

ALPHA'S PAGE

# ENLIGHTENMENT

This is a sample

To get a copy of this book, shop [here](#).

alphaspage.com.au

editor@alphaspage.com.au

Published 2013

Copyright 2013, all rights reserved  
editor@alphaspag.com.au

Printed by Lulu  
Print version: August 2013

For sales, please go to [alphaspag.com.au](http://alphaspag.com.au).

Other books in the series:

Alpha's Page: Destiny

Alpha's Page: Diplomacia

Alpha's Page: Healing

Alpha's Page: Love

Alpha's Page: Natural Order

## Contents

An introduction to Alpha's books	1
An introduction to Alpha's Page: Enlightenment	10
1. Pride and confidence	12
2. Speed of spiritual development	15
3. Shame and control	18
4. Animal nature and transformation	22
5. How the dense world teaches lessons	25
6. Managing your environment	29
7. The mind as a separate being	33
8. The nature of free will	36
9. Error and intention	39
10. Natural rhythms and work	42
11. Anger and self	45
12. Giving feedback to God	48
13. Network	51
14. Non-verbal learning	54
15. Expanding your range of love	57
16. Truth and completeness	60
17. Beauty	62
18. Relationships	64
19. Inner self versus external world	67
20. Approaching true sanity	71

## **An introduction to Alpha's Page: Enlightenment**

*by the editor and channel*

This book is a selection of Alpha's messages written between 2006 and 2013 which I have chosen for readers who really want to push the boundaries of their relationship with God. Alpha's consistent advice, across his books, is to make yourself transparent to God, to tune into the atmosphere of love as best you can, and to be willing to receive grace and guidance. In this book, we go into more detail about how this translates into everyday thought and action. There is advice about pride, shame, anger, environmentalism, relationships, the mind, and finer points about your self-concept and spiritual advancement.

Whatever the topic, Alpha encourages an attitude of great acceptance and points out that there is an underlying reality or truth which determines how things will happen. In his eyes, you are innately drawn towards the truth, sooner or later, and your progress (or lack of it) is influenced by many natural forces. He cautions against having pride in your beliefs or in your level of spiritual development.

To all those readers out there who – like me – want to get to the light before the rest of the crowd – I

hope you will enjoy Alpha's deep reassurance that none of your progress is judged, and the truth does not need you to prove its existence. Just seek God because you will. Relax and enjoy the diversity as you go.

Ed.

∞ Affirmations ∞ Confidence ∞ Truth ∞ Pride ∞ Spiritual growth ∞

## 1. Pride and confidence

*“True confidence is a sense of self-worth and faith that comes from knowing the truth about how the universe works.”*

I am here to tell you that pride is one of your greatest obstacles to spiritual growth. Pride makes you think that you are OK as you are, and that you should not show any signs of weakness. Pride is a fool's paradise. There is no benefit to pride except a very short-term glossing over one's own shame. But shame is better to be released than to be stored under a veneer of pride.

You have no idea how holy it is to be totally free of pride. Being free of pride means that you do not blame yourself for anything in nature, and you are keen to develop. You are open to God's guidance and waste no time measuring up God's ideas against your self image.

In this culture, you are encouraged to have a distinct self-image and to groom it with pride. This is seen to provide some kind of advantage in a

competitive workforce. I say, cultivate confidence rather than pride. Pride is a self-statement about one's own worth, designed to give oneself confidence. True confidence, however, is a sense of self-worth and faith that comes from knowing the truth about how the universe works. When one understands the truth, confidence is natural. One does not need to have pride in order to feel comfortable about oneself. One understands that one's role in the universe is not trivial; it is ordained. One understands that one has divine rights to choose one's own way of thinking and to pursue one's own preferences. One understands that the highest of all powers, God, is interested in an intimate relationship with oneself. This is all very comforting and brings natural confidence.

One of the great impediments to confidence in your society is your constant exposure to false ideas. You doubt yourself – and you doubt me – because people are constantly bombarding you with persuasion about what to think and what to prefer. They also constantly bombard you with the illusion that there is no intimate God. This is what people convey all the time in their beliefs and behaviours.

Therefore, if you want to be confident in your society, you have to hold on very stubbornly to your true beliefs, and not be swayed by the thoughts of

others. It may help you to have some daily affirmations such as:

I believe in an intimate God.

I believe in a special universe.

I believe in the accessibility of Divine Love.

Promise yourself that you will hold these thoughts dear, no matter how other people challenge you.

Regarding the terminology, “special universe,” this is simply a shorthand way of saying that everything is as it should be, I have an important role to play, and nothing is random or forgotten. This captures the precision and intentionality of the universe, and your unquestioned, unjudged role in it.

Go now and enjoy this manifesto today!

α

## Index

- Affirmations, 12
- Angels, 22
- Anger, 45
- Animals, 71
- Anxiety, 29
- Ascetism, 60
- Awareness, 51
- Beauty, 54, 62
- Behaviour, 18, 39
- Chakras, 57
- Children, 71
- Clean, 62
- Cleanliness, 62
- Clocks, 42
- Comfort, 48
- Communicating with
  - God, 48
- Completeness, 60
- Concentration, 51
- Confidence, 12
- Connectedness, 45
- Control, 18
- Cravings, 18
- Currents, 42
- Depression, 42
- Destruction, 29
- Eating, 29
- Emotion, 45
- Environmentalism, 29
- Essences, 54
- Free will, 36
- Friends, 64
- Gratitude, 48
- Guilt, 22
- Happiness, 33, 67
- Human nature, 22
- Inner world, 67
- Intention, 39
- Judgment, 39
- Learning, 25, 36, 54
- Love, 57
- Marriage, 64
- Meditation, 67
- Mind, 33, 36, 51
- Nature, 25, 51
- Nature, 42
- Nature of mind, 33
- Parenting, 64
- Persuasion, 39
- Physical world, 25
- Pride, 12
- Privacy, 18
- Propensity, 22
- Purity, 29
- Regrets, 57, 64
- Relationships, 64
- Religion, 71
- Renunciation, 60
- Responsibility, 22
- Sanity, 71
- Seasons, 42
- Self, 45
- Shame, 18
- Spiritual development, 15, 57, 71
- Spiritual growth, 12, 67
- Transformation, 15
- Transparency, 18
- Truth, 12, 60

# This is a sample

To get a copy of this book, shop [here](#).

alphaspape.com.au

editor@alphaspape.com.au