



*The Little Book of Human Being*

*Be*

The Little Book of  
**Human**

*Being*

By **Kathy Donnelly** (with Debora Knowles)

*Kathy Donnelly*  
with *Debora Knowles*

*Kathy Donnelly (with Debora Knowles)*



# *The Little Book of Human Being*

By Kathy Donnelly

(with Debora Knowles)

Editorial Team: Suzanne Lewis, Debora Knowles, and Rhonda Bryant. First Edition.

Copyright © June 2010 The Regina Donnelly Trust. All rights reserved.

Book design courtesy of Phillip L. Harper, Jr., Cool Blue Flame Designs. [www.coolblueflame.com](http://www.coolblueflame.com)

No part of this book may be used or reproduced in any manner whatsoever without written permission by the copyright holder, The Regina Donnelly Trust, except in the case of brief quotations embodied in critical articles and reviews.

Printed in the United States of America

- (1) Inspiration
- (2) Motivation
- (3) Self Help
- (4) Grief & Bereavement



## Dedication

*This little book is the legacy Kathy Donnelly leaves to those who choose to receive it. It is dedicated to her loved ones. She said it best in her first published book entitled, *Make This Place My Home*, “. . . this is the legacy which rests deep in my heart. I leave this gift (writings) to my loved ones current, new and yet to be.”*

*The Little Book of Human Being is especially dedicated to the memory of Kathy's father (Mr. John Donnelly) whom she loved dearly; and to her amazingly phenomenal mother—Mrs. Barbara Donnelly who is the kind of mother a daughter dreams of having. She is the love of Kathy's life, an eternal cheerleader, advocate, confidant, travel companion, and best friend. Mrs. Donnelly is a keeper of the dream of Kathy becoming a published author.*

*This little book is also dedicated to Kathy's son and daughter—Terran and Teleah—of whom she is so very proud; and to the gifts (the special beings) each of her children gave to her—grandchildren: Christian, Tatiana, Terran II; and those yet to be.*

*And to Kathy's big brother Keith and his wife Shawnie; to their beautiful daughters—Kathy's precious and loving nieces, this little book is for you; and for a woman who took great pride in and loves her cousin Kathy—to Dee this book is also dedicated to you (Diedra).*



## **Kathy Donnelly Remembered**

“She is such an integral part of my life.”

As I watched my pretty baby girl evolve into a beautiful woman, I oftentimes was in awe of her many talents. I shared each moment of her journey during those last months. She faced each day without complaint. She was such an integral part of my life. I am blessed to have been chosen to be her Mom. I too realize and have come to know that Kathy was a special “being.”

—*Barbara Donnelly*

Kathy was a beautiful woman with an amazing soul. It has been a privilege to be part of the effort to put her writing into form to share with others.

—*Suzanne Lewis*

Copyrighted Material



# Contents

**Section 1**

*Be Language* . . . . . 13

**Section 2**

*Life Language: Conversations with God* . . . . . 19

**Section 3**

*Be Speak* . . . . . 43

Copyrighted Material



## Let It Be Known

“God is all and beyond and everything in between.”

*“Wisdom is the principal thing . . . in all thy getting . . . get wisdom and with all thy getting, get understanding.”*

—Proverbs 4:7

There is something about a human being that I have come to know through my experience and time spent alone in the presence of God and that is . . . when we come into being—and this is not open to argument—we be and we always have been, at the same time.

*“Before I formed you in the womb I knew you, before you were born I set you apart.”—Jeremiah 1:5*

We all have choices. We can think well, speak well, and be the well from which flows patience, kindness, understanding, peace, joy, and love.

*Speak [good things; for out of your mouth flows words of life].  
Speak into being that which becomes you.*

So often we speak words reflecting fear, lack and doubt which only bring more of the same into our lives. Our self-talk frequently creates inner turmoil, role confusion, chaos, and self-doubt. The ego is quick to be offended and dis-ease mounts. Unknowingly we envelop these things into our daily experience and justify them (upon their arrival) as though they are to be expected by saying, “. . . in life ‘stuff’ just happens.” Throughout our lives, even our most purposeful and encourag-



ing language sometimes brings into our experience that which does not matter. While we are cautioned, “. . . the power of life and death are in the tongue . . .” we speak jokingly and so carelessly—delaying and sometimes derailing the very blessings of God. Had we been able to think good thoughts, just be still, hold our peace; or as my grandmother would say, “keep your mouth,” those blessings would soon be coming to us.

There is a Master Plan for you and for me. Our coming to be is not a mistake or accident; and the situations in our lives are not co-incidents, or random happenings but, plans ordered by God. As the scripture says in Hosea 4:6 “. . . *God knows the plan He has for you (and me) . . . to prosper you/us and give . . . hope for the future.*” It is so, for it is written “. . . *all things (that means everything—be it good or not) work together for the good of those who love Him.*” And so it is, an awe and wonder now expressed.

My earnest desire has become to know and understand the Master’s purpose. As I go into this experience and take this journey, the purpose of this book is to share what has become known to me—God. God is . . . God is the Alpha and Omega, beginning and ending . . . God is, was, and shall always be God. In the presence of God, I journey through the final days of life as I have come to know it to find the greater joy that comes from knowing God is all and beyond and everything in between. I find joy in the presence of God. As I seek the Master, I find life is full of beauty and meaning and while life is fleeting from me, I can still my soul long enough to see there is time enough for me to be . . . I can be a human being master being.

How do I begin?  
I begin this journey with a prayer.  
I have one expectation.  
I expect my prayer to be fulfilled.

—Regina ‘Kathy’ Donnelly



## Preface

*"There is a rhythm to life, once you find it, sing, praise, and dance. Celebrate the joy found . . . for it is . . . I AM who gives joy unspeakable!"*

This book's contents are singular; the book reflects Kathy's cadence and rhythm with God that became amplified as she neared completion of her earthly journey. Organized into three sections, the first section, BE LANGUAGE, reflects conversations between Kathy and God about what it means to allow oneself to be—to embrace fully God as one's Maker and to enjoy fellowship with Him. Kathy worshipped God as a Giver of Life not a gift giver Who exists to make life more comfortable. Comfortable in His image, even with a physically disfiguring illness, the cadence on the following pages reflect God in His infinite Wisdom and Love. God says *"I AM that I AM."* He showed Kathy that she is who she is because of Who He is.

In presenting the conversation, Kathy's words are denoted in regular font; God's words are denoted in italics. The next passage summarizes Kathy's life philosophy and will usher you into God's presence. BE prepared to receive the Message in this Little Book of Human Being.



## A Note to the Readers from the Author, Kathy Donnelly

*I always wanted to know what a person was thinking about life when life hangs in suspension and one can no longer take the next day for granted. What would the person who knows they are closer to death than others know? What would they tell us? How would they use their time on earth? What kind of life would they want to create given what they now know?*

*As life would have it, this supplication was written during my time with God as we traveled through the feelings of the “my life ending” experience. It begins with words calling out with a deep sense of urgency and flows into what would be a request for safety, clarity, energy, ultimate personal evolution, creativity, a loving sanctuary, and joy.*

*This is the grandest gift I can craft for my loved ones and those who wish to know about the greatest vision I can manifest with the help of God. Together, God and I worked on this. It is not for the intellectual. It is for those who have an open spirit seeking a new experience outside of formality. I share my discussions with my God about each entry, I am a very fortunate soul to be able to have received this and to share it with you. There are several iterations of it, this being the final written content of that journey.*

*This little book is what I would ask of God if I could begin again.*

—Tatay



# Section One

## *Be Language*

Copyrighted Material



## Introduction

*Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?" They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets." "But what about you?" he asked. "Who do you say I am?" Peter answered, "You are the Messiah."—Mark 8: 27–29*

*And he said, Certainly, I will be with thee; and this shall be a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain. And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? What shall I say unto them? And God said unto Moses, I AM THAT I AM.—Exodus 3:12–14*

The name given to an individual is one of several characteristics, which defines us, connects us, and binds us. Even more, the power of language heralds and announces us to the world, allows us to share our life experiences, and express what is in our hearts. Language is rich and identifies a people—connects them one to another.

*"So a man thinketh in his heart, so is he."—(Proverbs 23:7)*  
Kathy's heart was filled with joy because God was in her heart.

Thus, the following section presents Kathy's conversations with God about what it means to be; to have a vision of oneself that is in synchronicity with the way God beholds His children.



## **BE**

My objective is to Master being me while I yet live; to find the absolute boundaries of my human being experience. Since this experience and life are finite, I push the envelope, press beyond the pain to be awake to embrace and to be entreated with joy (a joy which comes from being alone in the presence of the Master), and then I am done. I set out to learn and understand; to know and then experience that which will become known to me. Thus begins my journey—being.

Since my wisdom, similar to my life is finite I looked to my higher power and made an earnest plea—a request. I asked God to guide me—to be. As I listened, I learned. What became known to me through this experience being in the presence of the Master was the language of BE. I lay awake many nights (all night long) talking with God.

*“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”—Matthew 7:7*



## A few definitions

Definitions allow us to communicate, to be of one mind, on the same page, in sync. Here are a few definitions you may find useful as you go forward.

**Human:** distinguished from super human; the divine, or from nature; belonging to the finite intelligence and power.

**Beings:** Life forms

Breaking definitions down further reveals . . . **Life Forms** = who are of finite intelligence and power being. Breaking it down further . . . BE—ing

BE as in—"to be"

"ing" suffix meaning action.

So, we are as we have been created—life forms of limited or finite intelligence and power, which are in action. Could we be life forming experience, using limited or finite intelligence, and power to create life?

BE. Don't enjoy who you are BE whomever you choose to BE—A human being who you are.

Formula [ $B=R$ ]

Whoever you BE, you are. Be and you aRe.





## *Intentions on being*

You can't intend to be a human being—you are. By intending: "I intend to quit smoking," "I intend to go to school" you are intention to BE

The formula:  $\mathbf{R} = \frac{\mathbf{B}}{\mathbf{I}} = \text{Be is in tension}$

Remove yourself from (in) tension you will be who you are. You be intension.

Be who you are.

A human being.

UR = HB

HB = UR

Who am I?

*Human Being who you are.*

I got frustrated until I listened.

There are some things we encounter which we can't make sense of, things which don't follow logic. Operating in the spirit, seeking God's face for understanding, and listening to the still small voice inside of us—things become known—they now be known to us. This was Kathy's experience in the presence of God.



*God said, "You are a human being a being."*

I am a being experiencing who I am by being what I am . . . a being.

*A human, being who you are.*

Translating:

I am being who I am.

That's who Humans are . . . *Beings* who are experiencing who they are by Be-ing who they are. This is what it means to be human.

*Hence came the exploration of being—Be-ing*

What does Be-ing mean?

*Whatever you be is what you are.*

Be who I am came . . . thus, the "I am" statements.

Do I enjoy who I am . . . yes or no?

*Become another, by choice, the BE.*

*What you BE will come when you just BE.*

Then you are who you are based upon what you Be. This is what a BE-ing is. And it came . . . to be—me.





## About the Author Regina ‘Kathy’ Donnelly



Regina Donnelly is, as her name Regina suggests, regal and royal. She was her Daddy’s princess and her mother’s baby girl. She is known to most as Kathy. She lived an extraordinary life—and for those of us who love her—a life too short—gone too soon.

Time is such a precious gift. Have you considered what you would do if you knew you were out of time? How would you make yourself at home (at peace) in a body that is shutting down? How do you live and enjoy the fullness of each day knowing it could be your last? How do you come to understand, accept, and embrace the end of life experience and walk in love each day? I now know this impossibility is possible only by the grace of God.

With gratitude, dignity, love, joy, laughter and pain, my friend Kathy moved with urgency and purpose to do what really mattered.



She was mindful, kind, and love in action. It became known to Kathy and she understood that nothing—not even death could separate her from love—God. So, she loved all her remaining days. She was love . . . for love is patient, kind, understanding; it is not rude. Kathy surrounded herself with love—a mother’s love and the love of family and friends. She would sometimes say, Love showed up today—stopped by to see her; or gave her a call. Then we would LOL—laugh out loud. Kathy knew love because she knew God and found safety in His grace.

One of Kathy’s greatest loves—outside of her family and traveling—was a love for words. She was fascinated by words and would search out the subtle nuances and the uncommon meaning. She was particularly intrigued by how a word was used long ago as compared to its use in modern day language. Kathy would search and search to find a deeper meaning to the common word.

Life was one such common word. Kathy felt in her spirit that this little four letter word—life—held so much promise and was so much more than the average person made of it. Even during the storms of life, beauty abounds after the rain. So what does life really mean? Kathy not only asked this question, she shared what she came to know.

As a writer, Kathy was an artist. She painted pictures with words—created stories and poetry. As a gifted and creatively generous human being, Kathy understood something about words that many don’t. She understood that words have life and once spoken, they bring into being—return to us—both our desires and our fears. It became known to Kathy early in her experience that the universe treats words the same. Therefore, she would encourage us all to beware . . . to speak life . . . for we become what we speak. Speak peace, be love, be joy, and be well.

To the readers of this work, I would like to acknowledge that



the content of this little book may be difficult to understand without this context and knowledge of the discontent out of which this work was born. You see, Kathy chose life, yet she knew she was dying. Out of her spirit filled with love and joy she gave to all—her loves and loved ones current, new and yet to be—a gift beyond measure—a part of herself. As she journeyed she was determined to leave with us, the better part of herself. So, she would awake each day filled with purpose and gratitude—driven to put her life in order and leave a legacy.

Kathy was grateful for the time spent with loved ones, grateful for the conversations with God and the opportunity to share her journey and what became known to her through her writings that we might come to be Masters at being what God purposed in our hearts to be.

Kathy's bequest—her legacy—flows through the pages of this little book . . . encouraging us to take the journey to be the treasure with us . . . to become Master at being who we really are . . . God's love in action or as Kathy would say, "human beings mastering being who we are."

Kathy ultimately transitioned from her physical life on earth in early December 2006. Several months prior she stopped taking the chemo treatments and drugs for pain so that she could be awake to hear from God and to experience His presence, and have yet another conversation about something God had revealed to her during the night. This book details Kathy's conversations with God. I believe her joyful spirit fills these pages. She lives because we speak of her. I know she lives because I carry her in my heart.

—Debra Knowles



**Copyrighted Material**