

FINDING BLISS IN A COMPLEX WORLD

Avoid turmoil and pain by understanding
simple universal truths

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In Order

This book is designed to be read in order of chapters. The information was crafted to expand your perception of the world around you. Each chapter references information that has great power if you take the time to understand it. Additionally, each chapter sets you up to learn more in the next. You may need to read the book several times as well as research deeper the underlined mentors whose work has served to expand the consciousness of the planet.

This is just a roadmap for you. Taking the time to read, and think about, and look deeper into the topics is your job if you really want to find peace. No one said it would be easy, but with **some effort**, you can avoid pain.

About the Author

Life has taught me that the most skillful people are not necessarily the most obvious. Those who understand this relate to the power of the universe. This is the power that moves all things, and few pay any attention to. Almost universally, ancient texts from all nations of antiquity document truths that much of Western civilization has ignored or forgotten. Consider how fast things are moving today compared to just 10 years ago. **Most people I speak with agree that it's getting more difficult to keep up. As a result, it's placing additional stress and strain on their body, mind and spirit.**

As we struggle to keep up, we move farther away from the very "source" of our happiness. Life's complexities are pulling us away from simple truths that have been available to us for thousands of years. I can think of two problems that contribute to life's challenges for most people. 1. The Internet, with all its seductions and distractions, and 2. The endless media channels with questionable content. Both of these technologies fill our minds with things that have no real value, or purpose for the pursuit of happiness.

Happiness requires three things to be in-sync, the **body, the mind and the spirit**. If all three are not aligned, there is imbalance and typically that causes mis-judgments/pain.

My first book was self-published in 2006 warning consumers in America of a pending disaster. The book told true stories of people being “sold” out from under their hard-earned home equity, and the lenders and financial institutions that fostered the greed. I left a very high paying job because I didn’t want to be associated with the company’s actions. Unfortunately, no one wanted to listen to me or others who knew what was coming. After all, I was not a well-known senator’s son or anyone with connections to the media. I contacted dozens of radio programs, news organizations, senators and everyone from Oprah to CNN with no luck. Over the course of several years, I gave the book away for free. I told everyone I knew that they had to buckle down, get out of debt and sell high before the crash, yet no one listened. I wanted so bad to help people. It was only after stepping back and really examining my “self” that I found much of the desire was ego driven. I wanted to help people yes, but my ego had an immense desire to be “right” and be “known” for the insight. My book had tutorials showing how to avoid the pending Real Estate equity disaster and how the big mortgage company’s schemes were created to steal homeowners’ money without even realizing it. Few wanted to understand the actions that would ultimately be the unraveling of America’s financial system. I was not the only one to predict the disaster. But my book was a bit different because it was a “How To” manual providing usable information and tools that could help consumers be insulated from aggressive sales tactics for the three most costly transactions they would ever make. A mortgage, an automobile, and a real estate purchase. Some downloaded my free E-book from the web; others bought the hardcover book and responded with favorable reviews.

One college professor stated that he believed what I taught should be included in high schools and colleges to prepare our next generation for real-world financial knowledge.

So what does this lesson mean in terms of finding Bliss? I have come to learn that **it means we all come to know things when we are ready and not before**. I knew a lot about the industry, and how to help people save money. What I didn't know, was that consumers were not ready for the data. People did not want to be informed of negative events forthcoming. A large majority of people in America were ignorant, and they simply wanted the loans that would end up bankrupting millions of them. Ignorant in this case means simply unable and unprepared to comprehend what was good for them. Never underestimate the power of Greed. So I ask the question again, how does this relate to finding Bliss? Simple, it's a challenge for people to **“open up their mind”** to that which advances their life. Rather than remain “closed off” and continue on a course of actions and choices that debilitates their life.

We all attract that which we are. We are controlled by the invisible fields (M Fields) that govern all things around us and influence our body and mind.

Just as a young athlete filled with passion for a sport will never think of what that passion might be doing to his/her body; and how it will negatively impact them when they are sixty. They just go on destroying their body. The ballistic activities that I engaged in from age six to thirty-six made it hard for me to get out of bed each morning at forty and I was not even a professional athlete. So, my goal with this book is to share information that can change your

life. What I have learned so far as an average person on this planet has completely transformed my life, and I hope it will yours too. The intense pain I had from the many sports injuries has seemed to heal of its own accord. I'm just an average guy who has experienced and documented a lot of very unique situations. I have seen miracles with my own eyes and healed my body spontaneously and realize what we are all capable of. **Plato once said, "For a man to conquer himself is the first of all his noblest victories."**

I have always looked "within" even as a young boy. I try my best to never make the same mistake twice, and I try to "reflect" to understand why I do the things I do. Introspection is the key to creating change. I have assimilated a wide variety of information that when put together can create positive change and advancement in your life. The advancement is toward bliss. I call this methodology PerSpiriCal. It's a combination of Personal, Spiritual and Physical well-being. I've been one paycheck away from broke, and I've also made over \$250,000 in one year. **Two lessons I have learned #1. Money doesn't create happiness #2. There is no greater purpose in life than serving others.** Having been there, I can honestly say that I was not happier when I made \$250,000. **When you have money, you usually spend it, and many people tend to then put accumulation ahead of modesty.** When you "serve" others, you advance the consciousness of everyone on the planet. So each individual person "is" responsible for benefiting the masses. This one fact, once understood, will literally change your life forever! Give it a chance. Your next journey begins right now.

~SIMPLICITY~

The steps out of unhappiness, anger, misery or depression are deceptively simple. Life is a voyage or trip, like hiking across a vast terrain. Imagine for a moment if you veer off course just one degree on **your compass**, it doesn't seem like much, but over many days of traveling will lead you hundreds of miles away from your destination.

The most powerful tool that all humans have is the spiritual will. This "will" is within each of us. Like free will, it is a gift from the Creator and it's important to have gratitude for it. When people use their will, they can face, or take on any obstacle. No matter what belief system, this "**spiritual will**" is responsible for the success of everyone's goals.

Bill W. the founder of AA once said that until a person has a fundamental shift in their mind, they will never succeed at becoming sober. Part of this shift has to engage the will. Less than 1% of all AA members succeed without engaging their spirit! It really is very simple, when you decide you "want to change" and you engage your "will" and your spirit, you will succeed. The mind is the thinking part, but the Spirit is the energy that serves the body and mind and links them. A small shift in consciousness will have a huge shift in your life. So **understanding the body, mind and spirit is the key** to your success in finding yourself first, and then finding your bliss.

As stated above, it is not the type of spiritual following that is important, but more the fact that you devote yourself to it.

I met a wonderful woman while writing the final stages of this book. Her name was Mary. Mary and I spoke about our fortunate ability to be able to resist addiction and that we both have watched others we cared about destroy their lives with addiction. So what is this thing that enabled us to stay away from things that we knew would be bad for us? We both knew deep in our heart that the answer was “wired into us” from birth, and seemed to be karmically present, not developed. We are just **aligned to it**.

Mary said something wonderful to me before we left each other that day. She said her father always told her even as a young child. There are many buses. The main buses are; the Buddha bus, the Jewish bus, the Lutheran bus, the Catholic bus and the Christian bus. It really doesn't matter which bus you get on. Just figure out which bus you are most “comfortable with” and get on the bus.

I thought that was beautiful and so true. Spiritual work is not right or wrong. It is the catalyst to expanding your consciousness and your karmic life. It also has a direct effect on your future and how good or bad it will be. Further, the level of consciousness you have at any given time will relate to the view you have on life. This may be hard to grasp at the moment, but soon, you will see. If you're not happy, you need to elevate your consciousness to see things differently. Once your view “shifts” a door of awareness opens. This is true for all things.

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CHAPTER ONE

Your mind

What is mind? Many a wise man and philosopher have asked. Many psychologists, psychiatrists, scientists, physicists and others have also asked. But has anyone ever really uncovered anything other than a theory? I will put forth the notion that without question, we do now know with certainty what mind is, and how it has evolved over time from the accumulation of information. We still have much to learn, but we know enough to foster amazement. Many well-studied **doctors, quantum physicists, and cellular biologists** have spent their lives researching the human body and mind and how it affects and connects each human being. Your “mind” starts with your brain. Your brain is a muscle and part of your body. We know very little about the brain, but what we do know is that it is electrical, biological and remarkable. Your brain controls everything you do and say so it is relatively important for people to have a simple understanding of it. Your brain is connected to your body and part of it, but your brain is also connected to your “conscious mind”. This conscious mind is then connected to the overall “field” of consciousness. When your brain is willed into action by whatever means, it taps into all your senses to see, hear, touch, smell taste and learn. As you learn, your brain begins to manifest into “mind”. Your mind then is the accumulation of input from your senses, to the physical world and those events around you.

To simplify, consider this: the mind that reads chapter two in a book is not the same mind that read chapter one. Your brain has gathered data and it has assimilated that data into

your mind. It has grown, it has expanded, it has been influenced, adjusted, changed by the data and it has learned. Just like a computer that has a program installed on its hard drive. It is not the same as it was. So with this knowledge, we can state with certainty that we cannot know something, until we have the ability to ask a question about it. In other words, 200 years ago, no one on the planet earth was asking questions about GPS satellites and mobile phones. They had no frame of reference (**context**) to even ask the question. But once mankind had developed computers and infrared information exchange (**the content**), people began to ask, “what if we could send information through the air from one place to another”? That then led to the search and ultimately development of wireless technology in first short range, and then eventually, long range. We can’t develop anything until we can conceive it. We can’t conceive anything without a frame of reference or context of it. So simplified, this is really how the mind works. The mind literally evolves through content and context. It accumulates information, it expands and it uses that information in some capacity to continue to expand. Some people use a higher percentage of their minds capacity. Engineers typically use a good portion, while others only use a fraction of their capacity. Either way, for any human being, it is a choice how much of your capacity you choose to use at any given moment. What’s remarkable about the human mind is that ancient texts seem to suggest that 2,500 years ago, humans had a form of connection with the universe that we no longer seem to have. (perhaps from our many distractions) **ONE THING THAT IS CERTAIN IS THAT MOST PEOPLE’S MINDS RESIST CHANGE.** The only way to have a better life is to work to change and always expand your mind.

Consider this fact: Humans have 23,000 protein coding gene combinations. Recent studies have identified that we only use about 2% of them. Why is this? What has happened or what is happening that we use so few? Are the others turned off (dormant)? Perhaps we have just forgotten how to use them, or maybe they're waiting for some activity to turn them on? The recent age of HomoSpiritus has been discussed for many years and the computer age is quickly forcing us all to think and act much faster actually **re-wiring our brains**. In 2012 Newsweek published an article on the web and how constant connectivity is literally making us mad.

I will contend in many ways within the pages of this book that all humans are capable of genius. Each chapter will elaborate on it. Yes, that's right. You too, are capable of genius. It is available to all of us. My question to you is simple. Are you looking for your genius? Are you using your full capacity to tap your hidden genius? Ninety percent of the people on earth do not use half their capacity never mind all of it. We believe through decades of research that humans only use 10% of their brain's actual power. I'll let someone else write the book postulating about why, and what happened to the other 90% of our capacity and when. Why did I write this book? I don't really know. I just felt compelled by a higher power to share what has made my life better. If I can help access just a little more ability in just 10% of the people who read this book, it will create a dramatic effect within our world. More to come on this as well, we will circle over this premise throughout many areas of this book so by the time you finish, you will understand more about yourself, your ability, your purpose, the universe, and why you're here.

Part of my journey with you will be to share many of the greatest truths that have been available to anyone who would choose to find them. I suggest everyone spend less time chatting on the cell phone and do some research into these topics. The data is there if you look and cross check it. I have spent 25 years of my life reading and searching for information that is actually provable, replicatable and easy to assimilate. One of the most amazing groups of people who ever lived was the ancient **Essenes** who disbanded in the first century after the crucifixion of Jesus Christ. They are worth looking into.

Since the archaeological discovery of the Dead Sea Scrolls in 1946, the word "Essene" has made its way around the world often raising a lot of questions. Many people were astonished to discover that, more than two thousand years ago, a brotherhood of holy men and women, lived together in a peaceful productive community. This unique group of disciplined people not only understood many of the complex sciences we are just uncovering today, but they lived in complete harmony with it. They worked for the greater good together, they harvested food for the entire community, and they understood the benefit of **meditation and prayer** in daily life. There was no greed, as they only produced what they needed, no more. This brotherhood, more or less persecuted and ostracized, would bring forth people who would change the face of the world and the course of history. Indeed, almost all of the principal founders of what would later be called Christianity were Essenes; St. Ann, Joseph and Mary, John the Baptist, Jesus, John the Evangelist and others. Not only was there no fear, or greed, or selfishness within this group, they also had wisdom of many simple truths like caloric restriction, never

consuming blood foods, and never eating to be completely “full”. The Essenes would eat only earth grown fresh foods twice a day in certain amounts to virtually guarantee freedom from disease. They would not eat before sunrise, or after sunset. They lived in a Holy Communion with the sacred mother Earth. Uncovered documents suggest many lived well into their hundreds. Just imagine if all Americans never ate to be full how much waste we would avoid?

Each of the brightest minds who have ever lived had at some point mentioned, or touched on the **universal energy that governs us** all. It has always been available to each of us. Like a birth right to each human being, you are capable of genius, you are unique, you have a purpose, and you can do “something” better than anyone else. Most people are raised by someone who didn’t understand this, so it didn’t get communicated and instead, dysfunction, fear, and guilt, were instead present to block the opportunity that “was” available. People have various levels of malaise and some tap only 5% of their talent while others can tap 20%, or others like Michael Jordon, Wayne Gretzky, or Payton Manning are able to tap 90% or more. There is no fault for it. It’s not right or wrong, it simply “is”. There is never any value in wishing you were someone else. If you were supposed to be someone else you would be. The Creator doesn’t make mistakes and these laws keep everything unfolding as they are, until you create change.

The question for today is; what are you going to do right now, to expand your ability? What action or decision will you make today to show the universe you want to understand it more, and change those old patterns?

What will you choose to focus your attention on that will demonstrate your personal mastery? My father's generation fought in the Second World War. His generation was one of the greatest generations that ever lived. They sacrificed so much for the greater good of America. The men and woman who were not enlisted sacrificed and worked at home and in factories to build tanks, make tires, ammunition and various other duties to contribute to the great cause of freedom. My father never complained. Right through his passing in Hospice with esophageal cancer, melting away unable to eat for two months, he never once complained. He was humble and he never shared his emotions. In our youth, my sisters and I rarely heard "I love you". We watched him drink night after night and sometimes, ran from his rage. Amazing to me, he missed less than 7 days of work in over 30 years with Boston Edison. He was a hard-working provider, but his anger was always present. My father's fear was showing emotion. He was taught that it was not proper for a man to show emotion never mind love or compassion. Of course he was a product of his own father's anger. This fear helped to eat him away from the inside out. Men growing up in the thirties had to be quiet and tough. His issues fostered a lack of understanding in our home and it was up to each of us to seek out and find a way to understand why dad was the way he was. My sisters and I struggled for years. For me, it wasn't until he became ill that I really began to ask him questions about his childhood. I'm glad I did, because it gave me the chance to understand him, and learn stories of how his father treated him. Thank God he opened up just a little, because it allowed me to question my mother for more information which ultimately gave me more pieces of the story. Once I found out about his childhood, I

understood what he went through and I not only forgave him, and loved him more than ever, but I found compassion for him within my heart. That finding “of compassion” expanded me as a man and I was never the same.

That one change in direction; that shift in my **compass**, changed my life! Learning about my dad, and growing in Love for him, and having that compassion advanced me to a new level. I was then able to **move on** from a past of anger, resentment and frustration. Fear is stagnating no matter what the subject. Fear of learning about your parent’s childhood, fear of asking, fear of finding, fear of forgiving, fear of their reaction, and fear of dealing with what you might uncover within yourself. Fear will never advance your life or your mind. Fear will hold you back from growing. Your life cannot advance to its fullest with the presence of fear.

The truth is that fear doesn’t even really exist in the world. Fear is “created” by our mind. We create it, manifest it, bring it into our life, and not only hold onto it, but in many cases people **use it** as a tool to hinder their progress and others around them in life. Whether conscious or deeply subconscious it is still a choice by a person to not grow. Fear is literally paralyzing, debilitating and will not advance your life in any way! If you want to advance your mind so that your life will be better, you must first begin to limit your fears. Pick one fear you have and then go to work on it. There is so much information about false fear and how to get rid of it you only need to search Google for books or free videos. This is the beginning of great change. Work on getting rid of fear and you will see amazing results.

One of my favorite teachers about the subject of fear is Louis Hay. She has a lot of valuable information that helped me at an early age understand fear and limitation.

So if our mind is the accumulation of data and experiences, perception and thought all rolled into one, how do we use our ability to remove the fear? Simple, you expand your mind by first learning how fear has a hold on you, then begin to practice overcoming your fear. Not so easy you say? People spend billions of dollars going to high priced doctors each year because they cannot overcome a fear. Others never even consider they have fear. Others still, can be hypnotized and within minutes no longer carry a fear that has been with them since a young age, or even birth. We must advance to a place where we are ready. Remember the compass? Work to **adjust your compass**. Each person will advance only when they are ready. You cannot change another person no matter how hard you try. We cannot force someone to learn what they are not ready to learn. We must first be ready to advance our own conscious mind and then we graduate and in that moment, we will change, and our life will change for the better.

What's amazing about change is that once you set your mind and your Spirit to changing, you will learn faster, and change for the better quicker more frequently. Once you see, you cannot un-see. So it really is a self-benefitting process. We all require assistance with our levels of change and there are many teachers who can help you with your journey.

For more than forty years, Alan Watts earned a reputation as a foremost interpreter of Eastern philosophies for the West. Beginning at age sixteen, when he wrote essay for

the journal of the Buddhist Lodge in London, he developed an audience of millions who were enriched through his books, tape recordings, radio, television, and public lectures. In all, Watts wrote more than twenty-five books and recorded hundreds of lectures and seminars, all building toward a personal philosophy that he shared in complete candor and joy with his readers and listeners throughout the world. His overall works have presented a model of individuality and self-expression that can be matched by few. He held fellowships from Harvard University and the Bollingen Foundation, and was Episcopal Chaplain at Northwestern University during the Second World War. He became professor and dean of the American Academy of Asian Studies in San Francisco, made the television series "Eastern Wisdom and Modern Life" for National Educational Television, and served as a visiting consultant for psychiatric institutions and hospitals, and for the United States Air Force.

Alan Watts has a great quote which says, *“And the attitude of faith is the very opposite of clinging to belief, of holding on. In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the universe, becomes a person who has no faith at all. Instead they are holding tight. But the attitude of faith is to let go, and become open to truth, whatever it might turn out to be”*.

My response to those great words are: “His will be done”.

Words are only linear so they are not always able to adequately describe non-linear things. More to come on this topic of visible world and non-visible world.

CHAPTER TWO

Your body

The human body is truly remarkable and is capable of far more than we understand. For decades medical doctors have been finding new answers to the body and how it operates, heals and functions. Science requires studies and usually tests theories over and over in laboratory situations. Often when something can be documented and replicated over and over, only then will science determine that it is a fact or true. Few people read or subscribe to tech journals but there are vast amounts of information available from these publications that never find their way into mainstream media. Just within the last 10 years we have uncovered more about the human body and how it functions than the last 100 years combined. See www.sciencenews.org.

Walter Cannon a professor of physiology at Harvard University, looked at the need for mental and physical balance throughout the organism and coined the term, Homeostasis in his book *The Wisdom of the Body*, 1932. Homeostasis is combined from the Greek word homeo, meaning similar, and stasis, meaning same. **Psychoneuroimmunology** (PNI) is the study of the interaction between psychological processes and the nervous system and immune system of the human body. PNI uses an interdisciplinary approach, incorporating psychology, neuroscience, immunology, physiology, pharmacology, molecular biology, psychiatry, behavioral medicine, infectious diseases, endocrinology, and rheumatology.

The main interests of PNI are the interactions between the nervous and immune systems and the relationships between mental processes and health. This is just one study that has been moving fast and showing us results that up until recently were believed to be impossible. This is one of many reasons why this generation; us here right now, will be the people who have the ability to foster great change on the planet. We are the Homo-Spirituos generation. As the information finds its way to more people, they typically can't help being drawn in by it.

Other enlightening findings can be found from the studies being done at the Heart Math Institute. Years of studies can now confirm that our choices have a direct effect on our immune system. Each choice you make will actually turn "on" or "off" your genetic code waiting inside your body. Cells have pressure points that respond to emotion and either **enable, or disable complex reactions** within our immune system.

It is a fact that the Earth gives off vibrations. The Earth is a living thing just as we are. Our bodies can be in-sync with the planet if we slow down and listen. Like the Earth, our bodies give off vibrations. Every living cell within us is active and listens to and is affected by the vibrations that come from Earth and people around us. We are literally all connected! A study in the late nineties was done that measured the effects of our thoughts and how it directly relates to our immune system. Anger not only has a negative effect on the immune system, but the effect lasts for several hours after the negative thought (energy) has left the mind.

Example: You're driving in your car on a beautiful day, listening to a great song and enjoying life. You are happy and at peace. Your body is radiating positive energy and as a result your immune system is optimal. Cells are healing anything that is not perfect in your body without you even knowing it. Suddenly you're cut off by a car filled with belligerent teen-agers who toss something out the window and almost hit your windshield. You instantly begin to curse them, and become enraged, you're so upset, you have secret thoughts of running those teens off the road. If you were in the laboratory, we would find that not only has your immune system stopped working optimally, it has ceased all together and the anger has had the opposite effect. Your cells are no longer healing; they are being eaten up and overpowered by the negative energy now governing your body. But this is not the interesting part. What's amazing is that researchers have found that the negative effects on your body "continue" for up to six hours after the event has passed. So you could calm down, and literally forget about your anger and just relax, and your body would go on being vulnerable by the negative event for up to six hours. If at that time you passed someone coming out of a store that coughed, or touched a handle with a virus on it, you would be far more susceptible to getting sick.

In 1975 Robert Adler and Nicolas Cohen at the University of Rochester advanced PNI with their demonstration of classic conditioning of immune function and coined the term "PsychoNeuroImmunology. In 1981, David Felten then working at the Indiana University of Medicine discovered a network of nerves leading to blood vessels as well as cells of the immune system. The researchers also found nerves in the thymus and spleen terminating near

clusters of lymphocytes, macrophages and mast cells, all of which help control immune function. This discovery provided one of the first indications of how neuro-immune interaction occurs.

In 1985, research by neuropharmacologist Candace Pert revealed that **neuropeptide-specific receptors** are present on the cell walls of both the brain and the immune system. The discovery by Pert that neuropeptides and neurotransmitters act directly upon the immune system shows their close association with emotions and suggest mechanisms through which emotions and immunology are deeply interdependent. Many plants on the Earth can have a balancing effect on these receptors. More on this soon.

Immunoglobulin A (IgA) is an antibody playing a critical role in mucosal immunity. More IgA is produced in mucosal linings than all other types of antibody combined. However, sources are correct when they indicate immunoglobulin G as the most common form of immunoglobulin in the human body. In its secretion-type form, is the main immunoglobulin found in mucous secretions, including tears, saliva, colostrum, intestinal juice, prostate and respiratory epithelium. It is also found in small amounts in blood. Because it is resistant to degradation by enzymes, secretory IgA can survive in harsh environments such as the digestive and respiratory tracts, to provide protection against microbes that multiply in body secretions. A study was done specifically from these secretions that showed significant reduction in these levels when a person has thought, felt or expressed anger. Think of this. Even a secret thought of anger or hate can have negative effects on your body.

Another study was done in India where **1,000 people where meditating together**. The study reinforced the fact that there are chemical changes within the human body during meditations. One change occurs in the Serotonin levels of the brain and some acids found in the urine. These are measurable from urine samples. During this study when 1,000 people where all meditating about Love and Peace **something remarkable occurred**. The study found that even the people passing by outside the location had the same chemical changes occurring in their Serotonin levels and urine (when tested). Even though they had no idea what was going on inside the temple. This should convince you that **we are all connected** and that each one of us can have a direct and positive affect on the entire world.

We all require assistance with our levels of change and there are many teachers who can help you with your journey. You may find **Dr. Bruce Lipton's** is one of my personal heroes and his work will be helpful in your quest for knowledge. **Dr. Bruce Lipton** began his scientific career as a cellular biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973. Dr. Lipton's research on muscular dystrophy, studies employing cloned human stem cells, focused upon the molecular mechanisms controlling cell behavior. An experimental tissue transplantation technique developed by Dr. Lipton and colleague Dr. Ed Schultz and published in the journal Science was subsequently employed as a novel form of human genetic engineering.

In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. He produced breakthrough studies on the cell membrane, which revealed that this outer layer of the cell was an organic homologue of a computer chip, the cell's equivalent of a brain. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the **science of epigenetics**. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas. Search **Biology of Belief** for more!

Your body does have the ability to re-generate and heal, especially if surround yourself with positive energy and vibrations that are available instead of the more dominating negative ones. Two things will also help. **1.** Reduce social media use. **2.** Stop all judgment and just let events happen without attaching emotion to them. Accept yourself, and focus on being a better you, not someone else. **Additionally, stop thinking that your parents genes affect your future, they do not.** The subconscious is very powerful so if you have been programmed (reminded over and over) that you are prone to cancer, you will be. Change your thoughts and change your **compass**.

CHAPTER THREE

Your consciousness

What is consciousness? Many a philosopher, psychologist, psychiatrist, scientist, physicist and many others have asked. Is it just a theory? Is it real? Is it tangible, measurable, or just a term used by highly intelligent men and woman who all have a different opinion about what they “think” it might be?

René Descartes, described, extensively, what it is to be conscious. Conscious experience, according to Descartes, included such ideas as imaginings and perceptions laid out in space and time that are viewed from a point, and appearing as a result of some quality such as color, smell, and so on. (Modern readers are often confused by Descartes' notion of interchangeability between the terms 'idea' and 'imaginings'.)

Like Aristotle, Descartes defines *ideas* as extended things, as in this excerpt from his *Treatise on Man*:

“Now among these figures, it is not those imprinted on the external sense organs, or on the internal surface of the brain, which should be taken to be ideas - but only those which are traced in the spirits on the surface of gland H (where the seat of the imagination and the 'common sense' is located). That is to say, it is only the latter figures which should be taken to be the forms or images which the rational soul united to this machine will consider directly when it imagines some object or perceives it by the senses”.

If you're reading this book, you are on a path. This book came to you somehow. So it's your time. You are ready to read it. You are ready to grow, advance, and expand your mind and cognition.

Some may say, hey wait a minute this is getting too heavy for me. You're not making sense. O.K. let's slow down enough to adjust the **compass** and just feel the Earth spin for a moment. Take a break, get in a quiet space and let the other chapters sink in.

When you're ready, just sit quietly, and think about your life, your journey and what is meaningful to you right now. All this **contemplation** is your mind at work. But your mind cannot experience itself. Your arm cannot experience what it is to be an arm. Your arm is part of your body but it cannot experience "armness". Sounds heavy but it is a simple exercise to get you to realize what "is". Another tool for you to **re-calibrate** your brain is ACIM or A Course in Miracles. A "Course in Miracles" is an amazing accomplishment that anyone who wants to live a Blissful life should read and can read for free online. It is a gift from The Creator direct to the scribe who wrote it, along with a group of people who assembled it many years ago. It has changed millions of people's lives.

Your mind then, uses sensory perception, from the body and its faculties to learn. But there is more, and this is where it begins to get BIG. Few people on this earth understand that we are all connected. First your brain, through your body and then your mind becomes conscious. **Once your mind becomes conscious, you are then linked to "consciousness" which actually connects us all.**

Being conscious is different than “consciousness”. It is the progression of life that enables consciousness to exist.

This will get easier as we go. All of it has to do with consciousness. I sent an email to Willian Tiller about what I consider one of the most important actions “Prayer”. He said something wonderful. I was commenting on the non-linear domain because so many people cry out “fake” or “crook” when someone goes into detail about the world of unseen matter, the non-linear world. I was attempting to gather feedback from Mr. Tiller on the subject of Prayer and he remarked with perfect rational purity. I quote, “In response to your e-mail of 03/08/09, you first need to realize that the mathematical formalism of today's quantum physics has absolutely no possibility of dealing with any kind of human consciousness. Today's quantum physics can deal only with thermodynamic potential functions that are spatially and temporally dependent functions! Prayer and intention are both forms of consciousness and we have abundant experimental data showing that focused human intention can significantly alter both the properties of materials and physical reality”.

Some of the brightest minds now know that consciousness “is” measurable and real. And although it is not visible, it does exist and is present with us all, and connects us all. How, you ask? Mr. Tiller states it pretty clearly above and on his website, and the following is just one more fact of the progression of our understanding of subatomic particles.

*Around 1900, Max Planck's “Black Body Radiation” experiment quantified variables of atomic oscillation

through his “**Planck’s Constant**”. By 1905 Einstein had analyzed photoelectric effects and had clarified light as being composed of particles. In 1913 **Niels Bohr** quantified the H atom radiation. In 1923 Compton defined light particles as Photons. By 1930 microscopic physics of quantum mechanics had evolved from the combined work of Heisenberg, Schrödinger, Born, Bohr and Dirac.

Since then we have made astonishing developments that continue today. Consciousness research is becoming more popular than psychiatry. This emerging science of consciousness research is actually comingling with spirituality because of the amazing findings that have been uncovered. What once was pure speculation is now a verifiable truth. We now know that we all have a “direct affect” on this universe. We are part of it and completely connected to it along with each other.

The following fact from the book, *Reality and Subjectivity*, written by David R Hawkins, M.D. Ph.D. demonstrates this reality as **unequivocally 100% true**. *“When an atom of matter encounters an atom of antimatter, there is an emission of two photons that fly off in different directions. At the time of their emission, there is no rotation to the photon. If one of the photons is looked at by a human observer, however, it instantly begins a rotation. At the same instant of time, the other photon simultaneously begins to rotate in the opposite direction. The phenomenon does not begin of its own, but only as a consequence of human observation. This implies that there is an underlying matrix/lattice field controlling both the subjective consciousness of the human and the subatomic world of matter”*.

When I first read this I got chills and tears rolled down my face. This is the key (in my humble opinion) to connecting many of life's mysteries including the Presence of God and the karmic unity of all things. God rest his soul, Dr. David R Hawkins M.D., Ph.D. passed away September 19, 2012.

There is no way that these molecules could have such specific patterns without an architect. I mention the subject of God here, but my intention is not to elaborate about specific spiritual belief systems. I have studied many of them, and have come to believe that it is really quite ego-centric for many of today's media-enabled preachers to suggest "they know what God wants for you". Or even to suggest they "know what God was thinking when he inspired the Bible". Or to say that a specific phrase in the Bible means only "this". It is simply not true. I would suggest to you that if you are open to truth, you know in your gut that we humans still can't really comprehend, or fully understand the Glory and Power of The Creator.

We are just on a path doing the best we can. Some still want people to follow them for their beliefs and suggest that if you don't follow, then you are not chosen, and you won't get into Heaven. If that's not **Ego**, and manipulation, I don't know what is. Other media-driven individuals like Bill Maher think it's funny to just make fun of God, the Bible and the stories written within its pages.

Bill obviously is running an old program in his brain. Bill has not learned about quantum physics and the energy that governs this universe. Bill would be far braver to suggest that although he doesn't "believe" in God, that he admits he just doesn't know.

We will touch on Ego in the next chapter, for now let's get back to how this all relates to consciousness.

Consciousness is the very glue that governs and holds the universe together. Each thought you think is energy and it radiates out into the universe. Some people will be open to it, others will not. Each thought you think will create an action. Your thoughts will also affect your mood, and all your bodies' chemistry right down to your immune system. Your thoughts will either be beneficial and positive (life enhancing) or negative and destructive (life debilitating). Additionally, your actions will either be beneficial and positive (life enhancing) or negative and destructive (life debilitating). Each person has a specific level of consciousness that will basically govern their thoughts, feelings, decisions and ultimately life. When we expand our conscious mind to higher levels of truth, we benefit ourselves and everyone around us. So in simple terms, the well-studied guru is no better than the beginner student due to the level of consciousness. One level is not better than the next, it is just different.

EXAMPLE: Shame and guilt are very low energies, so anyone who is governed by these energies will not be in a good place, or have a happy life. They must rise to a higher energy such as desire or even anger, which are also relatively still low energies, but higher than shame.

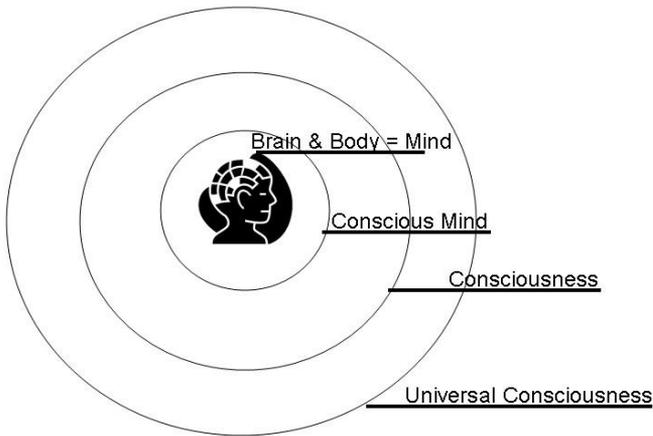
Although anger is a lower form of energy it is often what "propels" people up to the higher energies. They are angry that they are not as smart as others. They are angry that they cannot afford that nice car, so they then educate themselves to get a better job to then earn more to buy that car. Once they have that better job and nice car, they

become governed by “Pride” which is a higher form of energy, but also governed greatly by the ego. Much more on these levels soon.

Remember what you just read. You have thoughts which come from your brain. Those thoughts manifest through your mind which is the accumulation of the data you have learned to use so far. Then your decisions will direct your next thought and actions, and so on. It’s that simple and that complex.

Your conscious mind plays a key role in the expanding energy we all give off, and that energy then surrounds everyone on the planet. **Imagine if every thought you had was published for the world to see.** Would you consider your thoughts more closely? Would you work harder at controlling your thoughts? So if you can imagine, each thought you have has an effect on the world and the universe, will you begin to choose better thoughts? Will you begin to be more responsible? We may not see it, like the invisible particles we didn’t think existed just a few years ago. But it is true; and the most successful people (not by wealth or finances) but by happiness understand this fact. All this is held together by the **karmic perfection** of the universe.

Example: Graph of consciousness



So what is consciousness? It's the collective energy of all living things. It is our collective energy we all give off and then radiates out from our mind into the air, and space and the universe.

Like the Big Bang theory that states energy is expanding outward into space, our thoughts are the same here on Earth on a smaller scale. This Divinity of Gods Law is all the same whether here on Earth or in space a trillion miles or light years away. What we all see every day on Earth is simply a reflection of what's inside us and what is unfolding. Life is an expression of our consciousness unfolding in front of us. Life, as we perceive it is an expression of our internal energy.

Our actions show what we are thinking. The news reflects what many people are dealing with, such as pain, pressure, information overload, debt, stress, expectations and a whole

host of other challenges. An architect thinks about a building, and then proceeds to build it. It becomes reality through steel and glass and other materials. It began as a thought. It was conceived by the person who thought about it. But where did that thought come from? Was it actually authored by the architect, or could it have been conceived by someone else, or perhaps many other people and simply placed out into the universe as energy for someone else to be **“open”** to and then act on? This is a BIG question but think about it. When you “get it” it will seem so simple. For now let’s recap. You have a brain, and have thoughts, and have a mind and use your mind as it taps into the conscious mind, and then shares consciousness. You are connected to the universal laws that govern all. You are unique in all of your expressions and it all matters and effects the entire universe.

We all require assistance with our levels of change and there are many teachers who can help you with your journey. Dr. David R. Hawkins M.D., Ph.D. spent over fifty years studying the human mind. He was one of the world’s leading authorities on clinical study of human consciousness. He pioneered the Map of Human Consciousness which everyone should understand.

The “doc” was a nationally renowned psychiatrist, physician, researcher, lecturer and author of over 20 books. Anyone who wishes to expand their understanding of this world and find Bliss can benefit by reading Dr. Hawkins work, view his DVD’s and watch his many You Tube Videos. He is a true master of “service to mankind”.

CHAPTER FOUR

Your Ego

The primary cause of all suffering in the world is due to our attachments. The ego cannot let go simply because it has been ingrained within our subconscious mind since the earliest forms of man. The Ego “is” what moves the world. It is the cause of all the wars in history and it is the cause of the financial meltdown of 2008. The good news is that millions of people including myself have felt a shift for the better. The power of this change is an underlying shift in the spiritual level of humanity. Truth is that no one can let go of their Ego without some kind of spiritual work. **It is tenacious and will fight to stop you from changing at all costs.** I really think that more and more people know in their gut that they have to find their path of positive energy, action, and purpose. By giving of yourself, you are able to experience the inner joy of shared love. It’s like consciousness is becoming conscious of itself. I think the more people on the planet who learn enough about our shared energy, will then bring more wisdom into the world for all to share. One person who wakes up to say, “I get it now”, I know why I’m here, and that God’s infinite wisdom is inside me, and I want to find my purpose and share it. I no longer care about the big house and fancy watch. I no longer care about “looking” good in the eyes of others. I just want to feel good within my own soul. This awakening then increases the positive energy of the whole planet for others to access. Take the Declaration of Independence for example; it was inspired by genius with the understanding that each person is divinely inspired. The ego explains why as soon as the mud dries from the massive mudslide that swallows 3 homes, they begin to rebuild in the same spot!

It's no secret that a positive thought is a thousand times more powerful than a negative thought. So if we have 7 billion people on the planet and 90% of those people are governed more by negative thoughts than positive ones, we are still not doomed. The collective energy of just the 10% who have positive energy will actually counter-balance the other 90%. This alone makes me want to increase my positive thoughts each day.

Your ego is not who you are, your ego is just the software of the program that is running in your brain. Your ego wants to own your ideas. Your ego wants to cling to the feeling of power, or glamour or prestige and recognition. Remember in chapter one, what's in your brain is what's working your mind. Your mind is then controlling your actions. If your actions are pursuing negative behavior or results, then the software you are running is bad. The key to this point is hard to accept and may offend some readers. Your ego will always hold on to its belief. **It is very hard for humans to change even one simple belief** even if it is destroying their life. Take a drug addict for example. Their brain is just too comfortable running the old software and doesn't want to change. The ego will cling to its patterns because it is all it knows. **It will resist.** The ego is tenacious and requires extreme conditions to affect it before it will let go. You must come to know this and be ready to hear this: that you have to work at the change every day. You must load new software that will benefit your life with positive thoughts, actions and results. In order to let the new software take over, you must remove yourself from the patterns of negativity. Remove yourself from the situations of Drama! The egotistical pattern could be a fast-paced

partying Hollywood lifestyle. It could be a powerful job that pays well, but forces you to do things that you know in your gut are wrong. You must “do the hard thing”. Often times doing the hard thing is the right thing. If you had to make a choice from either getting paid \$100,000 per year to sell people something that is bad for them and you know that eventually it will harm them, or selling your big home on the hill, trading in the BMW and scaling back to a less paying honorable job, what would you choose? If you answer that the money is more important so you can feed your family then you need to ask yourself, why you believe that. Few people do the hard thing.

The ego clings to the notion that “this is me”. This is “who I am”. The entire entity of the person is contained in the image they have created and the identity of that person is literally attached to the possessions. **The ego uses your possessions to attach your worth to the possession.** This is one of the main reasons why people cannot find happiness. They are simply looking in the wrong place. **Happiness is state within** and has nothing to do with the external world of form. External things will never bring happiness. How many people have said the words, “if I just had a better paying job, I’d be happy”, or “if I had a couple hundred thousand in the bank I would be happy”. If I was skinny, or if I had better skin I could be happy. So let’s explore what happens to those people who end up getting what they want. What then? Funny how soon we simply replace the couple hundred thousand in the bank with something else. **There is always another “thing” we need** to be happy, and this goes on unending until we change the software patterns of the flawed ego or die unhappy and still searching. This malaise is a cycle of unending misery.

You must change the pattern. But in order to change, it is of great importance to be able to understand why you are the way you are. Just as the sky does not exist for the sake of the clouds, they are separate but together. I have seen people get a great job and make a lot of money and they can't figure out why they are still not happy. The job or income has nothing to do with happiness. It is hard for people to recognize that the possession, the item, the recognition or fame has nothing to do with internal happiness. **True happiness is a state of being within our heart** that we must work to achieve and work harder to maintain in this pressure filled complex world. It is also of great importance to understand that it cannot be achieved without spiritual work.

I had a mentor growing up. I asked him how a person could be truly happy living in this world of war politics, control and violence. He looked at me through his thin rimmed glasses and said, "John, just choose not to live in that world". I have been working at it ever since that day.

Ever notice that the most successful Hollywood personalities often disappear for a while. They usually go to Europe and live where they can have some peace from the paparazzi. They actually "get away" from the unhealthy narcissistic Hollywood lifestyle and get **calm**. These are the people who understand the importance of balance. Sure, they still love the camera, glitz, fame and seduction, but those who can be away from it rather than live off of it, and feed it, usually have longer lasting careers. These are usually the same individuals who use their fame to generate awareness for worthy causes like Hurricane Katrina victims, the murders in Darfur or world hunger.

These people give back to causes and have a genuine gratitude for their positions in the media and the power they have to affect millions of people.

In order to begin to live in your own world you must load new software on a daily basis so that your brain will eventually overwrite that old program. The old program has been in your brain for many years, and it's firmly in place. You cannot expect the new program to overwrite it quickly. Think of it like megabytes on your tablet, or cell phone. If you have 3 gigabytes of program on your disc, and try to replace it with just 100 megabytes, the 3 gigabytes is much more data and the new program will not succeed. Until you can rewrite your new program each day, over and over, the new software will not take hold.

The advantage of loading positive software filled with positive thoughts like compassion, love, forgiveness is that it will overwrite the old software much faster because it's much more powerful. One megabyte of positive energy such as "service to others" can overwrite one gigabyte of negative energy. You must re-train your ego to work more effectively without the need for recognition. The whole idea of exclusivity to anything is just ego and ignorance. Eventually you will find that the universe sees all things. All your actions are written into and recorded on the universal plain that surrounds us. Every truth or lie is available in the ever expanding quantum energy that is all around is. Using a computer again as an analogy, we could say that the universe is a great storage disc that writes everything conceived by all of us. Once I realized this I no longer took any credit for my ideas. I knew with certainty that they were not mine, but they just came **through me** as

a gift. That relieved a lot of stress for me. I wish I learned it earlier because I wasted a lot of money trying to protect my ideas with Patents.

I try to give gratitude on a daily basis for my health and life. I am simply the channel and I have no ownership. Divinity is the author of everything present in the universe. I am at peace with that. Since the day when I realized this, I have been more peaceful with my life and many things that used to trouble me went away.

Will you begin to seek out good things? Will you get off the couch and stop watching things on TV that serve no purpose? Will you put the cell phone down and talk to your kids and look them in the eyes and say you Love them? Will you stop watching shows that glorify war, death and violence? All this may sound a little far-fetched, but it is true. Every single thing radiates energy including the images you take in.

Eckhhart Tolle is the author of the multiple bestselling books on our addiction to violence and how to transcend it and find peace. *The Power of Now* (translated into 33 languages) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time.

Each person's energy could potentially be scaled out in a simple formula for simplicity. Let's say a scale of 1 to 100. So if you were to paint a picture and put all your time, energy and love into this painting, it would harness energy and actually give off (radiate) the energy that created it. Anything that benefits mankind and done with love will

calibrate in the positive level. Anything that does not, will calibrate below that level.

For this purpose we could say that 1 to 20 is negative and anything over 20 on up to 100 is positive. Your painting might measure 35. If you measure a song filled with violent lyrics, it would likely measure 5 or 10, well below the neutral figure of 20. If someone is filled with despair, they may calibrate at 9 as despair is a very low energy and is one that causes misery and suicide. The image in your mind of Hitler and his heinous acts would calibrate at 3 while the image of Mother Theresa and her loving acts would measure 91 using this analogy. This is a simplified version of what Dr. David R. Hawkins spent over 40 years of his life proving about the calibrated levels of human consciousness. I recommend his book Power Versus Force to anyone seeking truth about how our universe works in more detail. It is a remarkable work filled with measurable results and will change your life. His follow up books are even more remarkable and recommended to anyone seeking and understanding of this world.

When you understand that your ego is what complicates your life, you can then begin to work at transcending your ego small bits at a time. At your next party ask several people what their greatest ambition in life is. See how many actually say to transcend my ego, or to become enlightened and find peace, or to serve God or help as many people as possible before I die.

CHAPTER FIVE

Where the Ego came from

In order to help those who have a limited frame of reference regarding this complex subject of Ego, a brief outline of the Human Spirit in history will likely help. **I will use findings from the brightest minds to date and simplify their words.** Obviously human history has been documented by times, events, persons and places but often lacks a simple explanation that average people (like myself) can understand. It is important for people to have an opportunity to embrace the deeper meaning and significance of these facts. Even a small amount of understanding, can have dramatic effect on the human mind.

Material reductionism views history as merely a biological evolution with survival as a primary goal. This is a scientific view only and suggests that life rose spontaneously from some yet to be determined manner by a convergence of matter and energy. I used to think this also and would argue with anyone about its truth. After all I read a dozen books on the topic.

The Newtonian view is based on the notion that intrinsic to evolution, there is a mysterious cause or intention to life and everything happened in a specific order by survival. Basically, the age old saying, “The strong survive”. This idea has never had any explanation as to how this “happening” occurred with nothing behind it; nothing in control, no architect, no purpose and no intention, just accident. People seem to be comfortable with no answer to that. I used to be. This is a scientific explanation given by

very smart people and accepted by many. Now enter another view, primarily based on religious doctrine known as Creation. This method of explaining our universe comforts many who choose to believe that the Bible (or Torah depending on where you live) is the highest truth known to man. For reasons I still do not understand, millions of people will hold the Bible as the ultimate truth without even so much as a few days research into who wrote it, when, and why? That said, I do not propose to argue whether the Bible has truths within its pages. I simply wish to expand the mind of people with “more data” of what we “do now know” with relative certainty from ancient texts recovered and translated. Your higher awareness is based on you opening up to information that has been hidden for reasons we will likely never know. But it is now available to you. For me personally, I have studied many religions and from what I’ve learned so far and my ever-expanding belief in God, I think that Evolution “is” Creation. They are the same. Everything that exists came from The Creator. The ability for species to evolve came from The Creator. The Bible was inspired by God, but it was written by men. I do not pretend to know what God thinks, nor do I believe that we humans can even comprehend The Creator. We have already shown God that it takes many generations for us to even learn one simple truth like the color of a person’s skin doesn’t define them. We obviously still need to learn that Peace is better than War, and Love is better than Hate even today in modern civilization (used loosely) .

Let us now explore an in-depth understanding of the evolution of life in the subtle but critical comprehension.

It took me much time and many years of reading to expand my awareness, so I hope this helps you. The world of form is primarily devoid of power and is not capable of “cause”. It is a picture show, or a consequence or better said “a display” of the unseen domain or non-linear domain. Like the energy in a microwave that heats your food, you can’t see it, you don’t really know how it works, but it is there. Life is the unfolding universe combined with our thoughts, the choices we make which create events and interaction with others. The more people thinking, creating energy, actions, events and unfolding just continues to expand more events on top of events. All this comingled with the infinite power of God, is Life. So, consciousness is really us manifesting action through God. Everything we see in the world of form is the consequence of a progression from the invisible non-linear domain from which all things have come. In order to make this easier to consider, it is useful to be aware of **Rupert Sheldrake’s** science of **morphogenetic fields**. These invisible organizing patters (M-Fields) act like energy templates and establish forms on various levels of life. These **M-Fields** are present within consciousness and have underlying thought patterns and images which has been termed as “formative causation and has been proven in wide-scale experimentation. Seek out this information as it is available in many places. For now, just know that our world is ruled by unseen energies of enormous power. The more you understand about this energy and the more you work with it, the better your life will be.

This is analogous to thinking that puppets have the ability to interact with no stings when the puppets merely reflect the consciousness of the people controlling them. Life

came from the Divinity of Gods energy. We are the puppets that enable Gods conscious energy to be released. The term life has a different essence and characteristic from the typical material we know of. Life is not even in the same category of logic for humans to completely understand. Life has within it, its own intelligence, and a capacity to learn, assimilate and utilize information. In an upcoming chapter I talk about Bruce Lipton's, The Biology of Belief, which is an amazing journey inside the energy of our cells.

Life is of a domain altogether different from matter. Matter is like a copper wire which has potential but nothing without the current that flows through it and brings it to life. The many forms of Life showed us a progression over millions of years as a consequence of the consciousness of itself. This magical system has allowed for unpredictable transitions (free will) and chaotic energy within the infinite quantum potentiality. Literally free of constraints, those who understand this seem to move through life with ease and usually succeed at what they set out to do, for the universe is acting in "accord: with them. This non-linear source of creativity is unlimited within itself, but its expansion takes place with the limitations of existing conditions. I.E. we can't ask a question until we know enough about the subject to ask. Life unfolds only when it is ready.

So truth is actuality. Non truth is false because it never existed and therefore was never really recorded in the universal field of consciousness which records all things. Google the statement: Your body doesn't lie and see what you find. There is a whole science around this statement.

So biological evolution is the result of the energy of pure consciousness to learn, modify, adapt and progress.

Proof of this is one simple fact that fish learned how to produce electricity before civilized mankind. Immobile creatures became mobile. Sea creatures adapted to land and eventually the air. Primates appeared much later with an innate quality of intelligence. Like the animal forms that preceded it, primates were driven by **animal instincts** geared for survival. This was hard-wired for a long time and seems to remain in some today. The animal kingdom formed values such as grab, run, hide, guard, attack, defend, club, kill, intimidate, capture, enslave and control.

The primate had more sophisticated techniques like memory, cognition, awareness, group/pack formation as well as the formation of boundaries. The inner animal continued to growl and howl with rage and more conflict for territory, mates, and ultimately the ruling of domains. This animal brain was evolving but still maintained the rage, hate, seduction, and control that only complicated its existence. But still it flourished and so did its animal ego. Eventually the primate's mind was divided into sections enabling more complex reasoning such as friend/foe, edible/poisonous, pleasant/unpleasant. To the animal brain, all these distinctions were critical to its survival but this **polarity of opposites** became deeply imprinted in its psyche. Neanderthal to Cromagnon or Adam and Eve, it's all the same. These powerful categorizations were then (like all things) imprinted in the M-fields of the universal consciousness and have become the basic karmic patterns of the human ego of today. **When we use the term "animal instinct", it is literally a truthful term and it is still hard wired in billions of people today.**

Prior to pride and vanity becoming prevalent in the human mind these other egotistical energies were the result of the alpha male and female qualities. It is widely believed that the sheer length of time that these animal instincts were used for survival ended up becoming human characteristics in more sophisticated societal structures. No one is at fault for the way they act. **We are all hard wired**, and it takes hard work to progress past old embedded conditions. (Remember the “programs” in previous chapters) These patterns became institutionalized first in tribes, then over time the cities, government and judiciary systems. From a macro-perspective these characteristics also have been engrained in the nations, and territorial boundaries, including military and war strategies. We know the core of animal instinct is survival, but after much time, we eventually learned the capacity of self-observation. The “self” became the focus of attention and importance. Once humans could actually conduct a “reflection” of themselves, they then became prideful and vain. **The payoff from this vanity was the feeling of greater strength.** The ego swells with pride and feels bigger and actually feeds on the negative energy. The ego makes the individual feel bigger than it really is. We know that the ego did serve humans as a survival mechanism by the ability to intimidate other threatening species or enemies and also to attract mates. Because the temporary effect of the ego is pleasant, ego expansion became the end in-and-of-itself. It could not get enough of itself, literally. Think of this in today’s world. Look around and ask yourself, do you still see this in action? Are people doing anything they can to look good, with expensive clothes? Do people spend more than is realistic to drive cool cars?

Do people spend more than they can afford on large homes? It's all for a one thing, the Ego, and **to look & feel appealing to others**. Only after much more time have we begun to reflect and think of others by being more selfless.

The intellect greatly expanded human power because it allowed for complex symbols and abstract thoughts to be manipulated at a distance from those objects. Fast forward thousands of years, and eventually the emergence of books started the categories of vast amounts of data. Then data banks had power to store enormous bits of information and file them in categories making it easier to access and use. Modern man was born from the intellect with the ability to reason, anticipate and pose hypothetical inquiry that further expanded knowledge and answered difficult questions. As we progressed we formulated other more maternal characteristics such as family affection and lovingness. The capacity for caring relationships emerged and with it came the valuation of others as love objects. This led to the formation of the family, the group, the tribe or settlement. It supported trade and barter.

Out of the maternal bond came companionship and long-term pairing in addition to the capacity of attachment. With that came the emotion of grief and mourning if a love object should pass. These complex relationships now established the emotion of "us" and "them" which escalated the great culture ravages and wars of history. Even now in the year 2016, it seems that animals have more capacity for unconditional love than humans. All these characteristics reached their fullest expression within the human Ego. Only very recently has romantic love become a value of importance. At first the male female relationship was one of

lust and desire and possession. This led to craving and control. We still see this today in so many relationships. Among the monarchies marriages were planned for alliances, gain and power. It was common for Love to be found covertly in other places. Woman finally began to place requirements on male mating privileges and so learned to barter sex for love and permanence. Romantic love did not appear as a valued human capacity until a few centuries ago. So we are still within its infancy. Love was just a passion and obsession until it became romanticized and to sacrifice for love became a noble ideal.

Woman shifted from a sex object and nanny to valued friend and partner. This marked the daily life recognition of the human spirit that actually attracted and supported the quality of Love. Long-term relationships flourished and became more of the norm. Fidelity appeared as a virtue and also began to flourish. Prior to this the men would go off to hunt, brawl, and the woman would remain at home with domestic duties. Men and woman spent very little time together. Men bonded with other men, but used woman primarily for mating. That has all changed.

Now humans began more search for meaning in life and so the educational systems were created. Besides the external world, man turned his curiosity inward and so began theories of human nature. Remember the mechanisms of the ego were already firmly in place, and so man's perception of reality became dualistic. **This dualistic view would not enable the mind to discern abstract from reality.** The road to error was open and inviting and the human mind had no way to tell fact from fiction. The mind then developed the ability for repression and denial as this

was the easiest thing for it to do. The ego did not want to be proven wrong or challenged. The ego also wants to achieve its goals even if it's not good for it. The mind began to project things onto the outside world rather than take responsibility for its self. This capacity turned out to be a fatal mechanism in that even when faced with dire results, the ego relentlessly pursued the same mistakes. Take the idea that one can “win” by repeatedly attacking its enemies is present in today's world even as it was centuries ago. These primitive behaviors of attacking other tribes are still present in today's world and are visible in all newspaper's “war” headlines.

War is really a direct result of the power of the ego. Brutal force has always been used to express desire in the world. War was used to dominate the consciousness of the masses by fear and intimidation. Governments have been more cruel than all the criminals they attempt to control. Wars must constantly be fed energy like greed, gold, slavery, and manpower (Ancient Egypt) to keep going. Truth is, every person on the planet is a decedent of slavery in some form.

Eventually people resist and the negative force meets another force of human will and as throughout history rulers and empires come and go. Even the greatest of them all, the Roman Empire eventually dissolved and fragmented from overexpansion. We see this happening now on Wall Street in America. Media is the prime culprit for the rapid rise and pending doom of Society. There is a non-stop onslaught of products (iPhone Mania, Social Media) we are told we must have to be happy or comfortable. We spend money on things are totally meaningless on the grand scale of life.

Religious manipulation ensued as another form of control. Although much of the truth of Gods Divinity was present and available, man used his ego to alter the texts and enslave people by fear. Man used authority from the unseen and claimed power from the non-linear domain. For convenience only, a few could translate and understand the vast array of documents. Priests collected composites of myths and legends and religious expositions from a variety of sources and declared them to be “truth” calling them “Holy Scriptures”. From these scriptures it was said all truth was present. The texts did provide a service as it provided the origins of life which was something everyone wanted to know. Unfortunately other lands had their own stories of supposed truth and so more wars ensued.

Man has somehow determined that the second coming of the Lord, is when Jesus actually “physically” returns to the Earth. When you look at the original texts, this is not completely spelled out as such even taking translation of ancient Hebrew into account. In fact the **Gnostic Gospels** suggest that the second coming could mean a time in the future when we evolve enough to have Love, Peace and Prosperity on the Earth because so many have found God and actually act with God in their heart. I do not believe there will be any fire and brimstone from God. It may come from human nuclear war, but not from God. God will never kill people just to teach them a lesson. All humans have the capacity to find God and be Godly in their nature. God does not need anger management counseling. **God will not end the world, but the lack of belief in Him just may.**

Repeatedly the gullible prepare for the end times. Various religious sects become enamored of this apocalyptic legend

which arises again and again, surfacing and capturing the imagination of the impressionable minds. The whole legend is based on man's collective guilt, fears, and spiritual ignorance, along with the hopeful pride of being among the "elected" and the specialness of being selected as one of the favored few. This again is all based on the human ego, force and fear. Truth is based on power and has no hold on people. Jesus never once attempted to claim a hold on people. People followed Him because of his pure Energy of Power and Truth. People knew in their gut, He was a Savior. He was sent to teach us about salvation, to save us and to teach us to avoid negative energy. Not a difficult lesson, but still today so very rare to follow consistently.

Truth is beyond fear or attack because it simply is. The whole idea of God destroying the Earth is based on control. This also answers why so many gospels and sacred texts were omitted from the Bible. We will never know for sure why these texts were hidden away or relegated to mystery schools for few to study. Perhaps man was just not ready to read it. Jesus said that the last and most difficult method of surrender was that of the ego, and that fear was the last and final negativity to surrender before one could ultimately know God. Only then could a human devote one's life completely to God. The Ego holds all people back from God. Most people cannot even contemplate what I'm saying. Their attachment to specific beliefs will not let them. Life is not subject to cessation, only to change. The source and essence of Life "is" God.

Science loves to point to the Big Bang, but I have never heard anyone ask who caused the Big Bang? It's our job while here on Earth to "learn" and relinquish our worldly

attachments that get in the way of serving others. It is really that simple.

Way before the Ego was formed in humans, there was basic life. But asking the question, “where did life on Earth come from”, prompts a daunting question. Nevertheless, it is important to consider that in the natural sciences, **abiogenesis**, or **origin of life**, is the study of how life on Earth began from inanimate matter. It should not be confused with evolution, which is the study of how living things have changed over time. Amino acids, often called "the building blocks of life", occur naturally, due to chemical reactions unrelated to life. In all living things, these amino acids are organized into proteins, and the construction of these proteins is controlled by nucleic acids. So, the question of the origin of life is a question of how the first nucleic acids came into existence.

Some facts about the origin of life are well understood, others are still the subject of current research. The first living things on Earth were single cell prokaryotes and from what **we think we know** at this point, first appeared on Earth about four billion years ago, just a few hundred million years after the formation of the Earth itself. By 2.4 billion years ago the ratio of stable isotopes of carbon, iron and sulfur shows the action of living things on inorganic minerals and sediments and molecular biomarkers indicate photosynthesis, demonstrating that life on earth was widespread by this time.

Search **Ted Talk the history of the World in 18 minutes.**

On the other hand, the exact sequence of chemical events that led to the first nucleic acids is still not known. **Several hypotheses** concerning early life have been proposed, most notably the iron-sulfur world theory (metabolism without genetics) and the RNA world hypothesis (RNA life-forms). Feel free to search these terms online for more information.

The phrase "RNA World" was first used by Nobel laureate Walter Gilbert in 1986, in a commentary on recent observations of the catalytic properties of various forms of RNA. However, the idea of independent RNA life is older and can be found in Carl Woese's *The Genetic Code*. In 1963, the molecular biologist Alexander Rich, of the Massachusetts Institute of Technology, had posited much the same idea in an article he contributed to a volume issued in honor of Nobel-laureate physiologist Albert Szent-Györgyi.

Our dialogue here is focused on the current human condition and not how humans came to be so let us continue.

CHAPTER SIX

Karma

Even if you don't understand karma and find the topic confusing, it is important at the very least, to understand one universal truth which alludes many. **Every action has a spiritual effect on the soul.** In this context, everything is the effect of karma and the consequence of the spiritual domain. Your life is expressing itself from all of your past karma. Let us explore this in more detail.

When one can fully understand and embrace karma, it allows for the release of resentment, self-pity, and anger towards God. Some will say, "How can there be a God with all this suffering in the world"? Or, "how could God let that baby be abandoned, or how could He let that child be abused"? This again is caused by the human ego making the assumption that God has a direct role or judgment in it. When in reality he does not. God created all things including **the laws** that govern the universe. Part of God's law includes free will for humans to choose.

We will go to that which we attract. If we harm many and live life filled with greed and lust and selfishness, then we move on to suffer in another realm. So everything is a constant flow of perfection that does actually have immense meaning. Only after the soul can rise above its previous energy level and it raises to a more enlightened "state" can it move on to a new realm.

Tragedy is not caused by God. Tragedy is simply the unfolding of karmic events as they should unfold based on the laws of the universe. Some people are evil.

There is also meaning in all things. Even when a baby is killed in a car crash, has meaning because it can change the consciousness of those involved. Just as the man who devotes his life to tracking down pedophiles after his daughter is abused, or the woman who founded MADD after her son was killed by a drunk driver changes the world for the better.

To be alive is life eternal. Speaking in terms of absolute truth, there is no death, once energy “is” in any form, it is eternal and can only change form, but cannot cease to exist.

Life here on Earth is a place to evolve until you move on to a higher plane. The spiritual work one does actually does advance your karmic potential for the next body to live out.

Within this karmic perfection called life, there is the appearance of chaos. (i.e. war, poverty, murder, rape, greed and injustice). Over time, (possibly many lifetimes for some) we learn that everything has meaning. This is the “truth” that Jesus spoke of. **Human beings last conquest is to understand salvation.** The fastest way to advance spiritually is to understand that nothing is causing anything. We see things and we judge them. This is the limitation of the human mind that attempts to point to “something” causing “everything”. There is only the unfolding of perfection within the non-linear domain.

For us, all opportunities exist simultaneously within this domain. We all have the capacity (by free will and choice) to undo any negative karma through our own spiritual advancement. Again, this was the fundamental teaching of Jesus, i.e. salvation. We all can choose to do good or evil.

The meaning of your life and every human beings life on the earth is to learn and become better. That's it!

It is only through the belief of karma that one can take responsibility for their actions and decisions. If this, then that. If I harm others, it will come back to me. If I help others, I will advance all. Hence, go higher, hence Heaven.

Karma was well understood in the Far East 500 years before Christ. Most people refer to karma as reincarnation. Truth is, they are very different, but Jesus only spoke of karma literally once that we know of in the Gospels. In Matthew he stated that Isaiah has come back to us as John the Baptist. We cannot assume to know what Jesus meant by this and it is also important to understand that significant meaning has been lost in translation when the biblical texts were converted to English.

Belief in karma enables freedom because understanding that all bad things that happen to you are actually “earned”. So, you can just accept it, and do good while hear to avoid more turmoil. By **acceptance** and making the decision to change and try harder to serve others, you can then transcend it and move on. With this, the bad things will eventually stop, and you begin to exist on a higher energy plain attracting better consequences.

Karmic propensity always prevails. Everything we learn to let go of actually serves the world, so as we advance spiritually we also serve the world. Humans label and judge; the sooner we learn how to stop this behavior the better we will be, and the faster the human race will advance as a result.

There is the presence of Light, or the absence of it. There really is no darkness. There are only different levels of light. Water can be liquid, steam or ice, but it is still a form of water. The temperature has simply adjusted its appearance. The closer you get to God the brighter the light. Just the same, there is the presence of Love, or the absence of it. When you spend all your time on Face Book, you are caught up in drama. When you avoid the trappings of the busy world with its glamour and seductions you can then appreciate more of nature and find happiness and Bliss. Make your choice but be prepared to live with it.

Meditation has immense benefit to this end

When you immerse yourself in beauty of nature you become blissful and all the other meaningless things fall away. Life is meaningful, and your stress goes away. With Stress gone, your pain is gone, with pain gone; you don't need the prescriptions that are rotting your liver. When you're not addicted to prescription medications, you are healed and happy and free from being a slave.

Everyone must have some form of mindful meditation to their daily life to avoid the trapping seductions of the world. Meditation is nothing more than learning to be calm and focused. This quiet contemplation is vital to being happy. This does not happen overnight. It takes focus and discipline but the pay-off is amazing. Unleash your power of "intention" through Meditation.

CHAPTER SEVEN

Your attachments

Modern society is run by attachments. We are programmed at a very young age to seek out and need things that we really don't need. We are taught to covet what we see. We are brainwashed into seeing something and actually believing that it will make our life better. (iPhone 7,8,9) This is the danger of the impressionable mind when we are unaware of the truth in life. The economy of the United States is designed to expand. In order for it to expand, it must sell products. This machine is a run-away freight train on a course that can by its very nature only succeed by brainwashing you to buy stuff. It is becoming more difficult to resist the temptations and promises of more beauty, less fat, more youth, and less disease by products that claim to do things that in truth they cannot. **Media provides so many promises that succeed only in draining your finances.** There are no ethical police! Don't assume the State Attorney General or the Bar Association, or the FDA will protect you. Additionally, don't assume that the Better Business Bureau really monitors company's behavior? They don't! **Watch ETHOS on You Tube – it's free.**

Truth is, you really need very little to live a good healthy life here on Earth. Before I explain how simple a happy healthy life can be, let's describe what your attachments are and how they are the cause of your suffering. Humans are taught at a very early age that some "thing" or some "desire" will make you happy. This is the basis for malaise in the human mind and it gets worse from this first critical mistake. It's no one's fault since we had no choice at two months old what to believe.

Unfortunately, with Disney's rise to dominance it now has a hold on children all over the world and parents don't just permit it, they foster and fund it!

What do we really need to live our life? The basics are food, shelter, and clothing. Unless we want to move to Tibet, we need to expand this and live in the modern world. We also require education, productive work, pride, romantic love, relationships, and health. So how can we acquire and maintain these things? First, it is every parent's responsibility to provide for their children. Taking a 2 year old into an R rated movie is not healthy or smart. Teaching values will set them on a course of productivity. Values define us and set in motion our actions. Our virtues are the actions that define our values. My values are reason, purpose, self-esteem and spirituality. My virtues are rationality, productive work, pride and service to others. Clearly this supports each other, and this is how I attempt to choose all my actions. I don't always succeed, but I try.

Children require a lot of care and it takes away from our selfish needs. Once the child is born, we should put them first at all times. Once this is done, or for those who do not have children, we require food which takes money to buy the food, and we require shelter to protect us from the elements. Food and shelter in America require money. Money comes from working and earning the funds. That's really all we need. Today we have so much "**extra stuff**" that we want but do not really need. All connected devices, the bling purse, the bling watch, the bling house, the bling car, the bling things that really are not necessary for happiness but significantly contribute to minimizing our bank account.

Millions of people pay for things to possess only to make them feel good. The house or car defines them. This is why they can never be happy. I remember how I felt when my wife and I purchased our first big home. I remember studying my feelings and watching my behavior over several years and how it defined me. Subsequently years after my first book, when I became an **advocate against debt**, I would hear my clients tell me about their 3500 square foot home. It amazed me how people would always quote the size of the home. This was the definition of success, the size of the home. How remarkable that we evolve from the size of our gun, to our car and then to our home but not in that exact order.

So, in order to find happiness, one must relinquish their attachments. This takes discipline and work to reprogram the old “hard-wired” egotistic emotions. The ego is hard to re-program because of **Reward Circuit** that gets a rush from its position. The “rush” is a bio-mechanical and **physical process** that changes the chemical balance in the brain that then seeks more. One must be committed to governing one’s self and always working to change.

We all require assistance with our levels of change and there are many teachers who can help you with your journey. **The Buddha’s primary teaching was that of total surrender.** Only then could someone understand what it means to be free. **Eric Fromm** studied at the University of Heidelberg, where he switched from studying jurisprudence to sociology under Alfred Weber (brother of the famous sociologist Max Weber), the brilliant psychiatrist-philosopher Karl Jaspers, and Heinrich Rickert. Fromm received his Ph.D. in sociology from Heidelberg in

1922. And, then during the mid-1920s, he was trained to become a psychoanalyst through Frieda Reichmann's psychoanalytic sanatorium in Heidelberg. He began his own clinical practice in 1927. In 1930, he joined the Frankfurt Institute for Social Research and completed his psychoanalytical training. After the Nazi takeover of power in Germany, Fromm moved to Geneva and then, in 1934, to Columbia University in New York.

When Fromm moved to Mexico City in 1950, he became a professor at the National Autonomous University of Mexico and established a psychoanalytic section at the medical school there.

Fromm used the story of Adam and Eve as an allegorical explanation for human biological evolution and existential angst, asserting that when Adam and Eve ate from the Tree of Knowledge, they became aware of themselves as being separate from nature while still being part of it. This is why they felt "naked" and "ashamed": they had evolved into human beings, conscious of themselves, their own mortality, and their powerlessness before the forces of nature and society, and no longer united with the universe as they were in their instinctive, pre-human existence as animals. According to Fromm, the awareness of a disunited human existence is a source of guilt and shame, and the solution to this existential dichotomy is found in the development of one's uniquely human powers of love and reason.

Lesson 70 from **ACIM** is a wonderful reminder.

<http://acim.org/Lessons/lesson.html?lesson=70>

CHAPTER EIGHT

Your suffering

Suffering is part of life. But it is not necessary to the extent that most people experience it. Suffering comes from your mental attachments to things not necessary in life. By relinquishing your attachments to things that have little value, your suffering will be removed. Additionally, it is vital for humans to realize that it is not necessary for us to change the world. The world is fine just the way it is. Our job should be to find what we do best, what we love to do by our God-given talent and then serve others with it. Those who figure this out through hard work or karma end up doing very well in life and are often productive until very late in years.

The ego and attachment chapters came prior to this for a reason, they are wrapped together to hopefully sink in. There is a kind of grim satisfaction we get from being treated wrong. The more juice (the chemical rush) that occurs when someone wrongs us tells us the level of malaise. I had this problem for most of my life and still to this day wrestle with it. Perhaps it is due to the conditions of my first 3 days after birth. Perhaps it has to do with my father always telling me I was wrong or not good enough even while having great ability and scoring 3 goals in a championship hockey game or pitching a no hitter at fourteen. Either way, it took me a long time to deprogram, and I still work on it to this very day.

The payoff has control over you in a way that few can recognize. Only with Spiritual work, can a person begin to shed the layers of ego and reveal the true self.

Then over time, the “Self” gains power, and has the strength to work against the ego. The first signs of progress are amazing. It ignites further work and progress. But when that occurs, don’t expect it all to be rosy and blissful. We get a glimpse of nirvana. This is when the tempter comes. With spiritual advancement brings a kind of luciferic attack that drags us quickly back to square one or farther. This is why many never get past the first attack. If you have the spiritual “will”, and continue on, the reward is huge.

I remember a year of my life after the divorce of my wife and mother of my children when I thought I was there. I had worked hard to get out of debt, I was peaceful, and little bothered me. I thought I had really found total Bliss. My life was simple because I had purged all my extra possessions and was what I call “light”. (part of what caused the divorce – she did not like losing possessions) Then the attack came. Slow and steady it attacked me challenging me at every opportunity. My next relationship was filled with passion and frustration, lessons and sacrifice. The power of gratification and justified positions was overwhelming. It consumed me until I finally had the courage to escape. It was not easy. In fact, it was incredibly painful to do and I knew I had hurt someone that I loved.

We all require assistance with our levels of change and there are many teachers who can help you with your journey. **David Joseph Bohm** was an American-born quantum physicist who made significant contributions in the fields of theoretical physics, philosophy and neuropsychology, and to the Manhattan Project. His work can be very helpful for anyone wanting to learn about the human condition.

CHAPTER NINE

Letting go - Surrender

Part of the journey in life is for each person to find their way when they are ready. No one can force us, and no one can show us the way. It must be found by our self. Freedom comes when you understand in the deepest core of your cells and you know that there are no accidents in the universe. Each chapter has given you a little bit more information in preparation to practice the art of letting go.

Letting go for me was learning how to pray. When fear is gone, stress is also gone because stress is created by fear.

In his 1954 article, "The Ego Factors in Surrender in Alcoholism, **Harry Tiebout** began using the term "ego" to describe this concept of a self-barricaded by defenses. He related it to Freud's "His Majesty the Baby" and to a similar concept introduced by Sandor Rado in 1933. Rado hypothesized that the elation induced by alcohol produced a reaction in the form of a "tense depression", which then reactivated the childish megalomania normally outgrown by adulthood. The result was a type of magical thinking in which "the ego secretly compares its current helplessness with its original narcissistic stature and aspires to leave its tribulations and regain its old magnitude."

Tiebout acknowledged his indebtedness to Rado's conception, while eliminating much of the psychoanalytic complexity of the original. He also felt that Rado was incorrect in advising only the "reduction" of the ego.

Tiebout's view was that "reduction" represented a compromise and that there should be no compromise with the ego. The old ego should be eliminated entirely and replaced with a new one through "surrender."

Surrender and Conversion

Tiebout interpreted the language of the 12 steps in the light of his own training and experience. The primary source for the steps was a religious movement popularized by Frank Buchman, with elements of the Higher Life movement tradition combined with the personal-evangelism techniques developed within the YMCA movement in the early 20th century. The Oxford Group had a successful program involving public and private meetings for witness and confession, as well as individual work. Their concept of "surrender" was the traditional Christian one, as a contemporary observer noted:

Surrender means the complete surrender of the will to God. They make no claim that this is easy. It may mean an entire change in one's whole life plan. It has meant just that for many of the Groupers. But it is necessary. So long as there are reserved areas in a man's life, they assert, he cannot expect to enter into a wholly satisfying experience of God.

Conversion, surrender, confession, restitution and the necessity of evangelizing others were ideas brought from the Oxford Group to Alcoholics Anonymous by members who had found that the intense religious devotion they inspired was the key to a changed life.

Tiebout understood the concepts in a more secular way and approved of them. Tiebout had found that superficial compliance in therapy often correlated with lack of real change, and he saw in the AA concept of surrender an antidote to this phenomenon. An act of surrender was the only cure, or practically the only one, to the problem of "compliance", or partial surrender to the psychiatrist's authority and the authority of the reality principle.

Tiebout described true surrender as "an unconscious event, not willed by the patient even if he or she should desire to do so. It can occur only when an individual with certain traits in his or her unconscious mind becomes involved in a certain set of circumstances," essentially the circumstances of "hitting bottom".

While this may or may not be true, it sparked much discussion and since then, many remarkable recoveries have taken place. Others have developed therapies that describe similarly that surrender is necessary for healing but that the feeling given to the body from drugs or alcohol are not masking anything, but rather "lift away" the illusion of misery thus opening up the mind to the freedom of itself. Basically, the drugs free the mind from its various constraints so that it can feel free. This is a powerful feeling and as a result, researchers of this, believe it is the "**feeling of freedom**" that is addictive, NOT the drug. The drug is simply the vehicle for the individual to get there.

This explains why as our lives become faster and more stressful, with more obligation and distractions, real happiness eludes more and more people.

CHAPTER TEN

Freedom & Enlightenment

Only after letting go can you truly be free. Freedom in this sense has changed dramatically from what our forefathers worked so hard to create. Being free, is simply not letting the manipulation of the fast-paced world around you control you. The declaration of independence is a powerful document filled with the collective wisdom of many men. The truth within that document is revealing and everyone should take time to read it and let the words resonate into the cells of their body as well as their mind.

As a human being we are **divinely created** and are all equal. We are, within our core, free. The life, liberty and pursuit of happiness “is” available to all people. Unfortunately for billions of people on Earth, the pursuit of happiness is stagnated if you live in places like Pakistan, Rwanda or Darfur to name a few. But even those who are born in territories of turmoil still have within them the ability and choice to make change even if it costs them their life. Boys, girls, men and woman often give their lives in pursuit of a cause many here in America will never know. Thousands of courageous people making honorable choices each day only to be murdered by the forces of evil who hold the military might in that region. And we complain when our DVR doesn’t record a program.

So, what do we really need to be free? The answer will surprise you. All we really need is a balanced mind with honor and Love. We need food, shelter, productive work and service to others to make life worth living. Everything else is meaningless and only fostered by the Ego.

THE FINAL DOORWAY

As stated in the first chapter of this book, the mind that reads chapter two is not the same mind that reads chapter one. As you assimilate information, you are different. This book is designed to take the reader through a progression so it is not advisable to read this chapter if you have not read each chapter in order.

Your psychological advancement will not occur if you cheat. As outlined in other chapters, the universe knows all things, so you can't cheat the universe, only yourself.

Take some time to read the following from the Essene Gospel of Peace and reflect on it. Re read it over and over as it is a remarkable document of truth with much wisdom.

FROM THE ESSENE GOSPEL OF PEACE

*And he raised his hand and smiled upon them, saying,
"Peace be with you."*

But they were ashamed to return his greeting, for each in his own way had turned his back on the holy teachings, and the Angels of the Earthly Mother and the Heavenly Father were not with them. And one man looked up in anguish and spoke: "Master, we are in sore need of your wisdom. For we know that which is good, and yet we follow evil.

We know that to enter the kingdom of heaven we must walk with the angels of the day and of the night, yet our feet walk in the ways of the wicked.

The light of day shines only on our pursuit of pleasure, and the night falls on our heedless stupor. Tell us, Master, how may we talk with the angels, and stay within their holy circle, that the Law may burn in our hearts with a constant flame?"

And Jesus spoke to them:

"To lift your eyes to heaven

When all men's eyes are on the ground,

Is not easy.

To worship at the feet of the angels

When all men worship only fame and riches,

Is not easy.

But the most difficult of all

Is to think the thoughts of the angels,

To speak the words of the angels,

And to do as angels do. "

And one man spoke: "But, Master, we are but men, we are not angels. How then can we hope to walk in their ways? Tell us what we must do."

And Jesus spoke:

*"As the son inherits the land of his father,
So have we inherited a Holy Land from our Father.
This land is not a field to be ploughed,
But a place within us
Where we may build our Holy Temple.
And even as a temple must be raised,
Stone by stone,
So will I give to you those stones
For the building of the Holy Temple;
That which we have inherited from our Fathers,
And their Fathers Fathers."*

And all the men gathered around Jesus, and their faces shone with desire to hear the words which would come from his lips. And he lifted his face to the rising sun, and the radiance of its rays filled his eyes as he spoke:

*"The Holy Temple can be built
Only with the ancient Communion,
Those which are spoken, (our words)*

Those which are thought, (our thoughts)

And those which are lived. (our actions)

For if they are spoken only with the mouth,

They are as a dead hive

Which the bees have forsaken,

That gives no more honey.

Communions are a bridge

Between man and the angels,

And like a bridge,

Can be built only with patience,

Yea, even as the bridge over the river

Is fashioned stone by stone,

As they are found by the water's edge.

The serious aspirant of “change” could easily spend a year on these words spoken by Jesus. They are immensely profound. Each sentence is a **roadmap** requiring thought and discipline to accomplish a task. Each person must find their own path and pursue the path of change as best they can. For those who are willing, it is very simple.

For those who cannot unplug from the fast-paced modern world, well, they will have a tough time changing. In order to make the leap of consciousness, you must understand each chapter in order, as all the pieces of the puzzle come together. **Bliss can be defined as “a way of being with the world”.** **It is not dependent on specific events or adoration.** It is based on the recognition that we are connected to The Creator and divinity itself. With the accumulation of all the chapters in this book, you should have a decent roadmap along with underlined mentors to research more to find Bliss. There is far more to know, but I wanted this book to be a beginning. You should have a better understanding of the progression of life, your immense ability, your purpose and why you are here. This Bliss can resonate within your body, soul, cells and actions and affect everyone around you so take it seriously.

Ask yourself; what is the purpose of your life right now. What gives you meaning? If you are not asking this question you can't find bliss. **Steer your actions towards purpose and meaning** in life. The proper things in life require no justification because they serve others. **I'm not saying be a martyr.** As David Boehm stated so eloquently, “meaning links mind and matter”. This is the secret energy that we have all forgotten how to harness. The invisible “M” fields (Rupert Sheldrake) that govern our world are all around us waiting for us to engage them. **“The Secret”** touched on this also and amazed millions of people. How many people changed their lives after reading that book or watching the DVD?

Some people have a feeling of emptiness inside because they have not **aligned themselves** with meaning and

surround themselves with positive energy. **You are attracted to that which you are.** If you are in a band that sings about killing cops, you're not likely to then leave the club and go sit in the church to enjoy the beauty of stained glass. You are more likely to go out with other people who enjoy singing about killing cops and doing drugs to try to escape that which they are because it is not positive. **You gravitate to that which you are.** God doesn't need to judge us because the choices we make based on will judge us. There are always consequences!

Align yourself with beneficial things. If your relationship is not fulfilling, ask if you are really aligned with your partner. Are you attracted, or are you aligned? Align yourself with beauty of nature or art, forgiveness and love and watch your life blossom. Worrying about your weight won't help you lose weight. **If the prescriptions you take are making you ill, learn about Cannabidiol (CBD) and other natural plant materials that influence the immune system.** Educate yourself about food (especially proteins, the building blocks of our body) and what foods support life and then take action. Only then will your life and health change. Exposure to beauty and devotion results in peace. Beauty and devotion counterbalances violence and crime. When we are totally immersed in peace, all things around us cease to feel hostility.

This is just a book of words. The words are designed to help you gravitate to more beneficial things. But these words are only linear so they are not always able to adequately describe non-linear things. The nonlinear is what you must seek and find on your own.

CHAPTER ELEVEN

Self-Healing

In 1970 approximately 1 in 27 people would get cancer in their lifetime. Today it is 1 in 3. We have made amazing advancements in all areas except the fight on cancer and the truth is very sad. The medical industry doesn't want to cure people of cancer for the simple reason that it doesn't provide continued profits. The **American Medical Association** (The AMA) was created by the two wealthiest men in the world. They single handedly fostered a greed based system designed to use fancy electronic machines and complex names of conditions to make people blindly fear any other way to be treated. Within a few decades' people with legitimate holistic cures where strong armed to stop sharing their natural cures with people and eventually made it illegal for anyone to even make a truthful claim of curing cancer. It was costing the AMA money so they had people publically discredited and incarcerated. Look up the story of **Essiac Tea** by the Canadian nurse named Caisse. To date there are hundreds of cases of doctors and health care professionals who have cured just about every debilitating disease.

STEALTH TOXINS

It is unreasonable to expect the majority of people to take this section seriously, but what is mentioned below has a "direct effect" on the health of your cells and your immune system's ability to prevent dis-ease. We are literally bathed in toxins every day and worrying will do nothing to stop it. But you do have the ability to limit your exposure to these toxins by being "aware" of them and where they reside in

large quantities. Limiting toxins has a direct effect on your quality of life and how frequently you visit the doctor. Your state of mind and “stress” is also a factor with how well your immune system functions. **Relaxation and meditation** have a direct effect on the body’s chemistry and can keep your immune system strong. Many of these “common” toxins are things that you can’t see, smell or feel, at least not right away. This is why so few people are even aware of them. We don’t realize that we’re being affected until we come down with a chronic disease after years of subtle and often consistent exposure to a combination of these toxins.

This makes it almost impossible to pinpoint a specific environmental toxin as the source of illness, yet when you look at the facts — the increasing numbers of cancers, immune system disorders, neurological problems, chronic fatigue syndrome, multiple chemical sensitivities, allergies and hormonal disturbances that are facing the nation – toxins are obviously part of the equation. Approximately 77,000 chemicals are produced in North America, over 3,000 chemicals are added to our food supply, and more than 10,000 chemical solvents, emulsifiers and preservatives are used in food processing. (processed foods are the number one factor to your health) Over 1,000 new chemicals are introduced each year. Where do all of these chemicals end up? They are absorbed into our groundwater, rivers, lakes and oceans, spewed into our air, and added, quite intentionally, to our food supply. A study in last year’s British Medical Journal estimated that perhaps 75 percent of most cancers are caused by environmental and lifestyle factors, including exposure to chemicals. Another report by the Columbia University School of Public Health,

estimated that **95 percent of cancer is caused by diet and environmental toxicity.** This is really not surprising when you consider that estimates show most Americans have somewhere between 400 and 800 chemicals stored in their bodies, typically in fat cells. Some of the short- and long-term effects of these toxins include:

Neurological disorders (Parkinson's, Alzheimer's, depression, attention deficit disorder, schizophrenia, etc.)
Cancer, Nutritional deficiencies, Hormonal imbalances, Enzyme dysfunction, Altered metabolism, Reproductive disorders, Fatigue, Headaches, Obesity, Muscle and vision problems, Immune system depression, Allergies/Asthma, Endocrine disorders, Chronic viral infections.

COMMON TOXINS YOU ARE UNAWARE OF

FAKE NAILS – Hello woman. The glue that holds your fake nails on is highly toxic and does assimilate into your blood stream. Not only does this glue destroy your natural nails so that you have to cover them up, it could be making you sick. Vanity has a price!

HAIR SPRAY – Most hair sprays are toxic to breath and also will find their way into your blood stream from ending up on your skin and scalp.

SHAMPOO & CONDITIONER – Most products sold in the super market are made with sulfates and fillers that can be toxic to your body. Experts will tell you that you do not need to shampoo your hair daily. In fact your body secretes health oils to your scalp that are actually good for you.

SWIMMING POOLS – That beautiful pool is filled with water and Chlorine is the chemical that controls bacteria and algae from forming. Technically that algae is not as bad for you as the chlorine that controls it. Keeping a moderate level of Chlorine and pH balance is important. Don't let your Chlorine levels get too high and don't swim in the pool after shocking it. Remember your body will absorb 2 ½ cups of water through your skin and if there are high levels of chlorine in the pool, it ends up inside your cells.

FEMININE PRODUCTS – Yep, much of the material that end up inside woman's nether regions is toxic. Consider cotton... Did you know that 84 million pounds of pesticides are sprayed on 14.4 million acres of conventional cotton grown each year in the U.S..

CARPET - Indoor carpeting has recently come under greater scrutiny because of the **volatile organic compounds** (VOCs) associated with new carpet installation. The glue and dyes used with carpeting are known to emit VOCs, which can be harmful to your health in high concentrations. However, the initial VOC emissions will often subside after the first few days following installation, so vent the house after installation.

NEW CARS – Yes, all new cars have a wide range of toxic chemicals in the plastics and foam of the seats.

AIR FRESHENERS - Air fresheners and cleaning solutions, when used excessively or in a small, unventilated area, can release toxic levels of pollutants.

MATTRESS – Flame retardants commonly used in mattresses, upholstery, television, and computer casings and circuit boards, flame retardants use **polybrominated diphenyl ethers**, or **PBDEs** for short.

Two forms of PBDEs were phased out of use in manufacturing in the United States in 2004 because of related health threats, but the products containing them linger on. Studies have linked PBDEs to learning and memory problems, lowered sperm counts and poor thyroid functioning in rats and mice. Other animal studies have indicated that PBDEs could be carcinogenic in humans. A person sleeping on a chemically treated mattress will absorb 0.8 mg of antimony every night; an amount that is 27 times more than the U.S. Environmental Protection Agency says is safe. Five-year-old children, meanwhile, will absorb 0.5 mg of antimony every night, according to CPSC, which is 63 times more than the EPA's safety limit. Shopping for a safe mattress is not an easy task. Mattress manufacturers are not required to label or disclose which chemicals their mattresses contain. However, there are now a few manufacturers that make 100% wool, organic and toxin-free mattresses. Another option that seems reliable is finding a mattress that uses a Kevlar, bullet-proof type of material in lieu of chemicals for fire-proofing. These are available in most big stores, and will help you to avoid some of the toxicity.

CLOTHING - Clothing made of rayon, blended cotton, corduroy, wrinkle-resistant 100% cotton, and any synthetic blended polymer are likely to have been treated with formaldehyde resins, which is a “probable carcinogen.” You can be exposed to the chemical both via off-gassing

and direct contact with your skin. As illustrated by recent lawsuits against lingerie giant Victoria's Secret, **undergarments containing formaldehyde** can create nagging health problems. Formaldehyde has been shown to cause cancer in animals and may cause cancer in humans. Other common adverse health effects include fatigue, skin rashes, and allergic reactions.

BOTTLED WATER – It doesn't matter if the bottle shows a beautiful glacier, 90% of bottled water has been proven to contain many toxins so choose wisely. The water you drink is VITAL to your level of health. Your body is 70% water. The Earth is covered with 70% water. See the connection? You must always source and drink clean water in order to help your immune system function optimally and flush the toxins “out” of your body. The body can heal itself as long as it is given the proper tools and clean water is one of the most important tools. Drinking bottled water from Costco will only add toxins to your body.

This chapter could easily eclipse all the previous but instead I will leave you with some topics to research so that you can find the truth yourself.

The following relates to Cancer Cures – remember **each person is a fingerprint**, so what cures one person with liver cancer may not cure another. It takes discipline to figure out what will work for your “unique” body type. The first thing and most important is to understand toxins and reduce your exposure to them including the most common ones Nicotine, Alcohol, Fluoride, Chlorine and Glyphosate otherwise known as ROUNDUP weed killer which was found in 67% of General Mills foods by 2018.

B-17 treatments, Vitamin C treatments, Essiac Tea, Hydrogen Peroxide treatments, **CBD and Cannabidiol Supplements**, Raw Food Diet, Raw food juicing, Dr. Lodi in Mesa AZ has been helping people with Cancer heal naturally for decades.

You will never be able to heal unless you begin to question your doctor. Ignore the complex diagnosis with the scary names. It means nothing. Fear is paralyzing – remember Chapter One.

If your doctor cannot tell you how you got the disease and how to get rid of it then he is of no use to your overall health. Look elsewhere to people who can help you.

Going to the doctor and then finding a shadow or lump freaks people out. But think about this for a moment. How do you know that shadow or lump may have been there for years without causing any issues? How do you know that if you just begin to change your life and work hard to go all natural that you will be just fine? The truth is you won't unless you do it. Do not just run into aggressive chemo therapy poisoning or surgery without at least giving yourself a chance. Also, anyone who is diagnosed with any scary condition, should immediately change their lifestyle and avoid all processed foods, sugars Alcohol and stimulants and begin eating a lot of natural plant-based foods. One final thought on this massive topic, Prescription Drugs do not heal! In fact these chemicals cause your cells to no longer be able to absorb nutrients.

This is why the majority of people end up getting **more ill** and need to see their doctor “more” frequently after starting on drugs

Use CBD to heal your body and begin eating more “living” food to be truly healthy for the long haul. You can learn more about CBD at www.azWHOLEistic.com where I have helped over 12,000 people benefit by this amazing molecule.

APPENDIX

Page 7 Bill Wilson, founder of AA
http://en.wikipedia.org/wiki/Bill_W.

Page 16 Louis Hay
<http://www.louisehay.com/>

Page 17 Alan Watts
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Page 61 A Course in Miracles
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