



*Bringing*  
SEEKING  
*to*  
*Completion*

REBECCA QUAVE

# Bringing Seeking to Completion

Rebecca Quave

*“Rebecca’s work is profoundly and powerfully transformative and is unlike others because hers is rooted in limitless boundless love. Other teachers want and need identity and that’s perfectly fine, but I love that she yields to love over personal identity for your own boundless growth and joy and that of others, and you can quote me on that. I’d have to have daily therapy for 1000 years to uncover and unravel the things I have uncovered and unraveled so quickly while working with Rebecca. Even then, even if I had a thousand years my mind couldn’t have seen what my awareness knows. That old sadness is now restored to Love and the clarity that I am whole is restored as well. I love this so much!”*

*- Kathleen M., Tucson Az.*

*"My prior 40 years of seeking pale in comparison to the true understanding I have relaxed into after working with Rebecca. In previous studies, love was mentioned and even emphasized, but was never transmitted in its fullness the way that I have experienced with her."*

*- B.D., NY*

*“Rebecca’s work transforms everything for me now. I was intense seeker for truth for last 7 years, but there always was feeling like all this seeking is like job, a constant battle. I tried tons of techniques (I think more than 23 different ones). And this is miraculous! Now I feel tons of love coming out of me and everything just transforms inside of me without doing and everything is just like play. Can't wait to continue in the next series!”*

*- Dainius, Lithuania*

*“Rebecca offers the highest truth in the most accessible way. She always keeps things light, easy, and real. While working with her, it feels to me like a bridge is built between my highest understanding and my current perception. This has allowed me to deepen my experience of a peace and love beyond description, while at the same time witnessing changes in my life that I could have previously only wished for. To name just a few: a far greater natural appreciation of myself, smoother and happier relationships, feeling at home in my body and life, and generally living a life that is punctuated by miracles, rather than blanketed by a nondescript "stuckness" that I had felt before working with her.”*

*- L.R.*

*"I describe Rebecca's work as (truly) integrating the mind, body and spirit. About six weeks in, I said to her “wow, I forgot to worry.” My seemingly natural set-point of worry and disapproval was disappearing! Her work is gentle, thoughtful, methodical – and the most profound that I have found.”*

*- Jan, CA*

*"Rebecca creates such a safe space within which to 'emerge'. She has no judgment. Things that looked to me like 'the end of my world' she was able to put into the perspective of love, and 'poof' it was suddenly a non-issue! I was truly blessed to have had her as a mentor. Thanks Rebecca!"*

*- Jenny La Fontaine, Intuitive Messenger*

*Additional experiences can be found at: <https://www.rebeccaquave.com/what-others-say.html>*

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This short booklet is compiled from excerpts of live question and answer sessions.

Take time to absorb the content and allow yourself to curiously explore the space that's being offered.

Let yourself receive what is alive in the words and more importantly, in the spaces between the words.

All you need is already within you.

This is an opportunity to point your attention back to the changeless Truth within, and rediscover the Love you Are.

Because this is transcribed from live interaction, you will find much of the tone is casual and conversational.

Kindly forgive any transcription errors and colloquial expression, and let yourself connect with the underlying Truth as you read.

Some edits have been made for simplification and clarity.

## **We are undergoing a Return to Love**

If you are part of this Love Revolution, you know who you are because you can feel it in your being, in your heart, in the very core of you that you're on the front edge of this, that you're here to be leading this. Even if you're not out talking to somebody, no matter what you're doing, if you're selling tomatoes on the side of the road, just your very vibration is part of leading the way on this and you can feel it inside of yourself.

My intent for everyone is not that you get a particular prize that your ego has picked out as what it thinks it needs because if it doesn't have it, something's wrong. The intent is that you move forward from where you're at now in unfolding of your natural path that already includes all of your highest good, far beyond what your ego could have even asked for.

What if everything you've been pushing for and so frustrated that you couldn't get is because what's actually available to you and waiting for you to just line up with it is something that will blow your mind?

When something looks out of harmony in our lives, it's asking for our Love. It's saying, "Wow, here I am

looking not harmonious, looking not divine, so could you please let the Love that's already there pour through me so that I get to express as what I really am?" If your body, your bank account, your relationships, or whatever, looks out of harmony, it all needs Love.

Step back from being in a fight with it, thinking you've got to fix it because it's broken and wrong and you've got to turn it into something better. Instead, let it come to you like an upset child and embrace it with compassion. Let Love pour through it, so the situation now has the opportunity to show up as harmonious, rather than appearing broken or disharmonious.

People are feeling this pull from inside their hearts that even if they don't have the words to put on it, that says, "There's something here. There's something more. There's something that can open and allow Love to come and express itself through me." People are reaching that. They're reaching more and more of this willingness to embody that, to live their lives as vessels of that. That's what you're here to do. You are here to remember who and what you are, and live in expression of it.

There's been a misunderstanding of the spiritual path that says, "Go get out, up, away to something higher." That's not what it's about. The Truth is already in you. It is already what you Are. You're here to be a conduit for it, to let it come all the way through you into full expression here.

If you were here with an ultimate purpose to just try to feel "high" instead of anchoring the highest truth and Love here, this planet would be shaped like one giant cave with a little cave slot for everybody to sit and meditate and blink out.

Instead, you are here to breathe Love into form. What's required is a shift in identification, because you already are Love. You already are all-encompassing and all-embracing and completely integrated and with no separation. You think you're not. So as long as you think you're not, you look at the things where you think you have all these separations and you just let those come back into Truth so then you get to experience yourself (and everything) that way - as Love.

## **Bringing Seeking To Completion**

One of the things I've noticed in my work with people, is people who have themselves on what they consider to be a spiritual path and yet that path is actually being commandeered through the lens of the ego. So rather than it being a natural unfoldment and then a natural expression of the divinity you already are, it becomes a task-oriented, achievement-oriented idea that there's something you need to meditate enough, or get positive enough, to earn.

So, reversing that idea, reconciling it, bringing it back to wholeness, integrating it, is an important thing for everyone right now.

What happens is - through the lens of the ego which, by the way, let's get this out of the way, as the divine infinite being you are, you have no enemies, including your ego that is just a creation inside of you, including your mind that's just a creation inside of you, including any of those things.

But through the lens of the ego, it gets this idea, hears a word like "enlightenment" or "self-realization" or anything like that, and it then sets itself on a quest. It's as if it's got this picture of some trophy that it sets out across the world trying to go get it, and obtain it,

and own it, and bring it back and put it up on the mantelpiece at home so it can say, "You see? Look what I have. I finally found it. And it makes me important and good enough."

That actually becomes a difficult road for people and it's set up with misunderstanding after misunderstanding, and oftentimes people aren't even stepping away from it because it's so dressed in robes, so to speak. It's so glammed up as this important spiritual quest that they've gotten hoodwinked by the fact that they're still on a quest that's being run by the ego.

It is true that you're here to express and embody this divinity and this enlightenment or self-realization or however you'd like to describe it. It is true that it's available to you, to live and breathe and embody and bring to life on this planet; to bring heaven on earth.

But the process happens by yielding to it. I've often compared it to the process of birth because in both of those scenarios, the process itself already has its own wisdom which knows how to unfold in all different cases. And it is all different cases. There's seven billion of us, all with a slightly different way back

home to something that is universal to all of us. So it's all the same and yet it's all different.

## **Discerning if the Spiritual Process is Ego-Hijacked**

If you're in the striving process, in life you're going to be increasingly putting pressure on yourself. You're going to actually, without even realizing it, increase your limitations in some ways - meaning you'll be setting yourself up with a new rulebook that although it has gold gilded-edged pages, is still a rulebook about, "Well, I'm not allowed to get angry and I'm not supposed to do this, and I better be nice to everyone, and I have to have positive thoughts all the time..." and you actually build yourself back into a very limited state, all under the guise of, "Well, this is my spiritual path."

What it's going to look like in everyday life is, you actually have this increasing sense of pressure on yourself. Because the way the process unfolds from the ego is as if it's a push from behind. So if you're going through life with this feeling like you're behind yourself with a whip, more or less, even if where you're trying to send yourself is some place so beautiful and wonderful and fantastic, you know something is off.

The way it unfolds in daily life on the flip side when you're just yielding to that unfolding is you're very gentle with yourself. You'll notice a natural kindness, compassion, a non-judgmental-ness about others, about yourself, about everything, and it doesn't mean that you're ignoring things or resigning yourself.

In the first scenario, you'll actually sometimes even have the inclination to do a kind of stick your finger in your ears, “la, la, la, la, la, everything's supposed to be happy and light and positive,” which results in more separation and less experience of Love.

That's what's completely off and it's an example of the mind or the ego misunderstanding the truth through its own lens, which is a limited lens. So the ego interprets this fully divine state as being 100% only all the things that it has already judged as good, which is only half the story.

The true divine state is all-encompassing. It's all-embracing.

When you're identified with the Truth of your Self, you don't have a problem if a feeling of anger shows up in you, or a feeling of sadness, or a feeling of anything. So the way that unfolds in daily life, is just an open, embracing, surrendered-ness. And I don't

mean by "surrendered," giving up. I mean it in the sense of yielding. And the way it will feel, instead of a push from behind, is it feels like you're just following this beckoning forward, that you're constantly being beckoned by something so amazing and you just keep going, "Oh, really? There's more? Well, let's find that out."... Instead of, "Am I good enough yet? Did I get there yet? Why didn't I get there yet?" That's how you'll feel the difference.

A simple way of knowing if your ego commandeered your spiritual path or if you are unfolding it naturally, is that one will feel like work and there will be a constant expectation and demand on yourself, and the other is a delightful, curious, fun that says, "Ooh, I wonder what's next..."

Another indicator is whether or not you're fixated on the idea of some kind of a finish line. So in the first scenario where this process has been undertaken through the lens of the ego, there's going to be a constant sense of like a little kid in the backseat of the car. "Are we there yet? Are we there yet?"

Since the mind is set up on a binary system -- yes-no, on-off, black-white -- in this duality, the ego can only

comprehend this process as something that it would get to finish and complete and get its gold sticker and that's it. And that's not the reality of what you are. The reality of what you are is infinite and ever-expansive, so how would you ever finish? Of course, that idea drives the ego cuckoo. It wants to be able to finish it, to be able to draw a line under it and get the prize.

It's so crucial to be gentle with yourself.

The truth of you, the divine being you are would never berate you about whether you have you reached this so-called imaginary finish line yet. The truth of your being only would keep beckoning you back into itself - always gently, always sweetly, always beautifully, and always with more and more and more to offer to you, always.

## **Integration**

There's often a choice presented through this lens of limitation where you can only pick one: you're going to go be spiritual and live in a cave OR your everyday life is going to work out. It's not even the merging of those two because in reality those two are already one. What you're doing is shifting your point of identification, shifting your perspective, your perception of things.

What I invite people to do is allow all. It's not about just blinking out into, "Okay, well, I'm going to go hang out up in divinity now so that I don't have to deal with that my car doesn't run and my body hurts and my spouse is screaming at me and everything else." It's not that. It's about opening yourself up completely so you let the Love that already exists (that you Are) pour through you into your life, your situations, your world, your body, your finances, your everything, and be expressed out through all of those.

So it's not either-or. It's always about this communion, this continuity, this integration.

It's not that you're abandoning those things in favor of, "I'm going to go inside because that's all I have left

because my stuff out here is yuck and a mess.” It’s:  
"I'm going to go inside because I'm ready to open  
myself more for what is inside, what is there, to be  
able to express out through my seemingly mundane  
situations,” so they all begin to show up in their  
natural divine state as well.

## **Surrender**

As you expand your awareness of the truth of your being, the shift in the point of identification is the key. It doesn't just take place all at once. It's only actually when you're identified with the structure you refer to as the ego that you need to yield or surrender.

When you're identified with the Truth of what you are, when you're identified with the infinite divine being that you are, then it doesn't need to surrender. It's not in a fuss about anything. It's already in harmony.

The truth is that everyone already is a self-harmonizing system.

So you go through this moment-by-moment practice where the underlying arc of movement is the shift of identification from seeing yourself as a limited being to knowing yourself as the Truth and identifying from that place of the infinite being you are. In the meantime, as you sort of bounce back and forth, the fallback is that when you're identified with the limitation that you're willing to (from that point of identification) yield and surrender.

## **Resolving Pain**

When you yield to the process of Love doing what it does on its own, which is re-embracing and re-harmonizing everything, then the pain is just gone. When that doesn't work is when you're going about it from a place of separation that says, "Oh my goodness, pain is something bad. I don't want to experience it, so let me let it go so I can get rid of it so then it's not part of me."

That approach won't work because in reality there is nothing that's not part of you. So there is no place you can round up your pain and go put it.

There is nothing outside of you, so there is nowhere to send it. This whole process is really about letting down the separations that you have attempted to establish within yourself. You have attempted to put this separation between what you think is your identity and what you think is pain.

So when you let down the separation, then as I said, you're already naturally self-harmonizing, and in reality all of what you call feelings - whether you call them good feelings, bad feelings, anything - are all at their very core made up of the same energy.

But when you try to isolate them it's really the same as when you take light, pure white light, and you put it

through a prism which is a mechanism of separation. It separates that one light into what you call the color spectrum. Each thing that you call a color is an isolation of a particular frequency. If you hate blue and try to get rid of just blue, it wouldn't really work. In that scenario, your task is to actually bring your understanding more into the truth, where you recognize that blue actually is pure light - the same as the red is actually light and the yellow is actually light, and all of it is made up of the same thing. When you come to that realization of oneness, then you're not going to fight with any of it anymore.

## **Unlimited is Unlimited**

I often hear people say they're on a spiritual path of looking to be unlimited and then two seconds later they've got a million rules for themselves: "Oh, I'm not supposed to feel anger, I'm not supposed to feel sad, and I should never have a negative thought." And I say "Unlimited is Unlimited."

Unlimited means you have the freedom to experience everything within you.

You give yourself permission for everything.

Everything.

If everyone on this planet would be willing to fully have an out-and-out cry, I mean a full-out cry or would be willing to fully feel the rage they've held in their whole lives, they would open the door to feeling transformed. I don't mean over-expressing it or stewing in it. I mean within yourself, allowing the feeling to unfold, letting it have the space to bring itself to completion and return to harmony.

There would be transformation because the level of self-acceptance and self-love that's required to give yourself that freedom and permission to experience is

much more aligned with the truth of how much Love and acceptance you actually have for yourself.

The amount of Love you actually have for yourself is infinite.

What you naturally do have for yourself in the truth of your being can't even be described in words. It's beyond self-love. It's an absolute self-reverence that doesn't have to be manufactured. It doesn't depend upon anything. It doesn't require repetition or mantra or hyping yourself up. It's that same natural awe and reverence that drops you to your knees when you are faced with anything you consider divine. That attitude of Love toward yourself is already in you because in reality it is what you Are.

## **Transforming Challenging Situations**

Often after someone begins to get in touch with the Love they are, what arises next is a question along the lines of: “I feel great now, but what about the \_\_\_\_\_ situation in my life? What do I do about that? How do I fix it? I would like to feel this way all the time, but I think this situation needs to be fixed for that to be possible.”

The key is to look at those situations from a place of truth and Love and compassion, rather than treating it as something wrong that needs to be fixed.

True Love is transformative, and it can't be faked.

Acceptance is a gateway for Love to flow through; it is not resignation.

I'll give you an example that may help bring it home. When dealing with a situation that's out of harmony, it's as if you are in the room with a crying two-year-old. The answer to that is not to make the child your enemy. Neither is it to plug your ears and try to ignore the crying as a misguided attempt at “acceptance.”

Many people misinterpret acceptance. You're not accepting or loving or embracing that child by just sitting there saying, "I'm going to just do my best to ignore the fact that they're crying and if they cry forever that's going to be all right with me." That's not it.

You open your arms and you invite that child to come into your lap where you hug them and embrace them and you don't shush them, you don't tell them, "Stop crying in five seconds; that's why I'm hugging you." You pat them and you let them rest their head against your heart and you tell them, "It's okay. Let it all out, sweetheart."

That all-embracing Love and acceptance is what lets things come into harmony. Then the next thing you know you have this bouncing, smiling, happy child. But it was never because you stood up and told the child, "Listen, you better smile right this second or else." It also wasn't because you tried to ignore the crying or conditionally gave a hug with the expectation that the completion of the transaction was for the child to be quiet.

It was because you genuinely opened up and allowed Love to flow as Love does - with no conditions and no expectation.

You must open up and let Love pour through everything, just because it needs to happen, not with a conditionality of, "Listen, I'm going to let you have some divine Love for about ten minutes. If by then you're not fixed, it's over. I cut it off again."

Love is often very misunderstood and people tend to be on one extreme or the other including the extreme of, "Well, acceptance means I just deal with it," almost like a resignation which is not what it's about either.

## **Ups and Downs**

When you begin to awaken to the being of Love you truly are, and you find out how wonderful that recognition can feel, there can be a temptation to expect yourself to always feel the same. In reality, what you are is changeless, and it is untouched by any ups and downs in your experience.

Put your focus on noticing what in you is changeless. Let that integrate into your life. Be that being of Love taking out the trash, be that being of Love while you're going to the beach, going to the park.

Recognize the Truth of your being when you're up and recognize it even when you're down. That's what it's about, instead of the mind's misunderstanding which says, "Once I recognize that that's what I am, I'm just going to always be up."

Everyone must heal this misunderstanding you've had of separation between what you call mundane and what you call profound, what you call material and what you call spiritual. There is no difference.

Moving past separation also applies in what many people think of as manifestation.

People often focus on moving from a forceful attitude of, "If I want this, I just have to work hard and try to go get it and make it happen," to one that says instead, "I'm going to be positive enough to attract or pull it to me." But what's often overlooked is that those two things are actually the two flip sides of the same coin because they're both still based in separation.

They both assume a separation between you and what you think you need. Whether you're going to go forcibly get something or if you're going to passively bring it to you, those are still just the two sides within a paradigm of separation.

## **Embracing the Mind**

It is helpful to remember that the mind has been set up with a set of instructions it thinks it needs to follow. And so as you start shifting your identity back into the truth of what you are instead of being set up through the mind, the mind naturally may say, "Ah, wait a second. Nothing is what I thought it was. What do I do now? How do I keep you safe? How do I follow the instructions that I thought I was supposed to do? or else I'm going to be in big, big trouble."

The solution to that and what stabilizes it, is to always remind the mind it is included in Love.

So right now would you be willing to open up and embrace your mind and offer it out this Love that says, "I understand it looks like you don't have the same ground to stand on as before. It suddenly feels like the earth is crumbling under your feet. But it's okay. I've got you. I love you. I love you and you're safe and you're not going to be in trouble for not knowing what's next. We're in uncharted territory and it's okay. You come hold my hand and we're going to experience it new together and it's okay."

It's very important to give it the message that it is safe and Loved. It needs to be reminded that it is not responsible for dictating your well-being, because it has mistakenly gotten the idea it's in charge of keeping you surviving.

So when you start moving into completely new areas that are out of its realm of comprehension or understanding, it's in a panic that it can't protect you. So from your perspective as the Truth of what you are, you have to remember to go back and re-embrace it and lift that responsibility off of it. Then it's able to relax.

The mind is constructed in duality, so it naturally offers either-or choices. When faced with a situation or challenge, it offers the choice to either leave it alone or ignore it, or to fix and change it by force. To the mind, those are the only two choices: Resign yourself and live with it, or launch yourself into forceful action because the situation is wrong and broken and needs to be fixed.

Instead, your path is neither of those. Those aren't the only choices. By allowing Love to flow as Love does - all-encompassing, all-embracing, and transformative -

something greater is revealed and harmony is restored.

And I ask you on a closing note to consider this: When a rosebud is completely closed and then it blooms open into a rose, has it bloomed open into a rose because it had the idea that being a rosebud was wrong and bad and broken and not what you're supposed to be? No, the bud was already cherished as it is and contained the bloom within it.

It's an image for you to carry with you, to help you drop back into a compassion and gentleness with yourself.

When I say bringing seeking to completion, I really mean to completion. It doesn't mean you give up on the seeking - it means the seeking is ended because there *is* completion, not because it was just given up and you're just staying where you were.

The rosebud blooms into the full bloom of the rose not because it judged the rosebud as wrong. But it still did bloom, because the bloom and the bud were already one.

*Remember Who You Are.*

Everything will line up from there, because you're not broken and you are what you have been looking for, and Love (in the way that I am using the word Love) is truly All there is - it's the very fabric of what you're made of.

If you found this material helpful, you can receive additional reminders from Rebecca by enrolling at this link: <https://www.rebeccaquave.com/email.html>

## About Rebecca Quave

Rebecca is a catalyst of transformation and expansion of consciousness. She guides and supports you in unraveling exactly what's in the way of embodying and expressing the expansive love and unlimited potential you truly are.

Her natural gift of activating you to your highest truth creates profound shifts quickly and easily.

Because of her loving and surrendered nature which embraces you and your personal journey exactly as you are while supporting and guiding your unique process, some describe Rebecca as a midwife of spiritual expansion.

You can visit Rebecca at [www.RebeccaQuave.com](http://www.RebeccaQuave.com)