

Conversations About Ultimate Destiny Between Genii and Who-No, a Spirit Coach!



Genii



Who-No

**“The most original and entertaining
wisdom and insights since Yoda”**

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Genii's Dialogues with *Who-No*, a Spirit Coach



Imagine Your Ultimate Destiny

THE MAGICAL END RESULT!

Setting my in-vision course to visit and learn from one of my inner coaches, named Who-no, I take courage and love in hand to learn from Who-no, who tells it like it is, with no excuses from me for not doing as he guides.

He is short in stature and dressed more like a leprechaun than our teachers of today. And maybe he is, for he brings me and others a Pot of Gold Wisdom and magic equal to a king's ransom. Join me as I venture forth in dialogue, and learn in a different, fun way...Genii (trans-audioist).

Seated on a high rock delighting in this sunny day with the odor of roses filling the air, with no roses any where to be seen, just the fragrance, I find Who-no with a fishing pole in his hand while humming some tune I do not recognize.

Genii "Good morning, I'm back!" I say joyfully.

Who-no "It is noticed," he replies.

Genii "I would like to talk with you if that is o.k.?"

Who-no "Talk or not, it matters not." he says, totally unconcerned, while looking off into space.

Genii "Actually, I have a question," I reply determined to get his attention.

Who-no "Actually you always do." He replies still unconcerned.

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Genii "It is about our ultimate destiny. Where are we going if it is a destiny we have? How do we find it?"

I sat down at his feet awaiting some profound answer.

Who-no "Destiny? What is destiny? Can it be a location? A final destination? Or can it be the fulfillment of a God Wish so vast it is worth the trip?"

Who-no adjusted himself on the rock while still holding his fishing pole with no fish attached, or even water nearby to find one.

Who-no "Ultimate? What is ultimate? The grandest most perfect most sought after desired wish or dream your mind can comprehend? When you put these two words together, what do you have?"

Genii "The best my mind can come up with (trying to appear smarter than the average bear) is a satisfied high ending."

Who-no "When does something end? Is it what the mind can only comprehend at its level, or is there something beyond? Take this pole I hold, for example, is it just a pole or a stick? Or could it be a straight path to the end, from my hand to the tip?

Perhaps this stick could be the path to the ultimate destiny you ask about that just may have a delight at the other end. Here, take this 'stick of light' now!" he says, as he hands it to me.

I took it. And as I did, I felt a slight tingling vibration.

Genii "Wow! It has some kind of energy."

Who-no "Of course. To have an ultimate destiny, it takes your energy. What do you want at the end of this 'stick of light'? To have an ultimate destiny, you have to know what you want, a design, if you will. Do you want to see a fish at the end?"

And with that, a small fish appeared on the end of the pole, wiggling to be released.

Genii Surprised, I say (as Who-no laughed), "How did that happen and how do I let it go?"

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Who-no "Just see it gone! I, Who-no, Guide of Magical Demonstrations planted a picture of the fish in your mind and you brought it forth...not me. It was belief in action. The ultimate destiny demonstrated. Imprinting a fish or a City Of Light can be the ultimate destiny.

You want even a City of Light or something other? Plan and dream it."

Genii "What a fun idea. Hummlets see." I closed my eyes and saw what Who-no had spoken of. What would a City of Light all lit up look like all shiny and gold?

Bingo...I heard a loud noise, opening my eyes in the distance overhead. I see some kind of a sparkling City like was in the movie 'Close Encounters'.

Genii "My, that is awesome!" I yelled.

Who-no "Be it a fish or a floating edifice of exquisite design, your ultimate design is your ultimate destiny. It is your doing, not mine. Now give me back my fishing pole for I go to play in the ethers, perhaps in that City you demonstrated.

Come back again and we shall talk more on how to 'Envision your Desired Outcomes' as Part 2 of these sessions. You obviously need more teachings, and I, Who-no, being a Master of the Ultimate Destiny outcomes will imprint you farther to achieve your DESTINY DEMONSTRATION.

For now, oh student of truth, I take leave of you, we have talked enough."

And the last time I saw him he was floating away waving from some strange phenomena in the sky leaving me to wonder what my Ultimate Destiny really is?

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Envision Your Desired Outcomes

IN THE FLOW OF DESIRED DESTINIES

Periodically I venture forth to my inner teacher of Light, Who-no, with questions unanswered.

This is one of those sessions....

As I entered the scene in a meditative state, I observe Who-no sitting quietly near a roaring waterfall that was beautiful to watch even though the waters roar was loud.

Genii "Hi, Who-no, can you hear me?"

Who-no "When thoughts are loud, what is there else to hear?"

Genii "Ooops...I forgot that you can read my mind...sorry."

Who-no "Come, we shall talk yet in a whisper, for your thoughts fill the air like one of your freeways of automotive action."

I came to him feeling the spray of the water filling the air and sat again at his feet (which is symbolic of our understanding (feet) even though it sounds like a play on words).

Genii "I have a question."

Who-no And again the question is, "How can I clearly envision a desire?" Not unlike the cleansing of the water in a full rush as spoken of. Whatever the desire is, it must be washed clear so it cannot be dissolved or even extinguished. That means clear vision...very clear.

Who-no When the world that you live in dumps daily activities into your mind and scrambles the thoughts of, yet, more and maybe even more

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exciting ideas may move in like unexpected guests, thus sending the current desire scrambling for a space to continue its process as first desired, which could abort this desire by forgetting or at least lessening the frequencies attached at the beginning.

So, then, a continual clarity is important, like making a blueprint imprinted so deeply that no watered-down thoughts can wash it away, only cleansing what will enhance it. It is then the repeated desire outcome is demonstrated."

Genii "But my mind does swing back and forth from one project to another even when in the back of my mind I still want that idea to manifest. How do I keep it clear and stable enough to dream it into existence?"

Who-no "Have you not heard what was just given you?" He announced as his voice roared a bit louder than the waterfall.

"As the dream is dreamed, or the wish or the desire becomes more important than any of the others, then the mental imprint continues. It may be that other ideas come forth to enhance the first imprint. This is known.

Look at the waterfall near us. That, dear one, is an imprint. It is constant from where it began. It pours its bounty into the world never ceasing, unless it is cut off at the beginning. Permit your inner visioning of the desired dream to not stop, but flow clean and clear thru your mind and into your demonstration.

This is not hard, just constant attention to details making the imprint deep enough to demonstrate.

Session done.... now go imprint! Who-no leaves now to demonstrate how your mind can follow its dream."

And with that statement, he disappeared, reappearing at the top of the waterfall, sliding down and floating downstream laughing all the way, thus, leaving me feeling that I could flow my dream destination easily by just paying attention to it, for the dream imprint had been made from this teacher of magic examples.

Join us again for # 3 Nurture Your Hearts Desires.

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Envision Your Desired Outcomes

The Unseen...Seen

As I entered the scene, all I could see was very taller than me golden grass that went on for miles, but no Who-no in sight. Now what? "Well, Genii, you might call him!" I thought.

Genii "Who-no, are you here?"

An unseen but known voice came echoing back

Who-no "What is seen is seen. What is not, is not."

Genii "That is very profound, but where are you?"

Who-no "Where would you like me to be?" *Came the reply.*

Genii "How about in my sight range?"

Who-no "Well then do that! See me as you want me to be."

Genii "All I see is tall grass of some kind."

Who-no "What kind would you like it to be?"

Genii "It appears we are playing some kind of mind game again."

Who-no "Incorrect. You are playing mind games. I am perfectly content."

Genii "Would you rather I go away?"

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Who-no "Would you rather do that or demonstrate what you came here to find?"

Genii "I would rather see you walk out here and talk with me in person."

Who-no "Why?"

Genii "Because I came here to see and talk with you in person, and not through acres of grass."

Who-no "As has been said...Do that!"

Genii "Excuse me, but don't you play a part in this process?"

Who-no "This is your game, not mine. Life is a game and you decide to play or not. It is called "The Law of Attraction" by your terminology. I am only a part to the extent you decide."

Genii "I can't seem to get away from "WE DO IT ALL," can I?"

Who-no "Is that what you wish, to get away from creating it all? For far too long people have wanted others to create for them, as the unknown is just that, unknown, yes, but the end result depends on you...totally. How am I to be seen to you or not? The choice is yours. See me walk out of this unseen into the seen you desire. You are the producer, the director, and character formatting of this desired play."

Genii "O.K. You win!"

Who-no "Again, incorrect, you win...You get me!"

Genii "I will close my eyes and see you walk out." *I did just that, and when I opened them he was nowhere in sight.*

"Darn, what didn't I do?"

Who-no "You forgot to love me for appearing."

Genii "What? O.K. let's try again. Who-no, I would love you to appear."

Who-no "Well, that is better, but please put a little more heart into it. I like heart."

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Genii "This is getting silly."

Who-no "All life can be silly. It is an illusion, remember?"

Genii "One more time." *I closed my eyes, envisioned this little man of light wisdom who has the ability to push all my buttons, adding love and being thankful.*

Who-no "For the desired outcome to appear, you must bring in all the elements into the vision, even down to the finest detail. Are you not a wizard?"

Genii "I am beginning to wonder."

Who-no "That is why you fail. No wonder about it, just do it! Even Who-no tires now of this teaching conversation."

For the third time, I did as I was told and put everything I had into this demanded vision. And when I opened my eye,s he was still nowhere to be seen.

Who-no "I, charming Who-no, am here. Just turn around."

Genii "Praise God!"

Who-no "That is good...Now I go...SESSION OVER! You have made your desired outcome, and I came out to show you your desire is completed. Good bye."

And with that he walked away back into the tall grass, leaving me to ponder what I wanted to talk to him about in the first place.

Actually, it doesn't matter, for my desired outcome took place, and I was feeling proud of my accomplishment when I heard his voice somewhere in the distance, laughing all the way.

Who-no "And you indeed needed a lot of help from this Master Who-no, who knows all you want to know.

Genii "Indeed...that's my coach...and now maybe yours."

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Develop Plans and Take Action

THE IDEA TREE!

As I enter the scene, I see Who-no sitting on a branch of a pine tree that is much too small to hold even his small body.

Genii "Hi, you are getting up in the world, but it looks like a temporary moment at this point," I say, fully expecting him to come tumbling down at any moment.

Who-no "That would please you?" He replies, jumping down near me.

Genii "Of course not. You just seem to be about ready for a fall should that branch break."

Who-no "And it did not, am I correct?"

Genii "Yes, but it could have!" I announce convinced it could.

Who-no "Not so! Oh deluded student of truth. I fully had the power to hold myself even on a twig, if I so desired. And what can Who-no, this bright master of balance, develop for your mind this wonderful morning?"

Genii "Any lesson you care to give me, as I move forward in my career expecting to achieve as I find my way."

Who-no sat down holding a very tiny broken off pine branch in his hands.

Who-no "See these needles on this branch?"

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Genii *"Yes," I say, as I sat near him and observed him getting into his mental teaching mode, all the while canceling out the world around him. His total attention was on this little twig.*

Who-no "This branch is duplicated by many times with the many trees you see nearby of its own kind. Each is a masterpiece of design, designed by the Creator of such Phenomena Intelligence. That if you were to see this tiny needle in the motion of its birth in action, you would be astonished. The development of each one makes for a demonstration for vast interest."

Genii *"That tiny needle?" I could see it was one of so many on that little twig.*

Who-no "Yes, this tiny needle of so many on the same location. Take this as an example. When you decide on a project, even one that is very small, you can hardly expect it to do much, but it is an important part of a much bigger idea in process.

Let us say that this pine twig is your original idea that gave you much pleasure when you thought of it. This then could be considered your 'IDEA TREE'."

Genii *"An Idea Tree? What is that?"*

Who-no "It, dear heart, is the idea you feel excited about as a glimpse into the future perhaps. So, then, using the Idea Tree as an example, the mind has many ideas to assist like airplanes on the pad of takeoff, ready to do just that, take off.

When the time is right and the path is cleared, the idea comes forth as magnificent as the creator had it planted in the first place for you to bring it forth. As the idea seed was planted and it grew and grew, expanding in its desire to demonstrate its tree-ness, it was, of course, taking action.

As the branches grew tiny needles, they were as support ideas that came forth for the Idea Tree to demonstrate, as this is its Ultimate Destiny to do so. Are you following this story, this Meta-fable?"

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Genii "Let's see. When an idea comes to me and I get excited about it, that excitement begins the action leading to the ultimate demonstration. The needles are representative of more ideas feeding the original idea, and helping or supporting the pine tree to be a pine tree rather than a palm tree. They are whatever is needed to manifest my original idea. How does this sound?"

Who-no "Ah, as your mind reaches into its process of conclusion, it demonstrates, making this teacher feel my time is worth value to you. Now then, what have we?

1. An idea, which, of course is an electrical impression in the brain.
2. The idea of worth grows as it is nourished and believed in.
3. As it grows, it sprouts many smaller ideas to help manifest the original idea.
4. It can then bring forth the perfection of the original idea for all to enjoy and benefit from.

With all this being said, I, Who-no, take leave, leaving you with this tiny branch as remembrance of what has been said."

And with this, he handed me the tiny branch with all the needles, saying, "Just in case you get a bite from one of the needles, it is just a reminder to keep going and not get stuck on just one of the supporting thoughts, for your Idea Tree is love worth the effort."

He then disappeared, only to reappear as the smiling face imbedded in a near by pine tree...

...but then...that's Who-no!

Join us again as Who-no has a lot to share....

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Self-Empowering Priority Goals!

The Training Train

As I entered this vision setting, I observe Who-no sitting on the floor of a room (not distinguishable) playing with a toy train.

Genii "Hi, are you having fun?"

Who-no "And what is fun? A train of play makes Who-no laugh as it goes around and around, coming back to where it began. Not unlike many people who seek to advance but move nowhere. Indeed it is fun for the train, for it has no intention of doing other than it is doing, going around in circles."

Setting down next to him on a soft rug, someplace in the ethers, I ask...

Genii "And how does one do other than go around in circles?"

Who-no "# 1: Decide not to!

 "# 2 Decide where you want to go?

 "# 3: (Note here the example comparison) TRAIN your mind to stay on the right TRACK until you have REACHED your DESTINATION. What you have to do is to stretch the IMAGINATION to the GOAL you desire."

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- Who-no "TOOT! TOOT! Here comes the TRAINED MIND heading for a GOAL of destination and what you take aboard is your best mental thoughts, not the CABOOSE CAR OF NEGATIVITY BAGGAGE on the tail end. This train of mental thoughts will not go around in circles is then easy. You are the conductor of your goal train, so fill it with your dreams and wishes for there is lots of room and the Refreshment car will open its doors to you to enjoy."
- Genii "What if other desires not on this train of thought want to come aboard?"
- Who-no "Then you put the other desires or projects on another train which can depart from your MENTAL STATION at another time of departure. Again, play with your thoughts. Fill your TRAIN-ED thoughts to make the end destination worth the price of the trip, for one pays a price in your world even through it may be in TIME.
- What is being advised here is to make each destination a goal worth traveling and it might as well be in comfort and delight. Otherwise, why take the TRAIN OF PRIORITY if it only goes in circles?"
- Genii "I see what you mean, so as I set my WISH TRAIN on the way to its DESTINATION STATION. I should fill each attached car of TRAIN-ED THOUGHTS with the wisdom to know that it will reach its destination due to my conducting myself in the love and fun of making the goal a priority. Is this correct?"
- Who-no "As said, people take TRAINS to go from one station to another. Your dream train can do likewise and be filled at the end with everything your goal thoughts have decided on and ready to produce.
- So then, permit your GOALS to be a pleasure trip and the TRAIN TRACKS of LIGHT will take you on a pleasant, exciting, fulfilling journey to exactly what you want.
- Now, unless you want to continue this conversation (which is beginning to bore me), go make your own TRAIN OF DESIRES come full circle... Good bye!"

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Then as I sat in awe, Who-no became magically only 2 inches high, and I last saw him waving from the Conductor's place in the engine jumping the tracks and was out the door and disappeared, leaving me to want to get my GOAL EXPRESS in full gear. I may never look at a toy train again without remembering this session...Imagine That!

ALL ABOARD!

Please join WHO-NO and I again for session # 5

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The Lion's Share

KNOW THYSELF...APPLY VISUALIZATION SKILLS

As I entered the scene, what I only saw was a door with a sign on it saying...

***UNLESS YOU THINK IT IS REAL, IT WON'T BE!
THE IMAGINATION IS THE KEY!***

Signed, Who-no

Who-no "Well, what keeps you from doing that?"

Looking around I see my teacher of many sessions, Who-no, looking up at me frowning.

Genii "Oh, hi! I am not sure."

Who-no "Try seeing it open. There could be treasures behind it, or maybe a lion waiting to devour you. Which do you choose?"

Genii Looking at the sign again, "I would choose the treasures, of course."

Who-no "What if you had to pass the lion to get to the treasures? What then?"

Genii "I would think twice about it!"

Who-no "Thinking twice would give you the time slot to make the right decision and maybe remove the lion? How much do you want the treasure?"

Genii "Depending on what it was, I would probably want it."

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Who-no "Then the lion would have to be removed. How would you do that?"

Genii "Let's see..."

Who-no "Visualize the end result, which would be..."

Genii "That the lion would not be there anymore?"

Who-no "Why did you put him there in the first place?"

Genii "Because you told me."

Who-no "Ah, my words made your vision, correct?"

Genii "So it seems."

Who-no "Then my words can also change the picture in your head. Visualization gives the imagination a place to play, a place to remove any blockage, such as the lion's image that keeps you from your success, correct?"

Genii "Then what you are saying is that we put up the lion as seeing something keeping us from our success and the end result we want?"

Who-no "And the roar of the lion makes its mental mark in the Genii's thoughts. Why visualize a blockage in the first place? It is the visual concept of reaching the treasures for the person to accept the finality."

Genii "Yes."

Who-no "So then what would you do to remove the idea that something could stop your progress?"

Genii "I would recognize that my project was my treasure, and permit no lions to stop me."

Who-no "Precisely, you would have to un-see the scene of the lion by completely taking him out by whatever means that also comes to mind."

Genii "Sounds like lot of work to me."

Who-no "Again, it is repeated so the mind of the Genii makes an imprint deeply."

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How much do you want the treasure?"

Genii "What if I can't get rid of the lion no matter how I try?"

Who-no "Have I not taught you the ways of your own power? You had the power to put the lion in your visual thoughts. You also have the power to remove him. Unless it is real to your senses, it is not real in your world seeking the treasure of success. Follow me?"

Genii "Yes. Sort of."

Who-no "No, I mean follow me."

And with that, he turned and pushed on the door and it opened. Peering inside I only saw the treasures piled high. My magic lamp had been rubbed, for no lion was in sight. Imagine that!

Genii "Where did the lion go?"

Who-no "Where did you want that blockage to go?"

Genii "I don't care. It is gone. Great!"

Who-no "Your thoughts have now taken on a new level; complete with the removal of whatever you thought might stop your dream of receiving your treasures. So then...go get your treasure. They await your arrival."

Genii "But you haven't told me what happened to the lion."

And as I turned my head to look at this short-statured coach, Who-no, I saw him laughing, riding off into the sunset on the back of a huge lion. While saying...

Who-no "Your visions are important, and you now have no need of this blockage, so I take him, the lion's share of your dreams away. Have fun with your dreams and permit nothing furry, or otherwise, to interrupt the flow. Session now ended! Goodbye!

Genii note: Nothing should seem too ridiculous to consider.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 2

Review the lesson.

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



OF MENTORS AND DAISY PETALS

WELCOME, I enter the unknown any time I go to meet my mentor, teacher and sassy friend Who-no. Today is no exception. As I enter mentally the scene, Who-no is sitting on a tree stump waiting, it looks like, for me to appear.

Who-no "If there was actual time, you (which, of course, is nonsense) would be considered late!" he says looking at his wrist where no watch is attached.

Genii "I'm here!"

Who-no "Are you ready to proceed?"

Genii "Into what or where?" *I ponder wondering what he has in mind.*

Who-no "My mind is very clear, and am I not a leader of great service? Just answer the question! What have you learned ,oh student of light, who I might add?"

Genii "Yes. I just want to know for what?"

Who-no "A simple yes would suffice. Sit! I, Who-no, will tell you how I look at your world."

Genii "O.K. I am ready."

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "And so you think," *he says, with eyes traveling skyward.*

Genii "You have been my teacher for quite a while."

Who-no "And forgets on occasion the teaching of the Who-no?"

Genii "I, sir, have learned to expect the unexpected when it comes to you."

Then Who-no reached down and picked a single daisy, which grew nearby the tree stump he occasionally wiggled on.

Who-no "See this flower?"

Genii "Yes, of course."

Who-no "Oh you think you do, do you?" *and with that it disappeared.*

Genii "What are you doing? Now you see it now you don't segment of our session. I have seen you appear and disappear many times, thus, it is always a surprise, but not unusual."

Who-no "An attention getter...Yes?"

Genii "Yes. You are leading me somewhere, right?"

Who-no "Of course, Who-no takes you on a merry chase to keep you alert and paying attention." *And with that the daisy reappeared.* "Is it magic I do? Or, is it just an illusion? Count the petals on this flower." *He handed the daisy to me. Looking I count 9 petals.*

Genii "So I see 9 petals...so?"

Who-no "During your lifetime, you have had many teachers. Each one speaks to teach in their language with the hopes that with their message they can reach some part of your mind that will make an impression of worth.

Here are at least 9 teacher petals that you can think back on, even today, and grow like the daisies in the field.

You may even have had that many teachers (unknown to you), but nevertheless, they appeared in many different disguises. Now pull off one petal."

Genii's Dialogues with *Who-no*, a Spirit Coach

I did as I was told.

Who-no "Now then, I suggest that you think of a teacher who has helped you develop into the light & truth student you are."

Genii "Okay." *I closed my eyes to think and many teachers came to mind. Some came in truth and some did not but all taught me something.*

As I named a few, I hear Who-no say...

Who-no "Open your eyes!" *As I did, all the petals on the daisy were gone and only the center remained.*

Genii "What does this mean?"

Who-no "It means that even though all the teachers have come and gone, they have left you with the center which is where you should be. Centered.

You are the center of your universe with wisdom or learning from each one. Remember to be centered and all will be well with you. Be that loving center and become the mentor or coach to many.

Life holds no promises, but an adventure you can look back on and thank those who have taught you to get this point! Lesson ended!

I go now so you can think on these teachers and yet be open for yet new ones to enter, lest you fall out of the center."

Genii "Where are you going?"

Who-no "To my mentor. Teaching and learning never stops...Goodbye!"

And with that Who-no once more disappeared leaving me to sort out who in my past had brought me much growth. Certainly Who-no is, has been, and will be the best of the best.

Who have been your teachers? ...Really? My how you have grown!

Join me again and maybe you will grow just one daisy petal more.

Love Genii

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Day 2

Review the lesson.

Genii's Dialogues with *Who-no*, a Spirit Coach

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



The Value of Cookies!

As I entered the scene, it is a sunny day and what I see is Who-no on a stationary bicycle, wheels spinning while he was humming and smiling.

"Great." I thought I get him in a happy mood, ready for a great session. I am grateful, because usually he yells at me to awaken my senses to mentally pay attention.

Genii "Going someplace?"

Who-no "I am already there!"

Genii "Where?"

Who-no "Where I am. One needs to go nowhere when one is there. That was an illogical question."

Genii "But you are just spinning your wheels," *I say knowing full well this conversation is evolving into a situation of teaching.*

Who-no "And what of spinning wheels? Does not an old-fashioned spinning wheel bring forth beautiful fabric, yet it is also stationary in place? Do not spinning wheels such as this assist in exercise?"

Genii "Ok. What am I to learn from this brief conversation?"

Who-no "Learn or not, it only has value to you. I already know the truth, so it seems, what values you is what you are unaware of as the questions are asked. Your achievements are many in the path of success and even in the failures the value is there.

Genii's Dialogues with *Who-no*, a Spirit Coach

What have you achieved in the lessons we share?

Do they have value to you?

Are they worth a king's ransom?

Have you done what has been advised many times?"

Genii "Well..."

Who-no "Ah, the Genii is not sure, as she hesitates to answer." *He reports as he releases the bike from under him.*

Genii "Time to think on your questions would all so be appreciated, Who-no." *I answered back trying not to get angry.*

Who-no, now off the bike, took my hand and led me to a grassy area where he told me to sit down.

Feeling like a puppy-dog student, I did, thinking I should be given a reward cookie also, like any well-behaved pup.

Who-no "So you wish to be treated like a dog do you?"

Genii *Ooops, he is mind reading again.* "No, I just am grateful when I get rewarded for my efforts."

Who-no "Then you like to be rewarded?"

Genii "Not necessarily, but it is nice."

Who-no "Then you value your talents?"

Genii "Yes, I guess so."

Who-no "Then you are grateful for your valued talents? Is this so?"

Genii "Looks like it. Who-no, where are we going with this dialogue?"

Who-no "Again we are going no place. We are there. You say you have value and appreciate what you are given. Is this so?"

Genii "Yes?"

Who-no "Then, dear one, you have arrived at where you began. There is nowhere to go on wheels of thought. You say you have value (which is a

Genii's Dialogues with *Who-no*, a Spirit Coach

key to success) to be heart-filled and great-filled for what you can accomplish and what you have been already given which, also adds to the unknown gifts that will appear from an unseen future.

When you love what you do, you give it value and worth just from your heart interest. All is divine delights of God that can fall into your lap unasked for."

And with that cookies came falling into my lap and all around me. It was raining cookies, literally. Looks like my Teacher of Light examples once more had made his point, as I watched him disappear over the horizon on a bike (which now had no wheels) sailing over the ground.

Taking a bite from one of the cookies (which I felt I had earned) ,I recognized it was a 'dog cookie' and at the same time heard and saw many dogs heading in my direction to get their own rewards from my lap supply.

Genii Note: One's value comes from within and shapes into many forms even from grateful pups who decided these treasures were worth a few sloppy kisses on me. Who-no had gone leaving me with Thoughts of Value along with a few furry friends I also appreciated, along with...you.
Thanks, Who-no.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Day 2

Review the lesson.

Genii's Dialogues with *Who-no*, a Spirit Coach

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

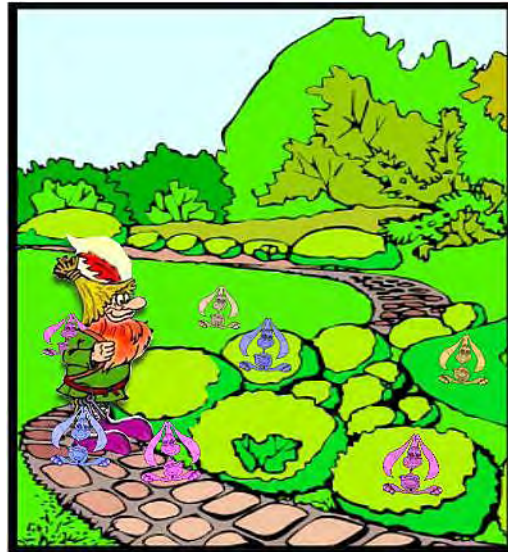
Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Of Rabbits and Ultimate Destiny

CREATE YOUR OWN MASTERMIND TEAM

Even before I entered this scene of meeting with Who-no, I could hear him calling me from a distance down a half-hidden path.

Who-no "You are late for our appointment!"

Genii *Yelling back I say, "I didn't know we had one."*

Who-no "Then why step into this scene of light?"

Genii "Well, I did want to see you."

By this time, Who-no appeared from behind a grassy boulder, his arms filled with, of all things, rabbits. Plus a few following him who also stopped, except for hopping around our feet.

Genii *Laughing, I questioned, "What are you doing with all these rabbits?"*

Who-no "You do not like rabbits?"

Genii "I do like rabbits. It is just a funny scene."

Who-no "If I give you 3 rabbits, what do you have?"

Genii's Dialogues with *Who-No*, a Spirit Coach

Genii "3 rabbits."

Who-no "And?"

Genii "Me."

Who-no "Good. Now we have a start." *And he set the rabbits down, who happily joined with the rest now tumbling over each other.*

Who-no "This is my team!"

Genii "Your team of what?"

Who-no "My team for advancement," *he proudly announced.*

Genii "What are you advancing to?"

Who-no "My ultimate destiny."

Genii "Your ultimate destiny to what, more rabbits?"

Who-no "That could surely be true, but look and listen. Each one of these has the potential of more rabbits, correct?"

Genii "Yes, so it seems."

Who-no "Good. Now then, when one has one rabbit (or person), they have a beginning of what you report as the potential of more and the equal of a beginning team. Togetherness has begun. The more rabbits, the more team joining in to fulfill with energy (power) to assist in the dream, whatever the Genii's dream is...get my direction?"

Genii "Yes, but why rabbits?"

Who-no "Why not? Does it not make a visual point, especially for the Genii who is a trained vision person? Pictures, or in this case actual examples, are worth more than all the words ever written, for the mind can compute pictures longer. So, little one, I bring you rabbits to give you picture life size."

Genii "And what am I to do with this picture information?"

Genii's Dialogues with *Who-No*, a Spirit Coach

Who-no "Oops, the Genii's light dims...USE IT! Build your success plan. Each person can build your dream into a reality with you as the guiding source. To succeed faster, a master of design is needed. You are a master and can design easily when you have a picture, true?"

Genii "Yes."

Who-no "There are many rabbits who would join in. Are you getting the picture?"

Genii "People, like rabbits, multiply to build a team."

Who-no "So it seems. You have, 'within' you, a light structure. Many guides and coaches who offer their service free of charge. So then you have an inside team and an outside team. All masterminds at work and all for the same ultimate destiny. Session finished! Go and master your success story. All is not written yet. You have much to give and teach of the rabbits of your life and they will multiply for you and with you.... goodbye."

Genii "O.k." *I called to Who-no, who now was dressed like the Easter bunny.*

Who-no hopped away with his team members following behind. It made quite a picture, and I hope a picture session to be remembered.

Love from this bunny student Genii

Genii's Dialogues with *Who-No*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 2

Review the lesson.

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



A Cup of Gratitude!

As I came into the scene, who-no was sitting under a tree with a cup of something in his hands looking out over a sea of really pretty daisies doing a passive back and forth movement with, the breeze giving them reason to do so.

Genii "Good morning, Who-no. Can I talk to you?"

Who-no "Can I stop you?" he says sipping from his cup with, I noticed, a twinkle in his eye.

Genii "Since you are my teacher, I do have a question."

Who-no "Always you have a question. Why not bring me the answer. Have you not been taught for along time from me? Tell ME what the answer is."

Genii "How can I if I don't know the question?"

Who-no "With you it is always questions, and I seem to have the answers."

Genii "Precisely why I am here and I appreciate you."

Who-no "Is this a gift of appreciation you give me, or do you want something more from this mentor Light extra-ordinary?"

Genii "If I say I appreciate you, it is just because I do."

Who-no "Since I have the ability to put up with you on occasion, why would I not receive the gift of gratitude you lay on me?"

Genii "'I don't know!'"

Genii's Dialogues with *Who-No*, a Spirit Coach

Who-no What else do you not know?"

I realized that with this conversation I had plopped down beside him and seeing the cup so close I say simply...

Genii "What is in the cup?"

Who-no "This, my dear inquisitive student, is a cup of kindness, plenty and whatever I want and even nothing. Imagine that!"

Genii "I can imagine that, thank you!" *I say, knowing he is taking me on yet another session in patience.*

Who-no "Now that being so, imagine this cup overflowing with gratitude for what you have been given and sip it gently, as it could be sweet or bitter."

Genii "What does that mean?"

Who-no "It means life can hand you events both sweet and bitter, but you should not be bitter for you will be better for the bitter. For if life did not hand you some bitter with the better, you would not grow to be the bitter less sweet person you are. You following this?"

Genii "I have heard of a cup of kindness."

Who-no "Intelligence now rules!" *He declares his eyes reaching for the sky.*

Genii "You are on one of your smart remarks with me kicks now right?"

Who-no | "Is this your question?"

Genii | "I forgot what the original question was?" *I say frowning in puzzlement.*

Who-no | "Good then no answer is needed. Here take this cup and fill it with whatever you want, joy, love, money, but make sure you fill it with gratefulness."

And with this he stood up saying...

Who-no | "I go now to find someone who has a question for, I, Who-no have

Genii's Dialogues with *Who-No*, a Spirit Coach

the answer. Think on this session and even make your cup bigger if you desire. Good bye!"

And with this he just walked away (at least I think he did) as the cup began to grow and grow until it was as big as a barrel leaving me flattened out behind it.

Genii note: It is obvious to me as his student of light that Who-no is not only a barrel of wisdom but a barrel of laughs as well.

I hope you enjoyed being with us as I appreciate you for taking time to do so

So Light it Be!

Genii's Dialogues with *Who-No*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Day 2

Review the lesson.

Genii's Dialogues with *Who-No*, a Spirit Coach

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

**What if you really had a Magic Lamp and Genie
who would grant you any wish?**

What would you wish for?

**I'm A Real Genii and I Grant Wishes!
Your Wish is My Command. . . Imagine That!**



**Let Me Help You Learn
How to Be Your Own Genie!**



Genii

What are you wishing for that I can help you with?

**Enjoying Loving
Relationships**

**Having More
Happiness and Joy**

**Living In Peace
and Balance**

**Having Your
Dreams Come True**

**Being An Author,
Speaker or Trainer**

**Attaining
Financial Freedom**

**Enjoying
Optimal Health**

**Achieving Ultimate
Business Success**

**Living Your
Life Purpose**

**Attaining Spiritual
Enlightenment**

Join our Wishes Work Wonders Club!

Guess what? You can join our new Wishes Work Wonders Club for only \$20 a month, receive two wishes every month for your self or someone else and choose any one of our new digital books on relationships, financial freedom, optimal health, enlightenment as our gift every month.

Join for an entire year for only \$199 and receive unlimited wishes, the entire set of empowering digital books from Ultimate Destiny University (400+ pages of powerful tools, methods and systems to realize your dreams and make your wishes come true) PLUS over \$1,000 in free bonuses!



This certificate is good for one Free Wish and a one month membership in the Wonderful World Of Wishes Work Wonders Club!

What blessings are you ready to receive?

\$20 Value . . . Actually, it's priceless!

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"Your wish is my command!" Love, Genii

Genii's Dialogues with *Who-No*, a Spirit Coach



Imagine Your Ultimate Destiny

THE MAGICAL END RESULT!

Setting my in-vision course to visit and learn from one of my inner coaches, named Who-no, I take courage and love in hand to learn from Who-no, who tells it like it is, with no excuses from me for not doing as he guides.

He is short in stature and dressed more like a leprechaun than our teachers of today. And maybe he is, for he brings me and others a Pot of Gold Wisdom and magic equal to a king's ransom. Join me as I venture forth in dialogue, and learn in a different, fun way...Genii (trans-audioist).

Seated on a high rock delighting in this sunny day with the odor of roses filling the air, with no roses any where to be seen, just the fragrance, I find Who-no with a fishing pole in his hand while humming some tune I do not recognize.

Genii "Good morning, I'm back!" I say joyfully.

Who-no "It is noticed," he replies.

Genii "I would like to talk with you if that is o.k.?"

Who-no "Talk or not, it matters not." he says, totally unconcerned, while looking off into space.

Genii "Actually, I have a question," I reply determined to get his attention.

Who-no "Actually you always do." He replies still unconcerned.

Genii's Dialogues with *Who-no*, a Spirit Coach

Genii "It is about our ultimate destiny. Where are we going if it is a destiny we have? How do we find it?"

I sat down at his feet awaiting some profound answer.

Who-no "Destiny? What is destiny? Can it be a location? A final destination? Or can it be the fulfillment of a God Wish so vast it is worth the trip?"

Who-no adjusted himself on the rock while still holding his fishing pole with no fish attached, or even water nearby to find one.

Who-no "Ultimate? What is ultimate? The grandest most perfect most sought after desired wish or dream your mind can comprehend? When you put these two words together, what do you have?"

Genii "The best my mind can come up with (trying to appear smarter than the average bear) is a satisfied high ending."

Who-no "When does something end? Is it what the mind can only comprehend at its level, or is there something beyond? Take this pole I hold, for example, is it just a pole or a stick? Or could it be a straight path to the end, from my hand to the tip?

Perhaps this stick could be the path to the ultimate destiny you ask about that just may have a delight at the other end. Here, take this 'stick of light' now!" he says, as he hands it to me.

I took it. And as I did, I felt a slight tingling vibration.

Genii "Wow! It has some kind of energy."

Who-no "Of course. To have an ultimate destiny, it takes your energy. What do you want at the end of this 'stick of light'? To have an ultimate destiny, you have to know what you want, a design, if you will. Do you want to see a fish at the end?"

And with that, a small fish appeared on the end of the pole, wiggling to be released.

Genii Surprised, I say (as Who-no laughed), "How did that happen and how do I let it go?"

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "Just see it gone! I, Who-no, Guide of Magical Demonstrations planted a picture of the fish in your mind and you brought it forth...not me. It was belief in action. The ultimate destiny demonstrated. Imprinting a fish or a City Of Light can be the ultimate destiny.

You want even a City of Light or something other? Plan and dream it."

Genii "What a fun idea. Hummlets see." I closed my eyes and saw what Who-no had spoken of. What would a City of Light all lit up look like all shiny and gold?

Bingo...I heard a loud noise, opening my eyes in the distance overhead. I see some kind of a sparkling City like was in the movie 'Close Encounters'.

Genii "My, that is awesome!" I yelled.

Who-no "Be it a fish or a floating edifice of exquisite design, your ultimate design is your ultimate destiny. It is your doing, not mine. Now give me back my fishing pole for I go to play in the ethers, perhaps in that City you demonstrated.

Come back again and we shall talk more on how to 'Envision your Desired Outcomes' as Part 2 of these sessions. You obviously need more teachings, and I, Who-no, being a Master of the Ultimate Destiny outcomes will imprint you farther to achieve your DESTINY DEMONSTRATION.

For now, oh student of truth, I take leave of you, we have talked enough."

And the last time I saw him he was floating away waving from some strange phenomena in the sky leaving me to wonder what my Ultimate Destiny really is?

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 2

Review the lesson.

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Envision Your Desired Outcomes

IN THE FLOW OF DESIRED DESTINIES

Periodically I venture forth to my inner teacher of Light, Who-no, with questions unanswered.

This is one of those sessions....

As I entered the scene in a meditative state, I observe Who-no sitting quietly near a roaring waterfall that was beautiful to watch even though the waters roar was loud.

Genii "Hi, Who-no, can you hear me?"

Who-no "When thoughts are loud, what is there else to hear?"

Genii "Ooops...I forgot that you can read my mind...sorry."

Who-no "Come, we shall talk yet in a whisper, for your thoughts fill the air like one of your freeways of automotive action."

I came to him feeling the spray of the water filling the air and sat again at his feet (which is symbolic of our understanding (feet) even though it sounds like a play on words).

Genii "I have a question."

Who-no And again the question is, "How can I clearly envision a desire?" Not unlike the cleansing of the water in a full rush as spoken of. Whatever the desire is, it must be washed clear so it cannot be dissolved or even extinguished. That means clear vision...very clear.

Who-no When the world that you live in dumps daily activities into your mind and scrambles the thoughts of, yet, more and maybe even more

Genii's Dialogues with *Who-no*, a Spirit Coach

exciting ideas may move in like unexpected guests, thus sending the current desire scrambling for a space to continue its process as first desired, which could abort this desire by forgetting or at least lessening the frequencies attached at the beginning.

So, then, a continual clarity is important, like making a blueprint imprinted so deeply that no watered-down thoughts can wash it away, only cleansing what will enhance it. It is then the repeated desire outcome is demonstrated."

Genii "But my mind does swing back and forth from one project to another even when in the back of my mind I still want that idea to manifest. How do I keep it clear and stable enough to dream it into existence?"

Who-no "Have you not heard what was just given you?" He announced as his voice roared a bit louder than the waterfall.

"As the dream is dreamed, or the wish or the desire becomes more important than any of the others, then the mental imprint continues. It may be that other ideas come forth to enhance the first imprint. This is known.

Look at the waterfall near us. That, dear one, is an imprint. It is constant from where it began. It pours its bounty into the world never ceasing, unless it is cut off at the beginning. Permit your inner visioning of the desired dream to not stop, but flow clean and clear thru your mind and into your demonstration.

This is not hard, just constant attention to details making the imprint deep enough to demonstrate.

Session done.... now go imprint! Who-no leaves now to demonstrate how your mind can follow its dream."

And with that statement, he disappeared, reappearing at the top of the waterfall, sliding down and floating downstream laughing all the way, thus, leaving me feeling that I could flow my dream destination easily by just paying attention to it, for the dream imprint had been made from this teacher of magic examples.

Join us again for # 3 Nurture Your Hearts Desires.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

Jot down some thoughts after reading the lesson for the first time.

What meaning can you gather from the teaching?

What areas of your life does the lesson apply to?

What can you do to immediately benefit from what you have read?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 2

Review the lesson.

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



The Play of Light

KNOW THYSELF: DEVELOP AND USE AFFIRMATION STATEMENTS

The way to enter into the scene with Who-no is just to enter openly and watch and listen to what takes place. And with this writing, I do so once more. Join me...

Who-no is seated under a lit street lamp in its light. Nothing but darkness is observed.

Genii "Hi! Why are you sitting in the dark with only a lamp light on you?"

Who-no "What is dark?"

Genii "That which is all around you."

Who-no "I see no darkness. The light is what I see, and in the light all appears as if by magic. You see darkness? Come sit in the light and permit it to show you what may not be seen by you."

I came and sat down by him and gazed around, still seeing nothing.

Who-no "Does the unseen disturb you?"

Genii "To some extent. I guess I like to see everything, and the daylight serves me well."

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "What do you want to see?"

Genii "All things good."

Who-no "When you close your eyes, do you see all things good?"

Genii "Not always...sometimes."

Who-no "When you see only darkness, then what?"

Genii "I purposely pull in a pleasant picture."

Who-no "Then for clarity you are developing something in the mind. What would be a perfect picture?"

Genii "Yes Who-no, where are we going with this conversation?"

Who-no "I am attempting to turn on the light in your mind so you can design the perfect picture of your desire."

Genii "I have heard some people do not see pictures in the mind."

Who-no "So it has been reported, but they may see by other means, such as feeling or even a knowing. Actually they do, but the seeing may be in another dimension. All are given the inner sight. Some choose to use it, some not." "So then what would you see? Design a picture for me. Close your eyes."

I had to think on this for a moment to find a pleasant, fun picture.

Genii "Let's see...what would be fun to see?" *As I said this, many pictures flashed and it was hard to catch one, and my mind went blank.*

Who-no, sensing this, said...

Who-no "This itself is a novelty for you. What you should add is an affirmation of energy, ready to assist. There is something you say quite often that can help, as I quote, 'ALL THAT I DESIRE DESIRES ME!'"

So I repeated what I DO repeat quite often, as he says...

Genii's Dialogues with *Who-no*, a Spirit Coach

Genii "ALL THAT I DESIRE DESIRES ME!"

Who-no "Very well. Now, what do you desire? Concentrate for one delightful picture to appear. You have taken the first two steps in designing your wish, plus adding your affirmation for power...what do you get?"

I finally settled on one picture that was a past delight.

Genii "I have it!"

Who-no "Now open your eyes."

I quickly followed his instructions, and I found myself seated in the Aladdin theater at Disneyland with my partner, Charles Betterton. We are watching the production for the 19th time, especially enjoying 13 genies dancing down the sweeping stairs. I reported this to Who-no.

Who-no "What you are seeing is a movie of the mind, a production, and you revealed it all, even the multiple genies. You attracted to you what you really desired. So now I have to go as I have another appointment. Remember what has been said, and have fun with it!"

And with this he disappeared. I just sat there with eyes closed re-watching this delightful scene of 13 genies, when to my surprise there were 14! For the 14th was Who-no, with a grinning blue face and top hat, coming down the stairs with the rest.

I never know when I go into each session what I will encounter, and I must say in this session, ALL I DESIRED, DESIRED ME. And I look forward to going back to Aladdin for the 20th time...soon.

Thanks for joining us...come back again! Love from a Genii.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

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What can you do to immediately benefit from what you have read?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 2

Review the lesson.

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Nurture Your Heart's Desire!

The Intense Feelings of Snow Angels

As I entered into the vision, I see Who-no on skis on top of a snow-covered slope. He slid off, coming to a perfect stop near me but almost knocking me over. I noticed he was grinning. Is this any way to begin a session?

Who-no "Why is it that you interrupt my pleasure time?" He says lying on his back staring into the sun like he was trying to ignore me.

Genii "I didn't know I was. I just came for a visit with you."

Who-no "Then we shall share a few moments of intense feelings."

Genii "What does that mean 'intense feelings'?"

Who-no sat up, took off his skis, and promptly laid back down waving his arms up and down in the snow, making an angel wing imprint. He then sat back up, looking over his shoulder.

Who-no "Look what I have just done," he said proudly. "I make an imprint in the snow for no other reason than to make an example for you to consider."

Dusting snow off a rock, I sit next to Who-no and his imprinted angel.

Genii "So you made an imprint. What does that mean?" I say trying to look like I didn't care.

Who-no "You wish to know about your heart's desire. Is this not true?"

Genii "I wish to know anything you want to share with me," I say, as I settled my ego down quietly before this teacher who has much to

Genii's Dialogues with *Who-no*, a Spirit Coach

offer.

Who-no "Then pay attention, lest you miss something important with the light now in attendance. Soon this snow angel will disappear, as the sun requests through its heated elements. Is this not also so?"

Genii "Yes, as the day heats up, it will melt."

Who-no "Then what good will be my skis?"

Genii "Not much. Who-no, where are we going with this conversation?"

Who-no "Who-no goes nowhere on skis, until once more it snows. Then again all is in perfect order. When one has a heart's desire, it must be loved and nurtured. Or like the sun on the snow angel, it will melt and disappear. It is with my love that knowing once again, that it will snow and I can take my place on the slopes of desire."

Genii 'I am not following you very well."

Who-no "That is because you have no mental skis to slide on at the moment.

PAY ATTENTION HERE!

To be able to have a dream or wish or make a goal manifest, you must know that even though the snow may melt (or the sensing that your dream may have melted), that in the belief of that dream it will once again show itself.

The loving nurturing in that belief from your heart, that the dream or wish like the new snowfall, will once again manifest into your reality.

What this means, my student of Light, is to nurture your wish. Your belief is powerful even when the unseen is in progress of development. Understand?"

Genii "To have my dream come into being, I must nourish it with the love of my original belief?"

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "Ah, the light attends the mind and heart of the Genii. Love what you dream. Love and nurture that wish. Love mixed with belief and faith are the keys to any ultimate destiny.

Now, then, I must get back to my ultimate current destiny and slide down the snowy slope just for the fun of it.

Remember to really love what you love, be it a snow angel or the end result of your dream .This then is your Ultimate Destiny here and now!"

And with that, he stood up, skis not attached, and waved goodbye . He slid down the slope leaving a snow imprint that read... 'BE OF GOOD CHEER, WHO-NO WAS HERE !

A Genii Note: So when we love and believe in our Ultimate Destiny beyond all doubt, we are indeed making an imprint and maybe, even on the world...Imagine that!

Please join WHO-NO and I next time for session # 4.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

Day 1

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Day 2

Review the lesson.

Genii's Dialogues with *Who-no*, a Spirit Coach

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



The Lion's Share

KNOW THYSELF...APPLY VISUALIZATION SKILLS

As I entered the scene, what I only saw was a door with a sign on it saying...

***UNLESS YOU THINK IT IS REAL, IT WON'T BE!
THE IMAGINATION IS THE KEY!***

Signed, Who-no

Who-no "Well, what keeps you from doing that?"

Looking around I see my teacher of many sessions, Who-no, looking up at me frowning.

Genii "Oh, hi! I am not sure."

Who-no "Try seeing it open. There could be treasures behind it, or maybe a lion waiting to devour you. Which do you choose?"

Genii Looking at the sign again, "I would choose the treasures, of course."

Who-no "What if you had to pass the lion to get to the treasures? What then?"

Genii "I would think twice about it!"

Who-no "Thinking twice would give you the time slot to make the right decision and maybe remove the lion? How much do you want the treasure?"

Genii "Depending on what it was, I would probably want it."

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "Then the lion would have to be removed. How would you do that?"

Genii "Let's see..."

Who-no "Visualize the end result, which would be..."

Genii "That the lion would not be there anymore?"

Who-no "Why did you put him there in the first place?"

Genii "Because you told me."

Who-no "Ah, my words made your vision, correct?"

Genii "So it seems."

Who-no "Then my words can also change the picture in your head. Visualization gives the imagination a place to play, a place to remove any blockage, such as the lion's image that keeps you from your success, correct?"

Genii "Then what you are saying is that we put up the lion as seeing something keeping us from our success and the end result we want?"

Who-no "And the roar of the lion makes its mental mark in the Genii's thoughts. Why visualize a blockage in the first place? It is the visual concept of reaching the treasures for the person to accept the finality."

Genii "Yes."

Who-no "So then what would you do to remove the idea that something could stop your progress?"

Genii "I would recognize that my project was my treasure, and permit no lions to stop me."

Who-no "Precisely, you would have to un-see the scene of the lion by completely taking him out by whatever means that also comes to mind."

Genii "Sounds like lot of work to me."

Who-no "Again, it is repeated so the mind of the Genii makes an imprint deeply."

Genii's Dialogues with *Who-no*, a Spirit Coach

How much do you want the treasure?"

Genii "What if I can't get rid of the lion no matter how I try?"

Who-no "Have I not taught you the ways of your own power? You had the power to put the lion in your visual thoughts. You also have the power to remove him. Unless it is real to your senses, it is not real in your world seeking the treasure of success. Follow me?"

Genii "Yes. Sort of."

Who-no "No, I mean follow me."

And with that, he turned and pushed on the door and it opened. Peering inside I only saw the treasures piled high. My magic lamp had been rubbed, for no lion was in sight. Imagine that!

Genii "Where did the lion go?"

Who-no "Where did you want that blockage to go?"

Genii "I don't care. It is gone. Great!"

Who-no "Your thoughts have now taken on a new level; complete with the removal of whatever you thought might stop your dream of receiving your treasures. So then...go get your treasure. They await your arrival."

Genii "But you haven't told me what happened to the lion."

And as I turned my head to look at this short-statured coach, Who-no, I saw him laughing, riding off into the sunset on the back of a huge lion. While saying...

Who-no "Your visions are important, and you now have no need of this blockage, so I take him, the lion's share of your dreams away. Have fun with your dreams and permit nothing furry, or otherwise, to interrupt the flow. Session now ended! Goodbye!

Genii note: Nothing should seem too ridiculous to consider.

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 2

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

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How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Envision Your Desired Outcomes

The Unseen...Seen

As I entered the scene, all I could see was very taller than me golden grass that went on for miles, but no Who-no in sight. Now what? "Well, Genii, you might call him!" I thought.

Genii "Who-no, are you here?"

An unseen but known voice came echoing back

Who-no "What is seen is seen. What is not, is not."

Genii "That is very profound, but where are you?"

Who-no "Where would you like me to be?" *Came the reply.*

Genii "How about in my sight range?"

Who-no "Well then do that! See me as you want me to be."

Genii "All I see is tall grass of some kind."

Who-no "What kind would you like it to be?"

Genii "It appears we are playing some kind of mind game again."

Who-no "Incorrect. You are playing mind games. I am perfectly content."

Genii "Would you rather I go away?"

Genii's Dialogues with *Who-No*, a Spirit Coach

Who-no "Would you rather do that or demonstrate what you came here to find?"

Genii "I would rather see you walk out here and talk with me in person."

Who-no "Why?"

Genii "Because I came here to see and talk with you in person, and not through acres of grass."

Who-no "As has been said...Do that!"

Genii "Excuse me, but don't you play a part in this process?"

Who-no "This is your game, not mine. Life is a game and you decide to play or not. It is called "The Law of Attraction" by your terminology. I am only a part to the extent you decide."

Genii "I can't seem to get away from "WE DO IT ALL," can I?"

Who-no "Is that what you wish, to get away from creating it all? For far too long people have wanted others to create for them, as the unknown is just that, unknown, yes, but the end result depends on you...totally. How am I to be seen to you or not? The choice is yours. See me walk out of this unseen into the seen you desire. You are the producer, the director, and character formatting of this desired play."

Genii "O.K. You win!"

Who-no "Again, incorrect, you win...You get me!"

Genii "I will close my eyes and see you walk out." *I did just that, and when I opened them he was nowhere in sight.*

"Darn, what didn't I do?"

Who-no "You forgot to love me for appearing."

Genii "What? O.K. let's try again. Who-no, I would love you to appear."

Who-no "Well, that is better, but please put a little more heart into it. I like heart."

Genii's Dialogues with *Who-No*, a Spirit Coach

Genii "This is getting silly."

Who-no "All life can be silly. It is an illusion, remember?"

Genii "One more time." *I closed my eyes, envisioned this little man of light wisdom who has the ability to push all my buttons, adding love and being thankful.*

Who-no "For the desired outcome to appear, you must bring in all the elements into the vision, even down to the finest detail. Are you not a wizard?"

Genii "I am beginning to wonder."

Who-no "That is why you fail. No wonder about it, just do it! Even Who-no tires now of this teaching conversation."

For the third time, I did as I was told and put everything I had into this demanded vision. And when I opened my eye,s he was still nowhere to be seen.

Who-no "I, charming Who-no, am here. Just turn around."

Genii "Praise God!"

Who-no "That is good...Now I go...SESSION OVER! You have made your desired outcome, and I came out to show you your desire is completed. Good bye."

And with that he walked away back into the tall grass, leaving me to ponder what I wanted to talk to him about in the first place.

Actually, it doesn't matter, for my desired outcome took place, and I was feeling proud of my accomplishment when I heard his voice somewhere in the distance, laughing all the way.

Who-no "And you indeed needed a lot of help from this Master Who-no, who knows all you want to know.

Genii "Indeed...that's my coach...and now maybe yours."

Genii's Dialogues with *Who-No*, a Spirit Coach

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Day 2

Genii's Dialogues with *Who-No*, a Spirit Coach

Review the lesson.

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Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 5

Review the lesson.

How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



OF MENTORS AND DAISY PETALS

WELCOME, I enter the unknown any time I go to meet my mentor, teacher and sassy friend Who-no. Today is no exception. As I enter mentally the scene, Who-no is sitting on a tree stump waiting, it looks like, for me to appear.

Who-no "If there was actual time, you (which, of course, is nonsense) would be considered late!" he says looking at his wrist where no watch is attached.

Genii "I'm here!"

Who-no "Are you ready to proceed?"

Genii "Into what or where?" I ponder wondering what he has in mind.

Who-no "My mind is very clear, and am I not a leader of great service? Just answer the question! What have you learned ,oh student of light, who I might add?"

Genii "Yes. I just want to know for what?"

Who-no "A simple yes would suffice. Sit! I, Who-no, will tell you how I look at your world."

Genii "O.K. I am ready."

Genii's Dialogues with *Who-no*, a Spirit Coach

Who-no "And so you think," *he says, with eyes traveling skyward.*

Genii "You have been my teacher for quite a while."

Who-no "And forgets on occasion the teaching of the Who-no?"

Genii "I, sir, have learned to expect the unexpected when it comes to you."

Then Who-no reached down and picked a single daisy, which grew nearby the tree stump he occasionally wiggled on.

Who-no "See this flower?"

Genii "Yes, of course."

Who-no "Oh you think you do, do you?" *and with that it disappeared.*

Genii "What are you doing? Now you see it now you don't segment of our session. I have seen you appear and disappear many times, thus, it is always a surprise, but not unusual."

Who-no "An attention getter...Yes?"

Genii "Yes. You are leading me somewhere, right?"

Who-no "Of course, Who-no takes you on a merry chase to keep you alert and paying attention." *And with that the daisy reappeared.* "Is it magic I do? Or, is it just an illusion? Count the petals on this flower." *He handed the daisy to me. Looking I count 9 petals.*

Genii "So I see 9 petals...so?"

Who-no "During your lifetime, you have had many teachers. Each one speaks to teach in their language with the hopes that with their message they can reach some part of your mind that will make an impression of worth.

Here are at least 9 teacher petals that you can think back on, even today, and grow like the daisies in the field.

You may even have had that many teachers (unknown to you), but nevertheless, they appeared in many different disguises. Now pull off one petal."

Genii's Dialogues with *Who-no*, a Spirit Coach

I did as I was told.

Who-no "Now then, I suggest that you think of a teacher who has helped you develop into the light & truth student you are."

Genii "Okay." *I closed my eyes to think and many teachers came to mind. Some came in truth and some did not but all taught me something.*

As I named a few, I hear Who-no say...

Who-no "Open your eyes!" *As I did, all the petals on the daisy were gone and only the center remained.*

Genii "What does this mean?"

Who-no "It means that even though all the teachers have come and gone, they have left you with the center which is where you should be. Centered.

You are the center of your universe with wisdom or learning from each one. Remember to be centered and all will be well with you. Be that loving center and become the mentor or coach to many.

Life holds no promises, but an adventure you can look back on and thank those who have taught you to get this point! Lesson ended!

I go now so you can think on these teachers and yet be open for yet new ones to enter, lest you fall out of the center."

Genii "Where are you going?"

Who-no "To my mentor. Teaching and learning never stops...Goodbye!"

And with that Who-no once more disappeared leaving me to sort out who in my past had brought me much growth. Certainly Who-no is, has been, and will be the best of the best.

Who have been your teachers? ...Really? My how you have grown!

Join me again and maybe you will grow just one daisy petal more.

Love Genii

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

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What can you do to immediately benefit from what you have read?

Day 2

Review the lesson.

Genii's Dialogues with *Who-no*, a Spirit Coach

What happened today that you could have done differently, or looked at differently, given what you've read?

Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

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Were you able to use the teaching to change your daily experience for the better?

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

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How would you teach this to or share this with someone else? What parts would you explain to them?

Write out your explanation in your own words.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

Review the lesson.

Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Develop Plans and Take Action

THE IDEA TREE!

As I enter the scene, I see Who-no sitting on a branch of a pine tree that is much too small to hold even his small body.

Genii "Hi, you are getting up in the world, but it looks like a temporary moment at this point," *I say, fully expecting him to come tumbling down at any moment.*

Who-no "That would please you?" *He replies, jumping down near me.*

Genii "Of course not. You just seem to be about ready for a fall should that branch break."

Who-no "And it did not, am I correct?"

Genii "Yes, but it could have!" *I announce convinced it could.*

Who-no "Not so! Oh deluded student of truth. I fully had the power to hold myself even on a twig, if I so desired. And what can Who-no, this bright master of balance, develop for your mind this wonderful morning?"

Genii "Any lesson you care to give me, as I move forward in my career expecting to achieve as I find my way."

Who-no sat down holding a very tiny broken off pine branch in his hands.

Who-no "See these needles on this branch?"

Genii's Dialogues with *Who-no*, a Spirit Coach

Genii *"Yes," I say, as I sat near him and observed him getting into his mental teaching mode, all the while canceling out the world around him. His total attention was on this little twig.*

Who-no "This branch is duplicated by many times with the many trees you see nearby of its own kind. Each is a masterpiece of design, designed by the Creator of such Phenomena Intelligence. That if you were to see this tiny needle in the motion of its birth in action, you would be astonished. The development of each one makes for a demonstration for vast interest."

Genii *"That tiny needle?" I could see it was one of so many on that little twig.*

Who-no "Yes, this tiny needle of so many on the same location. Take this as an example. When you decide on a project, even one that is very small, you can hardly expect it to do much, but it is an important part of a much bigger idea in process.

Let us say that this pine twig is your original idea that gave you much pleasure when you thought of it. This then could be considered your 'IDEA TREE'."

Genii *"An Idea Tree? What is that?"*

Who-no "It, dear heart, is the idea you feel excited about as a glimpse into the future perhaps. So, then, using the Idea Tree as an example, the mind has many ideas to assist like airplanes on the pad of takeoff, ready to do just that, take off.

When the time is right and the path is cleared, the idea comes forth as magnificent as the creator had it planted in the first place for you to bring it forth. As the idea seed was planted and it grew and grew, expanding in its desire to demonstrate its tree-ness, it was, of course, taking action.

As the branches grew tiny needles, they were as support ideas that came forth for the Idea Tree to demonstrate, as this is its Ultimate Destiny to do so. Are you following this story, this Meta-fable?"

Genii's Dialogues with *Who-no*, a Spirit Coach

Genii "Let's see. When an idea comes to me and I get excited about it, that excitement begins the action leading to the ultimate demonstration. The needles are representative of more ideas feeding the original idea, and helping or supporting the pine tree to be a pine tree rather than a palm tree. They are whatever is needed to manifest my original idea. How does this sound?"

Who-no "Ah, as your mind reaches into its process of conclusion, it demonstrates, making this teacher feel my time is worth value to you. Now then, what have we?

1. An idea, which, of course is an electrical impression in the brain.
2. The idea of worth grows as it is nourished and believed in.
3. As it grows, it sprouts many smaller ideas to help manifest the original idea.
4. It can then bring forth the perfection of the original idea for all to enjoy and benefit from.

With all this being said, I, Who-no, take leave, leaving you with this tiny branch as remembrance of what has been said."

And with this, he handed me the tiny branch with all the needles, saying, "Just in case you get a bite from one of the needles, it is just a reminder to keep going and not get stuck on just one of the supporting thoughts, for your Idea Tree is love worth the effort."

He then disappeared, only to reappear as the smiling face imbedded in a near by pine tree...

...but then...that's Who-no!

Join us again as Who-no has a lot to share....

Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

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Genii's Dialogues with *Who-No*, a Spirit Coach



Self-Empowering Priority Goals!

The Training Train

As I entered this vision setting, I observe Who-no sitting on the floor of a room (not distinguishable) playing with a toy train.

Genii "Hi, are you having fun?"

Who-no "And what is fun? A train of play makes Who-no laugh as it goes around and around, coming back to where it began. Not unlike many people who seek to advance but move nowhere. Indeed it is fun for the train, for it has no intention of doing other than it is doing, going around in circles."

Setting down next to him on a soft rug, someplace in the ethers, I ask...

Genii "And how does one do other than go around in circles?"

Who-no "# 1: Decide not to!

2 Decide where you want to go?

3: (Note here the example comparison) TRAIN your mind to stay on the right TRACK until you have REACHED your DESTINATION. What you have to do is to stretch the IMAGINATION to the GOAL you desire."

Genii's Dialogues with *Who-no*, a Spirit Coach

- Who-no "TOOT! TOOT! Here comes the TRAINED MIND heading for a GOAL of destination and what you take aboard is your best mental thoughts, not the CABOOSE CAR OF NEGATIVITY BAGGAGE on the tail end. This train of mental thoughts will not go around in circles is then easy. You are the conductor of your goal train, so fill it with your dreams and wishes for there is lots of room and the Refreshment car will open its doors to you to enjoy."
- Genii "What if other desires not on this train of thought want to come aboard?"
- Who-no "Then you put the other desires or projects on another train which can depart from your MENTAL STATION at another time of departure. Again, play with your thoughts. Fill your TRAIN-ED thoughts to make the end destination worth the price of the trip, for one pays a price in your world even through it may be in TIME.
- What is being advised here is to make each destination a goal worth traveling and it might as well be in comfort and delight. Otherwise, why take the TRAIN OF PRIORITY if it only goes in circles?"
- Genii "I see what you mean, so as I set my WISH TRAIN on the way to its DESTINATION STATION. I should fill each attached car of TRAIN-ED THOUGHTS with the wisdom to know that it will reach its destination due to my conducting myself in the love and fun of making the goal a priority. Is this correct?"
- Who-no "As said, people take TRAINS to go from one station to another. Your dream train can do likewise and be filled at the end with everything your goal thoughts have decided on and ready to produce.
- So then, permit your GOALS to be a pleasure trip and the TRAIN TRACKS of LIGHT will take you on a pleasant, exciting, fulfilling journey to exactly what you want.
- Now, unless you want to continue this conversation (which is beginning to bore me), go make your own TRAIN OF DESIRES come full circle... Good bye!"

Genii's Dialogues with *Who-no*, a Spirit Coach

Then as I sat in awe, Who-no became magically only 2 inches high, and I last saw him waving from the Conductor's place in the engine jumping the tracks and was out the door and disappeared, leaving me to want to get my GOAL EXPRESS in full gear. I may never look at a toy train again without remembering this session...Imagine That!

ALL ABOARD!

Please join WHO-NO and I again for session # 5

Genii's Dialogues with *Who-no*, a Spirit Coach

Weekly Exercises

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Day 2

Review the lesson.

Genii's Dialogues with *Who-no*, a Spirit Coach

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Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 3

Review the lesson.

Were you able to use the teaching to change your daily experience for the better?

If so, what did you do and what do you think the result was?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 4

Review the lesson.

After reading the lesson several times, have you had any further insights as to what it means to you?

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 5

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

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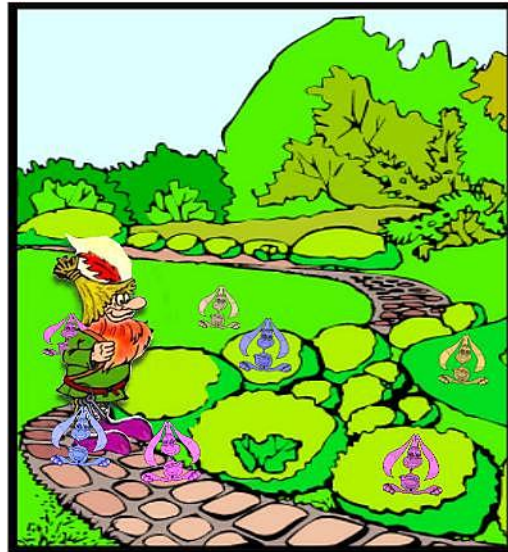
Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

Review the lesson.

What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



Of Rabbits and Ultimate Destiny

CREATE YOUR OWN MASTERMIND TEAM

Even before I entered this scene of meeting with Who-no, I could hear him calling me from a distance down a half-hidden path.

Who-no "You are late for our appointment!"

Genii *Yelling back I say, "I didn't know we had one."*

Who-no "Then why step into this scene of light?"

Genii "Well, I did want to see you."

By this time, Who-no appeared from behind a grassy boulder, his arms filled with, of all things, rabbits. Plus a few following him who also stopped, except for hopping around our feet.

Genii *Laughing, I questioned, "What are you doing with all these rabbits?"*

Who-no "You do not like rabbits?"

Genii "I do like rabbits. It is just a funny scene."

Who-no "If I give you 3 rabbits, what do you have?"

Genii's Dialogues with *Who-No*, a Spirit Coach

Genii "3 rabbits."

Who-no "And?"

Genii "Me."

Who-no "Good. Now we have a start." *And he set the rabbits down, who happily joined with the rest now tumbling over each other.*

Who-no "This is my team!"

Genii "Your team of what?"

Who-no "My team for advancement," *he proudly announced.*

Genii "What are you advancing to?"

Who-no "My ultimate destiny."

Genii "Your ultimate destiny to what, more rabbits?"

Who-no "That could surely be true, but look and listen. Each one of these has the potential of more rabbits, correct?"

Genii "Yes, so it seems."

Who-no "Good. Now then, when one has one rabbit (or person), they have a beginning of what you report as the potential of more and the equal of a beginning team. Togetherness has begun. The more rabbits, the more team joining in to fulfill with energy (power) to assist in the dream, whatever the Genii's dream is...get my direction?"

Genii "Yes, but why rabbits?"

Who-no "Why not? Does it not make a visual point, especially for the Genii who is a trained vision person? Pictures, or in this case actual examples, are worth more than all the words ever written, for the mind can compute pictures longer. So, little one, I bring you rabbits to give you picture life size."

Genii "And what am I to do with this picture information?"

Genii's Dialogues with *Who-No*, a Spirit Coach

Who-no "Oops, the Genii's light dims...USE IT! Build your success plan. Each person can build your dream into a reality with you as the guiding source. To succeed faster, a master of design is needed. You are a master and can design easily when you have a picture, true?"

Genii "Yes."

Who-no "There are many rabbits who would join in. Are you getting the picture?"

Genii "People, like rabbits, multiply to build a team."

Who-no "So it seems. You have, 'within' you, a light structure. Many guides and coaches who offer their service free of charge. So then you have an inside team and an outside team. All masterminds at work and all for the same ultimate destiny. Session finished! Go and master your success story. All is not written yet. You have much to give and teach of the rabbits of your life and they will multiply for you and with you.... goodbye."

Genii "O.k." *I called to Who-no, who now was dressed like the Easter bunny.*

Who-no hopped away with his team members following behind. It made quite a picture, and I hope a picture session to be remembered.

Love from this bunny student Genii

Genii's Dialogues with *Who-No*, a Spirit Coach

Weekly Exercises

Day 1

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Genii's Dialogues with *Who-No*, a Spirit Coach

Day 2

Review the lesson.

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Tomorrow, try to actively use the lesson at least once.

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 3

Review the lesson.

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Genii's Dialogues with *Who-No*, a Spirit Coach

Day 4

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Genii's Dialogues with *Who-No*, a Spirit Coach

Day 5

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Genii's Dialogues with *Who-No*, a Spirit Coach

Day 6

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Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-No*, a Spirit Coach

Day 7

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What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



The Value of Cookies!

As I entered the scene, it is a sunny day and what I see is Who-no on a stationary bicycle, wheels spinning while he was humming and smiling.

"Great." I thought I get him in a happy mood, ready for a great session. I am grateful, because usually he yells at me to awaken my senses to mentally pay attention.

Genii "Going someplace?"

Who-no "I am already there!"

Genii "Where?"

Who-no "Where I am. One needs to go nowhere when one is there. That was an illogical question."

Genii "But you are just spinning your wheels," *I say knowing full well this conversation is evolving into a situation of teaching.*

Who-no "And what of spinning wheels? Does not an old-fashioned spinning wheel bring forth beautiful fabric, yet it is also stationary in place? Do not spinning wheels such as this assist in exercise?"

Genii "Ok. What am I to learn from this brief conversation?"

Who-no "Learn or not, it only has value to you. I already know the truth, so it seems, what values you is what you are unaware of as the questions are asked. Your achievements are many in the path of success and even in the failures the value is there.

Genii's Dialogues with *Who-no*, a Spirit Coach

What have you achieved in the lessons we share?

Do they have value to you?

Are they worth a king's ransom?

Have you done what has been advised many times?"

Genii "Well..."

Who-no "Ah, the Genii is not sure, as she hesitates to answer." *He reports as he releases the bike from under him.*

Genii "Time to think on your questions would all so be appreciated, Who-no." *I answered back trying not to get angry.*

Who-no, now off the bike, took my hand and led me to a grassy area where he told me to sit down.

Feeling like a puppy-dog student, I did, thinking I should be given a reward cookie also, like any well-behaved pup.

Who-no "So you wish to be treated like a dog do you?"

Genii *Ooops, he is mind reading again.* "No, I just am grateful when I get rewarded for my efforts."

Who-no "Then you like to be rewarded?"

Genii "Not necessarily, but it is nice."

Who-no "Then you value your talents?"

Genii "Yes, I guess so."

Who-no "Then you are grateful for your valued talents? Is this so?"

Genii "Looks like it. Who-no, where are we going with this dialogue?"

Who-no "Again we are going no place. We are there. You say you have value and appreciate what you are given. Is this so?"

Genii "Yes?"

Who-no "Then, dear one, you have arrived at where you began. There is nowhere to go on wheels of thought. You say you have value (which is a

Genii's Dialogues with *Who-no*, a Spirit Coach

key to success) to be heart-filled and great-filled for what you can accomplish and what you have been already given which, also adds to the unknown gifts that will appear from an unseen future.

When you love what you do, you give it value and worth just from your heart interest. All is divine delights of God that can fall into your lap unasked for."

And with that cookies came falling into my lap and all around me. It was raining cookies, literally. Looks like my Teacher of Light examples once more had made his point, as I watched him disappear over the horizon on a bike (which now had no wheels) sailing over the ground.

Taking a bite from one of the cookies (which I felt I had earned) ,I recognized it was a 'dog cookie' and at the same time heard and saw many dogs heading in my direction to get their own rewards from my lap supply.

Genii Note: One's value comes from within and shapes into many forms even from grateful pups who decided these treasures were worth a few sloppy kisses on me. Who-no had gone leaving me with Thoughts of Value along with a few furry friends I also appreciated, along with...you.
Thanks, Who-no.

Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

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Genii's Dialogues with *Who-no*, a Spirit Coach

Day 6

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Try to actively use the lesson again. Write down your experiences here:

Genii's Dialogues with *Who-no*, a Spirit Coach

Day 7

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What impact has thinking about this topic had on your daily experiences this week?

Genii's Dialogues with *Who-No*, a Spirit Coach



A Cup of Gratitude!

As I came into the scene, who-no was sitting under a tree with a cup of something in his hands looking out over a sea of really pretty daisies doing a passive back and forth movement with, the breeze giving them reason to do so.

Genii "Good morning, Who-no. Can I talk to you?"

Who-no "Can I stop you?" he says sipping from his cup with, I noticed, a twinkle in his eye.

Genii "Since you are my teacher, I do have a question."

Who-no "Always you have a question. Why not bring me the answer. Have you not been taught for along time from me? Tell ME what the answer is."

Genii "How can I if I don't know the question?"

Who-no "With you it is always questions, and I seem to have the answers."

Genii "Precisely why I am here and I appreciate you."

Who-no "Is this a gift of appreciation you give me, or do you want something more from this mentor Light extra-ordinary?"

Genii "If I say I appreciate you, it is just because I do."

Who-no "Since I have the ability to put up with you on occasion, why would I not receive the gift of gratitude you lay on me?"

Genii "'I don't know!'"

Genii's Dialogues with *Who-No*, a Spirit Coach

Who-no What else do you not know?"

I realized that with this conversation I had plopped down beside him and seeing the cup so close I say simply...

Genii "What is in the cup?"

Who-no "This, my dear inquisitive student, is a cup of kindness, plenty and whatever I want and even nothing. Imagine that!"

Genii "I can imagine that, thank you!" *I say, knowing he is taking me on yet another session in patience.*

Who-no "Now that being so, imagine this cup overflowing with gratitude for what you have been given and sip it gently, as it could be sweet or bitter."

Genii "What does that mean?"

Who-no "It means life can hand you events both sweet and bitter, but you should not be bitter for you will be better for the bitter. For if life did not hand you some bitter with the better, you would not grow to be the bitter less sweet person you are. You following this?"

Genii "I have heard of a cup of kindness."

Who-no "Intelligence now rules!" *He declares his eyes reaching for the sky.*

Genii "You are on one of your smart remarks with me kicks now right?"

Who-no | "Is this your question?"

Genii | "I forgot what the original question was?" *I say frowning in puzzlement.*

Who-no | "Good then no answer is needed. Here take this cup and fill it with whatever you want, joy, love, money, but make sure you fill it with gratefulness."

And with this he stood up saying...

Who-no | "I go now to find someone who has a question for, I, Who-no have

Genii's Dialogues with *Who-No*, a Spirit Coach

the answer. Think on this session and even make your cup bigger if you desire. Good bye!"

And with this he just walked away (at least I think he did) as the cup began to grow and grow until it was as big as a barrel leaving me flattened out behind it.

Genii note: It is obvious to me as his student of light that Who-no is not only a barrel of wisdom but a barrel of laughs as well.

I hope you enjoyed being with us as I appreciate you for taking time to do so

So Light it Be!

Genii's Dialogues with *Who-No*, a Spirit Coach

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