

Taboo - Logical Deception

The Unfortunate Art of Undermining
One's Self-Manifestation as WE are Born to Ascend

If Fear is the Essence of Faith, then Perhaps: it is no Small Wonder
that Humanity as a Whole is Struggling to Survive. God Works in
Mysterious Ways! BELIEVE... Never Underestimate the Power of
Imagination. What if? Imagination Defies LOGIC... LOVE is Essential.

Robert James Karpie

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The Unfortunate Art of Undermining One's Self-Manifestation as WE are Born to Ascend

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Synopsis of ‘Taboo, Logical Deception’

Contemporary Man Believes in Logic, questions his Faith and can't Fathom or Perceive Miracles; as Reason, Complicates Understanding. It's time for a Reality Check? Wake up! Societies must Maintain, Law and Order. Obligations and Consequences are Vital. 'Will-Power' is Sacred. Faith is Divine. Together, they are Life Changing.

Be A Ware of Logical Deception as it is TABOO. Unfortunately, Inner Chaos is Natural? Fears, Doubt and Curiosity are Normal. It All Starts in your Mind. Life is a matter of Political Evolution, as Everything is Inter-Connected. Systematically, Organized Chaos is Man-made as are; Governments and Corruption.

Organized Ignorance is also TABOO! It Deceives Humanity! It is an Evil Tool used to indoctrinate our children; by dumbing them down and thus conforming to a desired Belief System. It is Brain washing, via lies.

Ironically EVIL is LIVE, spelled Backwards. Unfortunately, man has a habit of Wrong Living, as Devil is; Lived spelled Backwards. Go Figure! **Society is in a Spiritual War? Mankind is Guilty of Ignorance. But when Ignorance is Ignored, Stupidity is Justified!**

Ultimately, we are Here to Bring Joy to the World; as Peace on Earth. You have to Re-Think your Mind-Set. Psychoanalyze Yourself. “**Self-manifestation** allows you to trust that the universe will provide exactly what you need at exactly the right moment.” Thoughts Become Reality; from Irrelevant to Essential; Destiny Still, Awaits Your Command.

You Manifest Your Own Destiny. Ironically, both Ordinary and Extraordinary; are mere Options. Happiness is Paramount. Ego, does Exits? Be A Ware of Egos. Egos are Compulsive. Learn to Tame your Ego. Influence is a Sacred Choice. **An Iron Will, Does Not Compromise with Evil. Greed and Corruption are Unconscionable!**

Mankind must ‘Be-A-Ware’ of his Egotistical Appetite as Greed is TOXIC. Naturally, Egos’ are susceptible to Greed and thereby, ‘Egomania’ is Shocking; when it leads to Greedy; Hectic-In-Humane Behavior. Unfortunately, we get Obsessed with Possessions. Politicians get Obsessed and Possessed with Power and Control of Others? But Politicians are Not Above the Law!

Never Underestimate the Power of Your Imagination. You were born with all the tools to Thrive. Trust Your Intuition. Master Your-Mind-Set, Control Your Emotions. Let Your Conscience be Your Guide. Love is Essential. Confession and Forgiveness are Divine Gifts. Imagination, Defies Logic. Manifestation is The Secret, to Control Your Own Destiny. BELIEVE! Follow Your Dream. Shine On... **Glory Be when--- We All Embellish; Joy to the World as Peace on Earth and Mankind, Reflects LOVE... God Bless America! United We Stand, Divided We--????** America was founded as **One Nation Under God.** Amen!

Disclaimer

This book has been written for information purposes only. Every effort has been made to make this book as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this book provides information only up to the publishing date. Therefore, this book should be used as a guide - not as the ultimate source.

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Preface

Taboo Is The 'Great Awakening'

Ironically, Dying is the Central Fact of Life? Enjoy it, While You Can. You are Living on God's Time. Unfortunately, sometimes; Shit Happens and it Can Be Over-whelming. Have Faith, Believe. Grace Happens Too! Life is a Miracle! The Process is a Never-Ending Mystery. The Truth Shall Set You Free! Amen...

*Humans are unique and peculiar as each of us, has Reason and Free Will; of our own. Consequently, Reasons are too many, as they collide in confusion--- competing with each other. Thus, Life has become, a War Zone. Unfortunately, we shield our thoughts as valuable, a personal perspective that is worth fighting for. No two people think, perceive, or believe, exactly the same. And that is a recipe for conflict, chaos or war; as interests, values and beliefs vary. **Interpretation is subject to Clarification as Understanding is Vital.***

*Ultimately, Life is like an 'Optical Illusion', as Reality is Distorted, because we Create Our Own Reality. Blessed is he who can See Clearly; without obstacles--- 'Obstacle Illusion' is Taboo, it is a No-No. **Organized Ignorance is also TABOO! It is EVIL. EVIL is Taboo!** Imagine If there was No Confusion--- Taboo! No Delusions--- Taboo! No Logical Deception--- Taboo! No Organized Ignorance--- Taboo! They are all NO-NO's.*

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*Ironically, to be conceited requires a fault. Therefor People are Guilty by default as Nobody is Perfect. Unfortunately, Humanity is Disconnected? Forgive Yourself, You're only Human. Forgive Others, You Will Feel Better. Focus Within. Think, Egos are Compulsive? There is a lot of Sin and a little Saint in All of us. Some more than others. There is so much Good in this World. Make it Better as Positive Change! **B4HEART --- Humanity Envisioned And Realized Together!** Embrace the Vision... Amen!*

***“If a man does not keep pace with his companions
perhaps it is because he hears a different drummer.
Let him step to the music which he hears,
however; measured or far away.” --- Henry David Thoreau***

Chapter 1

“Overcome evil with Good, falsehood with Truth, and hatred with Love.” Peace Pilgrim

Prologue: It’s time for a Reality Check-

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you...” Matthew 7:7–8

There is an old saying; ‘Be careful of what you Wish for.’

Believe it or not, there is a lot of Truth in many myths, legends, and the Bible. I Personally Believe in Almighty God; the Father, the Son (Jesus Christ) and the Holy Spirit; (AKA the Holy Trinity). I also believe in God’s Mystical, Magical Miracles as; *God is Love. Love is Truth. (Eternal Source Energy) Ultimately, this Trinity of God, Love and Truth — Combined, Is the Way to Peace and Happiness. Blessed is He, who Knows that he is Baptized by LOVE; through the Grace of Almighty God...*

“Peace be with you” --- Jesus, John 20:21

“According to ‘The Law of Attraction’; you attract what you are sending out. To attract more of what you want, you have to raise your vibration. Vibrations are like little radio signals you are continuously

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sending out to the universe. You must tune your signal to a vibration worthy of receiving it; **Spiritual Manifestation.**”

Spiritual Manifestation is the theory that through regular meditation and positive, constructive thought, you can make your dreams and desires become reality. ... **Spiritual manifestation** holds that if you really want something and truly believe it's possible, it will happen.

‘Will-Power’ Is Your Secret Weapon.

Truth is akin to Cool as Both are Repulsive to the Un. But when Ignorance is Ignored; Stupidity is Justified...

The Great Awakening...

Why Do We Tolerate It?

Never Underestimate the Power of Imagination. What If? Think!

Imagination, Defies Logic! Ultimately, Man is Blessed with Reason and his Free-will. Ironically, we have to deal with Curiosity and Temptations; on a daily basis as we struggle to Survive through Obligations and Consequences. Realistically, Life is but a Process of Political Evolution. Perhaps we could do better if we Learned the Laws of the Universe. All we need is a little more Faith, Courage, Enthusiasm, Passion and Forgiveness, along with Gratification, Personal Restraint, and Foresight.

Philosophically Speaking, Life is Complicated by Logic as Humans have a Natural Tendency to Over-think Simplicity. Alas, We Struggle with Logical Deception and Bad Habits. To put it in Proper Perspective, let's use the old dictum coined by the French philosopher René Descartes--- “I Think, therefore I am!” Ultimately, this

applies to All Humans, including YOU. But who are We? What are We? And, why are we Here?

Knowledge is Power but, Intent and Values are also keys to the Equation of Life. Life is a Precious Gift from God. Don't Take It; for Granted. What do You Value in Life and What do You Intend to Do About, it? Think... You have to know what you want in Life and what or who; you Respect in Life.

Biologically, we Live and Learn through Experience; along the path of Destiny as Morals and Mistakes Define who we Become. Eventually, we Establish Trust, Respect and other Values; as We Make our Mark in History.

Consequently, Contemporary man Believes in Logic, questions his Faith and can't Fathom or Perceive Miracles; as Reason Complicates Understanding? A Spiritual Disability of self-induced afflictions? Ultimately, we are Here to Bring Joy to the World; as Peace on Earth. Naturally, we All Have Potential, but we are All Peculiar; in our Own Unique way. Most People Conform into the 'System', and Settle in Sheepishly; as they Follow the Flock's Way of Life. Ironically, a Dysfunctional Attitude is Cluelessly Dangerous. Influence is a Sacred Choice.

Sometimes it is hard to break bad habits. Intent? Priorities, State of Mind, Mental Health; are all Vital. Ignorance is No Excuse. But Change is Always an Option as Opportunities await your Command. Sometimes we have to Pivot and Change Direction. Go for It! Make the World a Better Place; to Live--- In Peace and Harmony. For we are co-creators; little gods who have the Profound Power to Manifest Destiny.

Unfortunately, some humans choose to create evil instead; as 'evil' is live spelled backwards. Inadvertently, they behave like little

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devils? It's a matter of Wrong Living; as 'devil' is lived spelled backwards. Psychology Speaking, it sounds like we have a Psychological Disability; as our mental faculties, functions and behavior; are Out of Whack? Who is in Charge? It's not what you believe in; but Who You Believe In; that is Paramount to Salvation.

"I Think; Therefor I Am". But who am I? Mind, Body, Spirit? Why am I Here? Intent? Purpose? ID, Ego? The Quagmire of man --- 'The Essence of ID'? Privileges, Obligations, Responsibilities, and Choices? Trust, Respect, Loyalty? Consequences? Power, Control? Authenticity? Credibility? Panic? Doubt?

So Many Questions, Options; Decisions to Make? It's exciting and yet somewhat, thought provoking. Critical Thinking is Crucial. Curiosity and Temptations? Wants, Needs; Desires? Greed? Inner Chaos? Mentality Disabled by Logic? Life is a Mystery. But throughout History, man has Created this Mysterious Delivery of Misery? It is mere Human Nature as Ego is so Arbitrary and Naïve.

Hence, we must 'Be-A-Ware' of our Egotistical Appetite as Greed is TOXIC. Naturally, Egos' are susceptible to Greed and thereby, 'Egomania' is Shocking; when it leads to Greedy; Hectic-In-Humane Behavior. Unfortunately, we get Obsessed with Possessions.

Take a Good Look in the Mirror and Ask yourself: "What's it All About?" Breath Deep. Relax and Think to Yourself. Think about Your Life, Your Family, Your Wants and Their NEEDS.

Psychoanalyze Yourself! What's on Your Mind? Perhaps, you think that I am Crazy. Most of my Family does. But seriously, how do you define Sanity? I believe that we are all somewhat confused throughout life. It all starts in the mind. **Be A Ware of Logical Deception as it is TABOO.** Unfortunately, Inner Chaos is Natural? Fears, Doubt

and Curiosity are Normal. Think about that and, later on during the day, or later during the night; Ponder the Mysteries of Being.

The Great Awakening... What is:

Reality -- the world or the state of things as they actually exist, as opposed to an idealistic or notional idea of them.

But, What If --- “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” — Pierre Teilhard de Chardin

Success -- is but a matter of perspective. It is but a particular attitude toward or way of regarding something of value in Life.

What IF--- “Do not conform to the pattern of this world but be transformed by the renewing of your mind then you will be able to test and approve what God’s will is his good pleasing and perfect will?” --- **Romans 12 2**

Optical illusion --- something that deceives the eye by appearing to be other than it is. Trick of the Eye. The perception of the image given to the brain doesn’t measure up. It is Confusing. It is Distracting. It tricks the Eyes. It distorts Reality. **THINK! What IF?**

Obstacle -- a thing that blocks one’s way or prevents or hinders progress. It is a Distraction. It is Confusing. It Tricks the Brains. **THINK! What IF?**

Obstacle illusion -- something immaterial that stands in the way and must be circumvented or surmounted; an obstruction towards Success. **THINK! What IF?**

What If? Imagine! Imagination Can Defy Logic!

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Keep a Journal. You'd be Surprised! Focus! Set Goals. Get in the Grove. **It All Starts in Your Mind. Be A Ware of Logical Deception. Sometimes, you have to Think Outside the Box. Trust Your INTUITION!**

Ironically, we crave --- More, More, More! Alas, Ego becomes Insensitive and tends to be Selfish; me, me, me, mine, mine, mine, I, I, I; ID? Want, leads to Jealousy and Ego; becomes 'The Enemy' within; as Desire Ignores the Right Brain as well as Intuition and Conscience? Thus, a war between our two minds ensues? Chaos lingers Within. Man becomes confused, stressed and over-whelmed as Joy fades away. Hell has No Fury like a 'Possessed Ego'.

But Ironically, Ego is Not a Curse; it's simply, Un-tamed and Curious. In fact, it is Essentially Necessary, as it Defines Who You Are. You Must Become Aware of Your EGO! It Does Exists. You Must Learn How to Tame It, and Control It. You are in Charge. Express Yourself as you make your Mark in History. Manifest Love as your Legacy in this World; plagued with secular desires as the great cultural divide; maintains inequality? **LOVE is Essential... LOVE is Crystal Clarity!**

Listen to your Voice of Reason. Learn to Modify Your Thought Process. Conscience is a precaution that should make you think twice before you Decide. Let your Conscience Be Your Guide! Trust your Intuition; it's your Voice of Wisdom!

Intuition is also your 'Built in Radar Detector'. It Warns You of Pending Dangers. Respect it and Avoid Dangerous Situations. You were born with all the Necessary Tools to Thrive. **You have Command of your Mind-Set. Will-Power is your Secret Weapon. An Iron Will Does Not Compromise with Evil. You Must be**

**Intolerant and Discriminative of the immoral and wickedness,
as Conscience; Empathy and Compassion are Divine!**

Invest in Yourself. Integrity is Precious. It is Developed Over Time and Recognized, as it Establishes--- Trust from Others. Cherish, Cultivate and Nourish Your INTEGRITY. There is No Shame in Being True to Yourself. Be All You Can Be. But Don't Be Phony. Integrity is Measured by Determination and Compassion. Integrity is the Impetus that Invokes the Spirit of Humanity. Blessed is he that Ultimately, Achieves and Manifests Love, Peace and Harmony.

Dignity is a Unique Gift and a Responsibility. Your Conscience is your Guide. Pray. Sometimes – ‘Shit Happens.’ Shake it off! Sadness, Guilt, Shame, and Regrets; result in Shaken Faith. Relax, Forgive and Forget About It!

Stand-Up to your Troubles. Admit your Faults. You can Run, but you can't hide. The Shadow Knows Subconsciously. It may Haunt You Consciously? Patience is, a virtue. No Hurry, No Worry! Fear Not. Be Bold! Re-Right your Wrongs. Things have a way of working out; over a matter of Time. Confession and Forgiveness are Divine Options. They are Gifts from God!

Tomorrow is another day; Get some sleep. Thank Almighty God and Be Grateful; for All His Blessings bestowed upon you. Eventually, ‘GRACE’ Happens! Think before you Act; Empathy and Compassion are Divine. It is nice to be nice. Kindness is Angelic. **Pass it on as Vision, Passion and the United Energy of LOVE; are Appealing.**

Choose Wisely as the Power to Manifest Destiny is a Quagmire? It is a double-edged sword until; we Learn ‘The Universal Laws.’ We must Realize that we have this Profound Power. And, we must Understand that we really have 2 Brains; that Simultaneously work Together in one Mind.

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Ultimately, They / You are Responsible for Your Choices and Your Reactions. Thanks to the Will of God, nobody has the Power Over Your Thoughts, Feelings or Emotions; except You. It is Your Personal Responsibility and it is Maintained and Sustained by Your Gift from God; known as 'Will-Power'. Hopefully, if and when; You Learn to Utilize it; It Will Be an Exciting Life Changing Event. Think Before You Act or React. Purge Your Evil Thoughts. You Govern your own mentality. Pause for a Minute or Two. Let you Emotions Subside as you Filter your Perspective via Your Conscience and Intuition.

For we Create both Good and Evil. We must Learn How to Keep our Ego in Check. And Maintain--- Peace of Mind. Empathy, Ethics and Morality, are Vital. Greed and Corruption are Unconscionable!

Humans must agree to Establish Moral Ground. We Must Maintain the Rule of Law! Unfortunately, there is so much Flawed Ideologies, Negligence and Malevolence? Propaganda? Fake News? Hypocrisy? Figure Heads, Ethics, Religions? Go Figure!

Everybody wants to put their two cents in as they worry about their own rights and forget about their responsibilities? Entertainer's, Sports Heroes, Critics? When I was a kid, Police Officers and Firefighters, were the Superheroes. But Now, it is a matter of Culture Shock? Protesters? Why do some wish evil or harm to another or others; showing ill will; ill-disposed actions? It is enough to make your head spin? Wake Up!

Mindset? Education, History, Traditions? Evolution, Revolutions, Wars, Civil-War, Humanity? It All Starts in the MIND. It ALL Continues with Our Children. Teach Them to Be A WARE. They are GIFTS from God! We must Encourage and Nourish their tender Hearts, Dreams and Passion with LOVE. They Must Be A

***Ware of EVIL INTENT. Some People, want to Destroy America?
They Must Be Made A-Ware of Organized Ignorance!***

Mankind, as a whole Must be Willing, Able and Ready to B4HEART... **LOVE is Essential! Humanity is an Option!** SOON, We Should Expect Mystical, Magical, Miracles as 'Hope Springs Eternal.' **Glory Be when--- We All Embellish; Joy to the World as Peace on Earth and, Mankind Reflects LOVE...**

Wake Up! Almighty God is in Charge! Amen...

It is Time for humans to Validate Almighty God's Greatness as His Faith in Mankind; to Overcome Evil and B4HEART. Keep the Faith... Shine On! **Expose Almighty God's Unconditional LOVE...**

**"This world is a comedy to those that think,
a tragedy to those that feel." -- Horace Walpole**

"We've arranged a global civilization in which most crucial elements profoundly depend on science and technology. We have also arranged things so that almost no one understands science and technology. This is a prescription for disaster. We might get away with it for a while, but sooner or later this combustible mixture of ignorance and power is going to blow up in our faces."—
Carl Sagan

Divine Restoration – The Wrath of God

The World is in Crisis as Mankind, is going through a Transformation, a Metamorphosis. It is but a Wake-Up Call and We Better Take Heed. It is a Necessary Time for Change! It is Time for Humans to Embrace LOVE and Accept Each Other. Peace and Harmony is at Stake! Destiny is in our Thoughts, Actions, and Reactions. Together, Mankind Controls Our Destiny. All,

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Humans have a lot of Sin and a little Saint in them. Some more than others. We are the Living Bible, Unfolding in Time.

**B4HEART – Humanity Envisioned And Realized Together!
Amen...**

“The Truth Will Set US FREE!”

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

Serenity Prayer

*“God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can,
And Wisdom to know the difference.”*

“People fear what they don’t understand and hate what they can’t conquer.” “You know, nothing ever goes back exactly the way it was...” --- Andrew Smith

Revelation – Peace and Salvation

It’s not what you believe in, but Who You Believe In; that is Paramount to Peace and Salvation

“Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.”
---Ronald Reagan

Exposed to air, water, weather, gravity, greed, distractions,

attitudes, interpretations, corruption, fears, grief, blood, sweat, tears, confusion, time, space and evil politics; Life has been defined as; ‘the sum of the forces which resist death.’

Welcome to Mother Earth, a Material World of Secular Matter, which Co-Exists with a Metaphysical World of Sacred Universal Laws.

Unfortunately, Earth is pervaded by Logic as--- prejudice, discrimination and ignorance. Ironically, we are Awed by ‘Life’s Breath-Taking-Beauty’ and yet, Alarmed by The incomprehensible Relevance of Death as; Survival is but a Responsible Effort; which man is mysteriously obligated; to oblige.

From a biological Perspective Death is Taboo; it is Final, The End. But from a Spiritual Perspective, it is but a Process in the Program of Eternal Being, a Never-Ending Possibility.

Imagine That! Heaven or Hell? Reincarnation?

Historically, Nature Provides and Sustains Life, for those that are Willing to Adapt and Thrive.

The Strongest Survived as Instincts kicked into Self-Reliance.

Eventually, the Smartest Prevailed as Ingenuity,

Dominated as PROGRESS.

Unfortunately, Humanity now Struggles in this

Great Cultural Divide? Realistically, Greed Is the ‘Prevailing Threat’--- to Humanity as Almighty God; Has Blessed Mankind with--- Reason and Free Will--- CHOICES!

Frankly, Hell has no Fury like a ‘Possessed Ego’.

Ultimately, we Fear the Un-Known! We Fear Uncertainty?

We Fear Death? Some People Fear Hell. Some Believe that Life itself, is Hell on Earth? Others Fear the Future? Do you

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Fear World War III? How about Global Warming? Just the FACTS' Please? Educate Yourself. Fear is a Pervasive Tool. It is utilized as a Weapon to Control the Masses. Go Figure!

Do you Fear UFO's? Aliens? The New World Order? Socialism? Pandemics? Do you Fear: 'Lights Out: A Cyberattack on our Electric Grid?' Do Something About It! Get Involved. Focus! Find a Solution.

Perhaps you are you like the 'Cowardly Lion', in the 'Wizard of Oz' and; you 'Fear--- Yourself?' Man Up! All you need is a little shot of Courage and some Enthusiasm to go along with your 2 Sided-Brain, your Heart, Intuition, and your Conscience. Conscience is a precaution that should make you think twice before you Decide. It doesn't take a Wizard; to Figure it out. It is called 'Will-Power'. A structured discipline, via a moral code of righteousness.

Realistically, Fear--- is but, a Lack of Faith; as we Betray God, Self and Each Other in the Process of Doubt--- Anti-Trust. Coincidentally it is but, 'Irrational Thought' as, mankind contributes to our own demise--- in this process as mere Creatures of Choice. Hence, maybe PROGRESS should be redefined as it is the Culprit; that is responsible for Society's Political mish-mash of Organized Chaos. To add insult to injury, we the 'Confused Idiots', have conformed; into this System of Cultural Division. Thus, we are both witness to, and victim of Behavior; a Casualty of Ignorance and thereby, Alienated from One's True Self, God and Each Other.

Alas, how many of us die Spiritually as we Live in Denial, which neglects, avoids or deprives Humanity? Be -A Ware of 'Thou Shalt' and 'Thou Shalt Not'! Suffice to say, our World is

engulfed in a Duality; Fear and Faith. We either have Faith and Trust in God's Word and Believe in the Beauty of His Miracles or, Disobey God's Word and Suffer the consequences of the Crimes of Human Ignorance.

Thus, Beauty, Values, and Priorities as well as Authority; are in the eye of the beholder, since man is the center of his own Authorized Attention. Comprehension and *modus operandi*, are of a personal presence of mind. No and Rejection, can be daunting but they are mere facts of Life. Adversity makes you Stronger. Reflect, take a personal observation / inventory / examination of self, Scrutinize and Try Again. 'To err is human...' as humans make mistakes. 'Destiny favors Preparation and Will; Understanding'.

Experience is our Teacher. Patience is a virtue as, time rolls on regardless, until the 'Truth Shall set You Free.' Arrogantly we, spit into the wind --- so to speak; only; it Boomerangs Back ---until Hopefully; it Wakes us Up, as Fire is not the only Element that Burns. For Life itself is a Meticulous Event, an Element of Surprises; one --- Great Big Peculiar Consequence.

Don't Make up Excuses. Learn from your Mistakes. Blame; only Makes you a Victim. Modify your Routine, Wake Up! Add value to your Life. Purge your bad habits. Remember the Past; Look to the Future!

Glory be as the 'Force', 'Divine Sustenance / Source Energy'; is Always with us. Miraculously, we are Co-Creators with the Profound Power and Will-Power; to Manifest Destiny. Blessed is he whom Ascends as 'Source-Energy'; a Voyage to your Sanctuary of Inner Peace--- Through the Miracle of Almighty

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God, the Father, the Son--- Jesus Christ and the Holy Spirit.
Amen!

Historically Speaking--- We Learn from the Past--- PROGRESS

Caste systems are closed stratification systems in which people can do little or nothing to change their social standing. A **caste system** is one in which people are born into their social standing and will remain in it their whole lives. People are assigned occupations regardless of their talents, interests, or potential. There are virtually no opportunities to improve a person's social position. It is the arrangement or classification of people into different groups.

Class system are based on both social factors and individual achievement. A **class** consists of a set of people who share similar status with regard to factors like wealth, income, education, and occupation. Unlike caste systems, class systems are open. People are free to gain a different level of education or employment than their parents. They can also socialize with and marry members of other classes, which allows people to move from one class to another.

“**Institutional racism** is where race causes a different level of access to the goods, services, and opportunities of society.” It is a systemic racism that is organized via discrimination, and is embedded as normal practice within Society or an Organization; Slavery.

Slavery- Slavery has existed in many cultures, dating back to early human civilizations. It was legal in most societies, including the United States; at some time in the past but is now outlawed in all many countries. A slave was considered by law as property, or chattel and was deprived of most of the rights ordinarily held by free persons.

Chapter 2

Tune into the INFINITE...

All Humans are Born with Amazingly Potent Gifts from God; to Pursue Happiness. These Gifts include *an Innate (Natural) Arsenal of Automatic Weapons for Survival and they are Non-Lethal*. Unfortunately, most people Ignore many of them? Call it Naïve, but I call it Neglect. Laziness? “The Truth Will Set You FREE!” Blessed is he whom can Connect; the Inner-Space of his Mind to the Outer-Space of Universal Being; as You Tune into the INFINITE--- ‘The SOURCE’... Amen!

Be Mindful and Assume your Birth Rite’s as, they are Prerequisites for Manifestation. Learn how to Develop, Control and Utilize Your Thinking Mind, and Guide Your Feelings and Emotions via Your Conscience. Embrace Love as your Faith; as well as Hope, Intuition, Consciousness, Reason, Free-Will, Courage, Imagination, and your Sense of Wonder, Will-Power, Charisma, Enthusiasm, Memory, Ego and Self-Realization; which are also, Divine Instruments. BELIEVE, Establish Your Integrity and B4HEART. --- Humanity Envisioned And Realized Together... **LOVE is Essential... LOVE is Crystal Clarity!**

Keep the Faith... Shine On!

Never Underestimate the Power of, Thoughts, Thinking, Imagination. Faith and Imagination; Defy Logic! What If?

The Law of Attraction is the ability to **attract** into our lives whatever we are focusing on. ... It is **the Law of Attraction** which uses the power of the mind to translate whatever is in our thoughts and materialize them into reality. In basic terms, all thoughts turn into things eventually.

Vision Board - Helps to Manifest Desire

We all have Hopes and Dreams, Goals in Life. There is Magical Power in the Pen. Write Down Your Thoughts and Wishes and Believe that They Will Come True! Pray, Believe, Imagine, Fantasize, Think and Dream About Them Often, Day and Night. Never Underestimate the Power of Thought, Think. Imagination, Faith and Imagination Defy Logic! What If?

Visualization is one of the most popular and effective mind workouts that you can do to Jump Start Your Imagination. Be Patient. Sometimes you have to make some Modifications to Unstick your Progress. Baby Steps will Bring You Closer and Closer Towards your Goals and Aspirations. Never Give Up! **Have Faith, Grace Under Pressure.**

When the Time comes Run, with it until it Goes Viral... "If You Believe, You Will Achieve."

There is Magical Power in Nature; Observe! Look, Listen be Patient. Watch for Universal Signs as Hints that You are on to Something. Ask God for Guidance and Pray to Him, to Give You a Sign; Recurring Experiences. Deja vu, Precognition, and Prophecy are Spiritual Gifts. God works in Mysterious Ways. Believe to Achieve.

Vision Board... a visualization tool which is a physical representation of a goal or goals; that You're Aiming to Achieve. The purpose of your Vision Board is to Bring Everything on it to Life. It is a FUN Way to Day Dream and Fantasize about Your Desires. You can Modify or Change it at any-time. Use the Magic of Your Imagination!

Think About It:

What Are Your Goals in Life?

What Do You Want to Achieve?

START Your Vision Board NOW.....

Below are some Examples for you to IMAGINE for your Vision Board:

relationships, career and finances, home, travel, personal growth (including spirituality, social life, education) and health.

ADD Photos / Pictures, Posters, Quotes, Words; Anything You Like; Anything That Will Motivate You Toward Your Goal!

It Should Present A Clear Vision that Displays What You Want in Life; It's Your Goal, Take Control.

Make it Exciting so that it Will Inspire You!

Hang it on Your Wall. Look at it Daily.

Dream About It. Pray to God, to Help You; Make It Happen!

Remember, according to Abraham, "All humans are the essence of 'Eternal Consciousness', which never dies. Presently, you are an Eternal Being in Physical Form and the essence of your body is both,

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a Transmitter and a Receiver. As such, you are born with the Innate **Knowledge that we do Create our own Reality.**

Ultimately, our Earthly Experiences are at the 'Leading Edge of Thought'; as We are All, 'Extensions of Source Energy'. Thought is Powerful. We are co-Creators. We do Manifest Good and Evil? The Law of Attraction is Paramount.

Our Emotions are Vibrational Interpreters. We must learn to Guide both our Thoughts and our Emotions. We must Discipline our Mind-set to Trust our 'Conscience to Be Your Guide'."

Your Vision Boards Provides You with a Daily Visual Reminder of your Dreams and Goals. It is Sacred, as it is Your Written Word. And, there is Magic in Writing something Down. It is Your Secret. But God Sees and Knows What You Want. You Asked for It. You Made Some Effort to Get it. You are Focused as You Believe in It and You Trust in God to Manifest It. Now you have to Allow it to Happen with Emotional Joy. It is that Simple.

"If You Believe, You Will Achieve."

Never Underestimate the Power of Imagination. Imagination Defies Logic! What If?

Recurring Experiences as Universal Signs from God, that Should Grab Your Attention and Make You Think, Wonder and Prove that You are on the Right Track to Manifest Your Intent:

1. Dreams.
2. Animals.
3. Déjà vu.
4. Spirit / Ghost of Dead Loved One.
5. Patterns of Numbers.
6. Premonitions.

7. Coincidences.
8. Synchronicity.
9. Losing / Finding / Breaking Objects.
10. Recurring Words and Phrases.
11. Pain and ILLNESS.
12. Songs / Music / Lyrics.
13. Weather; Rain, Thunder, Lightning,
14. Unexpected Meetings.
15. Emotions that are out of place.
16. Hearing Voices.
17. Unusual / New Words.
18. Smells / Flowers.
19. Gut Feelings.
20. Rainbows.
21. Worms / Earth Worms – Ooey Gooey.
22. Praying Mantises.
23. Insects, Caterpillar, Cocoon, Butterfly
24. Miracles / Honey Bees – Eco-System
25. Natural Disastrous Storms

Memory Board --- Cherished Gratitude.

**History is a Stark Reminder
Honor and Preserve Your Memories...**

Hope for the Future---

Love and Forgiveness *Sustains Hope*

“Those who cannot remember the past are condemned to repeat it” --- George Santayana

Do it NOW! It's time to Pay Homage as Great Respect and Honor, to our Ancestors and say Prayers in Homage to their Memory.

God Bless America! It was Fought and Paid for in Blood, Sweat, Tears, and the Ultimate Sacrifice--- Death; as FREEDOM is Not FREE. Alas, "Give Me Liberty, or Give Me Death..."

Let's Give Thanks to All of Our Veterans!

In Their Honor, We Celebrate Their Memories.

Thank You VETERANS <https://teespring.com/stores/thank-you-veterans-2/collection/apparel?page=1>

Perhaps Your 'Memory Board' is More Important than Your 'Vision Board'. We All should Learn from Past Mistakes. Thus, it is a Great Starting Point. It should Inspire You with Memories as you reminisce through the Past. Happy or Sad, Good or Bad; They are All part of the Equation; that led to Who You Are! Thus, Manifest with Compassion as Empathy is Heart Warming. Believe!

'Culture Shock'

Throughout history, every other generation or so; Society Ends up with a Rude Awakening as 'Culture Shock'. The 'Natives Get Restless'. Times Change, People Change, Inequality Still Sucks. It is Time for Some New Policies and Priorities to be implemented. Older Protocols Should be Updated and, or Modified; if Necessary? Sometimes, the 'System Needs to be Corrected or Else? Trial and Error Makes Perfect. America is far from Perfect; But it is the Next Best Option. Unfortunately, Greed and Corruption have a way of Creeping in and Destroying Checks and Balances! "Power Corrupts,

Absolute Power Corrupts Absolutely”. Remember the Golden Rule! “Whoever has the gold, makes the rules!”

What if America Has the GOLD? Imagine That!

What if Jeffrey Epstein is Still Alive; and EVIL is Exposed World-wide? How high does it go? Imagine That! And now Ghislaine Maxwell is in Custody. Is She Safe? Will she Talk?

BE A Ware... Ironically the Mob Mentality is setting fires to police stations, and churches and destroying historical statues. Never Forget the History / Heritage of the Past. Learn from it! It is but a Reminder...

B4HEART --- Humanity Envisioned And Realized Together...

I Am Proud to Be an American! Semper Fi ...

‘FREEDOM is Not Free’.

Socialism SUCKS... Socialism is like a Cancer which Multiplies, Invades and Destroys--- Healthy Societies as the Will of its People Suffer; until they Wake Up and Fight Back. Wake Up America!

<https://www.B4HEART.biz>

Warning! Warning! Warning!

Lights Out: A Cyberattack, Solar Flare, or an EMP; A Nation Unprepared, Surviving the Aftermath?

‘Know Thyself’ ---Thales of Miletus

“... knowledge without action is impotent, but action without knowledge is blind.” —Radical Imagination Manifesto

“Never underestimate the power of stupid people in large groups.”

--- George Carlin

Introduction to Hope; the Conscious Awareness of Mankind as Humanity Becomes a Reality via ‘The Great Awakening’...

A lot has been written about the concept of the mind and developing mental strength for greater success. We all know a lot of the literature with regard to the law of attraction, mastering the mind, and developing good habits to last a lifetime. Yet some people are clueless? Never Underestimate the Power of Thought, Thinking, Imagination; What If? Faith and Imagination Defies Logic!

Unfortunately, really developing these practices consistently over time is quite difficult. Unfortunately, it is especially difficult when faced with modern-day challenges, temptations, and interruptions, which seem to be designed to drain away our energy. Such drains can include: the internet, WIFI, bills and expenses, broken relationships, environmental toxins, smartphones, alcohol, drugs, opioid crisis, vaping, sports, gambling, sugar, caffeine, the list goes on?

To add insult to injury, we have a Divided Country that is on the verge of another Civil War. Ironically, there is nothing civil about it. This is a planned--- Last Stand. Many of the ‘Powers that Be’, have been robbing America for decades. They got caught and many will go to jail. But until then, they will fight even if, it destroys America. They are desperate at any cost; to save their own ass; and put the blame elsewhere. Anarchy and Chaos are knocking at the door. Mob

Mentality. Lawlessness? God Help us! It is Time for Mankind to Wake Up. **We have the Power to Manifest Destiny!**

What happened to ‘The Rule of Law’. Historically, America has Double-Standards. We have a ‘Great Economic Divide’ between ‘The Haves and The Have-Nots’; Inequality. And we have a Political System, that is Maintained in the Name of Corruption. Its Power is Inter-Woven, World-Wide. A half dozen Multi-international Corporations, Control Everything form Banking, Lobbyists, some Politicians, the Liberal Main-Stream Media, and the Internet? It is Time to Reform. Wake Up! Anger and Frustration are Contagious; Walking Time Bombs, Ready to Explode. ‘Organized Looters’ and International Socialist organizers are reeking-havoc, as they vow to destroy America and Peaceful Law and Order. Are we heading towards the ‘New World Order?’ I Don’t Trust the United Nations.

‘The Fourth Estate’, no longer exists anymore? Too many so-called journalists are bought and paid for. Why Does America Tolerate ‘Fake News’? What happened to our FBI? It is just as bad now, as it was when that FREAK; J. Edgar Hoover was running it. Corporations are more ruthless than the ‘MOB’, ever was. The C.I.A. is Unconscionable. The military–industrial complex (MIC), supplies the war-efforts that the C.I.A. initiates in the name of Power and Control?

We had a Coup d’etat, as Corrupt FBI Bosses, the CIA, some Politicians, and Liberal Main Stream Media; tried to prevent and then over-throw President Trump; as they lied and tried to frame and set people up; to get him? They ever tried to Impeach President Trump on trumped up charges and manufactured false evidence? The coup now continues, as it proceeds in a new direction. We now have the Horrific COVID-19 Pandemic Debacle, and it is utilized to try and blame The Donald, for it too. Alas, they are resorting

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to their Planned 'Last Stand' of Mob Mentality; Destruction of Infrastructure --- 'Anarchy and Chaos'? It sure looks like they want to Bring the US Dollar down and usher in the New World Order!

They enacted and enforced an illegal U.S. Business Lockdown. It scared the shit out of everybody, and now, we have curfews across America? Social Media is so biased as they sided with the conspirators. The Democrats are Trying to Bring Socialism to America? In fact, they now want to Defund and Dismantle some Police Departments across America? Mayhem or Stupidity? George Soros and Antifa are Terrorists. The must not be allowed to Cause Chaos on our Collage Campuses. FAKE News Enables the Rioting at Peaceful Protests. Anarchy, False Flags, War Profiteering, Radical Islam; are sure to follow. It seems like the World is Insane? We Need the US Military to Protect our Cities. My Brothers, the USMC; will surely Protect President Trump. Semper Fi...

“Just look at us. Everything is backwards, everything is upside down. Doctors destroy health, lawyers destroy justice, psychiatrists destroy minds, scientists destroy truth, major media destroys information, religions destroy spirituality and governments destroy freedom.”
---Michael Ellner

At the rate we are going, some sort of **'Robo-Cop'**, is surely possible to Police our **neighborhoods in the Future! But why stop there?**

How about Robo-Judges, Robo-Lawyers? How about Robo-Politicians? Hey, You Never Know! Life Changes...

FREEDOM is Not FREE

Here are Some More Things to Think About; as Thoughts, Do Become Reality!

Why are the Subjects of: UFO's, JFK's Death, and the 911 Investigation--- All TABOO?

Wake Up!

Do You Really Want Socialism in America?

Do they really want to Defund the Police Departments in USA?

Are you Ready for A New World Order?

Do You Really Want the United Nations' Agenda 21 (Mandated by NEW World Order)?

Why and How the Hell did Hillary Clinton get away with selling America out; with Uranium One deal to Russia?

What was The Real Reason Bill Clinton FIRED FBI DIRECTOR WILLIAM S. SESSIONS IN JULY 1993, after he sold Secret Satellites to China.

What was President Obama True Agenda?

Check out <https://www.B4HEART.biz> to Learn more...

It is Time Make America Great Again.

Truth is akin to cool as both are repulsive to the 'Un'. But when ignorance is Ignored; Stupidity is Justified. Why do we tolerate It?

The Thanksgiving Story (PU ---- Shameless)

It's Thanksgiving Day, and Papa Tony is carving the turkey. His whole family is sitting at the dining-room table watching him. Suddenly, Papa Tony lets out a loud, smelly-old-fart. Some laughter breaks out. "You a Pig You!" Papa Tony says, shaking his finger at Grandma.

"You gotta No Shame?"

Grandma puts her head down with instant tears in her eyes; hiding her face. Uncle Joe laughs and shouts, "let's all have a Toast to Grandma!" They all drink their wine and dinner goes on as if nothing had happened. **Why Does the Family Tolerate It?**

Chapter 3

“I teach because you and all beings want to have happiness and want to avoid suffering. I teach the way things are.”

– *The Buddha*

State of Mind... Mental Health is Paramount

Train Your Brains; a Suspicious Mind-set is a No-No. Observe, Ponder, Imagine, Contemplate and get Involved; as Interaction Creates Experience. Have Faith. Be Patient. Nature is the Greatest Teacher. Learn from your Mistakes. Never Give Up; “Quitters never win and Winners Never Quit.” The Force is with You Always. Trust your Conscience to Guide You; as Your Heart and Intuition; know Right from Wrong. Intuition is your ‘Built-In Radar Detector’. Use it to Avoid Danger! Doubt Kills Dreams as Fear is the Opposite of Faith. Focus on Your Goals. Be-A- Ware / Stay-Aware; You must Dis-Infect; your ‘Head-Strong’ Mind. **Become Mindful; Clarity, Self-Realization and Personal Responsibility...**

Your Mental Health is Paramount to Your State of Mind. Just as Your Mindset is Vital to the Choices You Make in Life. Ironically the Choices We Make: Determine Our State of Happiness as Mind and Body Excel in Harmony. Therefore, it is Critical to have a Positive Attitude, as a starting point for our mindset. Always Think Positively. A ‘Don’t Worry, Be Happy’, State of Mind would be ideal.

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Next, we have to determine our fixed set of values and morals, principles of right and wrong. Thou Shalt and Thou Shalt Not. Integrity is Precious!

What do You Value in Life? What are Your Thoughts and Ideals about Life in general? Do Believe in God? Perhaps you're a Spiritual Soul. Regardless, "you have to believe in something, or you'll fall for anything. You Determine and Create your Life by your actions. Your fixed mental attitude or disposition predetermines your responses to and interpretations of situations. **LOVE is Essential. LOVE is Crystal Clarity!**

You Have to Re-program Your Mindset if You Seek Harmony, Peace of Mind. Think Positive, Purge the Negative. Toxic Thinking Generates Chaos and Suspicions. You Have to Control Your Thoughts, Feelings and Emotions; so that you won't have to; Doubt your own Sanity, Rest Assured--- You are Not Insane. Will-Power is your Secret Weapon. An Iron Will Does Not Compromise with Evil. You Must be Intolerant and Discriminative of the immoral and wickedness, as Conscience; Empathy and Compassion are Divine! You were born to Pro-Create and Manifest Destiny. Duty Calls; Get Involved: It is Time for humans to Validate Almighty God's Greatness as His Faith in Mankind, to Overcome Evil and B4HEART. Shine On!

B4HEART --- Humanity Envisioned And Realized Together!

"My mind is a center of Divine operation. The Divine operation is always for expansion and fuller expression, and this means the production of something beyond what has gone before, something entirely new, not included in the past experience, though proceeding out of it by an orderly sequence of growth. Therefore, since the

Divine cannot change its inherent nature, it must operate in the same manner with me; consequently, in my own special world, of which I am the center, it will move forward to produce new conditions, always in advance of any that have gone before.”

— Thomas Troward, 1847 – 1916; The Dore Lectures on Mental Science

Universal Mind / Universal Consciousness

Universal mind or universal consciousness is a metaphysical concept suggesting an underlying essence of all being and becoming in the universe. *“The nature of the universal mind is said to be omniscient, omniscient and omnipresent.”* It includes the being and becoming that occurred in the universe prior to the arising of the concept of “Mind”, a term that more appropriately refers to the organic, human, aspect of universal consciousness.

It is all knowing, all powerful, all creative and always present everywhere at the same time. Your consciousness is part of it - it is It. All is One. You are connected to everything and everyone.

“The Universal Mind contains all knowledge. It is the potential ultimate of all things. To It all things are possible.” --- Ernest Holmes, the Founder of the Science of Mind Movement:

“The Universal Mind, being infinite and omnipotent, has unlimited resources at its command, and when we remember that it is also omnipresent, we cannot escape the conclusion that we must be an expression or manifestation of that Mind. A recognition and understanding of the resources of the subconscious mind will indicate that the only difference between the subconscious and the Universal is one of degree. They differ only as a drop of water differs from the

ocean. They are the same in kind and quality, the difference is one of degree only.”

“The nature of the universal mind is said to be omniscient, omniscient and omnipresent.” --- Charles Haanel Author of ‘New Thought’.

Self-Realization

In the Western world “self-realization” has gained great popularity. The Buddhas are ‘Cool’, as society admires their Wisdom. Most Influential in this popularity are psychoanalysis, humanistic psychologists, and those acquainted with the Eastern religions, and the growing popularity of Western esotericism.

Self-realization is an expression used in Western psychology, philosophy, and, spirituality; and in Indian religions. In the Western understanding it is the “fulfillment by oneself of the possibilities of one’s character or personality” (see also self-actualization). In the Indian understanding, self-realization is liberating knowledge of the true Self / permanent Self.

“Fulfillment by oneself of the possibilities of one’s character or personality”. --- Merriam Webster’s dictionary

Self-realization is considered the gateway to eternal happiness.
“When one realizes the self, one attains eternal happiness.” --- Dada Bhaqwan

The Self-Realization is important because one gets to discover one’s true nature, true Self, gains the knowledge of the only single, unchanging, ever present, Ultimate Reality, Atman / Brahman, becomes selfless and a godly human being. ... This is called Self-Realization

Self-realized people have found the perfect balance between the “ideal self” and the “real self”. They are unconventional men and women who are free, satisfied, grateful, and sensitive to the problems of the world.

There is a Difference Between Self-realization and Enlightenment:

The difference is subtle - **self-realization** is a process and **enlightenment**, the result. **Enlightenment** is a progressive state which at any particular time in space allows one awareness of the objects in one's immediate space to relate with them. **Enlightenment** is aimed at and **self-realization** has to happen.

Self-actualization refers to the achievement of one's potential while self-realization refers to the achievement of one's personality. Self-actualization is a western concept and is now mainly used in humanistic thought.

Developing a Strong Mindset

Developing a strong mindset entails consistent practice over prolonged periods of time. It requires a sense of practicality and discipline that is all too often forgotten. It would be a mistake to think that the law of attraction is easy or that meditation will immediately alleviate depression. But if you seriously commit to developing your mind set so that you can focus on what you want over the long term, then the results will be life changing.

To do so, you will need to Learn to Rely on Yourself with Your Eyes Wide Open as Well as an Open Mind and Open Heart. **BELIEVE**. Your Body is a Temple and Not a Prison. The ‘Force’ is with You

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Always --- ‘Source Energy’(Chi)... You Can Manifest a New Mind-Set by, Training Your Brain, as you Summon Courage and Will Power to get Rid of Old Habits. You will have to Learn to make both Cognitive and Emotional Connections. You have to be Proactive and Disinfect Your Mind. Nurture your Spirit by Thinking Positive! Purge Evil Thoughts and Emotional Baggage. Focus on Your Desired Goal, Visualize the Change in Your Daily Routine and Receive, a New Skill Set En-route to Enlightenment.

Before we get started, here are some thoughts to ponder:

As per Indian philosopher Krishnamurti Suggests:

“I maintain that Truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect.”

“A theory based on another man’s experience in matters of the psyche or of an inward life has no meaning at all.... We have to let it go completely because we have to stand alone.”

“Three things will last forever: faith, hope, and love-and the greatest of these is love.” Apostle Paul - 1 Corinthians 13:13

“We are not human beings having a spiritual experience; we are spiritual beings having a human experience.” – Father Pierre Teilhard de Chardin

Footprints in the Sand

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
“Lord, you said once I decided to follow you,
You’d walk with me all the way.
But I noticed that during the saddest and most troublesome times
of my life, there was only one set of footprints.
I don’t understand why, when I needed You the most, You would
leave me.”

He whispered, “My precious child, I love you and will never leave
you. Never, ever, during your trials and temptations.
When you saw only one set of footprints,
It was then that I carried you.”

--- Author Unknown

Now, here are some of my thoughts:

I Do Not believe in ‘Coincidences’ as Everything Happens for a Reason and sometimes the Reasons are Many...

If Fear is the Essence of Faith, then Perhaps; it is No Small Wonder that Humanity as a Whole is Struggling to Survive. Ironically, far too many humans Pray to God only when they are scared or in some kind of trouble? Have Faith and, Patience as God Works in Mysterious Ways!

Miracles Do Happen! Pray and Give Thanks to God Daily---Amen!
BELIEVE, Be Kind, Pass it On and B4HEART---

Humanity Envisioned And Realized Together...

Blessed is he whom ‘Dreams the impossible dream’; and then Manifests that Crazy Delusion into Reality as a Miracle; Believe, Faith, Genius, Amen.

It is Time for humans to Validate Almighty God’s Greatness as His Faith in Mankind; to Overcome Evil and B4HEART.

Capitol Hill *(Something I wrote forty years ago...)*

(The show must go on)

Our government is the circus.

Our politicians are the clowns.

The press has a field-day with the coverage.

We, the people are the audience.

The performance is sad, entertaining and quite amusing

But, how long can it go on?

Whose gonna pay for production?

And, what will the ultimate price literally be?

Beacon in the Night

As the complicated currents of Life's turbulent waters brew and
 blow, the stormy situations through the winds of Time upon us.
 We weather forth through the Sea of Destiny on Faith;
 like a ship guided by a beacon in the night.
 The signals are there, *'seek and we shall find'*.
 The course is set, it may get rough.
 But as long as we follow our Heart
 --- to *** *'overcome evil with Good, falsehood with Truth and hatred
 with Love'*, we can't get lost.
 Cause God is Shining Upon and Within Us like a Beacon in the
 Night. So, Shine on, Fear not and Behold the Good Tidings of
 Great Joy; as even Death is a Personal Privilege along our Journey.

*** Peace Pilgrim!!!

Chapter 4

Understanding the Mind

Never Underestimate the Power of Thought, Thinking, Faith and Imagination; What If?

The first step in understanding the mind is to realize that your thoughts are what determine your everyday experiences. This is the premise of all spiritual texts and esoteric schools of thought. It is also reflected in any scientific spheres such as quantum mechanics.

Ironically, contemporary man believes in Logic, questions his Faith and can't fathom or perceive Miracles, as Reason complicates Understanding. It is a Spiritual Disability. Open Your HEART and Both of your Minds. Trust your Conscience to be Your Guide, as your Heart and Intuition know Right from Wrong...

People have certain thought patterns that they pick up from the wider Society, from their parents, from groups and organizations etc. They then project these thought patterns onto their surroundings. And they then mistakenly believe that their own projections and interpretations are the 'truth'. But the truth is different for everybody, depending on their,

particular thoughts. This is why there is so much diversity in the world today.

Hence, ‘I think, therefore I am.’ (--- Rene Descartes)
But who am I? Why am I here?
What is my Purpose, my Mission here on Mother Earth?

The Three Levels of Human Consciousness.

We can view consciousness as **three** distinct levels: the conscious, the subconscious (or preconscious), and the unconscious. Buddhism has a sophisticated theory of **mind** but has undoubtedly contained the concepts of conscious and subconscious for over thousands of years.

What is the conscious and unconscious mind?

The conscious mind:

contains all of the thoughts, memories, feelings, and wishes of which we are aware at any given moment.

The unconscious mind:

is a reservoir of feelings, thoughts, urges, and memories that are outside of our **conscious** awareness.

In Freud’s psychoanalytic theory of personality, the **unconscious mind** is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the **unconscious** are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict.

What is some unconscious mind examples?

Sigmund Freud argued that unacceptable thoughts, memories, and motives could be repressed in the **unconscious mind**.

For **example**, anger at one's mother, memories of childhood abuse, and hatred of a family member might be repressed in the **unconscious**

The Subconscious Mind

Our subconscious rules our behavior. This is a scientific fact as well as a phenomenon documented by psychologists Carl Jung and Sigmund Freud. The subconscious mind is mental activities just below the threshold of consciousness. We're rarely aware, or at least fully aware, of our subconscious mental activity. But subconscious thought does affect our feelings and behavior, and it's often revealed in dreams, artistic expression, and slips of the tongue. The subconscious mind can be a hiding place for anxiety, a source of creativity, and often the reason behind our own mysterious behavior.

The function of your subconscious mind is to store and retrieve data.

Your conscious **mind** commands and your **subconscious mind** obeys.

Your **subconscious mind** is an unquestioning servant, that **works** day and night to make your behavior fits a pattern consistent with your emotionalized thoughts, hopes, and desires.

Intuition --- Your Built-In-Radar-Detector.

Intuition is an immediate understanding or knowing something without analytic reasoning. It is a process, bridging the gap between the conscious and nonconscious parts of our mind, and also between instinct and reason. It is a “knowing” that cannot be explained by fact or thought, but through a deep inner ‘**Gut Feeling**’. Some also believe it has direct access to unconscious knowledge, unconscious cognition, inner sensing, inner insight to unconscious pattern-recognition. **Seek and You Will Learn how to use it!**

Intuition is the **ability to acquire knowledge.**

Intuition is a powerful force of the mind that can help us to make better decisions.

It is a quick understanding to interpret but without using reasoning or perception,

It is a snap judgment from instinctive feeling.

Fortunately, **intuition** is a **skill** that you can hone by practicing the habits of highly **intuitive** people.

Intuition is your Built-In-Radar-Detector.

It Kicks in Automatically; Good, Bad or Ugly Anticipation...

It Can Warn You of Pending Danger / Jeopardy.

Caution You, to **Slow Down, Pivot or Leave.**

Manifest Instant Solutions.

Sparks **Encouragement** as **Hope** Lingers Now.

But; You Must Learn to Trust it!

Beware of the ‘**Energy Vampires**’.

They Will Drain All of Your Positive Energy,

If you let them, leaving you feeling Depressed or Lethargic.

Depression is a Fact of Life; Sometimes...

Since Humans are Deceived by Logic,
Life Can become Depressing without Warning.
Adversity lingers, waiting more often than not, because of Inequality;
to Pounce.
Alas Hurry, Worry, Stress, Anxiety, Frustration, Discouragement,
and Depression,
All PARTY together on our Unstable Mentality, as coping is
Blindsided by Fear and
Uncertainty. Thus, Mental Chaos is becoming more Normal, as
Hopeless People,
silently withdrawal from Society. After all. "To Live, is to Suffer".
Many of them
hang-out together, as Misery Loves Company. Bad habits become
addictions,
mass casualties.

Unfortunately, they turn to drugs, alcohol and gambling to, self-
medicate their own
Depression. But mood-swings and nervous conditions; require med-
ical treatment
by a doctor. Usually, the Doctor Treats the Patient with Medication
too. It is the
professional method, as a way of controlling the conformed unfor-
tunate. Alas,
Society is burdened by abnormal routine; which is Ignored? Willful
Ignorance?
It is a Shocking Tragedy. It sounds Crazy but, define Sanity.
Life is a Challenge. God has a sick sense of Humor, Sometimes?
But the Joke is on us. We tend to make Fools of ourselves.
Experience. Choices. Free Will. Reasons are many. Excuses don't
count.

Historically, so many manage to complain about secular insignificance and bewail

over irretrievable missed fortunes; while the vulnerable silently and courageously

assimilate with their grave Traumatic Reality of the Enormous Divide and Die.

For what good is it to bitch and complain when; wealth and privilege are deaf

and blind? How does an Unstable Mind, maintain Reality; on drugs, alcohol,

or medication? Gambling? How do such undesirable; ‘Victims of the System,’

retain his or her jobs and Sustain their Families?

Some turn to crime and illegal sexual behavior, to get by.

How does Society as a whole, become so Fragile and continue to exists with a bunch of misguided, dysfunctional misfits?

Perhaps, it is No Small Wonder, Why Homelessness; is Rampant in America?

God Help us; Please.

It is an International Cause; For Action: Get Involved.

Compassion is the Price of Humanity

God is LOVE! We are little gods. Amen...

See Someone in Need, Say Something, Do Something About It!

We are All Connected and Interaction Maintains Consequences.

B4HEART --- Humanity Envisioned And Realized Together.

Mental Health is Vital to the Cause for Concern

Awareness is the Name of the Game of Life.

It's a Constant Cause for ACTION. Be-Aware of Your Thoughts!

Thinking is a Thought Process.

🦋 TABOO - LOGICAL DECEPTION

You Must Learn to Control You Thoughts.
You are in Control of Your Mind. You are Commander and Chief.
You Set the Rules that Value Your Mind-Set. Think.
Think about that. Be Positive. Purge the Negative.
Believe! You Control Your Own Destiny!

Think about what you want to do with your Life.
What is your Purpose, --- Privileges, Obligations and Consequences
– Karma?
Karmic Risks and Rewards. Options, Choices and Consequences?
Curiosity, Temptation, Intent
It's Nice to be Nice, Pass it on...
Different Personalities and Peculiarities, Comparisons,
Calculations, and Understandings; Profound Influence---
Toleration, Denial, Tradition, Routine and Standard Procedure.
Inequality; 'the Have and the Have-Nots'?
Time for a Change of Heart? If not Now? When?
Thank about That! Compassion...

Compassion is the Price of Humanity.

If you Think that you can Do Something, you can.
You already Made your Mind Up. You Will Do It!
You just have to put some Concentrated Effort into it and Figure Out
How.
If you Think that you can't Do Something, you won't.
You Will Not Do It. You already Made your Mind Up.
You might have regrets about not trying harder.
But deep down, you Know you had the Intent to Try.

Do Your Part. Do Something! B4HEART

Humanity Envisioned And Realized Together.

I Personally Believe in Almighty God;
the Father, the Son (Jesus Christ) and the Holy Spirit; (AKA the Holy Trinity)

I also believe that Almighty *God is Love! (Eternal Source Energy)*
Love is Truth.

*And, ultimately, this Trinity — Combined,
Is the Way to Peace and Happiness.*

“Peace be with you” --- Jesus, John 20:21

**“We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.”
----- Father Pierre Teilhard de Chardin**

The Threshold of Humanity –

You Have the Profound Power to Manifest Your Own Destiny!

From birth throughout history, even still --- man is his own mystery,
a rare breed, who is filled with wonderment as we long for --- Information.
Thus, in the field of life, there are two pertinent factors,
which are more important than; Reading.

The first is writing, but most imperative is the prevailing Destiny of
the Naked Truth.

For while some search for the Spirit of Truth, others seek and strive
for success.

But, how does one measure and define success?

Especially since man is not born to impress,
emulate or antagonize anybody, not even Himself.

☞ TABOO - LOGICAL DECEPTION

Why then, does mankind have the ridiculous audacity,
as we adamantly pretend to be what we aren't?
Who are we trying to influence or impersonate and --- Why?
Are we not trying to redesign God's Creation,
with "caricature, fatuous and absurd presumptions as conceived
conceptions?"
Who invented Corruption? And, why do we tolerate it?
Who invented Terrorism? How can we wipe it out?

Scientists have long known that there is a direct link,
between nutritional health and viral mutation.
Ironically, a malnourished body provides an accommodating,
breeding ground for intruding mutant viruses,
as undernourished bodies are rendered helpless and thereby sus-
ceptible to infection.

But, what about an undernourished mind and soul?
Are they not more susceptible to ignorance and evil and therefore,
unintentionally responsible for self-destructing impulses,
as diseases or Dis-Ease per malingering existence?

Can Ignorance and Evil be mutant as they vary and change in degree?
For man is a predefined biological mechanism which unlike any mod-
ern computer,
is a Divine complex interacting system of not only hardware and
software
but also; --- latent Eternal-Ware.
Thus, a coexisting affiliation of Body, Mind and Soul,
which unlike any computer, is responsible for its; actions.

But, like all computers, 'garbage in, garbage out',
as we receive; compile and transmit. Parity is pertinent to Harmony.
Therefore, we must balance our emotions and never underestimate,

the under-current of our powerful minds as we have a Choice.
For physical illness as well as ignorance and evil result from psychic disturbances,

which are, a manifestation of a Spiritual imbalance of --- Body, Mind and Soul.

Unfortunately, mankind is so negligent and thereby --- delusionally arrested.

Alas Plato proclaimed: 'if you want to heal the body, you must first heal the mind.'

When will mankind finally Learn how to relax; appreciate and, Enjoy each Other? Instead of trying to destroy what is already Perfect and Mankind, itself.

Why can't we just --- 'leave well enough alone'?

When will we realize that 'the Truth Shall Set Us Free?'

Poverty is a Divine NO-NO. It exists because of Greed and Corruption? Poverty is TABOO!

Unfortunately, mankind is losing ground as greed is prevalent.
For man is obsessed with money, power and control, fame and fortune.
Ironically, we can't seem to control our self as Ego manipulates, Soul and we compete for success,
as we destroy our environment --- Mother Earth herself?

Perhaps, Truth is hard to comprehend.

Especially since we are addicted to Denial,

Hypocrisy and Wanton Arrogance at the expense of each other.

Selfishly, "we put material things above People,

vengeance before Love and greed before God?" (Le Ly Hayslip ---

'When Heaven and Earth Change Places')

Egomania?

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Historically, life is suspect to man.

‘A rope over an abyss; where he cannot pause, retreat or attack without peril’,

as we are damned if we do and damned if we don’t?

Perhaps Nietzsche succeed, since he went insane as he insisted that:

‘man is a transition, a means and not an end and the glory of him, is that as he fulfills himself as man, he destroys himself by his own act.’

After all, we either lock up or laugh at and ignore,

metaphysical pioneers and prophets as we label them --- Crazy?

Will mankind destroy itself?

Ironically, “from the clash of differing opinions comes the spark of truth.” (--- Baha

‘u‘ llah; A Persian Prophet.)

For life is indeed a transition as we humans endeavor to survive.

Afraid of being lonely, we long to be Loved as,

we compete for Place and Recognition.

Conversely, man fashions to be understood as we seek answers, proof, reassurance and conformation.

Unfortunately, we Become --- Masters of Understatements.

Ultimately, we have to overcome mixed signals.

Impregnated with concomitant counterparts,

confusion is but a natural process within and between,

confliction of tentative inseparable twins; Ego and Soul?

Control is at stake inasmuch as presence is felt,

fire, passion, a burning desire,

motivating forces --- expediency of manifested proclamations.

Thus, to each his own standards as character is unique and life,
 bittersweet as Understanding is Imperative to Truth.
 But, beware of an over-active Ego as,
 Narcissism strives for self-preservation and aggrandizement.

In case you haven't noticed, more and more people are talking,
 to themselves out-loud and in public now a days,
 as society laughs and calls them crazy.
 But God Bless those metaphysical pioneers, who talk back to and
 argue with,
 themselves, out loud and in public,
 as all must muster the Courage to confront and question Authority.

Wake up World! How many walking time-bombs are out there?
 How many O'sick-o bin Ladens or Saddam Insanes are there on this
 Planet?
 Is war a choice or a necessity?

Frankly, mankind must choose as 'we can't serve two masters.'

'To Be or Not to Be',
 Willingness without reservations --- Maya or Truth?
 Inner Peace is a Prerequisite for World Peace.
 Choice is yours and yours alone! 'Will-Power' is the Key!
 Eventually, our choices combined --- collide.

Judgment is only a matter of opinion,
 Reasons are many and forgiveness --- a measure of maturity.
 History speaks for itself. All must deal --- face to face with self.
 All must do his part in the Name of Humanity.

☞ TABOO - LOGICAL DECEPTION

Hence, Thoreau --- the Philosopher, surmised:
“if a man does not keep pace with his companions,
perhaps he hears a different drummer...”
Thus, to each his own Tempo,
“... let him step to the music which he hears,
however, measured or far away.”

Alas, how many hear what I hear or see what I see as,
it is getting ugly and awful scary --- thought provoking?
And, how many really care?
Ironically, many are blessed as Divine Courtesy calls as,
few listen and even fewer Answer?
But then again, 'this too shall pass away',
as “Hope Springs Eternal”. “Thy Will, will be done!”
For as Jacques Maritain proclaimed:
“Grace Perfects Nature”.

**Blessed is he whom Listens to his Personal --- 'Jiminy Cricket'!
You Have the Profound Power to Manifest Your Own Destiny!
BELIEVE, Will-Power and B4HEART...**

**'Truth' is akin to 'Cool' as both are repulsive to the 'Un'.
But when Ignorance is Ignored, Stupidity is Justified.**

**It is Time for humans to Validate Almighty God's Greatness as
His Faith in Mankind to Overcome Evil and B4HEART.**

“Whether small or great, and no matter what the stage or grade of life,
the Call rings up the curtain, always on a mystery of transfiguration,
a rite, or moment, of spiritual passage, which, when complete; amounts
to a dying and a birth. The familiar life horizon has been outgrown,
the old concepts, ideals, and emotional patterns no longer fit,

the time for passing of a threshold is at hand.” ---Joseph Campbell,
‘The Hero with a Thousand Faces’

***“Ask, and it shall be given you; seek, and ye shall find; knock,
and it shall be opened unto you...” Matthew 7:7–8***

Chapter 5

The Power of Manifestation

The Law of Attraction is the ability to **attract** into our lives whatever we are focusing on. ... It is **the Law of Attraction** which uses the power of the mind to translate whatever is in our thoughts and materialize them into reality. In basic terms, all thoughts turn into things eventually. Believe!

“**Self-manifestation** allows you to trust that the universe will provide exactly what you need at exactly the right moment.”

Manifest Your Desire

Faith, Patience and Persistence, Action, Confidence as well as Enthusiasm; are All required for this Step by Step Process to Take Effect As Grace Happens. Amen!

— **Your Intent and Faith are Critical** and you have to be **Clear and Specific**. Sometimes, you will have to Modify it; to be Most Clear! **LOVE is Crystal Clarity! BELIEVE as FAITH/LOVE/CLARITY; is the KEY.**

Ask for it; Ask God or the Universe; depending on your Faith: **Write It Down. Anticipate, and Imagine it Happening.**

*Pray and Believe that it will Happen. Visualize it in your Imagination; Pretend that it already happened. **The Mind Cannot Distinguish the difference, between Physical Practices and Imaginary Practices.** Dream About It Daily! And, Day-Dream Too. Never Underestimate the Power of Imagination. What If? Imagination Defies Logic!*

Caution; DOUBT Kills Dreams. Utter Joy is Miraculous!

Unfortunately, We Can Manifest Negatively?

Conjure Up: to effect, produce, bring, etc., by or as by magic: to **conjure** a miracle. ... to call or bring into existence by or as if by magic (usually followed by **up**): She seemed to have **conjured up** the person she was talking about. to bring to mind; recall (usually followed by **up**): to **conjure up** the past.

Don't Conjure Up or Manifest Something that You will Regret!

Motivate Yourself with Positivity

Do something Positive, daily that makes you feel good; anything from reading, bike-riding, or meditating. Keep your vibrations high. Remember, a crappy mood means you're going to be rewarded with crap. Staying positive is the easiest way to be certain good things are coming.

According to Abraham, "All humans are the essence of 'Eternal Consciousness', which never dies. Presently, you are an Eternal

☞ TABOO - LOGICAL DECEPTION

Being in Physical Form and the essence of your body is both, a Transmitter and a Receiver. As such, you are born with the Innate Knowledge that we do Create our own Reality.

Ultimately, our Earthly Experiences are at the 'Leading Edge of Thought'; as We are All, 'Extensions of Source Energy'. Thought is Powerful. We are co-Creators. We do Manifest Good and Evil? The Law of Attraction is Paramount.

Our Emotions are Vibrational Interpreters. We must learn to Guide both our Thoughts and our Emotions. We must Discipline our Mind-set to Trust our 'Conscience to Be Your Guide'."

Alas, "according to the Law of Attraction, you attract what you are sending out. To attract more of what you want, you have to raise your vibration. **Vibrations are like little radio signals you are continuously sending out to the universe. You must tune your signal to a vibration worthy of receiving it."**

Believe and Remember that You must Clear Any Resistance on Your Part!

Anticipate the Joy of Receiving...

If you haven't yet manifested what you want, it's likely you are resisting what God / Universe has to offer. 'Don't worry, Be Happy,' Joy, Joy, Joy. Have Faith. Doubt Kills Dreams. Any Negative thought or emotion, pain, procrastination, frustrations, anxiety, fears, regrets and resentments are all forms of resistance. And they are totally Normal. It Happens. Shit Happens. Glory Be When GRACE Happens!

Therefore, You Must Control and Discriminate both Negative Thoughts and Negative Emotions. Negative Emotions are the Tricky Part. Fake It if you have to. Fool Your Mind.

If and When you notice any conflict coming up, acknowledge it and remind yourself to breath and relax. It might sound something like, *"I'm frustrated again. How long does this take? What am I doing wrong? I'm resisting again. I get it. All I have to do now is breath, relax, and let it come.*

If you are having a hard time letting go of problem, ask God or the Universe for Help. **Courage and Faith are Vital.** Trust that Help is on the way! Never Underestimate the Power of Imagination. Imagination Defies Logic! What If? **Hope! Miracles Do Happen! GRACE HAPPENS! Amen...**

Utter Joy is Miraculous!

It is the Key to Your Manifestation...

Trust that You Will Find and Gain Access to New People, New Places and New Things that will Enable Your Manifestation. You Get Total Access when you Clear All Resistance.... You Must be Ready, Willing and Able to Act with Effort and Accept it Joyfully, when it Comes.

Receive and Acknowledge; When You get it and, Give Thanks!

Watch for Signs:

Recurring Experiences are Universal Signs from God, that Should Grab Your Attention and Make You Think, Wonder and Prove that You are on the Right Track to Manifest Your Intent:

Intuition Happens when you say something with another person in unison or when you know what they want to say **before** they even speak. ... Intuition shows **just before manifestation**, that you are on the verge of it happening.

Manifesting your Desires works when you Believe and Adhere to All the Principles.

“Self-manifestation

allows you to trust that the universe will provide exactly what you need at exactly the right moment.”

A Quick Review:

Doubt, Negative Beliefs, and Bad Choices; Will Obstruct Your Desired Manifestation...

Get clear on your Desire / Intent. **LOVE is Crystal Clarity!**

Ask God / Universe for it.

Think Positively, You Don't want to Manifest Something You Will Regret...

Trust the Process, **Hope, Pray and** Have Faith, as well as the Courage; to Let it Happen!

Doubt Delays and will Destroy your Dream if You Let it; **BELIEVE as FAITH/LOVE/CLARITY; is the KEY.**

Take action (help God / the universe make it happen).

Increase your vibration, be positive and clear resistance.

Acknowledge and Accept what is being sent; by Giving Thanks

Thoughts Become Things

A core component of spiritual growth lies in removing all of the thought patterns that we have picked up when we were young. These were just programmed into us. When we learn to remove and reinstall different thoughts and beliefs is when we start to come into our true autonomy as masters over our minds.

And this is partially why meditation is recommended across times and cultures. We are able to calmly observe our own thought patterns without reaction or involvement. This is one of the only ways that we can see things objectively. Otherwise, we tend to identify with our gender, political ideologies nationality, or class. And we naturally see this as ‘correct’ due to our limited life experience.

People who do not understand the power of their own minds are largely lost as they cannot identify as conscious creators of their own reality. They will consistently find fault with the world and ask why it is so difficult to contend with. Understanding the power of thoughts is the first step to personal mastery.

The Insanity of the Mind

From the perspective of spiritual systems, the mind is irrational, illogical and insane. We are required to observe the mind and detach from it in order to see its dysfunction. But we can also observe this dysfunction on a grander scale with the wars, hate, environmental destruction, racism, sexism, homophobia, political attacks, broken relationships, government spying programs, smartphone addictions, health problems, and more. Something is a little dysfunctional with the human populace, and this is a result of millions of minds that are not in the right place.

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Social media and centralized media also serve to program these minds into a state of disempowerment and fear via propaganda as well as so called ---‘Fake News’. And, to add insult to injury; advertising has quite a destructive effort as it encourages people to smoke cigarettes, drink alcohol, and consume sugar and caffeine. An important point to remember is that you are not immune to advertising even if you think you are. When you perceive something, it leaves a mental impression in your subconscious. So, unless you switch off your TV and avoid going into a shop, you are a victim of advertising.

Left Brain or Right Brain; Duel Thinking Brains in One Mind with Two Levels as; Conscious and Unconscious

We do in fact, have 2 Thinking Brains that; Communicate Simultaneously Together. Unfortunately, one side usually dominates. According to the theory, people are either **left-brained** or **right-brained**; meaning that one side of their **brain** is dominant. If you’re mostly analytical and methodical in your thinking, you’re said to be **left-brained**. If you tend to be more creative or artistic, you’re thought to be **right-brained**.

THOSE WHO USE LEFT BRAIN MORE EFFICIENTLY ARE: Logical. The Left brain controls the right side of the body and tend to be right-handed.

THOSE WHO USE RIGHT BRAIN MORE EFFICIENTLY ARE: Emotional. The Right brain controls the left side of the body and tend to be left-handed.

Actually, you are both left and right brained?

We all ARE **both left-brained** and **right-brained**. In psychology, the theory is based on the lateralization of brain function. The brain contains two hemispheres that each perform a number of roles. The two sides of the brain do communicate with one another via the corpus callosum.

Scientific Discoveries & Psychological Observations

There are some scientific discoveries and psychological observations which might be of interest in understanding how the mind works. These include:

1. The mind cannot distinguish between real and imaginary.
2. 95% of your activity is subconscious (try being consciously aware of every key you type on your computer. Your progress will be vastly reduced.
3. Your subconscious has stored everything that has ever happened to you, much like a gigantic computer.
4. We are bombarded with 2 million bits of data every second. It is the job of the subconscious to filter through all of this.
5. The conscious mind remembers between 5-9 pieces of information. This information is passed to the subconscious for processing to free up conscious space.
6. Most of our energy expenditure goes towards the brain.

These discoveries have important implications. If the majority of our lives are fulfilled by the subconscious, it follows that we should try to manipulate our subconscious mind as opposed to our conscious

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abilities. According to Carl Jung – *“Until you make the unconscious conscious, it will direct your life and you will call it fate”*. Programming of the subconscious for conscious growth is the basis of affirmations and self-hypnosis for empowerment. But along with these strategies, there are other things to consider in order to create a positive mindset for growth and fulfillment.

Chi Energy - is the **energy** of life itself, a balance of Yin and Yang, positive and negative; electromagnetic **energy** which flows through everything in creation.

Chi is a Chinese word meaning aliveness, life force energy. or life breath – also known as Ki, Qi or Prana.

The Definition of **Chi**:

“Theories of traditional Chinese medicine assert that the body has natural patterns of qi associated with it that circulate in channels called meridians in English.

What is Chi energy?

Chi, (**Qi** or **Ki**) is the **energy** of life itself, a balance of Yin and Yang, positive and negative, electromagnetic **energy** which flows through everything in creation.

In living beings, **energy** flows not only from physical nourishment, but through the body in pathways known as meridians and in **energy** centres called chakras.

Chakras

Chakras are the energy centers of the body. They are **located** in the astral body along the spine, starting at the base of the spine and running upwards to the crown of the head. The **Chakras** coincide with a gland in the physical body and each radiate a specific color and energy.

What is Chakra in human body?

The **chakras** are thought to vitalize the physical **body** and to be associated with interactions of a physical, emotional and mental nature. ... The function **of the chakras** is to spin and draw in this energy to keep the spiritual, mental, emotional and physical health **of the body** in balance.

7 Chakras

- Root Chakra
- Sacral Chakra
- Solar Plexus
- Heart Chakra
- Throat Chakra
- Third-Eye Chakra
- Crown Chakra

How do you maintain chi energy?

Below, you'll find some of the most common methods:

Chi Energy is Natural

1. Get enough sleep. Being tired is a hallmark sign of a qi deficiency. ...
2. Work on your breathing.
7. One way to improve a qi deficiency is through purposeful
3. breathing. ...
4. Try tai chi or qi gong. ...
5. Give acupuncture a go. ...
6. Balance your diet.
7. Take care of your mental health
8. Drink plenty of H₂O

How do I control my Chi?

Chi (also known as “Qi” and pronounced “chee”) is a concept that comes from Chinese medicine. Chi is life energy, which is believed to be in everything and everyone in the world. Many people wish to spend time focusing their chi because it is believed to improve health, focus, and well-being. Learning to focus your chi will be an on-going journey

Find a comfortable position.

1. Inhale through your nose. Do this as you normally would, don't make it deeper
2. or most shallow. Exhale slowly. Instead of out your nose, exhale out of your
3. mouth as much as you can. Breathe in through your nose. Repeat the process
4. of inhaling through the nose and exhaling through the mouth.

What does chi energy feel like?

If your **qi** is out of whack, symptoms include fatigue, irritability, hormone imbalance, pain, muscle weakness, depression, cramping, and stress.

Tai chi

Tai chi originated in China and is short for **T'ai chi ch'üan** or **Tàijí quán**. It is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist. Etymologically, Taijiquan is a fist system based on the dynamic relationship between polarities (Yin and Yang). Some training forms of tai chi are especially known for being practiced with relatively slow movements.

Tai **chi** can boost upper- and lower-body flexibility as well as strength. Balance. ... Tai **chi** also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai **chi** training helps reduce that fear.

Universal Laws, Resolution to Earth's Quagmire; Willpower and B4HEART

The Law of Transmutation, Transmutation is spiritual alchemy. It's about wielding universal laws and forces. Spontaneously, Energy moves in and out of Physical form. The Universe organizes itself according to your thoughts. Your thoughts are creative energy. Faith and Intent are critical. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results, in your life.

State your Intent, Focus and put your Concentrated Energy and Effort; your Thoughts and Actions combined, into Attracting what you Desire; as the Physical Manifestation of that Energy.

According to 'The Teachings of 'Abraham'; "Life on Earth is Subjected to Universal Laws of *Vibrations as are; the Universe and 'All-That-Is'*. 'Well-Being' is Vibrational Harmony." It sounds like Divine Love to me!

But that is not all that he reveals in the book: 'Ask and it is Given'.

"The Law of Attraction is the ability to **attract** into our lives whatever we are focusing on. ... It is **the Law of Attraction** which uses the power of the mind to translate whatever is in our thoughts and materialize them into reality. In basic terms, all thoughts turn into things eventually."

He also proclaims that: "All humans are the essence of 'Eternal Consciousness'; which never dies. Presently, you are an Eternal Being in Physical Form and the essence of your body is both; a Transmitter and a Receiver. As such, you are born with the Innate Knowledge that we do Create our own Reality."

“Ultimately, our Earthly Experiences are at the ‘Leading Edge of Thought’; as We are All, ‘Extensions of Source Energy’.” Thought is Powerful. We are co-Creators. We do Manifest Good and Evil? The Law of Attraction is Paramount.

“Our Emotions are Vibrational Interpreters.

We must learn to Guide both our Thoughts and our Emotions.

We must Discipline our Mind-set to Trust our ‘Conscience to Be Your Guide’.”

There is Truth in Matthew 7:7–8; “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you...”

All human beings, every living animal, all rocks, trees, and even the grass; that we walk on is all connected to ‘Source Energy’. Systematically, all this essence of existence makes up this divine matrix; which we call the Universe. Therefore, whenever we make a choice and take an action, reaction, or even think a thought; it effects the matrix on some level as everything is affected by everything else in existence. This is **The Law of Universal Oneness**. Ironically, we are Spiritual Beings having a Human Experience. Life on Earth is a Test.

HENCE, **Inter-connectivity**, should make you Think Twice, before you act or react as ‘Karma,’ is also a Universal Law! **The Law of Cause and Effect; Karma**. “What goes around, comes around.” Perhaps we should re-think about ‘Reincarnation.’ ‘Empathy,’ would surely make a difference in everyday activity.

REMINDER--- before you try to start to Manifest specifically, Please keep in mind that, Abraham also Proclaims:

“that in order to Manifest Something; Your Emotions have to be in line with your Thoughts! If they are not aligned, it won’t

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manifest! Why? You Have to Learn the ‘Art of Allowing’.

Remember --- *The Law of Compensation*, whatever you give, you get. ***You will get compensated something – whether positive or negative is up to you.*** Also, the **Law of Cause and Effect, KARMA.”**

Thus, you have to Allow it Emotionally; like it already happened. Get Excited about it, Think and Talk Positive about its progress. Write it down and put it in your wallet or purse. Fool Your Emotions; lie to yourself if you have to as You Must be Joyful About it! Look at it every day and night. Read it out loud but Keep the details to Yourself. If someone else tries to help you; it might get confusing if you both are not on same page.

Believe! Pray. Divine Intervention is Sweet as Amazing Grace Happens! Amen...

Are **Vampires** Real? I don’t know about you, but I learned a long time ago; that some people know how to draw other people’s energy; just like some kind of **psychic energy vampire**, that preys on humans for their blood. I can’t count the number of times; when I went out and felt so energized until I ran into somebody that was so negative and disagreeing with everything that I was Optimistic and Excited about. By the time we said our good-bye’s; I was so tired, depressed and confused.

It felt like All of my Energy was sucked right out of me. After a while I learned, to stay away from certain people and learned the warning signs to alert me of possible future scenarios. I call them ‘**Energy Vampires**’, and there are a lot of them in this world.

They Thrive on their hunt for unsuspecting victims. Stay clear of people that know everything and argue about anything. This takes

us to **The Law of Vibration**, everything in this Universe carries with it a vibration that is unique to itself that carries **constant movement and energy with it**.

Did you ever hear about 2006 best-selling book **The Secret**?

It is based on ‘The Teachings of Abraham.

It was a global phenomenon which empowered millions to lead happier and more fulfilled lives? It Dealt with **The Law of Attraction, Believe, Achieve, The Power of Intent. Like Attracts Like...**

The Law of Inspired Action, we must take action to accomplish something. Your actions must match your intentions in order to Manifest. The Universe organizes itself according to your thoughts. Your thoughts are creative energy. Faith and Intent are critical. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results, in your life. Intent should Resolve a Problem.

State your Intent, Focus and put your Energy and Effort, your Thoughts and Actions combined, into Attracting what you Desire, as the Physical Manifestation of that Energy.

More Universal LAWS

The Law of Rhythm, everything has a Natural Cycle and moves as Rhythm...

The Sun Rises and then Sets. The Tides Rise and then Recede. Life and Death. Rebirth?

The Law of Polarity, everything in this Universe has an opposite.

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Good / Bad, Love / Hate, Hot / Cold, Yin / Yang; negative / positive...

The Law of Compensation, whatever you give, you get.

You will get compensated for something – whether positive or negative is up to you.

The Law of Gender, The Universe is comprised of both male and female energy; yin and yang. Masculine and Feminine in Union as Pro-Creation keeps the world going...

The Law of Relativity, everything in the Universe is Neutral and yet, it is also Relative. It is a matter of Perspective as there is no good or bad unless you project it as such.

The Law of Perpetual Transmutation of Energy, Change; is the only constant in the Universe. Everything is always changing...

The Law of Correspondence, as Above so Below. Patterns repeat themselves throughout the Universe.

The Law of Gestation, everything takes time to manifest.

“The Law of Mentalism “The All is Mind - The Universe is Mental”.

“Everything we see and experience in our physical world has its origin in the invisible, mental realm. It tells us that there is a single Universal Consciousness – the Universal Mind - from which all things manifest. All energy and matter at all levels is created by and is subordinate to the Omnipresent Universal Mind. Your mind is part of the Universal Mind - the same in kind with the only difference being one of degree. Your reality is a manifestation of your mind. This is true Mind Power.” The Kybalion, 1908, (a study of The Hermetic Philosophy of Ancient Egypt and Greece, itself based on the mystical teachings of Hermes Trismegistus and written by the so-called Three Initiates)

Visualization is one of the most popular and effective mind workouts that you can do to Jump Start Your Imagination. Be Patient. Sometimes you have to make some Modifications to Unstick your Progress. Baby Steps will Bring You Closer and Closer Towards your Goals and Aspirations. Never Give Up! Have Faith, Grace Under Pressure.

When the Time comes Run, with it until it Goes Viral... “If You Believe, You Will Achieve.”

We all have Hopes and Dreams, Goals in Life. There is Magical Power in the Pen. Write Down Your Thoughts and Wishes and Believe that They Will Come True! Pray, Believe, Imagine, Fantasize, Think and Dream About Them Often, Day and Night. Faith and Imagination combined, are Magical, as they have the Power to Defy Logic and Prove it Wrong!

There is Magical Power in Nature; Observe! Look, Listen be Patient. Watch for Universal Signs as Hints that You are on to Something. Ask God for Guidance and Pray to Him to Give You a Sign, Recurring Experiences. Deja vu, Precognition, and Prophecy are Spiritual Gifts. God works in Mysterious Ways. Believe to Achieve.

Thoughts to Ponder and Keep in Mind, mystical-minded, wanderlust soul:

Blood and Water are Mysteriously SACRED

- Four Elements: Earth (Gaia), Air, Fire, Water
- The Earth Element: Signs and Personality. TAURUS (April 20-May 20), VIRGO (August 23-September 22), CAPRICORN (December 22-January 19) The Earth is stable and reliable, yet constantly working and moving.

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- The Air Element: Logical. GEMINI (May 21-June 21), LIBRA (September 23-October 22), AQUARIUS (January 20-February 18) Air is constantly in motion, even when you can't see it.
- The Fire Element: Forceful. ARIES (March 21-April 19), LEO (July 23-August 22), & SAGITTARIUS (November 22-December 21) Fire provides heat and light, but it cannot exist on its own.

The Water Element: Emotional. CANCER (June 22-July 22), SCORPIO (OCTOBER 23-November 21), PISCES February 19-March 20) Water is constantly flowing, with much of its activity happening below the surface.

The four elements are earth and water (heavy), and fire and air (light). In terms of qualities, the heavy elements are strong, negative, passive, and female. The light elements are weak, positive, active, heavenly, and male. The chart below shows various correspondences for elements.

elements

- Wood feeds fire,
- Fire creates earth (ash),
- Earth bears metal,
- Metal collects water,
- Water nourishes wood.

Archangel in Charge of Elements

- Raphael: Air. Archangel Raphael represents the element of air in nature. ...
- Michael: Fire. Archangel Michael represents the element of fire in nature. ...
- Gabriel: Water. Archangel Gabriel represents the flowing element of water in nature. ...
- Uriel: Earth. Archangel Uriel represents the solid element of earth in nature. ...

The Age of Aquarius

Behold, The Age of Aquarius is near and Traits are Building as the Next Great Age Begins. The Age of Aquarius is causing great turmoil in order to make room for the new values of love, brotherhood, unity and integrity. Everything with Piscean values is being exposed and taken down. This includes governments, corporations, individuals, and even personal relationships.

“The fault, dear Brutus, is not in our stars / but in ourselves, that we are underlings.”

- William Shakespeare, *Julius Caesar*

“The Age of Aquarius is not part of astronomy. It’s an *astrological age*, which occurs because of a real motion of Earth known as the *precession of the equinoxes*, which, for example, causes the identity of the Pole Star to change over time. The cycle of precession lasts 25,800 years, and there are 12 constellations of the Zodiac. So, roughly every 2,150 years, the sun’s position at the time of the March, or vernal, equinox moves in front of a new zodiac constellation. The

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Age of Aquarius begins when the *March equinox point* moves out of the constellation Pisces and into the constellation Aquarius.”

According to Wikipedia, “The **Age of Aquarius**, in astrology, is either the current or forthcoming astrological age, depending on the method of calculation. Astrologers maintain that an astrological age is a product of the earth’s slow precessional rotation and lasts for 2,160 years, on average (one Great Year equals 25,920-year period of precession / 12 zodiac signs = 2,160 years).”

“The expression Age of Aquarius in popular culture usually refers to the heyday of the hippie and New Age movements in the 1960s and 1970s. The 1967 musical Hair, with its opening song “ Aquarius “ and the line “This is the dawning of the Age of Aquarius”, brought the Aquarian age concept to the attention of audiences worldwide”.

7 elements of nature? (Earth)

1. Plants.
2. Trees.
3. Clouds.
4. Earth.
5. Sun.
6. Moon.
7. Water.

Chapter 6

How to Develop Mental Strength

Understanding that your thoughts determine your environment and that you can command your thoughts is the first step. But committing to a daily routine of developing mental and emotional strength is something else entirely. It takes discipline, character, and patience. The idea that we can just manifest what we want is a little misguided. The fact is that you may have spent the last 30 or 40 years, anti-manifesting.

“Man desires a world where good and evil can be clearly distinguished, for he has an innate and irrepressible desire to judge before he understands. Religions and *Ideologies* are founded on this desire...” ---Milan Kundera, *The Depreciated Legacy of Cervantes* (1988)

The Virgin Birth

Greed is the Snake in the Grass that yet and again --- devours Humanity.

For it preys upon Dignity --- the Heart of its own Soul,
in order to maintain and satisfy desire, power and control.

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Proceeding without question, it sheds its skin
--- Honor, without hesitation, and Conspires with others as Corruption,
when necessary in the shameless rejuvenation, second, third, fourth etc.
chances; as people ignore, forgive or forget while it,
slitters away in delusional integrity --- Maya.

Hiding in the rocks of our head, away from mirrors,
plotting its next move amongst its agenda,
anticipating new victims, as it is always hungry
--- a gluten, who thirsts greedily for more,
with willing effort and disabling poisonous venom until
--- you get the guts to simply look it in the eyes
--- Face to face in the name of Justice for All,
and step on its vile, vicious head
--- putting it out of its own pathetic internal misery,
as you swallow your pride,
and confront your horror of,
guilt and shame as the bedbugs of the past rot away.

For temptation evolves from curiosity,
through experience until Courage,
reincarnates it into the snake-skin-boots, a Sacred Communion.
Alas, United we stand up to evil, walking tall,
as our snake-skin-boots look at each other Peacefully
--- Eye to Eye,
a Spiritual Awakening yet remembering where we came from.

Glory Be, Hallelujah, no more secrete snake in the grass,
the devil is dead
--- a past tense, the son of man whom, lived wrong as,
evil is live spelled backwards,
--- compliments of this devil, our altered ego whom,

is now and forever gone as Enlightenment is Awareness of this fact,
 as Intellect (Ego) and Intuition (Soul) Rejoice in Harmony as,
 the mask of Maya is unveiled --- Born Again,
 Divine Accession per Love en- route to Peace on Earth.

Mental Health

Be- a-ware of the ‘Power of Suggestion’

We Are; What We Think!

Mental health includes our emotional, **psychological**, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. **Mental health** is important at every stage of life, from childhood and adolescence through adulthood.

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Is Depression Self-Inflicted?

Quit Feeling Sorry for Yourself?

Poor-Me???

Get Motivated, Stay Busy. Nature Works Wonders...

It’s All a ‘State of Mind!’

Stress can be over whelming...

Stress is Over Imagined. Clear Your Mind!

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Go for a Walk in the Park.

Take a Bike Ride.

Go Fishing.

Read a Book Under a Tree.

Hug The TREE.

Hey, You Never Know!

Mental illness is a disorder of the brain – your body's most important organ. It is stigmatized; as being worthy of disgrace or great disapproval.

Avolition is a total **lack of motivation** that makes it hard to get anything done. ... Avolition is often a symptom of schizophrenia, a **mental disorder** that affects how you think, feel, and act. It can also be a sign of severe depression or a side effect of certain medicines.

Anxiety disorders are characterized by a variety of **symptoms**. One of the most common is excessive and intrusive worrying **that** disrupts daily functioning. Other signs include agitation, restlessness, fatigue, difficulty concentrating, irritability, tense muscles and trouble sleeping.

Many factors contribute to mental health problems, including:

- Like most diseases of the body, mental illness has many causes – from genetics to other biological, environmental and social / cultural factors.
- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Types of mental illness

- mood disorders (such as depression or bipolar disorder)
- anxiety disorders.
- personality disorders.
- psychotic disorders (such as schizophrenia)
- eating disorders.
- trauma-related disorders (such as post-traumatic stress disorder)
- substance abuse disorders.

“**Serious mental illness (SMI)** is defined as a **mental**, behavioral, or emotional **disorder** resulting in **serious** functional impairment, which **substantially interferes with or limits one or more major life activities.**”

Borderline Personality **Disorder** is Considered the Most “Difficult” to **Treat**. Borderline personality **disorder** (BPD) is defined by the National Institute of Health (NIH) as a serious **mental disorder** marked by a pattern of ongoing instability in moods, behavior, self-image, and functioning.

Borderline personality disorder (BPD) has long been believed to be the one psychiatric disorder that produced the most intense emotional pain, agony, and distress in those who suffer with this condition. Studies have shown that borderline patients experience chronic and significant emotional suffering and mental agony.

A nervous or **mental breakdown** is a term used to describe a period of intense **mental** distress. During this period, you’re unable to

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function in your everyday life. This term was once used to refer to a wide variety of **mental** illnesses, including depression.

mental breakdowns are triggered by excess stress and a lack of healthy coping mechanisms to manage **that** stress. ... The stress causing a **nervous breakdown** may come from any source and may build up slowly over time or occur all at once. One of the most common triggers for a **nervous breakdown** is work-related stress.

People who feel they are having a **nervous breakdown** can: ... be moody — feeling low or depression; feeling burnt out; **emotional** outbursts of uncontrollable anger, fear, helplessness or **crying**. feel depersonalized — not feeling like themselves or feeling detached from situations.

A **nervous breakdown** is not a diagnosable **mental** health condition, and that means there are no official criteria to describe it, including duration. These **mental** health crises are highly variable, lasting a few hours for one person or weeks for another.

Following a **nervous breakdown**, a full **recovery** is possible. While not a medical term, people use this expression when referring to someone who is being overwhelmed by **mental** health issues. Treatment may include medicines and therapy, depending on the situation, the diagnosis, and the patient's wishes. Listening is fundamental to Learning How to Deal with and Heal it.

Breath, Relax and Try to Meditate!

I've been told that it is very important to always protect yourself daily and especially before meditating. Imagine that you are surrounded by an Aurora / Halo of White Light, that engulfs your whole body--- Protecting You from Evil and Temptation.

Try these when you're feeling anxious or stressed:

1. Take a time-out. ...
2. Eat well-balanced meals. ...
3. Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.
4. Get enough sleep. ...
5. Exercise daily to help you feel good and maintain your health. .
6. Take deep breaths. ...
7. Count to 10 slowly. ...
8. Do your best.

Early Warning Signs of Mental Illness:

- Long-lasting sadness or irritability.
- Loss of Energy - Having low or no energy
- Feeling numb or like nothing matters
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Feeling helpless or hopeless
- Extremely high and low moods.
- Excessive fear, worry, or anxiety.

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- Social withdrawal.
- Smoking, drinking, or using drugs more than usual
- Dramatic changes in eating or sleeping habits.

Nervous Breakdowns Can Include:

hallucinations. extreme mood swings or unexplained outbursts. panic attacks, which include chest pain, detachment from reality and self, extreme fear, and difficulty breathing. paranoia, such as believing someone is watching you or stalking you.

What some people call a **nervous breakdown** may indicate an underlying **mental** health problem that needs attention, such as depression or anxiety.

Mental illnesses are treatable through medication and psychosocial therapies – allowing those who live with them the opportunity to lead full and productive lives.

“Don’t Worry, Be Happy” Pray and Believe...

Time present and time past are both perhaps present in time future. And time future contained in time past.

T.S. Eliot – Four Quartets: “Burnt Norton”

Stop focusing on hurry, worry and stress. Don’t dwell on eating the wrong foods, or about your toxic relationships; with limiting beliefs that have been with you since childhood. These are not removed overnight. It can take years to rid yourself of certain thoughts and ideas, and you have to be constantly vigilant about what you are thinking and what you are consuming.



Spectrum

We're here today, gone tomorrow, time shall Surpass.
 For our Life runs out just as sand through an hour-glass.
 But an hour-glass is restarted when turned about.
 Are we Reborn or finished when Life runs out?
 Ironically, Life, Life is a Mystery.
 Just as throughout History.
 Was it Adam and Eve or Evolution?
 We're still not sure of the Solution?
 And, what about our next Destination?
 Perhaps Reincarnation into a Future Generation!
 Or is Life itself, the Only Situation;
 With Death ahead --- as our Final Destination?
 Has Death no Being, just the End, Limbo?
 Or is Death a Prism through which we Flow ---
 To Heaven or hell, either Over or under the Rainbow?
 Unfortunately, Death, Death is a Mystery.
 But perhaps it'll be History.
 For if and when we Encounter this Light.
 It'll be as Clear as Day or Night!

Believe in Thee (SONG)

There is a book, with a guarantee
Glory be, Salvation is no --- mystery
So take a look, take heed, spend some time and read

You gotttaa takeee --- controlll
Trust with your heart and soul
There is no free ride
Always trust your conscience to be-- your guide
And believe in Thee
You gotta believe in Thee
And if you believe in Thee
Then destiny, you'll achieve your destiny

So follow your dreams and pay your dues
Consider in love, the steps you choose
Cause some you'll win but when you lose
Ride the waves through your blues
Ascension, Ascension, fear, regret and greed --- will fools
Ascension, Ascension, intuition is the key
Fly free --- on the Wings of Truth
So believe in Thee, Just believe in Thee
Then destiny, you'll achieve your destiny

There is a book with a guarantee
Glory be, Salvation is no --- mystery
So take a look, take heed. spend some time and read
You gotttaa takeee --- controlll
Trust with your heart and soul
There is no free ride
Always trust your conscience, to be -- your guide

And believe in Thee
You gotta believe in Thee
And if you believe in Thee
Then destiny, you'll achieve your destiny

TAG ---Ascension, Ascension, intuition is the key
Ascension, Ascension, fly free --- on the wings of truth
So believe in Thee, just believe in Thee
Then destiny, you'll achieve your destiny

You Will find a Link to a Free Download of this Song further along,
in this Book!

Experiment with Exercise

Thankfully, there are many ways to increase your mental and emotional power. And it has never been easier to embark on a campaign of self-development than it is today with all of the resources at your disposal, especially with the internet and instant communications. We have all of the tools. We just need some will power and determination.

One basic way to build mental strength is with an exercise routine. Write out your goals and objectives and see if you can stick with them. This might seem like very basic and fundamental advice. But both diet and exercise provide valuable insights into our behavior and they are the two foundational modalities that mental strength can be built upon.

If you do not keep track of the fundamentals you will run into difficulties later on. Trying to become a master of the mind while staring at a TV all day and eating ice cream is just not realistic. Diet and exercise can be used to build a strong character and a healthy body and mind.

Experiment with Diet

Diet is another place to start developing mental strength. I think we all understand that we will function better without caffeine, sugar, ice-cream, and other processed products. Yet many people cannot go a single week without those items which clearly disturb mental wellbeing. Try and see if you can go on a certain diet for a week.

And when you don't stick to it, try and examine why this is the case. You will begin to realize how affected you are by the environment, how just being in a shop or entering a restaurant caused you to act instinctively and buy an item that you knew was unhealthy. In other words, your environment determined your behavior.

The Importance of the Surrounding Environment

For mental strength, try to manipulate the environment first. In this way, you will be taking away the opportunity to fail. Manipulating the environment for mental strength will mean that you make use of the concept of minimalism as much as possible. The less information and distractions you have in general, the clearer the mind will be. So, clean your room and your office, even the files on your pc.

This will have a positive impact on your mental wellbeing. People who tend to hoard items, find fresh mental energy when they let go of their many possessions and send them to the trash heap. Limit the time you spend on television and switch off your phone at night. Eliminating cable is also a good idea.

Even things like making your bed in the morning and spending some timeout in nature can really help to get the mind in order. Another way of describing the concept of the universe being a product of mind is that ‘the outer reflects the inner’. We can easily tell the personality of an individual by the state of his or her bedroom.

It can be obsessively neat and tidy or it can be much like a dump. Ideally, it could be neat and orderly with a few items thrown around here and there. Understanding the importance of the environment is an important discovery. It means that we can change external objects and situations that will positively reflect on our internal state, and vice versa.

Advertising and Media – The Negative Mental Devices

The destructive nature of advertising and the media becomes more important when people start to look inside and understand the power

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of their own thoughts. If the majority of our actions are subconscious and advertising and media are Specifically aimed at manipulating our environment, then they have a large say in how we behave. Scientific data has shown that people are victims of advertising even when they view themselves as impervious. **Beware of the POWER of SUGGESTION!**

When we see something, our conscious minds might not take it in. But our subconscious most certainly does. So almost by default, we are all victims of the surrounding environment which is aimed at subverting our actions. And it does an excellent job, given that consumerism is running rampant and people are now paying nearly \$1,000 for phones alone while morals and ethics fall by the wayside. If you are serious about developing your mind, then it needs to be as clear as possible. Reduce your exposure to advertising and media where appropriate. Media is largely negative. And your subconscious mind is simply going to ingest negative material which will be reflected in your conscious daily activities.

It is never a good idea to actively seek out this negative information. Propaganda is misleading and is intended to get into your head. It preys on your fears, doubts and insecurities. It is Mental Shock and Awe; that Manipulates Mentality. Most people fool themselves into believing that they need to “keep in touch with reality”, which is hilarious to people who actually understand how reality operates. Don’t let pointless information from advertising, the media, or other people take up valuable cognitive space by default. To limit this exposure, you need to get a little organized and create an empowering environment that is conducive to clear thinking. Propaganda will Poison your State of Mind.

Chapter 7

Best Practices for Serious Mental Development

Once you have a good environment with a reasonable diet and regular exercise, you can investigate practices that are more directly orientated towards mental development. Remember everything that you do is stretching the mind to some degree or another, whether it is diet, exercise, writing, or walking. But we need to use the most direct methods, and we also want to avoid patterns that do not expand the mind.

The following are the best practices for you to really master your own personal psychology. If you want to proceed rapidly, then undertake one or a number of these models. How often and at what intensity you want to these practices is up to you.

You do Control and Manifest your own Destiny!

#1 – Meditation

Meditation is the practice of thinking deeply or focusing one's mind for a period of time. Chakra, and Yoga Meditation are examples. When you meditate, you focus on yourself, and you push away all

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the mental clutter and distractions of busy, modern life. When you learn to calm your thoughts and notice your feelings, it helps you realize what is important and what is simply “noise”; that has no real influence over you. Meditation helps you go more deeply into your subconscious thoughts, where you will see what is really behind your ideas and values, which can shed new light on what is important to you.

Meditation should come as no surprise to anyone as the best kind of practice for mental development. It involves sitting quietly (ideally in lotus position) and observing the movements of the mind. After a period of time, the mind starts to quiet down and become less frantic. You will become less reactive to outside events and be able to monitor and control your thoughts more efficiently. Focus on Your Breath of Life.

Mindful **breathing** is a very basic yet powerful mindfulness **meditation** practice. The idea is simply to focus your attention on your **breathing**—to its natural rhythm and flow and the way it feels on each inhale and exhale.

The two most popular kinds of meditation are Vipassana and Transcendental Meditation. Both of these have an extensive body of scientific literature pertaining to their benefits. There is no excuse for instigating a regular meditation routine. It is verified by science, practiced by many high-level individuals, and has historic roots in spiritual systems. Twice a day for 20 minutes is the recommended timeframe for optimal results, morning and evening. You can also consider an intense course for a week to really get started.

A Simple Meditation as a Daily Routine.

Stop and Think How Easy It Would Be if You Incorporated this Daily:

*It is a natural fact that all living things have to Poop.
The body has to get rid of all of its waste
If you can't go; you have troubles.
'Shit Happens', and it is a Fact of Life?
Ironically, our minds have to release bad thoughts.
Evil Thoughts can interfere with your Daily Progress;
as well as your Spiritual Evolution.
You can't concentrate with Shit on Your Mind!
Evil Happens because of Evil Thoughts.
Blessed is he whom can get rid of all of his Evil Thoughts
It is overwhelming enough, as we all have STDs--- (Shit to Do)
So next time you sit on your throne.
Calm down. Breath, Relax and Let Them Go.
Clear your bowls and clear you mind at the same time!
You can ---Kill Two 'Shits' at Once.
Then, Give Thanks to God for All your Blessings and Pray of
Guidance...Grace Happens, Enjoy It. Amen...*

Try it, you have nothing to lose except, a Bunch of Crap.

And Maybe You Can Make it a Routine, if it Helps.

A Mental Exercise to Train Your Two Brains, and Establish an Automatic Mind-set

**Steps to Tame Your Ego and Cultivate Inner-Peace;
State of Mind; Be-A- Ware / Stay-Aware**

Energy moves in and out of Physical form. The Universe organizes itself according to your thoughts. Your thoughts are creative energy. Faith and Intent are critical. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results, in your life.

State your Intent, Focus and put your Energy and Effort; your Thoughts and Actions combined, into Attracting what you Desire; as the Physical Manifestation of that Energy.

How to Manifest Mentality Mode:

You Have to Connect, as you Tune-In--- your Intuition; with ‘Source Energy’; The Flow State of Being in the ‘Zone’ or Becoming One with / as fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

You need Will-Power, an Open-Mind, a Compassionate Heart and Empathy, Via Almighty God and His Love in this Process.

You must Believe, Grateful Trust, Respect and Sport your Loyalty to Him.

Close your Eyes, Breath Deep, Relax and Invite God into your Heart.

Faith is Divine... Intent is Paramount.

Never Underestimate the Mighty Power of Almighty God’s LOVE!

Imagine a Halo of God’s Love Surrounding you. Protecting You.

Go to God’s Light. Let it in, as it Surrounds You in Love.

Feel the Warm Joy that Comforts You.

You Do, Manifest Your Own Reality.

Sometimes Your Intent is Modified by Your Own Subconscious.

Sometimes, Ego Gets in the Way of Your True Intent.

Learn to Manage and Control your Ego on Auto-Pilot

The Choice is Yours... Concentrate on God's Love

You have to Observe, Focus on Your Intent via Love

Get Intimately Honest with your Conscious Self; BELIEVE

A Positive Attitude, Attention, and Awareness are vital.

Analyze your Thought, Feel your Desire,

Believe You Can Manifest Your Intent as Reality.

Intent Will Manifest through you Faith in Almighty God.

Imagine a Halo of White Light All Around You.

Feel it's Warmth and Protection, as it Surges Through You.

Bath in this Glory of God's Love.

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Enjoy All of Life's Good Vibrations.

For it is Truly a Wonderful World!

Nature is God's Greatest Teacher.

You Are 'Conscious Energy!'

Become one with the Tranquility of Nature.

Meditate on Your Hope and Dream as a Reality.

Contemplate, Breath, Relax, Pray; Faith, Hope, LOVE...

Perceive and Decipher Perspectives, Privileges, Obligations,

Choices and Consequences.

Take Control of Both of Your Brains (Left-Ego-Brain and Right-Soul-Brain)

For we do in fact have Duel Brains; that Communicate Together, in One Mind

Analyze Both Brains.

Modify your Thoughts and your Internal Dialogue

Be pro-active, Think Positive, Purge the Negative.

Control your Emotions--- Urges and Impulses

Care, Concern and Consideration are required.

Remind Ego to B4HEART

Empathy is Paramount

Be-A-Ware of Emotional Over-load

Avoid Emotional Drama,

Balance you Emotional Equilibrium; Avoid a Mental Break-Down

Embrace the Joy, and the Good Vibrations

of Your Positive Energy.

Always Learn from your Experiences and Mistakes.

Trust Your Intuition and Trust Your Conscience.

Your Heart Knows Right from Wrong.

Alas Thou Shalt and Thou Shalt Not...

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Let Your Conscience Be Your Guide

Trust that your Ego will B4HEART

Intuition is Wisdom in Action

The Voice of Reason can be Prejudice as,
it tends to side with Ego.

It takes Courage to Get Involved

Do Your Part!

B4HEART--- Humanity Envisioned And Realized Together...

For, we are The Living Bible unfolding in Time...

Mental Meditation to Manifest your Intent.

Imagine--- Manifest--- Joy to the World as Peace on Earth!

Trust that your Ego; will do the Right Thing and Follow your Intent,

as You Manifest:

Focus on one Intention: Joy to the World as Peace on Earth!

Pray and Believe; Will-Power, Focus, Visualize, Believe:

Breath-In slowly, exhale. Breath again---

Energy, Source Energy, Eternal Love, Peace, Cause and Effect...

Concentrate, feel the shift in your consciousness as you Imagine,
in your mind's eye; *Joy to the World as Peace on Earth!*

Believe that it is Happening in the Matrix of Now as you exhale
and Become One with your vision, A White Dove,

Flying high in the sky---Floating higher and higher; Beyond
Tomorrow-

Focus and Hold onto that Imagery as Faith's Mighty Power,

Transforms your Intent, on the Wings of Love,

from Imagination to the Grace of God...

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Alas, let Go, and Let Almighty God do His Magic of Manifestation,

as Amazing Grace Happens! Amen...

Other Forms of Easy Meditation.

Day Dreaming--- Sometimes our Minds just Wander and Wonder?

Thoughts / Ideas just seem to pop, in our head out of no-where?

Did you ever have the feeling that you have already experienced, something that is actually happening for the first time --- **déjà vu?**

It seems as if you are in the ‘Twilight Zone’. Ironically, it is phenomenal and yet easier than you think, when you learn to Tap into the Infinite, zone in, and gain Insight from the Divine.

Did You and your Spouse ever go to a park and lay on a blanket and stare at the Clouds in the Sky? It is really Amazing as you will find all Kinds of forms and faces, if you stare long enough. It is a lot of Fun. Try it. Look for Jesus.

We call it Cloud Surfing. Maybe you will find God?

Open your Mind. Open your Heart. Believe and Achieve!

Some of my favorite times when I tap into the Infinite:

Prayer, Driving, Showering, Sleeping, Dreaming, Nature, Jogging, Cuddling, Swimming, Biking, Kayaking.

Walking in the Rain and a Snow Storm, Connect with NATURE...
Become One with It!

Nature is so Amazing. Did you ever Chase a Rainbow or a Butterfly?

Insects are so smart. When I was a small kid, I use to chase grasshoppers for hours and miles. I swear that they were playing the game with me as they kept waiting for me to catch-up to them, before we moved on. Eventually they let me catch them and I put them in my little glass home that I made for them. But I always let them Go Free so that we could play again, some other day. I really got to know some cool places in the neighborhood. Ants and Honey Bees really Amaze me.

Buy yourself a Plastic Ant-Farm, You Will Be Amazed and I bet that You Will Watch them for Hours and Hours; over and over again....

The Power of Music can be so southing and overwhelming.

It can make you Smile, Laugh, and Cry, as well as; Shake, Rattle or Roll; as you Grove to the Beat. It can bring back Memories or Create New Experiences of Excitement.

Do You Star Gaze?

Did You Ever Wish Upon A Falling Star?

You Have to Look and Be Alert...

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‘Seek and You will Find’,

‘Ask and You Will Receive’,

‘Knock and the Door Will Open’.

“When the student is ready, the teacher will appear.”

#2 - Yoga

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. It is an ancient practice of body movements involving the breath, concentration, balance, flexibility, and physical strength. When the movements are executed in a certain fashion the practitioner comes into a flow state and can complete the whole hour long-routine effortlessly. The coordination of concentration, breathing, and physical exertion are perfect for subduing the mind. It is not possible to exercise the routine while the mind is active, as it gets in the way.

Yoga is best completed when it becomes a regular habit that does not require conscious thought. Yoga is one of the six Astika (orthodox) schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism.¹ The term “Yoga” in the Western world often denotes a modern form of hatha yoga and yoga as exercise, consisting largely of the postures or asanas. The practice of yoga has been thought to date back to pre-Vedic Indian traditions; possibly in the Indus valley civilization around 3000 BCE. Yoga is mentioned in the Rigveda, and also referenced in the Upanishads.

Yoga gurus from India later introduced yoga to the West, following the success of Swami Vivekananda in the late 19th and early 20th century with his adaptation of yoga tradition, excluding asanas. Outside India, it has developed into a posture-based physical fitness, stress-relief and relaxation technique. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology, ontology and metaphysics, and is closely related to Hindu Samkhya philosophy.

#3 - Fasting

Fasting is the willful refrainment from eating for a period of time.

Though this might be described as an extreme method, fasting is one of the best ways to master your mind. Food is more important to a human being than anything else. Giving up food for a significant period of time can have many benefits and takes incredible willpower.

In a physiological context, fasting may refer to the metabolic status of a person who has not eaten overnight, or to the metabolic state achieved after complete, digestion and absorption of a meal. Several metabolic adjustments occur during fasting. Some diagnostic tests are used to determine a fasting state. For example, a person is assumed to be fasting once 8–12 hours have elapsed since the last meal. Metabolic changes of the fasting state begin after absorption of a meal (typically 3–5 hours after eating).

Additionally, fasting is the only thing that has been proven to increase longevity in rats and humans perform best when they are a little hungry. There are many different kinds of fast, such as a water

fast, a dry fast, a juice fast etc. Consider a '3 day-juice fast', once a month for an emotional and mental detox.

#4 - Mindfulness

Mindfulness takes many forms and there are a wide variety of mindfulness practices. It really involves being aware at regular intervals throughout the day. Mindfulness can be combined with meditation for maximum results. In meditation, we are deeply "non focused" for 20 minutes or so twice a day. With mindfulness, we are simply more aware of things at periods throughout our working day. For example, we might leave our desks every 40 minutes and just be mindful of our breathe for a single minute to detach us from our tasks. Mindfulness is often linked with the breath, as this is a quick route to the present moment.

Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one develops through the practice of meditation and through other training. Mindfulness derives from sati, a significant element of Buddhist tradition and based on Zen, Vipassana, and Tibetan meditation techniques. Though definitions and techniques of mindfulness are wide-ranging, Buddhist traditions explain what constitutes mindfulness such as how past, present and future moments arise and cease as momentary sense impressions and mental phenomena.

Mindfulness-based stress reduction (MBSR) is an eight-week evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain. Developed at the University of Massachusetts Medical Center in the 1970s by Professor Jon Kabat-Zinn, MBSR uses a combination of

mindfulness meditation, body awareness, yoga and exploration of patterns of behavior, thinking, feeling and action.

Mindfulness can be understood as the non-judge mental acceptance and investigation of present experience, including body sensations, internal mental states, thoughts, emotions, impulses and memories, in order to reduce suffering or distress and to increase well-being. Mindfulness meditation is a method by which attention skills are cultivated, emotional regulation is developed, as well as rumination and worry are significantly reduced.

#5 - Concentration

Attentional control refers to an individual's capacity to choose what they pay attention to and what they ignore. It is also known as endogenous attention or executive attention. In lay terms, attentional control can be described as an individual's ability to concentrate. Primarily mediated by the frontal areas of the brain including the Anterior cingulate cortex, attentional control is thought to be closely related to other executive functions such as working memory.

Sources of attention in our brain create a system of three networks: alertness (maintaining awareness), orientation (information from sensory input), and executive control (resolving conflict). These three networks have been studied using experimental designs involving adults, children, and monkeys, with and without abnormalities of attention.

There are many other techniques to increase concentration. You could focus on a candle flame for five minutes a day. You can also focus on the top of your nose or your breath. Most spiritual practitioners recommend no longer than 10 minutes of intense concentration on anything. Coincidentally, ten minutes is the maximum amount of

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time that a human being can intensely focus on anything, according to the scientific research. There are a wide variety of concentration techniques that you can make use of.

#6 - Any Practice with Passion or Intensity

If you can find something that you are really passionate about then you can continue to focus on this with single minded intensity. This can include painting, singing, dancing, martial arts, creating a business, or anything that you really give 100% of your mental attention towards. This is because you won't have the time to energize negative thoughts or emotions as all of your resources are aimed towards one particular activity.

This is one of the most effective ways to control the mind and remove destructive tendencies. But unless you are really passionate about something, it can be difficult to develop the concentration and willpower to see it through. This is why most people give up on their resolutions after the initial phase.

Advanced Protocols

There are some strategies you can use if you really want to gain control over the mind. They are designed so that you will make breakthroughs that will stand to you over the long-term. Consider an 11- day silent retreat in a serene location, out in nature. During this silent retreat, you will meditate twice a day, complete a yoga routine, and stick to a vegan diet dirt without alcohol, sugar, or processed foods. You should also be completely removed from technology during this time. You will benefit such a regime immensely for a number of reasons. You can observe the contrast from the silent retreat and the insanity and noise of the everyday environment. You can also

observe the contrast when you reintroduce certain foods back into your diet. You should aim for some kind of seclusive practice to reconnect every 3 months or so. It will help you to understand that the normal work environment is psychotic and there you can achieve a peaceful state of being without a frantic mind generating fear and anxiety all the time. With affirmations, it is better in general to use the present tense and to:

- **Avoid negating statements such as “I am not in poverty”.**
- **Just like the brain cannot distinguish between real and imaginary,**
- **It also does not understand negation. All it hears is ‘poverty’.**

Chapter 8

The Subconscious Mind and Self-Programming Strategies

A good metaphor is that the human mind is like a computer program. It takes in input from a variety of sources and generates output. But we are not really aware of all that we are taking in subconsciously. Most of our activity is actually governed by the subconscious as opposed to the conscious mind. According to Earl Nightingale – *“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality”*

The Subconscious Mind

Our subconscious rules our behavior. This is a scientific fact as well as a phenomenon documented by psychologists Carl Jung and Sigmund Freud. The subconscious mind is mental activities just below the threshold of consciousness. We’re rarely aware, or at least fully aware, of our subconscious mental activity. But subconscious thought does affect our feelings and behavior, and it’s often revealed in dreams, artistic expression, and slips of the tongue.

The subconscious mind can be a hiding place for anxiety, a source of creativity, and often the reason behind our own mysterious behavior. It has also been mentioned in ancient texts such as the Vedas and by spiritual scholars throughout the ages. We need to create strategies to reprogram our subconscious in ways that are more beneficial to our well-being. Our subconscious minds have picked up various tendencies from birth that are still with us today.

We are also under attack (literally) with advertising that bombards our senses nearly 24/7. This includes online, where we are spending most of our lives, as well as in the physical environment, where we see billboards and items for sale in shops. We need to be very careful about what we ingest mentally, physically, and emotionally. One of the best ways to reprogram our subconscious is by using affirmations.

Affirmations work but they have to be repeated over and over to really so our subconscious can really get the message loud and clear. For maximum results, they need to be stated (internally or out loud) during meditation or in the waking or nighttime hours. It should also be borne in mind that some people have incredibly deep convictions with regard to love, money, or sexuality. At a fundamental level, an individual might not believe that they are unworthy of love or affection. In such instances, affirmations may not work and diet, self-examination, yoga and meditation might all be needed to really shake up the person's mindset into a positive state.

Affirmations

Affirmations in New Thought and New Age terminology refer primarily to the practice of positive thinking and self-empowerment—fostering a belief that “a positive mental attitude supported

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by affirmations will achieve success in anything. More specifically, an affirmation is a carefully formatted statement that should be repeated to one's self and written down frequently. For affirmations to be effective, it is said that they need to be present tense, positive, personal and specific.

Affirmations are an effective tool to program ourselves for personal and business success. Remember when affirming to use the present tense. "I am talented" or "I am rich" is better than "I will be talented" or "I am going to be rich". Another point to keep in mind is that affirmations work best when the mind is in a receptive state. So affirmations should really be used first thing in the morning or late at night. Another time to repeat your affirmations is during meditation when they can really sink in without resistance.

There have been cases where therapists hypnotized patients into a positive belief (with their consent). After a while, the underlying negative belief reemerged. This suggests that the belief is either well rooted or that it comes from somewhere deeper than the subconscious mind. Either way, combine affirmations with meditation for best results, as they do work to a large degree. If you can make your affirmations into a poem that rhymes then your subconscious will repeat it consistently, much like how a song gets stuck in your head. This is the best procedure you can do if you have identified a limiting belief and want to get rid of it. Where possible, try to feel the affirmation as a positive emotion. This will supercharge it with energy and help it to manifest.

You might want to take an online test to see where you have limiting beliefs. They may be around selflove, relationships, money, abundance, or happiness. In this instance, you can try to create several affirmations using different terms and tenses to navigate around this sticky belief more rapidly.

For example:

- “I am Rich”
- “I have always been rich”
- “Riches are waiting for me”
- “I love being so financially abundant”
- “People see me as very affluent”
- “I have so many sources of income”
- “I always have enough money”
- “Money is a mental abstraction and I can just think more of it”
- “Because money is so common it is easy to collect some”
- “I love thinking about and making money”
- “Money was always easy for me to attract”
- “Poverty and abundance are just states’ of mind”

Self-Programming Strategies

There are other strategies you can use to program your mind. Remember that the time you are just waking and the time that you are settling down to sleep are the best times for self-programming. Meditation is another key time. But you still need to utilize the rest of the day as much as possible to put yourself in to a positive state of mind.

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If you have a desk job, then you are stuck on a computer for 8 hours a day. You might as well make the most of it. Listen to classical music for a couple of hours a day. Binaural beats and theta brainwave entertainment tracks are available on Youtube and on other sites.

Alternatively, record yourself saying empowering affirmations and listen to them for an hour. You will be Surprised! Subconsciously, the statements “I am rich”, “I am attractive”, “I am intelligent”, are going to sink in and start to manifest in your everyday life.

You could also consider lucid dreaming or seeing a therapist as a means of accessing the subconscious. There are a large number of self-programming strategies available. Just pick one or two and stick with them for a consistent length of time.

Remember, self-programming consists of two parts. The first is what you program yourself with. The second is what you are able to block out. You might be telling yourself how attractive you are, but other people and the world might like to tell you otherwise. Some people get jealous and therefore don't want to see how Happy you are. They don't want you to succeed! Beware of the Power of Suggestion.

Avoid them like you would the plague. Create a clean work and personal environment and get rid of people who drain your energy. Like a Vampire who thrives on sucking up other people's blood; they thrive on sucking the Positive Energy Out of other people's Joy --- by discouraging them and putting them down. Also, limit time spent on social media and time spent exposed to advertisements of all kinds.

Chapter 9

Law of Attraction v Shadow Work

There are two major streams of thought within the psychology and spiritual sectors. People who follow the law of attraction believe that what you think gathers momentum over time and attracts more positive thoughts. If we can tune our vibration towards things that make us happy, then this momentum will increase and being happy will become easier and easier.

But there are others who make an equally effective argument. Every person has a shadow side that is repressed by modern society, if this shadow side is not scrutinized and allowed to express itself, then it will continue to lurk in our subconscious, sabotaging our happiness. Whatever is within us needs to be processed and expressed in some way. It is a commonly accepted scientific principle that energy cannot be created or destroyed, but it can be transmuted--- to a higher form of energy via conscience as Accepted LOVE BALANCED.

“Energy cannot be created or destroyed, it can only be changed from one form to another.” — Einstein

A Deeper Look into the Shadow

Shadow psychology was first popularized by the imminent professor Carl Jung. The shadow is the unconscious aspect of ourselves that we cannot consciously identify with. There are actually positive aspects of the shadow side. “People Pleasers” need to start identifying with their anger and start telling people to get lost, in no uncertain terms. But because they were brought up in such a way as to respect others and be “good”, they find it difficult to consciously understand that saying no to people can be immensely organic, satisfying, and natural. Instead, they take on more work than they should and end up stressed, believing that sabotaging their mental and emotional wellbeing is somehow a ‘positive’ thing.

Generally, however, the **shadow exhibits negative tendencies. It contains deep fears and insecurities.** It then projects these fears and securities onto other people. Often, people will project their own negative tendencies onto others to deal with their own pain. It is the next best thing to being able to confront it within themselves, which is far more difficult. Unfortunately, it becomes a vicious circle; which interferes with Harmony. Ironically, “you can be legally right but morally wrong? Beware of your Doppelganger! Beware of Karma! Alas, “Let Your Conscience Be Your Guide!”

For Jung, the best way to explore the Shadow side was through dream work and symbolic analysis. The Shadow was referred to as the “Unconscious” in the works of both Sigmund Freud and Friedrich Nietzsche. The concept of Shadow Self has become much more popular in recent times due to the prior dominance of the law of attraction. More people than ever are involved in dream work and self-assessment questionnaires to dissolve shadow tendencies and bring the shadow self to the forefront of the conscious mind.

Beware of your Doppelganger

When someone Suppresses their Deepest Thoughts and Emotions, which they truly Believe in; Chaos manifests within. CONFLICTING Thoughts and Emotions are a recipe for Internal Disaster. Be True to Yourself. You Are Who You Are. You Can't Always Please Everyone. Sometimes People Get Hurt? So Be It. We Must Be **Morbidly Conscious of Self.**

We don't want to Conjure Up Internal Mayhem...

(Dr. Jekyll and Mr. Hyde) - entering the vernacular to refer to people with an unpredictably dual nature: outwardly good, but sometimes shockingly evil.

Let Your Conscience be your Guide

Tame Your EGO! It is Nice to be Nice...

What causes doppelganger?

It can occur as a **symptom** in schizophrenia and epilepsy, and is considered a possible explanation for **doppelgänger** phenomena.

Doppelgänger ---

AKA: Alter Ego, Shadow-Self, Evil Twin

an apparition or double of a living person.

"he has been replaced by an evil doppelgänger"

In German folklore, a wraith or apparition of a living person, as distinguished from a ghost. The concept of the existence of a spirit double, an exact but usually invisible replica of every man, bird, or beast, is an ancient and widespread belief. To meet one's double is a

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sign that one's death is imminent. Folk wisdom has it that **everyone** has a doppelgänger; somewhere out there there's an almost perfect duplicate of you,

The Story of Two Wolves - Native American parable:

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Imagine That?

The Law of Attraction

The Law of Attraction was first popularized by Jerry and Esther Hicks in the 2006 movie "The Secret". They stated to be channeling a non-physical entity known as Abraham. Jerry Hicks passed away from cancer in 2011, leading many to question the authenticity of the movement.

Yet Esther Hicks is still very much active and has a massive following. Additionally, the Law of Attraction is demonstrated or alluded to in many historical societies and spiritual texts. It is not the sole domain of the Hicks, though they are the ones who have brought it to the public awareness in a 21st century context.

I have read ‘The Teachings of Abraham;’---’ ‘Ask and it is Given’ by Ester and Jerry Hicks and I Loved it! In fact, I highly recommend reading it, to anybody who; is on a Spiritual Quest for ‘Enlightenment’. It simply explains the complexities of Life’s issues in layman’s terms. It motivated me, to write this book.

And I will share some of the teachings here. Not only does this Spiritual Master-PEACE Guide you on your Journey, it also has 22 Processes that Will Improve Your point of Attraction...

Thank You Abraham.

Remembering... ‘The Teachings of Abraham’

According to ‘The Teachings of ‘Abraham’; “Life on Earth is Subjected to Universal Laws of *Vibrations as are, the Universe and ‘All-That-Is’*. ‘Well-Being’ is Vibrational Harmony.” It sounds like Divine Love to me! But that is not all that he reveals in the book: ‘Ask and it is Given’.

He also proclaims that: “All humans are the essence of ‘Eternal Consciousness’, which never dies. Presently, you are an Eternal Being in Physical Form and the essence of your body is both, a Transmitter and a Receiver. As such, you are born with the Innate Knowledge that we do Create our own Reality.

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Ultimately, our Earthly Experiences are at the 'Leading Edge of Thought'; as We are All, 'Extensions of Source Energy'. Thought is Powerful. Imagination is Magical. Imagination Defies Logic!

We are co-Creators. We do Manifest Good and Evil?

The Law of Attraction is Paramount.

Our Emotions are Vibrational Interpreters.

We must learn to Guide both our Thoughts and our Emotions.

We must Discipline our Mind-set to Trust our 'Conscience to Be Your Guide'."

There is Truth in Matthew 7:7–8; "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you..."

Believe! Pray. Divine Intervention is Sweet as Grace Happens!
Amen...

Warning--- before you try to start to Manifest specifically,

Please keep in mind that, Abraham also Proclaims:

"that in order to Manifest Something,

Your Emotions have to be in line with your Thoughts!

If they are not aligned, it won't manifest! Why?

You Have to Learn the 'Art of Allowing'.

Remember --- *The Law of Compensation*, whatever you give, you get.

*You will get compensated something –
whether positive or negative is up to you.*

Also, the **Law of Cause and Effect, KARMA.**”

Thus, you have to Allow it Emotionally; like it already happened.

Get Excited about it, Think and Talk Positive about its progress.

Write it down and put it in your wallet or purse.

Fool Your Emotions; lie to yourself if you have to as You Must be Joyful About it!

Look at it every day and night.

Read it out loud but Keep the details to Yourself.

If someone else tries to help you,

it might get confusing if you both are not on same page.

Review: The Law of Attraction makes perfect sense and does more to explain why some people are successful and others are not; more than anything else. But the complete set of teachings--- add so much more and delve into complex situations that extend far beyond focusing on positive thoughts. Additionally, it places a new emphasis on desires and emotions.

These were viewed as ‘dirty’ from an Eastern spiritual perspective, where we gain much of our esoteric information from. Such distortions have convinced people that desires and emotions are somehow evil, though nothing could be further from the truth. Moreover, too

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much emphasis has been placed on mental thoughts, when it is the emotional vibrations that are what gives the strength to the manifestation. The law of attraction is based on feelings as opposed to thoughts, which is a completely new paradigm.

Never The Less--- Life on Earth is STILL Subjected to Universal Laws.

All human beings, every living animal, all rocks, trees, and even the grass; that we walk on is all connected to 'Source Energy'.

Systematically, all this essence of existence makes up this divine matrix, which we call the Universe. Therefore, whenever we make a choice and take an action, reaction, or even think a thought; it effects the matrix on some level as everything is affected by everything else in existence.

This is **The Law of Universal Oneness**. Ironically, we are Spiritual Beings having a Human Experience. Life on Earth is a TEST.

The Law of Transmutation, Transmutation is spiritual alchemy. It's about wielding universal laws and forces. Spontaneously, Energy moves in and out of Physical form. The Universe organizes itself according to your thoughts. Your thoughts are creative energy. Faith and Intent are critical. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results, in your life.

State your Intent, Focus and put your Energy and Effort; your Thoughts and Actions combined, into Attracting what you Desire; as the Physical Manifestation of that Energy.

Which One Should I Do?

You were born with all the Necessary Tools to Thrive. You have Command of your Mind-Set. Will-Power is your Secret Weapon. **An Iron Will Does Not Compromise with Evil. You Must be Intolerant and Discriminative of the immoral and wickedness, as Conscience; Empathy and Compassion are Divine! Love is Essential.**

Dreams Give Signs and Messages. Beware of Guilty Your Conscience, Regrets, Missed Opportunities. Make Amends! Trust your Intuition. Intuition is also your ‘Built in Radar Detector’. It Warns You of Pending Dangers. Respect it and Avoid Dangerous Situations. But, **Face Your FEARS. Believe.**

Shadow work and a positive mindset can both easily be applied together. There is no need to side with one group ‘against’ the other. This is both pointless and counterproductive. Instead, embrace the best of both worlds.

You might find that doing positivity work brings up hidden shadows and that focusing on understanding the Shadow works to increase your levels of positivity. A good compromise, could be to do both shadow work and keep a positive psychology, but try to focus more on a positive psychology.

It also helps to notice that there is a difference between ignoring something and focusing on the positive side of things. So, meet your difficulties head on and face them upfront. At the same time, try to look to the future and be optimistic about what it has in store for you. Don’t avoid the past and your inner demons, as this has been identified as the number one impediment to future growth and development.

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Emotional avoidance is also the leading cause of unhappiness according to some experts in the field of psychology. It can be a tough line to balance between the two. But to develop a really healthy mindset, you have to focus on both.

Listen to your Voice of Reason. Learn to Modify Your Thought Process. Conscience is a precaution that should make you think twice before you Decide. Let your Conscience Be Your Guide! The devil is in the Details of your Ego. Trust your Intuition; it's your Voice of Wisdom! You have Command of your Mind-Set.

Will-Power is your Secret Weapon.

Choose Wisely as the power to Manifest Destiny is a Quagmire? The devil is in the Details of your Ego.

It is a double-edged sword until; we Learn 'The Universal Laws.' We must Realize that we have this Profound Power. And, we must Understand that we really have 2 Minds; that Simultaneously work together. Ultimately, they / **You are** Responsible for Your Choices and Your Reactions.

Thanks to the Will of God:

Nobody has the Power Over Your Feelings or Emotions; except You. You have a Gift from God to Utilize and Protect Yourself. It is called 'Will-Power'; and it is an Exciting Life Changing Event.

Think Before You Act or React. Purge Your Evil Thoughts.

You Govern your own mentality. Pause for a Minute or Two.

Let you Emotions Subside as you Filter your Perspective via Your
Conscience and Intuition. Dissect and Choose Wisely!

For we Create both Good and Evil.

We must Learn How to Keep our Ego in Check

And Maintain--- Peace of Mind. Empathy is Vital.

Greed and Corruption are Unconscionable! Mankind,

as a whole Must be Willing, Able and Ready to B4HEART...

Then, we should Expect Mystical, Magical,

Miracles as 'Hope Springs Eternal.'

Glory Be when--- We All Embellish Joy to the World as Peace on
Earth...

Wake Up! Almighty God is in Charge! Amen...

**It is Time for humans to Validate Almighty God's Greatness as
His Faith in Mankind to Overcome Evil and B4HEART.**

Chapter 10

Creativity and Imagination as Tools for Development

Thinking allows humans to make sense of, interpret, represent or model the world they experience, and to make predictions about that world. It is therefore helpful to an organism with needs, objectives, and desires as it makes plans or otherwise attempts to accomplish those goals. Although thinking is an activity of an existential value for humans, there is still no consensus as to how it is adequately defined or understood. Because thought underlies many human actions and interactions, understanding its physical and metaphysical origins and its effects has been a longstanding goal of many academic disciplines including philosophy, linguistics, psychology, etc.

Imagination is the ability to produce and simulate novel objects, peoples and ideas in the mind without any immediate input of the senses. It is also described as the forming of experiences in one's mind, which can be re-creations of past experiences such as vivid memories with imagined changes, or they can be completely invented and possibly fantastic scenes. **Imagination is Magical... It Defies Logic!**

The sheer power of imagination has not been given its due in either religion, science, or spirituality. All of these seek to give the student a system of mode of operation with regard to how to live and behave. But creativity and imagination are in a league of their own and are uniquely individual practices. There is no system or structure to imagination or creative work.

The **Power of imagination** helps you visualize things that cannot be seen, forming an image of an object or an experience before you bring it to physical reality. This power is inherent in all of us and can be developed to a very high level.

How Does the Imagination Work?

It can be a little difficult to describe exactly what imagination is and how it works. But it bears resemblance to meditation in terms of dissolving issues and finding solutions. Because when using the imagination, the individual is in an altered state of consciousness.

There is no way to compose wonderful poetry or a breathtaking-painting when the logical side of the brain is activated. Because the logical side of the brain wants to understand why each piece is placed in a certain way and wants to work sequentially in ABC fashion. This is not how creativity works, which experiments and sees how things play out without paying attention to standard rationality. Some of the best and most notable geniuses may not have even gone to school. According to Edward Bach after he finished his studies:

“it will take me five years to forget all I have been taught”.

Einstein had no faith in school and famously stated that “Logic will get you from A to B. Imagination will get you anywhere”.

It is the imagination, not logical processes, that is responsible for most human achievements. Steve Jobs used his imagination to create an entirely new product range that had never been seen before. Tesla is doing the same with his Space X and electric car projects. These are completely new paradigms.

The imagination is an amazingly powerful tool when you deploy it correctly and it can generate a large number of healing benefits. This is another argument for the Law of Attraction proponents. Logically, you might find that you have an unresolved issue that you need to troubleshoot. But if you are highly imaginative and channel this in the right direction towards a core passion, your issues will dissolve without further investigation.

Additionally, some creative proponents assert that the Imagination is a way of bringing the subconscious to the conscious. In this way, you can paint a painting or symbol about an issue that you cannot consciously identify with. You might not understand why you feel good after doing a certain piece of creative work, but it could be because it touches on inner issues that cannot be consciously analyzed or discussed. The way that the subconscious communicates is in images and metaphors, not in logic or text. This is what children often do when they play and paint. Either way, extensive use of creativity and the imagination can do wonders for self-development and mental strength.

Dream Land is a Magical, Mystical Place

There is a theory that dreams reflect waking-life experiences and some traumatic dreams; perform a function of recovery. Some believe that dreams can help an individual reconstruct and come to terms with past trauma. After all, who knows better than you, as to

how; the Dream affects you. Think about that? You have to Confront Your Fears and Accept Truth. Sometimes the Truth Hurts. It might be Painful at first. Courage is required but, the Truth Will Set You Free.

In Dream Land, you make The Rules! You set The Standards! With a little practice, **'lucid dreaming'**, (dreams in which you're aware of them) can be restarted and changed at your Will. You can continue the Dream on a Daily or should I say Nightly visit. In Dream Land, you can dream about anything you want to. You can be anybody or anything that you want to be.

Many people have experienced prophetic **dreams** and believe that their **dreams can** predict the **future**. ... Consciousness may provide clues to **future** events but how all this comes through is a mystery **'Dreams'** have fascinated artists, puzzled scientists and laymen since the beginning of time. Dreams are a source of 'Secret Knowledge'. They hold lessons, provide insight and have produced source material for some of Humanity's most magnificent creations.

"In a dream, in a vision of the night, when deep sleep falls on mortals, while they slumber on their beds, then he opens their ears, and terrifies them with warnings, that he may turn them aside from their deeds." Job 33:15-17

DREAMS are Internal Guidance to Consciousness; A Spiritual Awareness...

The sewing machine is the result of a dream and Shakespeare wrote about his dreams. Thomas Edison used his dreams to work out details of his inventions and, at least one dream was responsible for a Nobel Prize (Otto Loewi, a German-born medical scientist who imagined an experiment in a dream, performed it when he awoke - and won a Nobel Prize for his findings).

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All Dreams carry a Message, even a nightmare. Frankenstein was inspired by a dream as the author Mary Shelly dreamt about 'It' --- 'Frankenstein'. In Dream Land, you dream about your dreams. But in Life, if you BELIEVE and Work hard at it, you will Live Your DREAM. Dream on but, Be A Ware of Nightmares; You might Discover another Frankenstein Idea! Wow! Your mind never Sleeps...Subconsciously it Stands Guard.

How Do I Use My Imagination?

Creativity is a phenomenon whereby something new and somehow valuable is formed. The created item may be intangible (such as an idea, a scientific theory, a musical composition, or a physical object (such as an invention, a printed literary work, or a painting). It can be hard to create a system or structure with regard to the imagination because by its very nature it does not conform to structures or anything approaching rational principles. The best thing that you can do is to really commit yourself to a creative process and watch the magic unfold.

One of the best strategies is to:

- (a) Create 100 paintings in a month.
- (b) Write 1000 creative words each day for a month.
- (c) Try to visualize yourself in a desired setting at intensity for 10 minutes each day

However, it is almost amazingly difficult to get people to do these simple tasks. This is because people always want to know “why” and reach a rational goal. But these processes will shake up your mind and open up your creative consciousness. You will gain insights

from your paintings or writings along the way. In fact, you will get better results if you do not have a goal in mind with these writings/paintings/visualizations, such as a monetary reward. If you can do something like this the benefits will be huge. As an additional piece of advice, you don't have to learn how to paint in any way or even how to write or visualize the 'correct' way. These are your creative works. Just do them and reap the benefits of your own imagination.

Creative Wealth Manifestation Tricks

There are some creative strategies that you can deploy in order to 'trick' your brain into an abundance mindset. In many ways, you can treat it like a game. The brain is used to generating worry and fear at all times in relation to money.

You need to try and get around this ingrained tendency by pretending to be wealthy. The brain does not have the capacity to distinguish between real and imaginary phenomena, as demonstrated by recent scientific studies. Consider what happens when you think about your favorite food - your body actually starts responding biologically.

Your stomach will start to grumble; and you might even start Salivating, despite no physical food being present. The more you think about food, the 'hungrier' your body becomes. Likewise, the universe does not differentiate between real and imaginary, so you can use creative practices to trick yourself into thinking thoughts of wealth.

Trick One ---

Carry cash at all times. Where possible, make sure that your wallet is full of cash. It is better to have it on you physically. In the same vein, remember to tip 20% at all times. Both of these techniques

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have two significant effects. The first is that you will get into the mindset of someone wealthy, as you will be used to constantly having enough cash and always tipping well. The second is that other people actually view you as wealthy and start manifesting for you. They are also used to seeing you having money and being rich and associate your persona with wealth.

Trick Two - Hang out with the Rich. People who are rich. (i.e an abundance-mindset) are used to having wealth at all times. They don't think about poverty or bills at all. If you can affiliate yourself with these people; then their energy and beliefs will rub off on you. If you want to become the best lawyer in your area, then you need to network and associate yourself with these people. Not for the 'knowledge', but to try and emulate their mindset that attracts legal expertise.

Trick Three- Be grateful. Gratitude is the holy grail of manifestation. It has an advantage over manifestation because it can make you happy, while manifestations tend to be short-lived. If you can master both manifestation and gratitude, then you are really a master. Because you will be manifesting what you want and already appreciative of what you have. Additionally, when you are grateful for what you have already manifested, the universe shows you more things to be grateful for and manifestation becomes easier.

Chapter 11

Immersion in Different Fields

Immersion (deep mental involvement). Tune in, Zone in; Get into the FLOW.

You get into the ‘Flow’ when you Immerse yourself in any task and become completely Absorbed in it. In the Zone, Tuned In, Zoned In... at that moment it is an Amazing Experience; Mindfulness. Time and Space seem to Disappear. You achieve the flow by Intent as Concentrated Attention, Skills or Abilities.

Immersion is arguably one of the quickest and best ways to improve your mental and emotional conditioning. It is also one of the hardest. Imagine if you spent a year learning Mandarin Chinese while simultaneously learning C programming and Brazilian Ju Jitsu. It would be an immensely difficult year for you. It would also be one of the most rewarding if you were able to pull it off.

Each of these areas will teach your brain different things. When people learn things in a classroom learning it is usually the worst kind - rote learning reading from a screen. This is just not a healthy way to learn things but it does work; even though it, also very repetitive.

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The way that people learn is every bit as important as the subject matter. So, learning a language while talking to people is nothing like learning grammar from a book. And trying to create a new program in a software language is different from learning it in a classroom. Learning all three of these is just not realistic in the modern-day environment. But you could consider doing one of them, at least part time. And there are also different forms of immersion.

Alas, Vision, Visualize, Strategize, Adapt, Discipline, Self-Confidence; Self-Actualization--- Amen...

Immersion Strategies

We have already mentioned two of the best immersion strategies available. These are intensive painting and intensive writing. Both of these, draw on your creative faculties so, you can make them stronger. Creativity is an excellent tool that you can use in nearly any context. Once you open up your creativity just a little, you can build momentum and make innovation and the imagination as core components of your existence. But it always takes commitment and willpower at the start to immerse yourself in the creative process. Consider that Mark Zuckerberg publicly posted; how he was going to spend a year learning Mandarin Chinese. Intelligent people are constantly looking for ways to expand their mental capabilities.

Travel is one of the most common immersion strategies available. Learning how different people think and behave is excellent for contrast against your own personal values and beliefs. The starkest example of this is when people of the West go to places like India and Thailand in the East. While people in the West are goal orientated and live in the future, the people of the East tend to live in the

moment more (this has its own set of drawbacks, as they generally don't seem motivated enough in terms of self-development).

Many people spend at least a year of their lives traveling. However, they tend to go the wrong way about it. They often do it near the end of their lives and try to fit in as many places as possible like ticking boxes off a checklist. When traveling, it is best to spend longer time periods in a set location to really imbibe the culture.

You can immerse yourself in anything. Try to immerse yourself in minimalism for a month. No tv, smartphone, no unhealthy food, no social media, no computer, a clean desk, a clean room, a small set of clothes etc. Remember that 21 days is the time it takes to incorporate a habit. So if you manage to follow through with something for over 21 days, then you can carry this habit forward with far less effort than when you started out.

Painful Immersion Practice - The Best Kind

One of the most useful techniques that you can learn to develop a strong mental framework is to find what you hate and do it intensely or try to do the opposite of what you are typically used to doing. In the modern world, people are set on trying to be comfortable. The biggest fear of someone in the modern era is to lose their income so they could not afford cable television or a smartphone bill, both of which do not contribute any real value while eating precious cognitive space.

An old Stoic practice is to practice being as poor as possible for a set amount of time. This might sound strange. But there is actually, nothing whatsoever to fear. Unfortunately, Fear can Lead to Anger, Anger Leads to Rage, Rage can Lead to Violence? But it is Modern Day Comforts, or a Lack of Them, that actually, causes much of

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the distress, as well as the constant striving for more and more and more. Ironically, Comfort Pacifies Greed, at least for a while.

When you confront your fears directly, they will ultimately lose a lot of their energy. For they are only so powerful if and when you tend to ignore, and you don't look at them. This could also be called a form of shadow work in the form of directly confronting fears. You can easily discover your fears through some creative writing and asking yourself some questions.

Or just write out a list of things that you would never consider doing and ask yourself why. If you hate public speaking, try doing it intensely for a month or so. As painful as it is, you would be making immense progress.

Be Prepared

Understand that immersion is not going to be a pleasant process, by and large. Though it will be very rewarding in the end. Can you remember how hard it was when you first had to learn the alphabet and string words together? This is what it feels like when you are learning something completely different. This is basically what immersion is. The more foreign the subject (such as Mandarin Chinese or a martial art) the greater the benefits. It will stretch your mind in ways that it is not used to being stretched. It is also worth considering that the vast amount of projects; are abandoned early on. Most people finish their yearly resolutions two weeks into January. Before embarking on a project that could take you 3 months, be sure that you are prepared and that you are absolutely 100% certain that you want to do it.

“By failing to prepare, you are preparing to fail.”

--- Ben Franklin

Chapter 12

Understanding Alternative Frameworks

One of the best ways to expand the mind is to read and research from a wide variety of different fields of study. In the West, we are certain that the scientific method is the best and the only one that works. But we cannot ignore the fact that our countries are sick, the planet polluted, and the people are largely addicted to technology. Suicide rates are sky high and people are coming down with different illnesses that were not there before.

Our way of thinking and understanding is limited not only to our geographical location but also to our time. If Western science was to mix with Traditional Chinese Medicine and Ayurveda instead of dismissing these two systems, then more progress would be made. In any case, it can be helpful to see and understand different frameworks in order to strengthen our own minds. However, be wary of reading too much information and becoming no more than an abstract thinker without any real-world applications. As per Seneca the Stoic –

“Be careful, however, lest this reading of many authors and books of every sort may tend to make you discursive and unsteady. You must linger among a limited number of master thinkers, and digest

their works, if you would derive ideas which shall win firm hold in your mind.”

Try to get a hold of a small number of different philosophies and viewpoints in order to better understand how things work instead of blindly dismissing them out of the box. Here are some alternative frameworks or philosophies that you can adopt. Take them one at a time.

Chinese Traditional Acupuncture

Disruption of the energy flow can cause disease. By applying **acupuncture** to certain points, it **is** thought to improve the flow of Qi, thereby improving health. Studies have shown that **acupuncture** **is** effective for a variety of conditions. **Acupuncture** **is** not for everyone.

Acupuncture is a form of alternative medicine and a key component of traditional Chinese medicine (TCM) in which thin needles are inserted into the body.¹ Often you won't feel the needles being inserted, because they are thin and gently inserted. Once a needle reaches its intended depth, you're likely to feel a mild, dull ache or a slight tingling sensation. This may be a sign that the treatment is working and the **acupuncture** point is being activated

Acupuncture works through neurohormonal pathways. Basically, you put the needle through specific points in the body and stimulate the nerve. The nerve actually sends signals to the brain, and the brain releases neural hormones such as beta-Endorphins.

Modern research has demonstrated acupuncture's effects on the nervous system, endocrine and immune systems, cardiovascular system, and digestive system. By stimulating the body's various

systems, acupuncture can help to resolve **pain**, and improve sleep, digestive function, and sense of well-being

Astrology

The primary type of astrology stems from Indian scriptures known as the Vedas. However, astrology has its roots in all ancient cultures such as the Native Americans and Shamanic cultures. Astrology is known as the noble science among spiritualists and the methodology is given great prominence, especially in India.

Western and Vedic astrology are two separate fields that place emphasis on different planetary positions. The main purpose of astrology is that you can find your tendencies and understand your personality better for deeper introspection.

Ayurveda

Ayurveda is the sister science of astrology and also originated in India. Ayurveda describes three kinds of energy - Vata, Pitta, and Kapha. Each person is one of 11 combinations of these elements and based on this combination recommendations are given with regard to exercise, diet, and meditation. Ayurveda is perfect for explaining the gaps in nutrition knowledge that Western science falls down on.

Hinduism

Hinduism is unique among the religions because it is not as organized or structured as opposed to its contemporaries. There are hundreds of Gods to be worshipped and Hindus get to select a God which confers particular benefits. In this way, Hinduism is actually

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more open and creative than traditional religions which tend to be a little dogmatic and impose a belief system on you as opposed to letting you choose.

Presentism

Presentism is the idea that only the present exists and that the past and the future are illusory. This is because time is just an illusion. The opposite of presentism is known as eternalism, where all moments in time are equally real. Presentism has its roots in Buddhism, while modern scientific theory tends to support eternalism to an extent. It has recently been modernized with the book “The Power of Now” By Eckhart Tolle.

Stoicism

Stoicism is an impressive philosophy that is all about practicality, though it tends to denigrate emotions as pointless. It was founded in Athens and was practiced by Marcus Aurelius and Seneca. Other notable stoics include George Washington and Thomas Jefferson as well as Prussian King Frederick the Great. Modern practitioners include Nassim Taleb and Tim Ferris. The idea behind stoicism is about conditioning and improvement. So if you suffered through a terrible experience it is simply fuel for further growth. Stoicism is concerned with action and has no time for endless debate, something which is needed in the modern era of information overload.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a Chinese study of health. The Chinese mindset is completely different from the East, and for

this reason it can be excellent for the mind (seeing things from an opposite point of view is good for mental expansion). This branch of medicine is based on the idea of Yin and Yang behind the foundational components of everything in the universe. A particular organ will have too much or not enough Yin or Yang energy, and treatments are provided to address these deficiencies. In TCM, energy lines known as Nadis or Meridians interconnect all over the body. Additionally, each organ is correlated with a particular emotion, such as grief, joy, or happiness. The concepts of Nadis and Meridians are also present in Indian arts such as Ayurveda.

Taoism

Taoism is another Chinese subject that is shrouded in mystery. It originated from a text called the Tao Te Ching, which was written by a character called Lao Tzu. It emphasizes something called “The Way” which has nothing to do with a rigid structure or discipline. There are no rules, just gentle prescriptions as to how to follow the rhythms of life. Confucianism is another popular Chinese philosophy, but it is more dogmatic and has many rules and guidelines for behavior.

Zen

Zen is about forgetting the self to a large degree. It is based around the practice of Zazen meditation and Zen is an offshoot of Mahayana Buddhism. Zen cannot really be described in words as it is claimed to be an experience as opposed to a concept. So after years of meditation, the practitioner becomes Zen. Without meditation, there is no way to achieve the state of Zen and it is a core and sole component of the practice.

Chapter 13

Conclusion

There are a wide variety of ways to develop your mindset for greater success both personally and financially. A good place to get started would be diet, exercise, meditation, and affirmations. These are the most straightforward and effective to get the mind under control in a very tangible way.

Once you have a solid grasp on these, you can consider immersion techniques and creative processes to really expand your awareness. Remember that developing a mindset will become a life-long but thoroughly enjoyable experience. You just need to troubleshoot negative beliefs and emotional issue for a while before you can really expand.

*Unfortunately, many people spend their whole life trying to **Figure out Who, What and Why; They Are?** And to No avail? They end up Old, Tired and Depressed--- as if Life just Passed Them Bye.*

*Ironically some people don't ever think about, let alone ponder or wonder about Manifesting their Desires? They don't even know that they have the Power to Create. Therefore, they **Create Haphazardly?** Ignorance is No Excuse. It all starts in the Mind...*

You have to know what you want, before You can Develop a Mind-Set. We Must Be Morbidly Conscious of Self.

Curiosity and Observation, Lead to Temptation and Results in Experiences as Opportunities; Consequences and Responsibilities, Risks and Rewards. We all have Potential. Life is a Test. We Experiment with Nature as we Settle Into the Unknown Burdens of Life. We All Contribute one way or another to the Problematic Probabilities of Being. Don't Become a Burden! "If you're not Part of the Solution; You're Part of the Problem." What if?

Pointing Fingers at Each Other and Demonizing Each Other, Will Only Result in Anger and Hatred; Until we Act Civilized and Unite in the Name of Peace and Harmony.

Imagine That? We don't want to Conjure Up internal Mayhem...
Let Your Conscience be your Guide Tame Your EGO! It is Nice to be Nice...

"And Now Abide Faith, Hope, Love, these three, but the Greatest of these is LOVE." - I Corinthians 13:13

*Historically, mankind has a hard time governing himself. And nothing has changed? Governments are even harder to Police, Maintain, and Sustain, Law and Order. Societies are in Disarray. How can we Established Law and Order, when we allow people to riot and burn down Businesses and Institutions? **We Now have Law and Selective Enforcement?** We arrest and release them and refuse to prosecute them?*

It is Demoralizing to Our Policemen and Policewomen; to say the least? It is a Scary Risk and an Uncertain Challenge; loaded with double Standards as they Put Their Lives on the Line. It is Extremely Complexing? Why don't they just Put a Sign Up

---- Looting is Encouraged. Come and Get it. Because Law-Less-Ness is Insane! Catch and Release’ “encourage criminal and disruptive behavior.”

Wake Up! Wrong is Wrong.

It is Time to Expose Secrets, Lies, Deception and Cover-Ups. The DEEP STATE; is in Deep Shit! The Deranged DemoCRAPs are Dysfunctional and Full of CRAP.

God Bless the Men and Women, who join the Police Force, The Fire Fighters and The US Military; To Protect and Serve. Thank You for Your Service.

A Nation of Laws Doesn’t See Color.

‘Cancel Culture’

There was a Time when Americans could depend on and Believe in Traditional American Values. But unfortunately, they are vanishing right before your eyes, as you read this. We were told to ‘Trust, but Verify?’ Unfortunately, it seems that Society has learned that; when it comes to ‘Privilege,’ it is easier to ask for Forgiveness, then it is to ask for; Permission? Ironically, Politicians like to Bend the Laws? Thus, Ignorance itself, is Ignored?

‘We the People,’ tend to let things slide? Unfortunately, our Values are Slip Sliding Away! Wake Up American? We can’t afford to take things for granted. It is Time for Accountability.

The System has been High-jacked? It has been infiltrated and continues to wreak Havoc from Within. The ‘Fourth Estate’ is Obsolete, as it Does Not Exist. ‘Censorship by Ownership,’ as Omission by Will; must be addressed. Advertising on Social Media; must be

addressed. Biased Opinions should be Welcomed, as people should have a choice to decide. ‘Fake News,’ is EVIL. ‘Law and Order’ is KEY. No-Body is above the Law!

Lobbyists attempt to influence legislation and the government’s administrative decisions? Unions Pledge Money for their Support? Money Talks. Perhaps, it is no small wonder, what is happening to our Educational System? Should we blame Lobbyists or Unions? Perhaps we should blame Teachers? Why are our children being Dumbed down? It is time for Parents to Unite, Come Together, get involved and address the problems. Alas, **cancel culture**, defined as “the practice of withdrawing support for (or **canceling**) public figures and companies after they have done or said something considered objectionable or offensive”.

The ‘Cancel Culture’, has been in the works for a long time. They are destroying America as we know it. It started out with The Fake News Main-Stream Media, being Politically Correct on all news broadcasts. They made it Taboo to Speak the Truth. It continued into Social Media. Alas, Anything or Anybody Promoting President Trump; is Taboo?

I can’t promote or advertise my Trump tee shirts on Twitter, Instagram or Facebook? It is an Anti-competitive disadvantage. I wish that I could sue them.

The system is now designed to Dumb down out kids in grammar school via Organized Ignorance. **Organized Ignorance is TABOO! It Deceives Humanity!** It is a tool used to indoctrinate our children; by dumbing them down and thus conforming to a desired Belief System. It is Brain washing, via lies.

They are no longer taught how to write in cursive? They can’t even tell time on a standard wall clock and they need a calculator to do

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simple basic math? We now have New Math and we had, Common Core Schools; that confused the Kids and the Parents. Many of the Teachers that taught it, were confused? We have Velcro and many teenagers, can't tie their shoes?

Our children are being indoctrinated. They are told what they should read and what they shouldn't read? They are being told about the benefits of Socialism, but not the dangers of Socialism, which depends upon the decision-making of a central government. The People have No Voice!

The white children are told that they should be ashamed of being white and that they should hate themselves? 'White Privilege,' is Evil and so therefor; they are evil. The black children are encouraged to hate the whites.

The Educational System spends a whole month teaching Black History. And American History is basically Taboo? **BLACK History is Mandatory? College Professors are Teaching and Preaching Socialism and Communism? Antifa is Welcomed on many Campuses?**

To Top it all off and add Insult to Injury, we have Bernie Sanders, a self-described Democratic Socialist, who made a fortune, Preaching and Promoting Socialistic Radical Values in America. Unfortunately, his views are gaining Support as he enlisted help from 'the Squad' and Black Lives Matter ('BLM'), both of whom; want to Dismantle and Defund Our Police Forces. Ultimately, they want to Completely Destroy Our American Values and Entire Past History? Ironically, all of those that were just mentioned, along with their Organizations; Hold Anti-Capitalist Views and Cherish Marxist Values.

Colleges across the country are promoting Socialism, as students are indoctrinated--- into the False Hope of Entitlement by Left-wing

Professors. Everything for Free? FREE is Enticing as it Leads on, by Exciting Hopes and Desire. But False Hope; Dies Fast. It is like Fools Gold; and just as Worthless. Live and Learn!

Unfortunately, students are also exposed, and belittled with harassment from Antifa and BLM. They are told they must atone for their White-Privilege, Be Ashamed and Beg for Forgiveness? And now, Bernie, Antifa, the Squad and BLM, have convinced Old Senile; Sloppy Joe Biden; to Accept their Demands? The Democratic Party is highjacked on a daily basis. Are you ready for Socialism in America?

Cities are being destroyed as protesters are burning and destroying Police stations, Federal Property, and Historic Statues? Authorities Catch the rioters but, they have to Release them; with-out bail? “Frey ‘Em’, Like Bacon”; they chant, referring to Police; (‘PIGS’) as they protest across America. **Catch and Release’ “encourage criminal and disruptive behavior.” Trained Marxists have Invaded our capital in D.C. and now in New York?**

God, Please Help America?

‘**Antifa**’ (short for “antifascist”) --- is an anti-fascist protest movement. It is a bunch of groups, networks and individuals who believe in active, aggressive opposition to America. They focus on harassing right-wing extremists. Antifa sometimes use a logo with a double flag, usually in black and red. Their presence at a protest is intended to intimidate and dissuade racists, but the use of violent measures by some antifa against their adversaries can create a vicious, self-defeating cycle of attacks, counter attacks, and blame. All forms of antifa violence are problematic.

‘**The Squad**’--- Reps. Alexandria Ocasio-Cortez, D-N.Y.; Ilhan Omar, D-Minn.; Ayanna Pressley, D-Mass.; and Rashida Tlaib,

👉 TABOO - LOGICAL DECEPTION

D-Mich., have collectively come to be known by that label since taking office. The four have found common cause on a number of issues, Destroy America from Within?

The Squad Wants Open Borders? “Ilhan Omar Calls for the ‘Dismantling’ Of US Economy, Political System” Alas, she believes and wants to destroy the American Way of Life; by “dismantling the whole system of oppression”

BLM: --- Black Lives Matter ---

Two of the Founders professes to be a Trained Marxist. And, they all have Radical Views. Patrisse Khan-Cullors, Co-Founder and Strategic Advisor and a Self-Professed trained Marxists **“We’re trained Marxists.”**

Alicia Garza BLM Co-Founder, and Opal Tometi BLM Co-Founder.

These Trained Marxists have managed to cause havoc across the USA by encouraging the destruction of historical statues. They want **reparations for slavery** and therefore believe that **looting is their legal entitlement**. They want to Defund and Dismantle the entire Police Departments across America? They are Against All American Values. They Believe that they are Entitled to Free Checks, Free Food-Stamps, Free Health Care and a Free Education.

That Spells SOCIALISM or Totalitarianism, which is a system of government that is centralized and dictatorial and requires complete subservience to the state; in return for All that Promised Free stuff. **Is that what Americans want? Hell No! Not Now! Not Ever!**

First, it was in Washington D.C., and now it is happening in New York City as Mayor Bill de Blasio himself; helped to paint the streets

in New York? He plans to paint--- all five boroughs with the words 'Black Lives Matter.' I Wonder what the Business Owners on Fifth Ave., think about that? De Blasio lost his mind! What Will Governor Cuomo do? The whole Democratic Party is imploding from within.

These Radical Idiots / Trained Marxists, Socialists, Anarchists; have taken over the Democratic Party and Nancy Pelosi is at her wits end? What's Next? How Long Will, 'We the People'; Put Up with this **Shit? BLM--- BURN, Lute, Mayem?**

Why ARE We Allowing BLM to Destroy Our Country?

They knock down our Historical Statues and Nobody does anything to stop them? Why are We Allowing them to Paint their 'Marxist Cause' in D.C. and New York? They are hiding behind the 'Pretense' of 'Black Lives Matter'? In Reality, they Don't Care about Black Lives. **BLM is Organized Chaos! It is TABOO...**

'**BLM**' claims to care for Black Lives? But they are just using the Subject of 'Black Lives Matter', as a guise. But, Not the Substance? If Black Lives Matter Really Cared; they would Address Gang Violence in Cities like Chicago. Baby Mammias, Dead-beat Dads, Abortions, Black on Black Violence and Request More Police.

They would fund Poor **neighborhood** with all the money they take in. They would Honor Abe Lincoln and Praise the Courage of All of The Union Soldiers, who Risked or Lost Their Lives, Fighting for their Freedom. But They Don't because they are a Bunch of Un-Grateful Radical Bastards.

Ironically, they utilize Socialism / Totalitarianism, as an Excuse. It is their Organized Distraction, which Welcomes Any Arbitrary Agenda in the Name of its Cause to Join in and, Engage in 'Social Up-Rising' as Chaos and even Criminal Activity. The more Violent;

🦅 TABOO - LOGICAL DECEPTION

the Better for the Cause. Unfortunately, **‘Catch and Release’** **“encourage criminal and disruptive behavior.”**

Black Lives Do Matter! Life Is Precious!

Unfortunately, BLM is Not a Civil Rights Movement, It’s an Anti-American Movement and so is Antifa! They are “Marxist, anti-Capitalists, anti-Family.” Wake Up America... Wake Up Sports World! We the People Won’t Tolerate Marxist *Propaganda*.

How Many Lives are Destroyed by Abortions? Now Some States Want to Give the Mother, the Right to Have her New Born Infant; Put to Death, shortly after Birth? Infanticide.

Assisted Suicide is Illegal. Euthanasia is Illegal in America. But Infanticide is OK, if Mommy Don’t Want BABY? Murdered at the Dawn of Life? Murder is Murder!

How Many White Lives Died Fighting to Free the Black Slaves? All Lives Matter.

President Lincoln was hated by many Southerners, because he was Against Slavery. Some believe that was, one of the main reasons; that he was assassinated. Now they are knocking his Statue Down too? How Ignorant can they be? Abe Lincoln should be Their Hero!

Unfortunately, Civics seems obsolete?

What is--- civics and why is it important?

“The English usage of **civics** relates to behavior affecting other citizens, particularly in the context of urban development. **Civic education is the study of the theoretical, political and practical aspects of citizenship, as well as its rights and duties.”**

It is Time for Black Lives Matter to Come Clean!

Are They Trained Revolutionary Marxists?

Where do they get their money from?

What are they doing with all the Money that they take in?

Why can they have their Black Lives Logos based on Marxists principles; on the Streets of Washington, DC and New York City, while they are destroying American Historic Symbols?

Citizenship Rights and Responsibilities

“Citizenship is the common thread that connects all Americans. We are a nation bound not by race or religion, but by the shared values of freedom, liberty, and equality.”

“Throughout our history, the United States has welcomed newcomers from all over the world. Immigrants have helped shape and define the country we know today. Their contributions help preserve our legacy as a land of freedom and opportunity. More than 200 years after our founding, naturalized citizens are still an important part of our democracy. By becoming a U.S. citizen, you too will have a voice in how our nation is governed.”

“The decision to apply is a significant one. Citizenship offers many benefits and equally important responsibilities. By applying, you are demonstrating your commitment to this country and our form of government.”

“Below you will find several rights and responsibilities that all citizens should exercise and respect. Some of these responsibilities are

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legally required of every citizen, but all are important to ensuring that America remains a free and prosperous nation.”

Rights	Responsibilities
• Freedom to express yourself. • Freedom to worship as you wish. • Right to a prompt, fair trial by jury. • Right to vote in elections for public officials. • Right to apply for federal employment requiring U.S. citizenship. • Right to run for elected office. • Freedom to pursue “life, liberty, and the pursuit of happiness.”	• Support and defend the Constitution. • Stay informed of the issues affecting your community. • Participate in the democratic process. • Respect and obey federal, state, and local laws. • Respect the rights, beliefs, and opinions of others. • Participate in your local community. • Pay income and other taxes honestly, and on time, to federal, state, and local authorities. • Serve on a jury when called upon. • Defend the country if the need should arise.

“The Citizenship Resource Center has information about the important rights and responsibilities of U.S. citizenship, the naturalization process, and how to prepare for the test.”

Unfortunately, Citizenship Rights and Responsibilities Aren't a Priority Anymore? Are they TABOO? It is a Testament of Stupidity. But, when Ignorance is Ignored, Stupidity is Justified.

Alas, They are Out of Control...

Seattle BLM protesters marched through residential neighborhoods and demanded white people give up their homes. They are demanding Justification?

“Give up your house. Give Black people back their homes.” “what are you going to do about it? Open up your wallets.”

And, a Cuban restaurant owner in Louisville, reveals how BLM sent him blackmail letter with diversity demands that he was told to meet or risk social media shaming, a public boycott and his store ‘f***** with.’:

Dozens of businesses in Louisville, Kentucky, received letters from BLM protesters on July 24, 2020. The protesters wrote a list of demands for the businesses that would increase diversity. The list includes ensuring that at least 23% of staff are black and that 23% of the business's inventory comes from black owned retailers.

The activists say that the area was unfairly gentrified after the demolition of a housing complex in the 2000s and that it's time to correct an imbalance.

Fernando Martinez claims though one protester told him to agree to the demands or risk having his restaurant ‘f*****d with’. He says while he supports the movement, he won't be told how to run his business.

[Read whole story Here](https://www.dailymail.co.uk/news/article-8587881/Cubanbusiness-owner-Louisville-decries-BLMs-mafi-a-tactics.html)

[https://www.dailymail.co.uk/news/article-8587881/Cubanbusiness-owner-Louisville-decries-BLMs-mafi a-tactics.html](https://www.dailymail.co.uk/news/article-8587881/Cubanbusiness-owner-Louisville-decries-BLMs-mafi-a-tactics.html)

It Sounds like Domestic Terrorism to Me!

What is domestic terrorism in the United States?

Definition. The FBI defines **domestic terrorism** as violent, criminal acts committed by individuals and/or groups to further ideological goals stemming from **domestic** influences, such as those of a political, religious, social, racial, or environmental nature.

It is time for the US Government to Follow the Money from Antifa and BLM.

Who is Funding Them? Rumor has it that George Soros is funding Millions to Take America down? George Soros admits that he hates America and wants to take it down! Did He Declare War on the USA? If he is funding this Anarchy, it is time to go after him and hold him accountable. Freeze his assets, via the RICO Act...

The Racketeer Influenced and Corrupt Organizations (RICO) Act is a United States federal law that provides for extended criminal penalties and a civil cause of action for acts performed as part of an ongoing criminal organization.

It is Time to End Domestic Terrorism. Time to Utilize the RICO Act. We are Being Destroyed from Within.

Thank God President Trump understands what is going on. Thank God that he cares enough to do something about it!

At the direction of President Trump, the Office of Management and Budget ordered all federal agencies to “cease and desist” any

government training programs that include any reference to “critical race theory” or “white privilege.”

This anti-American Propaganda Promotes Civil Unrest? By the Grace of God; “It has come to the President’s attention that Executive Branch agencies have spent millions of taxpayer dollars to date ‘training’ government workers to believe divisive, anti-American propaganda.” Now, if we can only get it out of our Educational System; our Children can Be Proud to Be an American Again! The Donald is committed to fair and equal opportunity and treatment for all citizens. *Systemic Racism is a farce.*

“These United States of America can never be destroyed from forces outside its borders. If America falls, it will fall from within, brought down by apathy. When good people do nothing, Anarchy reigns” Abraham Lincoln

Greed and Corruption are Destroying America! It is starting to look like, Another Civil-War is; Ready to Explode? Anger, Hatred and Violence Destroys. It is Happening Across the USA as I write this? We Americas Better Wake Up.

Fanatical Extremists are fabricating biased lies. People flee other Countries in the Name of Oppression. Totalitarianism, is an Organized Distraction, which Welcomes Any Arbitrary Agenda in the Name of its Cause to Join in and, Engage in ‘Social Up-Rising’ as Chaos and even Criminal Activity. The more Violent; the Better for the Cause.

It is time for Transparency and Accountability. We can No Longer Tolerate Fake News that Infringes Upon Truth, as Misleading Lies that Deceive. It is a Clear and Present Danger. The Vilification of All Police is Absurd and Will Lead to Anarchy?



I believe that All US Citizens, Should Serve in the US Military; either before or after college for at least 2 years. 'On-the-Job Training', is the Best Experience. They Taught me computers, when I was in the USMC; at Quantico, Va.

I believe our Military can Pave the Way to Build our Infrastructure; Bridges, Roads and Power Sources; something like President Franklin D. Roosevelt's; New Deal that provided manual labor jobs related to the conservation and development of natural resources in rural lands owned by federal, state, and local governments. The CCC was designed to provide jobs for young men and to relieve families who had difficulty finding jobs during the Great Depression in the United States.

I also believe that All LEGAL Citizens should be Required to Learn How to Fire a Pistol and Rifle and get a license to Carry a pistol. If they have a Felony they forfeit that privilege. They do it in Israel.

*There is too Much Going on, too Fast---World-wide. People Get Lost, In and Obsessed With; Social-Media? Beware of Fake News! Power and Control are Contagious. Everybody Wants to Get Involved. Some want to, Be In-Charged of Others. Greed is Dangerous. Corruption is Betrayal. Mob Rule, Anarchy, Chaos, and Mayhem; are Insanity! **God Help Us, Please! We cannot afford to become A Godless and Lawless Nation. We Must Preserve Our Traditions, Customs, Values, and Beliefs.***

It is Time to Modify and Adjust! It is Time to Confront Greed and Corruption. It is Time to Address Law Enforcement. It is Time to Address Police Brutality. But It Is also Time to Address RESPECT; for Police Officers who Risk Their Lives Daily.

If Any City Wants to Disobey Federal Laws by Claiming Itself as a Sanctuary City; their Federal Funds should be Forfeited. It causes problems for ICE, to do their job. Thus; US Citizens are Subjected to Risks from Illegal Aliens?

*It is Time to Re-Think, Re-Evaluate, Re-Imagine, and Restructure, some of our Institutions and Laws. It is time to Hold Corrupt Politicians, and Law Enforcement Officials, Lawyers, Judges, Congress, Social Media and Some Main Mainstream Media; Accountable for Their Actions. No Body is Above the Law! Not the FBI. Not the CIA. NOBODY. **Justice for All-- Let us Appeal to Almighty God, LOVE, and Patriotism. AMEN...***

“The Lord giveth, and the LORD taketh away”?

Freedom Is Not FREE... United We Stand Together!

God Bless America. The Home of the Free and the Brave. A National Pride. Let's Keep It That Way. AMEN...

Joe Biden and His Family, have some XSplaining to DO. So do the Clintons and Obama. As well as Comey and his FBI. Time to get the Popcorn Ready!

“Power Corrupts. Absolute Power Corrupts Absolutely.”

It is Time to Put More Regulations on the Lobbyists and Put a Lock on the ‘Revolving Door.’ We must make sure that Any Actions of Influence Peddling; are Recognized, Accounted For, and Policed. If and when Politicians, get paid for their votes; they are ‘Easy Pray for Blackmail’. We must find out Why and Who is behind the sale of our Uranium One Deal, to Russia.

WARS Generate Money and Tempt Corruption.

It has been going on for decades now and it is Time to Put a Stop to it. **It is time to heed President Eisenhower warning, about the military-industrial complex.** This conjunction of an immense military establishment and a large arms industry is new in the American experience Eisenhower warned:

, “[while] we recognize the imperative need for this development...We must not fail to comprehend its grave implications we must guard against the acquisition of unwarranted influence...The potential for the disastrous rise of misplaced power exists and will persist.”

Think About That...

Are you ready for Socialism here America?

*The Democrats are pushing for Socialism? I bet most People didn't know that **Martin Luther King Jr.** studied Communism on his own while he was a student at **Crozer Theological Seminary** in 1949.*

“Although he was sympathetic to communism’s core concern with social justice, King complained that with its “cold atheism wrapped in the garments of materialism, communism provides no place for God or Christ”” As an Inspiring Example for Social Justice, Dr. King recognized the Evil Ways of Communism as he rejected communism’s central tenets.

However, he despised Capitalism’s: “gulf between superfluous wealth and abject poverty” that existed in the United States as morally wrong. In fact, he wrote to his future wife, Coretta Scott, during the first summer of their relationship; he told her that he was “more socialistic in my economic theory than capitalistic. And yet I am not so opposed to capitalism that I have failed to see its relative merits.”

King began preaching on “Communism’s Challenge to Christianity” in 1952. But he realized that communism’s ethical relativism, which allowed evil and destructive means to justify an idealistic end; “robs man of that quality which makes him man,” that is, being a “child of God”

Alas **Martin Luther King Jr** was **against Communism**. “We’re not going to defeat Communism with bombs and guns and gases ... We must work this out in the framework of our democracy”
Perhaps we should Heed his Advice!

‘FREEDOM is Not Free’.

Socialism SUCKS... Socialism is like a Cancer which Multiplies, Invades and Destroys--- Healthy Societies as the Will of its People Suffer; until they Wake Up and Fight Back. Wake Up America! Communism is Worst!

<https://www.B4HEART.biz>

What Is going to Happen to our Civil rights and our Human Rights. What about Our Own Individual Responsibilities as Citizens? Civic Duty? Are we heading to a New World Order? Who is Going to run it?

Times Change, People Evolve and Adapt; or Die-Out. It is time to Step Up. Mankind is Imperfect. Countries are Imperfect. We Have Work to Do! Together, We Must Keep America Great! There is No Better Country Anywhere in the World; Worth Fighting For! The Future Depends on ‘We the People’; United We Stand, Divided, we may fall. Dare to Make a Difference! We Shall Over Come! Amen... Semper Fi!

A Cashless Society in America?

There is no Crystal Ball; for Predicting the Future. Or, is there? The Bible? The Mark of the BEAST? 666? A Cashless Society? Mandated, Embedded Chips in Every Human, as an International Numbered ID System? Mandatory Vaccines? Before You Laugh; Think About It!

Ever since this China Virus hit, Life as we know it has been turned upside down. Businesses are going out of business throughout the USA. Many businesses were, and many still are not; allowed to open? Welcome to the New World Order!

There are no Coincidences as Everything Happens for a Reason. This is a Part of a Planned Design. The United Nations has a Structured, Detailed Blueprint, Protocols, Methods, etc.; and they cover all of the ‘What If’ Scenarios.

They Utilize and Invent New Unrestricted and Some Illegal Tactics; to Test--- ‘We the People’, to see; how far they can push us and get away with promoting their agenda. These Strategic Weapons are Designed to DEGRADE the WILL of We, the PEOPLE. Together We Make Up the HEART of Our Diversified Culture, the Economy and the System; ITSELF. United, We Stand, Divided---???

Wake Up America! It is Unfolding Right Before Our Eyes! Watch for the Red Flags and, Speak Out. Ironically, the ‘Worldly Powers that Be’, Have One Big Problem, The Donald Trump. Unfortunately, they just work around him; with the Help of their ‘Useful Idiots’; the DemoCraps, Fake News / Propaganda; by Main-Stream-Media, and Many of the Social Media that are; Anti-American? These Sick-o’s want Socialism and Radical Change, Chaos? They think that as a reward for their support; it will ensure, their Powerful Positions.

Time to Unite and Fight for Our American Values!

Social disorder is always impossible to predict and prepare for; riots, strikes, sabotage, and other dysfunctions tactics. The riots can take the authorities by surprise. Especially when Fake News Glorifies it; by spinning off the Turbulence as Civil Rights, Peaceful Protest or New Routine. We Best Address, it Now, or Else it will be the New Normal. There is Nothing Peaceful about --- Anarchy, Violence and

Lawlessness. They are Acts of Treason. Wake Up America! If we don't Stop Them and Choose to Ignore or Pacify them; We are Only Enabling Them!

In case you haven't heard or notice, there is a severe shortage of Coinage in the USA. And I believe it too, is done on purpose. I have seen signs, posted in both stores and restaurants: 'We Need Change--- COIN'. Alas, I went to the drive through at Tim Hortons for a medium coffee and buttered Baggett; last week and the price went up? I couldn't believe it. Normally it was \$3.26 but they wanted \$4.00. I paid and asked, "The Price Went Up?" The lady replied, "We rounded it off." I shook my head and drove off.

A few days later I thought about it, and the signs; about "coin wanted." I wasn't about to go back to Tim Hortons. I figured that if it was a matter of coin shortage, they should have charged me \$3.00 by rounding it off to the nearest dollar. But as a matter of Greed, they rounded to \$4.00 instead. Good Business Sense?

Later that night it hit me! What better way to generate a cashless society; than to create a 'Coin Shortage.' Chaos is the name of the game. Panic and pissed of people, both customers and patrons. Soon Debit Cards and Credit Cards Will be the Mandatory Forms of Payment. Laugh if you will but, I am Serious.

The Declaration of Independence was set up to Guarantee Freedom and Equality for All.

Unfortunately, about half of Millennials believe that the Communist Manifesto is better than the Declaration of Independence? Perhaps I will convince you that it is no small wonder that we have 'The Deliberate Dumbing Down of America'.

According to a report in February, 2014, by the New York State Bar Association: “there is a ‘shocking level of decline’ in Americans’ understanding of the framework of our Democracy.” In fact, the report concluded that: “The magnitude and breadth of people’s lack of civic knowledge and understanding is staggering.” Wow! You Think? Duh! What do you expect since we are inadequately taught, about *TRUTH* and fed *Bull-Shit* instead?

The report warned that: “Preserving the fundamental civic mission of schools is vital to the continued success of American constitutional democracy,” And explained that: “Children who are taught the fundamentals of democracy grow up to be more active and engaged adults.” Ironically, these people that represent the report are lawyers, and they don’t even take into consideration, the fact that American children are taught lies— about why the American Revolutionary War was fought in the first place? And, why don’t American citizens realize that the *Federal Reserve* is robbing the U.S .taxpayers blind and destroying our Country?

It is Time to Get Our Educational System Back on Track with the rest of the World as We are Falling Behind?

Too many colleges are passing out so many worthless degrees and both the students and parents are hooked on the student loans? Those colleges are part of the problem as they contribute to the deliberate ‘Dumbing Down of America’.

Why the American Revolutionary War was fought in the first place?

“The colonies would gladly have borne the little tax on tea and other matters had it not been that England took away from the colonies their money, which created unemployment and dissatisfaction. The inability of colonists to get power to issue their own money permanently out of the hands of George III and the international bankers was the prime reason for the Revolutionary War.” *Ben Franklin*

Sovereignty is Vital... We Must Manifest Our Destiny or Else Some Other Powers that Be; Will Control IT. We Will Be Slaves!

Originally, America was set up to be a Republic.

It was set up with our System of Checks and Balances? Unfortunately, something went Wrong? IRONICALLY, Jefferson opposed the federal judiciary?

“You seem to consider the judges as the ultimate arbiters of all constitutional questions; a very dangerous proposition indeed, and one which would place us under the despotism of the oligarchy. Our judges are as honest as other men, and not more so. They have, with others, the same passions for power, and the privilege of their corps. ... Their power is more dangerous as they are in office for life, and not responsible, as the other functionaries are, to elective control. The Constitution has erected no such single tribunal, knowing that to whatever hands confided, with the corruptions of time and party, its members would become despots. It has more wisely made all the departments co-equal and co-sovereign within themselves.”

Thomas Jefferson, letter to William Jarvis, 1820.

Go Figure? Was he psychic or what? Federal Judges have Absolute Power and their Actions are Unaccountable to We the People? Why the hell are they appointed for Life? Also. It is time for term limits in Congress for both the House and the Senate! The Power Goes to their Head!

The Silent Majority Will Rise Again.

“Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.” Ronald Reagan

Wake Up America! United We Stand; Divided we will have another Uncivilized War?

DEMOCRATIC SOCIALISM IS SOCIALISM



<https://teespring.com/new-stop-socialism?cid=6360&page=1&pid=345&tsmac=store&tsmic=trump-2020-40>

A Must See: Uncle Tom

- An oral history of the American black conservative.
- In a collection of intimate interviews with some of America's most provocative black conservative thinkers, Uncle Tom takes a unique look at being black in America. Featuring media personalities, ministers, civil rights activists, veterans, and a self-employed plumber, the film explores their personal journeys of navigating the world as one of America's most misunderstood political and cultural groups: The American Black Conservative. In this eye-opening film from Director Justin Malone and Executive Producer Larry Elder, Uncle Tom examines self-empowerment, individualism and rejecting the victim narrative. Uncle Tom shows us a different perspective of American History from this often ignored and ridiculed group.
- --- Ryder Ansell

Available now! Visit uncletom.com to watch the film. A collection of intimate interviews with America's most provocative black conservative thinkers. Uncle Tom explores their personal journeys, navigating the world as one of America's most misunderstood political and cultural groups, The American Black Conservative. Website: <https://uncletom.com/>

We Have the Power to Manifest Destiny! Hopes and Dreams Can Become Reality as Faith and Imagination Defy Logic!

‘Oouey Gooey’

Oouey Gooey was a Worm

A Fearless Worm was he.

He tried to Cross the Railroad Tracks,

The Train, he Did Not See?

Oouey Gooey.

Wake Up America..... It is Time to be Fearless. We Must Not Be Blind-sided. Never Underestimate the Element of ‘Surprise’. ‘Trust but, Verify’. Trust is Verified by Actions... In God We Trust!



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Chapter 14

Introduction to the DREAM...

When I turned twenty-five, I had an epiphany, as I was sickened by what I was seeing in this world. It has been said ‘that the world is a comedy to those who think and a tragedy to those that feel’. Disgusted by inhumanity, I began expressing my thoughts on paper.

I rattled on and on as if to clear my conscience, and I felt sorry for all mankind — humanity as a whole. Unfortunately, nobody really cared, as most people are lost in their own little world, with their own personal problems. In fact, some of my friends and family laughed at me like I was insane. Perhaps, I must admit, my writings were pretty bad, but with persistence, I managed to find my ‘muse’, Oouey Gooley.

I came to realize that mankind as a whole was a living bible unfolding in time. Ironically, I had to admit that we, all humans are little devils, as ‘evil’ is but ‘Live’, spelled backwards. Everybody is guilty. ‘Devil’ is merely ‘Lived’, spelled backwards. It’s a matter of wrong living.

Ultimately, thanks to this epiphany, I view life as a matter of perspective and understanding, precisely--- ‘Attitude’, ‘Attention’ and ‘Awareness’. I concluded that we all hold destiny in our own hands

via our actions as a whole, good actions, verses evil actions. We could actually be little gods if we were willing to do angelic deeds. I was determined to make a difference, and share my insights but I didn't know where or how to start? Since nobody wanted to read, the junk that I was writing. Thus, I would pray at night in bed for guidance which led to '*The Dream*'

The DREAM

One night, my thoughts were rambunctious as I fell into dreamland — lost, astray, deep in a dark, enchanting forest. Confounded by doubt and fear, I chose to flee from our world, since it was so cruel and corrupt. Drifting away, running scared, angry, confused, bewildered, and yet entranced by this mystical woodland, I shouted out loud — “Why, God? Why?”

Suddenly, I saw an incandescent light, particles of hope, dancing, peeking through the thick trees ahead of me. Curiously, I anxiously hurried toward that radiant area. The closer I came to this brilliant glow, the brighter it got. Finally, I was out of the woods as I reached my focal point in a most beautiful Garden of Ether / Eden, which I could have never imagined. Astonished, as I assimilated my attitude, attention, and awareness, I knew that I was on *Sacred Holy Ground*, some harmonious realm — ineffable paradise.

Spellbound, I fell to my knees — mesmerized, amazed, overjoyed, and in a state of awe, beyond pure contemplation — exultation. Embraced by an exuberant feeling of Pure Perpetual LOVE —divine chemistry — I melted in rapture as I felt the presence of *Sacred Holiness*. My heart beat in tune with overwhelming yet soothing, soft music — bliss, which hailed from the *Ultimate Divine*.

Nonchalantly, I looked up into the sky, and there she was, totally refreshing and as clear as the full moon entertaining the darkest night. The Virgin Mary, Mother of Jesus, hovering amongst a cloud, floating closer and closer toward me. She was so beautiful, so immaculate — a bare testimonial of the absolute, as a luminous white aura surrounded her completely. In fact, she looked as if she were made of light. Ambushed by relentless peace; happy tears rolled down my face.

Her elegance was so bright that I felt unworthy to look at her. I turned my head away. I wanted to stare, but I couldn't until she assured me, ***“Fear not; relax. Your heart is pure and you may look as your eyes won't hurt.”***

Ironically, she didn't talk. Our minds — in fact, our thoughts— were engaged in communication as if by some visible sound waves, vibrating, emanating, and attracting and exchanging together as if magnetized. Mental telepathy!

She smiled and told me, ***“Your thoughts are true to your heart, and what you're thinking is right and just.”*** Ironically, she warned, ***“time is running out, but the world isn't ready yet. Be patient. You will know when the time is right,”*** she assured. Then she quoted Apostle Paul: ***“Proclaim the Word; be persistent whether it is convenient or inconvenient...for the time will come when people will not tolerate sound doctrine.”***

She finished by encouraging me to do my duty in the ***Name of World Peace and Humanity***. ***“Soon,”*** she promised, ***“the world will be ready, willing, and able as it is desperate for LOVE;”*** ***“so Follow your Heart and Live your Dream!”***

Overwhelmed and excited, in a state of ecstasy — an emotional overload of pure high— I awoke with water in my ears and salt in my mouth. I wiped the tears from my face and gently shook my wife, to wake her up and tell her all about my *Blessed Experience*.

Half asleep, she replied: “*That’s nice,*” and rolled over — back to sleep. I was more determined than ever to make a difference. I realized that I couldn’t run away from the troubles of the world any longer. Denial is evil. I must rise to the occasion. I visualized a world of *Peace* in my mind’s eye and vowed to do my best. It took a while but at last, I found my inner child — ‘*Oouey*’ —and I am determined to utilize him in the *Name of Humanity* to spread the word.



Shortly before that dream, my wife and I were with some friends at a flea market. I spotted an old painting, actually it was a beautiful lithograph of *Baby Jesus and Mother Mary*. It was lying on the floor in some corner. It was framed, but the glass was broken. I bought that old picture for \$3.00. I hung it on my bedroom wall, as it inspires me. Over Forty

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years have gone by, and it is still my inspiration as it hangs on my bedroom wall.

Hope, Faith and Love... Amen!

Thank You Jesus...



The Painting that inspired The Dream

God Bless You. Don't Forget to Count Your Blessings.

Pray and, Be Thankful of Your Friends and Family as Well as Your Health.

We Have to Teach & Enlighten Our Children...They are the Future of America...

Evolution

Man is a work in progress, as is government, which is a by-product of man, as both either evolve or self-destruct. Unfortunately, government has a tendency of holding mankind back as a whole, through --- politics, religion, science, and the so-called free press, as 'knowledge is power'. Historically, 'power corrupts' and, 'absolute power, corrupts absolutely'--- in the name of greed, the ultimate evil, which

protects its sacred cash cows, the hidden history of its secret shadow global agenda via governmental controls.

Systematically, the masses are also controlled, through fear and intimidation as we bestowed our Trust in the System. Unfortunately, temptation is overwhelming as politicians play 'Global Monopoly' at the Risk of 'World War III.' But we choose to ignore, forgive or forget, their foolish actions? Ironically, we as a society have progressed to organized corruption, better known as corporations, which play god on impulse.

In the beginning, there was --- The Word! However, throughout the annals of time, man underestimates the power of the Magnificent Word of Almighty God and as a result --- eventually, man has been defined as --- 'Homo Sapien; Man the Thinker'. Hence, we are blessed with potential --- Reason and Free Will. Thus, the Classical Greeks proclaimed philosophy as --- 'Love of Wisdom'. But William James professed that philosophy was ---“an unusually stubborn attempt to think clearly”.

Apparently, philosophy is in fact an enigma, but so are politics, science and religion not to mention --- man or government. After all, there is surely a gap between policy and practice, between sin and crime, between morals and moral as ethics are suspect in the name of economics? Especially, since man has a hard time practicing what he preaches? For how many, mean what they say and say what they mean? How long will it take for the next revolution? Hopefully, it'll be a Spiritual Revolution!

Alas, man is at a crossroad --- obedience or moral choice? Pathologically, we worry about our individual rights and neglect our personal responsibilities. However, destiny a-waits, as change is constant and social identity evolves, as Love is Absolute. Ironically,

man-made-laws are subject to change, technicalities and double standards? But, ‘love worketh no ill to his neighbor; there for love is the fulfilling of the law,’ (Romans 13:10).

Ultimately, man is obliged to Love. Honesty, good-intentions and an open-mind will not suffice. Man must open his Heart. For Love cannot be tailored, it fits all; but you must choose to sport it. Phenomenally, man is Blessed with the Power to Love and therefore govern himself. **Ultimately, Mankind is the Living Bible unfolding in Time!**

The Legend...

It all started way, way back in the so-called ‘*Garden of Eden*,’ with **Adam and Eve**, when, **Oouey’s Greatest Granddaddy, Ebenezer Worm** (*whose name implies Divine Help or Deliverance*); tried but failed to warn and enlighten. For he attempted to prevent and later conquer evil as he stuck his neck out of ‘*The Apple*’ and shouted:

“Excuse me, Madame,” just before the ‘*Original Sin*’ or **first bite**.

But; Eve was so intoxicatingly engrossed, so enthused and relished in the process, that she didn’t notice or see him. In fact, she almost bit Ebenezer’s head off. Grampa Gooey was too slow, and he lost his tail in the inevitable act. Thus, ‘**Curiosity**’ is the ‘**Original Sin**’ that led to the ‘*Logical Fall of Mankind*’ per ‘*Choice*’ or ‘*Free Will*’.

Some say it was a miracle that he didn’t lose his life in this historic event. But perhaps God did have mercy on poor ol’ Gramps since he was on a sacred mission; actually; trying to warn both Adam and Eve with a slice of advice. For he knew of God’s little secret. He knew that if man indulged in the ‘*Apple of Good and Evil*’, then man must also partake of the ‘*Tree of Eternal Life*’.

Unfortunately, since he didn't succeed in averting the misdeed, evil manifested, and Grampa grew aghast. To make amends, he spent the rest of his life trying to get both Adam's and Eve's attention. But they were too proud and salacious to listen as evil persisted and escalated.

Thus, on **his deathbed, in front of his entire family, Ebenezer Worm made them all promise and take a solemn vow, to erase evil and pass the word on to their offspring.** Hence, Oouey believes that he was deemed by fate as a duty to fulfill his Greatest Grampa's death wish— to avenge the *'Logical Fall of Man.'*

Good Luck Oouey and God Bless You and God Bless our Precious Honey Bees...

"Surprise will challenge kids to step forward and make a difference. This soon to be spiritual classic should not be missed." Outskirts Press, Inc.



"There is no animal which has played a more important part in the history of the world then the Earth Worm." — Charles Darwin in: 'The formation of vegetable mold through the action of worms...'

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Thus, Darwin recognized the value of their tilling and of course, their *Divine Poo-Poo*; better known as *Top-Soil*. But, how many of us take the *Earth Worm* for Granted? Next time you see a Worm, you better think twice and Thank God for these Precious Gifts which are here to Grace this Planet, not destroy it. Better yet, you might want to Thank the slimy little fellow yourself. For I Believe in Miracles and I believe my Holistic Worm — Oouey Gooley is here to Make a Difference!

“Surprise will challenge kids to step forward and make a difference. This soon to be spiritual classic should not be missed.” Outskirts Press, Inc.

WAKE Up – When Ignorance is Ignored, Stupidity is justified!

In a world full of turmoil, our children are being cheated, not to mention, mentally, physically and sexually abused? Confronted with WW III, nuclear annihilation and massacres in our schools, coping is but a struggle, on a daily basis. Is it any wonder then, a state of denial? Are our children not being desensitized by violence, numbed as a way of coping by accepting violence itself as routine? What’s happening to our social and family values? What about good old fashion Fun --- Nature, fishing, horsing around and worms?

Did you ever see a worm after a heavy rain --- crawling, helplessly lost on a long wet sidewalk; knowing, just waiting --- anticipating, being baked --- alive by our hot sun? Did you ever stop and help at least --- one; intervention? Try it, you might get a surprise. Maybe he’ll poop in your hand for Luck --- OOPS, brew-ha-ha --- Oouey Gooley!

This book carries a message of hope as it presents an opportunity with interactive substance, to make a difference; if you are willing to accept the challenge. It is both captivating and compelling as it demonstrates family and social values, little lessons in life. ‘Surprise’, will

move and inspire both child and parent as it entertains the simple joys of life --- Fun, Nature --- fishing, horsing around and worms; which leads to the ultimate surprise as Oouey prepares to make the world a better place for all to live in! B4HEART --- Humanity Envisioned And Realized Together! Check it out www.B4HEART.com

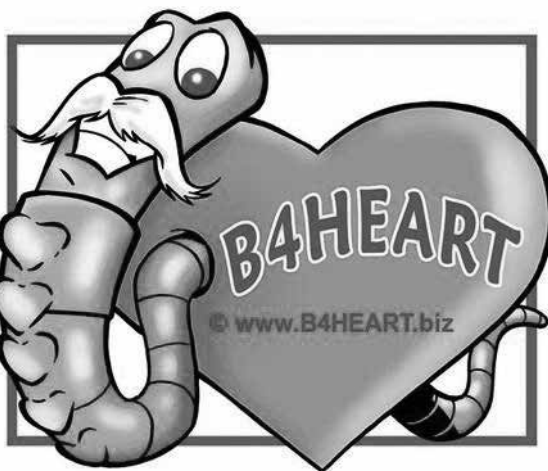
New book - ‘Surprise’, reveals God’s Little Secret - If a serpent was responsible for the ‘Fall of Man’; then a worm, Oouey, could surely ‘Enlighten’ mankind. Oouey is a Simple Worm with a Simple Plan - LOVE. He wants to Save the World via B4HEART - Humanity Envisioned And Realized. Never underestimate the element of ‘Surprise’. As Legend has It, , it all started way, way back in the so-called ‘Garden of Eden,’ with Adam and Eve; whom Oouey’s Greatest Granddaddy, Ebenezer Worm (whose name implies Divine Help or Deliverance) tried but failed to warn and enlighten. For he attempted to prevent and later conquer evil as he stuck his neck out of ‘The Apple’ and shouted: “Excuse me, Madame,” just before the ‘Original Sin’ or first bite. But Eve, was so intoxicatingly engrossed, so enthused and relished in the process that she didn’t notice or see him, and she almost bit Ebenezer’s head off. In fact, Grampa Gooley was too slow, and he lost his tail in the inevitable act. Thus, ‘Curiosity’ is the ‘Original Sin’ that led to the ‘Logical Fall of Mankind’ per ‘Choice’ or ‘Free Will’.

Some say it was a miracle that he didn’t lose his life in this historic event. But perhaps God did have mercy on poor ol’ Gramps since he was on a sacred mission, actually trying to warn both Adam and Eve with a slice of advice. For he knew of God’s little secret. He knew that if man indulged in the ‘Apple of Good and Evil,’ then man must also partake of the ‘Tree of Eternal Life.’

Oouey believes that he was deemed by fate as a duty to fulfill his Greatest Grampa’s death wish — to avenge the ‘Logical Fall of Man.

Oouey Gooley

<https://www.B4HEART.biz>



Oouey is a Simple Worm with a Simple Plan — LOVE!

Oouey Gooley



© www.B4HEART.biz

He is here to make a difference as he is on a mission. He wants to *Bring Joy to the World as Peace on Earth!* But he, needs some help. Oouey is all for *Civil-Rights as Well as Human-Rights*

but, he is disgusted as far too many people worry about their individual rights and ignore their responsibilities to their fellow man.

Thus, he is Ready to Start a Revolution, *A Spiritual Revolution*. Actually, he intends to Free Mankind from Hunger, Poverty, Greed, and Corruption in the Name of Humanity. But, he needs your help so, spread the word, to all of your friends about this website. For Oouey believes in the Children of the World. They Hold the Keys to the Future and are our only HOPE En-route to B4HEART.



Olga Gooey



Olga, according to Oouey, "Is as Beautiful as 'The Sun-Set' ".She Loves to Sing and tends to all of the Flowers in the Rose Garden. On any given-day, if you listen carefully, you can hear her singing 'Believe In Me', to her children as she tills the soil in her back-yard. She met Oouey on Pa's old farm back in the day when he seduced her with a Love Song entitled; 'I'm On A Mission'.



Oouey & Olga AKA 'The Love Worms'

Both Olga and Oouey; Believe in Miracles. As Ambassadors of Hope and Goodwill; they Believe in our Children as our Future — who can Help Spread the Word via B4HEART Badges to Raise Awareness and Make Our World A Better Place to Live. Borrowing from Peace Pilgrim , they Hope to: “ *overcome evil with Good, falsehood with Truth, and hatred with Love.*”

But, two little worms — can't do it alone!

Gifts from God --- HOPE

Our Children Are Our Future

They Are GIFTS from GOD, Little Miracles.

Love Them, Hug Them, Praise Them.

Be Their Friend as well as Their Parent.

Play with Them, Pray with Them, Talk to Them.

Listen to and Learn from Them.

Encourage and Nourish Their Tender Hearts, Dreams and Passion.

Teach Them the Value of LOVE by Giving Them LOVE!

*Show Them How to Help, Share and Care About Others via Kindness,
Respect and Forgiveness.*

Almighty God is Love!

Love is Truth.

Ultimately, this Trinity — Combined,

Is the Way to Peace and Happiness.

God Bless You. Don't Forget to *Count Your Blessings.*

And, Be Thankful of Your Friends and Family as Well as Your Health.

We Have to Teach & Enlighten Our Children...

They are the Future of America

Tender Touch

Crocodile tears falling from eyes, rolling to ears
For Baby awakes lonely --- in a dark room.
Just one of many fears
Which Baby has to overcome throughout his years.
Mother picks baby up from gloom
And a smile appears in full-bloom.
Just one of the duties which mother has to perform
When her Precious Child is born.
Hunger, teething, diaper-rash
Enough to make many tears clash.
Feeding, caring, changing
Mother is so amazing.
Every time crocodile tears appear
Mother appears and they disappear.

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For Mother Loves Baby so much
And Baby Loves Mother's Tender-Touch.

Unfortunately, we lose too many of our children to Drugs, Gangs and Suicide Every Year? Life is so Precious! Keep Your Eyes on them. I lost my son Billy--- to Suicide in 1990. You Never Get over it. He was 16 Years old. **I Love You Bill!**

Mayan's Paradise

Once upon a time, not so long ago --- right here on Earth; little Mayan had come a long way in her journey through her young life. Ultimately, she proceeded to love flowers. Everyday throughout spring and summer, she would visit Gram-Ma's Garden.

Anticipation was routine as Mayan knew that Gram-Ma would let her pick 1 or 2. Sometimes, 3, 4, 5, and once, 6, 7, 8, 9, 10, 11 and 12 --- a whole dozen! They were so beautiful and her mother was always surprised --- time and time again.

Gram-Ma was such a kind old soul with a green-thumb. She could always grow more --- said she; "go ahead --- indulge, pick 1, 2, 3, 4, 5, or 6. Savior their Smell, their Beauty; Enjoy!" And believe it or not, Mayan surely did --- always. For the flowers made her day and night. She even dreamed about Gram-Ma's precious passion.

Perhaps that's why Gram-Ma called her garden --- 'Mayan's Paradise'. After all, Mayan would literally get lost in this 'Field of Dreams'; this Paradise of Beauty, Awe and Wonder. I guess it would be safe to say that Mayan actually inherited Gram-Ma's fancy for flowers as she became one with them and, they were her Friends. She put them in vases, wore one as a corsage and even kept one in her hat and socks.

Sometimes her cat Tig Tig, would come and hang out with her in the garden. Animals know a good thing when they see it as they

appreciate Mother Nature. But, Mayan knew Tig Tig's little secret? He just liked to hide way-way-way in the back and take a nap in the shade. There were so many Flowers in Gram-Ma's Garden that --- Tig Tig blended right in Mayan's Paradise as you could not find him unless you knew where he actually was. And that's the way Tig Tig liked it --- At One with the Beauty, Awe and Wonder of Being.

Mayan Loved Tig Tig as much as she Loved Gram-Ma and her Flowers. She would never give up Tig Tig's hiding-spot. For nobody but her and Gram-Ma; knew about it. No body except the Flowers, the Birds, Bees, several Squirrels, 3 Trees, the Sun, Moon, and the Stars. Yes, sometimes Tig Tig would sleep there on hot Summer-nites.

Wouldn't you iff in you knew where it was? After all, isn't everybody searching for a Little Paradise --- Here on Earth?

Mayan was a very lucky little girl and she knew it. She was happy and grateful that she was blessed to have Gram-Ma, Tig Tig and her Paradise of Flowers. She couldn't imagine her life without them. But ironically as life is so irony, so unpredictable; Mayan got the surprise or shall we say shock of her life --- Reality as all the Flowers were going bye-bye? Poor Tig Tig started to hide-n-sleep in a tree--- with the Squirrels?

Slowly but surely, Mayan knew deep down in the Heart of her Heart that something wasn't quite right. Little by little, first 1 or 2; then 3, 4, 5, 6 began to wilt and wither --- away? Mayan was so upset; she did not know what to do?

Unfortunately, she kept her trouble to herself? She never expressed her concerns to anybody. Not even Gram-Ma or Tig Tig, whom continued to hide in trees --- daily? Maybe he was troubled too since he became a Watch-Cat? He wouldn't sleep anymore. Instead, he spied suspiciously.

Alarmed by Tig Tig's verifying indication, Mayan did the only thing

she could think of. She sorta tried to Pretend and Wish and Hope it --- Trouble, Away. She even Prayed to God for help. Ironically, sometimes His answer is No?

But finally, one sad day, Gram-Ma found Mayan in her Garden of Paradise --- sad as sad can be? "What's a matter Sweetie?" Asked Gram-Ma.

"They're gone?" Replied Mayan sadly. "Every last 1, 2, 3?" Gram-Ma just laughed as she took the wilted bunch of Flowers from her hand.

"Relax", Gram-Ma continued with mercy. "Take a Deep Breath or two or three! Let me Enlighten you Girl. After all, life is an Education. Nature is our Greatest Teacher. As I see it, Death is a Perfect Example. Every Living-Thing must die. Death is a Test of Character, in the Fullness of Time."

"Oh No!" Yelled Mayan. "No no no no, not you Gram-Ma."

"Hush-hush Sweet Mayan, even me. It's a Fact of Life, it's a Natural Situation. Don't make such a fuss or an ordeal over it. You must continue on your Spiritual Journey as each and every one of us is here to Learn."

"Inevitably, there is a Time to Live and a Time to Die. In-Between, we get to Enjoy the Flowers, Birds, Tig Tig and each other --- Quality-Time. Rejoice in the Beauty, Awe and Wonder of Being! Live and Learn Angelically! Live and Love Unconditionally. Love is an Eternal Secret! For when Love is your Passion", Gram-Ma consoled; "Peace is your Pleasure!"

Mayan started to cry as she jumped into Gram-Ma's arms. "I Love you Gram!"

"And, I Love you too!" Replied Gram-Ma. "God Loves you Unconditionally and God Loves the Flowers too. They're not gone, they just went Home to a bigger and better Paradise to be with God in Heaven! Next year, there will be new Flowers to Enjoy. A Gift from God to us. For God answers all Prayers --- Eventually; one

way or another as our Father Knows Best. Until then, we get to Indulge in the Memories!”

THE END!

The older we get, the more we tend to worry about Survival and Flexibility as; Death itself, seems closer and closer. Some of us start to Wonder; about Quality of Life, Mental Health and our own livelihood. Do I have Enough Money? Will I Die in a Nursing Home? Will I know Who I Am, when I Look into a Mirror?

Some even get Scared. Will God Forgive Me? Will I Die and Go to Hell? Most Realize eventually; that the End is Near! They make out their ‘Will’ and maybe, their Final Arrangements? Some turn to God and Start going to Church Again.

Prayer becomes more Routine as Guilt and Shame Reappears from the Past. They start reading the Bible, and books about Life and Death. They surf the Net as (*Cyber Space – AKA the Internet*), has *All the Answers*.

Life after Death? Heaven, Hell, Reincarnation? ‘*Artificial Intelligence*’; catches their eye, as ‘*Cyborgs*’ seem Interesting.

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Life is a Mystery. Cause and Effect? International Karma? Chicken or the Egg? Divine Interventions! Humans are Mysteriously Ignorant. We Abort Babies? And now we Practice Infanticide as babies born alive after Abortion can be left to Die in 16 states. The Doctor is allowed to kill the child if the mother doesn't want it? ***SIGN THE PETITION: Stop Infanticide! Stop Abortions Up to Birth!*** Some countries practice Euthanasia which allows a person suffering from a prolonged illness to choose if he wants to end the suffering and face death with dignity, just like he makes other important decisions?

‘Artificial Intelligence’ Are Cyborgs the Trend of the Future?

“Give Me Liberty or Give Me Death!”

‘Artificial Intelligence’ AKA A.I.; is a Hot Topic on the Internet Now Days?

Quality of Life and livelihood; Flexibility? Mental Health?

Some Believe--- Think / FEAR that *‘Artificial Intelligence’* will wipe out Humanity and, take Control of Cyber Space and the World? (*Cyber Space – AKA the Internet*). Others Dream of Living for Ever as some sort of a Human-Machine, a Cyborg. Can you imagine uploading your *Brain / Thoughts* into a computer or on to a disk, as a backup for Future Procedure? Would you want to live forever as a Human Robot?

Science has progressed a long way in solving horrific tragedies, such as loss of limbs which are now fitted with bionic arms or legs. Doctors are experimenting with artificial body parts as lab-rats produce fake ears and noses via Embryonic stem cells. And now, 3-D Printers are being used to produce silicone prosthesis.

“Johnson & Johnson is so convinced that bioprinting will transform; parts of medical practice that it has formed several alliances with; interested academics and biotechnology firms.”

Cyborgs? – “a fictional or hypothetical person whose physical abilities, are extended beyond normal human limitations by mechanical elements, built into the body; Human Robots.” Cyborgs have both organic and biomechatronic body parts. Humans feel emotions while a cyborg doesn’t. Some people believe that the ‘Grey Aliens’;

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are actually some sort of Cyborg Robots. In fact, NASA is experimenting with robotic machines for Space Travel. They are expected to make repairs and do some experiments, that are too dangerous for humans.

I bet some Volunteers are Ready, Willing and Wanting to; Transform if necessary, to some sort of Human / Cyborg for Space Exploration. We already modified Human Beings with Artificial Machine-parts and Interrogated them Successfully. Can Cyborgs be made from scratch, with All Artificial Parts and Conscious Energy?

How long before some scientist, tries to Upload a Human Brain, Re-program it with A.I. Updates' and then; Downloads it Back into that Human Guinea Pig? Would you like to be that Guinea Pig? Do you want to be a Cyborg and Live Forever?

“The last enemy to be destroyed is death.” 1 COR 12 :26

--- Jesus died on the Cross so that we that believe shall have Eternal life...

Not Me! I don't want to Live Forever as some kind of a; 'Cyborg --- a Know-it-All-Robot'.

I can't even Imagine Living--- Void of Emotions?

So, the Question Is: Can we Upload and Down-load; All of our Magical Powerful Gifts from God; Besides our Thoughts---- onto a Drive? Can we transfer our ---Intuition, Conscience, Emotions, Will-Power, etc?

Can you Imagine being Void of:

No Feelings, No Love, Pain or Sorrow.

No Heart, Brain, or Soul?

No EGO, Id? No Reason or Free Will?

No Conscious Awareness, Intuition, or Conscience?

No Sense of Humor, Laughter, Joy or Sense of Purpose?

No Not Me; I Have Hopes and Dreams and I intend to Create---
Miracles, by The Grace of God and His Trinity of Truth.

For I Believe in Almighty God, the Holy Spirit and in Jesus Christ;
who died on the Cross for our sins, as The Miracle of the Crucifixion
and resurrection by, the Grace of God and his Trinity of Truth; AKA
‘Source Energy’.

**Hence, “From the power of the Grave I will redeem them;
from death I will recover them.”— Daniel 12:2.13**

“Give Me Liberty or Give Me Death...”

Spread the Word, Save The HoneyBEEs...

What’s Causing Colony Collapse Disorder?

Researchers think this Colony Collapse Disorder may be caused by a number of interwoven factors: 1. Global warming, which has caused flowers to bloom earlier or later than usual. When pollinators come out of hibernation, the flowers that provide the food they need to start the season have already bloomed. 2. Pesticide use on farms. Some toxic pesticides meant to kill pests can harm the honeybees needed for pollination. Many pesticides banned by other countries because they harm bees are still available in the United States. 3. Habitat loss brought about by development, abandoned farms, growing crops without leaving habitat for wildlife, and growing gardens

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with flowers that are not friendly to pollinators. 4. Parasites such as harmful mites.

For More Information

Go <https://www.ApisClothing.com>



Einstein is often quoted as having said,

‘If honeybees die out, humans will follow a few years later’

Why We Need Bees

Many people think of bees simply as a summertime nuisance. But these small and hard-working insects actually make it possible for many of your favorite foods to reach your table. From apples to almonds to the pumpkin in our pumpkin pies, we have bees to thank. Now, a condition known as Colony Collapse Disorder is causing bee populations to plummet, which means these foods are also at risk. In the United States alone, more than 25 percent of the managed honeybee population has disappeared since 1990. 1. Bees are one of a myriad of other animals, including birds, bats, beetles, and butterflies, called pollinators. Pollinators transfer pollen and seeds from one flower to another, fertilizing the plant so it can grow and produce food. Cross-pollination helps at least 30 percent of the world’s crops and 90 percent of our wild plants to thrive. 2. Without bees to spread seeds, many plants—including food crops—would die off.

Bees Keep Our Economy Humming

More than \$15 billion a year in U.S. crops are pollinated by bees, including apples, berries, cantaloupes, cucumbers, alfalfa, and almonds. U.S. honeybees also produce about \$150 million in honey annually. But fewer bees means the economy takes a hit: The global economic cost of bee decline, including lower crop yields and increased production costs, has been estimated at as high as \$5.7 billion per year. Keeping bee populations safe is critical for keeping American tables stocked with high-quality produce and our agriculture sector running smoothly.

Bees Need Us: Protect Their Habitat Today!

You can help take on the biggest threats to nature today -- like the fight to save bees. In just the last five years, nearly 25 percent of wild bees in the U.S. have been wiped out. Every step we can take to bring bees back is urgently needed -- from hands-on research to restoring habitat.

How To Help The Bees

As bee colonies dwindle, every little bit helps. Leaving out bee waterers are great to help rehydrate the little guys, but you can help them re-establish their colonies too by owning your own honeybee hive. I know it sounds a little odd, and difficult, but They are not than expensive. Plus, it takes up very little space.

In return, you can attract bees who will pollinate your garden and other green spaces in your area (that means better fruit yield for you!).

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For More Information Go

<https://www.ApisClothing.com>

God Bless our Precious HoneyBees...



Chapter 15

“We are not human beings having a spiritual experience; we are spiritual beings having a human experience.” – Father Pierre Teilhard de Chardin

The ‘Circle of Life’ (International Food Chain)

The ‘Circle of Life’ on Earth is but a Matter of Survival, as a Fear of Extinction, is a Reality. Everything is inter-connected. Interaction is Unavoidable. Historically, Man has Evolved to the Top of the Food-Chain. Hopefully, Humans Are Not on the Menu, Somewhere Else, in the Universe.

In the meantime, this Symbolic Circle of Life, as a Representation of Birth, Survival and Death; is a Constant Loop. People are Constantly Born and are Constantly Dying. This Theory exists across multiple Religions and Philosophies here on Earth. It Cautions and Reminds us, the Importance of Balance. However, on the Spiritual Sense of Being, the End of one Existence is Not necessarily the End of Life Altogether.

“Many religions and philosophies believe that through a certain life path, another life (hopefully a better one) awaits after humans leave this one. Thus, when humans die, they are not dead but merely

reborn to begin another circle of life. In Buddhism, desire, hate and ignorance are at the center of the circle, and humans are forever trying to circumvent them.”

Ecosystem

An ecosystem includes all of the living things (plants, animals, and organisms) in a given area that interact with each other, as well as the non-living environments (weather, earth, sun, soil, climate, atmosphere) that surround the living things.

We Are All Connected

The **Circle of Life**, as a philosophical concept, means that we start at the end and end in the beginning. Our **lives**, from beginning to end resemble a complete full **circle**. No matter how big or small the **circle** is, it ends in the exact same way for everyone. **Food-Chain.** (*Food for Thought*)

All species depend on each other for survival. This is where the **circle of life** and ecosystem management comes into play. Organic materials are consumed and broken down by insects and bacteria.

Healthy **ecosystems** clean our water, purify our air, maintain our soil, regulate the climate, recycle nutrients and provide **us** with food. They provide raw materials and resources for medicines and other purposes. They **are** at the foundation of all civilization and sustain our economies.

Earth is an Ecosystem

Earth itself is an ecosystem, dependent on interacting species and consisting of finite resources. In fact, there are many different---ecosystems involved. However, **Every-thing is Connected**. All of them Combined--- InterAct; one way or another. **Everything is Affected. The Circle of Life is Constant and Contingent Upon Each-other. Interaction makes Life Continue.**

Living animals and plants interact with their non-living environment in many ways. For example, plants need soil, water and sunshine to make their food and grow. Animals also need to drink clean water and breathe fresh air to survive.

Ecosystems are very important to humans because they give ecosystem services, which help you live and make people's lives more enjoyable. Important ecosystem services include the production of oxygen by plants for animals to breathe, availability of clean, fresh water for drinking and the ability to grow food from healthy soils. Humans also rely on trees, rocks and soil to build houses, cities and walls for shelter and protection.

Humans impact the physical **environment** in many ways: overpopulation, pollution, burning fossil fuels, and deforestation. Changes like these **have** triggered climate change, soil erosion, poor air quality, and undrinkable water.

Significant direct **human** health impacts can occur if **ecosystem** services are no longer adequate to meet social needs. Indirectly, changes in **ecosystem** services **affect** livelihoods, income, local migration and, on occasion, may even cause political conflict.

Humans can create **ecosystems** to grow food crops. Many technologies have been developed over the years to increase food production.

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For example, farmers often use fertilizers to promote plant growth. Many farmers also use pesticides to stop insects and other pests from eating the plants they grow.

Unfortunately, some **pesticides are killing the HoneyBees?**

EARTH is known as ‘THE Goldilocks Planet.’

A Goldilocks Planet is defined as any planet, which orbits in the habitable zone around a star, where temperatures like those on Earth occur, allowing for the possible existence of liquid water and of life. As far as is known, life depends on liquid water — which Earth has lots of. In fact, it is an Oasis; ‘Just Right’. It’s not too hot, not too cold, and has everything we need to flourish. NASA is searching for evidence of life on other planets. And, since Water is Essential to All Known Forms of Life on Earth; It is a Vital Clue.

The complex web of organic and inorganic systems on Earth have evolved together, adding further complexity to what makes our Planet--- Earth; Thrive. Unfortunately, the future stability of our climate, ecosystem and orbit are not guaranteed. We best be careful not to destroy what is Already Perfect. We should be Grateful, Respectful and Preserve her Beauty for Future Generations to Enjoy.

Gaia, Earth; ‘Goldilocks Planet’ ‘Everything is Just Right’

Water is essential to all known forms of life on **Earth**. NASA scientists are looking for “**Goldilocks Planets**” that have temperatures not too hot or too cold to allow ...

The **Goldilocks** Zone refers to the habitable zone around a star where the temperature is just right - not too hot and not too cold - for liquid water to exist on a planet. Liquid water is essential for **life** as we know it. Where we find liquid water on **Earth**, we also find **life**...

Gaia is the personification of the Earth and one of the Greek primordial deities. “**Spirit of Gaia**” (the personification of Earth) ‘Anesidora’, which means “giver of gifts”

Gaia is the **ancestral mother of all life**. Gaia’s symbol is the **Earth**, trees and fruits since she is considered as “Mother **Earth**” in mythology. She was depicted in art mostly as a plump maternal figure in the form of a woman who is not able to separate her body from the **earth**. Gaia’s counterpart in Roman mythology is Terra (or Tellus)

This sense of a living earth enjoyed and practiced by earlier, non-industrial cultures grew out of living experience and a closeness to nature that our culture has set aside. It was woven into the fabric of life and culture. Perhaps, it might be looked upon as a great angelic or archangelic being presiding over the well-being of the world, or as the *gestalt*, the wholeness of all the lives and patterns that manifest upon, and as, the earth.

This is not true for us. Furthermore, the Judeo-Christian tradition arises from the semitic spiritual perspective of God and creation being separate and distinct, as well as from patriarchal social structures. In such a context, sacredness has overtones of authority, power, distance, and maleness that would have been alien to the spirituality of, for instance, the ancient Celts or the Native Americans, two cultures that incorporated a sense of the living earth. This means that when we strive to imagine the sacredness of the earth, we do so in a very different cultural context than did those who took for granted an immanent accessible sacred presence pervading all things.

Reincarnation

Reincarnation is the philosophical or religious belief that the non-physical essence of a living being starts a new life in a different physical form or body after biological death. It is also called rebirth or transmigration.

Reincarnation is a central tenet of Indian religions, namely Jainism, Buddhism, Sikhism and Hinduism, although there are Hindu groups that do not believe in reincarnation but believe in an afterlife. It is an esoteric belief in many streams of Orthodox Judaism and is found (in different forms) in some beliefs of North Americans Natives and some Indigenous Australians (while most believe in an afterlife or spirit world). A belief in rebirth/ metempsychosis was held by Greek historic figures, such as Pythagoras, Socrates, and Plato.

It is also a belief in various modern religions. Although the majority of denominations within Christianity and Islam do not believe that individuals reincarnate, particular groups within these religions do refer to reincarnation. Many Europeans and North Americans have developed an interest in reincarnation, and many contemporary works mention it.

Karma deter mains fate / reincarnation
(in Hinduism and Buddhism) the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences.

Reincarnation

“A large proportion of human suffering occurs because people think they only live once. When they become fully aware that the present life is only one point in the eternal flow of time, and that they have lived in the past and will live again in the future, they will understand that their future lives will depend on their present life and also that they can choose what kind of life they will live in the future.”

From the book: The Essence of Buddha

“Energy cannot be created or destroyed; it can only be changed from one form to another.” — Einstein

‘The Teachings of ‘Abraham’; “Life on Earth is Subjected to Universal Laws of *Vibrations as are, the Universe and ‘All-That-Is’*. ‘Well-Being’ is Vibrational Harmony.” ‘Ask and it is Given’.

‘Eternal Life and Reincarnation’

The Essence of Buddha

“Humans are essentially spiritual beings that possess eternal life and reincarnate many times between the Real World and this world. We are never thrown into this world accidentally; we are born into this Earth with a purpose and a mission.”

“The Spirit World is the real home of soul. The earthly world is, so to speak, a foreign school visited for a period of time for spiritual training. We reincarnate over and over again to experience life from different perspectives and cultivate ourselves in an infinite number of directions.”

Edgar Cayce: The Sleeping Prophet.

-----by Jess Stearn

“The Edgar Cayce story is one of the most compelling in inspirational literature. For more than forty years, the “Sleeping Prophet” closed his eyes, entered into an altered state of consciousness, and spoke to the very heart and spirit of humankind on subjects such as health, healing, dreams, prophecy, meditation, and reincarnation. His more than 14,000 readings are preserved at the Association for Research and Enlightenment, Inc., in Virginia Beach, Virginia.

A native of Kentucky with a ninth-grade education, Edgar Cayce accurately predicted two world wars, including the years they began and ended, racial strife in America, the death of John F. Kennedy, and hundreds of other recorded events. He could apparently travel in time and space to treat the ill, and dispensed information that led to innumerable cures where traditional medicine was helpless. The first to introduce many Americans to the concept of reincarnation, Cayce drew on a subconscious Universal Mind for startling information about past and future. In *‘The Sleeping Prophet’, Jess Stearn* presents the extraordinary story of his life, his healing, his prophecies, and his powerful legacy.”

Epilogue

After a lot of research, I too believe in Reincarnation. ALL Life is SACRED, as Everything is Inter-Connected. Thus, Life is Not a Contest. Enjoy It. Don't Destroy the Beauty of Being here on Mother EARTH.

Unfortunately, Mankind is Ignorant and Arrogant? Most Humans are ‘Useful Idiots’; as we all Use, Abuse, Manipulate and Try to Out-Fox Each-other. Why? Think about it!

It All starts in the Mind. Humans are born with the Essential Tools as POWER; to Self-Manifest Destiny. And, we have an Eternity to Figure it Out! For Life is an Evolutionary Process of Incarnations and Reincarnations of Energy to Balance the Law of Karma! Amen...

I also Believe--- Almighty God is Love! (Eternal Source Energy) Love is Truth. And, ultimately, this Trinity — Combined, Is the Way to Peace and Happiness. And Whoever Believes this Truth. Shall bypass Reincarnation.

“The last enemy to be destroyed is death.” 1 COR 12 :26

--- Jesus died on the Cross so that we that believe shall have Eternal life...

“Peace be with you” --- Jesus, John 20:21

***We must Teach Our Children Moral Values; Spark Their Integrity.
God Bless Mr. Fred Rodgers and PBS TV.***

“SongBelieveInThee” LORAIN O’DONNELL

Audio Player

Download File

1. A Rough Demo Lyrics by Robert James Karpie & Music by Dwane Hall

3:01 Download your Free copy of Believe in Me

God Works in Mysterious Ways. Believe!

Never UnderEstimate the ‘Element of Surprise.

<https://b4heart.biz/pages/surprise>

Thanks to **Curiosity and INTELLECT** from his left brain; **man** discovered the ‘**Logical Fall of Man**’; **original sin** per **Choice** as **Free-Will**; the ‘**Apple of Good and Evil**’. But Now **Mankind** Must, **TRUST** his **right brain**, his **INTUITION** and **partake** of the ‘**Tree of Eternal Life**’. Trust your **Conscience** to be you **Guide** and **Follow** your **HEART**. **Manifest Your Own Destiny!**

The Truth Shall Set You FREE But, Consider the Source!

Alas with Intellect and Intuition Mankind Shall, Manifest Peace and Harmony. Amen... **B4HEART --- Humanity Envisioned And Realized Together! LOVE is Essential...**

In ‘Animal Farm’; We Learned: “**Power tends to corrupt and *absolute power corrupts absolutely.***” Lord Acton

Make Things Happen!

Stop Socialism. VOTE Trump 2020

I want to recommend another book about the Power of Manifestation, that is a, True Life Story. It is entitled ‘Three Simple Steps’, by Trevor Blake.

Thanks Trevor! You Amazing Life Story Will Inspire Many.

God Bless America and God Bless President Donald Trump!

Hope for USA, President Reagan's Secret Mission....

President Ronald Reagan had a Secret Plan; a Secret Agent on a Secret Mission. 31.2 trillion dollars! If you have not heard the name Lee Wanta before; you will soon. His authorized biography will shake the world and change history.

Lee Wanta, is 31.2 trillion dollar man. President Reagan and his Secret Agent Ambassador Lee Emil Wanta masterminded a creative way to financially take down the economy of the Soviet Union (Evil Empire) without firing a single shot. The 32.1 trillion he amassed in the process has finally been recovered and accounted for after it was hijacked by a criminal non-Government organization known as the Federal Reserve and the Corporate State of Wisconsin.

Controversial and true with hundreds of documents included to support this compelling true story. Intel disclosed today that can change an entire election and the financial future of our country and the world. The only authorized biography of Lee Wanta, Wanta Black Swan White Hat. A must read for every single American, Never fully revealed until today. Published by Viking International, LLC Wanta! Black Swan, White Hat. Check it out on Amazon! Unfortunately, Our National debt is Now Over 32 Trillion Dollars— Thanks to the Puppet Masters?

We don't have a trillion-dollar debt because we haven't taxed enough, we have a trillion-dollar debt because we spend too much.
— Ronald Reagan



Is Mankind and Mother Earth Ready

“The only thing necessary for the triumph of evil is for good men to do nothing.” --- Edmund Burke

Go Figure! “She smiled and told me”, *“Your thoughts are true to your heart, and what you’re thinking is right and just.”* Ironically, she warned, *“time is running out, but the world isn’t ready yet. Be patient. You will know when the time is right,”* she assured. Then she quoted Apostle Paul: *“Proclaim the Word; be persistent whether it is convenient or inconvenient...for the time will come when people will not tolerate sound doctrine.”*

She finished by encouraging me to do my duty in the *Name of World Peace and Humanity*. “Soon,” she promised, *“the world will be ready, willing, and able as it is desperate for LOVE;”* “so Follow your Heart and Live your Dream!”

Wake Up! America; is the Last Great Hope on Earth!

Let’s Keep It That Way!

Freedom is Not Free. Our Ancestors paid for it with their Blood, Sweat, Tears and the Ultimate Sacrifice; their Lives. They even FREED the Slaves. Now is the Time to SAVE AMERICA. Historically it was a Miracle, that our rag tag army Defeated England. In fact, by the Grace of God, it was a Miracle that we won; Major Battles.

But now, we Cannot Afford Socialism in the USA. It is loaded with all kinds of FREE Promises but, the DEVIL is in the Details. Vote for TRUMP in 2020. God Bless America! Amen...

We are on the verge of Another Uncivilized War. It is time for Accountability. There is Rumor of the Anti-Christ. To me; the AntiChrist is Here! It is the 'Demo-craps', in cahoots with some corrupt Republicans, The Deep-State, Judges, Lawyers, War Mongering Generals and the Fake News Media; including Social Media'. They have conspired to prevent President Trump from being elected President and later, lied and connived to have him Impeached?

We just learned last week that the "DOJ FOIA Release: Members of Mueller Team Repeatedly 'Wiped' phones as Watchdog Sought Records"? This is Now; a Four-Year Hoax! The Great Witch Hunt? It is Time to Set the Record Straight about the anti-American Shame.

If Trump loses the 2020 Election; they will bury the Cover-up of the coup and Halt the Investigations. Now, ---They are trying to Cover their Asses as Many; Should Go to Jail! They are Guilty of Sins of Omission ---

1: something neglected, left out, or left undone. 2: the act, fact, or state of leaving something out or failing to do something especially that is required by duty, procedure, or law liable for a criminal act or omission. **They are Guilty of Treason!**

✧ TABOO - LOGICAL DECEPTION

The Swamp has been Exposed and Partially Drained. Freedom and Democracy go Hand and Hand! Unfortunately; they are only the tip of the Iceberg as many of them are, part of an elite Evil social club. Jeffrey Epstein's private Island, Holds All the Keys; the names are shocking. Prosecutors must follow the evidence, the money, paper trails, videos and tapes; of alleged pedophile ring. Blackmail is a Powerful way of Obstructing Justice?

Incidentally, "Politico reported in January 2020 that James Biden, Joe Biden's brother, in 2005 bought ocean-view property on Water Island, off one of the main islands, St Thomas, and around eight miles from Epstein's?" And, "Joe Biden's Brother James; Secured Iraq Housing Construction Contract with No Experience when Joe was Vice President?" Go Figure? In fact, Peter Schweizer, the author of Profiles in Corruption: Abuse of Power by America's Progressive Elite, suggested that aside from his son Hunter, four other members of former Vice President Biden's family "cashed in" on his office? And don't forget that Vice President Joe Biden bragged on taped video; that he threatened to withhold aid to Ukraine "If the prosecutor is not fired, you're not getting the money".

It is Time for Mankind to Take a Leap of Faith! What does it mean to take a leap of faith? "The **leap of faith** involves having a basic belief in yourself and a fundamental trust in the vision of who, what, and where you want to be in the future. The **leap of faith** involves the belief that good things will happen when you choose to change your life."

It is time to Unite and confront EVIL. It is Time for We the People to Fight for Our Freedoms. But first, each of us must Free ourselves from our personal Mind-set. Slavery, Socialism, and Organized Ignorance; are All TABOO. They are NO-Nos'. They are Evil. Don't be a Slave to 'Fake-News'; Organized Ignorance. Open your

mind. Free Yourself and Help Manifest Destiny. Comprehension, is Beyond Rationalization!

“In psychology and logic, **rationalization** or rationalisation (also known as making excuses) is a defense mechanism in which controversial behaviors or feelings are justified and explained in a seemingly rational or logical manner to avoid the true explanation, and are made consciously tolerable—or even admirable and superior—by plausible means.”

The Theory that Humans have only Five Senses is a Myth. It is Taboo; it's Organized Ignorance. And the Theory that INTUITION is a Myth; is also Organized Ignorance. Intuition is a Human Sense! Mankind has to Learn, how to Use and Trust his Intuition.

Unfortunately, mankind utilizes his Left Brain much more than his Right Brain? But we Humans are Blessed with much more than just our Five Senses. Ironically, too many people take them for granted, anyway? How can they possibility Comprehend Multisensory Perception; Expanded Awareness?

Did you know that **Balance**, is often referred to as our “sixth sense?” **Balance** relies on input from several areas of the body to keep you from falling — the inner ear, the eyes, the muscles and joints in your leg and spine. Can you imagine living without Balance; “an even distribution of weight enabling someone or something to remain upright and steady?”

As you can Imagine, the Human body is very Complicated. Consequently, Existence is Overwhelming, as Reason, Complicates Understanding; because of Logic. Thus, Logic Deception is a Fact of Life! Imagine that! Humans take too many things for granted and over think that which they do not understand? Fear and Faith are Natural Instincts as is Curiosity. Never Underestimate the Power of Your Imagination. You were born with All the Tools to Thrive.

**“Hope springs eternal in the human breast;
Man never Is, but always To be blest.
The soul, uneasy, and confin’d from home,
Rests and expatiates in a life to come.”**

— Alexander Pope, An Essay on Man

Our Natural Skill-Sets are Beyond Belief. They are Gifts from God! Man Must Learn to Inquire Within. Become--- Aware! Un-obstruct your Vision. Clear it! Our Abilities and Aptitude are Geared to Spark Ambition. A Sound Thought, Intent and Behavior--- Balances Your Emotions. Care, Concern, Compassion and Empathy; Reflect the Love-Force-Energy as it Intervenes, in the Name of HUMANITY. Civilized Human-Beings are Sympathetic, and Consciously Aware of Circumstances Beyond their Control as Mercy and Forgiveness are Divine.

B4HEART – Humanity Envisioned And Realized Together!

According to author and teacher Gary Zukav; humans have ‘**multisensory perception**’. He describes “‘**multisensory perception**’ as living with the awareness of your soul: It is (also) resonating with the idea that you are more than a mind and a body, that you are a soul, and that there is a difference between your personality and your soul.” I highly recommend his book--- ‘**The Seat of the Soul!**’

Ultimately, it is time for Mankind to WAKE UP! Going Through Life Haphazardly Clueless; via Ignorance, Takes its Toll. IGNORANCE is Not BLISS! It is Karmic Suicide! Ironically, Ignorance Falls Short into a Negative Unconscious Course of Karmic Accountability. Disrespect and Disdain for Other’s Life is Taboo! Everything is Inter-Connected. Reverence for Life is Paramount!

Think about that! You are Responsible for All your Actions and In-Actions. You pay the Price --- Eventually. Accountability is Maintained though the Law of Karma as Non-Judge-Mental Justice'. You Control Your Own Destiny!

Quit Feeling Sorry for Yourself. Blame and Excuses are Taboo! Open your Eyes. Open your Mind. Open your Heart. Read! Educate Yourself! Truth is akin Cool as both are Repulsive to the Un. But when Ignorance is Ignored; Stupidity is Justified!

Life is a Collaborating Effort. Intent is Vital. Responsibility and Accountability are Core Indicators of Actions, as Karma is the Blueprint which Sustains and Maintains the Process as Systematic Justice is Not Blind.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Matthew 7:7

Humans are Blessed with ‘Multisensory Perception’--- Expanded Awareness! A Unique Perspective! It is a Profound Gift from God! It is Marvelous! It Leads to Enlightenment--- Peace and Harmony! Joy to The World! B4HEART --- Humanity Envision And Realized Together...

In conclusion, research; what I stated here in this book. Remember, **it All Starts in Your Mind. Mind-Set is Key to Who You Are and What You Become. God Bless Our Small Acts of Kindness! Humanity, is a Process of Thought, Evolution and Reincarnation!**

Unfortunately, we are All Guilty of Some sort of Sin of Omission; at Some Point of Time, in this Lifetime! Looking Back; Perhaps We, should have Gotten Involved, and Done something Differently? Do Your Part! B4HEART- Humanity Envisioned And Realized Together!

“A person may be guilty of a sin of omission if he fails to do something which he is able to do and which he ought to do because he has put himself into a state or situation where by he is unable to complete the action.”

Do Something! Get Involved. When Ignorance is Ignored; Stupidity is Justified. Unfortunately, Ignorance is Collateral Damage as Humanity Suffers.

God Bless The Great Awakening...

Alas, we have to Drain the Swamp. We Must choose to Fight to Save America! We Do Not Need Socialism in America. Follow the Evidence. Follow the Money. Certain Families have been Robbing the American Government for Decades? It is time to END Career Politicians. We don't need any more, Bush, Clinton or Biden Dynasties!

The 'Truth Will Set You Free'! You Are What You Think. Focus! State of Mind! Intent is KEY. Experience is our Teacher. You can Choose to Live Consciously or Unconsciously and thereby; EVOLVE Accordingly! Believe, LOVE and B4HEART... Vote Trump in 2020! Semper Fi... America is A BECKON of HOPE!

