



SOME THINGS YOU MAY HAVE FORGOTTEN

A little reminder of what you once knew to be true.

[Helen Hamilton](#)

Some Things You May Have Forgotten

I am here to remind you of some things you have forgotten about yourself. I am the voice inside yourself that you have forgotten about and I am here to help you remember. You set yourself a wakeup call so you wouldn't get too lost for too long. Don't pass this by and hit the snooze button.

You are all that exists and there is nothing separate to, different from or other than you. I am you reminding yourself of what was once obvious. You are the Infinite One and you have forgotten this and imagined yourself to be a human being. You were never born, nor will you die. There is only you. All that seems to exist in this vast universe is simply you in your infinite possibilities.

Mind has a hold on you but not for much longer. It has hypnotised you into believing you are small and limited and unsafe. It tells you that you are not worthy of happiness and peace but you are the source of All That Is. Peace is your nature, happiness is your mood, freedom is your signature.

You are beyond birth, life and death already. You have no borders, boundaries or limitations. You simply have forgotten this and listened to the voice of the mind. Where do you end? I don't know! I am inside you, part of you but you think I am separate to you so you had to remind yourself through an "external" source. External and internal have no meaning for you. All that you see, feel and experience each day is you. You never sleep or die; you can never be hurt. You are perfection itself dreaming that imperfection is possible.

There is no lack for you. You are infinite and unbound and yet you imagine boundaries. There can be no lack for you, no need or want, no painful unfulfilled desire for you because you are all that exists. How many holes or voids can you have in an infinite being before it stops being infinite? None! You already are all the things that you want; whether they be tangible or intangible. Abundance isn't something you need to achieve; it is your nature. You cannot help but be abundant once you remember.

There is no tangible or intangible for you; it is all you appearing to be lots of diverse things, shapes and species. You are the smallest sub-atomic particle and the whole universe and its source. You are in every blade of grass, every animal, every experience is you and you are also the experiencing. There is nothing that can be outside of you-even if you imagine it is so it never was! You dreamt up this whole universe of diverse beings and you sustain it with your belief that you are only this human body and mind.

This human body and mind appeared in you so that you can think about yourself, question what you are and what you are not. This mind is meant to measure difference in size, shape, colour and duration so that you can come to see that none

of that is ultimately what you are. You are not in a room nor is the room in you. Neither of those are your highest truth. There is nothing wrong with thinking but make sure you are thinking wisely.

Don't you want to know? Doesn't it bother you that you have forgotten some things? How can you live your life to the fullest if you are operating with incorrect information? No wonder it isn't all you hoped it would be as yet! It is time to remember who you are. It is time to regain your passion, purpose and brilliance. Happiness is not outside of you nor can it be gained or achieved. Remember what you are and you will not know sadness, loss or grief. Cultivate a sense of urgency and remember.

Wake up. Remember. What you have forgotten is worth remembering. It is time for you to shine and realise what you are. If not today then when? If not in this lifetime then when? Don't wait till your body is failing you. Don't wait till all that is left is regrets. Perhaps your whole life has been leading to this moment. Perhaps you have known all your life that something was not right. Perhaps you have always sensed there is more to you than meets the eye. Stand up and stand tall and remember who you are. You are the One with no limitations.

What would it be like to live as your real Self? Wouldn't you like to remove this virtual thought reality you have placed over yourself that waters down and colours all your experiences and makes you suffer so much? Wouldn't you like to know what it is like to directly experience Reality?

You are Reality. It is up to you now to want to know.

Copyright © 2018 by Helen Hamilton

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

If you would like more information about Helen Hamilton, her live Satsangs, silent retreats and classes please contact us:

Our website is www.helenhamilton.org

Find us on facebook by searching:

@satsangwithhelenhamilton

Email us at evolutionofspirit@gmail.com

Visit Helen's Author Page on Amazon:

<https://www.amazon.com/-/e/B075X4DK7D>