

Hello Everyone,

We are into the dry season here in the Baja. With so many thirsty banana and papaya plants, so many mango, avocado, plum and citrus trees producing fruit, and so many green leafy veggies growing, we are fortunate to have the dam and the aqueduct system to supply us with irrigation water from the Sierra Laguna Mountains here in El Chorro. Andrew, Trino, Kevin, and others have done a great job of improving our water use and water harvesting capabilities. And the well? Well, the well digging is well underway!

In the next few days, we'll bring in heavy equipment to do more earthworks. Each new season brings a new cycle of improvement in natural sustainable development. Many generous and talented people have been participating, contributing, supporting, and taking leadership roles this year. Thanks to Lee we have satellite internet connection on the farm. Rebecca has been doing her magic in the gardens. And a number of "Woofers" (Willing Workers On Organic Farms) have been coming and going.

All this has freed up a lot of energy—making it easy to flow into the next chapter in the divine plan! Some of you already know about the surprising new developments in my life. Moving onto new financial levels, beyond anything in my personal or family history, and beyond what most people dare to dream, is a real challenge, and a genuine blessing!

I am so grateful to Fernando, Toby, Gulnur, Alex, and Linda, so thankful to Lesia, and to everyone who has been inspiring, coaching, guiding, supporting, and encouraging me in this wonderful adventure. One of my dearest students/teachers/friends just came on line today to remind me that: "The real money on this planet needs to be in the hands of good, conscious, loving people—people in service to life—people like us who are raising the energy on the planet!" Yes, we deserve this abundance! Thank you Amenai. And so be it.

It is such fun to be a devoted full-time focused student! And it's so much fun becoming unconsciously competent in a fascinating and lucrative business, that only three months ago, was virtually unknown to me. I love the pleasure of being a baby. I love waking up every day to play in this infinite ocean of opportunity. I love these new levels of wealth and prosperity. And I love how quickly, easily, and naturally all this has come about. I am so grateful. So blessed. It's all so exciting! And so humbling.

If you are interested in the market trading that I am talking about, if you want more information, or if you'd like to be part of our training group, write to me. I'll be happy to tell you all about it. Or, you can go to www.christosavatartrading.com. Send a message to Toby Alexander. He has my highest regards.

I am celebrating this new chapter in my life, and honoring it with sweet sorrow and heartfelt gratitude to Phil Laut, who recently passed away. The news of Phil's passing saddened many people around the world. He was one of the original Rebirthers, and the author of several life changing books. Among them: "Money Is My Friend" (translated into over a dozen languages), and his most recent work: "Wealth Without A Job."

Phil and I met in 1977, and became good friends, remaining in touch over the years. We were both Vietnam Era Veterans, and we shared similar at-sea military experiences. I loved his sharp clear mind, his sense of humor, and his commitment to being ruthlessly truthful in his relationships. We kept abreast of each other's activities, and he always supported me with valuable ideas and information. We co-created several powerful events together, including his "Blueprint for Success," "Love, Sex, and Communication," "Emerging Entrepreneur," and Rebirthing/Vivation seminars.

He was a consistent source of inspiration to me and a force of upliftment in the world. He had an ability to boil down incredible wisdom, and communicate it in pithy unforgettable terms. He made a real and lasting difference in my life, and in the lives of many others. Maybe you're one of them. If you'd like to write a testimonial in his memory, you are invited to send it to Peace Arnold at: rebirthingnyc@gmail.com. She is collecting tributes to Phil, and setting up a website for that purpose.

Now it's time for me to prepare for my upcoming travels. We'll be driving up to LA and then flying to Russia in the first part of April. Anyone who is ready willing and able to take a quantum leap in their personal growth is welcome to travel with me and do a "Breath Mastery Intensive."

The tour includes Moscow, St Petersburg, Tyumen, Irkutsk, Alma Ata, Ufa, Vilnius, Urbino, and Paris. Not everything is carved in stone, so please check the website for changes or updates. <http://www.breathmastery.com/seminars.htm>.

I'm looking forward to sharing the latest insights and experiences for both beginners and advanced breathworkers. We will be using thought, breath and touch to embody more of our higher self, to express more of our full potential, and to fulfill more of our heart's desires. We'll be breathing for personal transformation as well as planetary awakening.

One of the highlights for me toward the end of this tour will be spending another joy-filled week with John and Gaia at The Hill That Breathes. If you can only make it to one event this year, then I suggest you treat yourself to the Hill. Plan your trip to Italy now!

Here's a quick look at the current travel schedule:

April 14-20: Moscow, Russia
April 22-26: Almata, Kazakhstan
April 30-May 4: Irkutsk, Siberia
May 7-13: Ufa, Bashkortostan
May 14-24: Vilnius, Lithuania
May 25-June 7: Moscow, Russia
June 8-14: St Petersburg, Russia
June 18-22: Tyumen, Siberia
June 24-July 1: Urbino, Italy
July 2-7: Paris, France

And now, on to this month's message.

ON BELIEFS

It is never the external events, situations, or circumstances that cause us emotional or psychological pain. And it's never because of others. Psychological and emotional states result from how we define and interpret what we perceive; in other words, by what we believe. What we perceive and how we define and interpret the information we perceive is determined by what we assume to be true; in other words, by our beliefs.

Beliefs determine our decisions, and our feelings about the results our decisions create. They shape and control our experience because they manage and control our perception and interpretation of the information we receive in a way that supports what we believe. Beliefs create expectations. Our beliefs about what is right and wrong, or true and real, are very powerful internal forces that control how we interact with others and the world.

All behavior is a function of what we believe. We all know of people whose beliefs were so powerful that they chose to endure great suffering, even torture and death, rather than adopt or abandon a particular belief. And yet, no one is born with beliefs. They did not originate in us. They were acquired. In fact, many of our most deeply held beliefs were not even acquired by us through conscious choice. They were instilled in us by others. They are the result of involuntary family, social, cultural, or religious training.

Beliefs exist as energy structures in our mental environment—our mind. They work together with our natural pleasure seeking and pain avoiding urges, compelling us to define and interpret reality in a way that supports whatever we believe. Beliefs exist as energy, and therefore they cannot be destroyed. Beliefs can only be transformed. And we do that by transferring their energy to another concept: one that serves us better, one that better allows us to achieve our goals or fulfill our desires.

As soon as we acquire a belief, it seems to take on a life of its own, becoming a causative factor in what attracts us or repels us. Beliefs resist any force that threatens to alter them. And they exert their control over our thoughts and actions whether we are aware of them or not. Almost everyone reacts the same way when their beliefs are challenged: they feel as if they themselves are being threatened, and they proceed to defend their beliefs as if they are defending themselves.

It seems that our mind-body system was designed to avoid pain and to seek pleasure. We were born with built-in pain-pleasure mechanisms. These mechanisms exist at both the conscious and subconscious levels. If a stone is flying toward your head, you reflexively duck to avoid the physical pain. You could also choose to catch the rock, or swat it away.

To protect ourselves from painful information at the conscious level, we can rationalize, justify, and make excuses. We can attempt to gather information that will neutralize the significance of any conflicting evidence. We use rational arguments to defend our beliefs, and we use irrational arguments. And if all else fails, we can always lie to ourselves!

At the subconscious level, our pain-avoidance mechanisms are much more subtle and covert. At this level, our minds may block our ability to recognize any other alternatives, even though at other times, and in other situations, we could easily perceive those same alternatives. But when certain alternatives are in conflict with what we want or expect in the moment, it can seem as if they don't even exist.

There may be times when we are protecting ourselves from information related to deep-seated emotional or psychological traumas that we are not ready to face. Many people have not done enough breathwork to deal with these things effectively. In this case, our pain-avoidance mechanisms may be serving us quite well. But more often than not, they are just protecting us from the fact that our expectations do not correspond with reality. This is where our pain-avoidance mechanisms do us a disservice.

Imagine a situation where a boy's first experience of a dog was painfully traumatic. He was open and free and curious as he approached the dog. But the dog attacked him. What happens to the boy's innate curiosity or his trust in life in this case? What beliefs about dogs do you think he will form because of that experience? And what can you imagine his next encounter with a dog will be like—even if that dog is very gentle and loving?

The first step—the main step—toward liberation is to bring awareness to everything we think, say, and do. We must become objective observers because our thoughts, words, and actions, support and reinforce the beliefs we hold. Awareness is a moment to moment open experience, where there is never any attempt to predict, compare, or associate the “now” experience with any past memory of experience, or with any old beliefs.

Our lives are moving along in a perfectly natural flow. Our lives are unfolding according to a perfect divine plan. In order to sense that plan and that flow, our minds need to be relatively free of fear, anger, guilt, shame, doubt, regret, betrayal, etc. Fortunately, there is a short cut to freeing ourselves from these negative, limiting energies—and that is to take complete responsibility for absolutely everything that happens in our experience.

When you're in the flow, everything you need to know is available to you. Nothing is blocked or hidden from your awareness, and so your choices are clear, your decisions are easy made, and your actions are effortless. There's no struggle or resistance because all struggle is a sign that you are not in the flow. Resistance means you have forgotten who you are, it means you are not seeing reality as it really is.

The most loving people I know are totally alive to the present moment. They have no stress because they are not projecting imaginary beliefs into a non-existent future. They are not trying to be right, and they're not trying to avoid being wrong. They have nothing to prove, and they don't have to do anything to be happy. Happiness comes as with their nature. They are free of their beliefs about happiness, and so they are free to be happy.

May everyone experience this freedom and happiness!

Love always and everywhere,

Dan