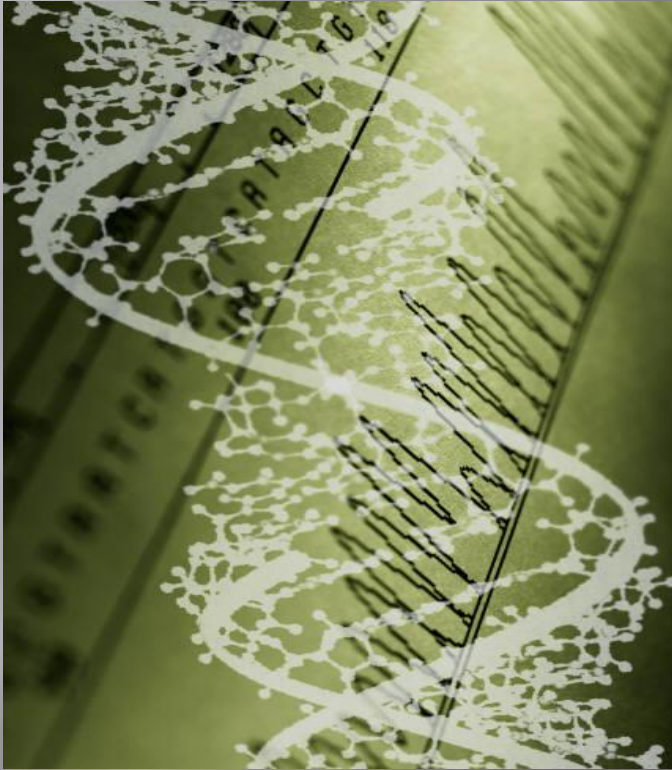
Just for today **BE** what you are
looking for.

No two snowflakes are alike.

No two people are, either.

The essence of who you are is a
spontaneous expression of Creativity.

As with snowflakes, we each have a unique
way of manifesting our primary, creative
purpose.



What is **your** form of creative expression?

The vision: Oneness and Peace

The goal: Replace outward illusion
with inner reality.

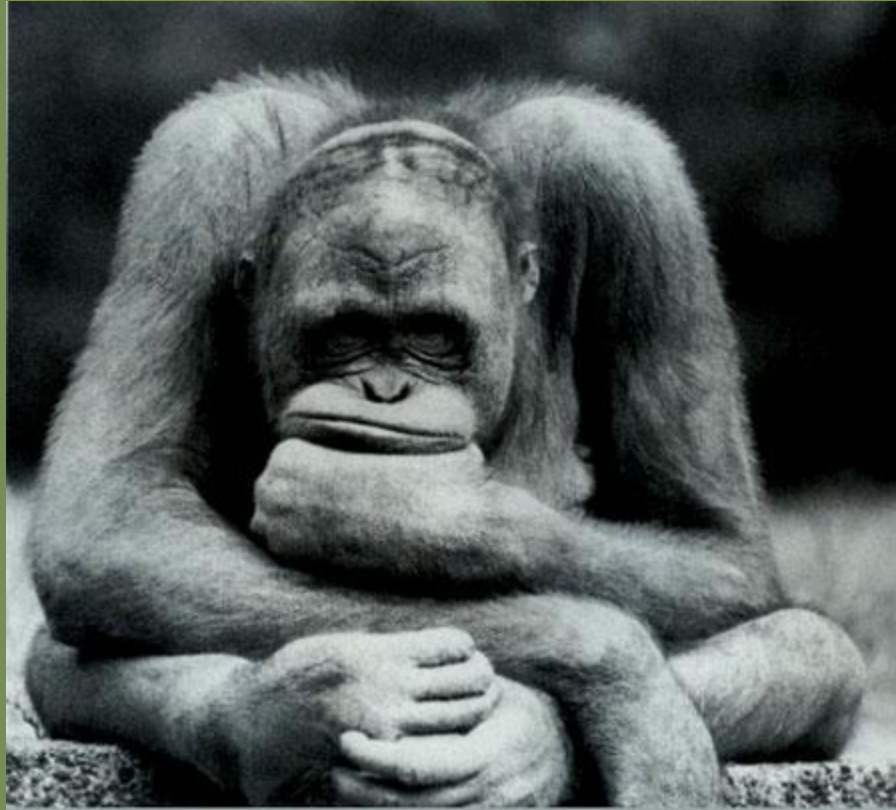
The method: Inspiration



Do you have a vision, a goal and
a way to get there?

Trust life and be open to what comes your way,
making the best choices you can at any given
moment.

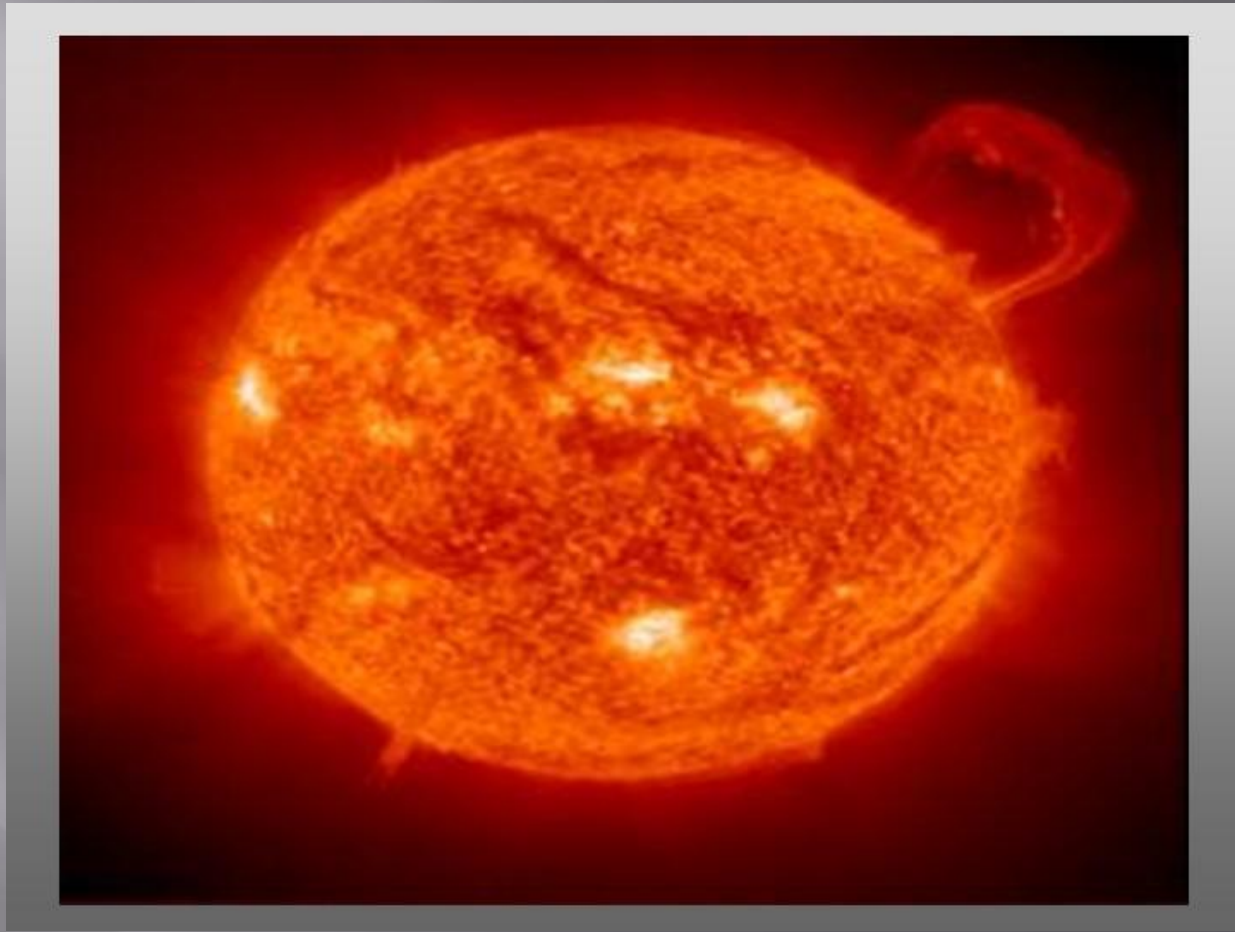
The simple act of choosing, of setting forth
your preference, gives momentum to your
movement.



Oh what to to, what to dooo?

Make a choice today about
something you've been avoiding

Thoughts are things... but never more so
than when backed by the power of
the spoken word.



How will you use your thoughts
and words today?

It isn't about being who *others* want you to be.

Its about being who you were *meant to be*.



Identify something unique about yourself and love it.

There is an energy that connects you to
everyone and everything that's ever existed.

This energy is your **Family Of Origin.**



Open yourself to Life and see
how easy it is to feel connected
and loved

No one sets out to change the world but when
you change yourself...that's exactly what
happens



When was the last time you
jumped for joy?

Have you stopped to ponder that

You

are the result of
a spontaneous,
unfettered,
love-based
Act of Creation?



Dare to spread the beauty of you
to others

Play with words.
They hold **hidden** messages.

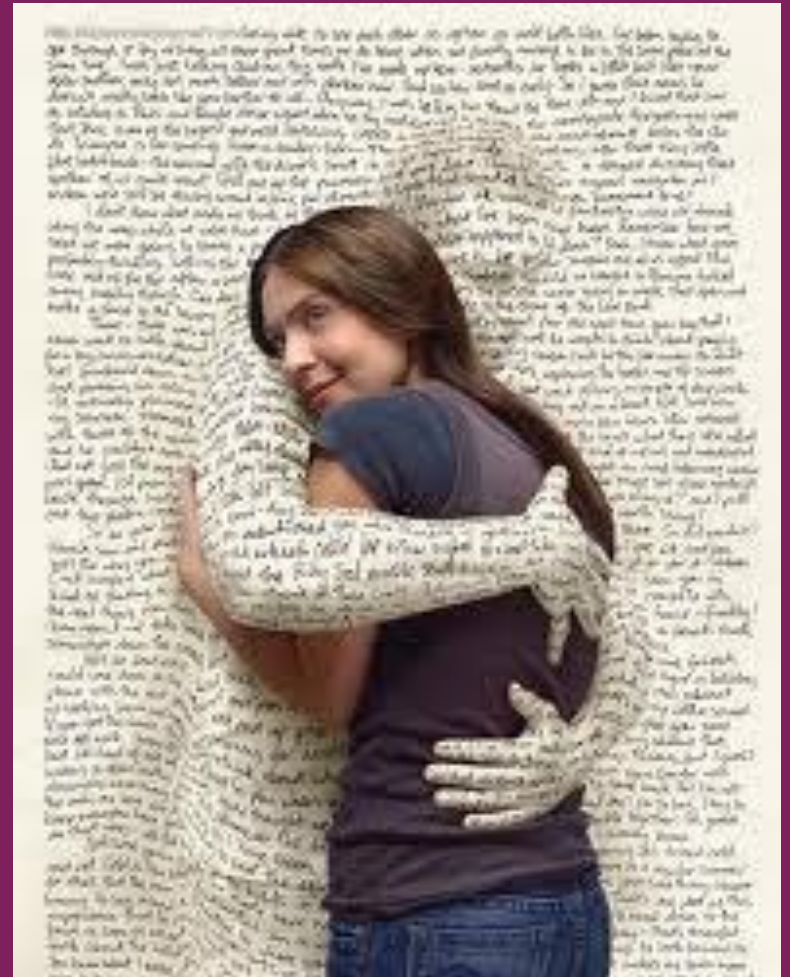
NOW

OWN

WON

When you live in the **NOW** you know what it is to truly **OWN** your life. With this knowing, you find that you've **WON** the grand prize of Self-fulfillment.

Let your mind
and heart
experiment
with how you
see and use
words



Thoughts travel by way of a frequency.

If what you are sending and receiving don't feel good, change the frequency.



What are you doing to fine-tune
your consciousness?

Faith and Belief
are stepping stones
on the way to
Trust and Knowing



Replace your faith with knowing.
One experience at a time

IS-ness is what Life is about.

Business is just busy-ness



Dare to take time in your *doing*
to just BE

Co-independence is a new word.

It describes two actualized, self-directed individuals consciously choosing to align with one another for the mutual goal of co-creating the highest good for all concerned.



Do you create relationships by
design or default?

The only true calling is service.

You can either be in service to an outer life, with its web of desire, or to the inner Self.

There, you are able to cross the bridge of separation to arrive at the authentic meaning and unique purpose of your life.



Begin to daily nourish one-heart-centered thought that enlivens you.

Intelligence is the skill of mastering facts.

Wisdom is the art of mastering intuition.



Place your mind in service to
your heart

I've wondered if Jesus may have said:
"I AM the Sun of God" ... as in an
emanation of pure Light.

That works, too.



Open and purify *your* heart Light

See within you the meaning of
your unique existence.

There you will discover God.



What do you see in You?

Identifying your patterns is the gateway to personal freedom.

When you identify just one pattern in which you are stuck and make the smallest change, there!...you are free.



Do something differently today

There is no solution.

Only evolution.



You are the source of the next
bright idea.

You are the vehicle.

Your thoughts are the engine.

Your emotions are the fuel.



Consciously choose the direction
then proceed in joy

If you can hold only two thoughts, know these.

You are safe.

You are love.



Its safe to
experience
the world
from your
unique
perspective

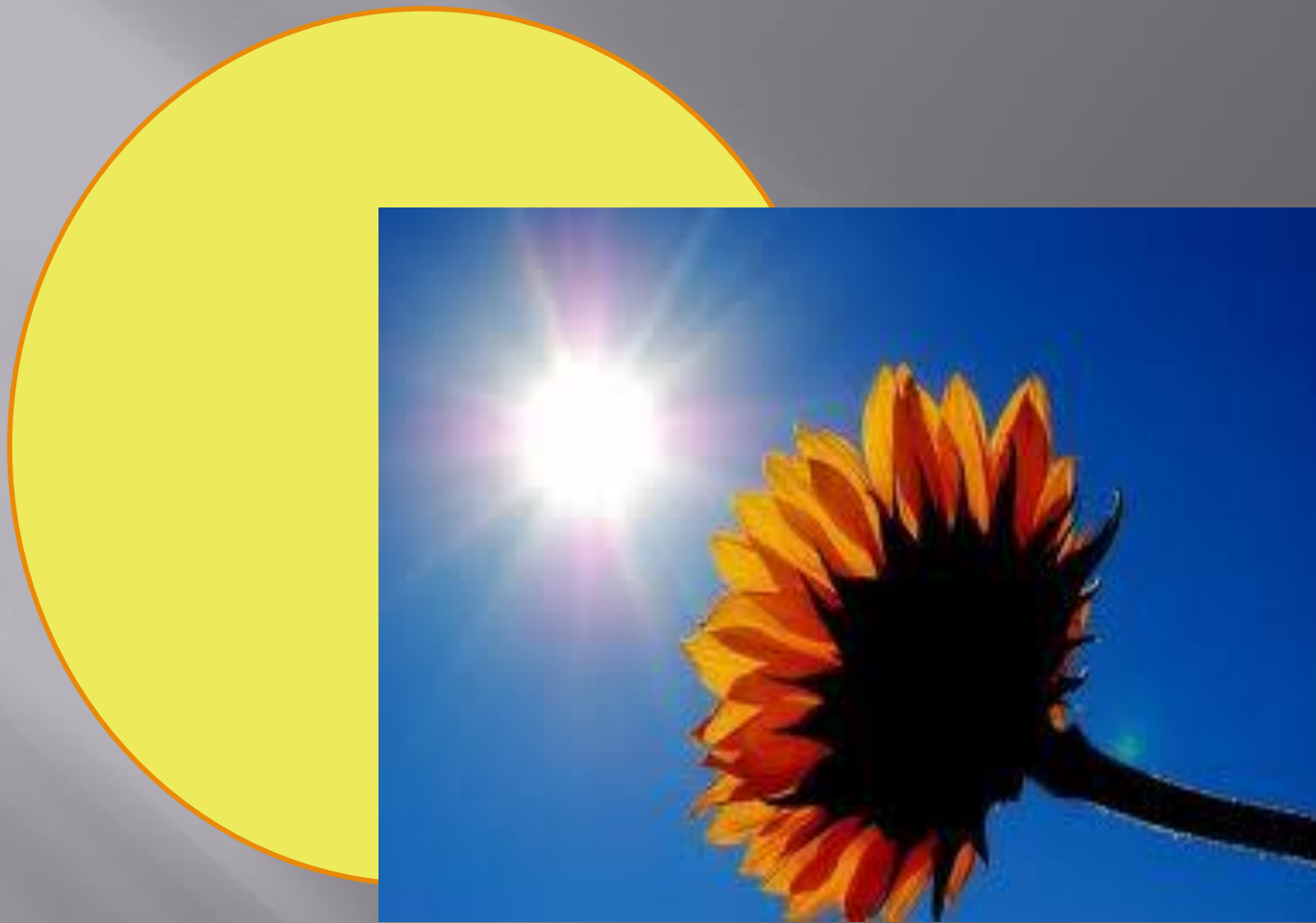
Sometimes playing
is practicing the art of
doing nothing



**Be still. Let your imagination run
about**

Get comfortable with being uncomfortable

It's the key to enjoying change.



Try letting the sun in-Light-in
you.

We are a society that values intelligence and so we spend an enormous amount of time in our minds.

Yet, we are Beings of the Heart.



Let your thoughts pass through
your heart on the way to speech

Finding your way is the journey.

Embracing Who You Are is the homecoming.

There's only one secret

It's free

It's yours



REACH FOR IT!

It is my delight to share what I know in as many ways as possible. So please visit my website and blog at www.carolegold.com

In addition to personal coaching and spiritual counseling, I am available for motivational speaking engagements



All my best,
Carole