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Meeting
at the
No-Regrets
Café

*Discourses and
Selected Works of Awakening*

with Master Teacher and Friends



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Meeting at the No-Regrets Café
Discourses and Selected Works of Awakening
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International Standard Book Number (ISBN-10):1-890648-23-X
(ISBN-13): 978-1-890648-23-7

Library of Congress Control Number: 2013938025

Published By:
Endeavor Academy
PO Box 206
Lake Delton, WI 53940
USA

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www.endeavoracademy.com
Email: publishing@endeavoracademy.com

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*In the holy meeting place
are joined the Father and His creations,
and the creations of His Son with Them together.
There is one link that joins them all together,
holding them in the oneness
out of which creation happens.*

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We thank You, Father, for the light that shines forever in us. And we honor it, because You share it with us. We are one, united in this light and one with You, at peace with all creation and ourselves.

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Foreword

STATE OF GRACE

State of Grace... release... release...
don't move, don't defend,
don't think, don't convert
just breathe...

He is in charge, finally... Do you believe?
Let it change... Let it change...
Let the light flow through you
Let your You be new...

And now be configured in a new place,
in a new world,
in a new mind,
in a new consciousness,
in a new reality cover for happiness, abundance and
eternal kindness, gratitude and love!

Maria Fernanda McCauley

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Introduction

“...we but see the journey from the point at which it ended, looking back on it, imagining we make it once again; reviewing mentally what has gone by.”

“...Here is the joining of the world of doubt and shadows made with the intangible. Here is a quiet place within the world made holy by forgiveness and by love. Here are all contradictions reconciled, for here the journey ends.”

Welcome to the No-Regrets Café. Wherever or whenever you think you are, you are invited to this gathering. This is a celebration of the homecoming of the Teachers of God. You are one of us, and we are one together. We welcome you to the miraculous advent of the reunion of your mind with the Mind of God.

It is important to remember, as you read this book, that it is totally impossible for you to meet a stranger, anywhere or anytime. The writers, teachers, healers and artists that you encounter in these pages are very well known to you, and are lovingly sharing with you the ancient, brand-new memories of the continuing experience of the Grace of God.

Enter graciously into this café with forgiveness and love in your heart, that you may experience the miraculous certainty that you are still only, and have always been, the perfect eternal joy and happiness that is the creating Mind of God.

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Friday Night at the No-Regrets Café

Friday night at the No-Regrets Café... The No-Regrets Café! There's always a meeting here somewhere. We're always meeting each other. It's like a meeting place. That's OK. I like this one. We're always meeting. See? We're always meeting, meeting, meeting. We meet in different places of association. Today this will be the "No-Regrets Bar and Grill." Usually we meet at the "I'll Never Forgive You" or "The Get Even Saloon!" Who do you associate with? Those who are of like accord. Of Course! This is Bach... The No-Regrets Café! Really no regrets? Or have you still got some?

I told you some time ago, I gave you some very important instructions. You've all listened to it. That's why you're sitting in the No-Regrets. What I told you was, "Live every day like it's your last one." Yeah. Because it is. This is yours. You go from bar to bar; from life to life. "I'll get even... not yet." "I can solve it." All of this is at the Borderland. All of this sits right next to the Pearly Gates, right next to Heaven. All of it, always, forever. It's always right there. But where are *you*? See? Are you coming to this spot again? This is *A Course In Miracles*. I'll throw the *Course* out for a minute. You guys have way too much conception of the *Course*. This will all be *Course*. You keep coming to the same spot, which is the only spot there really is. There isn't any spot but this one. There is no spot but Friday night, Denver, seven o'clock, on the planet Earth, galaxy Milky Way. This is it.

So what Café are you in? What association have you brought with you or discovered here in space-time for your final identity, with the truth of the universe? How much are you demanding from me now in our association? And how many six shooters did you park at the door? When you came in here, did you really expect that I would teach you anything? You're not teachable. You have no frame of reference in your association, for this gathering; because this is a gathering of loss of grievance. This is a gathering of the laying down of your arms. This is a gathering of "I can't. He will if I ask Him." This is an incredible discovery of no regrets. Those of you who have not, or cannot remember

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experiencing enlightenment, will always associate this moment with death; because the other Cafés in this vicinity, where the consciousnesses will come in this limited association with declarations of their identity in time, will force them back into an association. There's a back door that they go through and they continue in this association with themselves. This location, where you lay down this dedication to self-interest, is where the transformation occurs and you enter the kingdom of Heaven. Now, those of you who say, "No, I will keep my identity," will leave this Café, and you'll go to another one where, [you say] "I'm going to keep trying," or "more pain due me," or something. Because in that association you have with yourself, you need an identity. OK? You believe that you need an identity in order to be real. And the final step to reality is the relinquishment of the concept. I'm trying to stay out of Master Jesus' [teaching]. You guys don't read the *Course*. You just flip over it! That's the whole teaching of the *Course* in the statement, and I'll say it: "the loss of self-identity." Isn't it? So that you can be whole, with yourself.

So here's Friday night in Denver. And you came in here and sat down with a body with every memory of every pain, of every rejection, of every regret, of every happiness, of every certainty, of every moonlight night, of every dance you ever went to, everything you ever did forever. You come in here and you're a big bundle of memories. Can you have memories without grievance? Can you finally be glad that you find yourself at the saloon of transformation? Need you grieve over your association with Truth and God? Why would you grieve over that? How sorely disappointed you are if I take death away from you, and say, "No, there will be no more death." The reason that I know that there will be no more death is this is the last day. *You* believe that the last day results in death. I know that the last day results in eternity; because eternity is what we are. We are that.

Do we have memories of the Friday night dances together? *We are* only memories of Friday nights together. I don't know how I can put this so you can hear me. I'm trying to put it so you can hear it. We are nothing but Friday nights together. These are Friday nights together. You are now all Friday nights with all of this congregation of memory that you have brought into this configuration. Self reality. See all around you — your monks and monsters and martyrs and monarchs and malcontents and milquetoasts and... Mmmm... They're all around you going, "Oh hello!" And you hold them in a thought-form of identity. And they're all gathered here... It's like William Saroyan a little bit.

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They're all gathered in this place, together, with you. And you carry on what you believe is dialogue with them in association with where you find yourself on this Friday night. You can hear this if you want to hear it. I'm teaching the *Course*, of course, because it is the Truth. You find yourself in a congregation of memory here in this place, now, Friday night in Denver, yes! Never mind the dream and the illusion; you, as a memory package of perceptual ideas, are sitting here with these thought-forms that give you an identity of Friday nights. Are you happy with this Friday night, or do you have another one (an old one) that you wish you could have again? That's absurd. It doesn't make any sense; it's senseless. The perfect Friday night, and there must be one, since you have it in your mind, is when? [Audience response: "Now!"] Hmm? This is a perfect Friday night. It is either a perfect Friday night or it is nothing.

What do you do with these memories? Do you grieve about them? Do some of you still "practice" forgiveness? That is really weird. These are your thought-forms. Where is your association with the thought that you have about this consciousness here? I don't understand forgiveness. Explain it to me. It doesn't make any sense. It's senseless. The conflict is in the association of your perceptual mind. Isn't it? Do you like to have that grievance with that? Obviously! Is it OK not to have opinions here at this final place? Yes. Oh that's terrible! I can't remember. I remember having to have opinions... But it flees from me. I can't hold on to it. It would immediately be very painful. Yet you put up with it, and call it life. You actually put up with judgmental association of yourself. Are you going to get this? You might. Of course! Why do you have to do that? Isn't that funny? You're caught in this vortex of space-time where you hold on to yourself in a tension of your own reality in space-time. Don't you? Is that OK? Up until now! [You say,] "Well there are parts about it I like." Isn't that funny? What part about cancer do you like the best? Not getting it? Not possible! Not possible! It's impossible if there's cancer that you don't get it. I think we have enough advancement here, where we can make the admission that ideas leave not their source. If we don't have that then we might as well go to the I'm-gonna-get-even bar which will be down the street! OK? "I don't get angry, I get even." I saw that published. That consciousness is going to attack his own self in relationship to himself, to prove his reality. If you're past that, certainly you can see that if anyone could get cancer, it would be you. The idea of death or cancer, or what you call anger or pain is nothing but misappropriated perspective of unreality, meaning it has no reality. Stop doing that.