

A Treasury of Spiritual Knowledge and Wisdom

Highlights of my 26 spiritually based books



Neville Berkowitz

personalempowerment.co

guidespeak.com

A Treasury of Spiritual Knowledge and Wisdom

**Highlights of my 26 spiritually based books found on
personalempowerment.co and guidespeak.com**

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Johannesburg

South Africa

December 2020

Free Books by Neville Berkowitz

On personalempowerment.co

Spiritual

How to Live in the Now

Being Loved Unconditionally

Spiritual Fireside Chats

A Spiritual Meander- finding spiritual solutions to life's challenges

Spiritual Love

Spiritual Laughter

Wisdom in a Nutshell

Unfolding Your Child- a spiritual approach to parenting

Ego = Failure- learning to become more egoless and humble

Managing Your Stress Effectively

Achieving Your Goals and Dreams

Becoming Blissful

Listening- The Relationship Builder

GAIN- God And I Now

The Purpose and Meaning of your Life in terms of your Soul Contracts

Finding and Knowing God Within You

Reducing your Worry and Anxiety

Understanding and Elevating Your Vibrational Energy

The Pathless Path to Oneness

Nothing matters, except Love and Light

A Treasury of Spiritual Knowledge and Wisdom

Business

How to Survive and Thrive as an Entrepreneur

How to be a Great Negotiator

On guidespeak.com

The Book of Universal Spirit Laws

The Book of Evolving Relationships

The Book of Inner Peace

The Book of Life Skills

The Book of Understanding Animal Spirits

The Book of the Religion of Love

Published in book form only

5000 Years of Wisdom

Background and explanation

I commenced writing spiritually based books in early 2005. My first spiritual website, guidespeak.com, is primarily channeled writing, and I wrote six books during that time.

I commenced writing again in late 2009. By late 2020 I have written a further 21 spiritually based books found on my other spiritual website, personalempowerment.co. Most of this writing took place over weekends. During 2020, mainly due to the COVID -19 quarantine lockdown, I have written six more books found on personalempowerment.co, while self-isolating.

Depending on what I am writing about, either I research the subject matter and then write, edit, and publish the free book online, or I sit down to write, and the words flow through me. Editing and publishing online follow that. I believe that much of this writing is inspired by Unseen Forces working with and through me.

My free books are downloadable from the two websites stated above. I believe that the information has come from the Universe, and I am repackaging it and returning it to the Universe via the two websites where they are found by people globally.

I have been “told” that to ensure no ego is involved, the books will be “discovered” after my passing on into Spirit. After writing each book, I have family and friends around the world who receive the book. They have been inundated with six books recently, but they appear to be appreciated by them due to lockdown.

My primary objective in writing these free books is for my learning and growth in evolving into a soul-based Being of Love and Light. I also want to leave a lasting form of guidance for my two beloved sons, Michael and Jonathan, and, please God, their families in time too. Certain family members and selected friends find value in what I write about. Numerous people download the free books from the two websites found via Google and other Search Engines, and occasionally a few appreciatively communicate with me.

I have decided to write this book as a summation of each of the 26 spiritually-based books. My family and friends and the people accessing my two websites can now see a quick summation of each free book before deciding to invest time reading one or more books.

I have decided to do the summary in chronological order as I wrote each book. I cannot do justice to each book in a summary format and will attempt to make it an appetite whetter, at best.

Thank you for selecting this book to read. I hope and trust that you find it of benefit, and it encourages you to read one or more of the 26 books summarised here.

In Love and Light,

Neville Berkowitz

personalempowerment.co
guidespeak.com

December 2020

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guidespeak.com

guidespeak.com comprises six free books:

The Book of Universal Spirit Laws

The Book of Evolving Relationships

The Book of Life Skills

The Book of Inner Peace

The Book of Animal Spirits

The Book of the Religion of Love

Background

After a major shock in my personal life in mid-2004, I turned to a trusted friend who was a Channel to understand what was happening at a spiritual place of understanding.

Through this Channel, I was “told” by his Guide that as my response to this revelation was spiritually based forgiveness; I would also be given the ability to channel my Spirit Guides and use this channeling to bring healing to this process.

What followed was nine intensive months of channeling, understanding, and healing. During the second quarter of 2005, I was “instructed” to register the website name *guidespeak.com* and begin writing/transcribing the words given to me. During the next 90 days, hundreds of pages were written/transcribed, and the first five books of guidespeak.com were typed up, and the website was launched around mid- 2005. The sixth book, *The Book of Animal Spirits*, required substantial research, and I was led to the various research sources to compile this book.

We started with the foundation of *The Book of Universal Spirit Laws*, followed by *The Book of Evolving Relationships*. At this stage, people in my orbit sought me out to assist them with their personal issues. *The Book of Life Skills* emerged from some of these channelings and discussions.

My inner peace was beginning to develop, and *The Book of Inner Peace* was the next book to be completed, *The Book of The Religion of Love* followed as my understanding and spirituality developed away from organised religion to becoming Love and Light. My emerging new religion/belief was becoming one where all paths lead to the Love and Light of Source/Creator/God/Oneness/Universe and so many other names for All That Is, who is both Nameless and Formless.

The sixth book, *The Book of Animal Spirits*, required substantial research, and I was led to the various research sources to compile this book, which identifies the attributes of many entities within the Animal Kingdom. We share attributes with one or more of these Animals Spirits and we can recognise which animals we are aligned to assist our spiritual journey.

The content of the website is mainly channeled and has been the foundation of all my 26 spiritually-based books. My evolvement from an ego-based person to a soul-based one has intensified while writing these 26 books, commencing in 2005 with the abovementioned six books.

Introduction from the website from the Guides

Welcome to a unique perspective of your life

You are an awesome human being.

You are not your body and your mind.

You are a Spirit currently occupying a body with a mind on your current visit to the Earth plane.

You are an eternal Spirit who is a Part of the Source of Creation; some call God, Oneness, The Universe, Jehovah and some 70 other labels in the Bible alone.

You are a Part of the Light and Love that comprises this Source of Creation.

Now you know why We say you are an awesome human being.

In essence, you are Energy and you resonate as a Vibration.

This Vibration has slowed down substantially from when you were in Spirit to enable your Soul to enter your physical body on the earth plane.

You are Light and Love and if you don't feel like that then please allow Us to help you recover your true Self – the awesome human being you really are.

GuideSpeak.com comprises 6 free books to guide you to see the correct perspective of who you/You really are and to return you to your inherent position as Love and Light as you deal with yourself and those you interact with.

The end result is a frictionless life where Love and Light grease your wheels as you travel through the ups and downs of living a life on earth. You will still know heartache and happiness as the pendulum of life continually swings both ways but it's how you choose to react and respond in Love and in Light that will make the rest of your life a much more enjoyable experience.

The Book of Universal Spirit Laws

This book is the alphabet of spirituality. Unlike the Bible or similar other books from various religions, there is no formal spiritual book on Universal Spirit Laws.

Understanding these foundational laws forms the bedrock of one's spirituality. I cover 64 Universal Spiritual Laws; however, there are likely to be more laws and likely to be other explanations of the laws, which I do cover. This book was written in early 2005. However, I have learned and covered a lot of spiritual ground since then; going over these Universal Spirit Laws to do this summation reinforced the foundation I received from these Laws.

From the introduction-

Universal Spirit Laws are foundation stones assisting you on your journey to greater enlightenment. By understanding and applying these laws, you should experience being and feeling more the part of God that you really are.

Your feelings of Love, Trust, and Oneness will enlighten you; improve your self-love and your self-worthiness as you continue your journey of self-discovery.

Here is a list of the 64 Universal Spirit Laws.

To identify any specific Law use CTRL + Click on the Law to take you to guidespeak.com for that specific Law

1. [The Law of Abundance](#)
2. [The Law of Action](#)
3. [The Law of Affirmation](#)
4. [The Law of Allowing](#)
5. [The Law of As Above So Below](#)
6. [The Law of As Within So Without](#)
7. [The Law of Attachment](#)
8. [The Law of Attention](#)
9. [The Law of Attraction](#)
10. [The Law of Balance](#)
11. [The Law of Belief](#)
12. [The Law of Blessings](#)
13. [The Law of Cause and Effect](#)
14. [The Law of Choices](#)
15. [The Law of Clarity](#)
16. [The Law of Compassion](#)
17. [The Law of Compensation](#)
18. [The Law of Correspondence](#)
19. [The Law of Cycles](#)
20. [The Law of Decree](#)
21. [The Law of Detachment](#)
22. [The Law of Discrimination](#)
23. [The Law of Duality](#)
24. [The Law of Expectation](#)
25. [The Law of Faith](#)
26. [The Law of Flow](#)
27. [The Law of Forgiveness](#)
28. [The Law of Frequency](#)
29. [The Law of Gender](#)
30. [The Law of Giving](#)

31. The Law of Grace
32. The Law of Gratitude
33. The Law of Healing
34. The Law of Integrity
35. The Law of Intention
36. The Law of Intentional Creation/Manifestation
37. The Law of Karma
38. The Law of Least Effort
39. The Law of Love
40. The Law of Manifestation
41. The Law of Meditation
42. The Law of Miracles
43. The Law of Now
44. The Law of One
45. The Law of Perpetual Transmutation of Energy
46. The Law of Perspective
47. The Law of Polarity
48. The Law of Prayer
49. The Law of Process
50. The Law of Projection
51. The Law of Prosperity
52. The Law of Pure Potentiality
53. The Law of Purification
54. The Law of Purpose
55. The Law of Reflection
56. The Law of Reincarnation
57. The Law of Relativity
58. The Law of Responsibility
59. The Law of Rhythms
60. The Law of Success
61. The Law of Surrender
62. The Law of Transcendence
63. The Law of Truth
64. The Law of Vulnerability

Here are a few examples of these Laws

1. The Law of Abundance

God is love. You are part of God. You are love. God has unlimited love for you. If you open your heart you will have an abundance of love. Only you can stop this flow of abundance to you. If you do not feel worthy to receive abundance you will create a barrier to stop the flow of abundance to you.

If you feel worthy, then this abundance will flow to you. In your worthiness you will want to share your flow of abundance with others.

If you want to have something in abundance – give it in abundance.

If you want to have love give love. If you want to have a friend, be a friend.

Sharing what you have, your knowledge, your wisdom with others allows your abundance to flow to others and their abundance then flows to others and so on. You are enriched by giving your abundance to others and this allows you to receive even more abundance from the Source of all abundance – God expressing unlimited Love for you.

10. The Law of Balance

When you are in balance you can heal, grow and evolve far more effectively. All your energy can be utilized for your desired intentions. When you are out of balance your energy is out of balance and cannot be effectively utilized for maximum performance.

A state of inner balance creates inner peace. When you have achieved this state of inner balance, remember it and use it as a reference point. This will increase your awareness of when you go out of balance so it can be corrected.

The Law of Balance can be applied by being aware of your imbalances.

To achieve and sustain balance start with your breathing. The rhythms of your inhaling and exhaling will determine your balance. Focus on your breathing and see how your emotions become better balanced.

Inner balance creating outer balance should be your desired state continually.

22. The Law of Discrimination

To discriminate is not to judge someone or something based on Ego's societal norms such as age, sex, skin colour, education, appearances, religion, etc. To discriminate at Soul level is to listen to your inner voice, your intuition, that feeling coming from a place your conscious mind has not experienced, beyond thought. When presented with a choice discriminate by using your intuition to guide you to make a decision for the higher good of your Soul. Your Ego may be able to persuade your mind that what it wants is beneficial for you. Listen to your feelings, the language of your Soul, to guide you as your real intuition deciphers your feelings and tells you what you should do for your highest good.

45. The Law of Perpetual Transmutation of Energy

Everything and everyone is only energy. With free will, you can choose to change, to transmute energy with your thoughts.

Your thoughts come from your perspective of situations, people, and things. These perspectives are based on your judgments. These judgments are made from where you are standing at the present moment of now.

By learning not to judge, by accepting "What is Now," your thoughts change and more positive thoughts, based on greater understanding and acceptance, allow higher vibrational frequencies to consume and change previous lower vibrational frequencies of thought, which may have been more negative thoughts. This transmutation comes about by forgiveness of others and sending them love.

By thinking negative thoughts, you send lower vibrational frequencies to others, negatively affecting all parties involved.

If you use your free will to change and transmute your thought patterns based on forgiveness and love, you allow your vibrational frequencies of energy to increase as you evolve towards the Light.

The Book of Evolving Relationships

Background

This book was a healing process for me as I was going through a personal trauma of the break-up of my near 20- year marriage in 2004/5. As stated above, I had a channeling session with a Channel I trusted, and I was told via the Channel that I would be given the ability to channel my Guides. After nine months of intensive channeling and major spiritual awareness, I began writing this book on evolving relationships.

I am pleased to report that this was the start of my moving from being an ego-based person to increasingly becoming soul-based through these last sixteen years. My perception of who I was then and my perception of who I have evolved to become today is reflected in my current relationship with my ex-wife. Today, we are the best of friends; our sons have benefitted greatly from seeing this evolving relationship with me coming from soul-based Love. During this past year, I have worked hand in glove with my ex-wife assisting her, when requested to do so by her, in obtaining a Master's degree at nearly age 67. As a Senior University Lecturer, she was required to have a Master's degree.

In 2002 both my wife and I were told by a Spiritual Teacher and Channel that we had a most difficult and intricate soul contract in place. If we were able to see it through, then we would have unparalleled spiritual growth. Boy, he wasn't kidding on both the difficult part and the spiritual growth part as well!

As part of my spiritual growth path, I learn best by writing and applying what I have learned and written about. I have written 26 spiritually based books since 2005, as part of my spiritual growth path. Hopefully, others reading one or more of these books will benefit as well.

There were times in 2005 when I sat down to write this book on evolving relationships, and in those days, I wrote with a pen, and while writing, I kept wondering where is this coming from? The ideas, analogies, the acronyms, everything flowed and flowed, and I often felt like a spectator taking dictation.

The channeling process taught me to look at the Bigger Picture and, if possible, likely soul contracts at play. Other important issues were identifying where ego was in any situation and where the soul was, if at all? The required progression from ego to soul was spelled out in most instances.

This book is designed as 49 Lessons and covers a wide terrain in terms of self-understanding and relationship issues being resolved coming from soul-based Love.

Introduction

The introduction of the website from the Guides channeling through me:

Your visit to this plane of existence you call earth is to experience the physical. This takes courage.

In Spirit, there are no boundaries, no limitations, and no physicality. On this physical plane called earth, you are here to heal, grow, and evolve. You have contracted at Soul level to being here, with other Souls, Souls which inhabit physical bodies so that you can play out your various Soul contracts in various relationships. By healing “past/parallel/future” lives, you need to relate to various people (Souls within bodies). These people with whom you relate in your relationships are, like you, Souls within bodies. All of you have agreed to choose to play out various roles in terms of your various Soul contracts.

These roles of choice include mother, father, sibling, relative, friend, teacher, fellow pupils, boyfriend, girlfriend, lover, husband, wife, child, grandchild, grandparent, etc., etc. Included in these roles are best friends, so-called “Soul Mates” (actually everyone is a Soul Mate), enemies, murderers, rapists, adulterers, thieves, gentle people, loving people, fearful people, giving people, caring people, healers, sinners, and saints, to name a few.

Every Soul comes from Light and is energy. While in the physical, the Souls learn about Ego and Ego infiltrates Soul. In the context, We use Ego it is best defined as “Edging God Out.” In this context, Ego is negative, it is egotistical, and it is darkness.

The healing process involves moving from Ego to Soul for Soul to reclaim its rightful place of being Light in the body. Once the Light has emerged, the Soul has started its reclamation process. The continual process of bringing more Soul, more Light into play allows the body to heal, grow, and evolve.

This relationship with other people (Souls with bodies) can sometimes be a mirror relationship. This is where people exhibit behavior that you exhibit now or have in a “past/parallel/future” life. This mirror enables you to see, invariably, your Ego at work reflected by others. By changing your “ways” and “improving yourself” – inevitably achieved by coming from Soul/Love, not Ego/Fear – this mirror enables you to heal, grow, and evolve more into the Light.

This journey of your life on earth is your choice to go on a path to find your worthiness as you involve yourself with others in various relationships.

However, We, your Guides, are non-judgmental, non-manipulative, and non-controlling. We are here for you to call upon Us. Soul will always give you what you need – not necessarily what you want – that’s Ego’s role.

Nevertheless, you always have freedom of choice – your Soul Contracts notwithstanding. If you don’t achieve your Soul Contracts through your freedom of choice, you simply return to this plane you know as earth, at another time, to attempt to complete that healing process.

It takes courage to be in the physical, and We admire you all greatly for that. We are here to guide you to heal, grow, and evolve in Love and Light.

These 49 lessons, as Chapters in the Book, given through this Channel, should help you understand the role of Ego and Soul in your relationships as you heal, grow, and evolve.

Here are the 49 Lesson headings:

Ctrl+ click on the lesson heading to read it on guidespeak.com

- [1. 13 Questions To Ask If You Wish To Resolve Your Relationship With a Meaningful Other](#)
- [2. Worthy Of Love?](#)
- [3. Do Not Give It a Life](#)
- [4. Rage In A Relationship](#)
- [5. Mood Swings In a Relationship](#)
- [6. Who Is Your Moses](#)
- [7. Where Does Fear Come From?](#)
- [8. Betrayal Of Trust – You Are Not A Victim](#)
- [9. Are You Worthy?](#)
- [10. The Meaning Of Chocolate Cake – Understanding Conflict Resolution](#)
- [11. Mother's Day – You Choose Your Mother At Soul Level](#)
- [12. Fathers Day – You Chose Your Father At A Soul Level](#)
- [13. The Face In The Picture](#)
- [14. Be Still And Know That I Am God](#)
- [15. Everything You Need Is Inside Of You](#)
- [16. Marriages Are For Growth Not For Happiness](#)
- [17. I'll Never Find Another Love Like That](#)
- [18. Perspective Is Required In Resolving Personal, Emotional Relationship Issues](#)
- [19. Was That An Angel?](#)
- [20. The Journey Of Your Life – Part I](#)
- [21. The Journey Of Your Life – Part II](#)
- [22. The Journey Towards Worthiness](#)
- [23. If You Need To Be Right – What's Wrong?](#)
- [24. Changing Your Belief System About You](#)
- [25. Betrayal – The Healing Process](#)
- [26. Who Controls Your Spotlight](#)
- [27. Moving From Ego To Soul](#)
- [28. Desperate Housewives Revisited](#)
- [29. Respect – The Missing Ingredient](#)
- [30. Hearing With Your Soul](#)
- [31. Lucky To Be In A Wheelchair?](#)
- [32. Is Your Spouse A Devil Or An Angel](#)
- [33. Happy Birthday! Would You Like Some Presents?](#)
- [34. The Little Bubble](#)
- [35. Respect And Reverence For Age](#)
- [36. On The Side Of Healing](#)
- [37. You Can Only Heal What You Feel](#)
- [38. Losing Or Gaining?](#)
- [39. Vulnerability Is Your Greatest Strength](#)
- [40. An Attitude Of Gratitude](#)
- [41. Next Customer Please](#)
- [42. I Can C Clearly Now](#)
- [43. The See-Saw Of Balance](#)
- [44. Simply Shift From Alone To All One](#)
- [45. You Are GREAT!](#)
- [46. The Three Commitments To Yourself – No.1 Trust In The Process](#)
- [47. The Three Commitments To Yourself – No.2 Stay In The Now](#)
- [48. The Three Commitments To Yourself – No.3 Be Love](#)
- [49. Who Are You In A Relationship With?](#)

To give you an indication of this book, I am reproducing Lesson 32. A distraught lady was introduced to me by a friend. She had been rejected by her husband, and what follows is the channelled advice I was able to give her:

Lesson 32- Is your Spouse a Devil or an Angel?

Oh, what a usual tale is about to unfold before you with an unusual ending.

A wife, in her late thirties, is bereft. Her husband is pushing 40, has found a younger lover, and left her and her children to live with this younger woman.

The wife is angry and resentful. "I gave him the best years of my life, and now who is going to look after me, who wants a tired-looking, almost forty-year-old woman? I gave up my promising career to have his children and to make a home for him. I have been out of work for ten years; I'm not trained for anything. I have been dumped emotionally, physically, and financially. It's just not fair!"

I'm going to the best lawyer there is. I'm going to make him suffer. He thinks he can do this to me; just wait and see what I do to him! I'm going to bring him to his knees. I'm going to ruin him. Let him beg me to come back and then watch where I'm going to kick him!"

Wow, that's some anger there!

"Of course, why shouldn't I be angry, he is a devil, and he is going to get it from me!"

Would you ease up a bit so We can show you the "Bigger Picture" here?

"Well, I've read some of your other lessons, so I am prepared to listen."

Thank you, it pleases Us that you are prepared to listen because, if you give Us the time, We will show you how your attitude can change and your husband, the devil, can become your ex-husband, the Angel.

"That I would love to see – You obviously don't know him like I do!"

Oh, We know him a lot better than you think because We have been with him since he was born, as We have with you.

Let us start with your intention to damage him financially. Why would you want to do to him what he is already going to do to himself?

According to the [Law of Cause and Effect](#) and the [Law of Karma](#), your husband, through his actions, has dropped a pebble into the water. The ripple effect of this will cause a ripple that will build into a wave, which will develop into a tidal wave. That tidal wave of consequences following his actions, in this case, "negative and destructive" actions, will do more damage to him than you could ever possibly do to him yourself.

Of course, if you decided to do "negative and destructive" actions to him, you would also precipitate the Law of Cause and Effect and the Law of Karma against you, with similar consequences.

Let us show you the unfolding picture here. Your soon to be ex-husband has to provide financially for you and for your children. In addition, his new girlfriend now wants what you have got. Maybe working full day, she can't be at her best for him, working half-day her income is reduced and she has more leisure time to pamper herself for him but that all costs money. So, he now has two houses to run. His partner in the business is not happy because he is drawing more from the business than his partner to afford the extra expenditure, and the business can't afford all this additional expenditure. The business needs the cash to buy

stock in order to stay profitable. While this is taking place, the customers notice that your husband is not so easy-going and friendly as he was before. His need for money starts to impact on his relationships and friendships in his business. He becomes difficult with his customers, and they start to go elsewhere for their needs. Business drops off, personal drawings increase, bank overdraft levels are cut, his partner wants out of the business.

Of course, all this financial pressure is making him pretty difficult to be around. His new girlfriend can't understand why this fun-loving man is suddenly so difficult. He snaps at her, can't afford to take her out, and his sexual performance has taken a dive with all this financial pressure.

Now, what did you want to do to him to make him suffer and bring him to his knees?

If you had, you would also have created a tidal wave for yourself. Why bother, he looks like he is doing enough damage to himself. His health is suffering, his love life is about as exciting as that of a celibate monk, his finances are in the toilet, his emotions are stretched to breaking point, spiritually, he has lost the plot completely, and his new girlfriend is irritating him. His married friends have disowned him. His single friends find him difficult to be with. His girlfriend's friends listen to "strange" music and speak a "different" language to him. His own kids have lost respect for him.

So, as you can see, by choosing consciously to let him be, by detaching yourself from him, you can let him self-destruct through the consequences of his actions. This is his self-journey; you must respect that and let him be.

However, We can't understand why you are so upset? It must be that you have forgotten that your soon to be ex-husband and you had a Soul contract made in Spirit before you came to the earth plane.

The contract was – you needed to find your own path, not being dependent on male energy to protect you. You chose an overbearing, protective father, a brother who brought you down because you were an "inferior" woman, and you chose a husband who abused you by depriving you of your independence, damaged you financially and mentally, and then broke your heart emotionally. These male energy Soul contract partners have all played their part to bring you to the place you now find yourself in.

Now you are given the opportunity to develop the masculine energy inside of you, without affecting your innate femininity, so you can develop your self-worthiness. You do not need a man in your life to protect and provide for you. You can develop those skills for yourself. You can learn to wire a plug. You can learn to mow the lawn or organize for someone to do it for you. You can learn to protect yourself, to take responsibility for yourself. You can learn a skill, get a proper well-paid job, and provide financially for yourself. Your children can look up to you with respect, honor, and pride for being their mother and their "father."

You are multi-faceted; you can do anything you put your mind, heart, and Soul into. You can find your independence. You can develop your self-worth. You can develop your self-love. You don't need a man to complete you. You can become whole and complete yourself.

Now you have this wonderful opportunity to become the Real You when you have found this "whole new you," when you know your self-worth, and when you have developed unconditional self-love, then you are ready for real love with a real man.

A real man who desires you for the real, whole, and complete person you have become. A real man who does not have to put you down to feel better about himself, as your ex-husband did in his insecurities. A real man who can express his tender emotions and show you tender love, respect, and honor. In your wholeness, in your new-found light and love, you can find someone worthy of you.

Now is that your soon to be ex-husband, that devil who dumped you? In his insecurities, as he felt himself getting older, he needed to prove to himself, and to his shallow friends, that he could “get” a younger, prettier woman.

Any woman can open her legs, but only a worthy woman can open her heart and Soul to healing, growth, and evolvment.

Your soon to be ex-husband has given you the opportunity to become a worthy woman. After all, this was your Soul contract with him when you were both Angels in Spirit.

Now you are both Angels in physical bodies on the earth plane – don’t forget.

Thank you, my soon to be ex-husband, for being the Angel you contracted to be to give me my freedom to find my self-worth, my-self-love, to find the unconditional self-love inside of me as I journey on my own and develop the potential I have inside of me.

I now thank you for being my Angel and for propelling me on this exciting, challenging, and somewhat frightening path of self-discovery. I now know that everything I need is inside of me. I now know that I am never alone; I have God, my Guides, and my Angels, on earth and in Spirit, to help me.

My soon to be ex-husband, thank you, you have played your part in our Soul contract. I am now detached from you. I no longer need you; I release you in love and in light.

Thank you, my Angel, my soon to be ex-husband, for my wings – to fly to discover Who I Really Am – a part of God.

This is a summation of creating an evolving relationship

There are three parties in a relationship. There is you, there is your significant other/partner, and there is the relationship itself. The relationship itself becomes the effect of which you and your partner are the cause. You could be doing OK, your partner could also be doing OK, but the relationship is dying. Being OK usually has more to do with your EGO- Edging God Out- than with your soul. The same for your partner. So, two ego-based people look to see what they can get from the other party. There is little thought of giving and then getting, being conditional giving. And there certainly isn’t any thought of giving unconditionally without wanting to get anything in return.

Two ego-based people looking out for No.1 may have large egos but little common sense between them. For a relationship to evolve beyond the party’s ego needs, the first identification is that one or both must be conscious of their ego’s demands and expectations of the other person. If it’s a love relationship, then soul-based love does not make demands, has no expectations, and supports the other party. It is more likely to be an ego-based relationship. No judgment if that works well for both parties looking out for No.1 in their lives.

In the ideal soul-based evolving relationship, the other party must also come from soul-based Love with no demands on their partner, having no expectations, and being supportive.

This relationship usually doesn’t exist but is sometimes found in a couple who have been married for many years and find their happiness in ensuring their partner’s happiness. This

could occur in the honeymoon phase of a new relationship before one or both parties take the other for granted in numerous ways.

So, we bring realism into play and say that it's acceptable to make demands, have expectations, and not fully support their partner. I am busy; they are busy, the kids need constant attention, my boss is on my back all day, there is never any time for niceties, let alone not making demands, not having expectations and finding time to be supportive, when I have had such a tough day!

OK, so then what happens is both parties bring their frustrations home, attack each other, the supposed heaven of the home turns into hell, the kids are drawn into the slinging of insults and swear words, and Happy Families is not on TV or in the home!

Day after day the same, or similar drama plays out until one night one of the parties doesn't come home at a reasonable hour, and suspicion and jealousy enter the fray.

It's a downhill spiral until the relationship crashes, and burns and the children are the collateral damage of this growing fiasco.

All this is inevitable, and we have seen it played out daily in many relationships worldwide.

To avoid creating hell in your home, bring in some heaven. Suck it up, to begin with, and lead by an egoless example. No more sentences to start with I, only you or we. No matter how stressed out you are, go to the bathroom, change into some comfortable clothes. Ideally, sit quietly and meditate for 5-10 minutes while breathing deeply during the meditation to rid yourself of the day's accumulated toxins. If possible, drink some fresh, clean water to rid yourself of the remaining toxins in your body. Put on a happy face and go and greet your partner and any children. Ask them about their day and listen attentively with your whole-body focused on them. Keep this soul-based Love going by not making any demands nor having any expectations of them. If you have listened attentively to them, they will reciprocate by offering you help in getting dinner ready, having their baths or showers, and ending a peaceful day in a loving embrace.

The Choice is yours- CHOICE- Courageously Helping One in Choosing Evolvment

CHOICE- Can Help Overcome I Change Energy

While the above summation is not covered specifically in any of the 49 lessons, it draws from some of the lessons. There is a wealth of knowledge and wisdom in the simplicity of some of the 49 lessons. When looked upon by the Unseen Forces in Spirit, many of the lessons often show the reverse response approach of how we ego-based earth-bound people usually react to situations that negatively affect us.

If you allow soul-based Love to guide you in your response, and you can identify and reduce, if not get rid of entirely, your usual ego-based reaction, your life will move from hell on earth to find a heaven on earth to live in.

The CHOICE is yours- in all ways and always.

The Book of Life Skills

Background

This book emerged from conversations and channelings I had with my wider family, an ever-widening circle of friends, and selected site visitors to guidespeak.com

Many of them had read *The Book of Universal Spirit Laws* and *The Book of Evolving Relationships* and wanted guidance with their specific issues.

The topics are varied and were written as, and when they occurred, so they do not follow a specific order.

Introduction

The introduction to this book from the Guides is:

Creating Miracles

Day to day issues occur. People tend to repeat repetitive patterns, and limited growth occurs when, as the saying goes, when all you have is a hammer, you see every problem as a nail!

By changing perspective and learning to come from Love, miracles can occur in daily life when not coming from Ego. More importantly, you can create your own miracles!

By coming from Love, from respect, from trust, from vulnerability, from compassion, from understanding, from empathy, “in essence” coming from Love, you can create your own miracles.

After all, you are Part of God, and you currently believe all miracles come from God. Now use the Part of God that you are, your Soul, the Love inside of You, to come from that Love and watch the miracles occur in your life as you co-create your life with God.

MIRACLE – May I Recognize A Conscious Light Evolving

This section of Life Skills illustrates how you can come from Love in day-to-day issues by thinking, acting, doing, and saying, “What Would Love Do Now?”

The topics are not in any order and will be added to from time to time. If you have created the foundation by reading through other topics on this website, then the Life Skills should be easier to implement.

Contents

The Contents pages will show you the wide-ranging topics covered, many of which are common to people globally.

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48. [Respect The Only Boundary In Behaviour](#)
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51. [Accepting Your New Reality](#)

52. Are You Circling Or Spiralling?

53. The Only Real Meaning Something has

I have chosen topic no.11- *Release it in Love of You-* to show you a Life Skill of letting go of a relationship or issue that no longer resonates with who you are now or who you are becoming through your spiritual growth.

Topic no.11- Release it in Love of You

When someone, or something, has reached the end of its cycle of life with you, it is acceptable to let it go. It is more acceptable to bring closure to this cycle by correctly finishing it off. When people pass on, their bodies are either buried or cremated. A finality is reached with those bodies. The cycle of life for those bodies is complete and finally dealt with.

How do you bury or cremate a relationship with someone, or something, that is not physically dead but is emotionally dead?

When the person, or thing, was acceptable in relation to you, that is when you had a good relationship with them, or it. You had a commitment, an unwritten contract that you would both behave in a way acceptable to both of you when you made that contract.

This contract, or lease, was entered into formally, as in the case of a marriage, a partnership, or informally as in the case of a friendship. This lease between the two, or more, of you, was a contract to occupy each other's sacred space with the intent of enhancing this sacred space, not polluting it.

If you, as a landlord, leased space to a tenant who damaged this space unnecessarily, disrespectfully, then you are entitled to give notice for restitution of your space as it was before. If this rectification and restitution are not forthcoming, in a realistic and reasonable time frame, you are entitled to cancel the lease and eject the tenant, suing them for damages.

So it is with your sacred emotional space if someone, or something, breaks your lease contract by their unacceptable behaviour in terms of the behaviour code you're both contracted for, then you can unilaterally cancel the lease agreement and release them, and yourself, from this contract.

You are entitled to protect yourself from further harm and release yourself from the now stranglehold that is negatively affecting you. The other person, people or thing, has to also learn that the Law of Cause and Effect causes ripples that must play themselves out in consequences of actions.

In releasing yourself from this, now, bondage, you first release the other person, people, or thing, from your lease contract, by formal or informal notice. They must consciously know that their actions caused this lease contract for your mutual sacred space to be broken and terminated. They are no longer permitted to continue poisoning your sacred space.

After formal or informal notice has been served on the other person, then you can release them in Love. Not necessarily to turn the other cheek type of Love, but rather release them in Love Of Yourself!

By releasing them in Love Of Yourself, you are acknowledging the unconditional love you have for yourself. You are no longer going to allow others to harm you and thereby giving

yourself permission to say of them It's okay, they don't really mean harm, they are not really abusing me they are simply troubled!

No longer is it acceptable for you, or others, to condition yourself with conditional love of yourself. You deserve the best Love there is, unconditional Love of Yourself, let Us repeat that. You deserve and have earned unconditional love of yourself by yourself. Nothing less than that is acceptable to you now!

*Release the other person, people, or thing, from your sacred space so that you are not poisoned any longer by their actions (see *The Ultimate and Complete Forgiveness You Seek- The Book of Life Skills- guidespeak.com*)*

Release the other person, people, or things in Love, in Love of Yourself. You deserve the unconditional Love of Yourself by yourself. When you know that God is Love, that you are a Part of God, therefore you are Love, then you will know unconditional Love. You will know God's love for you. You will know your love for you unconditionally.

Release yourself – in the unconditional love of you.

The Book of Inner Peace

Background

As I went through the intensive initial nine months of channelling and increasing spiritual awareness, my fractured ego-based self allowed the Love and Light of God/Source/Oneness/Universe to enter in the places where I was broken open.

I was becoming increasingly more and more loving and peaceful within. The writing of the first two books, *The Book of Universal Spirit Laws* and *The Book of Evolving Relationships*, was becoming increasingly part of me as my soul-based Love developed.

Introduction

From the introduction of this book from the Guides:

Inner Peace is Who You Are. It is your birthright. By separating from The Oneness that We all are, Us here on the Spirit Plane, and all of you on the Earth Plane, all are part of The One, sometimes called God. By feeling apart, by feeling separate, your Inner Peace is disturbed.

Instead of feeling apart from Oneness, in your Fear, move to feel A Part of Oneness, in your Love.

You are a Part of Oneness, a Partner of Oneness, a Part of God, a Partner of God – and God is Love, you are Love, and God loves you always and all ways.

To re-create your Inner Peace, to have a mind at peace is easily obtainable and is maintainable, as spelled out in the 18 Chapters of this Book of Inner Peace.

Ctrl + Click on the topic heading to read it on guidespeak.com

- [1. Inner Peace Is Your Birthright](#)
- [2. Transparency Is Your Inner Light](#)
- [3. Denial Of Love](#)
- [4. You Are Not Your Body](#)
- [5. An Unconditional Love Relationship](#)
- [6. Love And Sex](#)
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- [8. Judging The Illusion](#)
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- [10. Understanding Different Levels Of Consciousness](#)
- [11. Health Is In The Mind Manifested In The Body](#)
- [12. Healing The Imbalances With Love](#)
- [13. Entitled To Be Happy](#)
- [14. Relationships Are Eternal](#)
- [15. Circumstances Don't Change, People Do](#)
- [16. Communicating With Love](#)
- [17. Mind At Peace](#)
- [18. Maintaining A Mind At Peace](#)

I have chosen three topics to illustrate the contents of this book.

1.Inner Peace is your birthright

*Inner Peace is your birthright. It is Who You Really Are.
You are a Part of God. You are pure Love. God is Love. God is Peace.
You are Love. You are Peace.
Inner Peace is your birthright eternally.
You are Inner Peace.*

For you to be Who You Really Are a Part of God, you have to have a vision of God.

To be a Part of Something, you have to see that Thing so that you can see yourself, really see yourself, as part of that Thing.

Because God is All There Is, an Oneness, God is Everything. So whatever you see God as is what God is.

Some people see God in their children. Some see God in the face of their lover. Some see God in a flower, some on a crucifix, some as a statue of Buddha, some as an old man with a beard on a cloud. Some as a man. Some as a woman. Some in an ant. Some in a giant redwood tree.

Some people see God in themselves. These are perhaps the fortunate ones. Some people see themselves in God. These are the ones who have remembered Who They Really Are a Part of God.

But for God to be God, you must have a vision, a feeling, a something, to feel a part of.

For you to become, again, the inner peace that you really are, and always will be, you have to envisage yourself to be a Part of God. First, you have to keep a vision of God within your inner sight then to see yourself as a part of that Vision.

Once you have that vision or feeling, and once you can envisage the part of God that you really are through your inner sight, then you will know, once again, Inner Peace.

Inner Peace is Who You Really Are. To find Inner Peace, you simply have to become Who You Really Are, the Part of God that you are.

God is Love; God is Peace. You are Love; you are Peace.

Welcome home into the loving arms of God.

Welcome home, My child; where have you been? What did you become? Were you happy when you were that, where you were?

Did you remember that you are love always and all ways?

Did you remember that you are Inner Peace always and all ways?

6. Love and Sex

You are Love. Your partner is Love. When you both acknowledge that you are in love with each other that the parts of God you both are have found each other, then you will know unconditional love for each other.

In this unconditional love, you will both selflessly give all to the other without wanting anything in return. You will both want to give everything and not want to get anything in exchange. There will be two people who have experienced the unconditional love of themselves individually, now wanting and willing to share that unconditional self-love with each other. You will both be independent in your individual self-love and interdependent in your mutual love for each other and not be dependent on this love.

Only then will you really be in love. This love of giving and not wanting to get anything in exchange, to simply be Love, Who You Really Are, to each other like ever-flowing fountains of blissful love.

No Ego, no Fear, simply being Pure Love, simply being totally comfortable in being Love together. The synergy of this unconditional love for yourselves and each other makes God smile as you fully develop the parts of God that you both are.

Now when your love-controlled minds allow your love controlled bodies to join together physically in a God-given beautiful sexual act, you will truly know the meaning of making love while being Love. This is when you know that God is Love; this is when you will also experience inner love, know peace, and know sexual gratification. Sexual love is not measured by performance rankings but by knowing that you are Love, being Love, making love, giving love without wanting anything in exchange, by expressing love physically with the one you love in sacredness eternally.

This sacred love finds Inner Peace.

7. Loveless sex

Sex is not love. Loveless sex is bodies joining. You are not your body; you are Spirit. Loveless sex is simply empty shells of bodies experiencing temporary, momentary, nerve ending sensations.

Loveless sex is devoid of any real feelings of meaning. It is meaningless. A momentary stimulatory experience takes something potentially magnificently God-like and love-like and flushes it down the toilet like waste products. Loveless sex changes you every time. This damage compounds on itself every time. Loveless sex is the Ego's desire for power. The Egos desire to express itself through control and manipulation.

Ego convinces you that you do not need to have Love to have sex. Sex is the ultimate high. What do you need Love for? Sex is all you need. So go and enjoy sex. Love is for fools.

Well, if you are not Love, then you are Fear. Therefore, Ego has you trapped in Fear and offers you loveless sex as a reward. Some reward!

Now that you have become Fear in loveless sex, you experience a lack of self-worth. Your self-esteem diminishes as you use others for sexual gratification or as you are used for sexual gratification. This taking of sex, rather than giving of Love, diminishes you, changes you, as your feeling of emptiness grows inside of you. The not knowing Love in this God-given ultimate act of lovemaking leaves you controlled by your Ego-driven need for power based on Fear of control and manipulation.

You are now driven by your Fears. Your increasing lack of self-worth now requires more and more loveless sex to generate a feeling of power, a poor substitute for feeling real Love.

Loveless sex diminishes you as it reinforces the Fear inside of you, as it reinforces your increasing feeling of lack of self-worth, as you feel increasingly damaged inside of you.

Ultimately all this diminishes your ability to feel real love Who You Really Are and makes you cynical about real Love, and Fear now has you in a vice grip.

You justify your loveless sex by diminishing sex, as it's only sex. It has no meaning for you, only a physical need to control and manipulate someone to get what you want physical gratification.

Where is the Love? Who needs Love? It is just sex!

Without Love, sex is animalistic. Without Love, sex diminishes you in its Fear-like grip. Without Love, you will not know Inner Peace.

Without Love, sex is damaging to you.

Only Love is real; all else is an illusion.

Without Love, you are only an illusion.

Loveless sex is an illusion.

If you know how beautiful the God-given sexual act is when you are being Love, making love by being real Love, then you will know that loveless sex is a damaging illusion. Loveless sex is taking sex, not making love.

You choose – Being Love and making love in Inner Peace – or – being Fear in taking loveless sex.

The Book of Animal Spirits

Background

Writing this book was an eye-opening experience for me. I was led to various research sources and applied my research, editing, and writing skills to understand what each of the 110 animals/birds/insects represented. Since then, when an animal/bird/insect appears in my life, or on the screens I use daily, with this awareness and meaning of animal spirits, they “speak” to me. I feel like they have a message for me or someone close to me.

Albert Einstein stated that *there are no coincidences in God’s world*. I have seen how synchronicity works in my life and have often written about in my books. While I am writing about a topic, suddenly, something or someone appears directly related to what I am writing about. It’s all about vibrational energy and the *Law of Attraction* where Like is attracted to Like.

We all know that certain animals have much more heightened vibrational energy than humans. The bat’s ability to navigate in the dark, a dog’s hearing and sense of smell, a snake feeling vibrations on the earth. At the time of looming natural disasters, invariably, the animals sense the oncoming disaster and move to safer ground before the disaster eventuating.

Humans’ role in their treatment of animals, domesticated or in the wild, is not a great record of achievement, to say the least. Lack of awareness and lack of respect for Animals’ Spirit is probably to blame. Hopefully, this book assists in creating this awareness and respect for animals and their Spirit.

I trust that you can find one or more animals/birds/insects that “speak” to you from the explanations below. Finding one or more Animal Spirits that align with who you are may assist you in having a greater understanding of yourself. Sometimes it is the least attractive member of the animal kingdom, like an ant, rat, snake, or wasp, whose Spirit most aligns with us. We might want to be a lion as it satisfies our ego’s desire, but at soul level, a spider maybe who we are most aligned to?

Introduction

Below is the introduction from the Guides:

We are honored that you have joined Us in this present moment of now to explore and comprehend a very basic truth – “We are all One.”

Spirit, God, or whatever name resonates with you describes The One We are all part of.

The One has many faces. The One has a human face, an animal face, a bird’s face, an insect’s face, a flower’s face, a tree’s face, a plant’s face, and so on.

The One is often described as Nature. Nature is an acceptable name for now.

We Are All Part of Nature

All of you, on the earth's plane, are part of Nature. The air you breathe goes to trees, plants, and flowers and is returned to you from that part of Nature. The mosquito that bites your arm to suck your blood becomes a part of you, and you become a part of it. The vegetables, plants, insects, birds, fish, animals that you eat become a part of you. Your waste products become fertilizer to make vegetables, plants, livestock feed, and so on grow, so the very things you eat can feed upon them, and so the recycling of Nature goes on and on.

You are part human, part animal, part bird, part fish, part insect, part tree, part flower, part plant, part vegetable, part fruit, part grass, part of The One, which We call Nature, for now.

If you consider that you need honor and respect for yourself from yourself, and from others, then are you equally prepared to give honor and respect to yourself, others in human form, and, most importantly, others representing Nature, in all its forms?

If you truly honor and respect Nature in all its forms, then giving awareness and consciousness to all of Nature is a good starting point for this journey.

Honoring and respecting Nature consciously in awareness means thanking and blessing the parts of Nature as they assist you in your existence, moment by moment.

You and Nature Combine

When you go to sleep on a pillow filled with feathers, and you awake to drink tea, coffee, orange juice, have a piece of toast with honey or jam, perhaps have an egg, grab your leather coat as you rush out the door, climb into your steel, leather, plastic, iron, composite, motorcar, using petro-chemical fuel dug out of the earth and go to school, work, play, you and Nature are combining and intertwining.

Perhaps it's time to acknowledge with honor and respect that which you interact with, moment by moment, that which comes from Nature, from The One, of which you are a Part.

So now, you have a greater understanding and comprehension of the fact that you are Part of The One, Nature, as We have chosen to name It, for now.

So too are you, brothers and sisters, to the animals, birds, fish, insects, flowers, trees, mammals, and so on.

However, unlike you, these animals, to use an all-embracing term, have remained part of the natural rhythm of Nature, its birth, growth, survival, and death. This Nature is natural, not artificial, as most humans have become. The animals speak to you as the Nature/natural part of you. If you lived in a totally natural state, in say, the jungles of the Amazon forest, then you would not live artificially, but you would be "back to nature."

You would then know that your very co-existence, survival, and growth in this jungle would be totally dependent on your adaptability to Nature's rhythm. When animals, birds, fish, insects, plants, trees, vegetables "spoke" to you, you would know and understand their "message," aware that making it through the jungle at that moment is wholly dependent on their "messages" to you and your interpretations of these messages.

Listen to the Messages Sent by Nature

The “messages” from Nature are also applicable in your artificial existence as a human. However, it is difficult for Nature to get through to you in your concrete, glass, steel, wooden cages you live in now. Human created barriers invariably block nature’s natural rhythm. When Nature does manage to get through to you, It is pasteurized, homogenized, insectecided, etc., out of existence. However, Nature is persistent and never stops its natural flow of rhythms to get its messages to you.

As a human being, your balance in Nature needs restoring. You need to feel the part of Nature you really are. You are always encouraged to go for a walk, a bicycle ride, a jog, play golf, bowls, outdoor sports, and hobbies, climb a mountain, ford a stream, and follow every rainbow until you find your dream! Do whatever you want or need to do but, please do it in Nature and with nature. Restore your natural balance with Nature. Return to your roots, literally and figuratively.

You are a part of Nature.

Nature sends you messages, sometimes, from animals, birds, fish, insects, mammals, etc.

These messages can be interpreted as encouragement, understanding, reminders, and occasionally “strong, swift kicks in the posterior” to get you moving in a certain direction in your life’s journey.

When these animals, birds, fish, insects, mammals, etc., come into your life, it is important to explore, understand and comprehend the meaning it has for you – and for you to decide on a plan of action to take to grow and evolve spiritually.

We have worked with numerous Souls on the earth’s plane who have developed special skills in determining the interpretations of these “animals” and the language and messages they portray. We have instructed the “Channel” to utilize resources available to assist in interpreting these “animal tongues” as well as giving the “Channel” a greater understanding of the interpretations of these “messages” from the animal, bird, fish, insect, mammal, etc. as they relate to human beings.

A word of caution, do not judge these animals on the messages they bring simply because an animal does not seem “great.” Do not prefer one that makes you feel good. Each animal is unique and has a unique message for you. If this animal has come into your space, then do not judge it, but accept it, surrender to it and take the message it has brought to you to heart.

We trust that these “messages” will bring you closer to Nature, your natural state, and enable you to interpret these messages for your healing, growth, and further enlightenment.

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I have used three examples to give you a glimpse of this book:

2. Ant

Architects and Builders, Community-Minded, Discipline and Order, Focussed, Hard-Working, Honour and Respect, Patience, Persistence, No Ego, Unconditional Love

Architects and Builders: *Ants design and build their own creations, turning them into realities.*

Community-Minded: *Through self-sacrifice and true service to the community, each ant will do its assigned role to ensure the survival, health, and growth of the whole colony or community.*

Discipline and Order: *Knowing your place in your assigned role with discipline and order working for the community's greater good.*

Focussed: *Ants focus on the task at hand.*

Hard-Working: *The ant is very industrious and hard-working, creating success through effort.*

Honour and Respect: *Although there is a caste system in place within the colony or community, each ant, selflessly, will persevere with patience harmoniously to do its assigned role honouring and respecting itself and all of the other ants for the benefit of the colony/community.*

Patience: *Ants will show infinite patience in waiting for their hard work to create their dream, their reality that they have created.*

Persistence: *Ants will continually persist in the drudgery of repetitive workloads until success is achieved.*

No Ego: *Each ant within the caste system operates without ego, aligning itself, with honour and respect for itself and all ants, with the integrity of one for all and all for one the virtue of equality.*

Unconditional Love: *By operating without ego and for the benefit of all, the ant shows unconditional love, honour, and respect for all, including itself. The lowly ant deserves the highest praise. To emulate the ant is to ensure success in your life.*

19. Cats

Domesticated, Magic, Mystery, Healing, Protectors, Teachers, Personalities

Domesticated: *A cat is not really comfortable being domesticated; it prefers to be wild. Its attitude towards being domesticated is to remain aloof, go its own way, put up with its imprisonment but show its owner/captor who is the real boss by its attitude. Those cats who accept domesticity live a regal life, not producing anything or contributing to the household, other than love if it so decides to in its independence.*

Magic/Mystery: *Due to superior eyesight, a cat is at home in the dark. The dark generally frightens humans, so the cat is attributable to magical and mysterious powers.*

Healing: Cats energy field rotates clockwise, which is the opposite of the human energy field. Cats can absorb the negative energy of humans and so neutralize it, healing humans in the process.

Protectors: With their excellent night vision, sensitive hearing, and high intelligence levels, cats have proven to have extrasensory perception (ESP) and are early warning protectors and defenders of their rights.

Teachers: Cats can teach many things. How to relax, how to be independent, how to give and receive love, how to develop stronger spiritual awareness, improve meditation, and so on.

Personalities: Cats, if satisfied to be domesticated, can take on personalities attributable to humans.

93. Shark

Emotions, Confidence, Initiative, Protection, Sensitivity

Emotions: Sharks do not have swim bladders and are in perpetual motion in water to avoid sinking to the ocean floor. Water is associated with emotional transformation, and the shark tackles emotional issues head-on.

Confidence: The Shark has confidence that comes from being feared by most water-based inhabitants. Those with Shark energy will use power, influence, and confidence to drive away unwanted people or issues, especially negative ones.

Initiative: Sharks operate at a primal instinctive level. Those with this energy are likely to go forward and attack, instinctively knowing that they can usually handle the fallout if there is one.

Protection: The Shark exhibits the power of a fearless predator and is unpredictable, making it all the more unstable and dangerous. This attacking nature makes it a powerful symbol for self-protection via attack.

Sensitivity: The Shark's nose is very sensitive, especially to blood in the water. Sharks can feel movement in the water caused by struggling fish and are sensitive to electromagnetic currents. Those with Shark energy will have an acute sense of smell.

The Book of the Religion of Love

Background

Many of us are born into a religion that our parent or parents' practice. Certain people consciously choose to move from one religion to another through matters of the heart, such as marriage, or soul, such as finding more meaning in another religion to the one you inherited through birth.

A few of us move from formal religion to spirituality, where we find our own path to find and know God within us. In these instances, we prefer to follow the Message rather than the Messenger. We prefer to develop a personal relationship with our Creator unfettered by rules, regulations, do's and don'ts, traditions, rituals, and even superstitions.

Some people choose their own path to find and develop a personal relationship with the Divine within them. They may see organised religion as too restrictive and a form of crowd control.

As a pioneer in life, a creative person seeking expanding horizons, and a non-conformist, I am ideally suited to move from organised religion to finding a Religion based on Love and Light, without the trappings of traditions, rituals, dogma, and superstition. I have never been a "joiner" in my life, preferring to march to the beat of a different drummer. I have a select number of close friends and family with whom I communicate and visit, where possible. I prefer being with these people and alone with my Spiritual Friends than having to do something I don't want to please a joiner community. During the current lockdown, due to COVID -19, I choose to use emails andWhatsapps daily to communicate verbally and in writing with around seventy- five friends and family worldwide. I am not judging others who prefer to be part of a joiner community. There is no right or wrong here, merely the choices we make. Eventually, our choices make us who we are.

Perhaps, you also prefer finding your own path to the Divine within you. If so, you may enjoy and benefit from *The Book of the Religion of Love*.

Introduction

From the introduction of this book by the Guides:

There are 43 recognizable religions with some 20 sizeable religions in the physical plane you know as earth. Each religion is a pillar of strength to its adherents.

Spirituality is not a religion; it is knowledge of awareness of Oneness. Spirituality is the bridge, and the various religions are the pillars holding up this bridge.

The bridge of Spirituality is eternally anchored and does not require the pillars of religion in order to exist. However, the pillars of religion require Spirituality to exist so that they may exist.

What is Spirituality? It is the awareness, the consciousness that there is One Supreme Being, One Light, Oneness – which some people call God. The bible, used by over 2 billion people, has over 70 names used to describe this Oneness, this Source of Creation.

It is the connectivity of and to that Oneness. It is the knowledge of Awareness when the person in the physical feels that connectivity to being part of Oneness – part of God.

Feelings are the language of your Soul.

Your Soul comes from Oneness, from God.

When your Soul feels this connectivity to its Oneness, you experience Love, and when more fully developed, Unconditional Love.

This Love, this feeling of Love, enables you to experience Who You Really Are – at Soul level – part of Oneness, part of God.

When you feel this Love as Unconditional Love, then you know God's Love.

Then you know God is Love.

Then you know Love is all there is.

Then you know God is all there is.

Then you know We/we are all part of Oneness, part of God.

Religion is not Spirituality. Religion is exclusive; Spirituality is inclusive.

Religion is based on a specific set of beliefs, rituals, and practices, usually within an organized group or structure.

Spirituality has one knowledge, that of Awareness/Consciousness of Oneness. It has no set of beliefs, no rituals, and no defined practices and exists without any organized group or structure.

If Spirituality had to have a belief, it would be "God is Love."

If it needed a religion to make it more acceptable to earth's 7 billion people, it could be called "The Religion of Love."

We start the Book of The Religion of Love with a greater understanding of what Love is. More chapters will be added by Us, via the Channel, at the appropriate time.

We wish you Namaste – May the God within us greet the God within you and so recognize and remember Our/Your Oneness together.

Contents

Ctrl + click on the topic heading to read it on guidespeak.com

[1. WHERE DOES LOVE COME FROM?](#)

[2. LOVE IS ALL THERE IS](#)

[3. DO YOU WANT TO KNOW CONTINUAL, UNCONDITIONAL LOVE?](#)

[4. DO YOU BELIEVE YOU ARE A PART OF GOD?](#)

[5. ENJOY THE MOMENT IN LOVE](#)

[6. AREN'T YOU GLAD YOU ARE AN ORANGE?](#)

[7. WHAT HAPPENED TO THAT LOVE INSIDE OF ME?](#)

[8. WHY YOU HAVE FEAR](#)

[9. HOW TO TURN HATE FOR SOMEONE INTO LOVE](#)

- [10. WHO ARE YOU? YOU ARE LOVE!](#)
- [11. TRUST GOD NOW](#)
- [12. 22 STEPS TO FIND YOUR INNER SECURITY](#)
- [13. THE MEANING OF YOUR LIFE](#)
- [14. 30 KEYS TO FORGIVENESS](#)

Here is an example from this book

12. 22 Steps to Find Your Inner Security

What is your Inner Security? For most people on the earth plane their security comes from a number of sources, e.g., from their job, their source of income, the stability and assuredness of that income; their marriage or other meaningful relationship; their health; their physical safety; the Love or friendship they receive from partners, children, family, friends; their happiness at work, at home or in their social lives; their material possessions such as their homes, car, furniture, etc.

These sources of security mainly come from people and things outside of themselves – external reference points. Their level of security of themselves hinges on external factors such as having a job, having someone to Love them, being accepted socially, living in a nice house, and driving a nice car, as examples of outside reference points.

In essence, they allow the judgments of others to determine how secure they feel about themselves.

When you rely on the fickleness of other people's opinions, you cannot obtain lasting security in the shifting sands of public opinion.

Regrettably, petty jealousies, greed, people's insecurities, and fears, as well as their desire to bring other people down to their level of "scarcity mentality," generally point to a possible imbalance of security one feels when you are subject to other people's insecurities being foisted onto you.

The only security worth having is well-founded Inner Security. The Inner Security you are currently experiencing right now is your only real reference point of how you feel about yourself – when no one is watching you!

Your Inner Security, your inner compass determining What You Are, is what you should hold dearly.

Your Inner Security should be based on What You Are, not what you do. You are Part of God, God is Love, and you are Love.

You are not your physical body; that is an illusion. You are a Soul!

That Soul is Part of God. That Soul is Pure Love.

The Inner Security that you feel inside you will be substantially enhanced if your reference point is not your external reference points, but your knowledge and acceptance that you are a Part of God.

The steps you need to take to develop this Inner Security are:

- *Step 1 – Acknowledge that you are Part of God.*

- *Step 2 – Accept that the only place you will find that Part of God that you are is in the Now.*
- *Step 3 – When you are in the Now, you accept the fact that God will give you what you need (not want) in every present moment of Now – for the highest growth opportunity for your Soul to grow towards God.*
- *Step 4 – Accept that God's timing for you is always perfect.*
- *Step 5 – Accept that what God is presenting to you right now is a Gift (that's why it is called a Gift because it is in the Present moment of Now!)*
- *Step 6 – Do not judge this Gift from God as good, bad, or indifferent. Ultimately, everything happens for the best – it may take a long time to see that – but then, if you could see the Bigger Picture, you would better understand it.*
- *Step 7 – Accept that this Gift from God requires you to search for the opportunity it presents for your Soul's highest growth in this moment of Now.*
- *Step 8 – Welcome the insecurity and uncertainty that opens up for you because that's where growth opportunities will be found.*
- *Step 9 – People usually cry out, "Help me God!" when confronted with Gifts from God – opportunities to grow – which initially appear difficult or traumatic to experience.*
- *Step 10 – A better approach would be, "Thank you, God, for the challenge being presented to me right now so I can discover the opportunity for the growth of my Soul."*
- *Step 11 – By accepting and surrendering to God's will for you now, you learn to Trust God Now to give you what you need when you need it.*
- *Step 12 – By adopting an Attitude of Gratitude, you accept that what is being presented to you like a challenge is, in essence, an opportunity to grow spiritually. You are grateful for this challenge, this opportunity to grow.*
- *Step 13 – Regrettably, when people do not accept this Gift from God to grow spiritually, they are reneging on their Soul Contract. This Gift re-appears time and again, in different guises, until it is finally grasped, unwrapped, dealt with, and growth eventually occurs. God has infinite patience – eternity is forever!*
- *Step 14 – In dealing with the issue at hand that the Gift from God brings to you, you need to bring a focus into play in dealing with what is in front of you now to deal with.*
- *Step 15 – Imagine yourself as the tip of an arrow. You take your energy, without any distractions or dilution of that energy, and you focus it, like the tip of an arrow flying through the air.*
- *Step 16 – By focusing your energy in the Now, you allow your Intuition to open up, enabling your connection to your Guides, your Angels, your Higher Self, your Soul as a Part of God, as well as God, to guide you in solving this issue.*
- *Step 17 – By stating, "Thank you, God, for helping me in this present moment of Now," you allow Universal Wisdom to assist you.*
- *Step 18 – Now you learn to "Be still and know that I am God" as you repeat this to yourself.*
- *Step 19 – God's Gift for you contains a MIRACLE (May I Recognize A Conscious Light Evolving). This miracle is not the proverbial pot of gold at the end of the rainbow. This miracle is recognizing that the Conscious Light evolving is the Part of God inside*

of you, your Soul, making its Presence felt. Feelings are the language of the Soul. The Soul is Pure Love. This miracle you will experience is feeling your Soul, feeling Pure Love, feeling the Part of God inside of you, feeling God's presence in your life. What greater miracle can there be?

- *Step 20 – Now, in God's timing, the answers will come to you to resolve this issue? The parts of the answer will unfold over time as you learn to adjust to trusting the process to unfold as it should. Once you have learnt to TRUST (To Release Unto Spirit Totally) and (To Rely Upon Spirit Totally), then the opportunity resulting from the issue or challenge will be developed, and your spiritual growth will follow.*
- *Step 21 – By learning to Trust God Now, you learn to Trust the Process to unfold as it should, to Stay in the Now and to Be Love.*
- *Step 22 – This is best done by thinking, saying, and doing “What Would Love Do Now?” and acting accordingly.*

Expect a miracle; it is in the making right now, as you accept God's Gifts for you as they unfold in every present moment of Now.

To find your Inner Security, you need to become the Part of God you really are; then, you will know Love, bliss, effortlessness, and a life of abundance with no need for outside reference points for your Inner Security.

“Thank you, God, for the opportunity being presented to me right now.”

“Thank you, God, for holding me in the Palm of Your Hand – eternally.”

personalempowerment.co

personalempowerment.co comprises 23 free books, of which 20 are spiritually based books included in this book- *A Treasury of Spiritual Knowledge and Wisdom*.

These books are:

Spiritual

How to Live in the Now

Being Loved Unconditionally

Spiritual Fireside Chats

A Spiritual Meander- finding spiritual solutions to life's challenges

Spiritual Love

Spiritual Laughter

Wisdom in a Nutshell

Unfolding Your Child- a spiritual approach to parenting

Ego = Failure - learning to become more egoless and humble

Managing Your Stress Effectively

Achieving Your Goals and Dreams

Becoming Blissful

Listening- The Relationship Builder

GAIN- God And I Now

The Purpose and Meaning of your Life in terms of your Soul Contracts

Finding and Knowing God Within You

Reducing your Worry and Anxiety

Understanding and Elevating Your Vibrational Energy

The Pathless Path to Oneness

Nothing matters, except Love and Light

A Treasury of Spiritual Knowledge and Wisdom

Business

How to Survive and Thrive as an Entrepreneur

How to be a Great Negotiator

What's on personalempowerment.co

There are 20 books on the personalempowerment.co website that could be termed spiritually based books suitable for highlighting in *A Treasury of Spiritual Knowledge and Wisdom*. I have experiential knowledge that my Unseen Friends in Spirit have guided me in writing these books.

There are also two business books- *How to Survive and Thrive as an Entrepreneur*, using my over 40 years' experience as an entrepreneur, and *How to be a Great Negotiator*, using my local and global experience over four decades of, *among other things*, negotiating for a living. I wrote these books for my sons and anyone else who wants to read and study them.

Additionally, for my close family and friends, I have produced *5000 Years of Wisdom*, a near 1000-page compilation of some 13 500 quotations, carefully selected from over 750 000 quotations I have collected and collated over four decades. These 13 500 quotations from arguably the finest minds to have walked the earth over the past 5000 years are under some 960 topic headings and ranked chronologically to reflect the changing, if any, of society's *mores* about each topic. This book is now out of print, and as yet, has not been placed on-line on personalempowerment.co.

Wisdom in a Nutshell provides an inkling of *5000 Years of Wisdom*

Background to the website

In late 2009, as a divorced parent, I began working from home to be available for my sons while they were at university and school.

Having always worked in an office since becoming self-employed in 1976, and as my business grew, managing staff, it was a transition to be sitting alone with time on my hands. I began my spiritual writing again and was guided to register the name personalempowerment as I was "told" by my Guides that using the term spirit or spiritual may put people off. The only name I could get was personalempowerment.co.

My Guides said that the guidepeak.com information was the basis of understanding about the Spirit world and its interactions with the earth plane of existence, but it was now time to write more "how-to" books putting this knowledge and wisdom into practical use.

I had to learn and do so while researching and writing books with the ongoing guidance, which the Guides said would be more automatic than before.

The first free book was something I always wanted to know how to do, and that was living in the now. The other 19 free spiritual books to date flowed after that.

This book, *A Treasury of Spiritual Knowledge and Wisdom*, is a synopsis of these 20 spiritually based books. This book aims to give people an indication of each book, enabling

them to select one or more free books to download, thereby, hopefully, improving and enhancing their lives. In essence, to personally empower themselves with this knowledge and wisdom.

Except for some five books written during the quarantined lockdown period due to COVID-19 since early 2020, the other fifteen books were mainly written at night and over weekends. I chose to spend my non-working time with my sons, close family, and friends, and with my Unseen Spiritual Friends in Spirit, from whom I feel so enriched.

How to Live in the Now

Achieve awareness, inner growth, peace in your life

Background

The first edition of this book, *How to Live in the Now*, was initially written in 2009/10 and remains as current now as it was then. It is subtitled *Achieve, Awareness, Growth, Inner Peace in your life*. The current edition was produced in 2013 using selected colour pictures.

I also produced and published 200 print copies of this current edition, which comprises 437 pages that I gave to selected family and friends. A few of these people tell me that they read the book daily and have continued doing so for many years. One said it is his 'bible,' and another friend in London says she has breakfast with me every day, as she reads a page a day while eating her breakfast. Most people comment on the back cover "blurb" and say it is their Friend.

Here is the back cover "blurb."

This is not a book; it's a Friend

Your new friend will take you on a journey of discovery of what the Now really is, how to access it, the Omnipotence ever-present in the Now, the Being found in stillness, the breath of your life, and understanding awareness beyond thought.

It will show you the importance of flowing and giving, of achieving balance, harmony, and inner guidance. It will explain your feelings and negate your 'fearlings.' It will teach you acceptance and surrender and that vulnerability is your greatest strength.

It will enable you to find happiness and Love. It will help you create an accurate perspective and develop a perception of the meaning and purpose of your life. It will show you the importance and consistency of change and how to embrace it willingly. It will provide long-lasting solutions for you and not just the answers you think you need now.

It will show you how to enter the Now and remain ever-present in the Now. It will make you powerful when you understand exactly what power is, where it comes from, and how to enhance it further.

You will turn to your new Friend for your needs, whatever they may be-in any moment of Now. Like your trusted best Friend, it will always be there for you.

In its pages, you will find understanding, kindness, compassion, and Unconditional Love for You. It will guide you through dark nights, ensuring your safety into the passage of the light of the day.

It will uplift you in times of sorrow and embrace you in times of happiness. Like your best Friend, it will touch your soul as its radiance, knowledge, and wisdom ennoble you to become who You truly are.

I managed to get this free book onto Amazon.com at the insistence of certain influential people who believed it deserved a wider audience.

Here is the link to the book if you would prefer to read it on your e-book reader. (Ctrl +click.)

<https://www.amazon.com/How-Live-Now-Awareness-Empowerment-ebook/dp/B00RSUURP8#customerReviews>

When finding this link, I discovered that there are 52 Reviews, of which 30 are 5 Star Reviews, and 12 are 4 Star reviews. Here is a link to the reviews: (Ctrl +click)

<https://www.amazon.com/How-Live-Now-Awareness-Empowerment-ebook/dp/B00RSUURP8#customerReviews>

It is not possible to summarise this book of some 437 pages and do justice to it in a few pages. I have decided to give you the Chapter Headings and the subheadings. Each subheading has specific topics under it, and the detailed Contents runs to eight pages, so here is a summary of the contents. Additionally, there are two topics below to give you an insight into the book.

Chapter

1. The Now - The Now is not a time- it's a space!
 - What is the Now?
 - Why is it preferable to be in the Now?
 - The concept of a Higher Power
2. Access
 - Accessing the Now
 - How do You become you
- 3.Omnipotent- God's Space
 - Godlike
 - Gain
 - Oneness
 - Trust
 - Truth
4. Being
 - Presence
 - Silence and Stillness
 - Doing and Being
 - Listen
 - Age
5. Breathing
 - Breath
 - Gap

- Mindfulness
- Mind
- Healing
- 6. Awareness – Becoming aware
 - Consciousness
 - Watching
 - Sensory
 - Focus
 - Attention
- 7. Flow
 - Flowing
 - Simplify
- 8. Giving
 - Give
 - Gratitude
 - Miracle
- 9. Harmony
 - Balance
 - Vibrations
 - Peace
- 10. Inner Guidance- Inner Peace
- 11. Feelings
 - Emotional Feelings
- 12. Choice
 - Right to choose
 - Intention
 - Purpose
 - Response
- 13. Acceptance
 - Learning acceptance
 - Surrender
 - Vulnerability
- 14. Happiness
 - Attaining Happiness
 - Joy
 - Enjoyment
 - Smile
 - Passion
- 15. Love
 - Understanding Love
 - Relationships
 - Self
 - Family
 - Life
- 16. Fear
 - No fear Now
 - Past
 - Future
 - Anger
 - Anxiety

- Detachment
- 17. Perception - Everything is Perception
- Non -Judgement
- 18. Change - Change is the only Constant
- Understanding
- Patience
- Compassion
- Forgiveness
- Belief
- 19. Solutions - Creating Solutions
- 20. Now - The Present Moment of Now
- This Moment
- 21. Time - Understanding Time
- 22. Power - The Only Power
- 23. A Few More Ways into the Now- This Important Moment
- Animals
- Caution
- Prayer
- Problems
- Stretch
- Tears
- Transparency

For those people intent on learning *How to Live in the Now*, this book has hundreds of examples that should provide one or more ways for you to access the Now and to know joy and bliss in your life.

Here are two topics randomly selected from Chapter 3- Omnipotent- to give you an idea of what you will find in this book:

Three steps to Heaven

How do you enter God's Space, which can only be found in the Now?

To begin with, you must take a long-term view. A very long-term view. Actually, if the truth is told, eternity.

You have to see yourself not just as a person, a human being, but as a human being who is an eternal Soul, an eternal being who is living in eternity Now, as a Part of God.

So, now you know who You really are, at Soul level. How do you get the human body and mind that you are in this life into God's Space, without passing from this life into the next? How do you become your Soul Now?

Only by living in the Now.

How do you enter and live in the Now?

There are three simple steps:

- ▶ ▶ *Non-resistance to what is Now.*
- ▶ ▶ *Non-judgment of what is Now.*
- ▶ ▶ *Non-attachment to what is Now.*

But how do I develop these skills?

Non-resistance is hard. Learn to become nonresistant by practicing acceptance and surrender. Whatever happens, simply say, "OK." Then release your resistance to it and be OK, and see what happens next.

Non-judgment is hard. Learn to be non-judgmental by practicing acceptance and surrender. Whatever happens, simply say, "Perhaps," and release your judgment of it. Then see what happens next.

Non-attachment is hard. Learn to become non-attached by practicing acceptance and surrender. If you see yourself as eternal, then everything is impermanent in the physical world. So, whatever happens, simply say, "This is not permanent," and release your attachment to it. Then let it go, and see what happens next.

If you practice these three skills over time, you and what happens will gradually integrate and become One. Your Ego cannot see the "bigger picture": how everything is happening perfectly. Now in the entire Universe. It only has its limited view as a reference point. And from that point of view, resistance, judgment, and attachment are inevitable. "OK," "Perhaps," and "This is not permanent" allow you to release the resistance, judgment, and attachment hooks to remain in the Now.

These could be your three steps to God's Space, which is the eternal dimension of this present moment of Now.

It's Now or Never

Elvis Presley sang "It's Now or Never" and made it a hit. No wonder they called him the King!

There is never a reality that is not Now. So, in reality, it's never not Now. Everything can only happen Now. If it's already happened, it's in the past and, if it's going to happen, it's in the future; but when it does happen, it's in the Now.

While you as a body are here. Now, your mind might go back to your past or forward to a possible future, but both are illusory; only the Now is real. Anything and everything can only occur Now. The Now is the eternal, ever-changing moment.

When you watch a movie, each frame is illuminated one at a time from a fixed point on the movie projector, and that fixed point of illumination is Now. If the projector froze on one

frame and that frame stayed on the screen, that moment of Now would be captured and shown as one picture until the movie projector was repaired and the other frames rolled past the fixed point of illumination. If the movie projector was never repaired, then the movie was probably From Here to Eternity. (Just kidding!)

But here and Now is from here to eternity—all in the frame of Now, continually, eternally. The eternal is Now. God is only in the here and Now, in God's Space. When You are in the Now, you are with God, in God's Space. The only way you can be in the Now with God is to be Godlike by being Love because God is Love. To experience the Now, you must be Love, be loving, and a Being of Love. It's Now or Never—be Love forever (sorry, Elvis!).

Being Loved Unconditionally

This book was written in 2011

This second book, *Being Loved Unconditionally- Finding unconditional love within your Being*, has its basis in my personal journey.

The Preface of the book explains its purpose and meaning:

This is a book from a survivor of the dissolution of a long-term relationship.

The understanding, awareness, and application written about in these pages are some of the steps I took on my journey from the emotional “dark side” to the discovery of being loved unconditionally.

Although I have been to an emotional Hell and back, now that I have found unconditional love within my Being, I consider the dissolution and resulting journey the best thing that ever happened to me.

The reason I have opened up and been vulnerable to you, the Reader, is to assure you that it is possible to survive an emotional relationship dissolution and thrive after that, providing you become unconditionally loving to yourself and then to all those in your orbit.

This book is dedicated to all those who read these words and apply this approach to being Love unconditionally

I wish you inner peace.

I wrote this book some five years after the painful divorce I went through. My journey was moving from an ego-based fearful person towards a soul-based Love person. About five years later, around 2016, my ex-father-in-law died in a motor accident, and I stepped back into my ex-wife's life. Today we are the best of friends.

In all honesty, I can say that finding the unconditional Love within me was the turning point in moving from an ego-based person towards a soul-based person.

I hope this book can help you in the way my life evolved, some of which are recorded in this book in anecdotal form.

The book is written in a handwritten journal format with little notations alongside to emulate a personal journey of self-discovery.

I am reproducing the Contents page below to give you an idea of the topics being covered:

Contents

Is it possible to give and receive unconditional love?
Why unconditional love is needed here and now?
Would you like to be loved unconditionally?
The basic premise
Cleansing yourself first
Learning to love yourself
Becoming available to fall and rise in love
Learning how to stop being unloving
The voice of your parents
On being alone
The wonder of aloneness
From alone to All One
Self-centredness
From self-centeredness to sharing
Invest in yourself
Only a thought away
Start >>> with kindness
Listening unconditionally
First, seek to understand
Self-acceptance first
Accepting what is happening now
Gratitude is thankful acceptance
Patience is a virtue allowing unconditional love to blossom
Do unto others in unconditional love
True compassion
Total forgiveness enables unconditional love to manifest in you
Awareness of this present moment
The power of choice
On being vulnerable
A state of surrender
Strength is weakness, and weakness is strength
The infallibility of unconditional love
True joy measures your unconditional love
Peace begins with acceptance of what is now
Faith as a cornerstone of unconditional love
I will survive
Is your inner switch on?
You should only have one expectation
Loss and gain

True love is another name for unconditional love
Looking for meaning in your life
Shortcut to unconditional love
Personal development of unconditional love- summary
The mirror of relationships
Why do relationships go bad?
Is it love, or is it need?
There is no attachment in true love
The earning of loyalty, trust, freedom, and dignity
Resolving the causes of conflict in a relationship
Not compromising to find a mutually acceptable solution
Another approach to conflict resolution
Learning to respond, not simply to react
Learning from break-up situation
Moving from revenge to healing yourself
Creating fertile ground for a meaningful relationship
Freedom and unconditional love
Freedom eclipses relationship love
Freedom is free will
Freedom expansion and joy
Freedom and independence
Self-love
First a true friendship and then a relationship
Imagine remaining in love
The tension of opposites
Knowing real intimacy
Crossing man-made boundaries
Allowing love to unfold another into Being
The merging of your inner bodies
A picture of contentment
The need for personal space
The intimacy of silence
No holding back
The action switch has an on-button
Get involved
A few refresher points
Bringing closure

Below are two example topics:

Total forgiveness enables unconditional love to manifest in you

It is impossible to have unconditional love while still harbouring a grievance for past wrongs.

By keeping the other person “alive” in your ego-blocking mind, you restrict unconditional love from coming through you.

If you choose not to forgive or not to forget, or even to forgive and not forget, you are choosing to imprison yourself in the past and to throw away the key to your freedom of receiving unconditional love.

The other party holds you within their power as you remain obsessed with the injustice done to you. Your choice to hold onto the memory of the injustice done to you enables you to remain a victim and to feed off the scraps of sympathy given to you.

Another choice is total forgiveness. This forgiveness is for-giving- you - the opportunity now to let go of your past and to experience life fully in the now.

The real key to forgiveness is amnesia! But self-induced corrective amnesia.

Total forgiveness is releasing any care or concern you may have, in any way whatsoever, about the outcome of any issue resulting from that which necessitated the need for forgiveness.

In this way, you have ego detachment from this issue, and you don't care what anyone says or thinks because you have no ego to be damaged here.

Total forgiveness occurs when you transcend your attachment to any result, you simply let go of any ego need, and you release it all now with love.

Goodbye, and good luck!!

Only with total forgiveness can you be available to access unconditional love.

First a true friendship then a relationship

Unconditional love is nearly utopian but being unconditionally loving is utopia. It's a great target to aim for, but only a handful will achieve it in reality. Of course, that does not mean that striving for it should not be done because it is difficult to attain.

In reality, your true friendships are based on the parties being unconditionally loving. In true friendship, you admire and respect differences between you as individuals. True friendships generally operate in some form of equality, certainly not based on being superior or inferior, or some form of master and servant relationship.

True friendships generally do not allow each other's egos to be overblown. Friendship is based on listening, understanding, empathy, being compassionate, forgiveness, forgetting past insults, no power struggle, respect, advice, and love.

In true friendships, because there are no ego power struggles, there are allowances for 'strange' behaviour when it occurs and a willingness to have convenient amnesia for past mistakes, slights, insults, arguments, and unpleasantness.

Friends are needed to share our lives with. We make an effort to remain good friends. Freedom is part of friendship. Friends know the magic phrase of vulnerability and surrender, "I am sorry; I made a mistake, please forgive me." Friends know how to respond to that apology without any form of an ego-based scoring system.

A relationship with your significant other should, at least, be a friendship first, and then you can strive by taking each step together towards a relationship based on unconditional love.

Current position- December 2020

I am updating this information above to illustrate how the current sexual permissiveness is structurally undermining love relationships. Similar sexual permissiveness occurred in the 1960s with the advent of the contraceptive Pill. "Free Love" was the term used in the late 1960s. The 1970s saw an unprecedented jump in the divorce rate.

I have watched how young people are currently jumping into bed together after a few dates, and the relationship is centred around available sex. The friendships that need to be developed are being short-circuited with the easy availability of sex between the parties. I have counselled numerous young people about their relationships. Certain guys agree with me and have tried to develop friendships first, but their female partners use sex to bind them to the relationships. When counselling young ladies, they have told me that the competition is fierce for eligible, suitable young men to marry, and they say that if they are not sexually available, then the guys will find someone available. You can probably see why I have introduced this update some eleven years later in the light of the topic above.

I have watched one young man courting a young lady, who lives in another city, through the COVID-19 Lockdown. They met briefly before the lockdown and subsequently had lengthy WhatsApp video chats daily for months developing their relationship and friendship. They reunited physically recently and have taken their relationship to great new heights as they have a solid foundation of true friendship as their base.

Spiritual Fireside Chats

This book was written in 2015.

I had several people, especially younger people, asking me what spiritualism was about and how they could learn about it. I wasn't aware of one source of information that could take them from the basic understanding through the process to become spiritually enlightened. I decided to write such a book and relied on my Unseen Friends to guide me through the process.

Initially, I designed this book to be three books, basic, intermediate, and serious knowledge and wisdom about spirituality. However, the people I led through the process wanted one reference book moving them from basic to profound knowledge, so *Spiritual Fireside Chats* was created.

The group involved in these chats considered it to be a course in spiritual development and growth. They often joked that it was their *Course in Miracles*, which, of course, was the famous book, supposedly a Channelling from Jesus, that has developed a huge global following.

There are 126 Spiritual Fireside Chats, and the topic headings below should indicate the evolving nature of these chats. The knowledge and wisdom were simple, to begin with, and built momentum from the foundational floor to a high-rise building of 126 floors. Occasionally we revisited certain topics once the knowledge base allowed and enabled us to look at the topic in greater depth.

Although this was the third book I had written, I foresaw it as the necessary foundation stone for fully grasping any other books I may write after that. Little did I know there were 17 more spiritual books to come! My TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally, in my Guides, my Guardian Angel, my Higher Self/Soul, and my Higher Power is absolute. I was given this knowledge and wisdom to impart to others as the perfect timing for what was still to come in the other 17 books. TRUST- To Rely Upon Spirit's Timing!

Below is the Contents page, which is quite voluminous.

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| 2 | You are Unconditional Love |
| 3 | Soul Contracts (1) |
| 4 | Spirituality |
| 5 | Religion vs. Spirituality |
| 6 | Spiritual Beings |

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| 7 | Energy, Light, and Vibrations |
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| 9 | “ What is” |
| 10 | Do Unto Others |
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| 20 | Vibrational Energy Frequencies |
| 21 | What is God? |
| 22 | Surrendering to God’s Will |
| 23 | Treat Others Well |
| 24 | Create or React |
| 25 | You are Part of God and Oneness |
| 26 | Experiencing |
| 27 | Create Your Reality |
| 28 | Everything happens for the Best in God’s Timing |
| 29 | Finding Peace and Completeness with Oneness |
| 30 | Miracles |
| 31 | Truth |
| 32 | Being Unconditionally Loving |
| 33 | Determine Your Attitude |
| 34 | Power |
| 35 | What would God/Love do Now? |
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| 122 | Divine Will |
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| 125 | Non- Judgement |
| 126 | We are All-Powerful |
| | Conclusion |

To indicate what is in this book, I am going to reproduce two chats of small duration:

Chat number 6- Spiritual Beings

Q *When we started our chat, you said we are Spiritual Beings having a Human Experience. What do you mean by Spiritual Beings? How can a Spiritual Being exist?*

A *All Spiritual Beings are, in fact, all anything is, which is Energy. This Energy moves by vibrations and Light. Those vibrations require a common frequency to be in harmony. So, a Spiritual Being is Energy, Light, Vibrations, and Frequency.*

Q *I am sorry I am finding it difficult to understand that. Can you give me an example?*

A *Sure. I want you to imagine an orchestra scheduled to play Beethoven's Fifth Symphony. Each orchestra member leaves their home with their chosen instrument and arrives an hour before the performance starts. Their instruments are taken out of their protective cases. At that moment, there is no musical sound except the sounds made in tuning and practicing. One by One, each musician starts warming up with their instruments, and there is an abundance of odd notes being played. Not a pleasant noise!*

The Conductor arrives, taps his baton on his music stand, and the orchestra gets ready to play. The baton moves and all the previously disjointed musicians suddenly start playing together, and beautiful music is heard.

The energy expended by each musician creates vibrations via their instruments, and with the same frequency of musical notes, a beautiful harmony is created and heard by all in the Concert Hall.

Q *Are you saying that each instrument is like a person? The vibrations are caused by the musicians' energy, and that the same frequency creates the harmony?*

A *Exactly. It's all Energy, Vibrations, Light, and Frequency.*

Chat no. 33- Determine Your Attitude

Q *So it comes down to making a choice to determine your attitude?*

A *It always comes down to making a choice to determine your attitude. Even by choosing not to make a choice, you are, in effect, making a choice not to determine your attitude.*

We are all-powerful way beyond our understanding. We all have the power to choose our attitude. Even those in prison can make a choice about their attitude to being incarcerated. They can choose to be the best person they can be and strive to be Godlike, or they can choose to become like a cornered rat in a cage, snarling and attacking everything that comes into their space. Or they can choose an attitude between these two extreme points.

Q *So I suppose it depends where you put the “C” in your life? (Chat no. -24 Create or React)*

A *Exactly. Now you are getting it- Create or reaCt.*

Q *You have said we are part of God, and if God is the Creator, are we not also the Creators?*

A *That is exactly the point. We are all so powerful beyond our understanding because when we remember that we are Part of God and God is All That Is, then we are also eternal, omnipotent, and capable of creating whatever we want in our lives. We are limitless, like God is limitless. Can you handle all that power?*

However, the acronym for POWER is Present Only When Ego Removed.

Q *Wow, that sounds like a life-changing acronym. Can we discuss that next?*

A Spiritual Meander

Finding Spiritual Solutions to Life's Challenges

Written in 2016

Introduction

Welcome to my latest book- A Spiritual Meander.

The other books I have written on PersonalEmpowerment.co and GuideSpeak.com have all had a focal point, usually found in the title.

This book has me going back to my roots as a Real Estate Economist, where I made my living identifying an event, or a trend, whether political or social or economic. I then investigate and forecast how that event or trend is likely to impact the various sectors of the real estate industry locally and globally and over what time frames.

This book is also based on research and forecasting but more on current events and trends and then on the spiritual solutions for you, the reader.

The term meander is used to describe a river that snakes its way eventually to the sea. I also meander from topic to topic, many times unrelated to other topics I have previously discussed.

I use my day to day experience in life as my yardstick as to what I write. Sometimes it's prompted by something I have read, meetings I have had, or conversations with family and friends. As my life meanders between my various businesses, my family life, social life, and spiritual pursuits, so the topics were researched and written.

Wherever possible, I have tried to keep each topic down to a page or two. However, there are a few topics that required a few more pages.

You can pick this book up anywhere, turn to a topic that catches your eye, and, hopefully, identifies something that will give you a reason to think about and maybe even a spiritual solution to, perhaps, your issue at this present moment.

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Examples

I will provide you with two topics: spiritual and the other socio-economic, which has its solution in spiritual pursuits.

One is a topic close to my heart, as although I have used the statistically rich USA as a case study, my country, South Africa, is in a far worse position concerning school dropouts and pregnant schoolgirls. However, I don't trust the South African Government's statistics on these issues.

Topic 23 - Finding a spiritual solution to problem-solving

The people who progress in this world are the ones who look for solutions to issues in their lives. Those who become the cream that rises to the top in their chosen fields are solutions driven. The ones who get global recognition are not usually the wealthiest people but the people who come up with solutions that assist mankind. Of course, some people like Bill Gates manage to become the richest person in the world and benefit mankind. However, people like Bill Gates and Warren Buffet know that it's important to use most of their money in uplifting mankind. The Bill and Melinda Gates Foundation is financed by both these super-wealthy and very successful business people.

How do you become a solution-driven person? From a spiritual perspective, we know that all we have is but lent to us, a Trust that we must look after and use for the betterment of mankind. In finding a spiritual way to develop a solution, we must be aware and conscious of the inner space that we can go to and connect to the unlimited Resource that is Oneness/Source/God.

When I wrestle with a business or personal issue and struggle to find a way forward for a solution, which I term an elegant solution, which results in win: win for both Parties, I tend to find this solution in one of two ways:

These solutions often come to me during my morning meditation when I am accessing my Higher Self and Oneness/Source/God.

When I am immersed in a business negotiation or personal discussion, and no solution is presenting itself, I call for a 5-minute bathroom break. By getting out of the room where in-variably egos are clashing and going to a toilet cubicle, I breathe deeply (not always the most desirable thing to do in a toilet environment!) and allow my Soul to connect to its Higher Self as a form of meditation.

In that inner space, I merge with the situation at hand, and without ego being present, the solution pops into my head. I then return to the negotiation table or discussion and patiently wait for the most suitable time to proffer this solution. When dealing with ego dominant people, it is best to allow them to be part of "finding" this solution via the prompts you make to lead them to "their" solution.

This inner space is God's Space in the Now. Within this space, all solutions are found, and the Eureka moment occurs in your head.

Most people struggle with the problem and, in doing so, don't move away from their ego towards a soul solution. They bash their heads against the brick wall of resistance, and the resistance simply increases because, as I have said before, 'what you resist persists.' You make the brick wall of resistance even taller and broader and harder to climb over to find the solution, which is on the other side of the wall.

Tackling the problem head-on will not resolve it. Einstein said, "Problems can't be solved with the same mind that created them." It would be best if you got out of your mind or at least to a higher level in your thought process to find a solution to the problem. That process is via connecting from your Soul to your Higher Self, which connects to Oneness/Source/God where all solutions reside.

The real test comes when the solution is found, and your ego wants to claim credit for

finding it. The moment you allow that to happen, you close the door to the Inner Space where the solution was found, and you are on your own should you need to do more in this regard.

The soul approach enables the other Parties to claim the credit for finding a solution and thanking them for doing so, thereby allowing the relevant people positively affected by the solution to prosper.

If the solution will positively impact the well-being of those connected to the issue at hand, for example, the staff, their families, the neighborhood, or wider communities, then publicly praising the other Parties is a wise step forward in keeping with your soul-based mission in this lifetime.

How ego-based people find solutions is a mystery to me, and perhaps you can do your research and see if their system works better for you than the spiritual solution I am proposing.

Topic 26 - Close your legs and finish your homework!

In the USA, the world's largest economy and the world's only Superpower currently, some 47% of Americans rely on a Government funded handout to survive each month. The same number, 47%, cannot access \$400 for any unexpected occurrence at any time. The USA annually spends the equivalent of US\$ 1859 on military expenditure for every American citizen.

I spent some time researching why the world's largest economy and only superpower would have close to half of their people unable to fend for themselves financially to make it through to each month-end.

Many reasons which cover the four pillars holding up any country: Political, Economic, Social, and Government explains this, but to my mind, the two overarching factors that need to be addressed and rectified are:

(1) High school dropouts and

(2) Single mothers.

High school dropouts-

High school dropouts may sound simplistic, but the causal effects of leaving school without a high school diploma and ending up in a life of criminal activities with one or more periods of imprisonment are about 70%. This statistic is the percentage of prison and jail inmates in the USA who did not graduate from high school.

Some 3 million high school students drop out of school each year. That is about 8% of eligible students who fail to graduate high school in the USA.

Single mothers-

Close to 40% of births in the USA occur to unwed mothers. That implies 4 out of 10 students attending school are brought up by a single parent, 83% of the time by a single mother and 17% by a single father. Single mother statistics show that 49% have never married, and 51% are divorced, separated, or widowed.

Only some 50% of these single mothers are employed full time all year long, and 23% are permanently unemployed. Among the unemployed, only 22% receive unemployment benefits.

Employed white single mothers earn 78c of the dollar that white males earn for the same job, African- American single mothers earn 64c of the black males earned dollar, and Hispanic/Latinos earn 56c of their male counterparts dollar.

On average, single mothers earn \$26 000/year, and married couples earn \$84 000/year. Some 40% of single mothers were classified as poor, and of that number, 52 % lived in extreme poverty. Among all homeless families nationwide in the USA, 75% were headed by a single woman, with 2 out of 5 of these families being African Americans.

The Poverty Cycle perpetuates itself-

Any reasonable person will deduce that once trapped in the poverty cycle; the ability to escape is limited. It's substantially more likely that their children will drop out of high school, and their young women will become single mothers themselves, creating the next poverty cycle and so on and on.

The reasons why school dropouts occur:

Low self -esteem

Unwanted pregnancy

Being suspended or expelled from school, even once

Peer pressure of other friends dropping out of school

Feeling academically unprepared for school

Experiencing a significant mental health problem

Homelessness and moving to a new home.

Support structures needed to ensure school children graduate high school:

Emotional- love and care from one or more parents, family members, to develop and improve self-esteem

Informational- being able to assist with homework and to stimulate the student's desire to learn more

Infrastructural- being able to provide babysitting so the single mother can attend school and do homework, provide transport,

Instrumental- being able to access mentors, coaches, and tutors to provide guidance and assistance with schoolwork, extramural school activities, and career guidance.

It's obvious from the above unless USA society embraces this challenge, the single parent and high school dropout will forever perpetuate the poverty cycle. Currently, the USA has the highest incarceration rate of any country in the Western World, with 1% of all adults behind bars. There is one lawyer for every 142 adults in the USA. In Japan, by contrast, there is one lawyer for every 4500 adults. Japan has minimal schoolgirl pregnancies and high school dropouts. Self- discipline, and respect for self and others is prized in Japanese society.

In the USA, taxes must be increased to fight the criminal activities predominantly caused by people who have dropped out of high school and or the result of single parenthood.

Lack of education and skills training will limit the potential economic growth of this poverty segment of society. Government assistance programs to feed, house, and medically care for this segment of society will drain public sector spending in other areas where they could be funding programs to enhance the society's growth potential exponentially. For example, higher-level education and advanced skills training to be globally competitive in the 21st Century.

China and India are the two most likely emerging economic powerhouses during the first half of this century as they have some 30% of the world's population, an ability to be technically and scientifically proficient as well as entrepreneurial in their outlook. Any country wanting to compete with China and India must prize education and skills training as much as these two emerging superpowers currently do.

Currently, in the USA, there are some 1 million international students, of which some 43% come from China and India, and over 50% of these students are studying business, management, engineering, mathematics, and computer sciences. By taking this education back to their home countries, this learning and teaching magnification will drive these two emerging Superpowers role into the drivers' seat by 2035- 2050. Both countries' educational standards are currently well ranked, and the "polish" and networks developed with their USA education will benefit both countries.

As stated at the outset, already half of the USA adults are on government financial support and cannot access \$400 for any emergency in their lives. The USA needs to find a way to stop the drain on the Fiscus of financing anti-criminal activities such as policing, the judicial and legal system, and the incarceration and rehabilitation of criminals caused, among other things, via high school dropouts and single-parent families.

The potential uprising of the "have- nots" against the "have's" is already in the vernacular of the world's language- the '1 % 'ers.' The disparity of this wealth divide does not have to be explained here. However, history shows that no nation can hold onto its elite classes' stranglehold of wealth for an indefinite period, while the masses suffered outside the gates of prosperity.

The alarm bells are sounding for the world's current Superpower- the USA. Some solutions are:

Find a way to bring self-discipline, perseverance, and self-control to all your people, improving their self-esteem.

Get your school children to finish their homework every day

Get your young ladies to close their legs until they are educated, financially stable, and ready to start a family with a responsible, well-educated, financially stable husband.

As a young person, only by applying yourself diligently in these three areas are you likely to succeed where your predecessors have failed and created the poverty trap in which you may already be a participant?

A solution can come from being spiritually aware and willing to empower yourself, as I discussed in the previous topic (Topic 25- Awareness of this Present Moment).

Spiritual Love

Written in 2017

Introduction

How would you feel if you knew that you were Spiritual Love as your essence without a shadow of a doubt?

That the real eternal and immortal part of you is Unconditional Love or Spiritual Love if you prefer the term?

I believe this and reinforce that belief every morning with my prayer and meditation routine.

There are definitive steps I experience as I consciously think about being Spiritual Love. These steps are the chapter headings of this book. I have fleshed out each stage to provide a context for each chapter heading.

I spent a lot more effort on the last chapter on Inner Peace and spelled out numerous subheadings in alphabetical order.

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Chapter 1 - Proving that you are Spiritual Love as your essence

Chapter 2 - The answer is so simple

Chapter 3 - Surrender

Chapter 4 - Vulnerability

Chapter 5 - Appreciation

Chapter 6 - Gratitude

Chapter 7 - Joy

Chapter 8 - Bliss

Chapter 9 - Abundance

Chapter 10 - Compassion

Chapter 11 - Empathy

Chapter 12 - Inner Peace

Conclusion

Here is are two examples of this book:

Chapter 10 - Compassion

Compassion is not simply understanding how another is feeling and being supportive of them. Compassion opens the door to go beyond the sensual physical world and enter into the Spiritual realm to come to know Oneness and be a part of All That Is.

We usually feel sorry for another that already takes us out of our preoccupation with ourselves and enables us to think about someone else. This is a huge step for many people as they are usually so wrapped up in themselves that there is no emotional space to connect to another if it doesn't impinge upon themselves.

This feeling of empathy for another is the first step on the road to feeling compassion for someone else's current position in life.

When we feel passion for something, it derives from how we feel about something or someone and ultimately how it will make us feel better about ourselves.

When we feel compassion for someone, we go beyond our feelings for ourselves, and we include another, or others, in our emotional field.

Passion is inward-looking, and compassion is outward-looking.

Compassion is without a desired motivation or result. You do not feel compassion for someone, so that you derive a benefit by showing such compassion. This is manipulation, not compassion.

Being compassionate is not a tap you turn on when the time is opportune. Being compassionate is a mindset and probably better described as a 'soul set'!

Being compassionate is knowing that the care, concern, empathy, understanding, and desire for improved well-being for another is because you are Love at your essence, and so are they. By your compassionate thoughts, words, and actions, you can remind them of this currently overlooked fact.

By coming from Love and Light towards their current plight, you reawaken their consciousness that they too are Love and Light and that the current temporary position they find themselves in will pass, and they will remain as Love and Light eternally and immortally.

Pain is inevitable in the sensual physical world of duality we live in, but suffering is optional. Suffering is the ego's cry for attention. We can pander to this ego's need for attention to calm things down but too much pandering, and we have someone who will enjoy the attention and wallow in self-pity, which is likely to be followed by anxiety and depression if left unchecked.

Compassion comes from knowing that we are all One and that if the other person is hurting somehow, you are also hurting. Conversely, if the other person is happy and blissful, then you, too, are happy and blissful.

Compassion is more than understanding at a physical, sensual level that someone needs your support at that moment. Compassion is how the spiritual part of you is expressing itself at this moment. By being compassionate, you have opened up a communication channel from your Soul to the other person's Soul. Your Love and Light is connecting to their Love and Light.

Now things will happen because your ego and their ego's needs have been sidelined, and your souls are connecting. Love and Light are working their magic.

Being compassionate is simply opening up the channel of soul communication, and it is a state of being who You truly are at Spirit level.

Now the term 'spirit level' has another meaning. In the construction industry, one uses a spirit level to ensure that the construction work is level. A liquid bubble has to rest between two lines on a piece of wood or steel to determine that the construction material is level.

Being compassionate also requires a level of balance. Being compassionate requires the counterbalance from the other party to enable their soul to respond and not their ego. If their ego responds, the spirit level goes out of balance, and giving more compassion may increase their self-pity.

In the ideal world, we should be compassionate as part of our nature, but unfortunately, people tend to take advantage and treat our kindness as weakness. Be compassionate but not at the expense of your own well-being. Be compassionate to yourself first and foremost. In this way, the Light and Love that you are can be kindled first within yourself and then shared with another or others.

Compassion is a state of being. It is not something reserved for one type of person and not for another. That behaviour is more akin to concern, which is ego-based because you feel superior to someone or something, and you show them concern and consideration to assist them in some way because you think they need it now. Compassion is an overflowing fountain and is not directed at something or someone specific. It is for everyone and everything. Compassion is the unending flow of Love and Light from you to yourself and everyone and everything in your orbit. The sun's rays shine on everything and everyone without any form of discrimination as to who deserves to feel the sun and who does not. The same for compassion - it is non-discriminatory in any way or form. It is pure Love and Light, and your showing it is coming through you, not from you. Oneness/Source/God has deemed you to be the right vessel for this Love and Light of compassion to shine through to someone or something.

Mother Theresa is quoted as saying, "you can either love someone or judge them, but you can't do both simultaneously." If you truly love them, they will feel the Love and Light that you are at your essence, and it will connect to them at their essence of Love and Light. This essence is the part of Oneness/Source/God we call our soul, which is connected to our Spirit, which is connected to Oneness/Source/God.

The willingness to be completely understanding is the key to taking you from judgment to love. All the troubles that man has come from the lack of interest in being understanding of another. Reacting to life's issues and judging them from your own standpoint creates the causal effect of life.

One man's terrorist is another man's freedom fighter. People who do not feel heard and understood are the ones who wreak havoc as they explode to attain negative attention because they weren't given the positive attention they sought to be heard and fully understood.

Somehow we don't have the time and the patience to hear and fully understand others, but we have the time and energy to fight back and cause even more damage to all concerned.

Most times, we listen and wait to interrupt with our viewpoint. When we realise that the words "silent" and "listen" have the same letters, we begin to understand that silence and listening go hand in hand.

When people feel that they have been fully listened to and fully understood, then they will be much more compliant to finding a win: win solution to the issue at hand.

So compassion boils down to fully listening and hearing, fully understanding, and, after that, the flow of unconditional Love and Light through you to another.

Compassion is Spiritual Love.

Chapter 11 - Empathy

Empathy is more than compassion. Empathy goes beyond completely listening and hearing and fully understanding to absolutely feel what the other person sees, hearing, and experiencing within themselves. Empathy is standing in the other person's shoes and experiencing all their various emotional states. Empathy is the merging of their emotional states with yours.

There is still much debate in psychology and psychiatric circles about the role of empathy and how it originates in all creatures, including humans, its function, and absence in disorders such as autism, borderline personalities, and the like.

I will leave those discussions to people qualified and experienced in those fields and focus on the spiritual angle of empathy.

Being empathetic, spiritually, means to know inherently that the other person/mammal/ bird/fish/insect/, etc., and you are One at a level unseen by those on the earth's plane.

What affects them, positively or negatively, affects you as part of Oneness.

If you drop a vial of poison into a swimming pool, it will contaminate the rest of the water, to use an analogy. It may be so diluted that you will not suffer any direct consequences, but your water supply is negatively affected. More and more poison dropped into the swimming pool will eventually be very negative to your health and well-being.

We cannot contaminate the sea with effluent waste, chemical waste, plastic bottles, and the like and expect the fish we eat from the sea to not contain high levels of mercury, lead, and other materials hazardous to our health.

We are One, whether we like it or not. We exchange the air we breathe with all living things. We consume water and food from the earth. According to Dr. Deepak Chopra, the famous Spiritual Guru and Medical Supremo, our bodies change as they

shed and replace 98% of all its atoms in less than one year. The body makes a new stomach lining every five days, a new skin once a month, a new liver every six weeks, and a new skeleton every three months. According to Dr. Chopra, your body replaces and replenishes itself anew every three months.

We are interchanging everything we are with other things in our orbit to be blended human beings. We are One at a physical level on the Earth plane, and we are One in the Spiritual plane where we are all part of All That Is, or Oneness/Source/God if you prefer to select the name that you relate best to.

In reality, empathy is our middle name, not because we choose to be so at an emotional level but because we are blended physically with everyone and everything on earth, and we are One in Spirit.

Whether we choose to recognise that blended self on earth and Oneness in Spirit and think, speak and act accordingly with “what would Love do Now?” Or whether we choose to selfishly and self-centered believe we are unique and somehow special, we choose with every thought, word, and action.

To accept or deny our blended earth self and the Oneness we are in Spirit determines our life’s journey on earth.

If compassion is Spiritual Love, then empathy could be termed Spiritual Bliss. Bliss is love without a reason to be happy, it is Unconditional Love, and it radiates throughout all existence of our universe and countless other universes whether we want it to or not.

This Spiritual Bliss is eternal and immortal.

Spiritual Laughter

Compiled in 2017

Introduction

I have lived my life by hearing, telling, and sending jokes to my family and friends worldwide. The laughter and camaraderie that have developed make my life so much more enjoyable.

In the old days, we told jokes to one, and another and I always seemed to have a good memory for jokes. It was so much easier to receive and send jokes locally and globally in the Internet's email days. In those days, I probably received and sent out 5-10 jokes a day, and they were always appreciated judging by the responses I received. Today, WhatsApp is the medium of sharing jokes, and during the current COVID-19 Lockdown, these jokes received and sent via WhatsApp has been a lifesaver for me and so many of my family and friends, locally and globally, as we self-isolate. It is not uncommon for me to receive 20-30 WhatsApps daily and judiciously select who to send specific jokes during the day and evening.

In early December 2020, the Prime Minister of Great Britain announced they would be rolling out the COVID-19 vaccine within days, which in my view, as expressed, later on, is far too quick. I soon received a Whatsapp showing two rats and one rat asking the other, "are you going to have the vaccine?" The other rat replied, "not a chance; they haven't finished human trials yet!"

From a spiritual perspective, laughter is a necessary ingredient for a peaceful mind. Laughter allows happiness to enter and often enables perspective to occur. Spiritual awareness is not a deadly serious pursuit, and laughter lubricates the Soul and elevates our vibrations to a more blissful existence.

There is a Yiddish expression which, when translated, states, "what soap is for the body, laughter is for the soul." I believe that laughter is the best medicine as it reframes one's attitude to find humour sometimes in the direst of circumstances, thereby allowing some perspective. Ultimately, none of us are getting out of this world alive, in a physical body and ego-mind sense, so learning to laugh at life makes the journey much more pleasant.

As I write these words, I remember my family members and friends who have departed this life and how many laughs we had through the decades we had together. Hopefully, they are vibrationally tuned into me at this moment and are smiling at some of those jokes we told each other since we were kids and throughout our lives together.

I started compiling and collating jokes of a religious and spiritual nature, usually poking fun at the "sacred cows" of religious and spiritual belief systems.

I decided to create *Spiritual Laughter* as a joke book with a subheading that states, *Laughter is a necessary ingredient for a peaceful mind.*

Some jokes could be offensive to people who have a sensitive and protective nature about their religion or spiritual beliefs. For those people, I suggest you skip this book. For others who enjoy a good laugh, even at their own expense, I recommend you download this book.

Here are some examples of these jokes, which some may call tasteless, but like the legendary Alfred E. Neuman from the satirical *Mad Magazine* used to say, "What. Me Worry?"

God's Plan

God and Adam were walking through the Garden of Eden, discussing various things. At one point, Adam says, "Wow, God, you sure made Eve awfully beautiful, just amazingly beautiful!"

Spoke the Lord: "Yes, my son, that is so you would love her very, very deeply." After a brief moment, Adam hesitatingly commented, "But Lord, you made Eve not too smart." "Ah, yes," said God, "that is so she would love you very, very deeply."

And so it started... A few days after creation, the Lord called Adam and said, "It is time for you and Eve to begin the process of populating the earth, so I want you to kiss her." Adam answered, "Yes, Lord, but what is a kiss?" So the Lord gave a brief description to Adam, who took Eve by the hand and took her over to a nearby bush. A few minutes later, Adam emerged and said, "Thank you, Lord, that was quite enjoyable." And the Lord replied, "Yes, Adam, I thought you might enjoy that. Now, I'd like you to caress Eve."

And Adam asked, "What is a 'caress'?" So the Lord again gave Adam a brief description, and then Adam went behind the bush to caress Eve. Quite a few minutes later, Adam returned, smiling, and said, "Lord, that was even better than the kiss."

And the Lord said, "You've done well, Adam. And now I want you to make love to Eve." And Adam asked, "What is 'make love' Lord?" So the Lord again gave Adam directions, and Adam went again to Eve behind the bush. But this time, he reappeared in five seconds and asked, "Lord, what is a 'headache'?"

Looking Good

A fifty-something woman has a heart attack and is taken to the hospital. While on the operating table, she has a near-death experience. During that experience, she sees heaven and asks God if this is it. God says no and explains that she has another 30 years to live.

Upon her recovery, she decides to stay in the hospital and undergo a facelift, liposuction, breast augmentation, tummy tuck, etc. She even has someone come in and change her hair color. She figures since she's got another 30 years, she might

as well make the most of it. She walks out of the hospital after the last operation and is killed by an ambulance speeding by. She arrives in front of God and complains, "I thought you said I had another 30 years."

God replies, "I didn't recognize you."

Sunday School Humor

The Sunday school teacher was carefully explaining the story of Elijah the Prophet and the false prophets of Baal. She explained how Elijah built the altar, put wood upon it, cut the cattle in pieces, and laid it upon the altar. And then Elijah commanded the people of God to fill four barrels of water and pour it over the altar. He had them do this four times. "Now, said the teacher, "can anyone in the class tell me why the Lord would have Elijah pour water over the cattle on the altar?" A little girl in the back of the room raised her hand with great enthusiasm. "To make the gravy."

Mother Theresa goes to Heaven

Mother Teresa died and went to heaven. God greeted her at the Pearly Gates. "Be thou hungry, Mother Teresa?" asked God. "I could eat," Mother Teresa replied. So God opened a can of tuna and reached for a chunk of rye bread, and they began to share it. While eating this humble meal, Mother Teresa looked down into Hell and saw the inhabitants devouring huge steaks, lobsters, pheasants, and pastries. Curious but deeply trusting, she remained quiet.

The next day God again invited her to join Him for a meal. Again, it was tuna and rye bread. Once again, Mother Teresa could see the denizens of Hell, enjoying lamb, turkey, venison, and delicious desserts. Still, she said nothing.

The following day, mealtime arrived, and another can of tuna was opened. She couldn't contain herself any longer. Meekly, she asked, "God, I am grateful to be in heaven with You as a reward for the pious, obedient life I led. But here in heaven, all I get to eat is tuna and a piece of rye bread, and in the Other Place, they eat like emperors and kings! I just don't understand it..."

God sighed. "Let's be honest, Theresa," He said, "for just two people, it doesn't pay to cook."

Garden of Eden

One day in the Garden of Eden, Eve calls out to God, "Lord, I have a problem!" "What's the problem, Eve?" "Lord, I know you've created me and have provided this beautiful garden and all of these wonderful animals, and that hilarious comedic snake, but I'm just not happy." "Why is that, Eve?" came the reply from above. "Lord, I am lonely. And I'm sick to death of apples." "Well, Eve, in that case, I have a solution. I shall create a man for you." "What's a 'man,' Lord?"

"This man will be a flawed creature, with many bad traits. He'll lie, cheat, and be vainglorious; all in all, he'll give you a hard time. But, he'll be bigger, faster, and will like to hunt and kill things. He will provide you with companionship and satisfy your desires. Yet, he'll be witless and will revel in childish things like fighting and kicking a ball about. He won't be too smart, so he'll also need your advice to think properly."

"Sounds great," says Eve, with an ironically raised eyebrow. "What's the catch, Lord?" "As I said, he'll be proud, arrogant, and self-admiring. You'll have to let him believe that I made him first. So, just remember: it's our secret. Woman to Woman."

The Tidal Wave

A Jewish grandma and her grandson are at the beach. He's playing in the water; she is standing on the shore, not wanting to get her feet wet, when all of a sudden, a huge wave appears from nowhere and crashes directly onto the spot where her grandson was wading.

The water recedes, and the boy is no longer there; he had been swept away. The grandma holds her hands to the sky, screams, and cries: Lord, my GOD, how could you? Haven't I been a wonderful grandmother? Haven't I been a wonderful mother? Haven't I kept a kosher home? Haven't I given to charity? Haven't I lit candles every Friday night? Haven't I tried my very best to live a life that you would be proud of?

A voice booms from the sky, "All right already!" A moment later, another huge wave appears out of nowhere and crashes on the beach. As the water recedes, the boy is standing there. He is smiling and splashing around as if nothing had ever happened. The voice booms again. "I have returned your grandson. Are you satisfied?"

She responds, shaking her fist at heaven, "He had a hat!"

Spiritual Laughter is found on personalempowerment.co under the Heading-**Laughter-** on the Home Page.

Enjoy, enjoy!

Wisdom in a Nutshell

Background

As stated earlier, I have produced a near 1000 page book entitled *5000 Years of Wisdom*. Over many decades I have carefully collected over 750 000 quotations that had special meaning for me. I selected and collated 13 500 quotations and placed them chronologically under 960 headings. These selected quotations span 5000 years and are from the wisest minds to have walked the earth. Arguably, this book has the most wisdom I have found within any book. This book was bound in aged leather and presented to selected family and friends as gifts for friendship and love. A University in Johannesburg, South Africa, has used a portion of this book as an award they present to their Doctoral Students upon their graduation.

To date, it remains a print book and cannot be found on personalempowerment.co.

In 2017 I decided to impart some of this wisdom in an online book entitled *Wisdom in a Nutshell*. I selected some 150 categories out of the original 960 categories and utilised specifically chosen quotations, which I used as catalysts; I expanded on these quotations to flesh them out with my interpretations.

Examples of certain of the 150 categories will whet your appetite to possibly explore this book in greater detail on personalempowerment.co.

Examples:

Anger

When we allow ourselves to experience anger, we can be guaranteed one result, regret. Once the anger is expressed, 'the cat is out of the bag.'

Anger stems from insecurity within us that we are not receiving what we want. We boil over in disappointment and express that feeling as anger towards someone or something. We have simply given our power base away to them, and we are vindicated emotionally, temporarily, but 'the chicken always come home to roost,' and we end up paying a much higher price for losing our temper and expressing our anger.

Anger is usually not to do with the current episode you are exploding about, but more likely other underlying issues you have allowed to fester and now erupt. The real trick is not to express your anger but to explain your anger, firstly to yourself and then, if necessary, to the others involved

Suppressed anger is even more detrimental to our bodies as the boiling takes place within and usually gives off steam like a pressure cooker. Regrettably, whatever it is will be detrimental to our health and well-being.

The wisdom concerning anger is never to become angry and become more forgiving and understand other people and other things. Accept 'what is' with an understanding that you will use this opportunity to become the best person you can be in every circumstance with the spiritual watchword of 'what would Love do now?'

Anxiety

Can you imagine taking a knife and stabbing yourself repeatedly? Being anxious has the same effect mentally as stabbing yourself.

Anxiety is based on worrying about something in the future that may or may not happen. If there is a solution to the concern, then there is no need to be anxious and if there is no obvious solution, then being anxious about it serves no purpose now. Anxiety robs you in the present moment of your strength as you worry about a possible future event that may or may not occur.

Anxiety is based on feeling separate from the support and knowledge that you can handle whatever comes your way. If you knew that whatever comes up in your life, you have the ability and support to handle it, then there would be no need to be anxious.

So the anxiety, in fact, is your feeling hopelessly inadequate to handle what may come your way.

The facts show a different picture of your life. You have handled 100% of the things in your life that were unwelcome and even unexpected. Somehow you found the strength and ability to handle them. This is simply one more '3 a.m. Bogeyman of Fear' that you can handle.

If you are a religious or spiritual person, you can be comforted with the knowledge that God will not give you something you cannot handle. And, in fact, this fear is most probably the next growth spurt in the growth of your Soul, camouflaged as a big problem.

Welcome it as a challenge for your growth, and know that whatever it is, you will beat it into submission and stand over its dead carcass!

Balance

The middle path is the one to seek. Nature balances itself with its four seasons, and man must expect to experience ups and downs and find the middle way.

Experience pleasure, but know that pain is its counterbalance. Experience the joy and know that sorrow is the other side of the same coin. We live on earth in duality, and the pendulum of life swings continually. Keep in mind this fact when your storehouse is full and when it is empty. Plan and prepare in good times for the bad times to come, and in the bad times, always remember the good times will follow.

Your most treasured possession is your health, for, without it, wealth is meaningless. Keep healthy by moderate exercise, moderate eating, and moderate drinking. Excess of eating and drinking is unhealthy, as is too much exercise putting your body under too much duress. Lack of liquids, especially water as your body is made up of 70% water, and reduced intake of necessary foods coupled with no exercise is harmful. Find a balance that keeps you healthy.

In the materialistic world we live in, working hard, and making lots of money is prized above all else. The downside is that divorces and damaged children result from the parents' inattention to each other and their children. Find a balance and rate your success on making sufficient money to be financially comfortable, maintain a happy marriage, and spend quality time developing a loving relationship with your children while ensuring you all lead a healthy and happy life.

Annually Forbes Magazine ranks the world's wealthiest people. If they ranked the 'wealthiest' people on this success scale of a balanced lifestyle as outlined above, instead of who has the most financial wealth, a different picture of 'wealthiest' people would emerge.

We must find our authentic self and strive for harmony and balance there. We then will know the power of love rather than the love of power that usually results from excessive material wealth.

Finding a balance between living a religious or spiritual life and a materialistic life is always the first prize in life.

Charity

If you believe in Oneness, then charity is merely transferring your wealth from your one pocket to another pocket in the same clothes. Your ability to give and the recipient's willingness to receive is merely the see-saw of Oneness.

Maimonides, a Rabbi who died in 1204, sums up our duties in respect of charity as follows:

Anticipate charity by preventing poverty; assist the reduced fellow man, either by a considerable gift or a sum of money or by teaching him a trade or by putting him in the way of business that he may earn an honest livelihood and not be forced to the dreadful alternative of holding out his hand for charity. This is the highest step and summit of charity's golden ladder.

This religious and spiritual approach to charity accords with the statement by Thomas Browne (1605-1682), who stated that “he that giveth to the poor, lendeth to the Lord.”

In today’s materialistic world, charity has become a tax write off for many with wealth. According to the World Bank, the top 1% of people (some 70 million people) have some 50% plus of the world's wealth while nearly 1 billion people live on less than \$2/day. According to Fortune Magazine, in 2015, some 34 million people with more than US\$1 million each had 45% of the world's wealth. That is 0.7% of the world having nearly as much wealth as the remaining 99.3% of the world. Did someone say 1789- the French Revolution?!

The Maharishi Mahesh Yogi (1911-2008) who started Transcendental Meditation (TM) was organising a conference when someone asked him where the money was to come from to finance the conference, and he replied, “From wherever it is now.” Such is belief!

There is another school of thought about charity and that it weakens the will of people to become self-sufficient and further increases poverty. If people receiving the charity are capable of working and giving them charity robs them of the need to become independent of such charity. In that case, the logic of that argument holds some water. However, the members of a society incapable of working for various mental or physical reasons need the protection of receiving charity. The Have’s should provide for the Have Nots through taxation and voluntary gifts.

Each person reading these words must make up their mind about their charity concept, and their religious or spiritual or agnostic or other belief systems will guide them accordingly.

Children

If you want a job or career in the world today, you are required to have a skill, experience, and preferably academic training before you can apply for such a job or career.

The most important job in the world is the proper raising and unfolding of children, and the only qualification to become a parent is to open your legs or unzip your fly!

In the most developed economy today, the USA, some 40% of children are born to single mothers. There are no illegitimate children, simply illegitimate parents!

Children are very fragile, emotionally, and mentally as well as physically. They need to be nurtured with all the love, support, encouragement, admiration, kindness, and patience while ensuring they have boundaries based on correction and discipline, as stated in Proverbs 29:15.

Children will not necessarily listen to their parents, but they will never fail to emulate what they do. The best thing a parent can do for their child is to love their spouse as the children will see the cause and effect of such love.

The result of great parenting is to give our children the understanding and experience of being loved, being unfolded and not moulded, the roots of responsibility, and the wings of independence.

Kahlil Gibran says it best- "Your children are not your children. They are the sons and daughters of Life's longing for itself. They came through you but not from you. And though they are with you yet, they belong not to you. You may give them your love but not your thoughts, for they have their thoughts."

Education

The USA, the world's only Superpower, spends more money on Defence than on Education, and it spends about \$15 500 per student each year on primary, secondary, and tertiary education, one of the world's highest per capita education expenditures.

Pew Research reflects the state of education in the USA as follows:

One of the biggest cross-national tests is the Programme for International Student Assessment (PISA), which every three years measures reading ability, math and science literacy, and other key skills among 15-year-olds in dozens of developed and developing countries. The most recent PISA results, from 2015, placed the U.S. an unimpressive 38th out of 71 countries in math and 24th in science. Among the 35 members of the Organization for Economic Cooperation and Development, which sponsors the PISA initiative, the U.S. ranked 30th in math and 19th in science.

Other research on the USA's penal system shows that 70% of jail and prison inmates did not finish high school. There is a direct correlation between being poorly educated and criminals in society.

Diogenes (412 B.C- 323 B.C.) stated that: "The foundation of every state is the education of its youth." Nothing has changed in 2500 years, and the USA is looking down the barrel of an average educated youth population implying that the next 50 years will see the USA revert to the middle of the pack as far as economic performance is concerned.

The only solution is an educated population taught to think about doing things, especially out-of-the-box thinking for problem-solving, and not repeat parrot-fashion to attain their educational qualifications.

With the top Universities and Colleges in the world in the USA teaching the best and the brightest minds, is it any wonder that the top1% in the USA control some 50% of

the wealth and the possibly undereducated masses comprising 99% own the remaining 50% of the assets.

Education boils down to a causal relationship; it simply cause and effect. Dumbed down education by paying teachers poorly; the Teachers Union allowing poor teachers to retain their jobs, ill-discipline at home and school; a sizeable number of schoolgirl pregnancies, and an unacceptably high school drop-out rate becomes the recipe for mediocre to poorly educated youth. Now bring those poorly educated workers into the USA's mainstream between 2020- 2070, and you have an economy that slips into a mediocre performance level when ranked globally.

When teachers are respected and paid their true worth, then education levels will rise, but if guns and ammunition are more important than education, then the inevitable decline in living standards will result in the USA for most of the populace.

I have signalled out the USA because they have the statistics and research to validate the above statements, but the same applies to many similar countries worldwide.

Unfolding Your Child

A Spiritual Approach to Parenting

Background

I have lived a religious and spiritually based life since 1976. Initially, I read Jewish prayer books and other such literature. I also read books from other religions to gain an understanding of their “God.” I found that most religions had the same God. From the late 1980s, I started reading and developing a more spiritual approach to life.

To give you a few examples of the difference between religion and spirituality, I offer these few statements:

Religion is following a Messenger. Spirituality is following the message

Spirituality is a personal relationship with the Divine- while Religion is more community based and influencing a crowd to follow the religion’s relationship with the Divine.

Spirituality is living in the present moment of Now, connecting to the universality of a Higher Power, while religion is focused on the past, with their traditions, rituals, customs, and sometimes superstitions, as the glue to hold their belief and community together.

Spirituality is inclusive and believes that all paths lead to Love and Light, whereas religion is exclusive, believing they have the only way to access their Higher Power.

The above is not included in the book *Unfolding Your Child- a Spiritual Approach to Parenting* but is implied as I have written this book in a semi-biographical manner, coming from my understanding and practice of spirituality, while taking into consideration that many families also practice a religion too.

Should those parents, or parents to be, follow only a religious path, then the book will still have value. They can ensure that their religious ways incorporate the spiritual knowledge and wisdom in this book

Introduction

This book was written in 2017, and statistics since then reflect the following:

The nuclear family of the post Second World War era has been attacked by two major enemies- divorce and unmarried mothers. According to a November 2018 *Time Magazine* article citing the US Census data, the divorce rate is 39% of all marriages. (I believe this figure represents recent marriages and recent divorces in a calendar year, but I don't want to split hairs on this definition). According to childtrends.org, births to unmarried mothers comprise 40% of all births in the USA. This trend has remained constant over the past decade.

Once again, I am using the USA as a yardstick as they have reliably rich statistics.

I, too, suffered a divorce and knew that I would not have survived this painful process without my spiritual base. Additionally, my two sons would not have become the most amazing young men they are for the world to see. I was able to bring the concept of soul-based Love and Light into my role as their father. Furthermore, writing 26 spiritual books, living a spiritual life, and influencing my two sons through my behavioural actions, backed up by my spiritual words, I feel qualified to write this book.

Our sons were fortunate also to have a loving and caring mother guiding them too. Over time, although still divorced, our family unit is stronger today than ever before.

I believe that the responsibility of becoming a parent is the greatest of all responsibilities and the greatest challenge we face. We must go to a place of Higher Learning for several years to become qualified to earn a living. However, as stated earlier, the only qualification we must do to create a child is to unzip our fly or open our legs!

With four out of ten students in a USA classroom coming from a single-parent home, this both stresses and pressures the parent and the child. This handicap for many of these children merely widens the gap between the haves and the havenot's.

Expecting these single-parent children to compete in the race of life with such a handicap is a tall order. They may experience emotional issues without knowing the additional guidance, love, and protection of another parent; physical issues, potentially through incorrect nutritional diets, abuse of alcohol and drugs; potentially lack of spiritually and pastoral support; guidance and influence from their ill-equipped peers, and, in many instances, financial constraints limiting their future education and earning capacity.

Judging from the response I have had to this free book, I know it is achieving its purpose.

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Examples

It has been so difficult to find only two examples to give you an indication of this book:

What do you value about yourself, my child?

Parents most often create values for their child based on the parent's assessment of values. These values may be genuine, or they may be values the parent aspires to and has not reached, and they want the child to do it so they can bask in the reflected glory of that achievement or value. The virtues of character are far more important than the values of coming first in a test or examination or sport or a cultural pursuit or fitting into a specific dress size, and so on.

Having virtues of character like:

- 1. Appreciation of beauty*
- 2. Bravery*
- 3. Compassion*
- 4. Consideration of others*
- 5. Courage*
- 6. Creativity*
- 7. Curiosity*
- 8. Determination*
- 9. Empathy*
- 10. Enthusiasm*
- 11. Fairness*
- 12. Focus*
- 13. Forgiveness*
- 14. Generosity*
- 15. Genuineness or authenticity*

16. Gratitude
17. Hope
18. Honesty
19. Humour
20. Integrity (being honest coupled with strong moral principles)
21. Kindness
22. Leadership
23. Love of self and others
24. Love of learning
25. Modesty
26. Persistence
27. Perspective
28. Respectful
29. Self-control
30. Social Intelligence

“To thine own self be true” is Shakespeare’s advice to your child.

If possible, sit with your child from time to time and go through these 30 character traits, explaining each one regarding their understanding of it, at appropriate age levels. Do this repetitively as they age and enlighten your child to these character virtues, establishing their lives' value parameters. Ask them to identify people they know with each of these character virtues. Uncle Harry is enthusiastic, but Auntie Sandy is modest, etc. If they allow these character virtues to be imbued within their value system, then their future worth as human beings is assured. Whatever they choose to do with their lives, once armed with these character traits, is assured of success as human beings.

Can you invest 30 minutes a day in your child?

Well, can you? That’s all it takes, 30 minutes every day to have one on one time with your child. No agenda, no chores, no commitments, no intruding cell phone calls, or social media or urgent emails- simply kick back, take your shoes off, climb into their bed with them or sit on the floor with them and just chill. This is their time, and you feed off their energy and their needs and wants, and you discuss whatever they want to talk about. You listen, listen, listen, remembering that listen and silent have the same letters!

The fact that you are dedicating this time exclusively to them makes them feel worthy and valued. If there is no longer any talk left in them, don't discuss your issues of the day; suggest that both of you use the remaining time to sit together in silence and stillness. If possible, try and schedule the same time every day as you and your child's time so it becomes regular and something you are both committed to doing. This time is "Being Time," when your souls connect, and the unconditional love within each of your souls comes out to connect and play.

During this time, encourage your child to express their dreams and empower them to follow those dreams through your encouragement and motivation that they can achieve whatever they set their heart on doing. I have fond memories of my mother sitting at the edge of my bed simply listening to me express my hopes and dreams, and her silent presence gave me such encouragement and self-belief, although I am sure she didn't understand how I intended to do all those things. Simply her sitting there and listening to me speak the words out aloud that was running around in my head made it all seem possible.

The freedom to express your emotions as a child is very liberating, and if they can do it in a safe space with their parent, then the imagined fears don't seem so frightening once spoken out aloud. Refrain from trying to calm them down and solve the problems for them. You are there merely in a facilitation role, as a Therapist. Your function is to make them feel safe and express and expose those fearful emotions and those emotions of hope. You can say things like "and how does that make you feel?" and "can you see yourself in a place where that fear has been addressed and dealt with?" and "those dreams and hopes are amazing, how do you see yourself starting making them a reality?" By being your authentic self will encourage your child to express similar authenticity about themselves.

Explain to them that as a part of Source/Oneness/God, they are perfect as they are. As your child grows up to perhaps be a gawky teenager, show them photos, if you have them, of how gawky you were as a teenager and explain that this growing up phase will not be complete until they are around 20 years old. They mustn't worry if their legs are too skinny or their nose a bit big or their breasts too small or too large, it will all sort itself out soon, and they will be beautiful or good looking depending on their gender.

Your child doesn't have to sell themselves out to fit into the crowd. If they are kind and "give from their heart," they will never be short of worthy friends. Most children become narcissistic, and their egos are rampant in growing up. So if your child can come from their soul, from love, be kind and be generous, they are likely to be in the majority of one! If they become good listeners, they will never want for friends. So they don't have to get a tattoo or a belly piercing or smoke, drink or take drugs to fit in. They create their group of soul people who can watch the other children's antics trying to fit in and simply smile kindly and generously! The track record of the popular girls and boys after school is usually not as wonderful as their school years. Many of these children peak at school, and they don't always attain great heights after school. The Jock damages his knee and loses his football scholarship, and the Prom Queen may succumb to an unwanted pregnancy. Of course, they may go on to be

world beaters too. What is important is that your child must not use these popular people as their yardstick of success. This will be a pretty shallow way of looking at life and their aspirations as Soul people. This may be needed to be explained to them with the researched examples you may need to dig up.

The biggest issue in these 30 minutes a day bonding sessions is not to criticise your child in any way or form. You allow them this freedom of expression, and what you discuss must be treated with the strictest confidentiality. Not even your spouse or another sibling is a party to what is discussed between you two unless your child gives you explicit instructions to do so. You and your child will develop a bond in these 30-minute sessions, which should be a lifelong bond of trust and friendship and enable your child to have a solid foundation of trust and authenticity of who they are.

Being empathetic and understanding of your child enables them not to look to you for answers and solutions but to enable them to be self-reflective through self-examination and find answers and solutions that they feel are their own. If they can do this by sitting in silence and stillness, with or without you, that is even better, but it must be their choice to do so. In this role, you become, what is called in spiritual terms, the Watcher, as they experience and express the issue in their own words without any interference or advice from you? They need to express all their feelings, and your function is to provide a safe space for them to do so. All feelings are valid and must not be suppressed. By expressing all those feelings in a safe space enables them to be aired and shared. Once they are out in the open, the energy behind them is expended, and somehow the person feels they have been heard.

If you can get your child to a place that they can understand that nothing matters - except Love, then all the ego related emotional responses have no real meaning and are just hot air. Growing up and finding your inner core, which is Love, is not usually done in tandem, and usually, we start looking for that inner core around midlife when we look to make sense of what this life is all about. However, if you can make your child aware of their inner being, as their soul, they may start the search for this earlier than normal.

EGO = Failure

Learning to become more egoless and humble

This book was completed at the end of 2017.

Introduction

As recounted in this book and all my other spiritual books, my main message is moving from a fear-based egoic person to a Love-based soul person. It is a journey I have been on and consciously maintaining, and improve upon, wherever I can. Of course, there are times I slip up, but I usually get slapped down by the causality of my words and actions. Putting my non-existent tail between my legs, I apologise, ask for forgiveness, and get back onto my egoless saddle. It's a work-in-progress, but being conscious of coming from ego or soul is the best way forward for me.

I believe that EGO is at the root of many of man's failures and the resulting damage to not only the person with a rampant ego and their immediate family but to those in a larger orbit as well.

In this book, I spend the first part identifying some of the causes of failure where ego is directly responsible. In the second part of the book, I focus on becoming more egoless and humble in your life and the positive impact on you, your immediate family, and those in your orbit and beyond.

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Understanding why Ego = Failure

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What is your ego?

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Emotional wounds and the role of your ego

Ants building anthills

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Integrity
Investment
Jealousy
Justice
Kindness
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Surrender
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Vocation
Vulnerability
Conclusion

I have chosen an example from Part 1 and another from Part 2 to indicate this book.

What is the Ego?

What is your ego?

I don't want to belabour the point and use Freud, psychologist's mumbo-jumbo terms, etc., to attempt to explain what your ego is or the person next to you's ego is. Simply put, your ego is when you have a distorted view of your importance, which comes across with inflated self-importance, arrogance, conceit, and naked ambition to be better than someone else.

The need to feel superior to another and to laud that feeling as if it's your Divine Right to do so. This sense of entitlement that the world owes you their ear and their applause at your every word and gesture. When you are right, and everyone else is wrong. When your inflated opinion about yourself distorts reality and negatively affects your relationships at a level where trust is replaced with fear of your reprisal, and the acquiescence of the other person is demanded, not earned, nor given willingly. Ego is about control and fear and expresses itself in arrogance, obstinacy, and manipulation. Ego is a bottomless pit of need and greed and remains insatiable in its demand to be better than, more than, recognised and applauded as such by all.

Ego is a sickness, and in a more balanced world where values were correctly appraised and accepted by all, ego would be recognised as a mental illness that it truly is and treated accordingly. The trouble is that the Jailer is driven by ego, and he/she currently has the keys to the Kingdom!

Many people aspire to be better than the next person and usually would step upon their neighbour to get above them, whereas giving them a helping hand is the Soul/Love approach and seen as "soft" or weak.

The fundamental issue is one of perception. As a hunter, man needs to get to the food before his fellow man but also needs to get his fellow man to help him capture, kill, and transport the food home to his family. So, man, the hunter, decides to incorporate and allow his fellow Hunters into his group and share the spoils in a prearranged manner where fairness may come after the power of leadership and control. The change in perception of leadership and power to one of the democratic choices based on what is good for the group, not for one man, is the fundamental issue.

Man is hardwired for competition whereas women are hardwired for co-operation as their role is to be gatherers and nurturers of families.

The patriarchal society has emerged, and ego has flourished due to man's need to be better than, more than, and superior in strength, brainpower, and resources than his fellow man.

Today, man sees the earth as his hunting ground and does not understand the symbiotic relationship between all the parts of Nature that creates a balanced world. Man's ego could feasibly destroy Nature's delicate balance, and with it, man's survival as a species.

Ego chooses to separate itself from others and constricts the natural law of synergy where $1+1 = 3$. Ego chooses to be only no.1 and damn the rest. Ego creates a delusion, and its insatiable lust needs to feed the delusion in a vain attempt to make it a reality. Ego makes some very strange "moves" to convince all and sundry that its delusion is, in effect, the reality. Insanity is usually at the end of this delusional road.

From a spiritual viewpoint, ego is the separation from Oneness, and I will go into this in more detail later on.

Vocation

Education should have as its thrust the ability to identify and unearth the talents and abilities inherent within the student so that they may choose a vocation that assists in their Soul Contract's orbit.

Job satisfaction, as measured by the Conference Board in the USA finds that less than half of workers have job satisfaction, and this trend has been reducing of late. Clearly, education has done a poor job of identifying and unearthing students' skills set, abilities, and even desires.

Ambition is also at fault because it tells the ambitious person that they must hang in there and do the grunt work, and soon, or one day, they will be headed for the top. The problem with such ambition and motivation is that it diminishes the work being done in the Now, in the present moment. You miss all those moments of living in the joy that the Now brings by shoving them aside so that you can climb one rung

more up the ladder of success. If you could find enjoyment in the grunt work, then success is guaranteed because your superiors, if you are an employee, or yourself if you are self-employed, will recognise the passion and vocation you have and that which separates you from your fellow workers or entrepreneurs.

Working with dedication and passion is recognising that God is All That Is, so whatever you are doing is for God. If God asked you to take out the trash and dump it in a garbage truck or to do intricate brain surgery to save a life, it all belongs to God, and you are doing God's work.

Kahlil Gibran in The Prophet said, "Work is Love made visible. And if you cannot work with joy, but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms from them who work with joy."

Having such a vocation is an egoless way to live, and having ambition and ignoring the present moment of Now for some future reward is an ego-based way of living. Obtaining job satisfaction is knowing that you are Co-Creating your life with God as your Co-pilot and that anything and everything is possible because God is All That Is.

Needing to compete with another for a prize is so meaningless compared to working for and with God and feeling job satisfaction of a job well done and benefitting mankind. When you work like this, you then know there are no ordinary moments.

For those who consider the job of a sanitation worker to be beneath them, simply consider what would happen to the health of a city if the garbage wasn't collected and taken to a dump? Now perhaps you may have more respect for the "lowly." sanitation worker doing God's work of keeping you healthier by removing your garbage.

There is a wonderful story about an airman, Air Commodore Nash, a jet pilot in the USA Air Force. When an enemy missile destroyed his jet fighter, he managed to eject and parachute to safety. Five years later, he and his wife were in a restaurant, and a man approached him and asked if he was Air Commodore Nash, who parachuted to safety that this man had heard about. Nash was astounded and asked the man how he recognised him and knew the story.

*The man replied, "I was the person who packed your parachute."
Nash gasped in surprise and gratitude and thanked the man for doing his job*

properly so that the parachute worked. That night Nash couldn't sleep as he thought about the many times he, as an important pilot, never acknowledged this man's existence as he was only a parachute packer.

So, the question to ask yourself is who is "packing your parachute" to enable you to make it through the day and home safely at night? Who do you take for granted due to their supposedly lowly position on the totem pole of life?

Managing Your Stress Effectively

This book was written in 2018

Background

Stress is something we accept as part of our daily life. Somehow living a stress-free life implies stepping outside the world we inhabit daily and lying on the beach. The front cover picture of this book has a person lying on a hammock with still, endless water in front of them.

Our ego has turned stress into a badge of honour. Being busy, multitasking, chasing deadlines, sweat on one's brow from exertion have become the mark of someone going somewhere with their life. Wasting time and relaxing is treated by our ego as a sign of failure. The top three economic superpower countries: the USA, China, and Japan, do not prize vacation time, and in some instances, consider taking a vacation as a sign of weakness.

The biblical injunction in the Ten Commandments to remember the Seventh Day of rest and keep it holy is mostly ignored by people with large egos dominating their lives.

In deciding to write this book, I have initially focused on the practical issues related to stress and practical solutions. After that, I introduce you to spiritual solutions for managing your stress. I end with a third section that focuses on the choices we make based on integrity and corruption with the resulting stressful consequences.

Introduction

Here is an extract from the introduction to this book:

Stress is a global issue, and I decided to do some research to identify:

what stress is;

How does it originate

How is it evidenced

How it affects one's mind, brain, body, home life, work-life and social life.

What can one do to prevent and or reduce stress in one's life?

How to identify one's unique stressors and the steps one can take to reduce stress.

After that, I looked at stress from a faith and a spiritual viewpoint, seeking to understand it at a more metaphysical level and how to apply an approach of faith and spirituality to reduce stress.

Lastly, I looked at stress created by corruption at an individual level - physically, mentally, metaphysically, and then I looked at the better option of integrity within you at all three levels.

What's in the book?

Having identified what causes stress, pages 8-29 provide numerous practical solutions to manage and reduce stress in your life effectively. These are "How to" solutions, and the feedback I have received on these solutions have been very encouraging.

Pages 30-80 deal with the major stressors experienced in society and practical solutions I have come up with using both Critical Thinking and Creative Thinking techniques. I am hopeful that one or more of your stressors are dealt with too.

Stress in society experienced by most people is identified by the *American Psychological Association* (APA), which conducts an annual survey monitoring these stressors and quantifying them. I also use information and statistics from the UK and Europe to get a more complete picture of stress in the Western World.

Pages 80-115 focuses on spiritual solutions for managing your stress. For those spiritually based, you will probably suffer more from anxiety and depression than those people with excessive ego running their life. You will be more emotionally sensitive, kind, caring, considerate, compassionate, and empathetic. You will have your own stressors and possibly be absorbing the stressors of others you care about too. These spiritual solutions will assist you in reducing and managing your stress more effectively.

Pages 115-130 cover the choices we make between integrity and corruption and the resulting stress consequences of each choice. The choice between truth and lies in one's life is broken down into 18 steps from your inner self; your soul; your ego; your first family; your current family; your work; your work colleagues; your friends; your acquaintances; your entire family; your neighbourhood; your city/town; your country; your continent; your world; your Soul/Spirit; your Soul Group and your Eternal World. The choices you make affect each of these eighteen steps of your life.

This is a solution-driven book. Reading it will change and enhance your life's journey as you reduce your stress effectively and have more enjoyment in your life.

Contents

Introduction

Problems of stress and practical solutions for you

I am no stranger to stress

Let's define the problem first

What is stress, and where does it originate

Major life stressors

Basic 10 points to begin your journey to effective stress relief

Additional points to general stress management skills

The answer to your stress in a nutshell

Stress in society

What causes stress in society

How is stress evidenced

Technology and Social Media as stressors

Stress about money

Stress at work or from work

The economy and stress

Stress from relationships with family and partners

Stress from family responsibilities

Stress-related health problems with my family and me

Stress and job stability

Housing costs and stress

Personal safety and stress

Spiritual solutions for managing your stress

Integrity or corruption- it's your choice and stressful consequences

I have selected the following topic from the book, pages 27-29, as a summation of confronting your fears as a stress-reduction process:

The answer to your stress in a nutshell

For those people too impatient to read through this book and find the answers to their immediate stress issues, I will give you an answer now, which is more like bandages to cover your ego-based emotional wounds.

By reading the entire book, I believe that you will be personally empowered to remove your stress demons once and for all surgically. It's your life and stress, and I am providing guidelines to you to temporarily heal yourself from the current stress

you feel or give you the deep-seated remedies to overcome stress for the remainder of your life. If you want the temporary fix, you will find it in The Short Answer below.

The Short Answer

The stress you currently experience comes from one place and one place only, and that is from your ego-based thoughts of fear of loss. Your inability to overcome the stress that you are wallowing in, which affects your performance as a person, is due to your fear of taking action and what might happen if it all goes wrong and you lose that which you fear to lose. Your stress is based on inaction on your part to confront the issue head-on.

There is usually one major issue, and probably several other issues, causing your stress. It could concern one or more people you need to confront, and you are too scared to do so due to the potential fall out of the loss for you. This fear of loss is imprisoning you. It is causing damage to your health. It is impacting your ability to function at a much higher level. It is affecting your much-needed sleep. It is affecting your relationships and probably your sex life too. It affects your happiness, joy, and bliss, which are inherent in who you are as a Part of God. It is affecting your ability to be Love and to give Love as a Part of God, who is Love. It affects the potential of who you could be if you no longer had your stress impeding your progress.

All of these issues and more are being held hostage and imprisoned by your fear caused by your in-action to confront and, hopefully, solve or resolve them. If you want to solve and resolve these fear-based issues, you have to become PROACTIVE and not REACTIVE. You are currently being reactive and sweeping the issues under the carpet, hoping they will go away. All you are getting is a lumpy carpet! It's time to roll up the carpet and get out the vacuum cleaner and clean up your life's issues.

What's the worst thing that could happen? Let's start with the worst thing that can happen if you confront the person or people or the issue itself? Whatever you stand to lose, you did not possess it at some stage in your life, and you lived your life without it. Sure, your life may be better off with the issue you fear losing in your life, but you will survive its loss and, over time, you will adjust to living with this loss.

What is more likely to occur is that once the issues you fear losing are no longer in your life, then a vacuum is created. "Nature abhors a vacuum" is a statement traced back to Aristotle around 350 BC and is scientifically proven today, with the movements of gravity and air pressure which fills the vacuum. Something is likely to replace that which you fear losing, be it your money, job, spouse/partner, family, home, friend, health, and so on.

When you look back at the path of your life and the CHANGE that has occurred, see what was lost and what was gained soon after that.

My acronym for CHANGE is Clearing, Healing And New Gifts Emerging.

Before you take the action of confrontation with the person or persons involved, if you can accept that you will come away from the proactive discussion and lose everything you feared you would lose, then what?

At this point, I would like you to live with the possible theoretical loss for a day or two. In your mind, that which you feared losing is gone. How will you face the present moment and your future without it? Once your mind has adjusted to living without this precious thing that you have now, theoretically, written off in your mind, let's address the real issue behind this, and that is your EGO - Edging God Out. Your EGO is what has created this fear in your mind. If you want to know why it has and how to overcome your ego, then please read my free book, EGO = Failure, Learning to become more egoless and humble, found on personalempowerment.co

It's your EGO that generates this feeling of potential loss and keeps you imprisoned as a hostage to this fear of loss.

Proactively confronting the issues:

By being PROACTIVE and confronting the issues of what you fear losing, you overcome your EGO's fears, and you find that the loss may not be what you feared it would be. You may find that whatever you did lose, you can live without. Somehow, your life feels freer now, and you feel relieved that the stress has been lifted from your aching shoulders. By being PROACTIVE and confronting the issue of what you previously feared losing, you could find that new and better opportunities present themselves in the vacuum that has been created.

If you have an "Attitude of Gratitude" and an "Attitude of Abundance," and not one of scarcity, this will create the opportunities to materialise to fill that vacuum. An "Attitude of Abundance" is simply believing that the "Universe is Abundant" and there is no shortage of opportunities for you to create and develop. Conversely, an "Attitude of Scarcity," believes that life is a "zero-sum game" and for you to win, someone has to lose and vice versa. An abundant mentality is Soul/Love-based, and a scarcity mentality is ego/fear-based.

So, let's return to your stress that you have now been PROACTIVE in facing and confronting. You have potentially been left with one of four scenarios:

- 1. Loss of everything you feared losing.*
- 2. Partial loss of everything you feared losing.*
- 3. A partial gain of new opportunities plus what you salvaged from the partial loss.*
- 4. No loss of anything and a gain of new things in the opportunities that have been created and developed when you confronted your fear of loss.*

Now the ball is in your court! You have been given the tools to confront your fears of loss and four likely scenarios that could result. You have seen the future that you feared and stared at it eyeball to eyeball and stood your ground. You have discovered something that Ralph Waldo Emerson talked about some 150 years ago:

“When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand and that it was only tied on to scare away the timid adventurers.”

Let me end with these thoughts:

You believe your current stressful world to be safe. By simply worrying about your stress and doing nothing to confront it proactively, you are merely sitting in a rocking chair that requires action (stress) to move it, but it makes no forward progress and simply stays where it is. The myth of the current safety of your stressful world will sooner, rather than later, be punctured or dispelled. The person, or persons, you fear to confront are likely to take some PROACTIVE action against you. All you will be able to do at that point is to REACT, and that will catch you on your back foot, and you are likely to be easily pushed over, with your biggest fears arising in reality.

“Time and tide waiteth for no man” is a saying that goes back to 1225 AD and has stood the test of time. Be proactive and face your fears now, and your stress will be lifted.

This summation is one of many solutions depicted in the book both at a practical and spiritual level.

Achieving Your Goals and Dreams

This book was written in 2018

Background and Update

I am writing this background in December 2020 while in voluntary isolation due to the COVID- 19 virus, which has seen most of the world in lockdown stages since early 2020.

During this period of self-isolation, I have written six books, including this compilation. I have also spent a substantial portion of my time in silent contemplation and meditation. I have found a vibrational frequency wavelength where I connect to my Unseen Friends in Spirit and obtain guidance, understanding, and direction. In one such recent session, I asked my Guides what the purpose of my life is? The answer was creativity. The ability to create something out of nothing by using my imagination and practicality after that. This creativity expands my experiences, others' experiences, and the experience of All That Is.

The inspiration of an idea; the ability to research and develop the concept from an idea into a workable prototype; having the passion, single-mindedness, enthusiasm, and ability to create something workable, viable, and benefitting others.

I have always been driven to do things differently by "thinking outside the box." I have been a non-conformist. I have been a pioneer in so many ways and ventures within the areas of real estate economics, real estate investment and development; being an early Internet business pioneer (much to my financial cost!), and writing- both pioneering real estate economics from 1980, and my spiritual writing from 2005 onwards.

I have approached life's difficulties mainly from the viewpoint of finding the opportunity within the difficulty. However, this began from a place of ego at the outset, and then I have moved to approach life from a soul-based perspective in my later years. My Guides reminded me that my first real estate development company, at age 23, was called Creative Estates (Pty) Ltd!

Since becoming aware of the purpose of my life being creative, I have been able to reassess my life, my successes, and failures, in a different light. Instead of seeing them from an ego perspective of success or failure, I have seen them as an expansion of previously known horizons from a soul-based perspective. I have been co-creating my life with God within me as my Co-Creator. Together we have expanded known horizons and served mankind in the process.

I believe I am qualified to have written this book - *Achieving Your Goals and Dreams*.

Introduction

We all dream and wish for our lives to be different and better, and sometimes those wishes stay simply wishes, and sometimes they become tangible and manifest as realities.

The gap between wishing and manifesting as realities are based on having the resources and abilities to plan correctly and doggedly execute that plan into action. It sounds simple enough, but we all know that the planning and executing part is what separates the Wannabes from the Victors in life.

*This book is divided into a Practical first section and a Spiritual second section. The first section will suffice for those who do not concern themselves with the spiritual part of life and get you onto the Victor's rostrum. For my fellow spiritual travelers, the second section will elevate your goals and dreams to a much higher and rewarding space, or as I call it, God's Space, in my free book found on personalempowerment.co, *How to Live in the Now*.*

You are in for a treat!

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Visualisation

‘Seeing is believing’ is a practical way of living, whereas ‘believing is seeing’ is a spiritual way of living that we will look at in this book’s spiritual section.

Visualisation, mental imagery, performance enhancements, and neural-plasticity all have one thing in common - if you can see it, you can do it, providing you do the practical work to make it happen too.

A picture does say a thousand words, and that is why global and local businesses have logos as their branding mechanism. When you see the McDonald’s Arch, you may become hungry, or when you see the Coca-Cola sign, you may become thirsty. Of course, we easily get a picture and sensory overload with billions of smartphones snapping selfies and other pictures daily. Narcissistic people sharing these enhancements have a lot of static to overcome, including other peoples’ cats doing weird things, etc.

As I was writing this, I remembered the scarcity of pictures in my grandparents’ and great-grandparents’ era and how prized photos of them in Lithuania and Latvia in the last few decades of the 19th Century are still in our family archives today. Getting dressed up and looking unsmilingly at the photographer hidden behind a blanket waiting for the light to flash and take the picture. Some of us yearn for those quieter, less “visually static” times!

Today, we have Augmented Reality and Virtual Reality, and we begin to wonder what reality is? Skiing down a mountain slope on a moving base with water particles streaking down our faces can be so real it defies understanding what reality is.

Visualisation for achieving your dreams has an increasingly strong support base among neural scientists, neural surgeons, psychiatrists, psychologists, and sport-related medical professionals and coaches.

According to Harvard University: Neuroscience research demonstrates that the brain’s visual areas are divided into two distinct pathways. The dorsal, or spatial, and ventral, or object pathways. The object pathway runs from the occipital lobe to the inferior temporal lobe, processing objects’ visual appearances regarding colour, detail, shape, and size. The spatial pathway runs from the occipital lobe to the posterior parietal lobe, processing spatial attributes such as location, movement, spatial transformations, and spatial relations. Our results (Motes, Malach, & Kozhevnikov, 2008) suggest that visual-spatial ability is related to distinct patterns of neural activity during visual-spatial information processing. When given an object imagery task, both spatial and object visualizers showed bilateral task-related activity in object processing areas, but spatial visualizers showed greater bilateral activity in object processing areas than did object visualizers. Also, spatial visualizers showed greater activation in attentional areas than the object visualizers. The data indicate

that high object-processing ability is associated with the more efficient use of visual-object resources, resulting in less neural activity in the object-processing pathway.

My non-medical understanding of the above is that imagining an end picture is not as effective as the mental processing of the steps or stages required to achieve the end picture.

Visualisation works because neurons in our brain send information that interprets the action's imagery as if the action itself has occurred. The neurons are then stimulated into believing that active performance is necessary. They create a new neural pathway, which are clusters of cells in our brain that simultaneously create memories of learned behaviour.

The body now has a mental library of learned behaviour to replicate consistently. When asked to do so in real life, the memory cells duplicate what they have stored away from the previous experiences. That is my Layman's understanding of visualization. Simply picturing yourself crossing the finishing line of your objective or goal is not as effective as playing the stages of the process through your thought processes, culminating in your crossing the finishing line and receiving your reward for your accomplishment.

So, you can imagine having this new picture in your mind that is capable of being reproduced at will, and then suddenly, you have a doubt penetrating your mind's picture. It is the equivalent of dropping ink over a famous painting by Rembrandt!

Negative imagery is as powerful as positive imagery, and that is why we see that your thoughts create your reality. Visualisation is vital for you to perfect yourself in practice, so when the flag drops in the race of your life, you are as mentally and physically prepared to simply repeat what your neural pathways have remembered through repetitive practice. Remove any doubt from your thoughts and strongly believe that you can do it in as positive a mindset as is possible to do.

Seeing is believing, and believing is seeing it manifest.

Mental toughness

Tough times don't last, but tough people do. Mental toughness requires a form of myopia or shortsightedness. You block out anything that will weaken your resolve, and you keep fixated on your goals and dreams.

Mental toughness is an emotional muscle that you develop based on a positive can-do attitude, immaterial of what circumstances you find yourself in. "Bring it on" is your war cry.

The reason that the going is tough is that if it was easy, anyone could do it. It's tough for a reason. Obstacles and cul-de-sacs are there to test your resolve and determination to see if you are truly worthy of achieving your dream or goal. They don't hand out gold medals and scatter them like confetti. They are valuable because there is only one available for the winner. And there is only one winner, and it's going to be you!

Imagine your mind to be like the cargo hold of a ship of old with watertight compartments. Your mind is in one of those compartments sealed off from any thoughts and emotions that would be negative for your cause of achieving your dream or goal. Banish those negative thoughts and emotions by keeping only positive thoughts and positive emotions in your watertight compartment.

Developing a mental toughness attitude means doing the work that others won't do or don't want to do. It means doing one more thing on your programme; an extra length at the swimming pool, one more repetition at the gym, one more hill on your bike, one more sale, one more, one more, one more.

"Bring it on" remains your war cry. See your mental-emotional muscle building and building. No one likes rejection; it offends us and can impact negatively on our self-worth, self-belief, and self-confidence if we let it.

However, sometimes continual rejection is a signal that we may need to be redirected rather than rejected. By this, I mean we find another way to do what we need to do that will be accepted and not rejected.

A case study in marketing tells about a Manufacturer who canned pink salmon and sold it worldwide. A competitor arrived who sold the more valuable, and in shorter supply, red salmon at a higher price but stole the market. The red salmon was tastier and higher in Omega 3 but was more expensive. Wracking their brains to find a way to recapture market share, a consultant made a deal with the manufacturer of receiving x cents a can to increase market share. It proved a genius stroke, and the pink salmon canner's market share not only increased to previous levels but surpassed the previous record of sales. What was the redirection? The consultant changed the marketing message to read, "Pink salmon - guaranteed not to turn red!"

The same hot water that boils and softens a potato is used to harden an egg. It's not your circumstances but what you are made of that determines your outcome. If it's important to you, you will find a way to solve the issue; otherwise, you will find an excuse. Sometimes we need to remind ourselves of our bravery and our courage to face impossible odds to succeed.

One way I have found that works for me is to remember scenes from movies that typify such bravery and courage against all odds. One of my favourite scenes is from the movie Braveheart with William Wallace (Mel Gibson) motivating his few Scottish soldiers facing the might of the English army:

William Wallace: We all end up dead; it's just a question of how and why. Every man dies; not every man really lives. I am William Wallace! And I see a whole army of my countrymen, here in defiance of tyranny. You've come to fight as free men... and free men you are. What will you do with that freedom? Will you fight?

Veteran: Fight? Against that? No! We will run. And we will live.

William Wallace: Aye, fight, and you may die. Run, and you'll live... at least a while. And dying in your beds, many years from now, would you be willin' to trade ALL the days, from this day to that, for one chance, just one chance, to come back here and tell our enemies that they may take our lives, but they'll never take... OUR FREEDOM! [Scottish army cheers]

William Wallace: Go back to England and tell them there that Scotland's daughters and her sons are yours no more. Tell them Scotland is free.

If you Google "motivational speeches," you will find inspiration from sportspeople, politicians, Generals, and so many more to keep your inspiration levels topped up so that you can develop your mental toughness muscle.

BRING IT ON!

Prioritise and focus

In Part 1, this section deals with prioritizing and focusing intently on achieving your goals and dreams. This process is a left-brain focus, and with such intensity of priority and focus, the left brain develops at the expense of the right brain, which is under-developed. So your ability to think in words, to think logically and sequentially, to be able to do linear thinking, to be good at mathematics, statistics, numbers, and facts, and to apply logic to issues and problems becomes well-developed. But what happens to your right brain functions of feelings, emotions, sensuality, visualisation, intuition, rhythm, holistic thinking, arts, mindfulness, creative thinking, out of the box thinking, creative solutions, balance, harmony, nature, beauty, love, etc.?

In finding a spiritual approach to focus and prioritising to achieve your goals and dreams, I will show you how to do so with an awareness of developing your right brain function.

Let's start with your left brain functions, as discussed in Part 1. Do this to the absolute best of your ability until you hit a wall, and for some, it may be "burnout." Then the real fun starts!

Now get out of your workspace at exactly the time you think that if you took your eye off this ball, your world would collapse, and the earth would reverse its polarity because you are that important!!

I don't mean to go next door. I mean, get out into Nature without any electrical devices to distract you and preferably on your own. You can take a notebook, a pencil, and a sharpener. Remember what a pencil and sharpener look like?! Now allow yourself a day or two to acclimatise and rid yourself of your obsession with your left brain activity.

Don't only sit in Nature. Do something arduous like going for a walk, a swim, or some form of activity that needs your concentration to keep going in Nature. On day three, once you have rebalanced yourself and you are starting to feel the stress and tension drop off you, you can begin to meditate by sitting still and following your breathing. The slower you can get your breathing, and the longer you can stretch your in-breath and then your out-breath without effort, the deeper you will find your ability to meditate. Do this in the morning, around Noon, and again in the evening before going to bed. Carry this practice on for as many days as it takes for you to realise that you are starting to feel calmer and more balanced in your life. Then carry it on indefinitely as it will be necessary for your overall well-being, balance, harmony, and solution-finding to achieve your goals and dreams.

By being on your own, you can start to get to know the real you and not the image of you that you believe you are, regarding the goals and dreams you are working towards. The real you is a part of God, who is Love, and so are you. Can you imagine that? This tough top Achiever is actually love!

Your right brain has waited patiently to be introduced to you. It wants to offer you balance, harmony, mindfulness, peace, love, care, kindness, warmth, humanity, rhythm, feelings, emotions, sensuality, creative thinking, out of the box thinking, intuition, visualisation, beauty, holistic thinking, and so much more.

You, like everyone, have been blessed with a library of wisdom, knowledge, and information, but mainly wisdom, within you. I call it intuition. It's your inner knowing and using your inner five senses; you can see with your inner eye, hear with your inner ear, feel with your inner emotions, smell with your inner nose, and taste with the inner tongue.

For example, when you smell the baking bread, your inner tongue activates your saliva glands to expect to taste something delicious soon. Your inner eye and inner ear can intuit whether you are talking to a friend or a foe. Your emotions have their own guidance system, and they tell your body and your mind consciously, unconsciously, and subconsciously how you are feeling about what is happening to you in every moment of now.

It is said that there is a thing known as women's intuition, and we poor men are oblivious to those emotional signals. We are hunters, intent on using our spear to catch our prey in silence and stealth and simultaneously make sure that we don't become prey for man or beast. We are left-brain hunters, and it's either catch our prey or starve to death or be caught as prey. Where is the time to worry about right-brain issues - that's women's work? Exactly! So men and women are not from different planets, like Venus and Mars; they are from different brain hemispheres!

*In my negotiation book, *How to be a Great Negotiator*, available for free on personalempowerment.co, I have an entire section dedicated to body language. I go from the tip of one's head to the soles of one's feet to discern the messages being given emotionally by one's body, even though one's words may be saying something different. Body language is supposed to be 70% plus of all communication, and it's all intuitive. Some 95% of what we actually see and absorb is done so unconsciously and subconsciously. We miss the subtle stuff because our eyes are focused on what we want to achieve as our goal and dream. The rest of it we call "noise," but we have registered it unconsciously and subconsciously within us.*

Men and women go to a party and mingle. The wife or partner keeps a watchful inner eye on her male partner and notices which women are showing subtle interest in him. He is oblivious because he has an invisible spear, and he is unconsciously hunting. Whether it's just to have his ego stroked knowing that he could interest another woman in him, or whether his motives are immoral, his wife/partner is across the room but sees what is going on between her spouse or partner and the other woman. She usually steps in at the appropriate time, and someone is sleeping on the couch that night!

In today's world of technology and visual distractions of so many types, which we sometimes call entertainment, we have lost the ability to be silent, and preferably silent in Nature. The outer noise is cancelling out our ability to use our inner senses. We need to start training ourselves to live out life from the inside-out, instead of the outside-in. This inside-out process is what I would call response and not reaction. We respond to our inner senses and to find a right-brain environment to inhabit with our thoughts, words, and actions - a world of beauty, love, and peace, a world of balance and harmony, a holistic world of being mindful of the need to be kind, to care for ourselves and others, a world of sensuality and creativity.

We experience this as we feel our emotions fully and not simply the left brain logical thinking of facts and figures. In this way, we will develop the ability to find creative, 'out of the box thinking' for answers and solutions to achieve our goals and dreams. We will know what it feels like to be in rhythm with the world, nature, and the Universe. And to experience harmony and balance of a life well-lived.

Our strong inner compass will know where to find our North Star of achieving our goals and dreams.

Becoming Blissful

This book was written in 2018

Introduction and Continuation

When I finished my previous free book, Achieving Your Goals and Dreams, available on personalempowerment.co, I stated that there are many more ways to find your bliss but that I wanted the reader to focus on the main theme of the Spiritual Section of that book. That focus was on aligning your Soul, Higher Self, and Higher Power in harmony with the maxim “what would God / Love do now?”

This was the recipe for finding a feeling of bliss, which feeling is far better than even achieving your goals and dreams, no matter how lofty they may be.

I now want to return to my spiritual roots and show you over 200 ways of becoming blissful. Hopefully, you will experience a moment of knowing such bliss and then find your own formula to reconnecting to this utopian space on a more regular and frequent basis. I hope and trust that with over 200 ways in this book to guide you, that one or more will resonate with you and be the key to unlocking the door to this nirvana of knowing bliss and experiencing a life that some would call miraculous in every moment of Now.

Why blissful?

That’s a fair question to ask as you enter this book. Bliss is best described as joy on steroids! Bliss is the utopian space where feelings are the language of your soul. Bliss is at the top of the “food chain” of spirituality. It is the feeling you experience when you are in what I call God’s Space, which can only be accessed in the present moment of Now.

The feeling of bliss is unique for every person. I don’t want to state that it is this or it’s that and then builds up your expectations. You may experience bliss completely differently and think that you have somehow failed and that this can’t be bliss. Bliss is best described as the best or utopian feeling you have ever experienced anywhere and anytime. Some people look back at their lives and attempt to find when they were happiest and joyful and even something beyond that feeling of happiness and joy. For many, it may be when they met their true love. For others, it may be the miracle of childbirth and holding their child in their arms or suckling their breast. For some, it may be entering their first home with their beloved and knowing you are where you belong. For some, it may be on the steps of the Divorce Court, feeling freedom from the tyranny of a bad marriage. As you can see, this is a personal experience, and bliss is definable by you alone.

Let’s see what will work for you from the over 200 identified spiritual attributes below? I focus on each attribute looking to unlock the possibility of a feeling of bliss

for you that can be triggered by one or more of these attributes. I am treating each attribute as a stand-alone subject, and therefore there may be a repetition of words directly or indirectly in one or many attributes listed alphabetically below. Besides the attribute headings, I haven't started with any preconceived words and prefer to let the words flow through me as much as from me. So, I, too, am looking forward to what I have to say under each attribute!

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Here is an example of a topic:

Appreciation

There are four levels of appreciation that I want to discuss.

Firstly, there is someone showing you appreciation.

Secondly, there are you showing appreciation to someone or something.

Thirdly, there is self-appreciation and,

Fourthly, there is an appreciation to and from Spirit.

When someone shows you an appreciation for whatever you are or have achieved, it always feels good, and sometimes it feels great, especially if they are someone you admire. You smile both inside and outside, and you probably have a good reason to do so. However, be aware that an external appreciator may have their own motivations for showing you such appreciation. Additionally, they can also reverse their appreciation and criticise you and, once again, they may have their own reasons for doing so. Putting too much store in treasuring such external appreciation places your emotional well-being in someone else's hands, and that is usually not advisable to do. It's nice when such external appreciation happens but keep your eyes open as to their motivation as well.

Whenever and wherever possible, show appreciation to people and other beings such as animals and the like. Additionally, show appreciation for other things such as Nature, beauty, food, and the myriad of other things you come across each day. Showing such sincere appreciation is a form of giving, and not only do the other people or things feel good, but you feel good about your appreciation of them too. Such appreciation is an emotional win: win situation, and happiness and joy usually follow and linger for a while with you and with them.

Self-appreciation is something few people practice sincerely. They may be ego-based immodest and boastful to others about their achievements, but few people congratulate themselves for being or doing something they are proud of. Conversely, many people are self-critical and bring themselves down emotionally. Self-appreciation begins with being rather than doing. Being a good person means being caring, kind, respectful, considerate, polite, and other well-meaning things to yourself and others. Self-appreciation is also based on achieving your selected goals for the time you have set yourself to accomplish these tasks.

Self-congratulations are something most people shy away from. You can look yourself in the eye in the privacy of your bathroom and congratulate yourself as you smile into the mirror and your image in the mirror smiles back in appreciation of you. You can begin the day by greeting yourself in the mirror with a smile on your lips and being thankful for the day ahead in which you have the opportunity to be and do things to be proud of.

That evening smile at yourself and tell yourself: "I am proud of you..... (your name) for (whatever you did that made you proud)." Self-appreciation is heading you in the direction of happiness, joy, and on the road to bliss.

Spirit appreciation - now this is where the rubber meets the road in appreciation! Being appreciative of your soul, your Higher Self, and your Higher Power is the high road to bliss. Appreciating everything you have, you are, and you aspire to be and knowing that it is achievable if you harmoniously align your soul, your Higher Self, and your Power, and become Oneness. By being peaceful and loving in every possible way, will ensure you know bliss.

Listening- The Relationship Builder

This book was written in 2018

Introduction

Trust is earned and cannot be commanded. The building blocks of trust are effective listening, correct action, like, admiration, respect, commitment, and forming a relationship in reaching a trust position.

Trust is the glue that holds a relationship together. You first have to trust yourself and then form a relationship with others. If you can't trust yourself, how can you expect others to trust you?

Effective listening is the initial building block, and without it, you won't have a good relationship, either with yourself or another. Unlike reading, writing, and arithmetic, our other learning blocks, we are not taught how to listen effectively. We hear and consider it to be listening, but it's not.

In a nutshell, successful people listen effectively, and unsuccessful people merely hear. I am using the term successful and unsuccessful in their broadest possible sense to shock you into the realisation that listening is different from hearing and those who genuinely listen are likely to achieve their objectives in life.

Regrettably, for those who merely hear, reaching their objectives may pass them by with all the noise that comes from only hearing and not listening effectively.

Why am I writing a book about listening effectively? I certainly don't have any specialised knowledge. Quite frankly, I am a talker rather than a listener. That is why I thought I should become a better listener, even at the age of 66! So, I decided to apply my research and analytical skills to this topic and learn how to become a better listener. Hopefully, some of the knowledge and wisdom I have gleaned through the years can be used so that together we can learn how to be more effective listeners and with it become more successful in our lives and our relationships.

I have identified over fifty types of listening to focus on, and there are probably many more. These fifty-plus topics should make you more aware of the need to listen effectively and listen effectively. In doing so, I hope to help you achieve your life objectives, especially in your relationships.

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Listening in an audience-based setting

Listening to social media

Conclusion

I have chosen two topics to give you an indication of this book:

Listening between males and females in a relationship

Relationships between a man and a woman need to be a two-way street in all respects and be conducted with respect. Men and women need to talk and listen to each other. However, there is a fundamental difference in how they are wired to do so.

Most people do not listen to understand. They listen to interrupt with their opinions, judgements, and conclusions, which is why a book like this is essential for healthy relationships. People who listen to interrupt are ego-based people coming from fear and hope, while those who listen to understand are more soul-based people coming from love. Of course, all my comments are generalisations, and there are always exceptions to the rule.

Having a conversation implies the readiness to exchange ideas and opinions, but it is how it is done, which shows how the emotional makeup differs between men and women.

Emotions do not always drive men, as they have that metaphorical pointed stick in their hand (as discussed above), and they seek a solution now. A man usually needs a beginning, middle, and end of the story as his emotions are geared to solve problems. He cannot decipher the nuances of subtle emotional undercurrents.

Women are emotional beings, first and foremost, and they prefer to gather and nurture by expressing their emotions and feelings (as discussed above). Men are like a focused river seeking the sea in the fastest way possible. Women are like a river that overflows its banks, and the water covers a lot of territories. While men are direct with their words and often blunt and hurtful, women need to rationalise, express, and process through words as if they need to spill their hopes and fears out to sort through them and find an emotional solution without hurting anyone in the process. Women are moved emotionally by how others feel; men merely want the solution now.

A man will impress women how primordial men did with achievements such as hunting the protein for the campfire. Man's macho approach of competitiveness, providing for their women and family, and protecting them is how they see their role in a relationship. Women understand that providing and protecting are the only two

things a man does while she does numerous things every day for the relationship and the family. In a woman's mind, her contributions are far more than her man's contribution and the inequality, as she sees it, lies as a burning thorn in her side and the relationship.

The eternal question asked by a man of "what does a woman want?" can be answered by effective listening to a woman. Man is emotionally insecure because, unlike a woman, he doesn't know how to process his sensitive emotions and feelings. They are foreign objects to him, and such emotions and feelings threaten him. He prefers not to show weakness and vulnerability, so he shuts down his sensitive side, which he doesn't know how to deal with.

When a man can truly listen to a woman express her feelings without getting irritated, short-tempered, frustrated, and angry at how long it is taking to say so many words when the answer is so apparent to him. Only then Aladdin's Cave opens for their relationship. This happens when that man gives his woman the time, attention, and focus she craves so that she can feel safe and protected by him in her uncertainty and emotional turmoil of needing to be heard fully by him. The woman then feels safe and protected in expressing herself fully and being heard and understood by her man. This is the trust she is seeking, and when she feels that trust, her emotional insecurities diminish. This trust, which a woman wants from her man, enables her to feel emotionally comfortable giving her man what he needs from her, which is appreciation and admiration. He craves such appreciation and admiration in a primal way by bringing home the protein and protecting her and their family. He sees this validation of himself as the hero receiving acceptance and approval of who he is to her, and that is all the encouragement he needs to go out the next day and do it all again for her.

By making him feel appreciated and admired by his woman, he feels like the hero, and his sensitive, emotional insecurity disappears for that moment. He feels at peace within as he feels loved and trusted by her.

So here we have an intertwining of the roots of the relationship. Man attentively listens to a woman and removes the emotional insecurities she feels in her life and in her relationship with him. After that, a woman admires and approves of her man, thereby feeding his emotional needs to be the relationship hero.

The more emotionally mature man also begins to understand the sensitive, emotional insecurity he feels about himself. Suppose he allows himself the opportunity to explore these emotions in a safe space, such as in his relationship with his woman, then their relationship will blossom forth like never before. This is a delicate and extremely respectful and trusting requirement, and the man has to feel entirely safe to let his defensive guard down and express his emotional insecurities, especially to the one person who sees him as a hero. Man doesn't realise that a hero's concept in his woman's eyes is not to be the strongest but the most vulnerable and trusting. If a man allows and trusts his woman to be his best friend in all respects of the word, then both the hero and heroine will emerge. This combination is

synergistically so powerful in a relationship that it is an unshakeable bedrock of friendship, respect, and trust. If they can feel entirely emotionally safe with each other, then nothing else matters.

For years now, I have told my sons to find their best friend and marry that person. I don't care who they are, where they have come from, or any other personal details. Merely be emotionally vulnerable enough to trust them with every fibre of your being and for them to do the same to you.

It seems so simple that it's ludicrous to believe so much mayhem has occurred over tens of thousands of years between men and women. Angry men go to war to vent their insecure, emotional frustrations because most men are like the person with only a hammer who sees every problem as a nail.

I am now going to show you the importance of the intertwining of roots in Nature and how the intertwining solution above of effective listening by men to women and the subsequent removal of each other's emotional insecurities builds healthy, happy, stable, and loving relationships.

The giant redwood trees in California, USA, grow to 350 feet and have been around for thousands of years. The secret is in their root system, which is very shallow, only some six-foot deep, but they extend outwards and intertwine with nearby redwood trees' roots. This underground root support system of the intertwining of thousands of roots creates an unbreakable foundation for these magnificent trees' ongoing health and growth.

The same can happen in your relationship, and it all begins with effective listening by men to their partners, as outlined above.

Let me inject some humour here and give you ten words or phrases that women say and men hear but do not understand the meaning of:

Fine: when she says fine or, more likely, FINE, it's not fine at all!

5 Minutes: if she is getting ready to go out for the evening, 5 minutes means 30 minutes, but if you are watching the ball game on TV, 5 minutes is 5 minutes.

Nothing: is very far from nothing! NOTHING is pure exasperation that you just don't get it, and everything is the matter with you.

Go-ahead: This is not permission, it's a dare, and if you do it, then the next word you hear will be FINE!

A loud sigh: although not a word, it speaks much louder than any word could. She thinks you are an idiot for not understanding, and if you ask what's wrong, she will say NOTHING!

That's OK: if you take that literally, then beware of the pain that lies ahead for you because it's definitely not OK, and it's not FINE, and it's not NOTHING!

Thanks: if said politely, then do not question and merely say, "my pleasure," but if she says THANKS, she means THANKS A LOT, which means FINE and NOTHING!

Whatever: this is not showing indifference, it's showing irritation, and she is planning your punishment!

Don't worry; I've got it: This means I am eventually doing what I have repeatedly asked you to do.

Let's change positions: it doesn't mean some new acrobatics in bed. It means let me watch TV and drink beer, and you do the cooking and the washing up!

Listening with empathy

Empathy means being able to stand in the other person's shoes and see the issue from their perspective. This is a soul-based approach as an ego-based person cannot stand in someone else's shoes as they see their shoes alone and cannot even acknowledge that the other party has shoes on!

Empathetic listening is usually a woman's role or a man with enough emotional security to come from soul-based love who can attempt to understand an issue at hand. Empathetic listening allows and enables a person to express themselves fully, and if they feel comfortable enough with an empathetic listener, they may also bare their soul in the total vulnerability of all their emotional fears and hopes.

Empathetic listening is based on total trust between the parties. Knowing that there is no sliver of doubt that the listener will not abuse the trust being placed in them by disclosing these emotional fears and hopes to another person. Usually, when one is allowed to bare their soul, the mere speaking it out loud to another is a cathartic process, instead of keeping it bottled up inside. The speaker hears their paranoia for what it is - sheer fear without any bases. Once the fear, or hope, is expressed aloud, it's as if the poison within is expunged, and the healing process can begin.

Empathetic listening is not designed to solve any problems that the other person is struggling with. It's merely a safe space of trust whereby the speaker can hear themselves voice their fears and hopes. We all have the wisdom within to resolve our issues, and we need to be able to express these issues verbally so we can begin the resolution and healing processes required to restore harmony, peace, and love in our lives.

GAIN- God And I Now

This book was written in 2019.

Background

As stated before in this *Treasury of Spiritual Knowledge and Wisdom*, I am a non-conformist and pioneer with a life's purpose to be creative and expand my horizons, the horizons of others, and the experience of God, or All That Is, as I am part of God, and I believe that God is within me, and within you too.

I have moved from a fear-based egoic person towards becoming a Love-based soul person. I vulnerably show that progression in all my books.

When I sat down to write this book GAIN- God And I Now- I wanted to express in the written word what I felt within me. As with all my spiritual books, I feel guided while writing and believe that often the words come through me rather than from me.

Little did I know that this book would be followed by the book entitled *The Purpose and Meaning of Your Life in terms of your Soul Contracts*, and then, after that, a book entitled *Finding and Knowing God Within You*. I had a lot to learn about God, and these books were my next steps in this process. My learning precedes my sharing this knowledge and wisdom with you.

Introduction

This book GAIN- God And I Now- has a lengthy introduction, and I am going to extract portions of it as a briefer introduction to this book:

I don't have a religion; I have a personal relationship with God.

My God is a God of Love. My belief system comes from my understanding of spirituality. This understanding is growing daily and is experiential rather than simply knowledge-based.

Allow me to throw a cat among the pigeons and ask you, "Does God have a religion?" Your name for this Higher Power maybe God/Higher Power/Oneness/ or whatever name resonates with you; I will use God for simplicity's sake, as it ties in with the acronym GAIN- God And I Now.

I am not asking what your religion believes God to be but instead looking at it through God's eyes. Does God genuflect, pray on a prayer mat, wear a tallis and yarmulke, believe in the Veda, and so on? If God did have a religion, who would God pray to?

Most of us were born into a religion, and for those who decided to follow the teachings of that religion, they adopted many of their beliefs, traditions, customs, and behaviour relative to that religion.

The occasional person like myself have used the religion they were born into as a base and as a springboard. We have then added to our belief system by cherry-picking other religions' parts and universal spiritual understandings to create a living and evolving belief system.

In my case, religion has been replaced by a personal relationship with God, my evolving perception of God- a God of Love. My God is Love and Love is my God.

People often ask me why I quote Jesus, Mohammad, Confucius, Indian mystics, and many other religious leaders as I am obviously Jewish judging from my surname. My answer is that I believe all these founders and leaders of various religions have invaluable teachings for me. Why would I turn my back on this wisdom merely because it's not the religion I was born into?

If I counted on my fingers and toes, would I be grateful if a Chinese person showed me how to use an abacus? If someone else showed me how to use a calculator, would I say no thanks for this knowledge as my forefathers counted on their fingers and toes, and the scriptures I follow says that this is the way to count? Would you say that?

My perception of God is the God, and in some cases, a God, of most religions. I believe that if you pray in a church, mosque, synagogue, temple, or any religious structure, and especially if you pray in Nature, the same God is present to hear those prayers of supplication and praise. I know this experientially because I have done so, and my perception of my God remains the same wherever I pray and, in meditation, I listen to my God wherever I am.

My God is the Unity behind all diversity. My personal relationship with my perception of God grows daily.

I want to share this GAIN- God And I Now- with you, and, hopefully, you will find a similar inner knowing of God within you too. After an introduction, I then use over one hundred ways to illustrate how you can attain GAIN- God And I Now.

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I have selected three topics to give you an indication of this knowledge and wisdom:

Adversity

Now you may be wondering how adversity can be part of GAIN— God And I Now? Why would an omnipotent God know adversity with us mere mortals?

Taking another perspective on adversity, we compare life to a kite. A kite only rises high when it is against the wind.

In Ecclesiasticus 2:5, we read that “gold is tried in the fire and acceptable men in the furnace of adversity.” Proverbs 17:3-13 has a similar quotation, as does Isaiah 48:10.

No one said that spiritually advanced people would not know adversity. Throughout history, virtually every spiritual leader has combatted adversity and overcame it to grow into that era's spiritual leader. In some instances, they become a Spiritual Leader over thousands of years in the case of Moses, Jesus, Paul, Buddha, Muhammed, and the three most important representations of Brahman in Hinduism, Brahma; Vishnu; and Shiva, to name a few religious belief characters.

It seems that God uses adversity to test the belief, perseverance, character, morals, ethics, values, and courage of those who would represent God and, in our instance, for those who will attain GAIN—God And I Now.

Welcome adversity as a potential growth spurt to bring you closer to God. If you can see that this adversity is God testing your resolve to be Godlike in your thoughts, words, and actions, then you will change your perspective of this adversity. Your thoughts, words, and actions will then become one of welcoming the adversity, and by saying, “look here is adversity to test me, then I must be on the correct path to become Godlike and to know GAIN— God And I Now”!

Changing the way you look at this adversity, and instead of seeing it as a fear-based threat to you, see it as a soul-based Love needing to find an opening to blossom forth.

Let me illustrate that with a story I have used before in one of my books:

A young Westerner was studying karate in Japan at a very high level. One day he was on the train going home from his all-day classes. A large Japanese man boarded the train and was evidently drunk and abusive in swearing and attacking the other passengers. Our Westerner saw that this was an opportunity to use his karate skills and to subdue this attacker on the train. He stood up and steadied himself as the man lurched towards him, intent on doing him harm.

Just then, a shrill whistle pierced the air, and a small elderly Japanese man stood up and said to the abusive passenger, “come and sit here with me.” The abusive man saw that this elderly gentleman didn’t present any threat to him, and he slumped down in the empty seat. The older man then began talking to him in a whispering tone and asking him if he had been drinking saki. He gruffly said that he had been. The older man carried on in this conspiring whispering tone, and he said to the abusive man that he and his wife always enjoy saki every evening when he gets home from work. They sit in their little garden and enjoy a glass of saki. At which point, the abusive man burst into tears and confessed that his wife had recently passed on, and he was so distraught that all he could do was to get drunk every day to numb the pain he felt. The older man tried as best as he could to put his arm around this large man’s shoulders, and he held him as he sobbed and sobbed.

The young Westerner received the best lesson of his life that day as he understood that soul-based love overcomes fear-based ego adversity.

There is always more opportunity for your soul's growth in adversity than there is in any other circumstance. Bear in mind the saying “when the going gets tough, the tough get going!”

Look for where love can replace fear in the adversity presented to you, and your growth spurt to become GAIN—God And I Now— is assured.

Charity

As I have mentioned in my other books, in Johannesburg, we have beggars at most intersections and traffic lights, and there are thousands of beggars wherever you drive in the city. With 3 000 people a day streaming into Johannesburg to look for work from the rural areas and neighbouring countries and over 10 million people already unemployed in South Africa, the number of beggars grows daily.

I usually support certain beggars whose “territories” are the traffic lights along my route to and from work. I have got to know their names and give them fruit daily, and usually, I give them my family’s old clothes, shoes, and other items.

One beggar, John, is a man around 30 years old with half his teeth already fallen out, but he has the biggest grin you have ever seen, and he is always upbeat as he goes from car to car soliciting money as the drivers wait for the traffic light to change.

John is a great fist-pumper, and most people ignore him, and for those who do return his fist pump, they do it through the closed window, safely ensconced in the closed cocoon of their car.

I open my window to give him fruit for the day, and we do skin to skin fist pump daily, and it puts me in a wonderful mood and no doubt John too. Today, I saw a new woman with a cardboard sign standing higher up the road, and I asked John what the sign said. He told me her child was very sick, and she needed medicine urgently. When my car drew up to her, I gave her some money. John chased my car up the road and made a prayer sign with his hands to thank me for helping her.

Why am I telling you this story? I am starting to believe that John is an Angel in human form. For someone who only has the ragged clothes on his back to call his own. Additionally, he now has my son's old shoes. He proudly shows them to me each day in gratitude for having shoes on his previously bare feet. John maintains the happiest face I encounter from anyone all day; he is a god incarnate.

Perhaps John's message is to the rest of us to be very grateful for all we have and to be a lot happier than we are. He has nothing materialistically and is the happiest person I see all day long. If that isn't an Angel in human form, then I don't know what is?

Thank you, God, for putting John in my life to remind me to be much happier than I am with all that You have blessed me with.

John is the living proof of GAIN— God And I Now— as his infectious grin, happy demeanour, and skin to skin fist pump brighten my day every morning on the way to work. I somehow know I am fist pumping an Angel.

I now believe that John is giving me charity and upliftment rather than the other way around!

Dignity

Because you are part of GAIN—God And I Now— you are born with dignity within you.

Dignity can never be taken from you; you have to surrender it. Many people do so for expediency reasons, usually for a short term gain and an unseen long term loss.

The dignity I speak of is not an ego-based feeling of superiority but a soul/love based feeling of maintaining your self-respect through your thoughts, words, and behaviour by operating in a Godlike manner towards yourself and others.

Dignity is a moral compass that shows you the way, no matter how dark it is where you are currently. By acting in a Godlike manner always, and in all ways, your moral compass will guide you correctly.

The Purpose and Meaning of your Life in terms of Your Soul Contracts

This book was written in 2019

Background

Throughout my spiritual development and evolvment moving from ego towards soul-based living, I have been guided by Unseen Friends. I have had numerous channelings with Channels, whom I trust, and my own ability to connect to my Guides, Guardian Angel, and other Unseen Friends in Spirit.

The concept of Soul Contracts has been “spoken” about and some of my own Soul Contracts identified for me. When my then-wife and I had a “reading” with a Channel who was also our Spiritual Teacher about 20 years ago, we were “told” that we had a most difficult and intricate Soul Contract. If we could survive it, we would thrive spiritually. Through this process, I moved from an egoic person to one of soul-based Love. Among other things, these 26 spiritual books in this *Treasury of Spiritual Knowledge and Wisdom* are the beneficial result of this difficult and intricate Soul Contract. My ex-wife and I went “through the emotional ringer.” Today we are the best of friends, and our sons have seen the transformational power of Love within our family.

In the silence and meditation, I practice I have been “shown” the hidden hand of soul contracts with my Soul Mates throughout my life. For example, the untimely passing on of my identical twin brother some thirty years ago was, partially, to enable his Soul, and our joint Higher Self/Soul, to guide me in this transformation from an egoic person to a soul-based person in this lifetime. Not a day passes when I don’t think about him and often “feel” his presence. He is often in my dreams, and I recall most of these dreams, even years after they occurred.

Today, I look at most issues through the eyes of a Soul Contract in play. By elevating my vibrational energy, the horizon becomes wider, and for me, Soul Contracts become clearer.

Of course, I cannot prove that Soul Contracts exist on the earth plane of existence, but then I cannot prove to you that God exists. We are dealing with a belief system in both instances.

Please have an open mind and see if this book resonates with your Soul. Feelings are the language of our souls. If it does, you should be able to identify certain of your

Soul Contracts through the six measures I illustrate below. Being aware of them as Soul Contracts being played out by you and your Soul Mates from your Soul Group or Soul Family, your perception and perspective will change. Your life will have more purpose and meaning for you. Hopefully, more peace, Love, happiness, joy, and bliss will then be experienced by you through understanding the “Bigger Picture” of your life this time around on the earth plane of existence.

Introduction

I welcome you to this free book- The Purpose and Meaning of your Life in terms of Your Soul Contracts.

During the past six months, as I have been writing this book, mainly over weekends, my life has been in emotional highs and lows, both at home and at work. I was unearthing and confronting issues, long dormant, and, at times, I felt like a laboratory rat! Researching and writing this book unearthed these long-dormant issues, many of which needed to be brought into the Love and Light of Spirit ultimately for my awareness, growth, evolvment, and healing. Through this process, I identified certain soul contracts that have given my life more purpose and meaning.

As stated throughout this book, I write these books for my own education and learning, to leave a legacy for my sons, and for you, the Internet Reader, who has found themselves at the doorway of this free book.

There is a limited amount of printed matter that I could research on this topic, and this challenged me to produce something, hopefully, of both purpose and meaning for you, the Reader.

Most people are unaware, or, if aware, are skeptical about the unproven concept of soul contracts made in Spirit between Soul Mates within a Soul Group. I relished the challenge of providing information, knowledge, and, hopefully, some wisdom about unearthing one's soul contracts and the purpose and meaning that they have for our lives now.

I was not alone in this endeavour. I had Channels' assistance, my own channeling, my Unseen Spiritual Friends, my Sout, my Higher Self and, my Higher Power working in harmony, peace, and Love co-creating my life and this book with me.

Archetypes are a major focus of this book. There are 100 archetypes identified and commented upon to assist in understanding your soul contracts.

All I can hope for is that you approach this topic with an open mind, look at the information provided, and then decide if it qualifies as knowledge, and maybe even wisdom for you. If you decide to accept the challenge of using this book to assist you in unearthing the purpose and meaning of your life in terms of your soul contracts, that's all I can ask for. It certainly worked for me, and I hope and trust it will work for you too.

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6. Analyser
7. Artist
8. Athlete
9. Avenger
10. Beggar
11. Bully
12. Casanova
13. Catalyst
14. Celibacy
15. Child
16. Comedian
17. Companion
18. Controller
19. Corruptor
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I have selected three topics to give you an indication of this book:

Going within to find the purpose and meaning of your life

“The only journey is the one within” -Rainer Maria Rilke

When you enter this Now moment, your search for the purpose and meaning of your life no longer becomes an ego-based outward search but becomes a love-based soul approach to begin the search within.

The search within is where your soul, which is a part of God, resides. Your soul is a splinter part of your Higher Self, or your Spiritual Energy, which resides in Spirit. It is part of the Oneness some people call God, Jesus, Father, Allah, Brahama, Yazad, Akai Murat, Adonai, Jehova, Shiva, Buddha, etc.

When you awaken, you become conscious that you are not an egoic body and a mind. You are an eternal soul who is now having an experience in a chosen body and mind. We live countless lives on the earth plane of existence and other planes of existence. We mainly live in Spirit, and who We really are is a Vibrational Spiritual Energy, reflected at present as our eternal Soul within a body, now known as you, on the earth plane of existence.

In the search for purpose and meaning of your life, the starting point should always be who You really are. The You, being your Higher Self/Spiritual Energy, which is part of Oneness/God/Universe/Infinite Intelligence, and other labels we may prefer to use. Your soul is only a splinter part of that Higher Self /Spiritual Energy, and your soul resides within your current body and mind. This body and mind are who you are. The You is your authentic Self, and the gap between You and you is the authentic gap that needs closing while you are on the earth plane of existence.

I have highlighted the six soul markers below to identify this authentic gap that you are being called upon to resolve this time around. Closing this authentic gap from you to You, for you to be more Godlike in your thoughts, words, and actions, is the purpose and meaning of your life, in terms of your soul contracts.

The purpose and meaning of discovering your soul contracts

OK, so let's say you go through these six probings to discover what your soul contracts are, or at least one or a few more of these contracts that you can identify, then what?

Identifying them is excellent, but having a ticket to ride a bus and actually boarding the bus to take you on the ride you have paid for is another matter. Are you prepared

to tackle these identifiable soul contract issues? Let's not kid ourselves; this is tough work, but the harder it is, the higher the compensating reward for attaining your eternal soul's growth towards whatever being Godlike represents for you.

What and who you become through these resolute processes will determine your current life's purpose and meaning. Your destiny will find you if you are prepared to roll up your sleeves and attend to the work required to resolve the identifying issues of the holes in your soul, in terms of soul contracts, found via:

your fears;

your blockages;

your challenges;

your hardships;

*your repetitive patterns and the
mirrors in your life.*

Of course, you have free will, and you don't have to do anything and merely keep doing whatever you want to do in this life. I am offering you the opportunity to discover the purpose and meaning of your life in terms of your soul contracts, based on my understanding of soul contracts. It's your choice to follow through or to do nothing. After all, I don't know you, and whatever you choose won't affect me one way or the other.

However, I feel responsible enough to alert you to this opportunity and leave it up to you to decide whether to board the self-discovery bus and identify your soul contracts.

If you choose to do so, your soul contracts' destiny is beckoning in terms of finding the purpose and meaning of your life via resolving the identified holes in your soul. Good luck with whatever choice you make!

Six Soul Contract Markers revisited for each applicable Archetype

Now by using the six soul contract markers explained earlier on in this book, the areas of resistance comprising your ego-based well-hidden emotions will be highlighted.

After that, the process of allowing the flow of these negative emotions to be released, and healing to begin, can be implemented. These 'allowing' and 'healing

the holes in your soul' processes is what will give you the purpose and meaning of your life in terms of your soul contracts.

For each applicable archetype that resonates with you of the 100 archetypes listed below, please identify:

- 1. The repetitive patterns that occur*
- 2. Fears you have*
- 3. Blockages you can't get past*
- 4. Challenges that occur, especially*
- 5. Hardships that you experience*
- 6. Mirrors of people who trigger strong negative emotions in you*

To assist you and remind you to use these six soul contract markers for each relevant archetype of yours, I have done so, for illustrative purposes, for both Addict and Gambler archetypes below.

(As this summary has already overrun to be nine pages, please refer to this book on personalempowerment.co for these illustrative examples)

Knowing and Finding God within You

Written in 2020

Background

Having written *GAIN- God And I Now*, and *The Purpose and Meaning of Your Life in terms of your Soul Contracts* in recent months, I was led to research and write this book- *Knowing and Finding God within You*. At the time, it seemed as if this was the icing on the cake in terms of this understanding. Little did I know that it was a prelude to writing about vibrational energy, Oneness, and Love and Light in books, as yet, not on my horizon.

Introduction

I have long been an adherent of various Channelled Entities. They often speak about themselves as being God and of us all being God. They also state that God is within us all.

Many of us have grown up believing that the Higher Power we pray to is somewhere “up there,” implying in heaven. So, attempting to understand how this Higher Power could be both in heaven and within each of us simultaneously caused me to research and write this book for the answers and solutions to this quandary.

*I have researched the works of various authors who channel certain Unseen Entities and am especially grateful to Rasha for her book, *Oneness*; Neale Donald Walsch for *Conversations With God – Book 1*, and Abraham-Hicks.com for the words of Abraham. I sincerely hope that you enjoy and benefit from reading this book. May you be able to find and know God within you.*

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Conclusion

I have selected two topics to give you an indication of the knowledge and wisdom of this book:

Become the Watcher of your life

The next step along the road to Oneness is beginning to see yourself as the Watcher in your life. Usually, we see ourselves as being the cork on the wave bobbing up and down with every trial and tribulation and occasional highlight in our life. Becoming the Watcher enables us to see our life from a better perspective.

The Watcher is egoless and is attuned to the higher vibrational frequencies referred to as being in alignment and harmony with your Higher Self/Soul and your Higher Power.

As the Watcher, you don't react or even respond to these continually changing circumstances you call your life. You simply Be and TRUST the process to unfold as it should. You are the epitome of surrender, allowance, and TRUST. You are here Now with your open hands faced upwards to receive and to give all the abundance you experience at these elevated levels of vibrational harmony. Inner trust, inner knowingness, and inner feelings guide you now as you learn to be content with all that comes through you from your Higher Self/Soul and your Higher Power. You become the pipe that carries the life-giving water to all.

You don't need acknowledgement or recognition for your role, as these are ego-based needs. You are Love-based and are grateful for having the opportunity to help others in this way. You are co-creating your life with God, who is within you. Your life may still exhibit the emotional ups and downs as you experienced before, but your ego-based needs are much diminished, and your Love-based soul will attend to these issues.

In the past, your reactions and responses to these issues would have created ego-based drama, but you are now in harmony and in alignment with Higher Beings, and you know that nothing truly matters, except Love and Light. When others challenge you to pick up the rope and have a tug-of-war with them about one or more ego-based issues, you will simply walk away with a smile on your face remembering how

your old self would have picked up the challenge and wasted all that energy entertaining their ego needs and yours. In the past, your feelings of fear, or the need to be right, and maybe even feeling guilt, would have seen you rise to the ego-based challenge of another. Don't blame yourself; this was the conditioned patterning of your mind for most of your life unto now. But now you know to go to God within you, your Love-based soul, to look for solutions and not to rise to the bait of an ego-based threat or challenge.

You can now look past the Challenger's ego and relate to their soul. Expect that their ego has hardened their soul's protective surroundings with the macho stuff seen where brawn is valued above the brain. It's only a facade as they would dearly love to know and experience Love, but their separateness from their Love-based Higher Beings is entrenched, and their ego is in total control of them now. It's worth an attempt to appeal to their Love based soul, but don't expect acceptance as their ego is seen incorrectly as their strength and power.

You know and have experienced that real POWER is Present Only When Ego (is) Removed. However, we all have individual journeys towards Oneness and God within us. Your ego-based Challengers haven't found the entry gate to this road, as yet. Your life is already one of Oneness and not one of ego-based separation from your Higher Self/Soul and your Higher Power. You are not threatened by the uncertainty of the unknown in front of you. You are allowing, surrendering, and trusting that your destiny is being created for you via your Love-based soul with your Higher Self/Soul and Higher Power.

As the Watcher in your life, your road to Oneness, or the God within you, will now follow the path of least resistance as you have cleared the ego-based obstacles out of the way.

The solutions are within you

I am always conscious that writing books such as these may not always be in the reader's best interest. There is a delicate balance between identifying an issue and providing a solution. Allowing and enabling someone to find their solution through their experience is preferable for their soul's growth. It's a high wire trapeze act without a safety net!

We are each responsible for our journey on the road to Oneness and finding God within us. We find our potholes to stumble into and to get out of. We also find out what works for us and what doesn't in progressing along this infinite journey.

Ideally, I should be asking questions rather than giving answers and solutions from where I am standing, which may not be where you are standing now. I should be asking pointed questions to enable and allow you to find the answers within you. After all, we all have the same God within us. Our answers are found within us.

This would, of course, be the way I would approach it if you were sitting with me, and we were exploring your journey on the road to Oneness and finding God within you. I would be able to hear what you are saying, and through your body language and my intuition, I could also infer what you are not saying and maybe hiding away from discussing too. So, walking the high wire, conscious that what I am writing may be what you need to know, or maybe near what you need to know, is as close as I can get.

If we were sitting together now, the ten questions I would ask you about the 'drama' of your life at this moment are:

- 1. Are you coming from ego in this drama with yourself, or with another?*
- 2. If so, what emotional wounds are your ego protecting?*
- 3. Can we explore the root causes of the emotional wounds?*
- 4. Now that you have seen that the way you are reacting in this drama is not about this other person or people at all. Your reaction is aimed at (the Initiator triggering this reaction in you that you are now overreacting too. It may be from your childhood or later on in your life.)*
- 5. This person or people involved in the drama with you are merely triggers, not the Initiator. They deserve to be explained to by you, if not apologized when you are ready to do so.*
- 6. Is this current relationship of value to you? Is it more critical for you to be right in this drama and be happy to have this relationship damaged? Or is the relationship more important to keep in harmony than you being proved right in this drama? If you can't resolve the issue creating the drama, can you then agree to disagree and leave it like that?*
- 7. What would happen in this drama if you came from a Love/soul-based manner and approached the other person, or people, from a position of Love, kindness, compassion, and understanding? If you said to them, let's put aside our ego's here and find a way to understand each person's viewpoint better. Let's make our Loved based souls' talk instead of our fear-based ego's.*
- 8. Could you say to them, "let's let the Power of Love replace our need for the ego-based Love of Power of being proved right in this drama"?*
- 9. What solutions could you find if you decided to pray for the other person's well-being and then waited patiently for God within you, though your intuition, to provide a solution for you in this drama?*
- 10. Are you prepared to allow and surrender your ego now and let your soul shine through?*

Hopefully, by asking these questions and applying the solutions, you would learn through your own experience of resolving this drama. This is far more powerful for your soul's growth than if I merely told you the solution.

Now you are on the soul-based Love journey towards Oneness and finding God within you

Reducing Your Worry and Anxiety

I wrote this book during the second quarter of 2020 in response to the worry and anxiety that the COVID-19 Global Virus Pandemic and a lockdown was causing.

Background

Uncertainty and fear gripped the world from late January 2020 when the COVID-19 Virus, which was supposedly detected in Wuhan, China, in late 2019, started to spread throughout the world.

For the first time in recorded history, virtually all countries went into a quarantined lockdown where healthy people were forced to stay at home, and the economies slowed down significantly, causing major unemployment and business failures, liquidations, and personal financial failures. When I was writing this book in the second quarter of 2020, for economies globally, I saw drops of up to 50% in GDP for that quarter compared to the quarter twelve months prior.

I am writing this in early December 2020, and certain Northern Hemisphere countries are once again in lockdown as the COVID-19 Virus has rampantly re-emerged during their current winter months. The USA has seen over 15 million infection cases, with 284 000 resulting deaths as of early December 2020. This number of deaths is approaching US soldiers' total fatalities in World War II from 1942-45.

A vaccine has now been created and is about to be rolled out. However, it customarily takes between 5-10 years to complete research and development, thorough clinical trials, and testing for a vaccine. These vaccines have been fast-tracked in a few months. Urgency by politicians to create a vaccine and reduce the political heat they face and the desire for potential profits by drug companies may prove to be a dangerous combination if these vaccines have side effects or complications due to insufficient procedural trials and tests. I sincerely hope I am incorrect in my assumptions, and I hope and pray the vaccine is effective and not harmful to its recipients.

Many people globally have been in lockdown for many long months. Students of all ages have been housebound, and lessons are being taught digitally. Many parents and other adults are working from home through digital means. The terms "The New Normal" and "The Next Normal" have been coined to explain the surreal environment in which we all find ourselves. Digital interface instead of a person -to -person interface dominates our lives.

The mental health issues, as well as physical health issues, are mounting. Mental and physical abuse occurs in homes, and gender violence, mainly men against women, is increasing dramatically and is very concerning. The abuse of alcohol and other narcotics are direct side effects of the helplessness people are feeling. The financial plight of people is becoming acute. Marriage and relationship breakups and suicides are rising globally.

Coming from a soul-based Love approach, I am doing a few things specifically to serve my family and friends, as well as people visiting my spiritual websites. Daily, I share humorous jokes, and uplifting messages, via WhatsApp's with family and friends locally and globally. I continue to send out an uplifting *Thought of the Day* to my email database. I have written this book to assist people in reducing their anxiety and worry.

Introduction

This free book has been created to help people in the earlier stages of worry and anxiety before succumbing to depression and any consequences resulting from such depression.

This book has been written in three parts:

The first part: - transforming your worry and anxiety away from fear and towards acceptance - adopting a positive mindset and a positive can-do approach to resolve underlying problems creating your worry and anxiety.

The second part: - 45 techniques to assist in reducing your worry and anxiety

The third part: - 32 ways to create an attitude of increasing gain and affluence in your life.

This is not a medical book and is not meant to replace any medical or mental health-related practices.

As you will see from the statistics below, the current medical-related treatments need some help to combat mental health issues, rapidly becoming the most significant ill-health and disability in the world. These statistics are pre-COVID-19, which will undoubtedly worsen these statistics and projections in the future.

One out of four people worldwide is likely to be affected by mental or neurological disorders in their lives, according to the World Health Organisation (WHO). In 2019,

WHO stated that currently, some 450 million people worldwide suffer from mental disorder conditions.

In the USA, some 20% of the population have been diagnosed with some form of mental health disorder. According to NBC News, in 2016, 12% of Americans took antidepressant pills, 8.3% took anti-anxiety pills, and 1.6% took antipsychotic medication. That is some 42 million adults who have been diagnosed with mental health symptoms and have been prescribed medication. They live in the wealthiest country in the world.

In the United Kingdom, the statistics are similar according to mind.org.uk, with 17% of people living in private homes, excluding any hospital facilities, stating they suffer from anxiety and depression.

The bottom line is that you are not alone if you are suffering from anxiety and or depression. This book will help you reduce your worry and anxiety issues and turn these "lemons into lemonades" for you.

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Focus your Energy

Who is worrying?

What is worry?

Step 1- Identifying the issues worrying you

Step 2- Assess the realistic likelihood involved

Step 3- Prayer and meditation

Step 4- Action programme and action plan

Step 5- Taking all possible preventative action

Step 6- Acceptance of the outcome

Step 7- Further action programme and plan

Step 8- Acceptance of inevitable outcome

Step 9- Dealing with fallout

Step 10- Learning to move on after fallout

Part 2- 45 Techniques to reduce your worry and anxiety

Now

Accept the worst outcome

Energy

Fact or confusion
Identifying the root causes of the issue at hand
Action reduces and replaces worry and anxiety
Intolerance will wear you down
Time to be realistic and arm ourselves with the facts
Accept "what is" when it is inevitable
Always use a safety net
The past is history
The future is uncertain
Determination
Your only disability is your attitude
Watching your thoughts
Positive thinking only works with positive action

A daily 10-step programme for reducing worry and anxiety

Step 1- Joyful
Step 2- Acceptance
Step 3- Exercise
Step 4- Use your mind
Step 5- Act of random kindness
Step 6- Non-conflictual
Step 7- Focus on only one issue
Step 8- Creating a calendar
Step 9- Feel brave and courageous
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Resentment- the worry and anxiety builder
Give without expecting gratitude
Your real personal balance sheet
You are unique
Try to socialise, even if you don't want to
Get your mind off yourself and onto helping others
Criticism- the good, the bad, and the ugly
Proper time management
The unknown- the real cause of worry and anxiety
Managing the unknown confidently by shaping your future
What happened to your previous worry, anxiety, and panic
A spiritual approach to managing the unknown future
Stilling your thoughts through correct breathing

Renounce the next moment
Non-resistance to what is- acceptance and surrender
Align yourself to the Tripartite Alliance
Embrace the moment as it unfolds in Love
How can you fear the future when no-one knows what it will be?

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Affluence and abundance
Impermanence
Be the best you can be
Freedom of thoughts, words, and action
Purpose and meaning of your life
Congratulate everyone
Being replanted
Gratitude
Generosity
Goals
No-mind
Intention
Humility
Happiness
No judgement
Money
Positivity
Humour
Acceptance of contrasts
Power is in the present moment
Your life's purpose and end objective
Seek to understand and not judge
Receiving is as vital as giving
Transcendence
Timelessness
Integrity
Networks
Charity
Unity behind all diversity
A person of values
Wealth conscious
Energy is all we are

And so we come to the end
Conclusion

I have selected three topics that follow sequentially to give you an indication of this book:

The unknown- the real cause of worry and anxiety

We worry about the past when we regret what may have occurred and how it may affect us in the unknown future. Guilt is often an emotional feeling in this instance.

Most worry and anxiety are based on the unknown future. We currently feel a lack of resources to handle it or the inability to do something about what may need to be done in the unknown future. The lack of resources and or potential loss we may face paralyzes us from taking the necessary action to avoid the looming issue. Worry and anxiety replace determination and action. We become the immobile deer trapped in the headlights of the oncoming vehicle.

No one knows what the future may bring. It is unknown. However, in the causal world we live in, the future may be predicted; to some degree of accuracy. This is based on our past or current attitudes, thoughts, words, and actions, or those by another affecting us. The cause of what has occurred, or is currently occurring, creating the effect in the future. The world, as we know, is causal and yet random too. We perceive the world a certain way through our five senses, but we are the blind leading the blind and not knowing the other Unseen Forces at play, which also create our world and its future.

Let us use the simple example of a hypnotist at a public show connecting with the participants' subconscious mind. Under hypnosis, a strong bear of a man will be told that a simple plastic chair is bolted to the stage, and he is unable to lift it. Try as he might, that chair will not budge one inch. Such is the subconscious mind's power, and our usual prompts of logic and emotion hold no sway here.

The guiding of a homing pigeon or a bird revisiting the same nest every summer season, half a world away, is impressive considering the pea-like size of their brain. Of course, there are the Unseen Forces of the Spiritual World, the proven power of prayer and meditation. There is so much that is inexplicable in our life. We simply do not know what we do not know. The healing modalities of a spiritual nature are well documented, and those who have experienced these so-called miracles are often astounded by their non-invasive procedures that cure so-called incurable maladies.

We have alternatives when facing an unknown future. We can embrace the unknown with belief and faith that a loving God will never give us anything we cannot handle.

We can also believe that what we are asked to handle is for our eternal soul's ultimate highest growth. We can have a hope-based self-belief that an unknown future is brimful of opportunities. That same belief process may extend to having the self-confidence that any threats occurring can be handled and overcome.

Alternatively, we can fear the unknown future, be worried, anxious, and stressed as fear grips us so tightly that we can hardly breathe. We can let our fear-based imagination loose and create thoughts of the worst possible outcomes for us and others we care about.

The last two paragraphs are arguably the most important words you will read in this book designed to end your worry and anxiety. The alternative you choose to believe and implement is what will create your reality of the unknown future.

I believe we should embrace the unknown as we would embrace a friend. We should not fear what is unknown but know that whatever it brings to us, we must simply Be Here Now in the moment and Trust- To Release Unto Spirit Totally, and then To Rely Upon Spirit Totally. Whatever happens to us is an opportunity to Be Love Now and allow and enable our eternal soul's highest growth. This is a spiritual approach to welcoming and embracing the unknown as a loving friend.

For those with immense self-belief and who see the unknown as brimful with opportunities, having the proven self-confidence to handle whatever opportunities or threats are presented, these are the winners in life. These people usually become successful entrepreneurs, leading employers and managers, leading professional people, leading sportspeople, and other leaders in their chosen fields of endeavour.

In my view, this understanding and self-belief inculcated into children from a young age and sustained throughout their childhood, allowing them to attempt challenges, and fail, and fail again, until they overcome and succeed is the best education for a child. Not being afraid to try and challenge obstacles in their pathway through life builds a self-belief reservoir and self-esteem.

With these positive emotional and spiritual stances above, we can now embrace the unknown and not have to worry, be anxious, and stressed about the unknown any longer.

*For those interested, my free book found on personalempowerment.co, *Unfolding Your Child*, a spiritual approach to parenting, is based on these principles.*

Managing the unknown confidently by shaping your future

Carrying on from the previous topic, I would like to guide you down a path to learn how to manage the unknown future confidently. What is the unknown, but the next moment magnified by our imagination exponentially for as far as we want to guess into the future?

I enjoyed a movie called Next starring Nicholas Cage, where he “knew” what would happen in the next few seconds. He could avoid “accidents” and place himself in advantageous positions by knowing what was about to unfold in the next few seconds.

Not one of us definitively knows what will happen; next, that is why it is called the unknown. So, we develop our skills to anticipate what is likely to happen in the next few seconds, the next minute, next hour, next 12 hours, tomorrow, next week, next month, next year, and so on.

I have made a living for over 40 years, among other things, doing research and forecasting based on known and unknown causal events and their likely outcomes in the economic and real estate cycles so that I, and the people in business with me, can benefit from these predictions.

I have pioneered various new market trends and can tell you that the lesson I learned in Strategy as a part-time student at University over 45 years ago is real.

Referring to the expansion into the Western USA by the pioneering folk and cowboys, the lesson was that “the pioneers get shot by the (Red) Indians.” But I love the challenge of pioneering into the future and, with it, the shaping of that future too! As a pioneer, it is all about personally empowering people, whether through my free books like this one or my various business ventures over the years. I want to help people unleash the power within them to be the best that they can be. Hopefully, after that, they can help other people, as I hope I am helping you right now. I do not mean to be immodest by giving you some of my journey, but I want to show you that you can embrace the unknown future- by shaping it.

We are fortunate in the world to have had some fantastic pioneering entrepreneurs, inventors, and the like in the past and currently. They all have one thing in common- their desire to shape their future the way they envisaged it to be. If you decide to embrace the future as a loving friend, and not be scared of it, you will be surprised to find that your attitude and thoughts create your reality, as I have spelled out in numerous books, as have most spiritual writers through the ages.

My free book found on personalempowerment.co, Achieving Your Goals and Dreams, will provide you with the framework to create and shape your future. You

will then stand with your head held high and scream into the headwind- “BRING IT ON!”

What happened to your previous panic and anxiety?

Whatever you panicked about in your past is undoubtedly over, and the situation has been resolved. The need to panic, or react to panic, can now be seen as both harmful and wasteful energy. What you need to learn is how to identify what shock news created a panic in your mind? What was the catalyst that created the overwhelming feeling of lack, or potential loss, which consumed you? What made you be enveloped in total despair?

The first few minutes, while that shock sent the adrenal and cortisol fight or flight response surging through your body, your heart rate rose sharply, and perspiration flooded your pores. Your emotions were under attack, and you responded in a primal way when fear of lack, or potential loss, stared you in the face. It takes a lot of practice to learn how to remain calm and unruffled in those times of emotional shock and to be able to see things clearly without fear coursing through your brain and body. Suppose you are one of the few people who thrive in such emotional pressure-cooker situations, then you are probably an “adrenaline junkie” and working in an emergency function, but even then, how do you handle such situations in your personal life?

Your emotional makeup has probably been altered to be a much lower emotional reactor for those given to a meditative life. Most likely, you are a responder rather than a reactor. You know to breathe deeply and rhythmically, physically, and emotionally, when an onset of an unexpected shock assails you.

Problem-solving is a learned skill usually borne out of necessity to survive and, after that, thrive. The more experience and success you have with problem-solving, the larger your armoury will handle more complicated problems and further develop those skills. Well-founded confidence resulting from developing abilities and skills in overcoming issues that presented challenges to you in the past is like a muscle that needs exercise for it to grow.

Solving problems ensuring mutual understanding, respect, and empathy for all parties concerned, in a responsive and non-reactive manner is how to manage unexpected events and reduce shock and panic to become a non-event in your life. When the initial shock created emotional overload and panic, logic disappeared from your thought processes, and only raw emotions were evident. The ability to breathe deeply usually deserts one at these times. Instinctively, your breathing becomes fast and shallow, adding to the emotional panic you feel. It's the ability to breathe deeply and slowly and enable logic to fashion your thinking, which will enable you to avoid the panic response.

The starting point is a simple acceptance of what is occurring now. Whatever the shock is, it is threatening you because of a perceived lack of resources to handle the possible outcome or potential looming loss. So, let us begin by deep and slow breathing for a few minutes until you feel calmer. Now, what decisive action can you take to deal with this unexpected issue? Once you have taken that action, is there anything else you can do now or in the foreseeable future to resolve this issue?

If so, do it now, or plan to do it when the correct time is right.

If the answer is no, then begin by accepting the inevitability of the potential impact and likely loss in your life. Unless it is life-threatening to you, it will eventually be resolved one way or another. You may not like how it is resolved, and you may be poorer for it, in all respects, of becoming poorer, not only financially. I would like you to consider the possibility that whatever you are about to lose may be necessary to happen. Maybe, something must be moved out of the way to enable something better suited for you to come into the vacuum left by that you lose. You might be surprised to see that what emerges is, in fact, a preferable issue to that which occurred before the shock worked its way through the system to resolve itself.

I will let you into a secret. In spiritual terms, you called this shock to occur to fix what I have termed the “holes in your soul” in a few of my other free books found on personalempowerment.co. You needed to fix the “hole in your soul,” impeding your eternal soul’s growth. You came back to the earth plane with a Soul Contract to do precisely this. To face up to and amicably resolve the issue presented to you as an emotional shock. You asked for this to occur so you could overcome it and resolve it once and for all so that your soul could grow into higher planes in Spirit.

*Once again, I refer you to my free book, *The Purpose and Meaning of Your Life in terms of Your Soul Contracts*, found on personalempowerment.co. Armed with this possibly new knowledge or explanation of you calling this issue to yourself to be resolved by you, you can now reduce your emotional reaction and begin to apply a more logical response to tackling the issue at hand. You asked for this challenge, and you have the inner strength to overcome it. Believe it! Look at this issue as an email that has landed in your inbox, and you must now deal with it like you would other issues that need to be resolved in your inbox, hopefully, logically and unemotionally.*

I sincerely hope you read this book to reduce your worry and anxiety as it could be life-changing and life-enhancing for you.

Understanding and Elevating your Vibrational Energy

This book was written in 2020

Background

A close friend and business associate asked me what I meant by saying, “all we are is a vibration.” I tried to explain it to him, but I could see that I must have sounded like a Sci-Fi devotee to someone not usually immersed in spirituality. By the way, I do not enjoy Sci-Fi.

As I think better and express myself more clearly, through writing, I decided to research and write about vibrational energy aided, as always, by my Unseen Friends in Spirit.

I received a much better understanding of vibrational energy, elevating energy, and I hope you do as well by reading this book.

Introduction

What is vibrational energy on earth?

Let us begin with a few definitions of vibrations and energy, which are two interrelated terms in this context:

Albert Einstein stated, everything in life is a vibration.

According to Wikipedia, a vibration means quickly moving back and forth (or up and down) about a point of equilibrium. The vibration may be periodic (having a pattern) or random.

Einstein, in his famous equation of $E=MC^2$, proved that light and matter are the same and are all energy, thereby implying energetic vibration, as he stated that everything is vibration.

Another quotation from Einstein about energy deals with physics and not philosophy; however, when this quotation is compared to the spiritual understanding of the Law of Attraction as described by the Teachings of Abraham, a non-physical Energy, channelled through Esther Hicks (Abraham-Hicks.com), Einstein's physics is spiritual philosophy.

Einstein stated, everything is energy, and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be said no other way; this is not a philosophy; this is physics.

Abraham defines the Law of Attraction as "that which is like unto itself will be drawn."

If you are reading a spiritual book such as this one, you will be familiar with the spiritual concept of 'your thoughts create your reality.'

This book is not about proving that vibrations exist or proving that you are vibrational energy as a soul. I will leave that to those with scientific hypotheses.

I have a belief and an experiential knowing that souls exist in Spirit, and certain souls, as vibrational energy, have occasional visits to the earth plane of existence where they inhabit physical bodies for what we know as a lifetime.

If you intend to benefit from this book and learn how to elevate your vibrational energy to lead a more frictionless life and hopefully know more Love, peace, joy, and bliss, then you need to accept the following:

Everyone and everything, everywhere, is energy vibrating at varying levels of fluctuations and frequencies. Our soul is energy vibrating extremely fast in Spirit, where it is formless. Our soul's vibrational energy slows down substantially to become the slower moving vibrational soul energy within a denser form of a physical body on earth. When our heart stops beating, our soul's vibrational energy leaves the body, speeds up its vibrational frequency and returns to Spirit as formlessness, and re-joins our Higher Self/Soul, which is part of Oneness with our Higher Power.

All that the soul has experienced while on earth accompanies it into Spirit. Those experiences also become recorded in what some people call Akashic Records.

It is important to note that the vibrational soul is eternal and immortal. There is no death of the soul, merely a change from form to formlessness. Like water becomes a vapour or gas.

In truth, all we ever are is points of vibrational energetic Beings of Light and Love in an infinite and eternal stream of Consciousness of Unconditional Love and Light. We

choose to call this infinite and eternal stream of Consciousness our Higher Power/Source Energy/God and many other names.

We are All One and far from ever being alone. You are me, and I am you, as we are all the same infinite Unconditional Love and Light at our eternal essence. We are Oneness. We are God.

In Genesis 4:9, when God asked Cain, “where is your brother, Abel?” “I don’t know,” he replied, “am I my brother’s keeper?” With this question, the Lord was asking and telling us that we are all our brothers’ keepers, as, at our eternal essence, we are all One.

We come to the earth plane of existence as an energetic vibrational frequency as a soul that enters a body. Over time, we forget we are a soul, and we become an ego-based body.

This free book, and all my other 24 free books I have written so far and published on my websites, personalempowerment.co, and guidespeak.com, are reminders of who You really are as part of Oneness, the eternal stream of Consciousness of Unconditional Love and Light, some call God.

You are Unconditional Love and Light always, and in all ways. Such Love and Light is the absence of fear, as fear is ego-based, and EGO- Edging God Out- is an illusion. Only God is real, as God is Love, and so are You at your essence. Now it is time to live that knowledge as experiential knowing.

At your essence, you are vibrational energy which we call our Soul, and for now, your Soul occupies a physical body known as (your name).

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Choice as a vibrational energetic Being

In every instance of every experience, we have an omnipotent power- the power of choice.

CHOICE- Can Help Overcome / Change Energy.

We can choose what we become as vibrational energy in a body on earth. We are vibrational energy that can choose through our attitude, thoughts, words, and actions.

Your choice will always be either-

(1) To Be Love Now, or to be fearful

(2) To be Soul-like/Godlike, or to be ego-based - EGO-Edging God Out

These earth-based choices will determine whether the eternal vibration that you are is elevated or lowered in terms of Spirit's hierarchical structure. Whether you experience more Light and Love as you move closer to the God within you now, who is also your Higher Power in Spirit, or whether your eternal energetic vibrational frequency experiences a dimmer Light and reduced Love in Spirit.

Your Soul Mates in Spirit are found at the level at which you all resonate your energetic vibrational frequencies. As postulated earlier, the earth terms, heaven, and hell do not exist in Spirit but may be used to illustrate that bright Light and depth of Unconditional Love which could be termed as heaven, while hell maybe the lack of Light and lack of Unconditional Love at the base of the hierarchical pyramid I described before.

Souls who have lived a life on earth of uplifting others in Love, kindness, generosity, compassion, gratitude, integrity, and peace will find themselves together in Spirit. The murderers, rapists, adulterers, and others who have committed similar free will offences against others on earth will find themselves together in Spirit, too.

I am distinguishing contractual soul arrangements from free will actions in this example. In terms of soul contract arrangements, the role of a murderer, rapist, adulterer, and others, as Soul Mates, are roles agreed to be played out for the experience and growth of the so-called victim, a Soul Mate. In these instances, the perpetrator's role is a brave one as they are likely to face negative consequences on earth for agreeing to play these roles. They will experience being pariahs on earth, which could also be part of their soul contracts. However, free will choices made to act like a murderer, rapist, adulterer, and others on earth will have eternal consequences in Spirit. We are not born as winners or losers, but as choosers, where free will choices are concerned. Choose wisely as an energetic vibrational frequency human being on earth

Breathing affects your vibrations

The intake of oxygen through your in-breath, if a full in-breath is taken, enables your brain to have a shot of oxygen to revitalise it, as well as helping to bring more alkaline into your body. Your body's acid levels increase with any form of worry, anxiety, stress, and pressure, and the oxygen in-take helps rebalance your body with more alkaline.

Most of us fail to breathe correctly, and we usually take shallower breaths in and out of our chests rather than deep breaths into and out of our lower belly. Our solar plexus based within our chest houses a bundle of nerves, hence the expression, 'I am a bundle of nerves!' Shallow breaths stimulate these nerve endings, which are known as the sympathetic nervous system. This nervous system triggers the flight or fight response, which produces, among other things, the flow of acid referred to above. So shallow breathing contributes to an unhealthy body and mind.

With correct deep breathing, we, among other things, rid the body of some 70-80% of our body's toxins, which are carried with the expelling of carbon monoxide of our out-breath. Deep breathing revitalises the body's various systems, such as the circulatory, digestive, and nervous systems, and provides much-needed oxygen to the trillions of cells in our body. This deep oxygen intake, which reaches the base of

our spine, activates the parasympathetic nervous system known as the 'relaxation response.' This good feeling oxygen intake enables our detoxification via the out-breath, relaxes us, and enables vital life force energy to rejuvenate our body and mind.

Such deep-breathing elevates your energetic vibrational frequency, while shallow breathing may reduce your energetic vibrational frequency.

I bet you just took a deep breath! I know I did!

Conscious deep breathing is a spiritual awakening

Last night I was listening, once again, to Eckhardt Tolle's reading of his book, The New Earth. He recounted the story of a man who asked his opinion about which courses he should take to deepen his spiritual awareness.

He presented Eckhardt with a prospectus from a Spiritual College of what he called a smorgasbord of spiritual courses. Eckhardt responded that they all look remarkably interesting. He told the man that he did not want to choose for him. However, instead of taking any of the courses for the next year, he said simply be conscious of your breathing whenever you can, throughout each day for a year. Tolle went on further to state that, preferably, when conscious of your breathing, take as many deep breaths as possible.

Tolle stated that this would awaken your spiritual awareness far greater than any courses you may choose to take. He explained that such conscious deep breathing brings your mind into the present moment of now, and that is all you require to awaken your spiritual awareness.

Earlier on in this book, I dealt with the topic of living in the Now as the only time you can elevate your vibrations. Listening to Eckhardt Tolle last night reinforced this message for me.

Non-Judgement elevates your vibrations

Making a judgement presupposes that you have all the relevant facts at your disposal. Additionally, in making a non-prejudicial judgement, you will have to be impartial, unbiased, and independent of your judgement's outcome.

Most court judges have spent many years within the legal system and are usually academically qualified at the highest levels. Judgements made by these Judges are

subject to an appeal process to Higher Courts where a few Judges review the disputed judgements. This process is arduous and reflects the lengths the legal system goes to when addressing making a judgement.

When we make a judgement about someone or something, do we go to such lengths? Usually, we lead with our ignorance of most, if not all, the facts. We usually add our prejudices and biases, and we deliver a judgment that could be wrong and detrimental to the person or object of our judgement.

We continually make such ego-based judgements, usually without a moment's hesitation and concern of its impact. Such injurious judgements can summarily demolish reputations, which may have taken decades to build up. Conflicts may emerge from such damaging thoughtless judgements. War and strife can flow, immeasurable lives damaged and lost, and considerable property damage done, flowing from such judgements.

It becomes obvious that issuing such an injudicious judgement will reduce one's energetic vibrational frequency significantly. If this judgmental behaviour is consistent, then the person's energetic vibrational frequency level will reduce to potentially dangerously low levels, impacting both their immune system and trust levels of their relationships.

I would like you to think of a person you may know who is so judgemental. Do people trust them? Are people fearful of them? Is their health continually under attack?

Becoming non- judgemental is the way to be. Give everyone the benefit of the doubt, but protect yourself nevertheless if you have reason to doubt them. If need be, ask questions of them and unearth every possible answer. Probing questions should unearth anything you need to know about them.

Judgement usually occurs when we are too lazy or uninterested in fully exploring the situation with questions and listening to all sides' views. As quoted earlier by Carl Jung, thinking is very difficult; that is why most people judge. If provoked by another to make a judgement, you can answer with, "who knows all the facts?" or "it's not my place to judge," or simply answering, "Is that so?" Your unavailability to participate in the gossip and slander will be noted, and, hopefully, you will be given a wide berth by the gossipers and slanderers of the world.

Remember Jesus's statement, "let he among you who is without sin be the first to cast the stone." Mother Theresa stated, "if you judge people, you have no time to love them."

By being non-judgemental, I believe that you will elevate your energetic vibrational frequency, whereas being judgemental will lower this vibrational energy.

The Pathless Path to Oneness

This book was written in 2020

Background

For those of us who believe in a Creator of us, our world, our galaxy, countless other galaxies, and the Universe, we cannot accurately conceive such a Higher Power. We develop belief systems, some become religions, and some are spiritually based without any form of religion.

This Higher Power is Nameless and Formless. Name and form are two essential requirements in our lives, so we invent and create names and even forms for this Higher Power.

In the Bible, Genesis 1:27 states *that “God created man in His own image, in the image of God He created him; male and female He created them.”*

But the question must be asked, who wrote the *Book of Genesis* in the Bible?

According to Wikipedia, *“Tradition credits Moses as the author of Genesis, as well as the books of Exodus, Leviticus, Numbers and most of Deuteronomy, but modern scholars, especially from the 19th century, onward see them as a product of the 6th and 5th centuries BC.*

What does “created man in His own image” mean? And, more importantly, is it true?

As spelled out in my free book, *Understanding and Elevating your Vibrational Energy*, all we are eternally and immortally is vibrational energy fluctuations and that the Higher Power/Creator / God/ Oneness/Source Energy is the highest vibrational energy fluctuations. I believe that is the image we are and that our Higher Power is too.

Oneness, or a derivation of this Oneness, is referred to in most religions on earth. Oneness is used in spirituality, as is the term Unity and Unity Consciousness.

In this book, I mainly use Oneness but also use the other more familiar names of the Nameless and Formless we know as our Higher Power.

The term the Pathless Path denotes your unique path of discovery, knowledge, and wisdom you glean in finding your own way to Oneness. Religions follow their own known pathway, whereas spirituality follows a pathless path to Oneness. All pathways up the mountain reach the same summit, with the same vista- Oneness.

Introduction

Many people today struggle to align themselves with organised religion but state that they are spiritual. There are even two acronyms for this, according to Wikipedia, SBNR- Spiritual But Not Religious and SBNA -Spiritual But Not Affiliated.

In 2012, the highly regarded Pew Research Centre studied the number of Americans who did not identify with a religion. These numbers grew from 15% in 2007 to 20% by 2012, a 1% p.a. increase. Of concern in this research study was that 33% of adults under thirty years of age in the USA claimed not to be religious. That is some 70 million young adults claiming not to be religious. What is unknown is how many of these people are spiritual but not religious. Judging from book sales in the Mind/Body/Spirit sections of bookstores, physical and online, there is a growing trend to be spiritual but not religious.

This free book is created to help people who desire to find a deeper reality beyond their ego-based active mind and discover a quieter mind where soul-based Love exists. Such soul-based Love is spirituality for those who believe that God is Love.

This book straddles the monotheistic religions that believe in man's encounter with an external God and the Eastern religions who believe man finds the Divine within themselves and all things. Additionally, it also straddles the non- Deity philosophies of Eastern beliefs such as Taoism, Buddhism, and Confucianism.

I suppose, at my current level of spiritual growth, I have developed an understanding by taking what I believe to be the best parts of all these faiths and beliefs that I have been exposed to date. This, of course, is my unique pathless path to Oneness. You will have your own pathless path to Oneness, and hopefully, this book will provide some pointers you can use or choose to ignore.

Many people are searching for a way to transcend to a level of awareness and consciousness of finding a Higher Power without rules, regulations, rituals, traditions, and superstitions based on religious beliefs and practices. The search includes seeking for their Higher Power within themselves in the terms they can understand, and, most importantly, feel, as feelings are the language of their Souls. The search to find and know Oneness of All That Is.

We see the earth, and we see the sky and all of Nature, and we want to connect to the Higher Power who created such a perfect world. The sun is perfectly positioned to give us light, warmth and enabling the growth of all the species on earth. The moon and its phases give us light and makes us conscious of the cycles of life. Life-giving water covers 70% of the earth, with the sea some 67%, and freshwater some 3%. There are a balance and harmony of all living things on the earth- people, animals, birds, insects, fish, trees, foliage, plants, etc.

This speck of dust we call earth existing among countless galaxies in the known and unknown universes appears to be the only provider of all species' physical life as we know such life is.

Oh, how glorious is our Higher Power for such creation. And to make us conscious of such a Higher Power in our lives. We can call that Higher Power by names such as Infinite Intelligence, All That Is, God, Source, Oneness, and numerous other names. But, in truth, this Higher Power is Nameless, Formless, and Unknowable. We, on earth, do not have a clue about this Higher Power. There are things we would like to believe to be true about this Higher Power, but, in reality, we are drinking our own Kool-Aid!

Of course, religious institutions cannot make such a statement. They cannot show any ambivalence in their stated beliefs, which their adherents practiced, who usually contribute to these religious institutions' financial welfare.

The growing number of Spiritual But Not Religious (SBNR) and Spiritual But Not Affiliated (SBNA) people globally refuse to be hoodwinked by organised religion and its trappings of faith, belief, traditions, rituals, and superstitions. Many religious institutions, especially appealing to the poor and needy, possibly give these adherents of this faith an unspoken belief that their perception of God favours their religious institutions who show off their opulence in their Houses of Worship. The subtle, unspoken message of this opulence is- our God favours us.

According to Wikipedia, the Catholic Church in the Vatican's worth is unknown and unstated, but it is ranked higher in wealth than The Church of Jesus Christ of Latter-Day Saints, the Mormon Church has an estimated worth of \$100 billion with some 16 million members worldwide. The Catholic Church is reported to have about one billion members worldwide. In the 2012 fiscal year, the Catholic Church's operating budget in the USA was some \$170 billion. The registered number of Catholics in the USA in 2017 was some 70.4 million, around 22% of the population.

Organised religion appears to be "big business" to many disenchanted people. How opulent religions manage to obtain tithings and other donations from their followers, many of whom are poor and needy, requires a Harvard Business School investigation! My interpretation is that blind faith, belief, traditions, rituals, and superstitions, and the camaraderie of a community, appear to be the glue holding people together within organised religions.

The Founders of most religions preached in the open to anyone who would listen to them. They appeared to have been connected to a Higher Power of their understanding. We could call that nameless Higher Power, Infinite Intelligence, for anyone who has an issue with the usual religious names for such a Higher Power. This book wants to tap into that Infinite Intelligence without the stranglehold of the “do’s and don’ts” of organised religion. We want to unearth the creativity, the Unconditional Love and Light of such a Higher Power, the joy, and the bliss of the highest energetic vibrational frequency we can aspire to become. We want to know our Higher Power through our unique way. We want to emulate our perception of our Higher Power in our every thought, word, and action.

We want to be like Rumi, the Sufi Poet of the 13th Century writing love poems to the God of our unique understanding. Rumi wrote, Lose your soul in God’s Love; I swear there is no other way.

We need to find our way to the Love that is God, as our God is Love. We need to find our unique path creating such purpose and meaning in our lives. Our path, not anyone else’s path. Our unique pathless path to such Oneness.

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Here are a few quotes on Oneness in this book:

Quotations on Oneness

People normally cut reality into compartments and so are unable to see the interdependence of all phenomena. To see one in all and all in one is to break through the great barrier which narrows one's perception of reality.

Tich Nhat Hanh

A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness.

Albert Einstein

You can develop the right attitude toward others if you have kindness, love, and respect for them, and a clear realization of the Oneness of all human beings.

Dalai Lama

The essence of spirituality is to be constantly aware of the Oneness of all, at the same time, to celebrate the uniqueness of the individual.

Jaggi Vasudev

Love is the recognition of Oneness in the world of duality.

Eckhart Tolle

The final goal of all religions is to realise the essential Oneness.

Mahatma Gandhi

Here are three selected topics from this book:

A parable of seeking

One day a mouse looked up to the sky and saw the birds flying south as the air began to chill. This little mouse wondered why the birds were flying south to escape the coming colder weather, and more importantly, where they were flying to.

The little mouse decided to follow the path that the birds were on. He said goodbye to his family and friends and went in the direction of the birds flying overhead. Day after day, he travelled as far and as fast as his little legs could carry him. Eventually exhausted and unwilling to go on any further in his quest, he decided to look around and see where he was.

He saw that he was in a field of cabbages. Ah, he thought, maybe the birds know something about cabbages that the rest of us do not know. Maybe cabbages are the secret food for health and longevity? Maybe cabbages should be awarded a special place in our lives and be prized among all other foodstuffs? Satisfied with his quest, he decided to go back home to his family and friends and tell them of his amazing discovery.

When this occurred, someone remarked that the veins on the cabbage looked like a picture they had seen of the human brain. So, they concluded that cabbages were food for enhancing the brain, and they exalted cabbages as a superfood. And they all lived happily ever after, singing praises and worshipping the cabbage as a superfood.

This parable illustrates the difference between knowledge of the past and experiential knowing of the present moment of awareness and consciousness. The birds do not leave a pathway etched in the sky as they travel southwards in their experiential knowing of each passing moment. The mouse grew tired of learning why the birds were flying south and where they were heading. The mouse decided to judge the place he had reached as the Truth of his journey. He concluded that the cabbage patch was the destination of the birds above in the sky.

Judgement occurs when you stop asking questions and decide you have found the truth. Such judgment is laziness, and, regrettably, most of us are guilty of judging without having all the available facts.

The problem comes after the judgment has been made. If your judgement is called into question, your ego jumps in, digs its heels in, and entrenches your judgemental position. Prejudice, bigotry, and even hatred, usually follows from such an entrenched mindset.

I often use the following quote from William Blake to illustrate the lack of perception we suffer from. If the doors of perception were cleansed, everything would appear to man as it is, infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.

God within you will resolve all conflicts

May the God within you be experienced by you always and in all ways.

The major religions of Christianity, Hinduism, and Islam all speak of God within a human being's heart. My belief system experientially knows that my energetic vibrational frequency level elevates when I communicate with God within me, and I feel a "high."

In silent meditation, I feel a connection to the God within me, and my Third Eye between my eyebrows throb, and I feel what I best describe as a spider's web touching my face. This "high" also occurs while writing these books, and occasionally when I am giving someone spiritual advice. During this process, if there is an unexpected noise that disturbs me, I feel jolted back into my body.

If you wish to develop a meaningful relationship with another for whatever reason, I recommend that you close your eyes and breathe deeply for a while. When you can, silently speak to God within you and ask to be connected to God within the other person. It is the same God within you both. Express to God within you the Love, care, and concern you have for the other person. Ask God within you to bless and keep the other person in God's loving embrace. Ask God within the other person to guide them correctly and for the Love that you send them to be felt within their heart. Thank God within you both for this connection of Love within both your hearts.

Now, this is relatively easy to do when you love the other person. However, if you want to see the power of this Love transmitted from God within you to God within another, then select someone with whom you are in some form of conflict.

Up to this time, your egos have conflicted. You are now replacing ego-based fear with soul-based Love. It's probably the last thing you feel like doing but trust me when I say it will be the best thing for you to do. Pray for their well-being from God within you to God within them.

Emotionally and spiritually, you will experience an elevating of your soul's vibration as you release them in Love. At an energetic vibrational frequency level, they will feel and experience this Love you are sending them. When you next communicate with them, expect to find a changed and improved vibrational energy between you both.

The stronger you develop your relationship with God within you, the better your life will become. God is the Co-Creator of your life. Your conscious connection to God within you will keep soul-based Love as your North Star. The Love you feel within you will be the Love others see and feel emanating from you. Your energetic vibrational frequency level will be elevated, and you will attract other Love-based beings within your orbit.

Finding and knowing God within you is the pathless path to Oneness.

As mentioned earlier, my free book Finding and Knowing God Within You is available on personalempowerment.co. You may also find my free book GAIN- God And I Now on the same website to benefit.

This too shall pass

I am thrilled to see that this timeless wisdom of This Too Shall Pass has become part of the vernacular of the 21st Century. The origins are lost in the mists of time, but Jewish Folklore has King Solomon requesting something to make him happy when he was sad. The poets came up with a ring that had This Too Shall Pass written on it. Sufi Mystic Rumi, in the 13th Century, refers to it happening to an Arabic Monarch.

So much wisdom in four little words. If the pathless path to Oneness required a logo, then This Too Shall Pass could be it. The way to inner balance, harmony, and inner peace is best expressed as This Too Shall Pass. The antidote to worshipping the ego's achievements is This Too Shall Pass.

The famous passage in Ecclesiastes 3:1-8 emphasises This Too Shall Pass:

For everything, there is a season, A time for every purpose under the heaven. A time to be born and a time to die. A time to plant, and a time to pluck up that which is planted. A time to kill and a time to heal. A time to break down and a time to build-up. A time to weep and a time to laugh. A time to mourn and a time to dance. A time to cast away stones and a time to gather stones together. A time to embrace and a time to refrain from embracing. A time to get and a time to lose. A time to keep and a time to cast away. A time to rend and a time to sew. A time to keep silent and a time to speak. A time to love and a time to hate. A time of war and a time of peace.

According to Microsoft's study in the second decade of the 21st Century, the average person's concentration span was down to eight seconds. In 2000, it was 12 seconds, a drop of 33%. The first Smartphone was launched in 2007, and the choice expanded what to see and hear. The instant gratification world via smartphones and social media apps enables young people to multitask and loyalty, and disloyalty, is a click away. Their impatience is becoming more acute as more and more options are presented to them via the screens in their lives. Where will they learn the benefits of the time processes as referred to in Ecclesiastes 3:1-8?

Life is not about switching when you see something better. Life is about sowing and reaping and living through the time processes involved. What world will the young

people of today create through such impatience and disregard for the necessary maturation process that This Too Shall Pass is available to teach them?

In a world of instant gratification, the traits of perseverance, determination, patience, loyalty, and trust may be seen as unimportant. However, throughout time immemorial, they have been valued highly.

This Too Shall Pass is not resignation to the inevitability of time passing on but a clarion call to value what is happening in your life now and to embrace it in soul-based Love.

Whether we judge what is happening now in our life as joy or sorrow, it is CHANGE- Clearing Healing And New Gifts Emerging. Change is fluid and continual, and knowing that This Too Shall Pass is this continual process of change may make more enlightened readers look for the New Gifts Emerging in every moment of Now.

For those travelling the pathless path to Oneness, understanding the CHANGE depicted by This Too Shall Pass signifies is a vital step on the way.

Nothing matters, except Love and Light

Written in late 2020

Background and Introduction

In my free book, *Understanding and Elevating your Vibrational Energy*, I explain that all we are is energetic vibrational frequencies of Love and Light. So is our Higher Power/Creator/God/ Universe/Source Energy or any other names we call the Nameless and the Formless.

Rumi, a 13th Century Sufi Poet and Mystic stated, *Because of Love, I have become the Giver of Light.*

Those people who returned from Near-Death Experiences (NDE's) all state that they were bathed in a Light and Love that we do not have the vocabulary on earth to describe and understand what they experienced.

While on earth, we are usually focused on our ego's needs and desires, and this EGO- Edging God Out- separates us from the Oneness we are at our essence. This Oneness is the Love and Light written about in this book.

Whatever happens to us on earth only has relevance as it pertains to the effect our thoughts, words, and actions have on the growth of our eternal soul. One other relevance is the experiences we either choose to have in terms of our Soul Contracts made in Spirit before coming to the earth plane of existence or through our free will choices we make while on earth. These experiences are added to the expanding experience of All That Is or Oneness or God if you prefer that name for the Nameless and Formless who is the highest Love and Light, and of which we are part.

The free will soul-based choices we make while on earth will determine whether our vibrational energy is elevated into more Love and a brighter Light in Spirit as we draw closer to our Source Energy. The other option for our free will ego-based choices we make on earth is whether such choices sees a fall in our vibrational energy level and we experience a lower form of Love and a dimmer Light as we move away from our Source Energy in Spirit.

Where Soul Contracts are being played out as agreed to in Spirit among Soul Mates from our Soul Group or Soul Family, there are no negative consequences in Spirit. If these Soul Contracts are played out as agreed to in Spirit, then we should see an elevation of our souls for repairing the “holes in our souls,” being the reason we came to the earth plane of existence this time around. This will elevate our vibrational energy, and we will experience more Love and a brighter Light on earth and in Spirit once we pass on from earth into Spirit.

That is why *Nothing matters except Love and Light*.

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Selected Quotations on Love and Light

There are 30 quotations selected to show the relevance of this topic. I have chosen a few to place in this synopsis.

God's body is Light

- Zarathustra- the Founder of Zoroastrianism, one of the world's oldest continuously practiced religions.

God is Love, and he that has learnt to live in the Spirit of Love has learnt to live and dwell in God

- Brother Lawrence (1614-1691), author of the classic Christian text, *The Practice of the Presence of God*

Love is God, and to die means that I, as a particle of Love, shall return to the general and eternal Source

- Leo Tolstoy, Russian author and, according to *Encyclopedia Britannica*, one of the greatest authors of all time.

Love is qualified as an attribute of that force, power, or influence known as God. Thus as man makes application of Love in his daily experience, he finds God a personal God.

- Edgar Cayce – a highly regarded Clairvoyant and Spiritual Medium

Teach only Love, for that, is what you are.

- *A Course in Miracles* – one of the top-selling spiritual books said to be channeling from Jesus Christ.

For God is Love

- John 4:7 – 8

I don't feel that we have any choice but to see the Love and Light that exists in every person

- Doreen Virtue, contemporary American Author

When the power of Love replaces the love of power, man will have a new name: God

- Sri Chinmoy, Indian Spiritual Leader

The bonds of Love are what connects us to the Other Side

- John Edward, American Television Personality, Author and Psychic Medium

When we leave this world, how much we have Loved will be our true legacy. It is the only thing we will leave behind and carry with us.

- Anne Siloy, a Spiritual Medium

Love God sincerely, and He will reveal Himself. Sacrifice everything at the altar of this supreme Love; you will realise the Beloved within you.

- Meher Baba- an Indian Spiritual Master

I have selected three topics to give you an indication of this book:

What is Love?

Let's commence with an explanation from Wikipedia:

Unconditional love is known as affection without any limitations or love without conditions. This term is sometimes associated with other terms such as true altruism or complete love. Each area of expertise has a certain way of describing unconditional love, but most will agree that it is that type of love which has no bounds and is unchanging.

In Christianity, unconditional love is thought to be part of the Four Loves; affection, friendship, eros, and charity.

In ethology, or the study of animal behaviour, unconditional love would refer to altruism which in turn refers to the behaviour by individuals that increases the fitness of another while decreasing the fitness of the individual committing the act.

In psychology, unconditional love refers to a state of mind in which one has the goal of increasing the welfare of another, despite any evidence of benefit for oneself.
(Source: Wikipedia)

In Hinduism and Islam, the concept of Unconditional Love is usually referred to as that which is given to a Deity they worship.

In Buddhism, unconditional love is defined as loving-kindness and compassion to all living sentient beings capable of feeling or perceiving things.

Unconditional Love is given freely without any expectation. Conditional love imposes expectations being met.

We are all infinite and eternal souls and are all a part of God. Our souls, and the part of God within us, are also within all living sentient beings too. When we deal with any living Being, we are dealing with the part of God within them as well as their soul. Therefore, we should be much more conscious of Who walks beside and within everyone.

We should be much more conscious of the unconditional loving-kindness we give to another Soul, as part of Oneness or God.

The Law of Attraction states that Like is attracted to Like at an energetic vibrational level of frequency. By giving anyone and everyone unconditional loving-kindness, complete understanding, and acceptance of them, unconditionally, you will begin to live in a world where unconditional love may flow like life-giving water. But have no expectations of that occurring as such expectations are then based on conditional love.

We accept and allow the tree in our garden or elsewhere to exist. We do not attempt to ask the tree to change or to change the tree. We accept the tree unconditionally for what it is. We don't say I would prefer you to be a fir tree and not an oak tree. We are unconditionally accepting and understanding of our oak tree.

Have you ever hugged the tree in your garden or elsewhere? If you do, you may feel something stirring within you identifying your oneness with the tree. A tree provides oxygen for all beings on the earth and removes carbon dioxide making the air we breathe healthier. A tree does this unconditionally. There are times when we should remind ourselves of this fact and also become unconditionally loving to all sentient beings.

So, the bottom line of all of this is that I see the Unconditional Love of God, or Oneness, as the model we should seek to emulate. By acting from soul-based Love and not from fear-based ego, we can attain such Unconditional Love of ourselves and for all sentient beings.

I believe that God is Love and that Love is God. If we approached every issue in our lives with, "what would Love/God do now?" we are likely to find our world being a more loving place.

Nothing real can be threatened

There is a three-part book collection known as A Course in Miracles, which is supposed to be channeling from Jesus Christ. The books have been bought by tens of millions of people globally, and it has been translated into many languages.

Most people buy it and do not read it completely as it's quite heavy going from what I have read about it. I must profess to be one of those people.

There is a 14- word statement encapsulates the three books' message at the book's outset. The message is not easily understood, and over 1200 pages and some 500 000 words are used to explain this 14- word statement.

The Statement is Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.

My interpretation is that our souls, as part of God, are eternal, infinite, and undamageable, as God is too, and so much more. The world of Spirit is real and is our souls' permanent home. Only Love and Light are found in Spirit. The ego does not exist in Spirit. Ego is based on fear and hope, both of which are illusionary and do not exist. Only Love and Light exist as being real. Therefore, ego-based fear and hope are unreal and do not exist outside of our minds' illusionary thoughts. When we know, understand, and experience these truths, we will know the Peace, Love, and Light of God.

My shortened version of this statement is the title of this book, Nothing matters, except Love and Light

Fault finding or Finders of Love and Light

A simple step to change our negative ego-based fear thoughts to become positive soul-based Love thoughts is moving from being judgemental fault finders to become finders of Love and Light.

This statement is such an important step of differentiation that I have underlined above.

Moving from what's wrong to what's right.

Let's begin by taking a piece of paper and a pencil and drawing a large T. On the left, head it up with What's Wrong with my Life, and on the right of the vertical line, head it up with What's Right with my Life. This becomes your emotional balance sheet. Liabilities on the left and Assets on the right. This is your Personal Life List. You can also name the two columns Scarcity and Abundance. Furthermore, if you focus on the Abundance column, this becomes a Gratitude List.

After that exercise is completed, let's move to the next most important part of your life, and that is your primary relationship with your spouse or partner. Please repeat the exercise above. This time call the two columns Fault Finding of my partner and the Finding Love and Light of my partner.

If you have any children, a similar exercise is done for each child. Now let's deal with your home. Fault finding of your home and what you are grateful for about your home are the two columns. After that, let's do the same exercise for your work. Fault finding and what you enjoy about your work are the two columns.

These are the primary foundation stones of your life. If you benefit from this process, look at other important areas of your life, such as your in-laws, wider family, friends, religious or spiritual areas, sports, hobbies, etc.

With this process of moving from being a fault-finder to becoming a finder of Light and Love, your life will change and improve.

The acronym for CHANGE is Clearing Healing And New Gifts Emerging. Your process of moving from fault finding to finding Love and Light will become one such change.

I wish you good luck, or should I rather say God luck!

Conclusion

I hope and trust that *A Treasury of Spiritual Knowledge and Wisdom* has helped you find what you may be seeking in your life.

I have enjoyed compiling a synopsis of each book for you and commenting on each book, providing you with a context of the background of what I was attempting to achieve with each book for my own growth and, hopefully, to assist you with your growth too.

In Love and Light,

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December 2020