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Things Are Going Great In My Absence

How To Let Go And Let The Divine Do The Heavy Lifting

Lola Jones
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First edition, 2006
Twelfth Anniversary 27th Edition, 2018

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This book is not intended to replace your own inner guidance, nor to provide or replace medical or other professional advice.

Published by Lola Jones.
Printed in the United States of America.

Acknowledgments and Appreciation

While most of the content of this book was given from within and was more profound and effective than anything I’d ever learned from others, parts of it were catalyzed by great teachers and powerful initiations from this lifetime and others. It would be impossible to name all the generous, wise, and wonderful people who helped shape this life and assisted my spiritual expansion before and since Divine Openings. Those who’ve expanded my heart and mind are many, including the many readers of this book, our worldwide community, and the attendees of our live retreats who expand this leading edge.

I feel tremendous appreciation for Donna Wetterstrand of Canada, Melinda Gates of Texas, Emily Colwell of North Carolina, and Angelika Lukoschek of Germany, Divine Openings Mentors who train our Certified Guides and contribute so much to Divine Openings. Appreciation to all who have shared Divine Openings so generously all over the world.

Endless love and appreciation to Scott Sanderson, who told me when we met, “I will open you up like you open other people up.” He did indeed.

We create each other on this journey.
You ask and the teacher appears.

Appreciation to all the many thousands of you who grace my life.
I love you.

IMPORTANT NOTE:

To insure the quality and purity of Divine Openings,

Lola Jones is the only person who can certify others to give Divine Openings.
A dramatic awakening is happening on the planet right now. Human consciousness is expanding exponentially. Those of us out on the leading edge are experiencing a rapid expansion of consciousness—right now. We invite you to join us on a safe and nurturing yet exciting path to freedom and happiness.

Whatever you want next in your life, this book will help you achieve it with more ease, Grace, and flow. You get help on two levels: the Grace piece and the conscious mind piece. The Grace piece is most powerful by far. You receive Divine Grace, which by definition is a gift you cannot earn, but is freely given. It lifts you higher than you could humanly lift yourself. Much of the process is effortless for you when you let Grace do at least 90% of the work. Your small 10% (the conscious mind piece) is to learn how to soften, let it in, and get out of the way. We show you precisely how. You receive tools you can use to consciously make more powerful, effective choices.

Receive a series of initiations to enlightenment, or a deepening of your enlightenment, as you read this book, gaze at the illustrations in it, and feel the Divine Presence in it—the Divine Presence that is in you. You will want everyone you know and care about to get this book, so they can share this bountiful experience with you and join you in this wondrous new world.

Once the Divine Presence in you is awake and walking this planet as You, once you are in the flow of life that supplies all wants and needs, creating the life you want is easy, fun, joyful, and exciting. Suffering, conflict, and struggle cease. Synchronicities become commonplace as you come together with people, resources, and events for mutual benefit and sharing of joy.

Once seeking is over and true living begins, you live in confidence, relish the moment, and create what you want. The “power of now” is a tangible reality rather than a wishful concept or something to work toward. The past and the future have no hold on you, and loss, worry, and scarcity can no longer be found.

You are “unsinkable” when you live as your Large Self, and truly feel the power of who you are. Crime, government, heartbreak, money issues—nothing has power over you in this new paradigm. People around you literally transform because of who you are, and you never feel powerless to make a difference again, yet you know when to let go.

Begin right now to enjoy a more vital, personal relationship with your Creator, who is eager and waiting to co-create more closely with you to fulfill all of your heart’s desires.
Lola Jones spent twenty-one delicious days in solitary, silent retreat in early 2006, communing only with the Presence Within, and a lifetimes-old gift was reactivated within her. She now invokes a potent form of Grace that activates awakening or deepens enlightenment. It changes people’s lives dramatically. She can light people up by touching them, activate the Energy/Light/Intelligence by intention in group settings, convey it by voice on the phone or webinar at any distance—and people feel its effects powerfully through this book. You’ll experience it directly as you gaze at the art, read the words, and sit in the powerful vortex this book creates.

Lola’s “job” to get out of the way and let The Divine do the heavy lifting. She is often almost “absent” from the process as she helps others, even as she enjoys the blissful sensations of it. She also found that as The Divine in her woke up and she lived more fully as her Large Self, her own practical daily life continued to get easier and easier. Her Larger Self increasingly runs her life as her small self takes a back seat and relaxes, hence the title: Things Are Going Great In My Absence.

In reading this chronicle of Lola’s own awakening, and experiencing the simple activities, the Divine Intelligence in you gradually wakes up or expands. You learn how to receive it, what to expect in the process, how to get out of the way, allow it to be easier, and sustain it.

IMPORTANT

On your first reading, this book is best read in order, slowly, from front to back. This is potent, powerful material, and you need to absorb the instructions before receiving the first Divine Opening, and to understand the unfolding that follows. “Rushing” reduces your results dramatically in this reading, and in Life. It’s not about gaining knowledge.

Experience it, feel it, live it, bit by bit—deeply.

As this evolutionary energy evolves and accelerates, it changes and upgrades rapidly. To receive updates, enlightening gifts, articles, news, events, and inspiration simply join the email list at DivineOpenings.com/aweber.

This book is the foundation of Divine Openings. If you should wish to access voluminous additional material, support, multi-media, audios, and videos, refer to DivineOpenings.com or DivineOpenings.de.

Ready? You are about to enter a new reality.
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A lit-up group after a retreat in Europe.
How and Why I Wrote This Book

THIS BOOK FLOWED out of me naturally and effortlessly. I didn’t will the book to happen; it willed me to write it and I could not stop. That’s how everything has gone this past twelve years. My body does what it wants to. It paints or writes when it wants to, or not. Sometimes I write all day and forget to eat. My old concepts of ambition and motivation don’t make much sense to me anymore. Things that used to seem important are not. Life lives through me. I mostly go along for the ride, watching the beautiful scenery go by, and enjoying the wonderful adventures on the way. It’s the best ride of my life.

As more of the Divine Intelligence in you wakes up and takes over, as outer changes unfold and the old reality unravels, as emotions arise and move on, this book helps your mind understand what’s going on. You participated in the creation of this book—you asked for it in your heart. The Divine Openings process doesn’t require your mind’s understanding, but your unfolding is accelerated when the mind cooperates rather than resists. This book retrains, guides, and soothes your mind during this time of change. Until your inner knowing has flowered more completely, it helps to have some guidance navigating the changes and integrating it into your daily life. Let in the help and opening, but please, always trust your own guidance and intuition over anyone’s, including mine.

This book embodies my experience successfully helping many thousands of people in more than 150 countries access their own truths and awaken to their own oneness with The Divine Intelligence within. It’s unlike any book you’ve ever read—far beyond just intellectual concepts, it’s an experience that alters your entire way of living.

The Light Emerges

WHILE GIVING Divine Openings at a public event, going from one person to the next, touching each person for about two minutes, five of them reported seeing a brilliant white light through their closed eyelids as I stood in front of them. The normal expectation would be that someone standing in front of you would cause your field of vision to darken. (Try it!) They were seeing my light body. When I am with people, one-to-one or in a group, a powerful vortex opens that activates or deepens their awakening, and they realign more and more with the Pure Life Force that has always been inside of them. They awaken to what’s not visible in the physical world. None of this is to say I am special—it is to demonstrate that many of us human beings are quite literally becoming less dense and more purely light. The kinds of experiences you read about here are possible for you, and will eventually happen as you practice Divine Openings, learn to go within for your needs, and don’t dilute it.

Jesus and Mary were often depicted with a halo of light around their heads. It was promised we would all one day be as they were, do the things they were able to do, and more. You will experience “miracles,” which are actually commonplace when you’re in the flow of Life. What has been called “ascension” is the completed transformation of our bodies and minds so we become less dense. We are “en-lightening.” Lightening up! Becoming more spacious.
As the light in each of us radiates more brightly, it becomes more visible. We normally think of the function of eyes as receptors of light, because light goes into them. After a person's awakening begins, I notice their eyes lighting up—light is coming from their eyes, not just going into their eyes. In the first year I created Divine Openings, I formally opened about seven hundred people hands-on, in small groups and retreats. Many thousands have received it through this book. I’ve noticed it beginning to affect people after merely having dinner with them. If I see that happening, I offer this book so they’ll understand the changes taking place, and so they can use their Free Will to reduce resistance to the Grace.

The Energy/Light/Intelligence of Divine Openings continually amps up; and as more and more people “light up,” or “en-lighten,” the whole collective consciousness of humanity lightens just a bit. People reading this book begin to see their own enlightenment reflected in their families, friends, co-workers, communities as a rapid, spontaneous quickening, a chain reaction of awakening takes place.

The experience of unfolding is the real adventure. Slow down and enjoy every single moment! This is not going to be “work.” As you enlighten, you help humanity without doing or teaching anything. Those of us on this frontier break the waves for those who come after. Most won’t know you helped them, just as Americans don’t know the names of each of the hardy American pioneers who paved the way to the New World for them. The ones who come along in your energetic footprints will benefit from your courage and foresight, and on the Larger level, they are You.

My friend related a story about a fellow karate master and teacher, a man’s man who never studied metaphysics and was not on a spiritual path, who had a spontaneous enlightenment experience while he was alone in nature, in the mountains. Love suddenly enveloped him, tears flowed, and a sense of wonder and awe overtook him. He didn’t know what was happening. Wondering who he knew that was weird enough to understand this, he confided in my friend, searching for explanations for this strange and unexpected change. The two men talked for two hours. He told of giving his wife flowers for the first time in decades, upon which she inquired, “Okay, who is she?” She thought he must have had an affair! He’d found new love all right, but it was Divine Love.

The karate master’s awakening occurred through a mysterious, spontaneous opening. Precious few ever find it through seeking or toiling on some spiritual path. Now Divine Openings gives you the opportunity to receive it by Grace, rather than hoping it happens someday before you die.

That man’s state remains transformed, but I often help people who had such enlightenment experiences and could not sustain them until Divine Openings. One Buddhist (not a reader of this book) had a full-blown enlightenment experience that lasted for six months, until an encounter with his mother brought him crashing down!

*Things Are Going Great In My Absence* gives not only the awakening energy and the enlightenment initiations but the structure and support to maintain it. Our human mind and our outer world certainly don’t validate or support it. I know of a few people who were temporarily committed to psychiatric hospitals after spontaneous, unexpected bursts of oneness and enlightenment. As they marveled wide-eyed at the dancing leaves on the trees and the light emanating from everything, no one around them understood what was happening to them—and neither did they. That fear and confusion needn’t happen when you undertake the process deliberately, with proper guidance and understanding. You can have a very functional enlightenment.
Once the awakening process begins, the most common early effect we hear is that anxiety disappears, replaced by a deep inexplicable knowing that all is well (the “peace that passes understanding.”) The mind may at first want to control, define, or explain away Divine Openings, but as we grow accustomed to operating beyond the limited mind we relax into the Mystery.

Questions are answered most often from within, solutions arise effortlessly, with the occasional message or help coming serendipitously from someone or something outside. Striving stops, and there is a peace with the present moment and the “perfect imperfection” of our humanity.

There is still curiosity and desire (oh, yes, passionate desire) but frantic, lackful seeking ceases. The urge to grow and expand is eternal, but the days of fruitless striving for it are over. Now you can stop working on yourself, healing issues, or needing someone to fix you.

I remind you several times to read slowly because people are so conditioned to read books in a mad rush, thinking the faster they can suck up the information, the sooner they can get on to the next book. That leads to shallow, futile, perpetual seeking. Speeding on is an unconscious tactic to avoid deep feeling and actual experience. Slow down.

Even “advanced” people don’t get everything the first time through this book. People say each subsequent reading is a next-level experience. That’s because your consciousness expands between readings. Divine Openings empties you out rather than filling your head with more intellectual knowledge. You get lighter, freer, and more spacious rather than more full of mind-stuff. When you’re tapped into the Flow of Life, you don’t need to drag along a lot of luggage on your journey, what you need shows up in the moment.

Divine Openings increases your capacity to tap into direct knowing. Spiritual and metaphysical theory, books, healings, and ancient texts are replaced with personal experience, direct downloads, automatic evolution, and a living, breathing communion with a vast Intelligence.

Then what you choose to do with it and how you choose to live are completely up to you. The choices are limitless. I don’t live by any spiritual stereotype, and you don’t have to either.

Soon you will experience yourself “lighter.”

What Happens with Divine Openings?

How Divine Openings works is beyond intellectual comprehension. People sometimes tell me they met me in a dream (sometimes I’m on my white horse!) right before they stumbled across my website or book. Our Non-Physical meeting prepared them to recognize me and Divine Openings in the physical. While I’m asleep my Large Self visits people in my light body and helps them. All I usually remember are abstract, geometric, or other-dimensional dreams.

My greatest gift is the ability to get completely out of the way and let the power of Divine Openings use me without any need to understand, define, or dissect it into something small enough to fit in a human brain. Nowhere in this book will you find a scientific rationale for it, because I don’t care about that. My playground is the Mystery out beyond science.

Since Divine Openings, my intellectual capacity has expanded dramatically, but it’s not where the greatest power resides. Intellectual concepts that can be explained in words pale in comparison to pure
energy and “direct knowing” from within—which is knowing without knowing how I know. That’s why this isn’t an ordinary book. A Mystery beyond words lights you up, opens you to larger realities, and changes your life (unless you resist really hard—I’m smiling right now.)

Divine Openings opens you up so you can let in the Grace that always is and always was raining down on you. It simply reveals to you what was already there and who you already are. Everything truly real is invisible and Non-Physical… love, joy, vibration, The Divine within you. The invisible begins to be perceptible. It’s the opposite of the “physical reality worship” most of the world practices. The physical world stops ruling you as you have direct experiences and tangible knowing of the Non-Physical world. You open and “get it” more with each reading of this book.

For years, the very word “God” made me cringe due to all the fanatics, evanglistists, and extremists who have used that word to abuse and judge others. Now, I can finally say it again without tensing up. Notice how the word God makes you feel. If there’s a negative conditioned response, it will subside. I’ll use many other terms for God, but for ease and brevity I use the word God a lot in this book, yet no word can begin to describe the Mystery. In my private life it needs no name or label—I am enfolded in it.

As you develop a closer, more intimate personal relationship with God, it will impact your health, your finances, your love life, your family relationships, and your entire world in a stunningly tangible, practical way because God cares about your ordinary life circumstances. If you assimilate and practice what’s in this book—focusing consistently on Divine Openings for a year, and don’t dilute it with other stuff, you won’t recognize your life at the end of that year.

I’ve taught for decades, and Divine Openings has opened people up faster and easier than anything before. It has quite effortlessly removed obstacles and issues that neither the student nor I could perceive. You will find masses and layers of psychological conditioning lifting, and you may never know why or how. You’ll just find yourself feeling lighter, freer and happier. Your life blooms, and Divine Intelligence begins to express as you, revealing your unique genius.

Before Divine Openings, in addition to teaching and helping others in personal and corporate settings, I had done way too many years getting “cleared” and “healed.” The more I cleared, the more showed up to clear. It was never-ending! Finally I said, “Enough! I want a path of joy, not work!” Then Divine Openings emerged, and massive change took place in my life without working on it at all. I felt more powerful and at peace than ever before. I also got healthier, more successful, confident, and happy. No more processing, analyzing, or figuring it all out.

Now it’s so obvious looking back that “working on myself” had focused on what was wrong, and so created more issues than it relieved. When I let go and let The Divine do the heavy lifting, my life as a powerful creator began. I’m not saying Divine Openings is the only way—there is no one way for all. I am saying it works. If I found a better way, I’d switch instantly—but I have no reason to seek—my unfolding is now natural, easy, happy, and rapid.

When you feel and know who you really are deep within, not just in your head—a physical expression of a vast Non-Physical life force—you discover all of your old “issues” and limits were illusory. Slashing away at illusions for the rest of your life begins to seem rather silly and unnecessary.

There’ve been many surprises. I had thought of myself more as a teacher, counselor, and enlightener, so I was at first quite surprised by the physical healings that occurred spontaneously during some of the Divine Openings. Although people didn’t tell me about their physical problem, The
Presence knew!

Here are just a few comments from people who have received Divine Openings.  
**Please don’t expect the same experience as anyone else.** Your unique experience is designed for you.  
I adore my own deep, subtle experiences. I also revel in hearing yours!

**In their own words:**

I have taken two of Lola’s seminars, seven years ago, and recently. Both seminars made a HUGE difference in my life. I can honestly say that there were amazing shifts in my life after each course. —M.Z. was on Oprah

I wanted more of God’s spirit . . . so now here’s more I can receive easier by Grace through Divine Openings, untainted by religious doctrine. Blessings, —Bev McCaw

I am seeing miraculous healings on a fairly regular basis! Blessed be! I am taking less insulin . . . I now know I probably won’t need it. It’s all shaking me free of the past program. Thank-you! Lots of Love! —Steph

My business is profitable in "these" times! —LeAnn

That regular Divine Opening is fifteen-twenty minutes of pure bliss that began to last longer and longer and longer. With much love and gratitude, —Teresa Anton, Pekin, Illinois

A warm tingly feeling spreads all through me, and in the morning when I wake, it’s there again! Thank you so much for being there. —Elaine, Germany

I’m smiling too much; my husband doesn’t know what to do with me! I have this amazing expectation that something big is about to happen . . . our financial/work headaches which were quite big now appear to be getting smaller and smaller. I am trusting Him in everything. What peace. Thank you, —Audrey, United Kingdom

Your work has the power of an atomic reactor. I was flooded with an incandescent internal light that was flooding thru me and the universe for quite a while. The next day I listened to one of the Diving In audios. I thought I was beaming off enough light to keep the east coast lit up for the remainder of the year. My dog was blissfully rolled over on her back and in sheer delight. She told me in doggie Yiddish, “who knew this Lola had such power, and from a recording no less.” She sends ten energy licks of love for your face! I couldn’t even sleep last night. —Love, Mark

Just wanted to share my appreciation of Divine Openings and say thanks. I have been reading the book, taking the course on-line and recently received a Divine Opening via conference call. VA vat voom! Divine Openings has had such a powerful and yet subtle, gentle impact on my life. I used to dip down quite frequently and since coming to the website that first time, I find myself each day, staying steady or experiencing joy and more joy. —Laura

I am continuing reading your book and I am reading it slowly as well as trying my best to put into practice simultaneously whatsoever I read. I do feel that I am making a lot of progress, I feel my peacefulness is deepening and always happy all the time and very much energized and also, I feel a mild blissful current running in my body most of the time. Love and Peace, —A. Punjabi, Philippines

Thank you for entering my life. —Conny, Malaysia

I’m now at the beginning of the online course, Week 1 and I already love it! Thank you for making this course reachable for many of us throughout the world! —Natasha, Macedonia
The book is so very helpful. I had an incident this morning where I went into judgment and looked for the place in the book to learn how to be with and let emotions move through me. I made the request of the Divine and felt the compassion for myself and for others who get caught in it, and then I felt the release. It was just that simple. I do not even need to have a conversation with that person. Much Love, Many Blessings, —Cindy P, Austin, Texas

I can read your book only bits at a time because the energy is so strong. I have been developing my personal relationship with My Divine. I used to have that HUGE nebulous BIG SOURCE that was too big and abstract to contemplate as a personal friend. I do appreciate the 'structure' for my mind. —Beverly, United Kingdom

Every time I have sat down to email you in the last 5 weeks or so I kept remembering something else wonderful that's happening. James, software engineer, UK

You and your work continue to make such an enormous impact in my life. Though I've been on the "path" for about 30 years, I consider putting into practice what I learned from you the real start of my spiritual journey nine years ago. I am forever grateful to you. Blessings, Anand-Sara, teacher, California

I started Divine Openings by reading and re-reading the book then taking the online courses. Having lost my son five months before I was going through the darkest time of my life. I was touched by Grace when I found Lola Jones and Divine Openings -- I will be forever thankful for such a blessing. From that point on I turned out to be a different person and my life has changed since I was led to a place where I had never been before - there is Peace in here. Who I am now and who I was before Divine Openings are all the way two different dreams. My love to you, dear Lola and to all. Lena, New York

You and your teaching have been so incredible for me -- the answer to what I had been asking for years -- it is like a birthday present for me everyday "opening" the gift of your website, your online classes, your webinars, your videos, your books. Thank you so much for the beautiful gift of YOU!! See you on the next webinar!” Jennifer Cochran

I had a very vivid angel vision after a Divine Opening from the book... a very clear picture of where the spirit of my son's dad is (who passed away)... of his soul being embraced by angel wings. I've never experienced anything like that and it brings such a feeling of peace. Thank you so much! I'm re-reading your book too. Positive energy is spreading to my family and clients! Kelly, counselor, Austin, TX

Hi Lola, this is Sue from way down under in Australia. After my second Divine Opening, holy cow I felt a full range of emotions and the hairball I coughed up was HUGE. I went into a very dark place and I was angry, depressed, sad, lonely, and I was questioning everything and so much doubt crept in, the funny thing was while I was saying out loud "this is all crap, why am I bothering, etc, etc I found myself speaking to the Divine within ….Phew! I sobbed and swore and paced around my house and then I did your Diving In process. I asked the Divine to pull me up by the hand and guide me through the tough stuff, and for the next few days my emotions were all over the place ... and then all of a sudden, the most beautiful sense of peace came over me and now I am feeling so happy and my cheeky, funny, silly child within has come out to play! Cool, I'm having fun! —Sue, Australia

The book has been everything I was looking for and more. So much has happened in the sixty days since opening it the first time that it would be virtually impossible to tell you everything. —Sallie B.

Awareness of how I've been resistant to receiving came up strongly. I asked God to soften that in me and then that "opening download" happened again immediately, and He told me, held me and showed me exactly what to do . . . I just experienced God in a much more intense way than ever before. I surrendered more than before and experienced a surging need to write even as I sobbed and yawned and released. I started in my journal and God wrote back. I've never experienced automatic writing before — what an awesome experience. Thank you for helping me remember my way Home as I'd gotten lost lately, and for helping me to access this amazing connection consciously in my daily life instead of just on retreats. Blessings to you, —Michelle Wolff
I felt a presence in the room, and could feel something ‘opening’, I can’t exactly explain what opened up in me, but my more expensive work started selling. I sold one of my $2000 art pieces and the woman ordered two custom lamps too. —A. Broesche, Burnet, TX

My dog is so much better since the Divine Healing you sent. She had calcium deposits in her hips and was having difficulty getting around. Now, instead of limping and moaning and lying around on the floor and at the bottom of stairs she was avoiding, she is back to her old self—running, jumping on and off the furniture, going up and down stairs, and chasing her pal Shortie! We are overwhelmed with gratitude. Everyone who hasn’t yet fallen in love with you, dear Lola, will, when they get your spirit, mind, body beauty treatment! —Erin, New Hope, Pennsylvania

I am focusing more powerfully at school. I can’t describe the feeling I have when I connect with God now. I have no words for it. If I catch myself telling myself unproductive stories, I stop now. It is working. —Everett, high-school student, Pennsylvania

I just had what was probably the most incredible weekend of my adult life. I performed some of my music and was deeply heard. I received so much validation, encouragement—it was almost scary. My body is also changing, opening up, healing. I am so blessed by all of the synchronicity in my life right now. Gratitude to you, sweet Lola, my cup runneth over. —Martha P., Georgetown, Texas

I was hoping for some relief from the longstanding intense pain in my leg. . . . I felt a tingling in my leg during the session, and the pain eased somewhat. Over the next few days, it became increasingly better, and is almost gone. I also felt some tingling in my injured shoulder. I had become resigned to that residual aching and restricted movement. That pain has gone, and I am able to move it much easier. I am so grateful. Sharon, The Woodlands, Texas

I couldn’t feel my body anymore and I lifted up out of it. I’ve always wanted to do this and have meditated for years trying to. When it was over and I was back, I felt so good I didn’t want to move, so I sat there for a long time. —Randy, Harlingen, Texas

Most places where I go or work are gradually raising in vibration, a few people at a time, even with the economy and oil prices. —George Phon, commercial electrician, California

After the first session, my endometriosis started healing. It’s a miracle for me and I can hardly believe it’s happening. I have felt generally at ease all week, and for the first time in years my mind is not making up stories about what could go wrong. —Michele, Austin, Texas

I have been seeing myself from outside my own body, and at first not recognizing it as me. I am in bliss much of the time, quietly smiling. Things just don’t bother me. I am starting to exercise and take better care of myself. —Cindy, Houston, Texas

Three years ago, I lost everything, husband, house, career... and although life went on and friends took care of me, I would wake up in anxiety every morning. The morning after my first Divine Opening, I woke feeling calm and light. I kept waiting to see if the anxiety would strike, but it hasn’t come back. —Lynn A., Austin, Texas

THAT is good stuff! I felt tension in my shoulder, jaw, and heart area release, and my head felt as if it was literally expanding. Things are getting wild. Much joy. XOXO. —Laura Graf, Singer, Austin, Texas

My seminars and treatments go easier and give both clients and myself more healing and pleasure, therefore filled up very well and expanded to Austria and South Africa even. My husband’s work became more fun and better paid. We used to live (the five of us, I have three children) in a seventy-four square-meter flat and drive an eighteen-year-old car. Now we drive a five-year-old car with seven seats (so much space!) and live on 146 square meters with a stunning, big garden and
neighbors better than we could have possibly dreamed them! We still walk through this beautiful, amazing house with our mouths open and stroll through the garden raving daily. And money, the major issue before, just keeps streaming in! Apart from these changes, I laugh a lot more, feel more peace, more serenity, more power, more love—I sometimes feel bursting of it all, it is so wonderful. I call it stretching the love and happiness muscles. Lots of love. —Gabriele, Germany

In thousands of emails from readers and participants in more than forty live retreats I’ve heard it all—spontaneous openings in love and relationship, happiness for no reason, financial breakthroughs, oneness with God, quieter mind. Hidden talents emerge, creativity explodes. Fears, worries, old blocks, limitations, and stresses melt. Defenses and old hurts are dropped, relationships are renewed, and love returns. New love is found. New lives are begun. Don’t compare your experiences to others’ experiences, because yours will be unique and perfect for you. The most subtle experiences, like most of mine are, can be the most powerful and fulfilling.

The Divine does the heavy lifting. Your job is to stay out of the way.

I Am a “Specialist”

When I want computer help, I go to a computer specialist. I ask within and get guidance on who to call or where to look, but I do let humans help me. Sometimes the computer fixes itself when I get back in alignment, but many times a solution comes through a specialist—a person, book, website, or thing.

I am a specialist in evolution. New, raw, evolutionary waves of Energy/Light/Intelligence “vibrate me.” They are not verbal and could never be fully explained verbally—they stream in constantly, some through untranslatable abstract dreams. I am a natural transformer and translator who makes the Energy/Light/Intelligence accessible for other humans, especially in practical life applications. Most of the results of Divine Openings occur vibrationally, although the words do help the conscious mind keep up and get on board. That’s as much as I need to know about it. I care nothing for esoteric discourse or theory. If it doesn’t help people practically, it’s utterly uninteresting to me.

Each of us has our own genius. You are a genius or specialist at something, and Divine Openings helps you discover and unfold it. So while I think it’s ideal for you to become primarily inner-guided, I’m a specialist who can catalyze your awakening, speed and smooth the process, and support it ongoingly if you need or want that. I’m a specialist in bringing Heaven to Earth, bringing it down to practical, everyday life rather than just showing you how to float around in the spiritual realms. I won’t tell you what you should do, or how you should live after your awakening—I just point to the door marked “Freedom,” you walk through, and then it’s your world to create however you wish!

How to Have a Great Start and Get the Maximum

You created me because you want to feel better, live life more fully, and have more of your heart’s desires. You’ve wanted so many changes in your life for so long, and now you’re here on the threshold. Welcome home! Here are some suggestions for an ease-filled beginning:
Let go of the need to mentally figure it out. The mind cannot fathom Divine Openings, and would try to stuff it into some existing category that shrinks it. Divine Openings is beyond words and concepts.

Commit to play with, feel, and experience each piece rather than just reading. Practice each thing you read that very week in your daily life. Don’t make it work, make it play. That’s how you really assimilate it. Go for it with all your heart—but gently, softly, and in no rush—step by easy step.

Those with decades of spiritual experience benefit from making a decision to become beginners again. A beginner’s mind is open, empty, not so full of concepts. I still live curious and willing to evolve. The moment I think I know it all I am fossilized.

When you are “advanced” it helps to be extra mindful: if you hear your mind say, “I already knew that”—STOP! Open to the possibility a higher, next-level truth. Are you living it 100%? How could you get it at a new, deeper level? If you want it all, let go of everything you know. Ditch the second-hand concepts, cliché New Age truisms, and all that stuff someone told you or some book said. Open up a large empty space for direct knowing from within. Come to Divine Openings with the curious, eager, and open mind of a child. Then Heaven is not far away.

You may have searched for so long that searching became a lifestyle, a preoccupation, an end in itself, and the original reason for it was forgotten. Seeking addiction prevents enlightenment. You may have become discouraged, weary, or felt that the search would never end. Now you can experience The Presence instead of seeking The Presence.

Enjoy the ride, open your arms wide, relax your grip on the steering wheel, and paradoxically everything will come faster. Some of you will find yourself feeling noticeably lighter in a week, many more will in a month, all of you will notice a big difference in a year if you commit, enjoy, and don’t dilute it. You’ll see people around you transforming as you do.

You have Free Will. Even Grace cannot and should not take that away. You come to Divine Openings with varying degrees of willingness and openness. Some of you soften and let go quickly—some more gradually. Let go of everything that holds you back. Strong resistance to feeling slows you down, but don’t worry—it does not stop you.

My intention is for you to discover your own main line to your Source. Sure, many people in your life have gifts for you. They say or offer something at just the right time. They open doors for you, or add richness to your experience. The Divine Life Force lives and expresses through all of us. Be open-minded, but be very picky about what you let in—there’s so much stuff out there that doesn’t work, that isn’t helpful and can pull you off track. Surround yourself with uplifting people, things, events as much as you can. If you don’t have a Divine Openings community yet, many have started a book study group for a few family and friends. But if anything tempts you to give your power away to anything outside you, think carefully, it is a crucial choice. Divine Openings keeps guiding you back inside yourself, over and over.

You can begin to let The Divine do the heavy lifting now.
MARK THIS MOMENT – You will quickly forget your old reality, so take notes now!

Today’s date _____________________

Write what you want—the whole list, including what you think is impossible. What you want to let in and how you want to feel. Tuck in extra sheets if you need to.

What you want that you’ve “worked at” but hasn’t happened. How will you FEEL?

What your current challenges are. How will you FEEL when they’re resolved?

What you want to let go of. How will you FEEL when you’re free of it?

Sign and date to commemorate this new beginning: ___________________________   ________
**FOLLOW UP: At three, six, and twelve months,** review what you originally wrote, and notice the changes in your life. Note how the things you wanted change as you lived into your authentic Self. One thing is certain—no matter how it plays out, or in what form, you can have what your *heart* has truly desired for so long.

Write how you feel at three months:

Write at six months, focusing on how you now FEEL:

At twelve months, focusing on how you now FEEL:

What has happened in your physical world at one year?

How has what you thought you wanted now changed? How has the value of feeling good changed for you?
Dancing Lessons From God

When I told a friend this book was about what happens when the small self gets in the back seat and the Large Self drives, he teased, “So then the story will have some exciting car chases and rollovers?” I laughed, “Life is more like a drama-free zone once the Large Self is driving.” Once you dive into your own true Being and start living as your Large Self, instead of drama you’ll have adventures you enjoy and create on purpose.

My life wasn’t always drama-free.

The desire to do what I do now was born when I first laid eyes on an enlightened master, my first teacher, in 1985. “But get real,” I told myself, “you can never be what he is.” My secret dream, too unbelievable to share with anyone, was to write a book that could change people’s lives, even in my absence. The years went by and I forgot my “foolish” desire. If you had told me back then, in the thick of a rollercoaster life of unpredictable ups and downs, that nineteen years later I would indeed write that book, it would’ve felt hopelessly out of reach for me—another universe.

The best things in my life have always come naturally, not as a product of the mind alone. Our Large, Unlimited Self knows what we want more than we ourselves know, and the best form in which to deliver it. But I still didn’t completely let go and let my Large Self do the work until I was past fifty, when Divine Openings arrived. Now I set no goals, yet things move faster, and there’s more happiness than ever.

The September 11, 2001 terrorist attack coincided with my big mid-life hormone crash, and my lucrative corporate training and consulting career and all my motivation vaporized almost overnight. I stopped my spiritual teaching and counseling as well. I told God I was sick to death of mere words and their limitations, and was soon guided to be an artist for two years to play in the creative silence and restore my soul. I thought, “I’m middle-aged and burned out. I can’t rebuild it again.” But in the barren cold of winter, unseen underground forces are always at work, gathering, building. For some time I had sensed something big was coming—as usual, something I clearly could not plan for or predict. What came was beyond my wildest imaginings.

How I Learned to Be with What Is

By March 2006 I found myself on a flight to India, mysteriously compelled to spend twenty-one days in silence. For those twenty-one days I dived deep inside, direct to The Presence, having my own inner-guided retreat rather than following “the program.” Frankly, India was never on my travel wish list. I’ve never studied eastern religion and was thoroughly uninterested in India before I was called from within to go. I have no need or desire to go back. I know I’ve lived many past lives there, but now I know everything we need is right here, right now—always.

During that twenty-one days in solitude and silence, communing only with The Presence within, a profound ability to open people to Grace blossomed. Those three weeks were so delicious I scarcely noticed the hard concrete floors I sat upon, the tiny barracks beds in the dorm, and the awful food. Other people were there, but I didn’t get to know any of them. My focus was 100% inward—I wasn’t there to socialize—I was there to go within and end my outer dependence. While few of the others observed total silence, I did—and made only enough eye contact to avoid bumping into people in the dorm hallways. The absolute silence was profoundly and permanently transformative for me.
I did it for myself, not realizing at the time that it would fulfill my secret dream to transform lives with ease. My fervent desire was to go within without distraction, and commune only with The Presence. I embraced the opportunity fully, and it changed my life. In that sheltered, secluded environment, there was nothing else to do or attend to. I chose not to communicate with home by phone or email except on a couple of occasions when I emailed briefly to say I was alive and well.

What a deep respite it was—perhaps a once-in-a-lifetime opportunity to have three weeks to do nothing but commune with The Absolute. It was Heaven! It left me more relaxed than I’d ever been in my entire life. It has lasted in spite of the much busier schedule that I now have since the success of Divine Openings, with many events, courses, music, and art projects, as well as people to manage.

The chronic tension and anxiety I carried my whole life disappeared permanently. If I get stressed, I notice it, breathe to soften into it, and it leaves, because my body is awake and alive with Intelligent consciousness. It corrects itself with just a little awareness, or with a little nudge from body-work or exercise. Energy work from someone else becomes unnecessary once you learn how to manage and move your own energy.

Emotions of every kind rippled through me one after the other during the twenty-one days. First, terror when my passport was taken away to a nearby town to be photocopied. I feared I’d never see my passport again. I lay awake terrified all night the first night, certain I’d be stranded in India if they lost it, but I sensed this drama merely triggered decades of old anxieties. It was an invitation for me to experience the fear fully, without trying to fix it or make it go away, and so reclaim that energy and raise the vibration of it.

By the second day the fear was bearable, by the third day it was a non-issue, and I actually laughed as my passport was handed back to me on the fourth day, long after they had said I’d get it back.

Emotion came in waves, flowing through me and the others, often without any reason. Causeless joy, causeless anger, sadness without content. Tears came, and left again just as suddenly. Much of what we feel may not even ours—it’s the fear or sadness of humanity. We pick it up from Ancient Mind, a massive and powerful collective thought form. Every thought that has ever been thought is still accessible. We pick up Ancient Mind’s vibrations, and then we attract more of that vibration, and on it goes, down through the generations. You will notice and raise those Ancient Mind vibrations as you progress through the book.

Much of what runs us is an ancient, flawed software we inherited.

Divine Openings upgrades it.

Waves of angst about a past relationship crashed over me as I bobbed in a sea of fear, sadness, and grief on another day. I had been in such a steady, happy place back at home and knew the importance of feeling good, but there were obviously blind spots I’d not been aware of—now they were up in my face! I’d not been able to even identify them before, much less change them, and now they came roaring to the surface.

Sometimes I got lost in inner questions and doubts that spun crazily in my mind, “What am I doing here? I feel so much worse than before I came!” Once I remembered to simply feel and allow the feelings, fears I hadn’t been able to overcome in all my years on the spiritual and personal development
path simply resolved, raising my vibration to peace, with moments of bliss. I found that any feeling, fully experienced, dissolved, that as lower energy rises to a higher frequency, that power is reclaimed and becomes available for productive uses. Then I knew deep down I was on track. I knew the silence would give me the total freedom I sought. It did, and it has lasted.

As I learned to lay it all down and let go, I tapped into Grace, which does for us that we cannot do for ourselves. Every powerful agent of The Divine that has walked the planet gave us a gift of Grace—to lift us up in ways that our own human efforts simply couldn’t do.

With Grace assistance, when you can fully embrace even one or two core emotions, and allow and accept them, they rise in frequency. All emotions are soon mastered once you lose your resistance to allowing feelings to move freely. The backlog that bogged us down rises with them. Endless processing of issues gives way to simply flowing feelings in real time.

Gone are the days when you had to work individually through every emotion, issue, and trauma you’d ever experienced in your past! Thank God that old paradigm of processing issues one at a time, layer after layer forever is over. Divine Openings collects all the threads together and raises vibrations en masse, and then you’ll simply do your best to stay current with what arises from then on.

Surprisingly, the emotion I struggled with longest was anger at those people who whispered with other people in our dorm room and in the dining hall, disturbing my delicious sacred silence. I knew they were terrified of the silence and of facing themselves in it, but I wanted them to be quiet and let me enjoy it. And how dare they break the rules! This indignation was odd; I’m not a rule follower myself. I wrestled with my harsh judgment of them longest and hardest of all, while the “big life issues” shifted with total ease!

Judgment is a deeply ingrained human habit. Most religions have steeped us in it. Finally I could just be present with my judgment, witness it, and let it be. “So I’m judging them as weak and inconsiderate because they’re wasting their precious time here. So be it!” Then it dissolved and I looked at them with understanding and compassion. Voila!

As each wave of every imaginable emotion passed, I felt steadily more able to stand in them unfazed, increasingly opened. Fearing no emotion, I became free. A new hope began to sprout in the hard, parched ground of my many years of endless seeking and growing discouragement. This was different than anything before it. I felt a depth and a certainty within myself begin to open up. My greatest desire was to become totally inner directed, free of the need to go to others for answers and healing—to have my own main line to The Divine. In the deep, rich, increasingly thought-free silence, that wish was coming true.

As I let go and let energy move, my vibration rose from hope to joy to ecstasy, with the occasional dip into feelings we call negative. I began to accept and welcome even those unpleasant or painful feelings, to appreciate them as “temporary experiences” with a valuable gift for me.

Equanimity and acceptance of all feelings ended the emotional rollercoaster ride I’d been on my entire life—a ride I thought I was stuck on forever. Equanimity is, quite simply, accepting what is. A miracle happened when I stopped resisting and trying to fix or change emotions and simply experienced them with soft acceptance: they moved with ease.

Although a few days were intensely difficult, overall it was beautiful and awe-inspiring. A few minutes of bitter tears, an hour of deep pain, or a few days of fear or anger were always followed by
profund peace or even bliss. As vibrations were fully experienced—watching myself experience them without identifying them as me—without labeling them as good or bad or running from them, they always rose into the higher and finer vibration of my Large Self. Those low feelings weren’t me! How fascinating to experience that, cradled securely in the arms of The Divine.

I relaxed further once I saw the possibilities. As long as I didn’t resist, I was soon freed. Fear of feeling and resistance to feeling cause more suffering than the original feeling itself! I saw others resisting and not getting this, and yes they did suffer. Those who resisted hard, about 80% of the people, got physically ill. I would never again be afraid of any feeling. This has resulted in a remarkable, lasting peace.

Back at home I was soon able to be as centered and productive while feeling grief as while feeling ecstasy, whereas before, a strong negative feeling could derail my productivity and happiness for months or years at a time. There was now a certainty deep within me that popping back up to happiness was natural and inevitable—that anything except happiness was merely a temporary separation from my Large Self. All I had to do was relax and let go, soften into the feeling, to return gently to my Large Self.

After the delicious twenty-one days, I was for the first time in my life no longer at the effect of outside circumstances, other people, negative emotions, the world, the economy, or the troubles of the world. Solid in my center, nothing brought me down for long. I felt light, transparent, and unsinkable.

What you can’t be with rules you. Be with what is and you are free.

Energy and Emotion Must Move

EMOTION AND ENERGY are supposed to move and flow through us. When emotion or energy is resisted and can’t move, we get out of sync with the Flow of Life. Every disease or malady can be traced back to stress or stagnant energy that was not allowed to move freely.

Too many spiritual people try to avoid lower emotions, magically transcend them, make them go away with sessions or modalities, or deny them. They want to avoid any “bad” lower emotions and leap straight up into higher ones. I coined the now-common term “spiritual bypass.” Interestingly, spiritual development is stunted until you deal with the very human realm of emotions. Enlightenment requires fully embracing the whole human experience, fully embodying the physical—not rising above it or escaping it. As enlightened humans, we’re bringing Heaven to Earth, not looking for a fast pass out of here.

When we try to cling to positive feelings or experiences, we’re operating as if there is a scarcity of them. When we realize that there is an endless supply there is no need to try to freeze them and keep them. Let them flow. Stop trying to hold onto positive emotions or experiences, or trying to push away negative emotions or experiences, since doing either is trying to stop something that is innately designed to flow. Nature moves. Energy moves.

It’s your birthday party and you open a fabulous gift: you savor it, you pass it around and enjoy it as long as you can, but the next gift you open will be different. It won’t be the same as that one, but you can enjoy the next one too, and then move on to the next gift, and the next. Experiences are like that. Blissful or painful they come and go, and there will be more. Source provides an endless supply of delights and
experiences, and when we’re open and relaxed, each one gets sweeter than the last, eternally.

Don’t hold onto the gift.
Hold onto The Giver.

I was soon able to “be with” and allow any negative thought or emotion to move on through me within minutes of its arising, no matter how heavy, how old, or how strong. Eventually everything I felt or thought gently passed, leaving at the very least peace, emptiness, and a quiet, still mind in its wake, and at the very best, bliss. It was hugely freeing.

Now emotions that used to sink me for months or years can literally explode into multi-colored bliss inside me within minutes. At the bottom of everything is bliss. At my core is bliss. This is no surprise once you realize that your Large Self experiences only bliss. When you’re experiencing something less, you’re just not fully in alignment with your Large Self. You’ve wandered off course and gotten separated from the Oneness, the Flow of Life. Soon you’ll know how to get back home easily. You’ll know the address of Grace.

You can easily witness or observe yourself “having” emotions without getting mired “in” them. Nothing will ever be as gripping as it used to be. Students tell me nothing bothers them for long anymore. I feel everything, but I cannot imagine ever being terribly devastated again by anything.

As resistance to “what is” softened and eventually relaxed, as all that recovered energy lit me up, all my senses opened up, and I began to feel everything with a delicious new intensity. Even my sense of smell improved. I felt wide open and wide-eyed, like a new baby. With decades of backlogged lower vibration now moved in a relatively short time, I felt light as a feather, and the predominant feeling was happiness without any cause.

Within nine months of coming home from India, I stabilized, established a local Divine Openings following, and wrote this book. Many lifetimes of being an enlightener were reactivated in that silence, enabling me to activate the awakening process in others and change their lives—to relieve emotional, mental, spiritual and physical suffering without work and processing. Life issues, even things people have worked on for decades, now resolve easily. For the advanced, enlightenment is deepened.

Some of the teaching offered in the twenty-one days was a good fit for me; the rest did not resonate with me at all, especially the giving of all the power to the gurus. I’ve done this work in many previous lives, so it was more of a remembering than learning. It was quickly clear after the retreat that I would go my own way and continue my evolution through Divine guidance and direct knowing. The power increased without the buffer of the teachers. A passion arose: to find ways to help people “go direct” to their inner source.

I found that in addition to receiving Grace, students need a step by step system to retrain their unruly minds. It’s as if part of them has become enlightened, while the mind still clings to old structures, as if clinging to a tree in a flood. An effective method of conscious mind retraining was absent in the organization in India, and many still struggled afterward in their daily lives, or kept seeking—not the result I wanted from my teaching. I was guided to create ways to support the mind during the awakening process, to apply enlightenment to everyday practical life, and sustain it.
Things Are Going Great in My Absence

Some of what I now teach came to me intuitively as long as twenty years ago, and some is influenced by beloved past teachers. Most comes from The Presence Within expressing through me. Giving this gift of Grace requires no effort, thought, study, or work. The less I “do” the better—Grace does most of the work. I felt I had finally come home after wandering in the desert—home to my own heart, my own Source.

I joke about my science fiction life, but the funny thing is, now it seems quite normal. Many of my students have much wilder mystical experiences than I do.

Different people are drawn to different teachers, because different teachers are called to say it in different ways. Divine Openings of course isn’t the only way, but it works better than anything I’ve ever known, it ended my seeking, and has awakened many all over the world. I offer it in that spirit.

I offered the first Five-Day Retreat, and people registered for it without question. Going to India isn’t a necessary element—I can take people into the silence anywhere in the world, anytime, and get them to that deep place much faster. It is necessary to get people away from their “normal reality” for those five days, so they have nothing else to do or attend to, and their focus is singular.

The first few years I gave Divine Openings, the intense Energy/Light/Intelligence flowing through me dominated my entire being, challenging my nervous system’s capacity to handle it. I couldn’t do anything else for about two weeks before, during, and after the Five-Day Retreats (my left brain barely worked.) All of my mind, body, and spirit’s resources were used, much as running a very large program on your computer doesn’t allow you to run other programs at the same time. It wasn’t hard, it just required everything I had.

It was similar to being wired for 110 volts of electricity, and trying to run 220 volts. Now, the continual new incoming Energy/Light/Intelligence is more easily assimilated as my “wiring” continues to be upgraded, as yours will be. I can now function more normally when leading retreats and initiating others, although my human self is somewhat “absent.” Things do go great in my absence!

We’ll dive deeper as we go, and I lay the foundation purposefully. Read slowly and let the energy prepare you step by step as you read and feel. Notice any impatience. If you’re saying, “I’m advanced, so I can skip this part,” STOP! That will cause you to miss important things. Slo-o-o-o-ow down! “The last shall be first, and the first shall be last,” and “You must come as a little child” now make total sense to me. It means you must let go of all you know to go higher, to get into Heaven. That’s what I deliberately did in my twenty-one days—I let it all go—I got empty.

I know you’re getting eager! My stories are softening and preparing you to allow more of that ease and Grace for yourself—to get off the hamster wheel of emotional processing and endless working on yourself and just let it in. Soon I’ll share the revolutionary foundational “how-to’s” of Divine Openings with you.

First, I invite you into a big-picture perspective. This focus on emotions is going to pass, and you’ll soon be living in a fresh, new reality with very little dramatic emotion. Tears are likely to be tears of joy. Once all the energy that used to be tied up in lower vibration is liberated, you begin using it to play and create—living fully—more powerful and free than you thought you could possibly be. Surprisingly, mastering your emotions is your ticket there. All the esoteric metaphysical studies in the world can’t bypass mastering your emotions, which are your vibrational Instrument Panel.

What Divine Openings does is beyond healing, cleansing, clearing, energy work or therapy. It affects
people permanently because they learn how to manage their own vibration. Divine Openings awakens people with pure Energy/Light/Intelligence. The planet, the sun, the Internet, computers, money, thought, rocks, the ocean, and you and me are made of Energy/Light/Intelligence, but many humans have been asleep and have let their frequency get distorted. They’ve bought disempowering beliefs from others and from society. As you awaken and vibrate with a pure, undistorted frequency that’s in alignment with the Flow of Life, issues and problems disappear naturally, because they don’t resonate with you anymore.

What’s most real is invisible and can’t be seen. Scientists have been dropping clues for us for at least fifty years that nothing is solid—but they can’t explain why it acts and appears solid to us. What physicists have found is so fantastically surreal that many of them quickly “forget” what they saw, because the mind has difficulty accepting it.

The Non-Physical is the birthplace of all material and non-material manifestation, so Divine Openings puts more attention and focus on creating in the Non-Physical rather than working so hard on the physical level—the hardest, densest level at which to work. Each time this awareness drops more deeply into your knowing you become more free. Nothing is solid or unchangeable. Everything is born of pure possibility.

_Millions of years ago, you were just a possibility._

**The End of Effort**

**A S I E V O K E** Divine Openings I completely let go to my Larger Self and let it use my body, mind, voice, and hands—all of me—while I relax into the blissful sensation of my “smaller self” being absent. There’s no work or thinking. My trying to _do or know_ too much would seriously diminish the power and results of it. Delicious, causeless tears of love and bliss might stream.

This Golden Age you are choosing to enter (whether others on the planet do or not) is the end of effort—a return to the easy, effortless flow of Life, a return to The Garden, where we’re aligned with The Divine such that we are led in every moment, surely, swiftly, accurately to what we want and need. The “efforts” I make, and even my challenges, feel more like play, creativity, and productivity than what I used to think of as “work.” I’ll think my life is full of ease, then am surprised to find yet another level of ease. There is always _more._

The light of the Divine has always been inside you; enlightenment restores the ability to see it. All your power is right here, right now. All you need to know is available here and now. Seeking too much intellectual knowledge is a mind trap—you can never get enough. I’ve never seen that liberate anyone—understanding and knowledge are the booby prize, the small self’s way to keep us chasing after more, more, more information.

The passing age has been one of man exploring his own Free Will, guided by his logical mind instead of The Divine Intelligence within, buying into the illusion that the physical world is immutable and all-powerful—often at the cost of losing his own happiness and fulfillment. It’s been a grand drama. We’re proud of our struggles and suffering. We make heroes of those who were lost and then found, as any movie plot demonstrates. Struggle is highly valued and rewarded.
We have taken off in our airplanes and pointed straight into a strong headwind, straining our engines, pushing with all our might against the flow that would carry us with a fraction of the effort if we allowed it. If anyone were to say, “Ummm, you could just turn downwind and go with the natural flow of Grace,” we might say, “But where’s the glory in that? I’m strong. I want to succeed my way and prove it.” And it is true that everyone from our parents to our clients and employers cheer us on when we work hard, when we struggle and fight, sweat and strain. “Good work! You’re such a hard worker! You have such perseverance! You overcame adversity.”

Here’s the good news. Finally, we’re remembering that most of the adversity we were so busy overcoming… was our own creation. Now as we get out of the way, there’s so much less to overcome. We can use that energy for more pleasurable, proactive, rewarding adventures and creations.

The world can’t be changed from the outside, but what’s in each human can be awakened. No amount of teaching, policing, regulating, legislating, forcing, controlling, or punishing has succeeded in changing the world. Such a shift can only come from within. When people are governed by the heart and guided by their Inner Source, no external regulation is required.

Einstein said that no problem is solved from the same consciousness that created it. I show people how to stop trying to tackle problems solely on the physical plane, but instead, shift their consciousness before action. From this new perspective, often the old problem simply isn’t there to solve anymore! An experience of mine illustrates this. I have to reach way back to find such a dramatic example of struggle. It’s simply not a big part of my reality anymore.

Many years ago, when my vibration was a lot lower, a Houston lawyer decided not to pay me twenty-four thousand dollars he owed me. He knew I would probably sue him after many months of sending past due notices and calling his office to no avail. So he sued me first, which put him in control of a game at which he excelled. I was fearful, as I had invested months in the project and needed the money, and was afraid he’d sink me financially with the legal expenses he could force me to run up. I hired an attorney, went over and over the facts obsessively, made the Houston lawyer the bad guy, and laid awake nights quaking, obsessing over what to do and how terrified of him I was.

After about six months (I was a little slow back then) I finally turned it over to The Divine and asked for dream guidance. Soon I had a dream in which a formal, authoritative man in a tuxedo gave me the keys to a very large white automobile. It was so huge I could barely see over the steering wheel. As I drove out of the car lot, I stopped to ask the man questions. He simply waved me on, ordering, “Just drive away.” I woke with a whole new perspective; in that dream my consciousness had been instantaneously adjusted to peace and wellbeing. From that day on, I never thought about the situation again except to recount the fantastic dream of the white car. I never made the Houston lawyer the bad guy again—I was resolved with him, compassionate to him and his own demons. I knew it was over long before there was a shred of physical evidence. Feeling a little better and vibrating a little higher always precede improvement in the physical world. I just “drove away” as directed, focused on other things, and moved ahead with life.

I heard nothing for another six months. One day my attorney called with a settlement offer of five thousand dollars. I confidently said “no” and once again forgot about it. Months later, another call came,
this time with a settlement offer for twelve-thousand dollars. This time I said yes, since the money would be timely, and it would all finally be over and resolved—that was worth thousands to me. In that past state of consciousness, that settlement was the best victory I could manage, and it was pretty good. In today’s consciousness I would have said no to that settlement, confident that I would get it all or even more in time. Seldom do I find myself playing victim roles in this new consciousness, although victimhood is seductive because the victim gets to be right—the innocent good guy. You’ll learn it’s not worth it.

At each chapter throughout that saga, my way of dealing with it shifted with each elevation in consciousness, and as Einstein predicted, the solution existed in a completely different consciousness than the one in which the problem was created. My life is largely drama-free now, and I’m clear that I am the author of it all. Today and going forward, I’d be unlikely to manifest a lawsuit. That could only if I ignored or resisted my own guidance, or dropped into a lower vibration.

Today, when I urge students just to “just drive away” they get the metaphor. Do you need to clear, heal, process, analyze or fix your past? No. Just drive away, eyes forward. Don’t worry about how— Divine Openings helps you do it. Just read on.

*Reality is radically different at different levels of consciousness.*

A certain way of Being produces certain kinds of doing, which produces vibrationally matching results. Most of the world throws action, time, money, and work at a problem instead of shifting the way of being that produced that problem in the first place. Action wasn’t helping the legal problem—it was actually making it worse. Shifting my own being worked. When your business is not going well, an action approach would be to work harder and longer, get new employees, talk to creditors, or change your processes. But it would be more effective to first change the inner state that caused those past results. “Be” clearer, then you’ll “do” more effective things, then you’ll “have” better business results. Align energy and intention first—materialization follows.

“Be” it first, then you’ll “do” different things, and then you’ll “have” different results.

Some think if they had more money, things would go better, and then they could be happy. But that’s backwards. That’s “have, do, be.” The reverse is true: when you commit to “be” happier and more centered, you “do” better, and then you “have” more money. I won’t ask you to be a better “doer.” You’ll allow your true inner being to emerge until you are being your Large Self, then you’ll allow your actions to flow naturally from that. Then your life and circumstances will shift to fit who you newly are. They must, and they will, without effort.

Since I mentioned money (a highly charged subject), consider this: happiness isn’t dependent on how many dollars you have in the bank. When you’re in the flow of life, what you need comes to you when you need it, sometimes even without needing money. When you feel secure in that knowing, the number of dollars you have stored up doesn’t matter, although you may indeed find your savings growing. When
you don’t feel secure, no amount of money makes you secure. You’ve seen millionaires who cannot rest or play, and are in constant fear of losing their millions. And they can lose it. You can feel completely secure with an empty checking account living in a tiny, cozy home when your relationship with your powerful Larger Self is secure.

Some of you will use your newly blossoming creativity and confidence to make lots of money. Some of you won’t care so much about money once you’re happy. It’s your reality—your grand, creative experiment—and you get to choose. Once you’re awake, you’ll know what’s true for you.

The phenomenon that we call our reality is not the solid, concrete thing we think it is. The translating mechanisms of our senses and our brain, and our collective agreement make it appear solid. My changes in my perception of the lawyer and the lawsuit produced changes in my physical reality. When you focus first on your consciousness, vibration, and state of being, material issues clear up.

Ten years ago I worked with people to change their thinking and their perception of life, and then their relationships would improve, their incomes would rise, and they were happier and more successful. That was all good, and it was leading-edge at the time, but there are now more profound ways to change reality. Divine Openings doesn’t work on details and individual issues at all. It doesn’t need to because it works at the meta-level (very big picture), and causes quantum evolutionary leaps at every level of your being simultaneously.

Divine Openings literally upgrades your software, reconnects DNA strands, switches on new evolutionary strands, restores lost connections to the earth and other dimensions, and activates your light body. Most people feel a tingling or expansive feeling after some number of Divine Openings from this book. Sit quietly after each Divine Opening to fully feel the nuances. You could feel nothing and still have dramatic changes in your life within weeks or months. Stop taking score. Notice what’s better in your life. Journal only about your successes and what you appreciate, and limit talking about problems. You get more of what you focus on because your focus has enormous creative power in it.

 Divine Openings opens you to Grace, without work.

If this sounds fantastic, there is more to come, much more. Momentum is on your side because evolution has been speeding up exponentially. Imagine if you were a cave man walking our streets, observing our computers, planes, and cars. It would be mind-boggling. More has happened in the last fifty years than formerly happened in many hundreds of generations. Even in the 1800s, could you have wrapped your mind around television, space travel, the Internet, cell phones, video conferencing, and jet airplanes? Our current reality will seem as primitive in retrospect as the cave man’s seems to us now. From the limitations of today’s consciousness we have no way to conceive of what’s coming because that emerging future will be borne of tomorrow’s consciousness.

These days you don’t have to die to get a fresh new life. You can just start a new one right here—if you’re willing to let go of even the best of what you knew before. I often muse about the many lives I’ve already lived in this body, and more are coming.

Divine Openings and I have continued to expand and evolve since those twenty-one days of silence. I even re-read this book, listen to my own audios, and take my own online courses because the Large Self
that writes and teaches is much wiser than the everyday me. Your Large Self will always be out ahead of your smaller, more limited self, calling you forward into your next level. Go and it feels good. Resist and it hurts. It’s that simple.

I know many of you have a strong desire to make a difference on the planet, but take plenty of time get yourself completely free first. You can exhaust yourself doing it the old way. You’re going to discover easier ways to change the world that you cannot now imagine—and there is no work involved. Fasten your seatbelts, place your tray tables in their upright and locked positions, and enjoy the ride.

It’s an Experience, Not a Concept

JUST STUDYING AND TALKING about spiritual things is a barrier to inner knowing, because it remains merely mental without having real experiences. You’re about to have a direct experience of The Presence within you. This invisible Larger aspect of You will soon become a normal everyday part of your life.

A Divine Opening can be activated in any number of ways. When I see people one to one I invoke Divine Openings by intention, or holding their hands, or I give astoundingly soothing Mother Hugs.” When it’s a large group I evoke the Divine Openings by intention from the front of the room, without touch. It’s just as powerful. Divine Openings can also be activated through movement and art (as in this book), music, by phone, webinar. Divine Openings work by long distance too. Sometimes the group closes their eyes while Lola sings a song that carries the Divine Opening. In the Five-Day Silent Retreat, I give powerful initiations by gazing into your eyes: The Divine looking at The Divine.

You discover enlightenment only by experience—it’s not something you can learn, figure out, or understand with the mind—so it’s best to leave the mind out of it. Understanding is the booby prize. The most blissful states are experienced in No-Mind.

Divine Openings indeed activates or deepens your enlightenment by Grace, and helps you let more good into your life. It’s all a matter of time, and the timing is for The Presence and you to decide. If you want results more quickly, soften your focus, read the book slowly and deliciously, but don’t make it into work.

Intellectual, analytical people do better if they can let go of thinking, and feel everything instead. Simple villagers have become fully enlightened with one blessing by a master, because there was less mental clutter, and fewer ego constructs and spiritual pretenses to shed to restore that most simple, natural, and innocent state.

People sometimes tell me all the spiritual books they’ve read, the gurus they’ve lived or studied with. I’ll teasingly say, “Then why have you come to me? You don’t need me.” Then they confess they’re still not happy or fulfilled, or it’s not “working” in their practical lives. Perhaps they’re still struggling with money, or emotions, self-worth, anxiety, or relationships. They’ve found that the mind cannot take you there no matter how many books you read and how much religious or spiritual knowledge you accumulate. Enlightenment can’t be earned by hard work or service. You can’t rush or control it. Nor can you get it by being good, doing good works, or “being spiritual.”

Divine Grace can give it in a heartbeat.

Divine Openings doesn’t fit in any “spiritual” box. To have the most pure, powerful, and authentic experience leave all your old concepts of God, religion, and spirituality behind. You wouldn’t eat
secondhand food. Don’t ingest second-hand experiences of God, no matter who said it. You’ll move faster if you open up to pure experience, and let go of mind stuff. People ask why I got more than others did in that twenty-one days of silence. I’ll share more later but one key was: “I was willing to get completely empty.”

![Mental and intellectual understanding is the booby prize.](image)

Divine Openings so profoundly changes you, and so radically shifts reality, that one week after a huge challenge is resolved it’s common for a student to strain to remember what the problem was. It was *that gone*. It happens often—people go on to their new reality and soon forget the old one. They get so busy living they don’t have much interest in the past. You’ll know you’re free when there’s no interest in retelling past dramas and problems. This is the new paradigm of living in the now. The hazy past seems unreal.

**The Small Self Lets Go**

SOME CALL IT the ego, but I call it the small self so you can see it fresh and not make it “bad.” Small self is simply a more narrowly focused, less knowing aspect of us that thinks it is separate from God, other people, and Nature; it’s the part that resists the Grace that would carry us with ease. It is fearful, scarcity-oriented, defensive, habit-driven, and has created all kinds of compensatory strategies to protect against things that it itself has created. It believes that life is basically a struggle against something “out there.”

Don’t resist that smaller self or make it wrong—embrace it tenderly and talk to it soothingly as you would a fearful younger sibling.

When we rely only on our senses and those things we can see, feel, touch, smell and taste, we are an isolated small self, like an astronaut would be if there was no Command Central back in Houston to hold the Larger view and give guidance. He’d be lost, adrift, and all alone out in space. When we let go to the greater guidance of our Large Self, we have our own Command Central.

Our Large Self never loses touch with that broader perspective—it knows the bigger picture of our lives, the world, the universe, and the other dimensions. Small self is the lesser part of us that allows us to narrow down and have the illusory experience of being separate, unique human individuals, but we’re always encompassed by and enfolded in the greater Large Self. Any actual line between the Large and small self is imaginary.

Your small self goes through a process of letting go of its fears. As you embrace and soothe it, it gets in the back seat and enjoys the ride while the Large Self drives the bus. Life goes more smoothly and there is more ease and Grace in your life when the Large Self is in the driver’s seat. The small self can know fleeting pleasures, but it can’t know joy until it has relaxed into the care of the Large Self.

This book guides you as you awaken, so you may now relax. When the small self stops struggling and gets on the wave the Large Self has created, we enjoy surfing Life. The ride is for fun, not to get somewhere or prove your worth. You’ll discover your worth is a given, and that The Presence wants you to be happy.
VERY IMPORTANT!

Please read carefully before proceeding:

I am an evolutionary agent of Divine Energy/Light/Intelligence and I use the words in this book, the art, my music, my intention, and other direct Non-Physical means to translate and convey it to you. The Grace energy and your allowing and experience of it are more important than the words.

Each time you come to a work of art in the book, gaze at it to receive a Divine Opening. A casual glance at the art will not give you a Divine Opening if you don’t intend it. Each Divine Opening “expands your pipes,” and opens you to let in more Grace.

- Wait at least two weeks between Divine Openings. More and faster is not better. Each Divine Opening needs time to integrate and unfold fully before adding new energy. In general, slow down everywhere in your life to feel more, and paradoxically, evolve faster.

- Pregnant women past the second trimester may not receive Divine Openings until after delivery of the baby. Just read the book and intend the art to give you Divine Mother Hugs instead.

- Those with serious mental disorders should receive sessions before doing Divine Openings.

- Alcohol or mood altering drugs of any type interfere with your brain and feelings. Those with substance addictions may need additional Divine Openings help. See resources at back of book.

- Divine Openings are for those eighteen years or older. Those under eighteen can intend to receive Divine Mother Hugs from the book to help them develop and succeed in life.

- Receive only one Divine Opening every two weeks from any source. “Advanced” people are no exception. More is NOT better. The point is to enjoy! Don’t speed up the energy faster than you can release resistance to it. You can read past a Divine Opening and come back and do it later.

- Each Divine Opening experience is different, so don’t compare them, or have any expectations. If you don’t feel anything, things are happening below your threshold of perception.

The awakening of Divine Intelligence within you automatically resolves anything it stirs up very quickly if you will soften around the feeling, dismiss judgment, and allow the feeling to be. Don’t try to make any feelings that arise go away for they are valuable messengers that serve you! Resisting lower feelings got you where you are, and embracing them will take you to a realm of self-empowerment beyond your highest expectations. Be with and embrace all feelings softly, sweetly, kindly, and they will move up and resolve faster.

Never try to relieve or “fix” the after-effects of a Divine Opening—that interferes with this self-resolving process that needs no help at all.
Divine Opening

Your first Divine Opening is a special occasion that formally initiates you to enlightenment, or opens a new level. Take a moment now to review where you have been in your life, soften around and say goodbye to the past. You could offer appreciation for the Grace you are about to allow in. Gaze gently at the work of art for about two minutes. Get out of the way. Simply allow Divine Grace to do it all. Then close your eyes, lie down, and rest for fifteen minutes or longer.

Figure 1—Angel, a five foot mural by Lola Jones, her interpretation after Italian master Mellozo da Forli’s Angel With Lute
After Your First Divine Opening

Now you have had your first Divine Opening, an initiation to enlightenment, or a deepening of your enlightenment. It works on the subtle planes. Regardless of how much or how little you can feel it, it works on you just the same. It is cumulative, and the effect builds with each successive Divine Opening.

Sometimes you feel nothing special, and then remarkable changes start occurring in the following weeks, in your body, mind, and feelings—in your life—and even in the people around you. Take care to notice and appreciate every little wonderful thing that occurs. Journal to yourself about your progress, and if you wish, share your successes at celebrate@lolajones.com or support@DivineOpeningsGermany.com.

Your Large Self designed your experience just for you, so rather than comparing it to someone else’s or to something you read, appreciate your experience. Let go of expectations and judgments. No two Divine Openings are alike, so don’t expect the same one to happen ever again. Let go of the last experience, and be open to new ones each time—as in Life! While live, in-person, webinar or phone Divine Openings are usually more intense, we hear many dramatic exceptions to that from readers. Subtle is just as powerful.

Each Divine Opening works on you intensely for weeks, months, and years, so notice and appreciate everything that happens in your inner and outer world, even those things you don’t yet understand. Your life will forever be affected, made easier, and eventually it all makes sense.

You won’t need a Divine Opening every two weeks forever. You’ll soon access this Grace state by intention, and live in that state of Grace and flow more and more of the time. Most modalities are about clearing, fixing you, or making the feelings or the pain go away, but Divine Openings shows you how tap into your own inner source, where you find that there was never anything wrong with you.

You could benefit from body work, massage, Rolfing, Feldenkrais, yoga, chiropractic, acupuncture, music, dancing, and exercise to help the slower, denser physical self to soften, let go, and allow the flow. Energy work, most other modalities, and non-Divine Openings counseling contradict this energy and slows your progress.

Enjoy. Because it’s all about joy.

Hitting a Speed Bump

Let’s cover this now that you’ve had your first Divine Opening. People are conditioned to take unwanted emotions too seriously, so I came up with a benign and humorous term to lighten it up: “coughing up a hairball” (like cats do.) Some students called it “hitting a speed bump.” The lighthearted names for it encourage people to lighten up about it—even laugh about it—and enjoy the movement more. It doesn’t have to be heavy unless you resist it. Let your mantra be “it all moves softly and easily if I let it,” and that eventually becomes your reality.

Everything does indeed shift more quickly if you don’t resist, fight, or try to escape it. Fear, anxiety, worry, anger, uncontrollable rage, grief, depression, aggravation, jealousy, illness, fatigue, headache, nausea, digestive upsets, odd physical sensations, odd automatic body movements that you can’t control, upsets with others, conflicts, financial scares, and setbacks—all of these can and do move easily!
You’re opening to embrace and appreciate the full range of emotions, from profound bliss to emotions you’d probably label as “unwanted.” When you begin Divine Openings, you’re asking Grace to raise your vibration, and as that happens, lower vibrational energies activate and begin to move upward en masse. Maybe in the past you’d get stuck in such lower feelings, but with the Grace-assistance of Divine Openings, they move quickly unless you resist feeling them.

We are deeply brainwashed that we must learn by suffering and progress by hard work—if you can let go of that, suffering isn’t necessary at all. Just feel all feelings softly and let them move. Don’t try to fix the feeling or make it go away, don’t judge it or make it wrong, and you won’t suffer.

Resistance turns pain into suffering.

After a Divine Opening you may feel blissful—or depressed, angry, enraged, or sad for no reason. Just be with it, soften into the feeling, and witness it, saying to yourself, “Oh, years of depressed energy is moving,” or “Oh, it feels like sadness of decades is moving.”

I’ll remind you often, because when you’re caught up in some feeling or situation you might forget that the emotion is perfect and try to fix it. Emotions are a sign things are moving, so appreciate and value all emotions and events—all of them! With Divine Openings, mountains of energies from decades and eons rise in vibration—en masse. Old beliefs and limitations crumble.

The best news is that as you feel a feeling, Divine Openings connects vast networks of similar vibrations, bundles them up, and moves them en masse. That’s why you feel huge relief; you’ve liberated far more energy than you know.

These feelings and vibrations that arise are not new—they’ve been building up and have needed to move for a long time. They’ve been affecting your reality whether you knew about them or not. As you learn simple Divine Openings methods you soon welcome and even enjoy all emotions as they come to light and rise in vibration, bringing new freedom. Don’t resist the feelings and you won’t have to play them out the hard way, as unwanted events, conditions, people, stresses, or illnesses in your life.

Full body bliss—or lower energies moving up—welcome it all. We had a good laugh when a few students actually felt something physically scratchy in their throats like a hairball! Intend your awakening to happen with ease, Grace, and humor, and it can. Resist nothing, value and accept all feelings, and your awakening can be smoother. The bulk of your density usually lightens in the first few months or year of Divine Openings, if you’ll soften around those feelings and allow them. It’s fast. Those old days of endless processing are over. There is no work to do, just some focus and allowing.

I’ll give you the tools you need—absorb and practice them one at a time. Help from Grace makes it possible with ease. As the years went by I noticed that as our Divine Openings collective became larger, everything became easier for the new people. It’s as if you’re standing on the shoulders of those who went before you and smoothed the way.
Let go of any belief in the value of suffering.
There is no value in suffering unless it’s the only way you’ll let yourself evolve.

Declare ease and Grace. I did, and I got it. You might actually want rivers of tears and drama so you have proof that “something big” is going on, but it isn’t necessary. You can choose the easier way—I’ll show you the steps. Once you say yes and your awakening begins, it’s on cruise control with Grace driving. If things in your life break down, you weren’t letting it happen any other way. Let them go to make room for better things.

Appreciate that the Larger Non-Physical aspect of you is right now moving those dense old postures, masks, strategies, defenses, structures, and patterns you had unconsciously created or picked up through the years. They were embedded down to your cells and atoms. Each Divine Opening dissolves what no longer serve you if you allow it. That old small-self density, the fearful illusion and pain your mind created, is not you, and as your vibration rises you become lighter, brighter, more radiant.

The Grace Piece, and the Conscious Mind Piece

Divine Openings is made up of 1.) the Grace piece and 2.) the conscious mind piece. The Grace piece is that gift that is not earned but is offered freely. As you learn to let more Grace in, it will do 90% of the work for you. The Divine Openings you’ll receive through this book are pure Grace, and they work on you and for you in ways that you could not possibly do by human effort alone.

The conscious mind piece is your small part to do—it’s only 10%, but it’s vital. You apply the pleasurable conscious mind tools to make your best Free Will choices, and manage your mind so it’s your servant rather than your master—your friend rather than your tormenter!

Long ago I found students transformed much more rapidly when they retrained their conscious minds in addition to receiving Divine Grace. The mind’s fearful, change-resistant nature is soothed and calmed when your mind has some idea where your Large Self is leading you.

The conscious mind piece of Divine Openings was synthesized over several decades, from my dreams, my corporate courses, the work of Esther and Jerry Hicks and others, but most of it came from within. The Large Self and small self concept is something I developed decades ago for the corporate world. The most left-brained IBM software developers instantly recognized the practical value in distinguishing Large Self and the small self, without any spiritual context at all.

The conscious mind piece soon makes it easier to manage our small selves and fearful, runaway minds, but Grace still does most of the work. A woman told me recently, “The little devil inside my head is just gone and I don’t even know why!” That was a gift of Grace. The Divine did the heavy lifting.

Now we delve into the conscious mind piece: using your mind and your Free Will wisely. It isn’t work, it’s just paying attention.
How to Navigate

NOW TO BEGIN to give you the fundamentals of steering your life and manifesting your desires. If you have difficulty allowing yourself to have the things you want in life, consider this: an enlightened person who is fulfilled and prosperous, and whose own needs are met, has more power and ability to make a difference in the world. Struggling to pay your bills and buy gas puts you in survival mode, and being in a low vibration isn’t being the light unto the world that you could be.

Decades ago, for many years, I had a recurring dream in which I had a lit up, neon green “control panel” that I used to guide my spaceship. My hands fit perfectly into the indentions in it. Upon waking, it dissolved from my hands, even as I grasped desperately for it, feeling powerless. In later years, thank God, I found my long-lost control panel and gained constant access to it. I’m about to re-introduce you to your long-lost control panel.

On a recent flight, a TV screen in front of each seat showed our aircraft on a map of the world, alternating with flight statistics, so I always knew where we were, how far we were from the destination, the velocity, altitude, and direction of the flight. With the control panel back in my hands, life has become like that. It is no longer a blind flight, landing in some random place, wondering how I got there. Now I always know how I got there, and soon you will too.

Once you rediscover your marvelous control panel or “Instrument Panel,” you will never again be confused, lost, or off-course for long. You will move surely toward the rendezvous point you desire, and you’ll have plenty of time to change your route or altitude to avoid a collision or make your desired landing. You will never again be mystified by why anything happened, because you will see exactly how you navigated there, even if it was unintentional or unconscious. You’ll know exactly where you are headed, how fast you are going to get there, and how it will feel once you get there. The past will make more sense, and the future will be easier to create.

Using my Instrument Panel and checking it constantly, I know exactly what I’m creating and where I am headed in any given moment. If I feel bad, I know I’m on a trajectory that will lead me to things I don’t like. If I feel good, I know the destination will feel good.

Your Instrument Panel

FOR YEARS WE were told that our thoughts create our reality—that we get what we think about. No wonder we got so frustrated when it didn’t always work. We didn’t have our Instrument Panel, and we didn’t have Grace doing 90% of the work.

Savor this section slowly. Even if you have read fifty books on Law of Attraction and think you already know this, there were secrets you weren’t given, or key pieces left out.

Conscious and unconscious thoughts vibrate, and those vibrations radiate out from you like a radio tower broadcast. It attracts similar vibrations to you—people, places, and things that match your vibration. If you’re broadcasting sadness, then more sad experiences, people, places, things are attracted to you. If you’re authentically broadcasting happiness, and not spiritual bypassing, then more happy experiences, people, places and things are attracted to you.

Your Creator gave you feelings to help you know what vibrations you are broadcasting. Those
feelings tell you how closely you are in alignment with your Large Self, or God Self, and are miraculous predictors of the reality you’re creating next. If you are feeling the higher emotions about your desired destination you are in alignment with your Large Self, the larger-perspective you, on that subject. Being your Large Self feels better, and gets you where you want to go faster. You’re feeling relaxed and allowing yourself to be guided and carried toward your desire.

Being your small self and feeling the lower emotions isn’t wrong, it just isn’t powerful and effective. Your Large Self is always at a high altitude, which means your Large Self always feels good, so if you feel good you can be sure you are in alignment with your Large Self. If you are feeling bad, you are simply out of alignment with your Large Self, and that is supposed to feel bad! Soon you will always know why your actions and plans are working or not working. You will always know where you are and which way is “up.” With full use of your Instrument Panel, you’ll always know whether you are in alignment with your Large Self—and if you’re not, how to get back there.

Soon you’ll know without a doubt whether you are headed toward your goal or away from it. Once you get re-calibrated to your Instrument Panel, you will never be “lost” again. Like the flight screen on my transatlantic voyage, it takes the mystery out of where you are, and how far you have yet to go. When you know where you are, it’s easier to navigate to where you want to go in life.

Your Instrument Panel tells you where you currently are vibrationally on a given subject. You’re at different levels on the Instrument Panel on different topics. For example: you might be at a high altitude about money and friends, and at a lower altitude about romantic relationship. Therefore your financial and social life is great but your romantic life is not so fulfilling. The Instrument Panel translates your feelings to altitude readings. It helps you remember what you knew when you were little. You knew how to read your feelings from your own Instrument Panel and naturally find your way up through the feelings, and to rise in altitude. A child, if allowed to do what it wants, naturally knows how to move up in altitude. But we lose touch with our own Instrument Panel over time by listening to other people instead of trusting our own knowing.

Since your Large Self vibrates up at the top of the Instrument Panel all the time, movement up the Instrument Panel is always movement toward your Large Self. At the top is POWER—not power over anyone else, but power over your own reality. When you’re up there you have access to all the power of your Large Self—that’s a lot of power. At the bottom is POWERLESSNESS.

The important thing is to feel what is “up” or “down” for you rather than following my description of the feelings to the letter. Up brings relief, down brings stress.

Before we introduce you to your powerfully effective Divine Openings Instrument Panel, clear your mind of any other modalities or emotional scales that may seem similar. Please approach Divine Openings and the Instrument Panel fresh, with the mind of a child, without preconceptions. We have evolved understanding of the hierarchy of emotions to a new level, and the boost of Grace makes it astonishingly simple to apply to your daily life for real transformation.

**HOW TO USE IT IN YOUR LIFE:** Print out the next two pages or download beautiful color copies in English or German at DivineOpenings.com/instrument-panel. Post them where you’ll see them often. Notice where you are on the Instrument Panel several times a day. No judgment, blame, wrong making, or trying to change it. Just witness yourself compassionately.
Your Instrument Panel (Original)

Ecstasy
Joy, Bliss
Direct Knowing, Empowerment
Freedom
Love, Appreciation
Passion, Eagerness, Enthusiasm
Happiness, Positive Expectation
Belief
Optimism, Confidence, I Can Do It
Hopefulness, Seeing Possibilities, Curiosity
Self Esteem, Interest, Courage
Contentment, Relaxation, Emptiness
Acceptance, Boredom, I Don’t Care ------- The resting zone, not exciting, but useful.
Pessimism, I Give Up

------------------- THE TIPPING POINT -------------------

Frustration, Aggravation, Impatience
Overwhelm, Stressed, Overwork Much of society lives here and thinks it's normal.
Disappointment
Doubt, Confusion, Uncertainty
Worry, Negative expectation
Discouragement, I Cannot Do It, Fatigue

Anger --- A bridge to get your power/energy back.
Revenge
Hatred, Rage
Jealousy, Desire That Feels Bad, Lack
Guilt, Blame, Projecting Negativity On Others

Fear
Sadness
Grief, Depression
Shame, Unworthiness, Despair, Apathy

YOU FEEL POWERFUL UP HERE.
You are your Large Self up here.
This energy is light, fast, flowing, un-resisted.

More Expansive Energy

YOU FEEL POWERLESS DOWN HERE.
The energy is slow, heavy, dense, resistant.
It's hard to hear your Large Self down here.

More Contracted Energy

Every emotion on the Instrument Panel is Divine Energy at varying frequencies.
All emotions are valuable information. Appreciate them all!

Appreciation and love to Esther and Jerry Hicks, David R. Hawkins, and others whose emotional/consciousness scales helped me rediscover my long lost “control panel.”
The Expanded Instrument Panel

Ecstasy, Joy, Bliss, Oneness, Knowing
Abundance, Empowerment, Worthiness
Freedom, Delight, Love, Appreciation, Harmony

Inner Guidance is Unmistakable
Inspiration, Wonder, Passion
Enthusiasm, Positive Expectation, Happiness
Belief, Confidence, Hopefulness
Seeing Possibilities, Curiosity
Self Esteem, Interest, Courage

The Tipping Point - Your Reality Starts to Change
Contentment, Relaxation, Acceptance, Boredom, Indifference
Emptiness, Quiet Mind, Pessimism, Giving Up

Resistance Loosens Up
Frustration, Impatience, Aggravation
Agitation, Nervousness, Overwhelm, Stress
Disappointment, Doubt, Confusion
Uncertainty, Can’t Act
Worry, Insecurity, Negative Expectation
Discouragement, Quit, Tired

~ Anger – The Bridge ~
Revenge, Hatred, Rage, Jealousy
Addictions, Loneliness, Lack
Guilt, Blame
Fear, Sadness, Grief, Depression, Shame
Unworthiness, Despair, Powerless, Hopeless, Numb
You may purchase this book on our website www.DivineOpenings.com
or order it from your local bookstore or online retailer.