

LBRIS

We know
books

The Ten Keys to Total Freedom

A conversation with
Gary M. Douglas
and
Dr. Dain C. Heer

AC PUBLISHING

Contents

Introduction.....	5
<i>First Key:</i> Would an infinite being truly choose this?.....	7
<i>Second Key:</i> Everything is just an interesting point of view	31
<i>Third Key:</i> Live in ten-second increments.....	60
<i>Fourth Key:</i> Live as the question.....	88
<i>Fifth Key:</i> No form, no structure, no significance.....	109
<i>Sixth Key:</i> No judgment, no discrimination, no discernment.....	135
<i>Seventh Key:</i> No competition.....	163
<i>Eighth Key:</i> No drugs of any kind.....	194
<i>Ninth Key:</i> Do not listen to, tell or buy the story	214
<i>Tenth Key:</i> No exclusion	241
The clearing process	271
Glossary.....	274

1

Would an infinite being truly choose this?

Gary: Hello everyone. Welcome to our first conversation about The ten keys to total freedom.

Tonight we're going to talk about the first key: Would an infinite being truly choose this? We invite you to ask this question many times a day in response to the situations that come up in your life. It will remind you that you always have a choice—because you are an infinite being.

Let's start out by talking about what an infinite being is.

Dain: Most people have no idea what an infinite being is. They don't have the concept, even when we talk about it, because, where do you see it showing up in this reality? You don't see it anywhere. The best you can do is to create a fantasy of what an infinite being would be. But that's not what an infinite being is—so under those conditions, when you don't know what an infinite being actually is, you don't have the choice to be one.

Gary: The way I personally understood infinite being was by meditating to see how far outside my body I could go in all directions. Initially, I thought being an infinite being meant I was outside of my body, but that led to the idea that an infinite being didn't have a body.

A lot of people think that an infinite being wouldn't need a body—but that isn't it. You have to get that you, as an infinite being, chose

to have a body. You chose to be embodied. You have chosen to be embodied since the beginning of time. You chose to have the kind of body you have and you chose everything that's going on in your life.

An infinite being is one who chooses. You keep thinking an infinite being wouldn't choose this embodiment because you assume that an infinite being would not have a body. That's not correct. You're an infinite being and you chose to have a body. Why did you choose to have a body?

Dain: Well, first of all, there are all kinds of cool things you can do with a body that you can't do without one. Right now, take your right hand, put it on your left arm and touch it lightly. If you didn't have a body, you wouldn't be able to do that. If you didn't have a body, you wouldn't be able to climb into a bathtub and feel hot, wonderful water on your skin, and you wouldn't be able to feel the sun on your face. You wouldn't be able to have sex.

Gary: You wouldn't be able to touch your breasts or your crotch or any of the other things that are fun to do. What would you have to do instead? You'd have to stand outside and look at everything. Most people think infinite being is standing outside and looking at things. No, that's not it. Infinite being is being aware of everything and being infinite choice.

Dain: It's being aware of everything, being infinite choice, and embracing total embodiment as the joy—the greatness—of embodiment that's possible.

Gary: How many definitions of what an infinite being is do you have that are not what it is? Everything that is times a godzillion, will you destroy and uncreate it all? Right and wrong, good and bad, POD and POC, all 9, shorts, boys, POVADs and beyond.*

Dain: What fantasies do you have about what an infinite being is that you've made so real that even in the face of total awareness, you cannot and will not change, choose or cure them? Everything that is times a godzillion, will you destroy and uncreate it all? Right and

* There is an explanation of the clearing statement at the end of the book.

wrong, good and bad, POD and POC, all 9, shorts, boys, POVADs and beyonds.

Gary: Dain and I have been looking at this area, and we realized that the reason reincarnation occurs, the reason you have to come back and do it again and again, is because you have the point of view that you never get it right. You buy into the idea that there is a right and wrong way to be an infinite being. Then you decide that you always get it wrong. You didn't get it right based on what? Based on some idea that you bought into.

This is the reason we do reincarnation. If you don't want to reincarnate, you have to get that there is a greatness in embodiment, which is the greatness of being totally aware of this reality.

Unfortunately, that's the way people live and think. That's what goes on in their mind. "I'm right. I'm wrong. I'm right. I'm wrong; therefore I'm right so therefore I'm wrong. But then I'm right. But I'm wrong that I'm right." People drive themselves crazy with these insane points of view. Could you just give it all up?

How many right and wrong ways of being an infinite being have you made yourself wrong about, while trying to be right about, while refusing to be right about so you can be wrong about, so that you know that you're wrong about right about, and right about wrong about, so that you are right where you're wrong, because you're wrong about right and everything? Everything that is times a godzillion, will you destroy and uncreate it all? Right and wrong, good and bad, POD and POC, all 9, shorts, boys, POVADs and beyonds.

The main thing you've got to get about being an infinite being is that you would not choose judgment. Anywhere you're choosing judgment, you're not choosing from infinite being. When you are truly being conscious, you see that everything is in consciousness and oneness. Everything is included (including judgment) and nothing is judged (not even judgment). That's the sign of infinite being.

It's not about trying to eliminate judgment. It's simply about being aware when anyone, including you, is doing judgment.

Question: I ask myself, "Would an infinite being truly choose this?" and I get "No." Well, in my logical-thinking, opinionated, judgmental universe, this seems to set up a paradox. How does one deal with the answer to this question and embrace or even love the now on a day-to-day basis?

Gary: You have some reason or justification for why you're choosing what you're choosing at every moment of every day. Try asking:

- Would an infinite being truly choose this?
- So, if an infinite being wouldn't choose this, then why the hell am I?
- Do I really need to choose this?
- Do I want to choose this?
- What's the purpose of choosing this?

Dain: The question, "What's the purpose of choosing this?" will take you out of blindly choosing something that may not be from an infinite point of view and move you into an infinite point of view, into the awareness of, "Wait a minute, there's actually something I'm trying to achieve by choosing this."

Once you realize that you can ask, "Is this choice actually achieving that purpose?" you will often find out that it's not.

Question: If a person doesn't know, perceive or feel that they are an infinite being, what would be your way to guide that person to have a knowing experience and to perceive that as a truth for them?

Gary: The best way to know that you are an infinite being is to close your eyes and feel the outside edges of you. You're going to find that everywhere you look, there you are, because an infinite being has no limitation. As infinite beings, we have the ability to perceive, know, be and receive everything.

You keep trying to define what you can perceive, know, be and receive in relationship to this reality and your body, but that isn't it.

Question: If an infinite being can be any energy at will and at choice and wants to experience every aspect of their being, what wouldn't they choose? For example, doesn't experiencing sadness give you a much deeper awareness of the amazing aspect of being? Even cutting off awareness is a choice. It has some interesting results.

Gary: No, you're coming to a conclusion here. The first part of the question, "If an infinite being can be any energy at will and at choice and wants to experience every aspect of their being, what wouldn't they choose?" is correct. But the question is "Would an infinite being choose this?" And if an infinite being wouldn't choose it, why are you? That's the way you've got to look at it. Would you really like to experience sadness? Would an infinite being choose sadness? The birds are infinite beings. Do they choose sadness?

Dain: Do they ever wake up and have a bad feather day? I'm not going to sing today because I am pissed off at the worms.

Gary: You've got to look at this from the point of view of, "Okay, what is it I'm willing to have here? What is it I'm not willing to have here?" It's about choices. An infinite being chooses.

Dain: It requires having a larger perspective than this reality. Does sadness give you a greater awareness of infinite being? Not necessarily. You mentioned the idea of wanting to experience all aspects of self. What's the difference between experiencing that and having the awareness that it's not a choice you would like to make or that you have to make, thank you very much?

Gary: We have a weird point of view on this planet that we have to experience something to know it. No, you don't. You can know things without ever experiencing them.

Dain: Would an infinite being have to experience something to know it and be aware of it?

Gary: You said, "Even cutting off awareness is a choice. It has some interesting results." It is interesting that we have the point of view that something occurs as a result of the choice to cut off our awareness. Why would an infinite being choose to cut off their awareness so they could appreciate what it's like when they're not cutting off their awareness? Would an infinite being have to cut off awareness in order to appreciate having awareness? I don't think so!

Question: What is doubt? Can it be cleared? Is it linked to a kind of validation of awareness or fact? I've entrenched myself in choices that were made because they were the right thing to do, and now I find myself thinking

that there's a part of my life where I'd like to make different choices. How can I break through the chains of obligations, societal pressures and mindsets without totally alienating and hurting others? What about situations where we're in relationships, jobs or situations that have come about from many years of choices?

Gary: First of all, doubt is what you use to eliminate awareness and everything you know. Why would you choose that?

Ask, "Would an infinite being truly choose to doubt himself or herself?" No. "Then why the hell am I? What if I were willing to know everything I know?"

That's the way it should work. Would an infinite being choose the "right" thing to do or would an infinite being choose what would create greater awareness?

You also have to ask, "Are obligations, societal pressures and mindsets something an infinite being would choose? Or are they something a finite being would choose?"

And why are you assuming that as an infinite being choosing to break the chains of obligations, societal pressures and mindsets, you would alienate and hurt others? Maybe you won't. You don't know, because I can guarantee you that you haven't actually chosen that.

Would an infinite being choose to make their choice permanent for all eternity? That's what you're talking about when you speak about relationships, jobs or situations that have come about from many years of choices. You're talking about the idea that there's some kind of finite purpose in all of that.

Dain: If you were to ask yourself the question from the place of, "Wow, would an infinite being have chosen the relationship I chose?" you can look at it and say, "Okay, there are aspects of this relationship that an infinite being would have chosen as an acknowledgement of infinite being. They were a contribution to being. I probably wouldn't have chosen the rest if I had been functioning from infinite being, but what if now I truly could have all of that?"

You look at it and ask, "What would it be like if I had chosen all those things from infinite being? What choices would I have available

now?” Choosing as an infinite being, for the most part, isn’t done in this reality, but it’s something that builds. When you make your first choice as an infinite being, it’s “Ooh, I don’t know if I can do this.” After about 100 choices, it’s “Wait a minute, this is something I can actually do. This is something I can actually choose. This is something that’s actually available to me. It’s not something that’s foreign to me.” That’s why we’re having this conversation, so it becomes something that’s a reality for you. You don’t feel like we’re speaking Greek when we talk about functioning from no judgment or functioning from infinite being. If you’re not judging what you’ve chosen, you take judgment out of the computation, and it’s not part of the equation.

Gary: That’s actually the reason for having this key—to take judgment out of all computations.

Dain: Hmm...does that include my stepmother? How does that work? Would an infinite being choose to have my stepmother? That’s my question right now. I don’t know.

Gary: The question is “Were you functioning as an infinite being when you chose to let your father have your stepmother?”

Dain: Oh, do you mean I could have totally stopped it?

Gary: Yeah, you could have.

Dain: I could have been “Flash! No way! Not happening!”

Gary: Yeah.

Dain: Aw, man. That’s interesting.

Gary: But you weren’t allowed to have that kind of control or power in your life, and because you weren’t allowed to have it, you thought you didn’t have it. It’s a big mistake to think that because you’re not allowed to have something, that you can’t have it. No, no, you can have it all, if you’re willing to have it.

Question: I think of an infinite being as formless and expanded. There is no need of food, work or anything this world can offer. So for me, when I ask this question in different situations, the answer is always no. If I were an infinite being, I would not need to make that choice. I’m following the feeling of what it would be like to be an infinite being. There would be no more doing, and of course, the body would not be necessary any more. I am