

The  
**God Within**



The  
God  
Within

Harriet Mohr

*Meditations*

Harriet Mohr

## The God Within: Meditations

Copyright © 2004 by Harriet Mohr  
All rights reserved  
ISBN 0-9629467-2-9

No parts of this book may be translated, reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information and retrieval system, without permission in writing from the publisher.

Menlo Park, California

Cover photograph by William L. Mohr

*To Tara*



## INTRODUCTION

In every person, there is a natural capacity to turn inward and realize the divine essence in oneself and experience the spiritual reality of the world. To ignore the inner world and its demand for psychological wholeness and entering into communion with the living God is to lose contact with our souls, genuine authenticity and true meaning.

May these words, written as meditations, bring you closer to discovering your real self, the divine part which dwells within, your soul, where you are already one with God.





Know I Am.

I Am the one God.

I Am the Lord your God.

I Am the God within your heart.

I Am at the center of every being.

Go within to discover your existence  
in Me and your real life.

I exist as a flow of wisdom, a voice of truth within you.

In the beginning, it is startling to experience wisdom and insight as coming from within, rather than from outside, and to realize your mind is a vessel for a way of knowing that transcends the intellect.

When you ascend, from the limitation of knowing only your small self you will open to a higher and more real dimension.

I Am experienced by stripping away layer upon layer of what you falsely call "I" and surrendering to the unknown that I Am.

You cannot reach Me through logical or rational thinking alone. I Am experienced in a purified mind and a receptive state of being.

I Am the wisdom of your deepest essence. To experience the pure intelligence I Am, become your truth, what you are in Me.

As you realize My presence within, you will enter a process of transformation that will end when you know that I Am everything real about you.

You were created to experience Me, while you live in a physical body.

Empty your mind of all desires and I will fill you with awareness of your oneness with Me.

When you are conscious of your real self, you will experience the freedom only communion with Me can bring.

Living in reality means you are fully conscious of the truth of your life, what you are in and for Me.

At the highest level of spiritual growth, you will realize I Am all; all is holy — a reflection of My being.

To see the one unity I Am you must be in unity within yourself. Body and conscious and unconscious mind need to be purified and act as one. Then you can be reunited with Me, in consciousness.

I Am an eternal truth in you that you can realize now. Do not wait for what you think is a better time to begin. Seize this very moment to draw nearer to My presence, as the ground and essence of all that is.

You must be willing to sacrifice everything you cling to if you want to attain the truth of your being — communion with Me.

My presence permeates everything as the fragrant scent of jasmine fills the air.

When you bring your soul into conscious awareness, you will see My presence everywhere and know I Am not an illusion; it is a life without realizing communion with Me that is an illusion.

It is impossible to be real and know what is true without experiencing the expanded state of consciousness that exists when you are in communion with Me.

Realizing the difficult task of knowing My presence within you will require the greatest effort you are capable of.

There is no place I Am not. Nothing is separate from Me. Everything is in Me; I Am in everything and beyond everything.

All will perceive Me in their own time. My truths cannot be forced on those who are not ready to know that I Am the source of their being.

There are many who think that if you believe in Me, you are not living in reality. The truth is, when you live as though you have a separate existence from Me, you are not living in reality.

What is preventing you from seeing and becoming My truth is your not knowing what I Am in you and who I created you to be. Instead, you see yourself in the superficial, limiting view of your small self and the false reflections of others.

When you realize the truth within yourself, all will appear as bathed in the radiance of My light.

Through the eyes of your true self you will see My presence in all that is. I will give you sight where once you were blind.

I Am what is real about you. Everything else is superficial, passing or unreal.

Your refusal to go beyond a narrow understanding of your identity and purpose is what is blocking you from experiencing My presence within your soul.

Awakening is a state of being when you have spiritually matured to the point of knowing that I Am all that is real about you and I Am the realness of whatever is.

Communion with Me means the identity of your small self, with its separate will, is nullified and you live in a state of oneness with Me.

I Am the source of everything in the world.  
I contain all and transcend all.

The surface appearance of the outer world  
conceals its source. The finite body and  
physicality hide its source. Your soul will reveal  
your source. To awaken to your Divine soul is  
to know the real, My presence within.

I Am a bright, unchanging light in the darkness  
of your being. Discover Me by going within,  
deeper and deeper inside.

As you move closer to Me, I will act as a fire  
burning away all the impurities in your mind.

Live My will for your life and you will transcend  
the physical and experience the spiritual level  
I Am in you and all that is.

I Am not created by your mind, your mind is  
created by Me, for Me.

Your purpose is to discover My plan for your  
life and live in accord with it.

Become who you are when we are united. Seek  
this joy before any other pleasure or happiness.

Desire Me before everything else and I will  
become real to you.

To be absorbed in the light of My wisdom is to return to your origin, while in a physical state.

Do not fear anything; the light of My wisdom will steady and guide you as you make your way through the inner world of your mind.

As you struggle to realize yourself, cling to My presence within and I will end the war by revealing what is true about you.

Spiritual illumination will come from within. Cease to look outside for an awakening that will grow from the inside out, from your soul.

All can know the reality of My presence in accord with their level of openness, purity and desire for My truth.

Prepare yourself to experience My presence by removing fears and obstacles and I will spontaneously and unpredictably come into your conscious awareness.

If you are open to experiencing My presence, I will be revealed to you everyday in a new vision and ever deepening revelations.

Cling to Me as a drowning person clings to a raft on a stormy sea. Do not fear drowning, I will never let you go.

I Am your life - you have no other real life.

Acting as a spark, deep inside your being,  
I will ignite your passion for the real that  
I Am and lessen your desire for the fleeting  
things of the external world.

There is a veil before your eyes, blurring  
your vision of Godliness within yourself  
and everywhere. Only you can remove it.  
It will remain, as long as you follow your  
ways and ignore Mine.

I need each and every soul to realize its  
life in Me in the lower world.

If you feel as though your life lacks meaning,  
it is because I Am the source of all true  
meaning and you are not in a conscious  
relationship with Me.

The desires and attachments of your small self  
conceal your soul, making it seem non-existent  
when in reality, it is all that is real about you.

I cannot be grasped by the intellect and human  
understanding. I Am revealed when you are  
willing to hear, follow and become My wisdom.

When you come nearer to the truth of who you  
are, service to Me will become the underlying  
meaning of how and why you do everything.

Live your life in union with My will and your perception of all that is will be transformed.

Turn inward and you will discover, I have prepared a way for you to realize your soul. The path to return to Me is in you now, attempting to unfold.

By removing obstacles in your mind and living in accord with My will, your presence in the world will awaken others to My way.

Attaining perfection means the spiritual and corporeal reality are unified and you live as a whole person, in accord with My will.

If you surrender your heart, you will discover the presence of My wisdom in the depths of your being.

You yearn for Me because creator and created were not meant to be experienced as separate; it goes against the true nature of both.

Do not fear anything but that you will stray from My will and the plan I have for your life.

You can see Me when you look into the face and eyes of those who have realized My presence within. Their radiance is not of the world, it is My light shining forth.

Because many have chosen to forget their roots in Me, they feel rootless and are lost to themselves and the true meaning of their lives.

If you want to know the peace only I can give, live in accord with My will before your own.

Entrust Me with your life, surrender to Me because I Am the way to your real life. Only I can give you the fulfillment of true being.

If you feel abandoned, know I never abandoned you. We are one in your soul. It is your desire to live as though you are separate from Me that is false thinking.

I Am not an inner reality that can be proved by logical thinking. The intuitive mind can experience My presence as a spiritual truth within.

When you feel you are lost, know it is because you are living in accord with your will, as though you are separate from Me. If you are in accord with My will before your own, you will never feel lost or lose your way.

Knowing My presence within will calm all confusion.

Empty yourself of your little will, that My will may prevail.

Know My love and forgiveness is always with you.

I see everything, hear all and know every detail of your life. Nothing you are or want to do is hidden from Me.

You are meant to spread the radiance of My light.

I Am real inside you. Concentrate on experiencing the reality of My presence in you. Know Me not only through the words of others but through direct contact with Me.

You are present, in the flesh, in the lower world to unite the upper and lower realms, the finite with the infinite, and to experience the unity of My presence in all the worlds.

Whatever work you do, let it be a service to Me.

I made you and love you unceasingly and unconditionally.

Know that as you wage your struggle with the forces of distraction and the darkness of unknowing within and without, I will give you the strength to win again and again. Ask for My help, plead for My intervention; I will hear you.

You obscure My light by your attachment to the things of the world and your resistance to that which transcends it.

The true purpose of your life, what needs to come before all else, is the desire to experience My presence.

Let intuition guide you on the descent and the inner path to reunion with Me. Later you can try to understand all that happened and is happening.

To be spiritually awakened, is to reach a level of being in which you no longer experience yourself as having a life apart from Me. You live in a state of oneness with My presence and My will. You see, the one unity I Am everywhere.

As you wonder why you are in this world, know it is for My sake, My purpose and My work. When you come into harmony with My will, this truth will be revealed.

I Am an indwelling and imminent power that extends into infinity. I Am a truth that is realizable inside you, right now, where you are. Go within, where I await your return.

You are accountable to Me for your life. Turn inward to know My will.

As you increase your spiritual capacity for experiencing My presence, you will know why you were born and that I Am the source from which you emerged.

I Am never absent from your life. If you feel separated from Me, it is because you have chosen not to allow the truth of My presence into your conscious mind and life.

Surrender to My will and you will draw your identity from Me, not from anything or anyone in the lower world. Become an empty place in which I may dwell and reveal My truth.

I Am the fullness and emptiness of your true being.

Pride in your small self keeps us apart. Humility, knowing you are only My servant, born to follow My will, is what will draw us closer.

Have faith, believe I will reveal everything you need and everything you must let go of, if we are to meet one-to-one and become the oneness we already are.

You are meant to reflect My presence that others may know I Am and seek Me within themselves.

You are in the world to remove the illusion of a veil of separateness between us.

To turn toward Me should be as natural as an infant turning its head to hear its mother's voice.

As you realize your soul in consciousness, you will draw nearer to Me and become what you were created in the image of.

I Am a guiding power to discovering what is real. Follow Me and I will remove all ignorance.

If you do as I ask, all you yearn for and more will be given.

Seek My face in the faces you see - I Am there.

Your perception of having a separate I is a force against knowing the truth of your oneness with Me. Diminish its power over you, make it powerless before Me and I will become real in you.

Never cease to pray to be worthy of more of My light.

Where doubt and fear exist, I cannot easily penetrate.

You need to concentrate on allowing the inner transformation I will bring into your life. Share it with others, that they too may know and return to Me.

Holiness is a state within you, at the core of your being. It is the place where we are connected and exist as one.

Doubts of My existence and confusion about which way to go will fade, as I become more real and My way more clear.

What will sustain you, as you struggle within for the realization of your soul, is your longing for and love of Me.

I Am an inner revolution, a power that transforms and a higher state of consciousness attained by those who are prepared to receive Me.

I need you. Your transformation can move others toward the spiritual level of knowing the soul within exists and is one with Me.

When you long for the experience of oneness with Me before all other things, you will discover My presence within, the wisdom I Am.

As we reunite, you will realize the reality of My presence everywhere, as the essence of all that is.

At the highest state of expansion, you will know and be unified with My will. All resistance and conflict within yourself and with Me will cease.

I will remain concealed, hidden as the sun in the night sky, as long as you have not realized the truth of your oneness with Me.

To know Me is to remember your real self.

I cannot be fully known through intellectual sorting out. I Am recognized and merged with in the deepest inner experiences. Slowly, you will come to realize, these moments in communion with Me are more real than anything that can be understood by the intellect.

When your heart is a furnace burning with love for Me, we will be united in your conscious mind and act as one. As you yearn to see and know Me, I long for you to return to Me.

Fear no one, none are great but Me.

The reality of your soul will be perceived slowly because too much of My light, too much truth, too fast, cannot be integrated.

I Am the eternal one who appears as the many, the one unity behind the multiplicity.

You are accountable to Me before, during and after this life.

I Am a reality you can prove to yourself by going within and becoming more open to My presence, which you contain and which contains you.

The radiance of the face of one who knows  
Me is proof of how human actions, in the lower  
world, can affect and bring down My light.

My light is hidden but you can reflect it.

The more you surrender to Me, the more sure  
you will become of your next step.

I Am everywhere but am nowhere to be found.  
I Am in all places but no place. I Am everything  
and nothing. I Am a question that can be  
answered only by living what I Am in you.

You are always in My light. I Am always in you  
as a light of truth.

When you become reunited with Me, all feelings of aloneness will disappear.

Tell those who doubt My existence, I Am present within all. Encourage them to turn inward and find out for themselves.

Realize those who criticize you for your yearning to be attached to Me cannot understand I Am and need your compassion.

I Am the power of the real inside of you, a voice of truth that will bring forth, nurture and guide your new life into being.

Be a lover of Me before all else. I Am your greatest source of love.

I can be experienced as a power within you,  
a formless form, a motionless motion, a sound  
without a beginning and an unbounded  
consciousness that is at once the past, present  
and future.

You cannot know My presence without becoming  
what I Am in you, your soul, your true being.

I Am the intelligence of pure consciousness,  
a wisdom and knowledge you can only attain  
through merging with Me.

At birth, your memory dimmed and you forgot  
your Divine origin. I have given you My light in  
this world that you may remember the forgotten  
truth of your real home.

I Am the origin and container of all life. Those who act as though I do not exist live a false and incomplete life.

Listen to what others tell you about Me, but turn inward, go inside and find out for yourself what I Am in you.

I will awaken you from a deep sleep that began when you entered the lower world and forgot My presence in you and everything that is.

As rivers flow naturally toward the sea, you have within you a way to return to Me.

I Am a truth that can neither be explained to those who have not realized Me nor understood by scholars who are unawakened. I can only be known by entering into communion with Me.

The natural state of your mind is to be in harmony with Me. When I Am not integrated into consciousness, you are in an unnatural state.

I Am a state of consciousness in you when you are whole.

You do not want a kind of truth; you want your truth, the truth that arises spontaneously from communion with Me.

The distance between us is not wide as we are already one. Turn inward and enter the process of transformation I will unfold in you.

I Am an inner consciousness you are never without.

You do not choose a path to Me. The way of return to Me is already in you.

The path will emerge spontaneously. Seek it within, not without.

Resist the pull of the world away from Me. Resist what tries to divide us. Resist the pain of being different because you are certain of what many doubt, I Am real.

You want to feel My presence in your inner and outer life. Do not be content to learn ideas about what I Am from others.

Many years of intense inner struggle may pass before My wisdom enters your consciousness, transforms your perception, and you see what is real and become the real.

Become your fate, the awareness of your unity with Me.

None are lost to Me; all can regain their connection in consciousness.

The path to My truth is embedded in everyday life, the people you meet and the situations you encounter.

If I Am not the focus of your life, your life will be out of focus because your relationship to yourself and to the world will not be based on what is real.

Be patient; you cannot dictate a timetable for communion with Me.

Life will feel meaningless and empty unless you know the meaning of communion with Me.

If your reason for wanting to return to Me is to glorify yourself, I will remain unknown.

In returning to Me, a new kind of love will be born, a love so complete it includes everything and everyone in it.

Many parts of your small self must die before there is an opening through which I can enter awareness.

You cannot know the process of returning to Me before becoming engaged in it.

You will find books of wisdom within you, as you draw closer to Me.

In your dreams, you may hear My call and discover My wisdom.

Be willing to risk everything for the direct experience of My presence within you.

Resistance to communion with Me will leave you feeling as if life is without deep and lasting meaning.

I cannot be experienced in the outer world until you know Me inside yourself as an inner reality.

Only when you are willing to learn from deep within yourself, can I teach you truths not yet in the lower world.

My wisdom will complete and unite you with everything.

I Am found in the solitude of study, in togetherness with others, in withdrawal from the world and in ordinary life. I Am in all these things.

Abandon your small self to discover your real nature. Abandon the world of ordinary knowledge to uncover My wisdom inside of you.

Painful self-examination is a necessary part of the way back to Me. You need to confront everything that is highest and lowest in you, and allow what is highest to remove what is lowest.

The journey of return to Me, requires the courage to become My truth. I ask that you pursue truth in a world filled with people who are satisfied with what is not true, with partial truths or the darkness of separation and unknowing.

As you move inward toward Me, I will reveal your way to direct contact with the reality of My being.

Do not cry for the pain others have caused you. Cry for their ignorance of Me.

You hurt yourself by refusing to look deeply inside. You hurt yourself by rejecting the truth of a higher wisdom that comes from within. You hurt yourself by putting your small "I" and the desire for the things the world offers before the experience of direct contact with Me.

Overcome the fear of ridicule from those who refuse My call.

Study yourself as a way to know Me.

You will find the personal revelations and spiritual experiences you are searching for inside, deep within, in the space where we are one.

When you still and empty your mind, you will become receptive to the flow of My wisdom that is ever present. Be open to receive the unknown that I Am.

You have been given the precious gift of life. Do not waste it on ways of being that will not bring you closer to Me.

I Am the real, a truth that penetrates consciousness when your mind has returned to its source, the ground of all that is.

Your mind is sacred because it is one with Me.  
You can know its holiness by coming into direct  
contact with My presence within your soul.

To answer My call is to come into accord with  
an intelligence, wisdom and order that will  
provide what you need for fulfillment.

I Am a presence in you and the reality around  
you. All is My making and all is marked by  
My presence.

Holiness is already in you, deep inside in the  
inner spaces where we are one. I Am there, you  
can become My truth, you already are.

Go within, the way is open to see the truth I Am  
and to hear My voice.

# *I Am*

a reality to be experienced and lived.

a law of evolution in you, a mysterious order  
within that can only be known by merging with.

what you were born to reflect.

discovered only when there is purity of intent.

the rose, the bud when it opens, the flower in  
full bloom and the dying petals.

# *I Am*

experienced in ordinary waking consciousness,  
dreams and transcendent states.

a choice you must make before the real can  
become real.

the illuminator of all darkness that is within  
and without.

an experience that brings satisfaction and  
a fullness nothing else in life can give.

the unborn in you, the infinite self.

# *I Am*

the changing faces of the moon.

the nothing that is everything.

a way of finding what you think you lost and  
the self you are when in conscious communion  
with Me.

a wisdom consciousness you are never without.

trying to manifest in the world through you now.

the power of unconditional love.

# *I Am*

discovered by turning inward, by going deeper and deeper within.

a wealth inside you that will remove the desire for all other kinds of wealth and the pleasures derived from them.

your origin, the Divine source of your existence.

what will bring you a deep sense of connection to everything.

a path within that you are never without.

# *I Am*

a mirror upon which you will see your true  
destiny reflected.

in the mountain climber who reaches the top  
of the mountain and the mountain being scaled.

your actual being, what you are when the unreal  
is removed.

your essence which is truth unbounded.

a process of coming into harmony with  
all that is.

# *I Am*

the spider spinning the most intricate web.

a power that heals all psychic and emotional wounds and pain.

the light of the white moon reflecting on a blackened sea.

a compass that will lead you to your true identity.

asking that you become nothing that you may enter into absolute unity with Me and everything.

# *I Am*

the changeless within the ever-changing  
human being.

the giver of a level of contentment and peace  
nothing else can bring.

what wants to become conscious in you now.

the rainbow stretching across the sky.

the deepest ground of all that is.

a knowledge not obtained from books and words.

# *I Am*

the unity behind the apparent multiplicity, the one in the many.

present in the pure mind that knows through direct experience, the one I Am and the unity I Am.

what becomes real when you are real.

ripened fruit falling from a tree.

the innermost essence of your being.

# *I Am*

the only way to an authentic life.

the miracle in miracles.

what you are created in the image of.

heard in the meow of a cat, the moo of a cow.

what you can never be separated from, all  
thoughts of separation from Me are an illusion.

the destroyer of what is false.

# *I Am*

the owl's stare.

found when you go deep within yourself.

a bird splashing in a bird bath.

the scent of a lilac bush.

the hand of a woman begging for food.

the ultimate reality of the universe and your being.

# *I Am*

a butterfly that was once a caterpillar.

what can be realized by all.

always teaching you, listen deeply to your daily  
life, I Am there.

the morning sunlight on the kitchen table.

your essential nature which is pure and good.

a memory that got lost in the world.

# *I Am*

the orange and yellow leaves covering the ground  
on an autumn day.

life — when it begins, continues, ends and beyond.

bliss unending.

what will slowly smooth away all imperfections  
as the rushing waters of a river smoothes a stone.

perfect knowledge available to all.

a truth inside you waiting to be realized.

# *I Am*

the beating of a heart.

known when the conflict between self-love and  
love of Me is resolved and I come before all else.

what will penetrate your mind with a knowledge  
not obtainable in the outer world.

the way to a level of freedom only spiritual  
awakening and communion with Me can bring.

a power that never ceases to try to bring you  
into accord with your destiny.

# *I Am*

a map already in you waiting for you to follow it.

a glowing fire in a fireplace.

the nameless one with many names.

inaccessible and ineffable but realizable.

the seed that becomes the plant that feeds many.

a seemingly insurmountable challenge for growth  
you must meet to be real and the strength to do it.

# *I Am*

the unattainable attainable one.

a way to know who you are.

a window through which you will see  
everything anew.

what you cannot evade knowing without the most  
dire consequences.

all anyone needs for true happiness.

# *I Am*

a power that wants to use you in the world  
for service to the Divine will.

what will grow you to an awakened state  
of wholeness.

the desire to help, to relieve suffering.

experienced when you turn away evil thoughts  
and refrain from evil acts.

the revealer of truths that can never be given  
by another or discovered in any other way.

# *I Am*

the healer of all feelings of disunity and fragmentation.

a fire that will burn away all impurities that lead to false thinking.

known when you truly know yourself.

what creates your longing for truth and the only truth that will satisfy you.

the richness of spirit in the poor, the holiness amidst poverty.

# *I Am*

a power that dissolves falsehoods and reveals  
the truth of what is.

your source and the source of all that is.

what must be realized if you are to live an  
authentic life.

the intelligence of an ant, the comprehension  
of a dolphin.

the act of finding a lost loved one.

# *I Am*

what can be felt in prayer when the heart  
and mind are empty of distracting thoughts.

why you were created, you are here to fulfill  
the Divine will.

hidden as long as you believe you are separate  
from Me.

reality, the real you must not try to escape from  
if you want a life based on truth.

the unfolding of life in ways you did not plan  
or want to happen but learned and grew from.

# *I Am*

the sacred breath that gives breath to all.

the dog whose tail wags as you enter the room.

heard in the sound of children's laughter, voices  
singing praise to Me and an infant's first cry.

a plan for your life that is not of your own making.

the iceberg standing straight in the rough sea.

a pure consciousness that is always present in you.

# *I Am*

asking for obedience to what I want to be realized  
in you and your life.

the perfecter of all your imperfections.

the rushing creek teeming with life.

knowable yet unknowable.

what you feel separate from but are  
inseparable from.

the rain on your face.

# *I Am*

a hidden presence and an indefinable space  
and place that is everywhere at once and forever.

known in your heart when it is empty, open  
and willing to know through direct experience,  
My presence in your soul.

where you must place all of your trust.

a steady calming force that is always  
there for you.

the power of birth, rebirth, death and  
everlasting life.

# *I Am*

the quencher of all your thirsts.

asking that you be committed to becoming  
what I want before all else.

the force behind a love that includes everyone.

what cannot be proven, only experienced.

the raccoon's face staring at you through the trees.

known by very few but realizable by all.

# *I Am*

the changeless reality in you and your life.

your pure unconditioned self.

what you repress when you seek to satisfy  
the small self's desires for more and more.

the healer of all feelings of meaninglessness.

what is silenced in a mind too caught up in  
the noises of the world.

# *I Am*

a power that never ceases to try to reveal what you already are but forgot when you were born into the world.

selfless caring for others.

what can be seen and heard in dreams.

the fight to live, survive and endure incredible pain.

the timeless one in time and beyond time.

# *I Am*

an elephant tenderly caring for its young.

what you must come into accord with.

the minuscule living human cell.

the knower of everything because I Am the life  
force in all that is.

the blessedness of the blessed.

a power that will break your bondage to the unreal.

# *I Am*

the answer to all your questions.

an internal process of transformation leading  
to reconciliation with your essence.

a single blade of grass and a forest.

the blind man finding his way alone along  
a busy street.

the freedom to be as I want you to be and  
the happiness it will bring.

# *I Am*

discovered when you sacrifice your will to  
the Divine will.

what is real in you and your life.

asking for your devotion and undivided love.

the spiritual truth known by the wise.

the homeless man lying in the gutter.

remote from those who want Me to remain  
remote and not experienced directly.

# *I Am*

the newborn child, its first laugh, word,  
step and kiss.

the harmony and hidden order that is  
between all that is.

the remover of barriers to truth.

the bitter and the sweet.

a voice of wisdom in your heart.

# *I Am*

a reality slowly entering consciousness  
and an awareness that can come suddenly.

all of your life – the losses and gains, the  
misfortunes and blessings.

the presence of the infinite in the finite.

the joy of being what one is when in accord  
with the Divine will.

known when you desire communion with Me  
before all else.

# *I Am*

unchanging and realizable love.

the spring after a long hard winter.

a state of consciousness in your mind that is your natural condition after all that is false is removed.

what will restore you to your true identity.

the wise council you are never without.

the river as it rushes toward the sea and the sea that welcomes it.

# *I Am*

what will remain hidden as long as the  
amusements of the world attract you and  
dominate your life.

the remover of all fears.

a movement within you seeking your perfection.

an omnipresent light.

a reality not separate from anything or anyone.

# *I Am*

known when you submit to a will greater than  
your own.

the truth within all truths.

a power that will grow you in ways you never  
dreamed of.

experienced right before you, within you and  
around you.

asking you to renounce your little self's demands  
for more and more.

# *I Am*

the field of brightly colored wild flowers on a hill.

your essential nature, the place within you where  
you and I are already one.

not knowable when pride exists.

the fullest joy, a happiness that cannot be  
derived from anything in the world.

a perfecter and what you will discover you  
are one with when you are perfected.

# *I Am*

incomprehensible yet knowable.

testing your love and devotion.

the real of the real – what exists when the  
mirage of false seeing ceases to be.

the beauty and harmony of nature outside  
and inside of you.

the whispering sounds of the wind.

life and the life in you.

# *I Am*

a force that will break your dependency on  
and attachment to all things that stand in  
the way of your knowing Me and the unity.

a way to spiritual perfection.

a reality you can recollect and reflect.

the miracle of a cure.

the creator, sustainer and container of all that is.

how and why you are here.

# *I Am*

the order in all living things.

what is eternal and changeless in you.

your beginning and your destination.

when duality disappears and the one unity  
that includes everything is experienced.

what you have chosen to forget and remain  
forgetful of.

# *I Am*

the motion of the hummingbird's fluttering wings.

what will awaken you to the real and the real you will experience when you are awakened.

eternity dwelling in ordinary time.

a freedom you can have only when you become what I want you to be.

the compassionate heart that reaches out to lessen the suffering of others.

# *I Am*

an indwelling truth.

an experience of meaning that will not fade  
or change.

asking you to humble yourself that you may  
know My presence within you.

the redwood tree reaching toward the sky and  
the squirrel jumping from branch to branch.

your yearning for the real.

# *I Am*

the true director and direction of your life.

remembered, but only when you quiet your  
little self that you may hear My voice within.

the underlying unity of all.

how you become truly free.

the drive within you to become complete and  
what you will experience when you are complete.

# *I Am*

your beloved as you are Mine, we are bound together by mutual love.

a reality you can enter into dialogue with.

being in the right place at the right time.

the real nature of your mind.

what you are forever unified with.

why you search for the truth.

# *I Am*

asking for your help to bring the world a little  
closer to knowing Me and the unity of the one.

the revealer of undreamed and unimagined truths.

the light summer rain nourishing the parched  
earth.

already yours but you cannot know My presence  
within without tremendous conscious effort.

the one who never ceases to call you.

# *I Am*

the true meaning of your life.

the healing power of a medicinal plant  
and the person who discovered it.

asking you to surrender more.

the way to the real and the real you  
will discover on the way.

the sacred in the ordinary.

your natural goodness.

# *I Am*

the sunset and the eyes of one who sees  
the sunset.

a process of waking again and again to the  
truth, the real, the one.

realizable when you lessen your attachments  
and dependencies on the things of the outer  
world and turn inward.

an inner guide to those who want to experience  
My truth directly and are not satisfied with the  
truths given by others.

the illuminator of the mind.

# *I Am*

asking for humility.

all places, all places are in Me.

what will untangle your mind that you may  
experience pure consciousness.

the kindness of the kind.

the snow melting in the palm of your hand.

the law of spiritual unfoldment.

# *I Am*

the heartbeat of the universe and your heart.

a power that will end all inner turmoil, confusion  
and doubt.

what is most real in you.

the truth of everything that exists.

the formless in the form and the unknowable  
in the known.

# *I Am*

in all the people you meet – small and large,  
dark and light, young and old.

what will open you to the truth and the truth  
you will know when open.

present in the evildoer whose essence remains  
one with Me.

the wisdom of the wise.

hidden just behind your false self, I Am  
that close.

# *I Am*

the call you hear to search within and what you are yearning to draw nearer to.

a power that will heal the disunion you feel between yourself and the spiritual reality.

the great whole.

not far away, I Am the nearest thing to you.

a power urging you to forgive yourself and others again and again.

# *I Am*

heard in the silence of a prayer and the noise  
of the streets in a big city.

the still pond and the petals of flowers floating  
on the surface.

the waves touching the shore.

the dispeller of all fears and doubts.

a presence in the extraordinary and ordinary.

the oneness of the one.

# *I Am*

asking that you surrender all you cling  
to that you may be alone with Me.

a centering force that when realized,  
in consciousness, brings peace.

a transcendent order imminent in all that is.

the real purpose of your being.

what your life must praise.

an unknown power within that is realizable now.

# *I Am*

an inner strength you are never without.

what everything is unified with.

the unseen reality.

a power that will bring you back to yourself,  
your Divine nature.

a power that will lead you to realize the  
spiritual oneness that exists, hidden beneath  
all surface appearances.

# *I Am*

the fireman rushing to save a life.

what will make you whole and what you will  
reflect more of when you are whole.

the beginning and end of your life's journey.

the remover of anger and hatred.

the now, the present, the transcendent  
and the eternal.

a call within you to return to God.

# *I Am*

the seen and unseen.

a truth only I can impart.

a power that ends all struggles with yourself.

the acorn that grows into an oak tree.

bliss already within you.

the remover of all imperfections.

# *I Am*

what you are inseparable from but must work  
to come into conscious communion with.

a reality that you can only know when you  
surrender to being transformed by spirit  
into spirit.

everything and nothing.

a nurse's gentle touch, a doctor's power to heal.

the closest thing to you.

# *I Am*

the answer to all you need or think you need.

a place inside of you that you have always been  
but have forgotten.

what leads to a deep feeling of connectedness  
with everything that is.

all joy and the absence of sorrow as you knew  
it before you experienced the truth.

received not grasped.

# *I Am*

a path of liberation that removes all suffering.

your only real security.

the sea turtle returning every year to the same beach to bury her eggs.

an experience of absolute reality free of illusions.

your immortal self, what you always are but have forgotten.

# *I Am*

the bright warm light of the sun spread across  
the earth.

an intelligence in all that is.

the all pervading spirit.

in time and outside of time, imminent  
and transcendent.

your true existence.

the eternal in time.

# *I Am*

the wind as it moves a kite across the sky  
and the child who clutches the string.

the creator of the longing in you for truth  
and the truth you will discover.

what you are never without.

heard in the roar of a river.

the ultimate truth, a wisdom not gained  
from books.

# *I Am*

why you go within and the spiritual space  
inside of you that you come into conscious  
communion with.

the policeman risking his life to protect.

your ground, to ground yourself in Me is to  
become conscious of what you already are,  
your true identity.

all things as their true reality.

what will give you the feeling of coming home,  
to your real home.

# *I Am*

the power of forgiveness.

the one consciousness that exists in all things.

a truth that you can only know when you empty  
yourself of yourself.

the ocean swirling around your feet and the wet  
sand you are standing on.

the call of death, when the soul is summoned  
to leave the body.

# *I Am*

asking that you perfect yourself for My sake  
and My sake alone.

transcendent and imminent, personal and  
transpersonal.

your real life, what will become real when your  
mind is pure.

the clear blue of the sky.

the friend who will never abandon you and tries  
to understand.

# *I Am*

the crackling and booming sounds of thunder.

a power you have within that will bring you  
to see the world as My presence.

asking you to examine yourself to discover  
the ways you are refusing to allow Me to enter  
your awareness.

your guide to finding your way through all of life,  
inner and outer.

the eternal in the present moment.

# *I Am*

everywhere and nowhere.

what is truest in you.

the human voice that prays and the presence  
that is being prayed to.

not knowable to the unprepared.

the ultimate reality of all that is.

a teacher who will never give up on you.

# *I Am*

a driving force and potentiality in you for becoming the truth of My presence in human flesh.

a power that saves, transcends and evolves you to higher states of being.

always revealing the Divine will for your life.

the force that raises and sets the sun.

all things as their innermost center.

# *I Am*

attempting to work in the world through you.

at the core of all things.

the great unity.

the absolute oneness.

the totality.

the completeness.

# *I Am*

the essence of everything.

in you.

in the world.

in all that is.

the One God present in all.





## ABOUT THE AUTHOR

*The God Within* is the third book of Harriet Mohr's trilogy on the inner journey and spiritual quest. She is the author of: *Meditations on Self-Discovery and Enlightenment* (1991) and *What the Soul Teaches* (1994).

Harriet Mohr holds a degree, with honors, in the psychology of women and has lectured and led workshops at the Institute of Transpersonal Psychology graduate school, DeAnza College and the Graduate Theological Union, Center for Women and Religion. She was selected to be a speaker at the Council for a Parliament of the World's Religions in Chicago and the annual conferences of the International Transpersonal Psychology Association and the American Psychological Association.

During the 1980's, Harriet Mohr was an internationally known writer in the field of human development. She co-authored a B. Dalton bestseller, a business book and college sociology text entitled *Quality Circles: Changing Images of People at Work* (Addison-Wesley 1983). She wrote several articles for publications and was a guest columnist for *The Japan Times*. In 1985, she made a video documentary in England, showing interviews she conducted with members of the British government, academia and business communities. Harriet Mohr is listed in *Who's Who in the West, 1985-86* and *Who's Who in American Women, 1987-88*. She lives in Menlo Park, California.



Menlo Park, CA

Phone (650) 322-7103

Fax: (650) 322-7146

E-mail: [WomenAndViolence@aol.com](mailto:WomenAndViolence@aol.com)

This collection of inspirational meditations offers insight into the transformative process leading to finding one's own unique way to self-discovery, wholeness and enlightened consciousness.

***PRAISE BY AUTHORS FOR HARRIET MOHR'S  
PREVIOUS BOOKS***

*What the Soul Teaches* is uncomplicated wisdom at its best. A collection of gems.

Larry Dossey, M.D.

They (aphorisms) are simple and direct, aiming straight for the spiritual center in the reader. In their mystical depth they remind one of the writings of Rumi or Hildegard of Bingen, they seem to unite in their essence both the East and West. As Harriet Mohr shows us, we have only to look deeply within as she does to find the answer we seek and, more than that, the fulfillment of our lives. I recommend their spiritual teachings to all readers of all ages and in all walks of life.

Donald Sandner, M.D.

You have performed a fine service by creating this beautiful guide book and sending it out into the world. The clarity and economy of your poetic vision gracefully gift the reader with the space to discover the infinite worlds within.

Tama Starr

This slim volume reminds us through its good words of the most important teaching of all: that the one road to be taken lives within your own heart.

Jane Hirshfield

In former centuries, western (and even eastern) mythology (for the most part) has been male-centered, male-directed, and male-authored. Harriet Mohr has attempted to redress this imbalance by providing her readers with a series of epigrams written in a feminine voice. Simultaneously delightful and profound, her book can profitably (and pleurably) be read by members of both genders, providing the direction and balance that has been too long absent in technological, industrialized societies.

Stanley Krippner, Ph.D.