# **5 Heavenly Friends to help you reach new spiritual heights.**

# **Key lesson:**

**We have no greater friend in life then the small part of us that loves what is true. The more we work to honor this relationship and recognize our responsibility to help strengthen it, the more confidently were able to call on it, as it proves time and time again, the value of our love for it.**

# Audio file

[Insight Timer 05.14.22 MP3.mp3](https://1drv.ms/u/s%21ACGainqVwk07g9wx)

# Transcript

Are you there?

Testing 123

Making sure OK.

Hello and good morning or afternoon or evening.

Whatever the case may be, wherever you are, I'm glad that we're.

Able to have this time together.

As I always AM.

I'll just wait a moment if you don't mind, and if you will wait with me.

For everybody that is going to join us to get logged in.

I think.

That I wanna start our time together are 3040 minutes.

By reading to you the key lesson that I wrote for this particular session.

Which was called 5 Heavenly Friends to help you reach new spiritual heights.

Excuse me

It reads as follows we.

Have no greater friend in life.

Then the small part of us that loves what is true.

The more we.

Work to honor this relationship and recognize our responsibility to help strengthen it.

The more confidently were able to call on it.

As it proves time and time again.

The value of our love for it.

Now there are some things that we're going to.

Look at together today.

I have a story and an elongated 1.

To tell you that's filled with the points and the friends that we're going to talk about.

But I I want to just ask you if you will, as we're sitting here.

What do you think is the most?

Important thing in your life?

That which more or less moves you drives.

You day to day to day.

Now we can all understand.

That we as human beings that we are.

To have.

A really fresh air God willing.

Good food that there are certain things that.

We seek to nourish us all the time and that we must have.

But there is something that is missing from our life in general.

And our culture ensures it.

And that is what we could simply call higher impressions.

I remember many years ago.

There was a certain.

Drive a certain feeling that I had that I was unable.

To answer with whatever.

It was that I did in the world.

I'm out, no matter how many friends I had.

The love that was in my life.

And I'm sure that you can see this if you look at it with me that we can be surrounded by people that love us.

And yet there's still a certain.

Feeling of being alone.

Now I know that when we're you know, being toasted at a birthday party.

Or getting roasted at someone elses.

That that feeling isn't prevalent.

And honestly for the most part.

I think.

That the conditions in our culture our environment today have done everything it can to wipe it out.

To distract us to keep us so distracted in life.

That we we never deal with a certain question that is all the time pressing itself into our mind and heart for me for whatever reason.

And I hope it's for you, even though it won't sound like something that someone should hope for you.

We're not meant to get over this feeling that we have in life that we're alone.

Because don't you see?

If if if Mom and dad and brothers and sisters and husbands and wives and children and grandchildren and dogs and rabbits.

If all of these creatures that we could be of in relationship with.

Had the capacity to bring an end to the sense of being alone, then we would certainly know that we're not alone by now.

And yet all of these things that we have relationship with, what we call our friendships.

They leave us hungry for something more.

And the purpose of our time together is to look at what is this?

This that I'm seeking.

You know, I I go out.

I live up here in the mountains in Southern Oregon.

I've been talking about it the last couple times 'cause spring has come and all the.

Well, the oaks.

Have released themselves, their leaves are coming back and the madrone they're growing their nice, shiny, waxy leaves and everything is just resplendent.

All the the Pines that the junipers.

They're they're growing their new tips on their branches, and they look like little Christmas ornaments.

Everything is alive.

And when you go out into the woods like that, or if you're lucky enough to live with wild creatures as I am, and you spend time with them.

You understand that there is a certain sense of relationship that you have with these creatures that when you're with them, you are content because in that moment there is no you looking for anything to fill yourself with.

You are being filled in that moment through your relationship with whatever it is that you are in in contact.

But I I'm I'm struggling to get to this point.

There is another kind of relationship that we're meant to have with another order of our own.

Being without with another order of creation itself, actually.

That if we could develop this relationship.

We would understand then we would not be in a conditional set of circumstances with with this feeling of not being alone, but we would know all the time that we're not alone.

That's what I'm trying to get to.

But no matter what's going on, you would know you're not alone.

And how do we get to that place?

We require certain impressions.

And the impressions that we require.

Aren't just the kind of impressions when we go out into nature and have the moment where we feel whole because of the beauty?

I'm talking about having a relationship.

With your own.

With the moment itself, independent of what may be circulating through it.

So that you could begin bit by bit.

To understand without any question about it.

That there is something in this life and it is always with you, and it is always.

Watching over you.

Maybe that's what I've been trying to get to.

How do I get over this feeling of being alone even though I have a brilliant beautiful wife, a great husband, children?

How do I get over this feeling of being alone?

And I tell you that it is possible.

In fact, you are intended.

In this world.

To develop a relationship with this life in such a way with the impressions of it.

That you understand there is something that as Christ called it out, but it's in other Eastern scripture.

I go before you to make the crooked places straight.

There is something that lives with us and that we live within, if you will.

That is always a friend in need.

That you can count on no matter what.

To be there and to have not just have your back.

But to bring you into a relationship in the moment where you are, interestingly enough, in the in the Lord's prayer give us this day Our Daily Bread.

The word bread in in is is not bread like food, it's.

It's trans substantial give us this day these the energies we need to be lifted above ourselves.

Give us this day the the messages, the understanding.

That we need.

And I tell you that it is possible for you and I to develop a relationship with a a world that we are already within, but that we can't see that we can begin to hear in a certain way.

Here, in the sense of into it here, in the sense of being touched by it, let me move off of this explanation and into the story.

I trust this will make everything clear for you.

Start with a question.

Who are?

Your friends and difficult moments.

Now, God willing, we all have a good friend.

A husband, a wife, someone we know well.

And that we know actually wants the.

Best for us.

But when I say who are your friends?

I mean, when things get difficult, who do you turn to inwardly?

Do we not turn to our thoughts and our feelings and seek consolation from them?

Seek guidance from our thoughts and feelings.

And of course, the answer is we do and from time to time there may be a good friend or we can actually learn to memorize certain sentences that make these thoughts and feelings seem like friends.

But the task here.

Is to understand that, uhm?

Can I have a friend?

That is present with me in the moment where I need that friend, my heavenly friend, a spiritual friend.

So that I don't so much have to try to take something from that friend, but it is giving me something that I need.

It is giving me the nourishment I need in that moment.

The soul needs to be nourished.

We nourish the body, but the soul is nourished by impressions.

And some of the ways in which these impressions come to the soul are through a certain kind of message.

Let me tell you this story.

Here's a good.

Young Prince.

And his father is a good king.

And part of why his father is such a good king is because the citizens of that realm know that when things get tough.

The King will always find some way to help explain or otherwise use the circumstances that are filled with suffering.

To turn it around and become a kind of substance for the Kingdom, a kind of substance for the people, so that no matter what the situation is, the people in this case.

Kingdom are always brought out of moments that are difficult into something that is more deliberate and better.

This would be an ideal world, wouldn't it?

If no matter what was happening to us, no matter how it came down, we would be going up.

No matter what comes down we go up.

That's what I'm talking about.

That's the kind of friend.

That we're looking for, and the king represents this and he would bring these messages.

To the people of the Kingdom, and they would all learn from it and grow from it and.

One day, the Prince.

Knowing certain things about his father.

Went to him and said, dad I I want to understand something.

I know that when things get difficult here you always go up into the mountains.

I don't know if anybody else does, and I doubt they do, but I know that there's times when things get challenging and that's when you go up into the mountains.

And it always seems that when you go up in the mountains and you come back down, that's.

When you have these messages.

And the king says, well, that's your right son.

I do go up into the mountains, he said.

You could consider me a kind of a message catcher, he said.

Census, but I understand you.

You bring the messages down.

The father says they're not there.

They're never my messages alone.

I go up into the mountains so that I can receive and understand certain things that I don't now.

And the Princess.

Well, alright, I kind of understand that, but I I you'll forgive me, but I've noticed that every time you go.

You take a basket with you.

A picnic basket of some kind.

And there's always 5 plates in the basket.

Why would you take 5 plates carry that?

Up the mountain.

And the father says to him, I don't know if you'll understand, but I'll explain it to you.

I take the five plates with me.

So that when I'm up there and given the circumstances, I can set a place, I can set five places for my friends.

Who I go up there to be with?

Because it is through my friends that I learn the lessons that I bring back down that elevate the Kingdom and take it out of its morass into something that is meaningful.

Son says you've got friends up there.

What do they look like?

He said no.

Son said you can't see my friends.

Why can't I want to see him?

No, he said you don't understand.

My friends come by invitation.

They come sometimes just one, sometimes all of them come.

But they come when I go up there and in the moment where I need to understand or I'm going through something, I'll set the plates and then I will wait for them.

And I've never been in a place.

Up there where.

I haven't found that if I set the place for them and wait for them, they will show up sunset.

I don't understand.

Let me explain.

To you said sometimes son and please understand this story is our story.

If you're an aspiring at all.

Sometimes the king says on my way up the mountain translation.

Sometimes when you and I we want to.

To to get.

Past parts of ourselves that we just can't seem but we know that there's a path we know there is another way.

King says sometimes up the mountain, especially when things get tough.

My friend, honesty.

Will always remind me that what I that what I'm looking for.

Is not in the valley 'cause when things get tough I want.

To turn around.

But it's always when that gets like that that I'll sit down and I'll set these plates.

And I'll wait.

And invariably, he says there's no question about it.

I realize and remember the reason that I'm going through what I'm going through making this difficult climb.

Is because what it is that I need and what the Kingdom needs, meaning the whole of myself.

I'm not going to find in the valley 'cause if I could, or if I would have, I would have.

So the journey is necessary as difficult as it is, he said, and honesty just keeps me honest with myself.

Because there are short times that I don't.

Want to go through any of that?

Since then, I'm not quite sure well.

He said King said look sometimes when I'm up there.

All of a sudden a storm will come.

Out of nowhere.

Do when storms come out of nowhere.

Now I'm talking to you.

Of course I do.

Of course you do.

He said when the storm comes out of nowhere, I always remember to set the plates.

And to wait for one of my friends to come.

And invariably in this instance my friend patience.

Comes and reminds me of.

The fact that the best and true solution to any fearful moment is to be perfectly still until it passes, which it does.

My friend patience reminds me.

That the meaning.

Of patience itself is to suffer myself.

And that there is a direct relationship between what I receive in terms of learning about these storms and how they act on me and how I can understand them and let them do what they do and yet still come out and have more than I did before my friend.

Patience reminds me of this.

Are you following me at all son, he said.

Son said, I'm not sure, Dad, I'm he said look sometimes when I go up there I get lost.

I run into a dead end.

Talking to you now.

And your spiritual work aren't there.

Times when you get lost.

Run into a dead end of some kind.

You know what that means.

Those are those moments when all the voices are talking to you and telling you what's the purpose of my wish to have new impressions.

What's the purpose of me wanting to be able to have new friends, new messages, new ways of looking at my life?

Out in the desert, if you will heart dry.

King says when I get lost up there or I happen to run into a dead end, my friend persistence.

Reminds me that just 'cause I can't see the.

Way forward at.

The moment doesn't mean it won't appear, and if in fact I do, he said son, I'll tell you something.

I I know beyond.

The shadow of a doubt that the mountain knows that I'm up there.

It there's just no question about it.

Because when I will set the places for my friends and in this instance persistent shows up.

Invariably something happens and in that moment I realize that there is something waiting to help me get through something.

If I will wait properly for the understanding instead of trying to push my way through or pound my way back to the valley.

My wife was.

Down here in the office talking to me yesterday and she she was saying that she's increasingly surprised as she does her own spiritual work, which is, which is some of my students, including my wife, that we we they give talks.

And they work on their talks and how she said when I'm working on a talk.

Suddenly all of these things will kind of just connect all of us.

And something that I yesterday or that I'm working on in the morning, or I'll see something and all of a sudden there seems to be this immense synchronicity to all of these things.

And when that takes place, there's a certain.

Integration that takes place and I said yeah and I I said.

I reminded her that.

Einstein said something along the lines that.

Coincidence is one of the ways in which God keeps his anonymity.

That that the things when a when a person is a true aspiring is working that take place take place because that intelligence that is guiding and drawing that a spirit to want to know something that divine it knows that spirant it knows everything that is taking place and that's what the king was saying to the Prince.

That if you will persist through these moments through the storms, through the times when you don't, when you want to go back, but you're honest.

And no, there's nothing to.

Go back to.

When you understand that the storm is going to pass, if you will learn about it and watch it instead of run from it, then in that moment everything will appear by itself and.

The way forward.

That you can't see in the moment will suddenly appear right in front of you, quite literally.

In this world, someone something will happen.

You must have had some of this experience.

It is a faith building experience.

But you can't have the faith building experience unless you have set the plate.

Meaning waiting there.

To understand how that circumstance or that condition that conflict, how that can be a turn into something that is your daily bread instead of something that you dread daily.

So back to the story.

The Prince says I think I'm starting to understand a couple of moments I've had like that King says, let me go on.

So there are times when.

I go up.

To get a message.

Said, I'll be up there for a long time.

He said, but because of my other experiences with honesty and patience and persistence.

I start to understand that there is a another way in which I can begin to meet these moments, he said, and so when I get frustrated because I can't find what I want as quickly as I want to.

I'll set that table.

I'll set that plate and if I wait my friend acceptance.

Will show up.

And it will remind me that everything in life has its own time.

And that my task is to be there waiting eyes open for the moment when it appeared.

My friend acceptance has helped me learn that I'm never more blind than in those moments when I don't want to see what's taking place when I don't want what is happening around me or within me when I don't want that.

If I can set the place for acceptance, it will show up.

And it will show.

Me the value of accepting the moment.

Is that in accepting the moment I am somehow rather liberated from a demand inside of myself that I get the message that I get the friend that I get what I want on the spot?

Because that's not how it works.

And that all of the suffering up there on the mountain is because I am not accepting what the mountain is giving me.

But as I learn to do so.

And patience and persistence and honesty sits at the table with me.

I understand the necessity of that of that friend.

Of acceptance.

The Prince said, are there other friends?

Oh, the king said.

You have no idea.

The friends that wait for you.

And that are waiting.

For you to set a place for them.

He said sometimes.

And I I don't know whether you know this or not, so now.

I wanna give up.

Things don't unfold the way I want them to.

Things don't look like they're going right.

My work seems to be useless.

He said in that moment up there on the mountain.

I'll I'll set that plate.

In spite of the fact that my own mind son will be telling me there's no point in setting this plate because.

Look where you are.

But because of the experience I've had with my other friends, I understand.

And so when I set the plates at some point, my friend perseverance reminds me that what I'm doing up there on the mountain, waiting for the impression, waiting for the message that will change me, that I might go down into the valley and bring that message that others might be changed.

My friend reminds me that what I'm doing up there isn't just for myself.

And that bearing what I must at that point in time, is the price of that friendship.

Is the price of that message.

He said, son, don't you see?

Is there has there ever been a time in your life and your along your young life where when you learn something and saw something for yourself that that didn't become a a way in which you were able to to bring into the lives of the others around you?

The the basis of this new understanding.

And the basis of all new understanding is peace.

Because you've gained that new understanding through setting the place for your friends, your heavenly friends.

And when you have done it enough.

You understand you're never alone, son.

It may feel to.

You, beyond the shadow of a.

Doubt that you're alone.

In this world, honest to God now I'm talking.

It can't wait to create conditions by which it can make you feel alone, so it can sell you a friend.

So it can sell.

You, the next drug, the next food, the next extraction, the next plan.

The next enemy.

Because that's how this world where we are in the valley.

That's how it works.

But we can begin to understand that we're not remanded to this valley by some command.

We're in this world that we're in with the understanding that we can find the friends that we need that make sense of this world that liberate us from it.

If we will understand what it means to to to make that journey and to set a place.

For our friends.

Honesty, patience, persistence acceptance perseverance.

Maybe you have some friends that you can think of.

Maybe the friend of forgiveness?

Who shows up to remind you that you are that they're not that the person that you blame for your pain?

That they're no different than you are.

They just express the pain differently.

You who are.

Without sin, cast the first stone.

Forgiveness reminds you.

That you're not perfect.

There are so many ways in which.

We are intended as human beings on this planet to develop and cultivate a relationship, a conscious relationship with heavenly friends.

I've given them names.

Because they relate to certain times.

For instance, the friend called perseverance.

That friend will always show up.

If you.

Will go as.

Far as you can go and know that you can't go any further, but don't give up.

Your spiritual wish you wish to perfect something you wish to grow, to learn to understand.

Meaning that a certain question has brought.

You to that point.

It is the question begins the journey, doesn't it?

What's this about?

Why are they like this?

Why am I like that?

What else is there?

Is there such thing as a friend that never betrays?

Is there such thing as a set of impressions?

That by their.

Very presence.

Bring a person up into a more perfected understanding.

These is there a question like that and when there's a question.

Like that?

If I if I I'll.

Live with that question.

Because at us you'll see, and you're not the one who formulates that question.

And the thing that formulates the question in us that ask that question.

Is waiting to give us the answer it will set.

A place for it.

And to understand.

Time and time again I might add.

To find out.

There is something watching over you.

But you have to.

You have to get to the place where instead of just wishing.

Or imagining which is worse?

That's what mechanical religion enables and disables a human being with.

Is the is the I?

I imagine that God is watching over me.

Yeah, that's great until something comes along and you're washed away in a flood of fear or anxiety or anger.

Or you do things that you know are against you or other human beings.

When, when when we need the friend?

Is when that friend is needed when I need a spiritual friend.

Meaning when I need honesty or patience or perseverance when I need forgiveness when I need that.

I don't want to be someone who then goes.

You know where are you?

What did I do I?

I want to be I hope that you want to be the kind of human.

Who understands that there is no need to go looking for that set up place?

Don't turn to your old.

Friends, that's another way of saying.

This if you want.

To make it exercise out of it.

Our old friends in moments.

Of worry or fear or doubt.

Show up as thoughts.

They show up as familiar actions as choices we've all made in one way or another, 100,000 times.

We don't want messages from the past.

And that's what every thought is.

Every piece of knowledge, every insight ever put into words, every image that.

We turn to.

They are messages from the past received by something that believes because it's inspired or can experience.

The the the the.

The content of that thought that that's the same as the what we want.

We don't want messages from the past.

We want messages in presence.

Not a message that finds a way to get around to blame or otherwise control a condition.

But a message by its very presence turns our attention around and helps us to see that if we don't learn the lesson in that moment when the storm has come, when the dread has come, when the fear when the worry if we don't learn the lesson in the moment when we want to give up, then when are we going to learn the lesson other than setting a place?

Which means becoming quiet, getting still.

Which means to learn to watch our thoughts and to see how something wants to pour in message after message.

All the familiar old lines, all the familiar old lies.

The familiar lie that somebody is your enemy.

That is a familiar lie because it comes with a familiar message of what to do about it, which is conquer them, control them, change them.

What if the actual message in that moment was to understand that there can't be an enemy outside of ourselves?

Meaning someone we hate unless there's something in us demanding that that person or that condition be the way we demand it.

So the real enemy in that moment, and the real message would be to see that I'm living from something.

And myself that is nothing but a walking plate of demands.

And the real peace.

The real understanding that something is watching over me is when I'm relieved from that identity that requires and is dependent on everything.

To know that I'm not alone is to actually be released in that moment from the fear of being alone, which is what believe it or not, thought does.

So what do we make of this?

I'm sitting here in my office up in Southern Oregon.

How do I set a place?

The best of rooms.

How do I how?

Do I do that?

The answer is that I have to understand in that moment.

But the very.

Need I have for a friend indeed?

Will bring itself into fruition if I will wait for the friend in need.

To appear as it will indeed and the deed in which it appears, is the new understanding it gives to me about myself in that moment.

So that in every instance the king would have explained to his son.

The message that I catch and bring down to the valley.

Is that there is something watching?

Over us and that we don't have to be afraid.

I don't have to worry.

Isn't worry one of our familiar friends?

But it's a false friend.

He wanted to make an exercise just for fun.

You I've done this before.

You could sit and make a list of false friends.

Worry anxiety.

False friends.

Real friends.

Are those that help you understand something about your false friends and through your relationship with them release you from the dependency upon those false friends to figure out what to do with your life and who you are?

There's no question today.

That there will come a moment where you will feel alone.

And it's a phenomena.

'cause when when suddenly I feel upset or worried or angry or angry or afraid.

In that moment it it seems like something is there with me.

And yet the thing that is there with me is what's making me feel alone.

At at at risk.

So today at some point can you remember maybe if possible, in that moment, spiritually speaking, to set to set a place for your friends?

There's no one there yet.

And don't imagine someone comes just set the place and let the question in your heart.

Let the understanding of the circumstance as it's taking place and what has brought you to that.

Let that be the invitation, because it actually is.

And if you don't fill the space.

Where you have.

Put the plate for your friend to show up.

Your friend will show.

Up you will be.

Given something new to understand about yourself, you did not understand before.

And then you will have received the message that you were intended to receive, all of which if you put them together, begins to lead you to this place where you actually understand I am not alone.

There is something that is forever and always with me.

Something that is always watching over me and that wants to give me what I need.

If I will just be.

And then someone said, what are the five friends?

I believe they I listed them honesty.

Now these are five of.

An infinite number of friends.

I just use them because it's easy to show examples, but you can find other ways too too to invite into your life.

Anytime you have some new understanding.

And that understanding releases you from something that formerly had you held as a captive, by the way, in some relationship with a false friend, how do?

How do I ever get into trouble?

You know, when you were a kid when I was a kid, I sometimes I I ran with friends that I shouldn't have run with my.

Parents don't run with those people.

And of course I knew better, but eventually you actually understand.

My mom, who I say your friend.

A real friend can't betray you.

And the friends I'm talking about will never betray you.

But you must learn how to invite them into your life.

Because if you get what I'm saying and I'll end with this when all of this starts taking place, we start.

We start with we we're it's too tough.

I don't want to.

I can't what's going to happen Oh no this is terrible I'm alone if you could in that moment just look around for a split second you would see that the plates in front of you.

They're all filled, meaning.

But there the.

The the the the, the characters, the quality is sitting at the table in that moment.

Are all the things that.

Brought you to that moment that you don't want.

So how can they nourish you?

How can they do anything other than fill you with more false answers, false friends?

So that the idea of setting the the empty place, setting the plates means that I begin with, recognizing that I have no, I cannot meet that moment with what I know.

I must wait for some new not understanding to come into me because it's my old understanding that has me sitting there worried and frightened.

So again, let let.

Let set the plates set the places for your friends.

Wait for them.

Ask with your heart to understand.

Why, what, where, how?

What's taking place?

Ask with your heart, not in thought, and you will receive an answer that isn't in thought.

Then you'll have thoughts about it.

Maybe so, but you'll understand when this happens enough that there is something not just watching.

Over you there is something waiting to give you what you need to get through all of these moments and become a profitable human being in the true spiritual meaning of the word.

That's all for today.

I'll see you next Saturday.

Join me online.

Go to my profile.

Whatever it is, I speak three times a week for free.

Nothing to join.

You and I must build these relationships or I should say, strengthen the contact we have with this consciousness in which these friends are waiting to come and give us that which will bring us real consolation by.