



*A Conversation with...*

# Neale Donald Walsch

**Neale Donald Walsch** is one of the world's most famous spiritual teachers and authors. His international best-seller *Conversations with God* has sold millions of copies. Neale got the inspiration to write this book when in frustration he asked several questions of God in response to his own difficult living circumstances.

**H**e had previously been homeless for over a year, and when he finally managed to get a job as a radio DJ and could rent somewhere to live, a short while later the radio station closed down. That night he sat down with a pen and paper and wrote several angry questions to God. Then at 4.30am he was awakened by a voice that asked; "Do you really want an answer to all these questions, or are you just venting?" Neale answered back; "Both. I am venting, sure, but if these questions have answers I'd sure as hell like to hear them!" The answer to that was; "You are 'sure as hell' about many things. But would it not be nice to be sure as Heaven?" The dialogue that followed became the book *Conversation with God*. Here is an interview Cissi Williams had recently with Neale Donald Walsch.

**Cissi:** How did you awaken to your own spiritual nature, what was it that triggered it, and how do you remain connected?

**Neale:** It came through my mother, who was a very spiritual person. I would not call her a religious person in the sense that she did not hold to a doctrine or dogma, but she was a very spiritual person in the sense that she was deeply aware of the existence of something called God, and of the presence of that existence in her life. So from a very early stage of my childhood

I lived in an environment in which God was a dominant factor. As a child I grew into many questions and my mother encouraged me to explore these questions and often she would not give me an answer but would ask me instead: "What do you think?" So I grew into a tradition of enquiry as a proper response to the presence of God in my life. It became quite natural to me to always ask questions. I grew up in a Roman Catholic tradition, but even at the age of ten and eleven I would ask the priests if I could talk to them about God. They always said yes and they

would take me to the little study and we would talk about God for half an hour or 45 minutes. Often the priests would say: "My, my what an interesting questions from such a young child, such a young man. Where do you get these questions?" And I would tell them my mother always told me I could always ask any questions I had. The priests did not always have the answers to my questions, and there was one priest in particular who was very generous with me and very clear and honest and said: "I don't know if I have an answer to this question", and he would encourage me

to stay with the question all through my life and one day it may be answered more fully.

So this is the background I came from and my questioning led me ultimately to leave the theological confines of the Roman Catholic tradition. Not in anger or in place of rejection, but instead from a place of curiosity and sense of expansion. The Roman Catholic place was very comfortable for me, and as an older teenager I had often contemplated going in to the priesthood. So I do not have an attitude of rebuff or rejection, so much as it occurred to me there must be more here, there must be something I do not understand about God, the understanding of which could change everything.

beyond my own authentic self I look to the higher self within me, from which the inside wisdom emerges, and then backward in the hall of mirror one step further to the higher place in the cosmos, which is the source of all of the individual wisdoms, understandings

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and clarity, which all of us carry with us, almost as part of our genetic encoding. I believe we all carry a genetic encoding, the genes of God, or genetic divinity. So in my daily life, in addition to

practicing truth and transparency, I try to connect with God in some form or another in meditation every day. My form of meditation is writing. Meditation is not only about sitting still in front of a candle, with your eyes closed and cross-legged, for a set period of time. Now, that is one form of meditation and it is a wonderful form of meditation, and there are many types of meditation. There is walking meditation, what I call stopping meditation, and there are other forms of meditation which I call doing meditations, like meditation when you are doing the dishes, or washing windows or doing your work in the world. My most beneficial form of meditation is writing. I write 2-3 hours per day, usually very

**Cissi:** How do you manage staying connected now in your life?

**Neale:** I try to remain connected with God, with Divinity, by being connected with life, with truth, with love, and with transparency in any moment in my life, or certainly as many moments as I can manage. It is a tall order. My first step in the process of remaining connected with God is to remain connected with myself, that is to absolutely insist with myself that I will be authentic, honest, true and transparent with anyone's life I touch in any moment. That is a very important first step, because if I am willing to reveal myself to everyone in any place then I get close to the grander revelation of revealing, which is revealing of that which is divine, working in me, through me, as me. Then the more generalized sense of divineness, which in fact created the entire Universe, also connects with me. So I kind of walk backwards through the hall of mirrors, and once I get





early in the morning, normally from 4.30 or 5am. So that is what I do to stay connected, and if I have a good writing session, a good feeling day, a really deep sense of connection, I carry that through the rest of my day, through the authentic presentation of myself, through the interaction of the people I meet in my life.

**Cissi:** Obviously you manage to do this a lot of the time. What steps do you take when you encounter a resistance in yourself, or a shadow, or whatever we want to call it?

**Neale:** I just let it be. I don't resist it, because whatever you resist will persist. I don't require myself to be in a particular space or experience life in a particular way in a particular moment, but rather allow myself to experience whatever the moment is bringing me right here, right now. I don't fight the here and now, but allow myself to experience it as it is, knowing that it may be many, many moments throughout this day, to say nothing about the rest of my life time,

when I can experience the connection that may not be available to me at this exact instant in time. I find that if I can authentically experience what

*“Be the source through which another may know who they truly are.”*

is happening right here, right now, I can much more rapidly return to my place of a deeper connection with the divine. But if I make myself wrong, telling myself; “It is not working, it is not working”, then I have doomed myself for the rest of that day.

**Cissi:** Many people who have awakened to their own spiritual essence and have felt as if they have come home again to their true inner nature want their loved ones to start on the same journey. What is your advice to them?

**Neale:** Don't do that! It is an enormously presumptuous thing to

do to insist or somehow force one's life partner, or anyone for that matter, to embark on a particular spiritual or philosophical journey. One can invite but not insist. I think that the most important thing we can do in a relationship is to demonstrate with the living of our lives, what these messages have done and meant to us, and as we demonstrate that, those

who are close to us will be drawn to the power of our demonstration, rather than the insistence of our invitation.

**Cissi:** What sort of vital tips can you give to others so they are able to remember who they are and to stay connected with their own authentic selves?

**Neale:** Be the source through which another may know who they truly are. *Conversations with God* makes this clear: “That which you wish to experience, cause another to experience”. So if I want to experience a deep sense of who I am, the spiritual truth of my highest identity, then demonstration

of that divinity through me as me, if that is what I want to experience, is the fastest way for me to experience it is to be the source, or to be the cause of that experience in another. If I demonstrate my life in such a way that everyone else's lives I touch are immediately

*“The more you do the more you are capable of doing.”*

aware and really in touch with their own true identity, their own highest selves, their own highest magnificence, if through me they come to know that, then through them I come to know that in myself. And the circle is complete, because it is much easier to see divinity in another than it is to see it in oneself. I can see the person across the street as divine, much more easily than I can see it in the person in the mirror as divine. So what I do is to share with the world the experience, which I myself would like to have. I find that it is an extraordinary mechanism of personal creation. By the way, each of the world's major religions, without exception, are essentially saying the same thing, each in their own way. In the western tradition this mechanism is articulated with the following: “Do unto others, as you would have it done unto you.” Not because it is a nice thing to do, not because it is morally correct or spiritually uplifting, but because of much more practical reasons. This is how the mechanism works. Many hear that statement: “Do unto others, as you would have it done unto you”, and they think it is some kind of moral injunction, or a kind of spiritual inspiration, and it is not that, it is instructions on the box, it is how the mechanism works. It is far more practical than people think. People think of it as a lofty ideal, and really it is a very practical instruction. A) Take out part A and put it to part B. It is like an instruction manual that tells you how to

put this thing called ‘life’ together, and it says: “Do unto others, as you would have it done unto you”. Not because it is morally or spiritually correct, but because it is mechanically effective.

**Cissi:** When you feel low, or drained in energy, what do you do to come back into balance again?

**Neale:** I do not feel low or drained of energy. If I feel drained physically I just sleep. I let my body sleep whenever it wants to. I do not have rules for when

things have to be done. I slept yesterday between 4pm and 6pm, because I just needed to. I get up most mornings around 4-4.30am, so yesterday at 4pm I suddenly felt I was really tired, so I went up to my room, closed the door and slept, and then got up to have dinner. So if I am physically exhausted I simply sleep. I do not get mentally exhausted, I do not get mentally strung-up very often in my life. I am usually mentally filled with energy, and lots of excitement and inspiration, and I cannot recall the last time when I was mentally out of gas.



**Cissi:** That is amazing, because you must have quite a busy life, with courses, seminars, giving interviews and writing. Do you find that all that creativity restores your energy levels, that it gives you energy?

**Neale:** Yes. The more you do the more you are capable of doing, and I will probably never retire for that very reason.

*“If there is something you want me to say, bring that through me now.”*

**Cissi:** How do you maintain balance in your own life?

**Neale:** You see, I don't think of my life in the terms of maintaining balance. It is not even a thought I have: *“Oh, I must maintain balance today, okay let me see...”*, because I don't experience my life as being out of balance. I simply do what I want to do when I want to do it. I am very authentic with myself. In that sense I guess I am very self-indulgent. I must say I am very grateful for this,

deeply appreciative, where I have the kind of life where I don't have to go to work in some other location, I don't have to punch a time-clock. I don't have to be somewhere at a certain time, particularly at the same time every day. Of course, I do interviews and so forth, but I am not restricted as most people are, so in my life I can get up in the morning at 4am, or 5, or 6 or 7, or noon or sleep to four or do whatever I want, and when you have a life like that,

when you can do what you want, when you want, it is pretty hard to be out of balance. I could not ask for anything more in the way my life has turned out for me. My day goes along pretty much they way I want it to.

**Cissi:** In your book *Home with God*, there is an amazing story about a lady who had an adopted son. When her adopted son said he wanted to meet his birth mother, this lady promised

him that he would be able to do that when he turned 18. Then on his 18th birthday he was killed in a motorbike accident. His adoptive mother came to one of your workshops and she was so angry with God; *“How could he do this to her?”* Your response was absolutely amazing. Now when you got that insight through you, how were you able to just let go of any doubt and just trust that insight as it was coming through you?

**Neale:** I do not need to be right. I have given myself permission to say the first thing that comes to my mind, and not be afraid that I might be called wrong, inaccurate, or worse yet - crazy. When you don't have a need to show up in life in a particular way, then you can get out of the way and let God come through. I recall that moment vividly. I paused for a minute, when she asked: *“So what does your God say now Mr. Walsch?”* I remember that moment of course to this very day, it was one of the most extraordinarily powerful moments of my life, and I closed my eyes and simply said: *“OK, God. I have no answer to this lady, no idea what the answer to this lady's question might be. No idea, but I know you know, and if it is your will that I might be used as your amplifier in this moment to give this lady some peace*

*in her heart, and a sense of completion with this, what will it be that could come through me now? Because I have nothing to say.”* I remember saying to God: *“OK, God. This is it. You have to show up, because if you don't say something now I have got nothing to say.”*

The first thing I do in a moment like that is to not try to answer the question intellectually, in other words I do not search my mind and think: *“Hmm, she has asked a very good question, I wonder what the answer could be.”* I do not go there. I stay out of my mind. In fact in order to do the work I do you got to be literally out of your mind. And so what I do in that moment is simply say: *“OK, God. If there ever was a time to show up, this would be a really good moment to do so. If there is something you want me to say, bring that through me now.”*

I was saying those types of internal prayers in the moment of silence that I took with this lady, and all of a sudden as a flash the awareness came to me, very quickly, and I thought: *“Oh, my God, of course!”* And I said it to her just that fast. I did not let myself edit it, question it, doubt it, or delete it from my memory bank. I simply blurted it out and said: *“I am instructed to tell you that God has made it possible for you to keep your promise to your son, because he did meet his mother on his 18th birthday. But he had to leave his physical form in order to do it, because she had already done so, she had already left her physical form.”* There was just an audible gasp in the room, and they totally got it. This lady got it, and I got it. We all got it. Now is that what really happened? Is that factually correct? Is that somehow able to be confirmed? Is it data we can confirm? No, of course not. We don't know, but if I have a need to be right, if I have a need of not being thought of as being crazy, then I would keep my mouth shut, and I would just have said to this lady: *“You know what, I have not got the foggiest idea, I cannot answer that question, only God can answer that.”* But I don't have a need to be right. So the

answer to your question is that I have a willingness to set aside my own ego in the service of the moment to bring peace to another Soul, and therefore I simply call upon God and say if there is anything you want me to say here then let me be your amplifier now and then I say the first thing that come to my mind.

**Cissi:** How do you deal with people attacking you, or thinking you just made all this up?

**Neale:** When people attack me, when they are through I just ask is there anything else they want to say, and they respond: *“No I am done!”* And I reply: *“Fine, I want you to hear me now and listen to me very carefully. Here is my*

*“I do not need to be right.”*



response. Number one: Thank you very much for having the courage to speak with passion, to come from that place within you that feels authentically you, regardless of how you think I am going to feel. That takes courage. You must surely have known that when you talk to me this way, the ordinary person would not have been very happy to receive it. Looking into that anticipated response you had the courage to move forward anyway. So number one: Thank you for your courage. Number two: Thank you for your authenticity for speaking your truth and for even knowing it, for your clarity in knowing what your truth is. Now, number three: If we do not have a need between us for you and I both to agree on what you just said, that is, if I do not need you to agree with what I have just said and what I have written, and you do not need me to agree with what you have just said, if we allow ourselves to not need each other to agree with our points of view, but simply to agree with a larger principle that we will always speak our truth to each other, then you and I can be friends forever beyond our differences and our disagreements.”

**Cissi:** How do people respond when you say that?

**Neale:** Usually with stunned silence. Often they have nothing to say, or they say after a moment of silence: “Well that is not the response I expected.”

**Cissi:** Do you find that some of these people attacking you find themselves being more drawn to your message due to the unusual response they receive?

**Neale:** Yes. I have also had those who say: “Ha, he is nuts! And they just walk away.” And then I have had people stand there in the middle ground and try to be neutral and say: “Well, that is an interesting response.” I have also had people react in a very positive way and say that they were very impressed with

the response I just gave them, and say: “No I do not have to agree with you and you do not have to agree with me, and we probably can find a place inside where we can at least be friends or trust each other that we will always tell each other our varnished truth and we stand together on one platform that we do share, even if we do not share opinions or ideas and thoughts about God, but we do stand on one platform together and that is the platform of authenticity and courage, and we trust each other to always tell each other our truth.”

That forms an incredibly bond. Ideas, opinions and thoughts are after all only energy, which has nothing to do with reality. I say gas, you say petrol, I say trunk, you say boot. It does not matter. Words are simply utterances

that allows us to communicate thoughts which have neither form nor substance whatsoever. They are merely thoughts. I often say to my opponents: “Shall we let mere thoughts separate our hearts?”

**Cissi:** When you say that to them, how do they respond?

**Neale:** Often with tears, and with a big hug. And sometimes with a wave of their head: “You are crazy! Don’t talk to me with your verbal footwork with me!” But you see, I don’t require any particular response. It is not that one response is good and another is bad, the response is simply what the response is.



**Cissi:** What is your latest book about?

**Neale:** Changing change. It offers ten changes we can make that will change our experience of change forever. It lays down a pathway that will help us deal with the only thing that is unchangeable in life, which is that change will always take place. *A Conversation with God* says that change is another word for God. In one passage it taught me: “Consider the possibility that God is a process.” Interesting statement. God is a process, and it is a process we call life. It is the process of continual and eternal change, and it is God continually and eternally recreating itself anew, in its grandest version and grandest vision it ever held of who and what it is, from moment to moment, in the space and time continuum.

So what I offer in this book is an opportunity for people to get a handle on, a grip on, this extraordinary process that is now occurring on the planet, when everything is changing dramatically, even things we never thought would change. Who would have thoughts that Lloyds of London

*“Shall we let our thoughts separate our hearts.”*

or Merrill Lynch would somehow be disrupted. Who could have imagined that whole governments would fall. It is questionable on this day as we speak if Iceland has a government today. We are seeing everything shifting around us, from our finances to our relationships to our political systems, and our educational systems. Medicine is rearranging itself by the hour, practically. And of course, our spiritual reality as well.

In each hour comes a new opening to different understandings of Life and all its multitudeness and elements and that new understanding requires us to change and shift our being. All the while remaining constant in one single thing and one single thing only, that is our identity. That is to hold true to our identity in the face of all the changes. And it is possible to hold true to that identity, because our identity is that which changes. So if I am clear that I am that which changes then the only question becomes shall I change because of someone else’s influence, as a result of other events and circumstances in my life, or shall I change as a result of my own intention and clear decisions and choices. “Who is changing the changer?” That is the question the book asks. “Who shall change the changer?”

The book drives to the heart of the challenges that is facing humanity now. We are not going to get rid of change, so the question is not whether things are going to change or not, but how and why, and who is going to be at cause in the matter.

Neale Donald Walsch is also releasing *The Conversation with God Companion* book. It is a complete study guide for someone who wants to create their own study group, or study on their own. It contains hundreds and hundreds of questions and an answer section at the back of the book. In this way anyone can pick up *A Conversation with God* and the *Companion* and teach right from the book and share the book with students.