



C o n f u s i o n i s a n I l l u s i o n

THE SECOND WELL TRUST presents 'Confusion is an Illusion'
A Teaching from Songee 29th September 1997

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This gathering took place on the 29th of September 1997 in the public venue at Glenfield, Auckland, New Zealand.

PART ONE

Making changes within ourselves

Songee: So there is much to learn this night. Ah, so my Little Robin has discovered where the heart is. All you have to do now is work upon it and to honour it so that it becomes your life, how you present yourself to the world. And as you move into this new way so you will begin to change and have an opportunity now to come away from this Little Robin, (*from there where you look upon -?*) from the outside until you reaching this point of recognition in yourself this could not take place.

Yeah I understand that.

Songee: The secret of this recognition of which I speak lies in the knowing inside of youself of what it is you are going to do with whatever it is you are going to learn. There is no purpose for you, anybody, to make great efforts to learn things and then not know what you are going to do with it, because also when you attempt to learn something you learn it imperfectly when you do not know what you are learning it for. So therefore you need to know, for example, that whatever you learn, whatever comes to you by way of learning - to life, to teaching - whatever description, that you are going to apply it to the teaching of others to the bringing of Light and Love into the hearts of other people around you. You don't have to want to offer it to the whole world, this is not reasonable, all you have to know is that you want to offer it to those that you encounter as you bump into them in your day to day living, do you understand, that is sufficient for the beginning time.

How you proceed from that depends upon how you feel about making the big commitment to the Oneness. And remember that when you make this commitment to Oneness that is where it is made. You do not make it with another humankind, you do not make it with spirit people, you do not make it with Songee - you making it with the energy of the Oneness, the energy of the Oneness that is creating of all things, that is part of all things. And that commitment when you may be ready to make it, is to Oneness, to be servant to Oneness. To go wheresoever you are directed to go, to perform whatever duties you are required to perform, knowing that all time the work that you will be asked to do will be for the betterment of others, not the detriment of others. Knowing this in your heart, in your soul, feeling it with all of your being.

Now you cannot make jump from this place to this place in one big jump, so you need to learn to make little jumps first. Learn first of all that this could be your destination, that all that you are going to learn can be put to use by Oneness to bring love and peace and harmony and healing and light to whomsoever Oneness wants you to reach. And then you set about the business diligently of working towards the smaller goal first and that smaller goal is only to let your Light shine so that those that you bump into in your daily living feel the energies of love coming from you, and the Light.

So you do not have to make this big jump only to know that it is there when you are ready, supposing you really would like to make it and no one, no energy, nothing is going to force you to do it. You will come to it of your own 'free will'. Having said that remember there's no such thing.

That is a conundrum is it not!

Yeah I was laughing as you were saying it.

Free Will

The 'free will' of which I speak it comes before you start this life, it does not come in this life. You have it before you are coming to this life, this 'free will' that humankind talk about.

Once you get here it doesn't really exist, it is a figment of your imagination. It is all pretend.

Oh that's put the cat among the pigeons, oh my goodness.

So let us go back to the beginning before time before you come to this life, before you choose what you are going to do - you have the opportunity and the Will that is Free to say, No I don't want to learn that lesson in that life I will leave that lesson I will learn it in another life. I would like to learn this lesson in this life and this is how I would like to learn it. And somebody may say to you, Now there are other ways you can learn this lesson, you might like to learn it this way and this way, what way would you like to learn it - and so you sit and you choose and this is your 'free will' to choose howmsoever are you going to learn your lesson.

So... and then you come to this earth, you are born into your body and that's the end of your 'free will'. Everything else that takes place, every time you imagine you have a choice in your life, I'm very sorry to tell you, you don't. You imagine you have a choice, this is your head telling you, you have imagination. And you say to yourself, Oh my goodness do I go for this way, or do I go for that way, or do I go for this other way. Oh all these choices what am I going to do.

I say to you, Poof it is nothing, it is not choice at all, all you have to do is to sit there and wait and 'feel' and go into the silence and 'feel' what is right. You might not 'like' what is right, you might not 'want' what is right, you might believe that you would like to choose a different path because you don't like or want the one that is coming to you, however be honest to yourself and when you are honest to yourself you will discover that when you turn around to look for the other 'choices' that you believed you had - they've disappeared. They are not there on offer anymore and so you are left with one path on which to tread and so you tread it.

Sometimes tread carefully because you don't particularly want to tread it and you know that it is not going to be easy path, however you tread it anyway knowing that because it was the only one left it has to be the right one because you chose it before you got born to this place. Be secure in that knowledge and know that whatever comes up in your path - you chose it, you asked for it to take place so that you could learn something from it. And that is your duty in this life to yourself, is to learn as much as possible from the life you have come to live.

This baby is sick, do you want to come and sit with I? (*Songee is talking to one of the children.*)

Healing Meditation

Songee: Come and sit. Put your head down. And we make for you to be feeling much better. That it right.

All you have to do is to imagine now that you are lying in the branches of a big tree. And all around you beautiful leaves... and a wind is blowing it sway the tree go back and forth... This is a sickness of the heart is it not Little One, not just of the body. You have been frightened inside, frightened of all the things that have been happening upon your life just now, all the many different changes that have been taking place. Is this not so.

It is alright to be little frightened when you don't know what is happening however you need to know that you chose this life and that because you chose it you will be well taken care of. No harm is going to come to you. No great disaster is going to happen to you, nothing will happen to you that you are not able to manage and be strong for, and certainly no one is going to take away from you your mother of this life do not be afeared of that. Your mother of his life is your mother of this life for all time and always will be so. Be strong in knowing this. Do not allow conflict to come into your heart because this is what is happening to you, this conflict and it is bringing out in you the heat of the body to make you feeling unwell. Allow the love that is in your soul to shine out for it is a love of the Oneness as it is in all creatures.

Now imagine the beautiful little birds coming and sitting around on the branches all around you and in this beautiful tree to sing to you, to sing to you the song of joy, of love and of light. Allow this to happen as you sitting, lying in this tree with the wind blowing all around you gently. And you enjoy this time and the rest and get well. I will continue telling these people some more stories of their life but they need to hear this also.

Learning the Lessons of life

So in the stories of your life what lessons do you believe you have come to learn?

More compassion.

Songee: More compassion...

Yep.

Songee: ...how is that being shown to you to learn it?

By helping other people.

Songee: And what started you on this path?

I always wanted to help people. I wanted to come, come to New Zealand that I took a course and it just went on from there.

Songee: And what have you learned to be able to help others now?

(Welcome the words?), to listen, just to be there for them.

Songee: What happens with all of these things that you learn when you come to apply them?

Oh it's just, just nice feeling. Nice big feeling.

Songee: You feeling this inside of you?

Yeah.

Songee: And how does it seem to affect those that you are wanting to assist?

I think that they can feel that you are genuine, that you care.

Songee: Might it be that 'when' you find your path of giving and your path of sharing yourself with others and you have learnt some tools by which to do this might it be that as you express this to those that you are coming to be part of their life and to teach, that you are expressing a form of love?

Yeah.

Songee: And it is the love that these people respond to not the tools that you use.

Yeah.

Songee: The tools are only the man made names that are given so that you can hold your head up in the society in which you live to say that you have the right to express this love in this way.

Yeah.

Songee: When in actual fact you don't need this to express your love, all you have to do is to 'Be It', 'Live It' and so it will happen so it will come to pass.

So the first commitment is - usually with most humankind 'I want to help people'. And then something happens when they say this, Oneness says, Oh my goodness I am so pleased, now you want to do these things you have finally reached this part of your life and you are ready to acknowledge it in your head of

knowing, your head of knowing, your consciousness. So by acknowledging it in your consciousness you take the first step. The Soul already knows it. Remember you chose your path before you come to this earth to be born. So all that you have to do now is to take the next step, and a next step is 'self discovery'. This is the difficult one, the self discovery, because this is the path that most humankind find the most daunting of all. Humankind find it very easy to say, I would like to give to others. It awakens within the heart and the soul the love of the Oneness and it has to take place.

The next step is to learn about youself and this is more difficult, because then you have to apply that love to youself and not many humankind do this readily. They are afeared of it.

Let me look at you now... So how are you feeling now, you better now? (*Songee is speaking to the young girl who has been receiving channelled healing.*) The heating is leaving the body is it not? Although you are very warm, it is not the same warming is it. Do you want to stay for a little longer? You can stay for a little longer. You walking in the branches of the big tree. Would you like little squirrel to come and look for you? So close your eyes and look for little squirrel. So that is something you might like to imagine for youself.

Songee's names to aid self awareness

Songee had given different humankind who've come to visit, different names for themself to help them to discover what it is they are coming to learn in this life, to get them started upon their journey of self discovery.

You have here Little Goose, would you like to say what Little Goose is learning? What you learn about of being a goose.

They are possessive about their families, make lots of noise to shouting if there's any danger to their, to their families. They live a long time and they usually have one partner in life. They like a nice dry house with a good roof, it doesn't have to be palatial, doesn't have to be very fancy but it must be sound and strong. These are some of the main things...

Songee: And sore feet...

Oh yes corns on the soles of their feet, (?), that's the amazing bit.

Songee: So this is Little Goose on the path of self discovery and Little Robin started off as Little Rabbit.

Mm, I did. I was little (?) at one stage...

Songee: And every so often Little Robin after changing from Little Rabbit to Little Robin occasionally goes back to being Little Rabbit again, is this not so?

That's true.

Songee: In fact recently Little Robin has been Little Rabbit for a little while.

Yeah I know.

Songee: And then went back to being Little Robin again to discover what lies inside the home. Now instead of being on the outside of the home looking through the window at the family inside and envying the warmth and the love and the companionship that is around the warm hearth fire in the winter times that families do encounter from time to time, that Little Robin does not have to be afeared now of not

having the window open to hop inside. And when that takes place Little Robin will change and become another creature. I'm not telling you yet.

That's fine, I'll accept it when it happens, thank you.

Songee: Oh you would like to know what you are, I see it in your mind. I do not have telling it. Would I tell this Little One yet. Do you suppose I ought to tell you? Oh... I ponder on it a moment and I'll tell you in a little while. I will tell you before you go home.

So what you need to do is to perhaps explore for yourself inside of you, and see if you can discover for yourself what creature of this planet you most feel that you resemble.

You can all do it but there is no right no wrong for it. (*Long Silence*) Be ready to know what you are, you are a Moose. You are a Moose. You have to learn all about the Moose, what the moose do. How it live, how it manage its life and you will find hidden inside the life of the Moose you will find pictures of yourself and your strengths, your own strengths that lie inside of you.

Did you know that the Moose is the creature that you have liking of to your Reindeer for your Man of Red that flies the skies. It's a very special creature this in the minds of mankind.

So you know that when you look at this Moose look also at the magic of this creature. So you look also at how it has been presented in this way as a creature who flies to the sky at night, at special time of your earth moons passing, bringing gifts, enabling gifts to come to others.

And then you look to yourself and you say, Perhaps I am the one who is at the leading of this, that leads the others in this team that flies through the sky, and as I do this I can be strong and know that I am helping all these beautiful gifts to come to the people of the planet. And this will show you in part where your life path is going to lead you, with what you are going to do with it in exact way you will do it. It will show you how it is going to be that you can have the strength and to be strong in a knowing that you will be part of bringing these gifts to mankind.

Everybody, everything have a task. And when everything takes its path in that task then the whole thing can come to pass, the whole picture can be seen. And no 'one', no one soul is any less important than another soul for all have their part to play and will have their function.

So when you look at the Moose Little One look at all of it, look at its magical side as well as its physical side, where it figures in all your stories of mankind. Are you feeling better now, do you want to sit up?

Sit for a moment it will help your spine to come strong. Would you take for yourself inside a deep breath in, breath it deep inside into here... Very good...

Now go and be strong with your mother of this life.

And if you become a little tired then you can go back to sleep and imagine that you are back in the top of your tree once more with the little squirrel and the little birds to keep you (?).

So... it is important it is part of letting go of all the tension and everything that has been locked inside.

Oh I know, how did it get there?

Songee: You speak of what is in the heart and to do that you must look inside the heart and you have to look behind all the things that have been taking place and to understand the fears that are happening

within the body. And then to see that whenever you have this is (?) of youself, it is a conflict of something that is taking place. What is conflict?

(Comment)

What is Conflict

Songee: So conflict is when you have - what is it that's conflicting?

A turmoil within yourself and the (?) outside, your mind and your body really, isn't it?

Songee: It's a conflict between...

Want and need.

Want and Need

Songee: Between want and need, and until you learn how to discover which is which you have conflict, and although there is a wanting for something there is also a needing and it is the needing that must be honoured not the wanting. Although the wanting does not get dismissed as though it is unimportant - it does - this is not so. What has to happen is that wanting has to become on the same side as needing so that the want then becomes the need.

So... example, you want to be able to help people in this life, to do that you need to help youself.

So although you may work towards your wanting you come to a point of conflict where your want says, I want to help people but I don't want to do that work about myself because it is very painful. So the need becomes greater because to achieve the want you have to acknowledge and the need becomes paramount, and it becomes in the way of want - it steps in the way and says, You can't come past me. You don't come past me because I have to be acknowledged first. And want jumps up and down like a small child and says, But I want to do this I want to do this I don't want you. And need says very patiently, You need I, you need to know about I, come let me embrace you, I show you how, I show you how to find out about I - and you don't have to be frightened, you don't have to be imagining all sorts of dire things because I will help you, you are not alone in this.

And so you come to this place and for a little while there is this struggle. And people say, What's the matter? And the usual reply from most humankind is 'I feel confused'.

I dislike that word with an intensity that you would not understand.

It is a word that humankind throw around in their life and they lock themselves up with it. And it is a word that you need to loose out of your vocabulary because it is a key that locks doors - it is not a key that opens doors.

When you say, I am confused, you are in reality saying I am in conflict. And when you say that and you change it from 'confused' to 'conflict' it immediately shows you what is happening to you in such a way that you must face it. You can't avoid it because it's there right in front of your face - so it's like looking in the mirror. When you look in the mirror you have to see that reflection, do you not? Supposing you don't want to see the reflection you can shut your eye, however I defy you to make for youself the straight line in your hair without being able to see what you're doing, all time there will be some bits on the wrong side.

So, when you have confusion - as you identify to youself as confusion - immediately say, Oh no Songee said not to have this wording to change it to conflict. So you say back to youself, I'm not confused I am in conflict. And then you say to youself, What is it I am in conflict about? And then you have to be truthful to youself - that is the part that humankind do not like, being truthful to themself.

They get very cross with themself because they know what it is they are in conflict over. They know that they have to take this path of self discovery. And they don't want to do it because they already know that it is the right one, and they already know that it is not going to be easy, they already know that they are going to have to work for it, and they already know that it could be painful in the emotion for them to walk it, so they use this excuse of confusion in an attempt - a futile attempt - to run the other way.

Ah that is very pretty, I liking looking at that it is very exciting. Little One says that you have a substance of your planet that you can make into a big stream that stretches for long way so were you to tie this around your middle and you were to tie the other end of it to the 'need' and then the part that is tied around to you, you run away as far as ever you can go and then this thing that stretches is stretched as far as ever it is able going to stretch, what happens?

(Smiles)

It's elastic.

I was laughing at that.

Songee: And what happens it comes flying back and goes back into 'need' again and then you have to sit there and say, Oh my goodness I can't escape it. How much simpler is it to learn, to learn that Confusion is an Illusion.

Confusion is an Illusion

Oh that makes a rhyming. Is that not clever, put it on your scratch pad. You put confusion is illusion, very clever, so, and what you have in its place is conflict.

When you use this in your day to day living you will cut through all the rubbish that you confuse your life with, that you clutter up yourself with. You cannot 'live' with that illusion, when you use the word conflict and you use this way of doing it because it will cut like a knife straight through to the heart of the matter. I don't want to move my house, I do want to move my house - where is the need, do you really need to move...

Not really. Oh it depends on the person doesn't it, sorry...

Songee: Do you really need to move, is everything there that you have for your living, your earth life. Is it comfortable, is it warm and dry, does it meet all of your needs of your living of your earth life. Does it facilitate you the peace and tranquilly that you require in those times when you need them, when you are not giving yourself and your energy and your time to other people, remember that the goal is to serve Oneness which is to...

(end of tape - words are lost while the tape is turned over)

PART TWO

...place no matter how humble, this place answering the need that you have at these times for you to come back, a place of refuge, a place of peace and quiet for you, a place of laughing, of gentleness,

kindness of understanding. Does it have a beauty of eye for you outside and inside that is pleasurable for you that brings you this peace and comfort? It matters not how humble it is when it supplies all these things to you, you say, Thank you Oneness I have all that I need. And supposing there are parts that you would like to make more, a little more comfortable - you say, Oneness please I would like to make for this to happen, would you help me to make for this to happen so that my time of resting has this part of it for I to enjoy also and for others to share of it supposing they would like to share of it. Oneness will assist you with it. Your choice might be to live in a big mansion, it may be to live in a small hut, whatever is comfortable for you is right. And you don't make judgement of what others do or do not do for their own comfort, their own peace.

So what of those people that make for this for more than just their peace? They make for it because they want to be seen in the eyes of others to be prosperous, to be - what is this - better than others. Are you such a one as this? Look in your heart and discover whether that part of you is inside of you and how big it is and you will be surprised. You may say to yourself, Oh I don't have that. However when you look deep inside yourself you will discover that you have it, no matter how big or little it is there somewhere.

So then you come to saying to yourself, What is it that I do this thing for, do I do this thing because I need it or do I do this thing because I want it. Does not matter if you acknowledge that you want something and you will do it. You need to say to yourself what is the wanting - is it a wanting to assuage a deeper need or is it a wanting for prestige? And then you can go deeper again and say to yourself, Yes it is for prestige therefore what is it that drives me to want prestige, where does that need come from?

And so you begin the journey of self discovery without meaning to. These little paths, you start to travel the path.

So you want prestige, there's nothing wrong with wanting prestige, what is wrong with it only becomes wrong when it becomes a tool to isolate you from ordinary people who don't have what you may have, and it can become a barrier to you for working with those who do not have what you have.

When you learn to share it with others who do not have, and you share it with love, then it ceases to be prestige. And it becomes only one of those other comforts that you have for your life that is a need for you. And yet you are able to share it with others, and the need arises for it to be shared.

Now Prestige - things that people acquire in their life that give them prestige engender in the hearts and the souls of others great feelings of envy and jealousy, and these are aspects of human nature that have to be addressed in all quarters.

Now that particular lesson may need to wait for another night because it is a very deep lesson however you have time to ponder upon it and to examine it and to examine where you believe jealousy is in your own life, where you believe envy lies in your own life and then we will talk some more about it.

So from the beginning of your night we talk about how you can learn to step your path of self discovery and how it does come to pass without you being afeared of stepping along it. And then you come through to the little steps that you can take of learning and it comes from learning first of all one simple step - changing one word in the way you speaking and the way you understand yourself to speaking and others to speaking. One word will change much in your earth life - a great deal of it. Examine it, feel it and you will find it.

Have you got any questions about this?

(Long Silence)

What is the word, the one word, do you know what the one word is?

I've heard it was confusion.

Right.

Songee: That is a one that you change now and lose it from your life. No more confusion it does not exist it is an illusion. So would you like - what is that you wanting, oh my goodness...

So...

Little One is suggesting that you just have enough of your earth time left to make for youself the channelling of the Healing Energies.

We would love to.

Songee: Would you like for to do that?

Yes please.

Yes.

Songee: What we will do for you this night is you stand and sit howmsoever you choose.

Two by two?

Songee: That would be very sensible, and putting on the music. What is that you going to putting on? Ah there is one of the child on the front, so...

While you are channelling Songee will join with you with the channelling of the Healing Energy...

We need to move some furniture.

Songee: ...and those of you who are not going to do this work sit and enjoy to receive it.

Centering Ourselves

Songee before we begin this I was talking with S today, the other day about the centering. You showed the group of people how to center themselves with their hands and I wasn't able to get it from the people exactly how you showed them, so would you mind just demonstrating it briefly for us?

Songee: Oh moment, I have to go back. It will help for you to put the music on that has the mandala.

Oh I know, yes I understand.

Songee: And what you're going to do is to come into the centre of your own stillness, the quietness within and it is as though you are doing a dance with your hands, with the energy that flow through your body and out through your hands. So you would sit quietly and center yourself down into here, into the middle of you. And as your hands rise up you are offering yourself to the Oneness, Oneness here I am your servant upon the earth I desire to be worthy and pure for you.

And as you open yourself up to the Light... and you gather in the Light and you bring it into the centre of your being... and then out to the people... and you gather them up and bring them back into the Oneness of your heart.

Now imagine - would you like to do it another way - stand to your feet.

And you stand quietly for a moment, would you have your hands so, and you feel down inside of you and you feel the energy coming from the earth, up through your spine and out through the top of your head.

Feel your hands coming up as you offer yourself as a servant to Oneness, in all humbleness.

And you open them self up to the Light, you gather it up... and bring it into your heart. Feel the Light and see it inside of you glowing brightly so strong inside of you...

Breathe it in and each breath is the breath of holiness as it comes into you, and then give it out to the people that you are being encompass whomsoever is needing this. Now you gather them all in, all the hope of your life.

And then bring them into the heart where the Light of the Oneness resides and you hold them in love...

Now, when you are ready mayhap you'd like to sit down...

Do you like the feeling of that?

Yes... my crystal is on fire.

Songee: What of you?

I've been good.

Songee: So are you ready to do the other work?

Yes.

Songee: You must watch your time now.

Half an hour.

OK we need two stools – two sitting, two standing.

Channelling Healing Energies

Songee: We are going to make for the other music.

Yeah that's right.

Songee: The Little One is most insistent.

Yes.

Songee: Sometimes we let her have her own way. Now as you receive the energies of the Channel Healing all you have to do is to sit and relax and enjoy.

And you listen to the music and talk to Oneness and let Oneness know all about your troubles.

(Everyone is getting ready)

Songee: And Songee will assist you with the energies of the Healing Energies to come. Remember that the Healing Energies come to you through the music, through the energy and the vibration of the music. That all music is Light and resonates to Light...

And is in itself a dance of love...

Beautiful power of the Light and Love and Healing Energy to be with you every moment of your life, and every moment of your time that you just spend in between in spirit. And now focus youself upon this planet in which you live...

(There is no further recording for this night.)

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