

Becoming Blissful

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Introduction and Continuation

When I finished my previous free book, *Achieving Your Goals and Dreams*, found 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.

The Practical Section of *Achieving Your Goals and Dreams* was based on a non-spiritual, practical programme for those who simply wanted to become successful in achieving their personal goals and dreams.

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 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.

Please refer to my free book *How to Live in the Now* found on personalempowerment.co for a fuller explanation of God’s Space.

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 build 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 that you have ever experienced anywhere and at 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 a freedom from the tyranny of a damaging marriage.

As you can see this is a personal experience and bliss is definable by you alone.

For me I have experienced moments of bliss at unique times in my life's journey and I manage to recapture it sometimes when I meditate and reach the place of no-mind or no thoughts. I feel lighter than a feather and like a helium balloon soaring into the sky towards my perception of Source/Oneness/God/Higher Power.

I also feel it often when I help people in a one-on-one manner; when I am writing these free books and when I meditate, then I feel the touch and heat on my forehead and a feeling like a light spiderweb touching my face. I also feel my "third eye" (the space between my eyebrows), throbbing. I feel an inner smile which automatically becomes a physical smile turning my lips upwards in absolute bliss.

At that moment of Now I am connecting and aligning in harmony with my soul to my Guides, Higher Self and Higher Power. For me it is an uplifting momentary feeling as if I could soar to the heavens instantaneously. I feel bliss or at least what I think bliss feels like.

If only I could capture that feeling and bottle it to use as and when I needed to. Unfortunately that seems impossible but daily meditations and helping people one-on-one and by writing these free books keeps me near to that blissful state of utopian nirvana.

I use my best endeavours to bring that blissfulness into my life daily as I run my businesses, communicate with family and friends, meditate, read, exercise and do the many other things that constitute my life.

I have found that the one way bliss is found virtually every time is when I use the maxim "what would God/Love do now?" and do only that with my thoughts, words and actions whilst aligning my soul in harmony to my Guides, my Higher Self and my Higher Power.

For that reason that maxim features in every free book that I have written and occurs throughout each book - "what would God/Love do now?" and act on that.

Another way to achieve this blissful feeling is to see myself as Oneness and everything and everyone including my perception of my Higher Power, as that Oneness.

These are my formulae to bottle that feeling of bliss momentarily and, hopefully, with continued thoughts of Love and Oneness to keep the bliss ever present in my life.

From time to time it works for me from one moment of Now to the next Now. Let's see what will work for you from the over 200 identified spiritual attributes below?

I am going to focus on each attribute with the understanding that I am 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 repetition of words directly or indirectly in one or many attributes listed alphabetically below.

Besides for the attribute headings, I haven't started out 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!

Ability

Ability is usually a learnt skill and if one has the strong desire to learn then education can be blissful.

There are students in Africa who are taught with two teaching aids, the sand on the ground and a stick held by a teacher, to show them how to read the alphabet and to recognise numbers. Some of these students walk for miles to and from this makeshift school in the sand; such is their desire for education.

Imagine the excitement of these children when given a book to read in order to learn. For them this is bliss.

We usually take our education for granted and the lack of respect shown to teachers is reflected in their remuneration being well below the median remuneration in a society. For some reason parents do not insist that their children treat their teachers with the respect they deserve and many teachers use more energy for disciplining their children than educating them.

We pay our teachers and nurses so poorly and they perform two of the most important functions in a society. Both teachers and nurses are usually dedicated to improving the lives of their pupils and their patients respectively and choose to live with a low income to achieve this meaning and purpose in their lives. They were initially driven by a need to be of service to their community and to derive job satisfaction from teaching or nursing. This idealistic passion is tested daily by the systems in which they operate and the lack of respect they are shown monetarily and by the people they interact with in attempting to fulfil their passion of teaching and nursing. And yet they persist against the odds to find that blissful moment from a grateful pupil or patient that respects them and shows gratitude for what they do.

The ability that you have developed and use in your life and possibly in your work usually determines where you are on the economic scale of your life. Ability, as a verb, makes those activities relate to your take-home pay, while ability, as a noun, means having the skills but not necessarily using them to increase your remuneration levels.

Finding the meaning and purpose in your life by using your abilities is a starting point to unlocking your happiness, joy and maybe even your bliss. If you can identify what it is that excites you and motivates you to jump out of bed at 5am and keeps you so entranced that the time flies past, then you are onto a path towards finding your bliss via your abilities.

Many people find that being of service to others, especially altruistic service, gives them a feeling of happiness, joy and maybe even bliss.

Everything of meaning and purpose we do, we do for ourselves. This is not a selfish approach but rather a selfless approach when done for the benefit of others but we derive as much, if not more, happiness, joy and bliss than they do from our abilities to help them.

At our essence we are unconditionally loving being part of the Divine who is unconditional Love and Light. When we can bring that unconditional Love and Light into the open with ourselves, another or others, then we will feel the bliss inherent in that unconditionality of being Love and Light. This is your greatest ability and one you should focus on becoming and being to find your bliss.

Abundance

I returned to South Africa last night, 4 May 2018, from my new home in Mauritius and went with my sons this morning to a favourite restaurant of ours for a late breakfast.

There is a street beggar who stands on the overhead bridge we cross over and this is his spot. When I lived here I would pass him often and always gave him some loose change. I didn't do this because he is a beggar as there are thousands of beggars at most intersections in Johannesburg.

I always give him money because he is so abundant of nature and he reminds me constantly that abundance is not a bank account but a disposition and a feeling. This beggar has two stumps for legs and whether by birth or via amputation he only has thighs and at the base of his thighs he wears two shoes pointing in the opposite direction to what would be considered normal. While that is his way of laughing at his situation, it's his radiant smile and happy disposition that makes him so abundant.

Today he was wearing a small multi-coloured umbrella as a hat to protect himself from the African sun. As always he gave us a smile of happiness and joy that seemed to radiate from his non-existent toes to his mouth and his eyes. He epitomises someone who has overcome a major hardship and radiates a palpable energy of gratitude for even some loose coins.

His abundance is a shining example for the rest of us to realise how grateful we should be for whatever we have as I am sure it's a lot more than he has materially in his life.

He has shown us that abundance is who we are at our essence. We are a part of Source/Oneness/ God /Divine who is unconditional Love and Light and so are we if we could only get out of our own ego based lives and recognise this unlimited abundance as our essence.

We are Trust Fund kids but our blissful abundance comes from knowing that our Higher Power will give us what we need, not want, for the highest growth of our soul. We must trust God Now to do so in God's timing and not in ours.

Knowing and applying this knowledge and wisdom can cause bliss to emerge in our lives.

The beggar on the overhead bridge starts each day believing that the part of God, that we call our soul, inside each one passing him by will be felt by them and they will share a few loose coins with him and feel better for doing so.

Acceptance

It's easy to accept when things go well in your life, although some negative thinking people do wonder when the good times will end. And why shouldn't things go well now and forever. If you know yourself to be abundant as part of the Divine as spelt out above then there should be no judgement applied as to what is considered good times or bad times in your life.

If you have the understanding that whatever happens in your life is for the highest growth of your soul then all times are considered good and you will be continually grateful for whatever occurs. Your acceptance of knowing that God will give you what you need, when you need it, for the highest

growth of your soul will enable you to say “Thank you God for everything”, whether judged by you to be good or bad. You will learn to say “yes” to whatever happens in your life.

This is true unconditional acceptance and is part of a belief system that I write about in all my books.

For many readers of these words this may be a bridge too far and they will say “yeah right!”.

So be it. In my previous book, *Achieving your Goals and Dreams*, of which this book is a continuation, I spelled out some of the issues that I have confronted in my life before I had this belief system. My belief system is experiential in that I first had the lesson and then got the experience! When looked upon with more opened spiritual eyes I discovered that usually good times turned into bad times and that bad times turned into good times. It was only my judgement that made it so. They were simply times in my life and were the result of the cause and effect that I set into motion and they had to be played out.

These cause and effects have a basis in Spirit in terms of my Soul Contract which I made prior to coming into this body called Neville Berkowitz by my parents. I chose to experience what has occurred so far in my life and, no doubt more to still come, for the express intention of experiencing and balancing through such experiencing, issues that needed to be harmonised and closed off in this lifetime. I call these issues “gaping holes in one’s soul” that need repairing in this lifetime. I also refer to this as doing the “hard yards” in life.

Avoiding doing the “hard yards”, which some may call suffering, will simply mean the lessons I chose to grow from will revisit me in some other form in this lifetime or another. I accept that pain is inevitable, but that suffering, which is ego based, is optional.

So with this understanding of acceptance you may choose to no longer resist what you have ordained for yourself in this lifetime and withhold your judgement. Understanding is what you have in place of judgement. Judgement occurs as you simply have stopped looking for an understanding as to why things are like they are. As Mother Theresa said, *you can either judge someone or love them but only do one.*

Acceptance of what is in your life right now is a starting point to understanding the spiritual journey you are on. This understanding is of your acceptance that whatever is in your space right now is for the highest growth of your soul. Your function is to find out how you can bring the unconditional Love and Light that you are at your essence into this space. I will kickstart you into action with “What would God/Love do Now?”

Bliss beckons once you have acceptance of who you really are at your essence and of your spiritual journey that you have chosen in Spirit for the highest growth of your soul. With this understanding there are only times in your life - neither good nor bad times.

Remember the words of Nelson Mandela; The time is always right to do what is right.

Action

Flowing from the previous attribute, it's time for action!

The intentions behind your actions will determine what success or failure occurs. If your intentions are to cause harm to someone or something then even a so called success will eventuate as a failure in time. Conversely, if your intentions are to uplift and build up someone or something then the so called success will eventuate and you will reap the rewards due to you.

The decision to act is important and sometimes we are nervous and uncertain and would prefer to stay on the sidelines and not get into the game of life through action but prefer inaction.

Life is a flow and that which does not flow stagnates and creates blockages. Those blockages can be detrimental to your well-being.

For example, heart disease is the no.1 killer in the Western World and is usually caused by atherosclerosis or hardening of the arteries caused by deposits on the inside walls of the arteries narrowing the flow of blood to the heart. These blockages develop and cause what is commonly known as heart attacks as insufficient blood reaches the heart to function properly.

The cholesterol build-up that causes this hardening of the arteries comes from genetics, eating the incorrect foods and lack of exercise. Exercise will increase the flow of blood to the heart and help reduce the build-up of fatty cholesterol on the inside walls of the arteries. I have no medical training so forgive my simplistic view of what causes so called heart attacks.

The blockages from inaction is the root cause and that is why you must act whenever and wherever you are called upon to do so. You have committed yourself to act and to do whatever you have to for the highest growth of your soul. This action will bring results and from those results you will discover the hidden opportunities that hide in every so called problem. But only acting on resolving the problem will begin the unearthing process of the opportunities that will propel you to finding the pathway for the highest growth of your soul.

Bliss awaits you along this pathway.

Adversity

Most people view adversity as a negative issue in their lives. In their ideal world everything should go smoothly and things should fall into place when they need them too. Dream on!

If everything went so smoothly then anyone could achieve anything and a wish would be materialised as a manifestation immediately. What sort of world would we live in? The obese man winning the 100 metres Olympic gold medal; the school drop-out becoming the richest man in the world and so on and so on.

The world is structured to separate the wheat from the chaff, the hard worker from the lazy person, the educated from the uneducated, the shepherd from the sheep. Striving for excellence, or at least

some level of acceptable success, requires ability, diligence, focus, persistence, fortitude and determination and they don't come in a lucky packet or swag bag that you buy at the shops.

Adversity is the common obstacle one encounters in any sort of worthwhile endeavour. Such adversity is placed there to gauge the determination of the person to overcome that adversity and the next one and the one after that as the road narrows as it climbs higher and higher towards the planned-for goal.

When you encounter adversity, welcome it because it should mean that you are on the correct road that winds upwards as it narrows towards your planned for goal.

"Oh great, look an obstacle to overcome. I must be on the correct road", should be your clarion call each time adversity comes across your path.

Welcome adversity and use the stones placed in your way as the building blocks towards your next adversity obstacle which you need to encounter and overcome. The more adversity the narrower the competition that makes it to the top where your planned-for goal awaits you.

Two ego-based quotes that I have recently used in my latest free book found on personalempowerment.co, *Achieving your Goals and Dreams*, are :

I will either find a way or make a way - Hannibal crossing the Alps on elephants

It's not who is going to let me, it's who is going to stop me - Ayn Rand - The Fountainhead.

Adversity is to be welcomed with happiness and joy and then the struggle to overcome it is already half done as you have replaced fear with your ability to overcome the obstacle. If you can move from happiness and joy to loving the obstacle, this will propel you to Higher Ground. Here you may possibly even find bliss in such adversity. Now wouldn't that be a turn up for the books!

Loving your enemy, or the obstacle in your way, dis-empowers it and reduces its energy of resistance to nothing. I say this because Love is all there is, as God is Love, and God is All There Is. So nothing real exists except Love and the only reason it appears to exist as adversity, or as an obstacle, is because of the ego resistance it presents against Love.

So for the adversity or obstacle to dematerialise as a threat to you, fill it with unconditional Love. Simply Love it into non-existence and you will become blissful in the process.

Nothing can withstand the soul-based Power of Love as it opposes the ego-based Love of Power. In the Power of Love, my acronym for POWER is Present Only When Ego Is Removed.

Love precedes the knowing of bliss in such previously adversarial circumstances.

Allowing

Let's start with a famous song by the Beatles - Let it Be

Let It Be

When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom
Let it be

And in my hour of darkness
She is standing right in front of me
Speaking words of wisdom
Let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom
Let it be

And when the broken-hearted people
Living in the world agree
There will be an answer
Let it be

For though they may be parted there is
Still a chance that they will see
There will be an answer
Let it be

Let it be, let it be, let it be, let it be
Yeah, there will be an answer
Let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom
Let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom
Let it be

And when the night is cloudy
There is still a light that shines on me
Shine until tomorrow
Let it be

I wake up to the sound of music

Mother Mary comes to me
Speaking words of wisdom
Let it be

Let it be, let it be, let it be, yeah, let it be
There will be an answer
Let it be

Let it be, let it be, let it be, yeah, let it be
There will be an answer
Let it be

Let it be, let it be, let it be, yeah, let it be
Whisper words of wisdom
Let it be

Allowing is not an easy thing for most people to do as their preference may be to improve upon “what is” through resistance and attempt to make it “what they would prefer it to be”.

At a spiritual understanding allowing and accepting “what is” is the Eastern Way in terms of religions and philosophies such as Buddhism and Zen.

However, Abraham, best known through Abraham Hicks Publication, is a Non-Physical Entity, or as I would call Him/Her/It, a Spirit Guide, teaches that one should not accept “what is” and as you may prefer to create it into “what you want it to be.” The reason behind this is that we are at the leading edge of creation and we desire to improve upon “what is” and create “what you want it to be.”

I struggle with this understanding as allowing means to me to be at peace with “what is” and accept it in its entirety. Your neighbour’s car alarm piercing your silence and stillness; knowing you are not sticking to your diet and gaining weight; not judging anyone and anything in any way or form, is accepting “what is”.

Deciding to phone or call on your neighbour to sort out their car alarm; disciplining yourself and getting back on your diet; realising that the driver in front of you is old and driving too slowly, or young and impetuous and a possible danger to you, is not the art of allowing and, in my view, all necessary steps to be aware of and take action for your survival and improvement on your life.

So perhaps one can pick and choose what to allow for your peace of mind and not to get worked up, agitated and by allowing it to be, and to have another set of rules for ensuring your survival and improvement of your life. Knowing when to apply the allowing for peace of mind and when to apply the creative solutions for survival and improvement may require a selective see-saw of balance.

This selection process is ongoing and continually refining and perhaps the desire to know bliss can be found in both the allowing and the creative solutions for survival and self-improvement. There is little point of finding bliss in simply allowing to find peace and being run over in the process!

Allowing is also the ability to not try and control the process and to allow it to unfold as it should. Starting with the assumption that you have a Soul Contract you made in Spirit for this lifetime on the

earth plane to confront, work through and overcome obstacles from past/parallel lives that are restricting your spiritual growth to become more Godlike, then allowing has a different interpretation. This new interpretation is to allow the “Larger Forces” to play out so that you are confronted, usually in painful ways, with the hereinbefore obstacle/issue and now you have to face it and find a way to overcome it, hopefully with an elegant solution which has Love at its base.

This allowing process is more in tune with “Let it Be” but it’s time for resolute action as well. Nothing can be confronted until it is faced. By “eating the frog”, being the unpleasantness that needs to be elegantly overcome, you begin to put your mind and your soul at peace and this is a great starting point for your soul alignment with your Higher Self and your Higher Power in harmony, peace and love, and with that to begin becoming blissful.

Anger

Some people are angry and that seems to be what drives them. But anger is not usually about the issue at hand that they are expressing this strong negative emotion. Anger is usually deep seated and has been built up over a period of time. Much like a volcano erupting the angry person is boiling inside and something triggers the angry outburst.

Angry people will never find happiness and joy, let alone bliss. They may feel vindicated by expressing their anger but such vindication is ego-based fear that they are expelling in torrents.

Anger is the opposite of the previous attribute Allowing. Anger is about not allowing and anger’s twin which is waiting down the road is known as regret.

To want to move from anger to acceptance, from fear to love, cannot come from an external source and has to be an internal motivation. This is a journey of note and every encouragement should be given to yourself or another who may want to choose this growth journey.

There is no happiness or joy or bliss to be found in anger unless one is psychologically disturbed and perhaps even psychotic.

I have chosen anger as an attribute of achieving bliss as possibly one of the hardest journeys to undertake but not an impossible one. One thing is certain and that is angry people will not be healthy or happy as the boiling within oneself is usually detrimental to one’s health in so many ways.

Moving from anger towards being more understanding and forgiving of yourself and those or that which makes you angry is best done in incremental steps. From angry, the next step is to be less angry by beginning to understand that other people have viewpoints too. That which angers you about them, or it, needs to be unearthed and not superficially but at a much deeper level.

You may find a trigger that comes from your childhood and when displayed now to you as an adult takes you back to your childhood and the buried anger when you felt defenceless against someone who may have abused you in some way. The subconscious doesn’t recognise time and what is happening now to you is as if it’s happening to you simultaneously as a child too.

From less angry, the next step may be admitting that what is annoying you now is a trigger from your past and you are taking it out on the person or thing occurring now via your current anger.

This incremental step is actually a huge step forward as you are getting one step closer to a point of balance away from your ego towards your soul. Away from your ego-based fear towards your soul-based Love.

If this acknowledgment occurs then you can start to apportion blame at the correct doorstep, usually of someone or something in your past, and not the current person or object's doorstep where you expressed your anger. This incremental step is another huge pace forward on your road from anger to bliss.

The next step is to confront the person or issue from your past, whether directly or in your thoughts. In this confrontation you attempt to glean an understanding of why they did what they did to you. If they are no longer living or too old to be confronted then this is something you need to come to terms with.

Now onto the incremental step of understanding and forgiveness. This forgiveness is to give you peace of mind, not to give them absolution from their words and actions in your past. What they did to you will result in the Law of Cause and Effect to play out, or will play out for them, in this lifetime or another.

We have now reached the incremental step where you have peace of mind through your forgiveness for your own sake. Armed with this peace of mind you now have dealt with your ego-based fearful thoughts that created your anger and you have now buried this far underground or in the depths of the sea, and you begin to feel the soul-based feelings of love.

The next incremental step is beginning to feel the unconditional Love and Light that you are at your essence as a part of the Source of Light and Love.

These feelings are the language of your soul and you begin to connect from your soul to your Higher Self in Spirit and then onto your Higher Power. This alignment in harmony, peace and love will bring you a feeling of happiness, joy and the beginnings of becoming blissful.

After a short while the next incremental step will take you into a space of being which I call God's Space in the Now. You will recognise it by the inner smile you feel which may automatically work its way to your lips as they bend into a smile of bliss.

You now know the feeling of bliss and it will be the best feeling you ever experience as you connect to your Higher Power in unconditional Love and Light.

Answer

An answer is the response to a question asked of you or by you. It is a factual based statement which, no doubt, you make to the best of your ability based on the information and knowledge at your disposal.

Today, Internet Search engines like Google, have answers most of which are accurate for one's purposes.

An answer can bring you happiness and maybe even joy but is unlikely to bring you bliss. Answers are logically and factually based and usually not deep enough to stir the emotional feelings that are needed to elevate your soul to find bliss.

I have included answers as an attribute because they are steps along the way to finding bliss. When you ask your soul, your Higher Self and your Higher Power a question, or to give you direction, you may feel within a sensation that is in harmony with these Spiritual Essences. They are putting you on the correct track to finding that which you seek. It may be possible that upon finding that which you seek you are elevated vibrationally and perhaps bliss may be found in this way.

I believe that the creative response of a solution, discussed below under the attribute Solution, is more likely to be blissful than simply an answer which is usually factual but not necessarily creative.

Appreciation

There are four levels of appreciation that I want to discuss. Firstly, there is someone showing you appreciation. Secondly, there is you showing appreciation to someone or something. Thirdly, there is self-appreciation and, fourthly, there is appreciation to and from Spirit.

When someone shows you 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 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. To be a good person means being caring, kind, respectful, considerate, polite and other well-meaning things to yourself and to others. Self-appreciation is also based on doing and achieving your selected goals for a period of time in which

you have set yourself to accomplish these tasks. Self-congratulations is 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 to 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 by being peaceful and loving in every way possible will ensure you know bliss.

Approval

The approval that leads to bliss is self-approval. Getting approval from other people must always be subject to their motivations in giving you approval. If your boss says well done you did a great job, he or she is saying it to you but they know that they are a likely beneficiary in some form or other from the work you have done.

Self-approval means being self-honest and setting realistic targets both inside and outside your current comfort zone. When those targets are achieved you have an inner knowing that you are capable of doing your best when called upon to do so. This self-approval builds genuine self-acceptance and self-confidence flows thereafter.

Armed with such self-confidence your desire to find happiness, joy and eventually bliss in the forms discussed in these various attributes is within your reach. It begins with self-approval and the smiling, congratulating pride of you looking at yourself in your bathroom mirror discussed under the attribute of Appreciation above is part of this self-approval process too.

Attention

I am going to quote from my free book *How to Live in the Now* found on personalempowerment.co page 136:

You cannot control what is happening now. You can choose where and on what you focus your attention, which affects how you experience this moment. If your attention is on ego-generated thoughts and feelings, your experience will now be less than optimal. If your attention is on your Soul-signals and True Feelings, you will experience peace, clarity and even true happiness now.

To help you remember where and on what to focus your attention in any moment, buy an inexpensive magnifying glass and leave it in a visible place at home or at work, wherever you spend most of your time. The magnifying glass is to remind you that you magnify whatever you put your attention on. It is to remind you to simply be present with full attention to whatever you are being or doing, to let Soul/Essence/God - who You really are - be magnified in you now.

An important element of attention is the intention you bring to that attention. Is your intention one of openness, focus, well-being and non-judgmental on what you are giving your attention too or is it restricted, unfocused, non-caring and judgmental? Is your intention for what you give your attention to for its and your growth or decay? In essence is your intention positive or negative because you are sending those unseen vibrational messages to the Universe for them to be the reality that you create?

Engage all your senses in your intention when giving attention to the issue or person at hand. Seeing, hearing, touching, tasting and smelling your intention, wherever possible to do, keeps your sensual intentions attuned to where your attention goes.

To achieve a feeling of bliss know that the intention behind where you focus your attention can only become blissful if your intention for it is such bliss.

Attitude

The saying, "attitude is everything" has a strong ring of truth to it. Another saying that encapsulates the right attitude to become blissful is "attitude is gratitude".

If your attitude is "Thank you God for everything that happens to me", whether it is initially judged as good or bad for you, then you will come to know and trust in your Higher Power.

TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

An attitude that says YES to whatever happens to you, once again whether initially judged as good or bad for you, will determine the eventual outcome as bringing you towards becoming a more blissful being.

YES - You Encapsulating Spirit.

These two attitudinal responses - "Thank you God for everything that happens to me"- and "saying YES to whatever happens to you" - are probably 95% of the way to becoming blissful, even if you ignore the rest of this book! Hence the sayings "attitude is everything" and "attitude is gratitude".

It's not what we look at that but what we choose to see that determines our attitude and our future. Believing we can or believing we can't both prove prophetic outcomes for us.

Believing that you deserve to become blissful and following an attitudinal path of gratitude and a positive acceptance of what is happening now by saying YES to life will ensure that you are on the road to such blissfulness.

Authenticity

Authenticity is the quality of being real and true. As Shakespeare said in Hamlet, "To thine own self be true and it must follow, as the night follows the day, Thou canst then be false to any man."

Self-truth is essential if you are on a desired path of becoming blissful. There is no compromise here. You can't be a little pregnant; you are either pregnant or you are not!

When you chose to be authentic or not to be authentic you are not fooling yourself or your soul, your Higher Self or your Higher Power. You may fool one or more others who have no reason to doubt you but your Inner You and your Spiritual Team supporting you know your lack of authenticity. They will not judge you for it as you have free will to do as you please. However, the counterbalance is that there are consequences for your lack of authenticity and those will play out probably when you least expect them too.

Being authentic to yourself and to others is a more simple way of being and receiving the reward of becoming blissful in the process.

Awareness

I am going to quote from my free book *Wisdom in a Nutshell* found on personalempowerment.co page 9:

If you can become consciously aware in this present moment of a Presence that is All That Is then your life will be in perfect harmony with the Love and the Light that is God/Oneness/Source or whatever name you are comfortable calling this ultimate Higher Power.

We all look for this Higher Power to be explained and understood by us but, on the earth plane, we do not have the wherewithal to comprehend what is all around us.

This Higher Power needs to be lived not understood. We, in our awareness, need to be Godlike in our every thought, word and action. We need to continuously follow the spiritual mantra of "what would God/Love do now?" and act on that in awareness in this present moment.

This is awareness in a nutshell and a way to become blissful.

Balance

There is no coincidence that balance, becoming and blissful all start with a b! Balance is integral in becoming blissful as excess or shortages in any way or form distort the balance of one's life and cause stress within to occur.

See your life as a see-saw and ensure that the balance is ever strived for in your breathing, eating, drinking, exercising, work, play, relationships, family, health and wealth. Being in balance enables your body and your mind to work at optimal levels and for happiness, joy and even bliss to result.

Realise that health is wealth and without good health nothing else has value. In the 21st Century we must ensure that the poor examples of the 20th Century are not copied. In the last century, the striving for material wealth as the nirvana of success saw man damage his health to amass wealth so that he had enough money to pay for the partial return of his health through expensive medical care.....And God laughed!

Let's ensure our balance is restored moment by moment and that we value this balanced lifestyle and teach it to our children as well. Bliss beckons for such wealthy and balanced people.

Be and Being

Accepting that your Higher Power is a Being, Universal Intelligence, and that you are a part of such a Being, then at your essence you are a Being. Your soul, your Higher Self and your Higher Power are Being, it's only your ego that is doing. So are you a Doing or a Being? Becoming blissful is being not doing.

Be still and know that I am God - Psalm 46:10. God is telling us to be, and furthermore to be still, so we can appreciate our connection to God.

The ego's desire to be doing is to achieve more and more and to be seen as worthy in the eyes of others. Knowing that we are Being and as such a part of God/All That Is, we are already perfect and have all we will ever need. In our own eyes and in the eyes of others we are complete and perfect in every way with no need to strive for our ego's needs and desires which are transitory and not permanent.

We are permanently blissful as a Being. Now all we have to do is to become such a Being in our thoughts, words and actions. We can do so by living the maxim, "what would Love/God do now?" And simply be that.

Beauty

Real beauty is felt by the heart. The beauty that flows from honesty, integrity, moral truth, from being of service to another without wanting anything in return, the beauty of showing mercy and of being graceful in all circumstances, being humble in success and showing dignity in defeat, this is the beauty felt by the heart and by one's soul.

When one's soul connects to another's soul and they recognise the unconditional Love and Light as their essence, this is true beauty which is a prelude to feeling the real love from the other.

It is at this point that beauty becomes in the eye of the beholder. It's a feeling of unconditional Love and Light and not the feeling of lust and longing, which is usually easily satisfied and lost once the challenge has been achieved.

The beauty of the heart never visits the Divorce Court. Only the beauty of lust and longing, which once satisfied, may set one on the path to the break up of a relationship.

The real beauty of two hearts and two souls intertwined become the beating of one heart and the connection of souls to their Higher Selves and to their Higher Power. These two hearts are now in God's heart and beating as One.

This is how to become blissful in a heartbeat!

Behaviour

Every major religion teaches some aspect of the Golden Rule - do unto others as you would like done unto you.

What determines your behaviour? It may surprise you to learn that it's your belief system that determines your behaviour. There is little purpose trying to change your behaviour unless you change your belief about it.

If your belief system says that it's okay to lie and steal and it's only a crime if you are caught then you will continue to lie and steal and attempt to make sure you are not caught doing so.

If your belief system says you must wear certain clothes, only eat certain foods, only drink certain liquids, abstain from your desires in certain time periods, and so on, then your behaviour will follow suit.

If you want to change your behaviour then it will only be sustained if you change your belief system and not many people are willing to do so because it is ingrained within them as it represents who they are.

People who believe that there is no God and that they will not be rewarded or punished for whatever they do will behave in any way they choose. Conversely, God-fearing people who believe that God is watching their every move and will rain down misfortune on them for any slight indiscretion, behave accordingly, expecting the heavens to open and a lightning bolt to strike them down if they misbehave.

God-loving people believe that as long as they behave in a Godlike manner towards themselves and others then they will find favour with their Lord and with themselves, their soul and their Higher Self, and all will be harmonious, peaceful and loving in their world.

In my view, this last category of God-loving people's belief system should produce the behaviour associated with becoming blissful. But that is my belief system and it works for me. Perhaps your belief system and your resultant behaviour works for you in becoming blissful?

Belief

We have just covered belief, in part, under behaviour above.

A belief is a thought that has been repeated so often that it becomes ingrained as a fact. Of course, that is a bridge too far as a belief presupposes that it is unproven, otherwise it would be a provable fact. This proof must be evidence based and subject to scrutiny by factual means without any consequences visited upon the person or persons scrutinising these factual processes.

The belief did not come out of thin air and implant itself within your thoughts like a virus attacking your immune system without provocation. Someone or something influenced you to have such a belief system. In many instances such a belief system usually comes from one's parents or siblings, usually older siblings, who use the sponge-like undiscerning mind of an impressionable young person to plant the belief system within them. In some cases, especially where bigotry, fear and hatred are developed in the petrie dish of an unthinking mind, racial prejudice, religious intolerance, phobia of many types and other fears are bred and fed with incorrect and incomplete so-called facts to ingrain the belief systems as "the" truth.

Most people born into family learn the belief system of that family. If they are religious and follow a religious path it is most likely that the child will follow suit. Conversely, a family that doesn't follow any religious path will see their offspring going down a similar path. Of course, there are exceptions to every rule but the belief system of a family usually determines the belief system of a child.

The same belief system follows the belief and behaviour patterns of the parent influencing a child in so far as eating, drinking, smoking, narcotics, work ethic, play, exercise, lifestyle choices, sports, hobbies, politeness, rudeness, respect, lack of respect, love, hate, indifference and so on.

To change a belief system is no easy thing to do and, if it is for the betterment of the person, requires strong and persistent willpower. It has been proven scientifically that it takes 66 days to learn a new habit and the habit is then done unconsciously. So it is possible to break an old habit and substitute it with a new and, hopefully, improved habit but willpower and motivation are the key factors.

Paraphrasing World War 2 Nazi Concentration Camp Survivor and Psychiatrist Victor Frankl - if you have a 'why' you can handle any 'what'. If you have to change your eating habits to avoid serious ill health and possible death then you have a 'why' to change your belief system about your eating habits and live longer than before you changed your belief system. The same goes for daily exercise if the continuation of your current lack of exercise is going to impair your mobility or even becomes life threatening.

The choice to want to become blissful in your life implies that your belief system must be altered to one of being your essence, which is one of unconditional Love and Light. Thereafter, to marry that belief system with a behavioural pattern that allows such blissfulness to emerge from within your thoughts, words and actions. The shortcut to that utopian behavioural system is to follow the maxim, "What would Love/God do now?" and do only that. Then you will become blissful in that moment of now.

Bravery

It is easy to be brave when you are stronger, cleverer, more adept, more competent, when you are winning and the ball of life is bouncing in your favour.

It is tougher to be brave when things are falling apart around you and the weight of the world feels like it is weighing you down and suffocating you.

Mental and moral bravery are arguably more important than physical bravery. The one step taken unaided by a paraplegic is arguably more brave than the 100 metre winner at the Olympic Games who has practiced for 4 years to perfect their craft.

Bravery is not a measurement as much as it is a mental and moral victory over the status quo. The person who says "no thanks, I have had enough to drink as I have to drive home" is brave to stand up to public opinion pressurising him to be a man and have one more for the road. The coward will cave in and have that fateful drink that puts him in harm's way as well as those people in the other vehicles he may injure or kill.

Bravery is standing up to the bully knowing you may get a licking from him/her and be injured in the process. Bravery is standing up to him/her again and again showing that you are not scared of the consequences because what you stand for is more important than the pain you may suffer.

Bravery is knowing that only the injured can cause injury because of the pain inside of them. Extreme bravery is saying to the bully, "I know you are hurting inside and if it helps you to beat up on me to deal with that pain, I fully understand." Putting your arms around the bully and asking how you can help them deal with their pain is the bravest thing you can do.

Such bravery will mean that fear has been overcome by you, and, with no fear within you, your inner Love and Light will come shining through and your soul, your Higher Self and your Higher Power will be in harmony, Love and peace - and you will then become blissful.

Breathing

Deep breathing enables more oxygen and nitrogen into your body where it aids as a calming effect physiologically. With your body calming down your mind follows suit as a slow new breathing rhythm enables the stress and panic building up to have an exhaust pipe outlet via your deep out-breaths as you expel carbon dioxide as well as oxygen and nitrogen.

It is not possible to attain a state of blissfulness unless your breathing consisting of in-breaths and out-breaths is deeper than normal as you rush your way through life.

Deeper breathing is the first step towards becoming blissful.

Caring

"Nobody cares how much you know until they know how much you care." - Eleanor Roosevelt.

Care is an empathetic approach to being, and most people can distinguish between those who genuinely care and those who care until they achieve their objective.

Genuine caring opens up your soul and pushes away your ego, and that is always a good place to be in desiring to become blissful.

The rather old saying "caring is sharing" has a lot going for it because most caring is done for another. However, the first port of call for a caring person seeking to become blissful should be giving themselves the most care they can. This may surprise you because it may be seen as selfish whereas it is justifiably self-centred. If you have a reservoir of loving care within you, from you, you now have loving care to share with others.

Unfortunately, a lot of people care for others, and in doing so, they drain themselves, and even their families, as they reach across the street or down the road or across town to help others.

I have often witnessed people, and usually, the female gender to whom caring is part of their maternal makeup, rush to help friends and strangers alike while their own family is being deprived of the care they need from their mother or sister.

"Do-gooders" often get behind a cause and offer their services while their spouse and children wait at home for them to give them the care and concern they should be getting.

Charity begins at home and so does caring for others. There is little benefit to be had in your caring and charitable deeds while your neglected spouse or child goes down the wrong road due to neglect from you.

You will never be blissful if your home is on fire, metaphorically speaking.

To become blissful, firstly give care to yourself and, secondly, to your family. If you still have "gas in your tank" then show care to someone outside your family but be conscious of where your priorities lie.

Cause and Effect

Every action begins with a thought. The choice of that thought is your greatest power. This is especially so if you remember that my acronym for POWER is Present Only When Ego Removed.

The cause and effect, or causal consequences, of a chosen thought, create an action. Actions if repeated often become habits. Habits lay the groundwork for your character and your character results in your destiny. Your thoughts, therefore, create your future. Be careful what you are choosing because what you are choosing you are becoming.

I often use the example of dropping a stone into a still pond, and the consequences of that are that concentric ripples are created. Cause and effect are non-judgemental, but they are effective in determining how your future is going to unfold. It's inescapable! You reap what you have previously sown.

So it stands to logical reason that if you desire to become blissful, then the choices of your thoughts can only be soul-based thoughts of Love and no other. It comes back to my well-worn maxim "What would Love do now?"

Bliss awaits such a thought process.

Change

The only thing that is certain is that life will change and maybe in the next moment of now.

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

Those who are threatened by change will never become blissful. Those who are accepting and welcoming of change will have an opportunity to be on the road to becoming blissful.

The inevitability of change should already alert you to the fact that to be threatened by it is self-defeating. Change presents new opportunities for growth for those willing to embrace it. We came to the earth plane to overcome challenges that restrict our spiritual growth towards the perfection we call God. We contractually established these obstacles in Spirit before we came to earth and we agreed that they would be presented to us and we have to find a way to overcome them. Running away from them and hiding is futile as they will re-occur time and again in different guises until we defeat them. Nothing can be overcome until it is faced and running away and hiding or expecting someone else to master it on your behalf is self-defeating from a spiritual perspective.

Becoming blissful can only occur once you have made peace with "what is" and that usually means looking it straight in the eyes and overcoming it.

Character

Your personality is usually ego-based whereas your character is soul-based. A character is earned and not inherited and many times such earning demands some tough decisions as opposed to taking the easy way out. A character does not have any soft options as a lifetime of character can be shattered with one deliberately poorly chosen thought and resultant action which shatters the previous perception of a great character.

At the time of writing, there is an outpouring, mainly in the USA, of sexual misbehaviour by famous people who took advantage of the power of their positions and sexually preyed on young ladies. Prominent politicians, actors, sports stars and the like are being exposed for their behaviour sometimes from decades earlier as well as currently. The lasting memories of them will be as sexual predators, and all their other achievements will be pushed into the background.

The human brain is programmed to share bad news, and my understanding of this may be naive, but I will give it to you nonetheless. When our ancestors were roaming the plains armed with a makeshift spear in search of food, the need to share the fears of other hunters was paramount for one's survival. Noises or sightings of potential predators or naturally occurring dangers had to be shared as well as the "good " news of prey nearby to be killed for food. Women and children back at the base camp also had to be aware of any potential threats looming close by. The bad news is shared through the basic fight or flight survival instinct, and today people are glued to their mobile phones, TV's, radios, computers and social media channels ensuring that the world's bad news is shared instantly globally.

There is no place to hide if your character is found wanting and is exposed as such via the "bad" news channels.

Becoming blissful requires a pristine and unblemished character as the energy expended defending an exposed flaw in one's character is all consuming and far from being blissful.

It all begins with the conscious choice of thought as discussed above under Cause and Effect. Conscious sound thoughts create a sound character. Becoming blissful follows down this road.

Charity

To become blissful means to be in alignment with your soul, your Higher Self and your Higher Power. At that place, which I call God's Space, there is only Oneness. You and God and everyone and everything are One.

Whatever is yours, others or God's in Oneness belongs to all to be used where needed by whom needs it and to be supplied by whom has it.

I know that this is a theoretical and unrealistic approach to living your life on earth, but I bring it to your attention as a Utopian way of living, if not in action then at least in thought, to make you more charitable in your outlook towards others.

Charity does not only imply giving money to those in dire need of it, but you can also acknowledge a beggar as a fellow human being and not as the outstretched arm of an "untouchable" person.

The beggar has placed himself in your pathway to remind you that throughout your eternal life you will be all things, rich man, poor man, beggar and thief. If you acknowledge, and especially if you assist the beggar, it may be an eternal acknowledgement that you have been in their tattered shoes before and you remember what it felt like to have to grovel for pennies. If you don't have such an eternal memory and you don't feel the need to acknowledge this human being with their outstretched arm then perhaps you still have to experience this beggar station in your eternal life?

Becoming blissful means seeing yourself as Oneness with all that is implied in sharing Oneness's gifts and blessings with all.

The door that is not opened for the beggar, will be opened for the doctor!

Children

Certainly, the most bliss I have received from someone or something outside of myself is from my two sons. They have allowed me to become blissful as I give them love unconditionally, allowing them to unfold and not be moulded by me. They have been taught to have the roots of responsibility and the wings of independence.

I have written a free book - *Unfolding your Child - A Spiritual Approach to Parenting* found on personalempowerment.co and encourage you to read it to also find such bliss from raising children in this manner.

Children arrive unblemished and easily impressionable, especially in their formative first seven years when they are mostly with their parent/s and sibling/s. Whatever they experience during these formative years lays the foundation for their life ahead. Influencing children is the most responsible act you will face as a parent, and the cause and effect of your thoughts, words and actions towards your child will become your legacy and your life's journey as far as being a parent is concerned.

It is obvious that if you approach your child with boundaries and discipline in place coupled with as much unconditional love as possible and a listening ear, allowing them to unfold and not be moulded by you, then you will follow the maxim "what would Love do now?" in your parenting role.

Becoming blissful is the result of such a parenting role.

Choice

If you have the opportunity to have the power of choice know that your future is bound up with that choice. For many, the choice they make is not their's alone but may be forced upon them by circumstances which appear to be beyond their control. Either way that choice, whether made willingly or unwillingly, has a causal effect and lays the foundation stone for future events to be played out in its wake.

Once a choice is made, then the key is turned, and the door is open to some new experience. How you choose to view that experience is yours alone and depends on your attitude as outlined above under the heading Attitude.

No matter what, where or why the experience you choose willingly or unwillingly unfolds, the power to choose your attitude, the 'how to becoming blissful' remains in your grasp.

Blissfulness is a connection of your soul, coming from Love and aligning with your Higher Self and your Higher Power and can be attained in a dark pit of imprisonment all the way to a throne of a Monarch's palace. The 'what', 'where' and 'why' are factual but the 'how' is a feeling and feelings are the language of your soul.

The choice to become blissful and set the alignment process underway with Love in your heart and from your soul is the starting point.

Coincidence

In God's universes, there are no coincidences. There are simply connection points where the Universal Jigsaw pieces fit, that make up a Mosaic only seen from On High.

You create the unfolding of your life when you make your Soul Contract in Spirit before you come to the earth plane. The coincidences are the previous arrangements being enacted on cue in the play of your life.

It is said that coincidences are God's way of remaining anonymous!

Know that what you consider a coincidence is only your life's play going according to plan and the coincidence is merely confirmation of that.

Acknowledging the coincidences allows you to understand that your soul is reminding you of your Soul contract made in Spirit. Now being aware of that you can commence the soul, Higher Self and Higher Power alignment in harmony, peace and Love that creates blissfulness.

So the next time a coincidence occurs use it as a trigger to begin that alignment process towards becoming blissful.

Commitment

Commitment is usually associated with an ego-based decision to make something happen through your efforts. However, commitment can also be a soul-based approach to becoming blissful by committing to allow yourself to find every opportunity to come from your soul with Love by thinking, saying and acting on "what would Love do now?" And acting on it.

This is the kickstart to aligning your soul with your Higher Self and your High Power and becoming blissful through this process.

Compassion

I am going to quote from my free book Wisdom in a Nutshell found on personalempowerment.co What I wrote on compassion is so applicable here:

Compassion comes from the heart. It is found within you and is soul-based love and understanding. The linkage between your Soul connecting to Spirit and Spirit connecting to Oneness/Source/God and for the flow of that love and understanding to and from this Higher Power back to you is compassion.

You are seeing someone, something or even yourself through the eyes and heart of this Higher Power reflecting in your own eyes and heart.

Compassion is without boundaries or limits. It is the caring of Life giving to Life through you.

For those who experience this compassion consider yourself fortunate to have the Unconditional Love from the Source of Love and Light shining through you to to another or something else.

Compassion is an energy, and it radiates outwards blessing all who are in its radiance. If you are honoured by experiencing this compassion from its Source, then you will feel the 'energy high' as you share it with yourself or another or something else.

Such compassion is sharing and caring and knowing the Love and Light of your Higher Power.

Becoming blissful is knowing such Love and Light from your Higher Power.

Confidence

Having confidence in your ability to become blissful is a starting point because whatever you believe you are capable or not capable of doing will become the outcome of your endeavour. Your well-founded confidence will make it so, as will your negative belief system too!

Confidence without doing the hard yards of developing the skills and abilities is not confidence but rather wishful thinking. Confidence breeds confidence as success breeds success but unfortunately, the reverse is true too.

Well-founded confidence is often the knife-edge between success and failure. If you show you are confident and capable of the challenge, then you don't let the limits of past performance challenge you, but you, instead, challenge the limits and surpass them with your commitment, determination and perseverance.

Where you use Love as your motivation to succeed, by being confident of such an outcome, you kickstart your soul to begin an alignment with your Higher Self and your Higher Power. Believing is both seeing and feeling that blissfulness in time.

If you make Love and empowerment of others your goal then you will have the confidence within you, and behind you from Unseen Forces, to make your goal a reality.

Such confidence is required to align your soul, your Higher Self and your Higher Power in harmony, peace and love to achieve becoming blissful.

Conscience

I am assuming that as you are reading this type of book that you are not a psychopath who cannot discern between society's rules and regulations and their personal desires believing that they are doing what is right and without conscious awareness that their actions are against society's rules and regulations. If they do have a glimmer of such awareness, they justify their actions as the ends justify the means of such achievement that they desire. Many a psychopath is charming and persuasive and as they believe their falsehoods so completely they may cause a more genuine human being to begin to doubt their understanding of the situation.

Psychopaths are uncaring, have shallow emotions, are irresponsible, distort the truth believing their lies, have an overdeveloped sense of self-worth, and this becomes an extreme form of self-righteousness. They are focused on short-term achievements and play to win at all costs ignoring the longer-term consequences. They have a very low tolerance to frustration and a low threshold for discharge of aggression, including violence.

In terms of that understanding, it may surprise you to learn that some 0.75% to 1% of the population are considered to be psychopathic with job titles and occupations amongst the most sought after such as CEO's/bosses, Attorneys, Surgeons, etc. Most psychopaths are A-type behaviour people. Psychopaths have an attitude of grabbing what they want and ignoring others' needs. They only focus on what they need now and have little or no capacity to feel that others may have requirements as well.

Those people having a conscience, empathy and compassion are seen by psychopaths as having weaknesses whereas most of society look at those traits as strengths in a human being.

The reason I have introduced you to psychopathic behaviour is that if you have a clear conscious and you are proud to enter any room and hold your head up high please be aware that a psychopath will have the same belief system about themselves even though they operate without such a form of consciousness. You may consider that such a person is like you and can be trusted whereas the exact opposite is true. Unfortunately, it has taken me to get to 66 years of age to understand this distinction and a lot of dollars in wasted money trusting psychopaths who I thought had a clear conscience like me!

There is a Court of Law and there is a Court of Conscience and man rules the one and your soul, your Higher Self and your Higher Power the other. Needless to say, to become blissful you answer to the Court of Conscience!

Consciousness

Flowing from the topic of conscience above is the topic of consciousness. Having consciousness is having an awareness that you are a part of your Higher Power and that part is within you as your soul. This soul is Love-based as its Primary Being is Love and Light and so your soul is too.

Working as and from such consciousness, life will flow much more comfortably for you as you come from Love and Light.

It is with and from such consciousness that your soul connects to your Higher Self and to your Higher Power in harmony, peace and love to become blissful.

Considerate

To be considerate to yourself and others; animal, vegetable and mineral, is to be aware of your and their needs and wants and to develop the ability to assist you and them achieve those goals.

Being considerate is more than being kind, it is taking the attitude of kindness and giving it an active push to make it flow in the direction you or the other person needs it to go.

Consideration is empathetic, understanding and compassionate but know that each person has their Soul Contract. If you do for them that which they have contractually undertaken to do for themselves at a Spirit level of understanding, then you may be damaging their growth with your consideration even though that is the furthest thought in your mind.

I have often used the story in my various books of a man walking through the forest who spies a cocoon on the ground. He notices that the cocoon is moving and thinking he will be a good Samaritan he takes out his penknife and gently cuts open the cocoon and the butterfly falls out onto the ground. The butterfly flips and flops on the ground and is unable to fly and soon is gobbled up by a predator. What the good Samaritan did not know was that the butterfly develops its wing muscles by straining to break open the cocoon and thereby enabling it to fly away.

So be considerate with an awareness that other people have to develop themselves through their so-called struggles enabling them to develop the wherewithal to fly in the way their Soul contract requires of them.

Often a simple well-chosen word or words at the critical time is sufficient to help someone believe in themselves and take action, making their goals and dreams a reality.

Be considerate by coming from Love and from your soul and the bliss you seek will be waiting to envelop you.

Contentment

The most contentment I have ever seen was a cow in Switzerland surrounded by acres and acres of green lush lucerne and no other cow in sight! That is my “go to” picture if I am not feeling contented!

Contentment is a state of mind and an attitude rather than having everything you need and want at your feet like my Swiss cow. Contentment to a beggar is finding edible thrown away food in a garbage can. Contentment to the world’s wealthiest person is probably out of their reach because it’s unlikely they will have inner peace of mind with all that wealth to watch over. Many friends are seeking their favour but they are uncertain who is a true friend. Excessive wealth places a burden on one and is not the panacea most people believe it to be.

Each must find contentment in their own way. A balanced life in harmony, inner peace, good health and with the love of family and friends, should ensure that contentment is easier to find than extremes of wealth or poverty.

We should seek contentment as our goal as this will give a solid foundation stone from which to launch a life of becoming blissful, which is the ultimate contentment.

Courage

To be courageous, one is usually in the minority. If the majority were courageous, then it would be considered to be the norm and not worthy of distinction.

So why are the majority not courageous? What are they afraid of that sees them cover themselves with the bedclothes hoping that whatever requires them to be courageous evaporates on its own and disappears?

Fear is a paralysing condition, and as we all know by now, one of the acronyms of FEAR is *False Evidence Appearing Real*. The only way you are going to grow is when you get out of your comfort zone and be challenged with new things. Once you have stretched yourself, the next hurdle is easier to achieve. The issue is that most people don't have the courage to let go of the familiar and experience something new. The saying that the difference between a furrow and a grave is 5 foot 6 inches and most people are content in their 6-inch furrow.

Moral courage to do what's morally correct and having the courage to say no to one's ego's needs and instead chose the path as dictated by one's soul, is real courage. No one knows but you about your moral courage and your soul-based choices and no one has to know because you are accountable first and foremost to yourself and then to your soul, your Higher Self and your Higher Power. Once you have those squared away then becoming blissful will follow.

Creativity

As a part of your Higher Power, who is the Creator of this world and countless universes, you are a creator too. You are such a powerful creator that you create life through procreation.

This ability to create is a Source you tap into, and It is willing to give you whatever you want as part of the free will you have to create and grow or create and destroy.

The cause and effect of using your free will to create and grow or create and destroy are allowed to occur by your Creator. Whatever choice you make, your Creator is experiencing your choice through you and expanding the Creator's experience in the process. The Creator is the Watcher of the process but as you are part of the Creator what you experience physically, mentally and emotionally is also an experience for the Creator who remains unaffected physically, mentally and emotionally but is thankful for the expansion via the experience.

So that is why we have creators who build things which are enjoyed by others and creators who make things which destroy lives and property. Access to the Inspiration that sparks creativity is non-judgmental and unrestricted. You decide what you want to create and you will play out the cause and effect of such choices of creativity.

The decision to create a life of meaning and purpose in uplifting one or many through your creative efforts is usually seen as worthy by society. The decision to develop a nuclear bomb and to use it to threaten an adversary or even to unleash it on an adversary will see the devastation in its wake.

To a lesser degree, the decision to be creative and plan a clandestine sexual liaison outside one's marriage or to create a way to steal money from an employer and so on usually sees cause and effect in a time frame within this lifetime.

The choice of using creativity to create a deadly arsenal of weapons and unleash it on society is likely to have the cause and effect spanning generations in earth time and unknown implications in Spirit for the creative soul that used their creative free will in this way.

The choice to use creativity in the uplifting of oneself and society should see the cause and effect flow in this lifetime and for those creative efforts which improve the world meaningfully, the Spirit World's rewards should be plentiful too.

Obviously, in the search for becoming blissful, the choice to use creativity for the upliftment of you and society is the only free will choice you can make as this creativity is one of growth and benefit for you and society and not one of damage and destroying oneself or society.

Criticism

In over 5000 years no-one has erected a statue to a critic!

There are two main types of criticism; constructive criticism and destructive criticism.

If you ask for and obtain constructive criticism, or even if you don't ask for it and it is given, then you should accept it willingly and thankfully. But firstly, you need to be coming from love-based soul in your acceptance and gratitude for such constructive criticism and not ego-based fear or hope.

The person or people offering such constructive criticism may be doing it out of concern, respect, admiration, care, kindness, compassion and maybe even out of love for you.

You may be paying them to do so in a professional or work-related capacity, or they may be affected in some way by what you have done, and their constructive criticism may be based on their motivations, but their criticism is well-meaning and intended for the improvement of whatever it is that you have done.

Once your ego is out of the way you can address their constructive criticism and improve whatever it is that you have created so that you benefit from their criticism and, hopefully, so can society. This decision to take your ego out of the equation and to welcome constructive criticism and the improvement of what you have created as a result is a step closer to becoming blissful.

Destructive criticism, which is usually unasked for, should be seen in two ways. One way is to take your ego out of the equation and assess whether their criticism is valid, immaterial of their approach and manner in which it is delivered to you. If it is valid, and even if it is hard to accept, then be grateful for it and attend to the improvement of what you have created. If you are big enough emotionally you can even thank them for pointing it out and improving your creation.

The other way is to come from your ego and retaliate without taking the positives out of their criticism. This is a pure ego play, and loss is assured for you in so many ways.

If your desire is to become more blissful then it's obvious that seeing all criticism as constructive criticism and being grateful for it by using it to improve your creation is the way to go.

Curiosity

Once again we are faced with two types of curiosity; being what is known as an interfering “nosy parker”, putting your nose into someone else's affairs unasked and unrequited, and, the other type, having a healthy curiosity to investigate, research and hopefully develop a solution for a problem.

Progress in the world is made by the second type of curious person who investigates, researches and develops a solution for something that can be improved upon. This usually requires someone to leave their comfort zone and to step into the unknown and explore uncharted waters in their quest for what they are curious about.

People who are curious about their life on earth and desirous of knowing the meaning and purpose of their life are the ones who leave their comfort zones and explore life. This could also include exploring their religion, or other people's religion or spirituality or whatever they deem necessary to investigate and research a solution for their quest.

Well-founded curiosity is a healthy endeavour and is necessary in order to have growth and expansion in one's life. Simply ask why and you will be surprised that you will either delve for the answers or the answers will be given to you. Then continue to ask why and you will go further into the unknown and more answers will be found. Continue this search by continuing to ask why and do not stop until the answers become a solution.

That solution, if it is beneficial to society, will make you happy that you persisted in your curiosity and, in time, the solution may be improved upon, and you may feel joy. The continuation of developing the solution may even create a form of blissfulness for you, especially if your curiosity is of a spiritual nature and you find some kind of nirvana.

Cycles

By now everyone is aware of the nature of cycles in life. From the daily cycle of light and darkness to the personal cycle of menstruation for females there is a rhythmical process at play. What is important to know is the momentum of the cycle and to go with the flow and not to fight it.

A good sailor will know the movement of the tides and when to use the tide to their advantage.

Ecclesiastes in the bible teaches us:

To everything, there is a season,
and a time to every purpose under the heaven:
A time to be born, 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.

Knowing the correct time and timing your energy correctly will ensure that you use the power of the cycle correctly for your purposes. Doing the correct thing at the incorrect time of the cycle is likely to see your energy dissipated and the effort wasted whereas doing the correct thing at the correct time of the cycle will see the energy that you expended rewarded handsomely.

Knowing the correct timing within a cycle can bring bliss into your life. For example, in planning the conception of a child and a child being born nine months later is likely to be a blissful experience.

Death

There is no such thing as death; there is simply a change in the composition of life. Death is seen as the end of life, and the fear of death motivates people to do anything and everything to avoid death.

But what if death was the beginning of a utopian existence for you in another form? What if death, as we ignorantly call it here on earth, was longed for instead of feared? What if we knew, without a shadow of a doubt, that because we had played life according to the rules and added value to our life, and to other people's lives, in a constructively creative way, that we would be rewarded with a life of Love and Light and be with like-minded people throughout eternity?

What if we moved into another form of existence and were surrounded by those we loved and those who loved us unconditionally and we felt bathed in that Love and Light continually?

What if this was the way we lived our life on earth by not fearing death but knowing that Utopia awaited us as a reward for the way we lived our life on earth?

Would we feel more loving about life here on earth and would this help us become more blissful?

And, if we reached the point of death and then there was nothing but a hole in the earth for our lifeless body, or a funeral pyre for our cremation, and we were wrong all along, and there was no afterlife as we believed it to be, what then?

One thing I am certain of, if this came to pass and that all the time we fooled ourselves about the promised afterlife was a time we spent in blissful ignorance, we were better off for feeling blissful than we were for fearing death.

Decisions

When we make a decision we are at one of three places:

We know nothing

We know something but not all the facts

We know everything

Knowing we know nothing should deter us from even attempting to make a decision but regrettably, many of us don't know we know nothing. We think what we do know is either something or everything. Such ignorance is described as bliss in the saying that "ignorance is bliss" but not in the context that I am describing becoming blissful in this book.

The people who don't know that they know nothing but are judgmental and make decisions based on such ignorance of the facts are unfortunately often found among the majority. In the case of elective democracy of 'one man one vote' these people elect their governments, and the current world of politics proves my case!

When we are aware that we know something, but do not have all the facts, it is not wise to make a decision, especially one affecting our life or other peoples' lives or wellbeing, as what we don't know may be damaging. However, for those who have developed an intuitive feeling that they have trusted in the past and been proved correct, perhaps an educated decision may suffice.

Knowing we know everything and that our decision is assured to be proved correct is a powerful place to be. But can we know everything? At face value of our perception of our reality, we could know everything there is to know but is it everything that can be known?

There is a vast universe out there and beyond that many universes, or even multiverses, as they have been come to be called where simultaneous occurrences are being experienced at differing levels of existence. Let me use Wikipedia to illustrate:

In his book, *Opticks* (1704), Isaac Newton suggested the idea of a multiverse:

And since Space is divisible in infinitum, and Matter is not necessarily in all places, it may be also allowed that God is able to create Particles of Matter of several Sizes and Figures, and in several Proportions to Space, and perhaps of different Densities and Forces, and thereby to vary the Laws of Nature, and make Worlds of several sorts in several Parts of the Universe. At least, I see nothing of Contradiction in all this.

In Dublin in 1952, Erwin Schrödinger gave a lecture in which he jocularly warned his audience that what he was about to say might "seem lunatic". He said that when his equations seemed to describe several different histories, these were "not alternatives, but all really happen simultaneously".

I introduce multiverses merely to show you that when we think we know everything there is to know before making a decision there is a lot we don't know.

To avoid 'analysis paralysis' we have to decide at some point what should be our yardstick in doing so?

Should we use facts or should we use our feelings to guide us? Facts are usually used, and feelings are considered too “airy fairy or feely touchy” to use. However, I believe experientially that feelings are the language of our soul and when such feelings are used, our instinctual gut feeling is guiding us in our decision-making. So perhaps a combination of facts and feelings to validate those facts may be the way forward in such personal decision making.

To become blissful in decision making means to have an inner knowing that the decision you are making is the right decision and the only way I know of doing that is by answering the question that is the mantra of my life:

What would God/Love do now?

If your facts, intuition and inner knowing follow this assertion, I believe that the decision you make will have a good chance of becoming a blissful decision.

Desire

Where desire is ego-based it should be acknowledged as such by a conscious or spiritually aware person such as a reader of this book. Being ego-based does not make it wrong, it simply makes it ego-based and, as such, the desire, once achieved, is likely to be satiated and a new desire born for something bigger or shinier.

This ego-based desire is necessary to set and achieve goals and dreams and is dealt with in the correct light in my free book found on personalempowerment.co Achieving Your Goals and Dreams.

Where desire is soul-based and you are coming from love and not from ego then this desire is likely to materialise. There are Unseen Forces that come into play when the motivation of the desire is for the betterment of society and not for the betterment of an ego-based person or people's achievements.

Today, Father's Day, 17 June 2018, I was helping a friend in Canada who has an amazing business called AChildBecomes.org where she trains pre-schoolers so that they are suitably prepared for entering the school education process. She wants to create a platform, as a free service, for pre-schoolers in rural South Africa to have access to this training and I am helping her in finding donors to make this dream a reality.

My advice to her was to focus her energy on developing the education and training platforms to roll out the container type schools and to leave the need to find the money for financing this ambitious project to her Higher Power.

I used the example of the Founder of the Transcendental Meditation movement, Maharishi Mahesh Yogi, who was asked by a Follower where the money was going to come from to finance a world conference they were planning. The Maharishi replied, from wherever the money is now.

Love-based desire has its energy supplied from a Source unseen by us mere mortals. Money is merely a form of energy, and nothing is beyond this Source's ability to supply whatever energy is needed, whenever it is needed, to achieve love-based desire for the benefit of society.

Becoming blissful has a pre-requisite of coming from love and not from ego in whatever you desire for yourself, your family, your friends and society at large.

Destiny

We choose our destiny when we are in Spirit and it's known as your Soul Contract. In your eternal journey as a soul, being a part of your Higher Power, you seek to become like your Higher Power who is the epitome of Light and Love, unconditional Love.

In this journey, you have spiritual mountains to climb to seek such perfection. Your soul shows what has been called gaping holes which need to be faced and repaired to achieve this desired perfection.

The cause of these gaping holes is in the free will choices you have made in other lifetimes and perhaps in this lifetime as well. This is a balancing act of note, and everything you choose with your free will creates your destiny.

Your choices create your destiny, so choose well for the desired destiny of becoming more like your Higher Power and, in so doing, to become blissful.

Determination

We are taught about the need to be determined to achieve our goals and dreams. It seems implausible that whatever we want will fall into our laps from above and we are told to show determination in achieving what we desire.

In a previous topic, desire, I dealt at length with ego-based and love-based desire, so I won't repeat myself, although it is critical in fully understanding determination.

If we see ourselves as part of the cycle of Nature then when you investigate the way of Nature, it appears to be a lot more effortless and free flowing to achieve its objectives.

The cycle of nature seems to work in the alignment of harmony and mutual co-operation and Nature blends effortlessly to achieve what we call the miracles of Nature.

As Nature appears not to have an ego-based component and there is no accumulation of goods or a need to store up Nature's bountiful blessings, unless its winter-based storage by certain animals and insects and the like, then the free flow and mutual co-operation make Nature's achievements appear effortless and miraculous.

If man could work in such egoless mutual co-operation without the need to store up goods and services at the expense of another then perhaps the need to be so determined and competitive would prove to be needless and wasteful energy expenditure.

In this utopian place, if someone needed something and another had it and had no need for it now, or in the future, then they would simply lend it, or give it, to the person who needed it now. The

determination to acquire something more than what we currently need, or are likely to need in the future, and so build up an unused surplus would then not be necessary. Like Nature, it would be shared and passed on for the betterment of all.

While I say this is utopian, it happens more often than you would think it does. A charity, a lending library, a mutual based bank, a mutual based medical aid, a mutual based insurer, a mutual based pension fund and so on all take from many to supply the person/people in need. Only the demutualisation of these entities into share-based corporations has changed the nature of self-help into profit based and, in many cases, to the detriment of the society that they serve.

When I launched my business, The Property Economist, in 1980, each written communication carried the message, The Property Economist provides information, knowledge and advice to decision makers to ensure that responsible investment occurs in the property industry in South Africa.

I believed that by the marketplace providing information to us, indirectly or directly, which we could collate, analyse, research and forecast from there, we could all benefit within the property industry, as well as on the broader economy. For example, savers and investors in financial institutions who finance the property markets would not be taking unnecessary risks if the likely future was more easily discernible.

I continued this business for 15 years before actively becoming an Institutional Adviser, as well as an Investor and Developer. I used to lecture at universities from time to time, and The Property Economist assisted in laying the foundations for university courses and other property economists to emerge. I believe that the role of a leader is to create other leaders, not merely followers.

Today, the Internet is the largest repository of shared information, knowledge, advice and, occasionally, wisdom, known to man. The sharing of such information is making people more conscious that other goods and services can be equally shared for the betterment of all.

So while a determination is needed to achieve one's goals and dreams perhaps opening one's eyes to see where you can help another and, in doing so, help yourself because, in the end, we are all One in Spirit, as is evidenced by the interlocking role of Nature on earth

By sharing what you unselfishly have with others is a recipe for becoming happy, joyous and maybe even blissful in the process.

Difficulties

Be grateful for your difficulties because they achieve two major objectives for you. One is for you to struggle and to grow through the challenge of the difficulties and, the second one, where major difficulties are concerned is that they help you close the gaping hole in your soul that you came to the earth to accomplish.

When you were in Spirit, you decided that in your eternal search to become more Godlike and seek the Perfection that your Higher Power represents, you needed to fix one or more issues that remained incomplete so far in your eternal journey.

These issues are dressed up as difficulties so that you can be challenged by them and by overcoming the so-called difficulties you can resolve these long outstanding issues in your eternal life.

By bringing closure to them, they should not reappear again, but sometimes the lessons do reoccur for reasons not known by man's limited understanding of the spiritual forces at play.

The point I am making is that you called these so-called difficulties to yourself via the Soul Contract you made in Spirit. You were determined to bring closure to these issues and the bigger the issue, the more it needs closure.

Suicides occur at a ratio of 13.42 people per 100 000 people. Men are 3.5 times more likely to commit suicide than women and, on average, worldwide, there are 123 suicides each day. From my understanding, committing suicide does not excuse one from overcoming the difficulty you set yourself, you simply return to earth where the same difficulty is presented again for you to overcome.

If you change your perspective and see the difficulty plaguing you as something you set up for yourself to overcome, then your mindset may be different in accepting the challenge.

Certainly overcoming such a challenge will make you happy, joyous and maybe even blissful.

Dignity

Dignity comes from within. It is not granted or given to you by others but is something you earn through your behaviour towards yourself and towards others.

Dignity can never be taken from you; you have to surrender it. A beggar sharing their scraps to eat with another beggar can be dignified, and a wealthy man can be thought of as undignified by his behaviour towards others.

Dignity is not ego-based but love-based. The love you give in kindness and consideration to yourself and others can be given in a dignified manner. Many people full of self-importance and who puff themselves up to act in a superior manner are not dignified but boastful and look down their noses at others. This may be construed as dignified, but they are laughed at once their back is turned.

Dignity comes from sharing and caring and by not losing your moral compass. Dignified people know that they have a Higher Power to be grateful to and for those dignified people they know that this Higher Power is working through them and they acknowledge that in an egoless manner.

Dignity, which is egoless, creates happy and joyous people who are eager to share their blessings with others. Truly dignified people know bliss as they feel their soul connecting in alignment with their Higher Self and to their Higher Power in harmony, peace and love.

Diligence

'Good' is the yardstick of average people. 'Good enough' is acceptable to the average person. But 'good enough' leaves much to be desired by someone who is diligent in their duties.

'Good enough' is the enemy of great achievement and great people are diligence personified. There is a Principle known as Pareto's Principle which states that for many events, roughly 80% of the effects come from 20% of the causes. This has been noted in many fields that 80% of the results come from 20% of peoples' efforts when focused on what they are doing.

Average people put in 80% of the effort to get 20% of the results mainly because they are not focused on doing what's important and vital to be done, and they get distracted with both urgent as well as unimportant issues.

Diligent people focus on what is vital and important to do, and they do it to a high level of perfection or greatness and they achieve near 100% results with focused efforts.

When a diligent person is tasked with something, they can be relied upon to do a thorough job. This brings happiness and joy to the diligent person in knowing they have done a job as thoroughly as they can. Bliss results when the diligence is aligned in harmony with peace and love and no stone is left unturned to give and receive such peace and love.

Kahlil Gibran writing in his most famous book The Prophet says that work is love made visible:

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart,
even as if your beloved were to wear that cloth.

It is to build a house with affection,
even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy,
even as if your beloved were to eat the fruit.

It is to charge all things you fashion with a breath of your spirit,
And to know that all the blessed dead
are standing about you and watching.

Bliss is found in such diligence of making work like love made visible.

Education

Around 500 BC, Confucius said Education breeds confidence. Confidence breeds hope. Hope breeds peace.

Naturally, once you have peace then happiness, joy, love and bliss can follow, but it's not likely to see them follow if there is no peace, and especially if there is war.

Around 400 BC, Aristotle said, Educating the mind without educating the heart is no education at all.

Somewhere along the way, education was perceived as a burden and something we had to get through to get a certificate, diploma, degree or post grad degree to tell the world that we are capable of doing a job that we were 'so-called' educated to do.

Education took empty minds and filled them with facts, information and maybe even some knowledge, but very seldom any wisdom. Empty minds now became filled minds but they were not open minds. They were minds intent on graduating rather than on the unlimited expansion of one's brain. They were closed minds and not open minds.

Education can tell you what something costs or is worth in the open market but not what its value is to society. And not how to create such value and give it to society for the betterment of the society rather than our bank account. Education is selfish, and value-based wisdom is selfless.

The fault lies in the way education is structured, and it begins with the format of the classroom which is based on the production lines set up in the Industrial Revolution. Pupils in rows facing the teacher do not put the teacher in touch with the heart and the soul of the pupil but only their eyes and their ears.

Imagine, if you will, a new classroom where there is a circle, and the teacher is a part of the circle. Now all the pupils and the teacher are facing each other and respecting each other. This respect of the pupil is the missing ingredient in education. How can you reach the child at the back of the class when they are in rows of desks facing you as a teacher and you are expected to ignite their passion for learning when they do not feel respected by you.

According to Maslow's Hierarchy of Needs, the highest need is for self-actualisation. Everyone is programmed to be the best they can be, but they need encouragement, praise, enthusiasm, motivation to get on that path to feeling loved, developing their self-esteem and reaching self-actualisation of becoming the best they can be.

Pupils need to feel respected, and then they will be available for their inner flame of learning to be lit and the flame to expand and grow through their motivated efforts.

We should focus less on schooling and remembering facts and more on opening minds by teaching pupils how to think, and the many variations of such thinking, and not simply what to think.

If we want education to be beneficial, it should be fun to explore without any competitive bias and ranking of pupils but freedom to want to learn rather than have to learn.

For education to achieve happiness, joy and even bliss for the student, then focus on respecting the student and opening minds and lighting flames not on crossing finishing lines and rankings.

Albert Einstein said it best, Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

Egoless

My acronym for EGO is *Edging God Out* and while an ego-based life may give you short-term happiness and even joy it will not give you long lasting bliss. Such bliss can only be found in an egoless way when your soul, your Higher Self and your Higher Power are aligned in harmony, peace and love. It is the furthest distance from your ego.

Egoless people are humble but not doormats to be stood upon. Egoless people have dignity, grace and righteousness and are sought after by people who feel blessed to be in their presence. Egoless people are usually listeners rather than talkers, and in their silence, they connect to their Higher Self and their Higher Power and radiate bliss.

Emotions

Feelings are the language of the soul. Your emotions are the way you express the only two real emotions there are - fear and love.

The derivations of fear are the so-called negative emotions of greed, jealousy, hatred, anger, frustration and a litany of other such emotions all coming from the fear of loss of something that has value to you.

When your emotions are felt by you and the intentions behind those emotions can be isolated and investigated, you will discover where you need to heal the gaping holes in your soul.

By becoming the Watcher of your emotions and the unbiased and independent assessor of the cause of such emotions then you will be on your way to becoming healed if that is your intention to do so.

This is the difference between a Victor in life and a Victim in life. A Victor will feel the emotion, acknowledge and analyse it to find its cause and then come to terms with that and be healed in the process. A Victim will wallow in self-pity and allow the emotion to fester and grow uncontrollably.

When love is the emotion that is felt by your soul, then you begin to fully comprehend the term God is Love as used in so many religions.

The emotion of love is the only real emotion as even fear is derived from the feeling of loss of love. This loss of love drives fear to imagine the worst scenarios and one's ego now drives the fear as it spills into so many other so-called negative emotions.

If you see your emotions as your teacher, then every emotion is positive in that it provides you with the opportunity to either be love or through the emotion of fear, being the loss of love, to identify what needs to be investigated for healing to occur and for the replacing of fear with love.

True happiness, joy and bliss can only be love-based and not ego/fear-based.

Emotional intelligence

Daniel Goleman, the author of Emotional Intelligence, defines emotional intelligence as having five skills:

Knowing what you are thinking as you are thinking it;
Handling your feelings so that distracting emotions don't interfere with your ability to concentrate and learn;
Motivating yourself, including maintaining optimism and hope;
Having empathy;
Having social skills.

Emotional intelligence is the capacity for recognising our feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and our relationships, according to Goleman.

In dealing with the two genders in an emotional setting, we must acknowledge that generally speaking, women want to talk about their emotions, whereas men want to be more self-protective and deal with them privately after thinking them through. There is no judgement here, simply acknowledging the emotional makeup of the two genders and hopefully creating a greater awareness for each in dealing with the other from an emotional standpoint.

By using emotional intelligence, we should move the needle towards happiness, joy and even bliss for us and those we interact with.

Empathy

The starting point for being empathetic is to be egoless. If you allow your ego to be part of your empathy, then it may not be empathy you are offering but curiosity. Most people who profess to care are merely curious and don't have the staying power to listen and understand where you are right now on your journey.

The strength required for empathy is immense. You have to forgo your own needs as well as your family's and friends' needs of you too and focus on listening and understanding the other person's apparent issues long before the real underlying problems, which they have been hiding, emerge. It's only at this point of vulnerability and surrender of the other person, including their protective ego, to completely trusting you that the real issues will begin to surface.

This unearthing process is going to take a long time for their trust in you, and in themselves, to be strong enough to confess what they have hidden away in fear of it being exposed to the light of truth.

Empathy is then a long road of simply allowing them to talk and talk and for you to keep silent and not offer any opinions or suggestions until they eventually trust you enough to be vulnerable and surrender to you. At that point, their protective ego has been relegated to the past, and they appear egoless to you as you are to them.

The healing power of trust can now emerge, and your empathetic role is nearly done as the answers and solutions they seek should be self-evident to them. In isolated cases where they do not see 'the wood for the trees', you may have to stand in their shoes and identify their necessary action plan. It's preferable for them to do so as they will buy into it easier than if you have to tell them what needs to be done. Be careful not to fall into the trap of doing it for them.

Now they need the strength to let go of their fears and embrace the necessary changes with love and trust that their soul, Higher Self and Higher Power are aligned in harmony, peace and love. Bliss awaits at the end of such an empathetic journey.

Energy

Energy is something we tap into and appropriate for our use. When we feel passionate, enthusiastic, committed and focused, we have boundless energy. When we feel dispirited, disheartened, lacking in commitment and unfocused we can hardly get out of bed.

We are the same person, but without the energy, we are like an empty balloon lying flaccid on the ground.

So energy is more about attitude than it is about the store of energy to use.

With the correct attitude we are unstoppable, and with the incorrect attitude we can't get out the starting blocks of life.

Unlimited energy is found in our Source/Creator/Higher Power/Deity and when we access that Source via our prayers and meditations we feel strengthened and empowered.

Happiness, joy and even bliss follow when we tap into the Source of unlimited energy, and no task is impossible for us to do.

Enlightenment

We are a part of the Source/Creator/Higher Power/Deity who is Light and Love.

We are enlightened as we are unconditional love too. Somehow we allow that Light and Love to be pushed to the shadows of our lives and out of sight. It probably is the ego-based fear of not believing we are part of such Light and Love that convinces us we are not enlightened or unconditionally loving.

Enlightenment is knowing that we are an eternal soul in Oneness and not simply this body with a mind. When we come from our soul in Oneness with love-based energy then we feel such enlightenment, we feel the bliss of being in God's Space. At a point of enlightenment, we are God and as God is pure bliss we are that too.

Enthusiasm

The derivation of the word enthusiasm is from the Greek language where it means inspired by God. Well, this is an easy way to find your bliss as the word itself describes this bliss. When God inspires you, then you are connected to God and bliss is the air that you breathe in God's Space.

Bring enthusiasm to every task you have to do, and you will immediately be successful whatever your definition of success is for that moment. Somehow the enthusiasm we have as children seems to ebb as we enter the teenage years and it's not "cool" to be too enthusiastic. What a pity we let peer pressure and the need to fit into the "cool" crowd dampen our natural enthusiasm. Unless we are passionate about something or someone this weakening of our enthusiasm seems to leave us and we slowly deflate to become that flaccid balloon on the ground referred to earlier.

Find something to enthuse about and watch bliss return to your life through such enthusiasm for life.

Expectations

There is one thing I can guarantee you unequivocally and that if you have expectations of yourself or others, you will be disappointed at some point along the way.

There are realistic expectations, and there are unrealistic expectations and progress is usually made by achieving unrealistic expectations! Realistic expectations are generally based on our known comfort zone and maybe breaching that boundary a little. Unrealistic expectations simply say that nothing is impossible and not only is the known comfort zone breached but the unknown is also penetrated quite deeply too.

If you have expectations of yourself or another merely bring into play the fact that you are likely to be disappointed and put your head down and reach for the stars. You may only hit the moon, but that's a lot further than those too timid to break out of their comfort zone.

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 - Ralph Waldo Emerson.

It is possible to have expectations of becoming blissful, but it requires no physical effort at all. Simply align your soul, your Higher Self and your Higher Power in harmony, peace and love by being Oneness and bliss awaits you at that point.

Empowerment

Power is the essence of empowerment, and the only POWER that matters is *Present Only When Ego (is) Removed*. The power of being egoless and Godlike is real power and in your search for empowerment let this be your guiding light.

With such power at your beck and call your empowerment in becoming blissful is assured.

Self-empowerment or personal empowerment is finding that egoless and Godlike power in your Oneness with everything and everyone.

Empowering others through your leadership or friendship follows the same route of showing them how you have empowered yourself by being egoless and Godlike in Oneness with all and everything. They can follow your lead and be equally empowered.

Blissfulness awaits you and them through such empowerment.

Encouragement

Those who wait to be encouraged by someone besides themselves may wait in vain.

Usually, people who encourage you have an ulterior motive to do so. Perhaps loving mothers and some fathers are excluded from that statement as are loving family members and a few best friends who genuinely want the best for you but as for the rest, don't hold your breath!

Find the encouragement from within, and you will never have to rely upon others to encourage you. There is a simple but highly effective way to do such internal encouragement. Every morning look at yourself in your bathroom mirror and say your name out loud, or to yourself, with the words (your name) I love you and am proud of you. In the evening before going to bed repeat the same process but add in one or more things you achieved or did for someone else during the day. Say your name followed by I love you, and I am proud of you for doing (whatever it was that day). If it's not possible to say it out loud then say it to yourself but whatever way you do it look yourself in the eyes and smile at your reflection as you say the words.

You are now building up a reservoir of self-acceptance, self-like, self-respect and self-love and this boosts your inner self-confidence which shows on your face and in your body language wherever you go throughout your day.

Once you are comfortable with that process and you keep it up daily, then you can start looking at ways in which you can encourage those nearest and dearest to you, your work colleagues and even strangers you come across. A word of praise and encouragement to anyone will lift both their spirits and yours.

You will find that your step becomes lighter and you may even get a spring in your step as you bring upliftment to others and yourself with your well-chosen and meaningful words of encouragement.

Happiness and joy are guaranteed and maybe blissfulness too.

Failure

There is no such thing as failure, merely learning experiences. We need to rephrase our language and understanding that not achieving what we aimed for is not a failure but learning another way to do it better.

In many cases missing what we aimed for may be a blessing in disguise as we may have been aiming too low or at the wrong target. See your attempts as steps and missing one step means merely redoing that step and continuing on your climb.

What we aim to achieve is initially our target but with some experience of trying you may realise that there is a preferable avenue or target you should now be aiming at. That results through the experience of learning and attempting on your original route or target, and now you have a better way.

Failure is an event and never a person. Failure is your greatest teacher because it shows you what didn't work so that you can find a way around or through the obstacle or find another route to attain your objectives. There are many paths which lead to the objective, and you merely have to find the one that you haven't seen to date.

Failure only occurs when you give up trying, before that it is a setback and a learning experience of what didn't work. Edison tried over ten thousand times to create the light bulb and each time it didn't work he just said that that was another way it wouldn't work, so let's find the one way it will work! Success is found on the far side of failure.

There is one sure way of never knowing failure, and that is to put your TRUST in Spirit where TRUST means *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally*.

Such trust will create a belief in you that you and God are Co-Creators of your life and listen in silence and stillness for the guidance you need. Trust your emotions to be the feelings of your soul and then put in all the effort you can in what you now believe to be the path you need to take to achieve your objectives.

There is an Indian proverb that says "Pray to God but row away from the rocks!"

This path of Co-Creation should put you on the road to happiness, joy and even bliss.

Fairness

The Golden Rule, "do unto others as you would like done unto you", appears in most religions in some form or other. Most people have an awareness of what is a fair and reasonable way to behave towards themselves and others. Of course, there are societies where this fairness, while known instinctively, is not applied and the ruling mores of the society is one of 'dog eat dog'.

Often fairness is seen as weakness, and many people take kindness for weakness. However, strive to be fair in all your judgements and when dealing with yourself and with others, and you should encourage others by your behaviour to respond in fairness towards you too.

Ego-based people are usually not seen as fair people as they seek the limelight and boast about themselves generally at the expense of others. Love-based people are fair, and they try to build up others and not seek the limelight for themselves.

When you are fair, life seems to respond back with such fairness, and you can't be happy, joyous and even blissful unless you are fair in your modus operandi of life.

Faith

Saint Thomas Aquinas (1225 - 1274) said, To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.

To be able to have such faith as to say Thank you God for everything that happens to me, whether judged so-called good or bad, is a way of life that places faith way above anything else in one's life.

My acronym for FAITH is *For All I Thank Heaven*.

To have faith firstly, you have to have faith in yourself and only then can you be faithful to another, including your Higher Power. Faith is not carried out by words but by actions. Experiential knowledge develops Faith and it does not come about by reading a prayer book and going about your daily business disregarding the well-being of yourself and others. For those who see the causal nature of their thoughts, words and actions being played out, they will be consciously aware that their free will determines the choices and destiny in their life.

For such conscious beings, having faith in a Higher Power seems to magnify the causal results. It's as if you have been shown that you are entirely responsible for your life and having faith in yourself to do what you believe to be the righteous way of living has its rewards and, conversely, consciously crossing the line towards unrighteousness brings in its wake the causal results of such thoughts, words and actions.

Nothing is hidden from those in Spirit. All is seen, and life is totally transparent. Those who profess to be living a faith-based life but choose to spit in the eye of such faith by their damaging thoughts, words and actions towards themselves and others, and, in doing so, disrespect their Higher Power seem to reap the whirlwind and suffer publicly as well as privately too.

True faith envelopes one in bliss and the surest way to become blissful is to say, Thank you God for everything that happens to me.

Fame

Those who hunger for fame should be conscious of the saying, be careful what you wish for, as fame is not a servant but a master. Fame distorts reality, and it is as fickle as the wind, but once you have drunk from its cup you will be changed forever as you feel desolate when it deserts you, as it always does.

Seek to be virtuous and to be of value to others and fame will be seen for the ego-based desire it is. When others can call you a true friend hold onto that feeling for it trumps temporary fame.

Many people who desire fame then achieve it find the spotlight on their lives like a microscope finding every flaw and shouting about it. If you would enjoy a few tin cans attached to your legs trailing behind you always clanking away, then court fame.

The need for fame is a bottomless pit of wanting others to praise you as you cannot find such praise within. If you praised yourself daily as spelt out under the heading Encouragement above, then you would not need to be put on a pedestal by others. Self-belief comes from within and not from external praise or fame.

Fame is not a road to becoming blissful but being a true friend to yourself and others is.

Family

The structure of a two-parent family where love is present in the home is the foundation of a nation. The role of the father is to love his wife, the children's mother, to provide for and protect his family and to provide an excellent example for his children. A father that is considered extraordinary in some way invariably spends less time with his family to earn that reputation. He also may be too powerful a figure for especially his son to grow in the giant shadow of this type of father. A father needs balance to ensure that his life outside the home does not compromise his life within the home as far as time, energy, effort and love is concerned for his wife and his children.

The role of the mother and wife in the home is to be the loving and caring parent providing a home with warmth, respect, care, understanding and kindness.

When children grow up in such a family home, they develop the correct foundation for experiencing life at its best. This family should know happiness, joy and maybe even bliss in such a home environment.

With this foundation in place, the children who one day leave home to set up their own family home have a legacy to use as a benchmark for the happiness, joy and bliss to be experienced in their home.

Regrettably, single parent homes and homes with two parents who are unmarried predominate the family situation in many countries in the world. Children brought up in such environments have been proved to suffer a disadvantage compared to the conventional two parent family referred to above. Without the support of a missing father or mother the inability to experience the role of such a parent as a role model is a vital missing link when these children become parents one day. The financial disadvantage of a single parent's sole income usually restricts the school system to government schools and not private schools for the children of these disadvantaged homes. Not only is their education usually compromised compared to private school children but their networks and connection post school are limited too. The inability to be able to afford top colleges and universities and the networks found there further puts these disadvantaged children lower down the totem pole of life.

With all these disadvantages these children from single parent homes or homes with unmarried parents usually end up perpetuating the cycle they are born into. Knowing happiness, joy and bliss is usually a luxury for them as they try and keep their head above the rising tide caused by lower

education, lower earnings, feelings of inadequacy and poorer marriage prospects in their socio-economic group. Survival becomes paramount and happiness, joy and bliss sometimes is a bridge too far in their aspirational routine of daily survival.

There are no illegitimate children only illegitimate parents but their children carry a heavy burden through this lifetime.

Of course, from a spiritual perspective, we chose our parents and this disadvantaged life of having a single parent or two unmarried parents is part of our Soul Contract. We need to fix the gaping holes in our souls and starting from a base of such disadvantage is like trying to run the race of life with our legs tied together.

This is a difficult, but not impossible, road to travel to find happiness, joy and bliss and those that make it deserve every praise in doing so.

Fear

The acronym I use for FEAR is False Evidence Appearing Real. There are numerous other ones as well.

Fear is ego-based and is directly concerned with the possibility of losing something of value to the person experiencing this fear.

The ego's biggest fear is the death of the ego, and it does everything in its power to keep its power intact. The ego can only exist in the past or the future as God exists in the present moment of now and the ego, which means Edging God Out, cannot survive in the now.

The ego-based fear bases its power on providing hope and hopelessness to keep you in its power and yank you between hope and hopelessness at will.

With fear as your ruling emotion, there is no happiness, joy or bliss to be found.

Only learning to overcome your fears, replacing them with love, can open the door to finding happiness, joy and bliss. This is a journey moving you from ego-based fear to soul-based love and is the root of all my writing, as well as the writings of most spiritually based authors too.

Feelings

Feelings are the language of the soul. Feelings are emotionally based, and mankind is governed more by their feelings than by their logical reasoning. The need to be moved by your feelings and the need to belong to something more significant than yourself is the lever that moves the world and from where creativity and human endeavours grow fertile.

Your feelings towards yourself set the tone for your feelings towards another. You cannot genuinely like another person without liking yourself first.

If you can emotionally feel in a positive way towards yourself and others then the road to happiness, joy and bliss beckons.

Flow

As discussed under the heading Cycles there is a flow that occurs, and it has a certain consistency for everything on earth. Knowing how that flow works and timing your effort and energy to coincide with the flow should see success result from your efforts.

Conversely, fighting that natural flow is tantamount to challenging the world and life becomes an uphill battle to keep your footing, let alone make any meaningful progress in your efforts.

The term “go with the flow” is sound advice indeed and is the route to find happiness, joy and bliss.

Focus

The ability to focus your energy on something important enables this intense concentration to develop that which you are focused on.

A lot of people confuse urgent and important things to focus on. Something or someone urgent is usually urgent for someone else, whereas something important is generally essential for you. For example, a ringing phone or email can be dealt with via going to voicemail or in your inbox, while you ignore them and focus on what is important to you.

From a place of becoming blissful the issues to focus on are giving Love and Light to yourself and others. By being Godlike in this way you become who you truly are, a part of God.

Once you have achieved this state then whatever you focus on to do after that will be blessed with such Love and Light. Life will open itself to you and roll out its “red carpet” at your feet.

This is becoming blissful.

Forgiveness

Forgiveness is often prized as something one gives another or receives from another but it may have an ego component which negates its spiritual benefits.

When coming from a place of Love and Light then forgiveness is not required because through a thorough understanding of the motives of the other person or event, a new story emerges. Understanding this new story widens one's perspective to include the possibility that we may have been contributing to the cause of the issue, the effect of which is for what the forgiveness is sought.

For example, if you left your car unlocked and the keys in the ignition and some unscrupulous person stole your car would you be prepared to acknowledge you contributed in some way to this act?

Another example, if your spouse felt neglected by you and taken for granted in the relationship and sought someone else out to give them some much-needed attention and it ended up as a sexual liaison, are you blameless?

If you are prepared to put your ego aside and investigate your role, through inaction or any other way, in creating fertile ground for the issue to have taken place which negatively affected you in some way, then you will find through such investigation and understanding that forgiveness is unnecessary.

From a purely spiritual perspective, if we are all One, then who is to blame and who is to receive forgiveness, we are all One.

For those who are prepared to investigate and understand the issues in an egoless way, perhaps instead of forgiveness one should show gratitude to the other party for their behaviour which alerted you to your shortcomings which needed correction.

We also need to deal with the issue of Soul Contracts wherein the person you are accusing and seeking forgiveness from actually agreed in Spirit to be this pariah in your life so that you could suffer the loss and learn to fix this gaping hole in your soul.

Instead of being accused and treated as a pariah in society for the rest of their lives, they should be praised from the rooftops for being brave and courageous enough to help you, as your Soul Mate, in playing this role in terms of your Soul Contract. These people painted as evil are good, if not great, and need to be praised and not pilloried by you and society.

So as you begin to understand the above, you will see that the need for forgiveness is an ego-based approach and not the way to become blissful. Regarding the “Bigger Picture” of Soul Contracts and Oneness in action, and showing your gratitude to the one you wanted forgiveness from, is a way to become blissful.

Freedom

Freedom is not something that can be granted to anyone. Freedom is your birthright, and as an eternal soul, you are free to choose to be Godlike, where ultimate freedom is experienced.

Freedom is usually associated with freedom from, but it is also the freedom to do what you would want to do. Are you free from your positive and negative thoughts? Are you free to speak and free to hear? Are you free to listen? Are you free to understand? Are you free to do whatever you want to do? Are you free to refrain from doing what you want to do?

Freedom is a responsibility too. You operate under the laws of duality and the laws of accountability for your causes which become the effects of your life and maybe other lives also.

To be truly free you must be free from attachments to anything that would restrict that freedom. Happiness requires freedom, but it takes courage to be genuinely free. Are you prepared to give up all the people and attachments that have a claim on you and walk emotionally naked in the field to gain your true freedom?

Is it freedom you want but security and fearlessness you crave, and you call it freedom? Security and fearlessness require other inputs to be achieved and freedom is not necessarily part of that.

Real freedom is the right to live as we wish to live without any constraints. Few know such freedom, and that is why few know long lasting happiness.

If you model your life on living in a Godlike way by asking yourself “what would God/Love do now?” and doing and being that Image, then you will know freedom for the time you do so. Becoming blissful is a by-product of such belief and behaviour.

Free Will

Free will is given, and accountabilities are attached. Free will is how you decide whether to be true to your soul or your ego but don't deprive yourself of enjoyment and fun. Earth is a playground for a soul who can, through the body they occupy, experience sensual delights through sight, sound, touch, taste and smell. You were not brought here to sit on a mountain top and contemplate your navel in silent retreat but to throw caution to the wind and experience life to the full.

You can live such a life sensually and still be responsible and accountable for your actions while staying true to the code of conduct we call morality while being loving to yourself and others.

Of course, crossing to the other side of the moral and loving street and choosing to be immoral and creating fear in yourself and others is also possible to do. That is why it is called free will, but the consequences may not be to your liking!

In your search to becoming blissful, your free will path is obviously on the moral and loving side of the street.

Friend

Friends are siblings sent by God. God knows you need friends because as we know, no man is an island. But maybe God has another reason for sending you a friend.

A friend is not contractually bound to you in any way and friendship is the most automatic and natural way to maintain a meaningful relationship. If it is not working for one or both parties then to terminate a friendship merely means to walk away, even without explanation.

So perhaps God had in mind someone who would provide a moral guidepost for you to know when you strayed and your friend is there to caution you and advise you in the spirit of friendship love. If you don't listen, your friend may decide to leave the friendship as a stern warning to you before you go over to the immoral and fearful side of the street as referred to in the previous heading.

Such a friend is known as a Soul Mate, and your souls intermingle in the love of friendship. To choose to ignore your friend's advice and concern about your well-being is tantamount to turning your back on the love of this friendship.

To have such a friend you must first be such a friend to them too and in so doing to know each other's faults and accept them. But if one friend is getting too close to the fire, to warn them that they will soon get burnt.

Such a friend is unselfish and puts your needs above their own, but they should expect the same from you otherwise the imbalance will change the friendship to one of master and servant in some guise or other.

In essence, such friends are God's way of taking care of us in physical form.

For such true friends, becoming blissful is the path you are both on together.

Friendship

Your initial and most valuable friendship is with yourself. If you don't like yourself and respect yourself then expecting anyone else to do so is a bridge too far to cross.

To find another person as a friend and to become a friend can happen instantaneously but the creating of friendship takes time. Nature ripens its produce over time and so too does friendship need to mature.

Many rough edges need smoothing over and a few blind eyes to close as this ripening process develops. Never rush to judgement, instead seek understanding first as you get to know each other's strengths and weaknesses. Finding someone just like you is easy. Just look in the mirror! Finding someone who complements you and fills in your weak spots and you, theirs, requires time and patience and lots of understanding with no judgments as no one is perfect, including you!

In this ripening process, you will know good times and bad times together, and adversity will show you the strength, or otherwise, of this ripening friendship.

A true friend is someone who sees through you but loves what they see!

While writing on both Friends and Friendship I stopped and wrote an email to my friend and business partner, Rory, who has watched my back for over 27 years, and me his. Rory's son, Cavan (34), is the CEO of one of my businesses and the apple has not fallen too far from the tree! I dedicate both sections of Friends and Friendship to Rory and to my late friend, John, who passed away 11 years ago.

I wrote about my friendship with John in GuideSpeak.com in 2005 and provide the link to that story here: www.guidespeak.com/chapters/12-our-friendship

As I have spelt out in my free book Unfolding Your Child - a spiritual approach to parenting found on personalempowerment.co, my two sons, Michael and Jonathan are my best friends, and me, theirs.

I have found blissfulness in these friendships and know that you can too.

Fun

My acronym for FUN is *Find Upliftment Now*.

Fun is not restricted to spirituality only but if you find upliftment in what you are doing, and it is not at the expense of someone or something else, then give it all you have and have great fun!

When we were children, we had fun and laughed, and gaiety ruled our lives. As we got to our teenage years being cool was the thing, and fun became less spontaneous and more planned. Then life started to get serious, and we studied and worked, and any fun became something we had to organise, and we let our hair down for a few hours and then back to the grindstone of life.

We need to bring fun back into our lives and especially if we can do it with family and friends. Go on, think of something outlandish and fun and give it your best shot.

When your spirits are lifted with good clean fun, you elevate your vibrations, and you tune into the vibrational frequency that God is within you, and you know bliss for that moment.

God is fun too!

Gain

My acronym for GAIN is *God And I Now*.

When you know such GAIN then you know bliss, it's as simple as that.

Generosity

There are two mentalities involved here, one, an abundance mentality and the other, a scarcity mentality. An abundance mentality is one of believing that the world is abundant and unlimited and sharing one's blessings with another is their approach to life.

A scarcity mentality believes that there are limited resources and that you are either a winner or a loser. If I win that's good and if you lose, it's just too bad, but it doesn't affect me in the least.

Generosity doesn't take into consideration how much one has to give to share with another. It's the mental approach to wanting to share it with another. A street beggar sharing his meagre meal with another street beggar is genuine generosity whereas a billionaire giving \$1000 to charity, while admirable, is relatively meaningless to the billionaire.

Life gives to Life through us, and we somehow believe it is us doing the giving. We come into this life with nothing, and we leave with nothing and whatever we store up, and value will be shared among our inheritors and the Tax Man.

The one reward of having a spirit of generosity while we are alive is to see the happiness and joy our giving results in for the beneficiary and then how we feel about that via our levels of happiness and joy. Most times when we give we benefit even more than the recipient as we feel elevated and our vibrations are lifted upwards, and we feel blessed with this feeling.

Maimonides, a Jewish Rabbi, (1138 -1204), created the Eight Steps of Charity and it is worth summarising them to give one a better idea of generosity;

- 1.To give unwillingly
- 2.To give inadequately but with gladness and a smile
- 3.To give only when asked to do so
- 4.To give directly into an outstretched hand before being asked to do so.
- 5.To give without knowing to whom but the beneficiary knows who gave
- 6.To give to a known beneficiary but the beneficiary does not know who gave.
- 7.To give without knowing who gave and who receives, as if one is giving to heaven.
- 8.To support someone with a loan or an endowment, or entering into a partnership with him, or find employment for him, thereby strengthening him so he does not have to be dependent on others for charity.

Becoming blissful can occur along these steps but is more likely to be found in the eighth step as you see the living testimony of your generosity, and in turn, they may become a giver too when they can do so.

Genuineness

Having the integrity to be genuine as a human being is unfortunately not as common as it should be. Many people believe that telling someone something they want to hear may be more beneficial than telling them the truth as seen by most others.

Sometimes silence is better than saying what others want to hear. Being a good friend is telling them your genuine opinion as they may not like to listen to it but they will know you are genuine and can be trusted as a friend.

Fair weather friends are not your friends, and your preference should be known as a genuine person and request others only to be genuine back to you. At least you will know who has your back when the weather of life turns against you.

Trust is arguably the most essential part of any relationship, and that includes a relationship with yourself. Knowing you can trust yourself and that others can trust you will make you a member of a minority of people on earth. Finding equally trusting people in your personal, social and business lives is something worth valuing highly as they may be as hard to find as the proverbial hen's teeth.

Stay true to yourself and your soul. Learn to listen to your soul's urgings expressed as your intuitions. The more you resist listening to your intuitions and acting upon them, the more resistance life will present to you.

It takes courage to follow your intuitions and to stay on track in the implementations of those urgings from your soul. However, when you do so expect miracles to result in your life. My acronym for MIRACLE is *May I Recognise A Conscious Light Evolving*.

You are unique. Stay faithful to your soul's intuitions for you as they are reminding you that you are a part of God, and as God is Love and Light, so are you at your essence, your soul.

Being genuine and authentic to yourself and others is the path to becoming blissful.

Giving

As discussed under the heading Generosity, giving is what the Universe does, and we need to play our part in sharing what we have to give with others. The rain falls, and the sun shines on all, and they do not judge who is worthy of rain and sunshine, they merely give.

We sometimes judge who is worthy of our giving and who is not. But if you could see the Bigger Picture that God sees, you would be surprised at who the real givers and the real receivers are.

If you knew that the street beggar was God in disguise, would you not give Him everything you had on you to offer?

Mother Theresa attending to the leprosy beggars in India saw the face of Jesus on every beggar's face, and she willingly and lovingly treated their wounds as if they were Jesus's wounds.

If we are all a part of God, or whatever Deity you call this Higher Power, then finding out that we are giving to God is a revelation and we should be unstinting in our giving and generosity.

It's all a matter of perception. William Blake said in *The Marriage of Heaven and Hell*:
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 things through narrow chinks in his cavern.

Imagine the bliss one would feel knowing that whatever you gave was to your perception of your Higher Power?

Goal

My acronym for GOAL is *God Only Allows Love*.

If your goal, your target, your ambition has the sharing of love with one, or many, as its motivation and objective, can becoming blissful be far behind?

We set goals for ourselves, and this becomes our obsession. We believe that once we reach that goal then happiness, joy and, even bliss, may be ours. These goals are invariably of a material nature as they can be identified, planned for, monitored and the finishing line crossed.

How many people, having crossed the finishing line, achieved their objective of happiness, joy, and even bliss? And how long did that feeling last? And once that feeling abated, how did they feel? At that point did they raise their self-expectations and set another goal to do it all again but this time for a bigger prize? And how did that work out for them? Was the feeling of achievement and becoming happy, joyful and even blissful ever sustained?

The efforts they expended are commendable but they were focusing on what they set their minds to achieve, and that is why the feelings of happiness, joy, and even bliss, dissipated not long after the gold medal was placed upon their chest or other rewards achieved in a myriad of ways.

To achieve the long-lasting feelings of happiness, joy and bliss we need to focus on how we are being in doing our set objectives to reach our goal.

Feelings are the language of the soul, and the soul is love based. So only by being love in our thoughts, words and actions towards ourselves and others can we develop the long-lasting feelings of happiness, joy and bliss.

Let me give you an example from the Comrades Marathon, an annual race of some 90 km, some 56 miles, run between the cities of Durban and Pietermaritzburg in Kwa Zulu Natal in South Africa.

Over 30 000 people begin this gruelling race and the time limit to complete it is 11 hours. The winner completes the race in around 5,5 hours running at some 16 km/hour or 10 miles/hour consistently for 5,5 hours, some achievement!

The bulk of the field's objective is to make the cut-off bell at 11 hours, an average running pace of 8/km/hour or 5 miles/hour. There are many hills to climb especially as they run through the picturesque Valley of a 1000 Hills around halfway along the race. On the "Up" run to Pietermaritzburg from Durban, the race alternates annually; there are some killer hills to climb in the last stretch of the race.

My friends who have run the race and attempted to beat the 11-hour clock say that the comradeship and support between the struggling runners are immense. Although they all want to beat the 11-hour bell and receive a medal for finishing the race, the stories of runners going back to help friends and strangers across the line, and in so doing, missing their 11-hour bell deadline are legendary. They have the satisfaction of finishing the gruelling race but not the joy of receiving a medal for doing so in under 11 hours.

The spirit of the aptly named Comrades Marathon is found in the runners who assisted their fellow runners across the finishing line, even if it meant them not making the 11-hour bell themselves due to such comradeship.

Knowing how they ran this competitive race in the spirit of comradeship and love for others is a feeling that lasts a lifetime. Not having a medal to place around your neck, or in your display cabinet, pales into insignificance when you know how you performed in the race.

These people know that it is not what you achieve by reaching your goals but what you become by achieving your goals.

These runners know the feeling of becoming blissful by acting out of love for another and not merely focused on personal gain.

Godlike

For me, becoming Godlike is the ultimate way to become blissful.

My prayer on the homepage of personalempowerment.co is *"God will give me what I need when I need it for the highest growth of my soul. God's timing is always perfect, trust God now, live in the Now and be Godlike."*

I believe that the way to achieve this state of being Godlike is by thinking, saying and doing, What would God/Love do now?

When we do this, the part of God within us, our Soul, aligns and connects to our Higher Self and our Higher Power in harmony, peace, Love and Light.

For me, this is the epitome of being blissful.

Grace

Attempting to define grace is not an easy task as it is much more of a feeling than an object to point at.

Grace is often expressed as reverence for someone who has been exemplary in the way they have led their life and affected those around them.

I was fortunate to be present at a function to celebrate the 75th birthday of Nelson Mandela in 1993 before he became South Africa's first democratically elected President. I was also present at a function when he was the guest of honour launching a new hotel school for the University of Johannesburg. The reverence for this man at both functions was palpable, and the way he presented himself was graceful while showing great humility.

There are very few Heads of State that command such reverence, and unfortunately, the world's leaders are proving to have feet of clay as exposure after exposure racks governments with corruption, greed and love of power topping the ranks of governments worldwide.

We need righteous leaders, but the only way they are going to emerge is from the group of righteous followers. It's up to each of us to have such righteousness and grace in our belief and behaviour, and a leader will emerge from such a following of righteousness.

Grace requires humility, surrender, righteousness, coming from love-based soul and not from ego-based fear and self-pride.

Becoming blissful is a by-product of such grace.

Gratification

Today we live in a world of self-gratification and instant gratification. We want it, and we want it now!

With the Internet dominating our lives, everything is instantly available at the click of a mouse or a keystroke. There is no loyalty to any goods and service provider. If someone else has it better, quicker and cheaper than with a stroke of a finger, our loyalty goes there.

What does that portend for the next generation of leaders and parents who have been instantly satisfied during their youth?

We are part of Nature and Nature has developed cycles and seasons over millennia for the seed to be planted, the nurturing of the plant, waiting for its full growth and then the sharing of Nature's blessings with man, animals, insects and other living creatures who form part of this Cycle of Life.

Now we have one or more generations of people who are impatient and who want everything now. Very few times in the history of the world has man won against Nature in the long term. There may be temporary victories where man has won out by competing with Nature, but Nature has infinity on its side and man has only a few short decades. It's usually no contest over the long term.

Are we going to change our perception of gratification and be prepared to become attuned to Nature as we once were or are we going to resist against the weight of Nature and claim small, short-term victories?

Becoming blissful means to tune into Nature's cycles and have the strength of character to turn away from the need for instant gratification by fighting against the tremendous weight of Nature.

Gratitude

I often have people asking me how they can turn their life around and become happy, joyful, even blissful and I always give one answer:

Whatever happens to you, say "Thank you God for everything." Immaterial if we deem it to be so-called "good" or "bad" at that moment as we usually have no idea how it is going to turn out.

Having the faith, belief and resulting behaviour to say Thank you God for everything and carrying on with your life embraced by that statement will unfold for you the real outcome. You will have the wherewithal to handle whatever comes into your life as your heart is open in gratitude to God.

If your every thought is one of gratitude, then you will discover that your thoughts create your reality and you will be grateful for this reality.

Now once you have thanked God, then the next one on your gratitude list is your inner self, your soul. Your soul responds as love does and you feel that love-based soul feeling within.

Your spouse, partner, child, parent, sibling and others, including those interfering in-laws, also need to be thanked daily for what they do for you and mean to you.

Now extend that to your neighbours and outward into society at large.

In your work environment be grateful for your occupation and the job you do. Thank you partners, bosses, staff, work colleagues, customers, clients, suppliers, bankers, and especially the people who take your refuse away, as life would be unpalatable living with the smell of rotting garbage!

Be thankful for Nature for all its bountiful blessings.

Show your appreciation to everyone and everything with a smile of gratitude on your face and by expressing gratitude from your heart.

If you behave accordingly, can you now understand why I tell people that to turn their life around and enjoy happiness, joy and bliss, merely say Thank you God for everything and leave any judgements out of the picture.

Growth

If we desire to grow, we have to learn to embrace change. Not only embrace it but lovingly desire it, as you would a lover. If you and your lover embrace and desire it, you may intentionally procreate change by enabling the birth of a child.

With that same passion and enthusiasm, you should embrace all change in your life.

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

By embracing change, growth is inevitable for you, and there are no limits to your growth, save the limitations you place in your way.

Be conscious that growth requires a solid foundation to be built first and after that, the floors above can be added subject to the strength and solidness of the foundation. Do not expect to see much in the way of growth above ground while the necessary foundations are being laid underground. Do not lose faith in your belief and your behaviour during these early times when there is nothing to show but a hole in the ground. Others may try and dismiss your plans by pointing to nothing to show for your change and your growth while those foundations are being laid. Be patient and seek your own counsel and of those who have already built what you intend building. Dismiss naysayers with the understanding that it is easy to criticise and challenging to create something of value.

There is an apt quote here from Henry Wadsworth Longfellow from the 1800's; *The height by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night.*

If your growth has soul-based love as its engine driving it forward, then you can see yourself growing towards being Godlike and not merely going forward to meet an objective, goal or dream.

The growth of such a nature brings in its wake happiness, joy and bliss.

Happiness

There is no road to becoming happy because happiness is the road you need to be on. Happiness exists within you as you are a part of God, who is Love and Light and what a perfect way to describe happiness, joy and bliss.

Many people outsource their happiness to another person or thing, and they are the puppet with their strings being pulled by the puppet master who controls these strings. Happiness lies within you, and you can pull your own strings to be happy.

Happiness begins with gratitude and appreciation of an attitude that you are happiness as your birth right. If you don't feel happiness, or if you do, it all comes from the same source - your thoughts. Your thoughts decide your level of happiness or sadness and anywhere in between. It is these same thoughts that create the reality you experience.

Happiness also comes from helping others with what you have to give them. Whether it's a smile, a hand up, encouragement, applause, enthusiasm, passion, an idea, a meaningful quotation, a joke, or anything else, you will become happy when you make someone else happy. It's unavoidable and usually costs you nothing.

When you are truly free, and you know freedom from wanting or needing anything then you cannot be anything else but happy. Not needing the future to be any better than the present is freedom and the resulting happiness is only known by a handful of people in the world. This is contentment in the present moment of now – to not have hopes and fears. Inner peace will reign when you get to this place of happiness.

The decision to make is to be Love and Light and then the road to happiness is beneath your feet automatically. And so is becoming blissful!

Harmony

All we are is a vibration, an energy fluctuating vibration, and when vibrations are in alignment, harmony is created. Being in alignment with your soul, your Guides, your Angels, your Higher Self and with your Higher Power in harmony, peace, Love and Light is the way of becoming blissful.

Healing

When you understand and accept that you have been created as a miraculous human being by a Creator who loves you, then you can believe that everything you need to heal yourself is within you.

Even today, with all its technological advancements, the miracle that is the human body is beyond understanding. Attempting to interpret and understand the human mind has not begun to scratch the surface.

When your body ails you, look to see what it is in your mind that needs your attention and healing? What requires a better understanding and less judgement? What needs replacing in your thoughts that are poisoning your body with negativity? Is it jealousy, greed, hatred, pride, lust, envy, gluttony, anger, fear? What has “bent you out of shape”?

What has thrown out the harmony of your existence from your soul to your Guides, your Angels, your Higher Self and to your Higher Power that this alignment is out of synchronicity and disturbing your inner balance so much that it has caused you to be ill-at-ease and perhaps diseased?

The healing with medical operations and medication is attending to the effect and is not dealing with the cause. The cause is within you, and it is likely to be an imposter because you arrived in a pristine state from Spirit as part of God, as Love and Light. If this Love and Light is not present in you now, meaning you are not feeling like Love and Light, then you need to find out why? The truth is you are always Love and Light, but your ego has convinced you that you are lacking in some way and by becoming what your ego needs you to be, you have managed to block out your inherent Love and Light.

Some days you can walk into a room and feel threatened by the darkness of another person in the room. You can feel the oppression of their harmful and threatening manner even if they haven’t said a word to you or anyone else. Other days you can walk into a room, and you feel the Love and Light of someone in the room and feel uplifted by their presence.

So that darkness and Love and Light is within you, and it is identifying the causes of the darkness and then consciously ridding yourself of these causes of the darkness that will return your health to its pristine condition it was in when you arrived here as a soul and inhabiting a body.

Healing is an inside job, and it begins with gratitude, appreciation, the correct positive attitude, kindness, caring, compassion, empathy, self-respect and lots of Love and Light to yourself and others.

Your ill health will disappear without a trace, and you will know the bliss of being Love and Light.

Health

Health is a term used to denote balance, and ill health is used to define out of balance.

There are many forms of health. Physical bodily health. Mental health. Financial Health. Happiness health. Spiritual health. And so on.

For those who live in the past or the future, such imbalance or ill health tends to show that they are out of balance with the present moment of now. The only place that their Love and Light can be found is now as it’s the only place their Higher Power can be found. In Spirit, there is always only this present moment of now.

So worrying about the past or fearing something in the future is destined to keep you imbalanced and not in good health. Being here now and being in the joy of this moment is the recipe for excellent health.

The I Ching, (1000 - 750 BC), one of the oldest Chinese Classics, stated: *Most illnesses do not, as is generally thought, come out like a bolt from the blue. The ground is prepared for years through inadequate diet, intemperance, overwork, and moral conflicts, slowly eroding the subject's vitality.*

Hippocrates (460-370 BC), from whom the Hippocratic Oath sworn by all medical doctors globally is named, stated: *The natural healing force within each of us is the greatest force in getting well.*

My late Uncle Mike, a specialist surgeon and General Practitioner, for nearly 60 years, told his son, then a newly qualified doctor, and me, some 40 years ago, that he doesn't heal his patients, he merely stands by while Something else does the healing.

Unknown to my Uncle Mike, Voltaire (1694 -1778) stated, *The art of medicine consists of amusing the patient while Nature cures the disease.*

Carl Jung (1875 - 1961), the father of modern analytical psychology, stated: *Among all my patients in the second half of their life - that is to say over thirty-five years old - there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that every one of them fell ill because he had lost that which the living religions of every age have given their followers, and none of them has healed who did not regain their religious outlook.*

So I hope I have led you down a path arm-in-arm with a few of the greatest men who have lived over thousands of years to understand that your health is a function of your God-given perfect health. To understand that you have within you the natural healing forces to regain the balance of your health. To further know you need to turn to the Higher Power you worship to aid you in recovering your health and maintaining it with gratitude, belief and behaviour in such Love and Light.

Bliss will be found in this way.

Higher Self

My understanding of the Higher Self is that it is the more substantial part of your soul that remains in Spirit while you, as a smaller part of your soul, inhabits a body on earth.

I am led to believe that you, as a soul, and by this I mean, other parts of your Higher Self as souls, also inhabit other beings in other places in what has been called parallel lives as in Spirit everything is happening in this present moment of now.

As I find this difficult to comprehend, I will stick to the Higher Self which remains in Spirit and is connected to your Higher Power.

It is through the alignment of your soul with your Higher Self and your Higher Power that peace, harmony, Love and Light emerges within you, here on earth, and you come to know such a feeling as bliss.

Higher Power

I use the term Higher Power to identify the Creator of the world as we know it, our Universe and countless other Universes. In all the reading I have done about the Afterlife, this Higher Power is defined as a Light that emanates Unconditional Love, and it is the strongest feeling experienced by those recounting the Afterlife.

The bible has over 70 different names for this Higher Power and no doubt other religions in their sacred texts also have different names. The name is merely a label, and you may recall in the Old Testament in Exodus 3:14 that Moses has an encounter with the burning bush, and he asks what he is to say to the Israelites when they ask what God has sent him to them. God answers I am who I am, adding say to the people of Israel, I am has sent me to you.

So following that explanation and interpretation perhaps I Am is the correct label to use for this Higher Power but I feel more comfortable with using the term God.

Knowing this Higher Power by praying to this Light and Love and by listening in your meditations during your day and night should create a friendship that develops into one of Unconditional Love, obedience and enjoyment to the idea of what this Light and Love requires us to be and to do.

To be such Light and Love now and in every moment of now and the feeling of bliss that you feel will let you know that you are so.

Hope

There is a saying in business strategy that hope is not a strategy.

For those struggling and who may be in physical and or emotional pain the acronym for HOPE is *Hold On Pain Ends*.

Another acronym is HOPE - *Having Optimistic Positive Expectations*.

Francis Bacon (1561 - 1626) said, *Hope is a good breakfast, but it is a bad supper!*

Let us assume that the concept of hope is ever present as the air that we breathe. Hope surrounds us, is in us and is exuded from us. We are hope and hope is us. Now if you have lost hope it isn't because hope has disappeared, it's because you have turned away from it. Only doubt and fear of loss can make that occur, and those are not real, but your insecurities make them so.

If you can interrogate your insecurities and find out why doubt and fear have taken the place of hope, you may find it is not about the current issue at hand. Your insecurities have developed over time when things you hoped for did not eventuate, perhaps due to problems outside of your control

to do something about them. The past is the past, and that has nothing to do with what is occurring now in your life, for which hope is well justified. See your insecurities, evidenced by doubt and fear of loss, for what they are and relegate them out of your life. You have hope because you have done everything in your power to make what you hope for eventuate as expected, if not even better than that.

Hope backed up by faith, that what you are hoping for is for the betterment of not only you but others as well, and preferably all of mankind. That hope fueled by such faith in your Higher Power and for your love-based soul, your Higher Self and your Higher Power to be aligned in hope, harmony, peace and love, then hope becomes bliss when what you hoped for eventuates.

There is a poem that begins, God has no hands but these, and if your hope sees such a scenario evolving then doubt and fear are imposters and hope is real, and bliss will be the resulting feeling you have.

Honesty

There is a well-known saying, Honesty is the best policy, but I would differ and say, Honesty is the only policy.

Honesty is based on certain fundamental principles, and these are not changeable. However, honesty frequently can be based on incorrect facts which one believes to be the truth as you know it and you can make an honest mistake in repeating something incorrectly.

Being honest is something you are, or you are not. You cannot be honest when it suits you and dishonest when it suits you too. You are either honest or dishonest, the grades of which do not make you sometimes honest. Its 100% honesty or bust!

I can't imagine any religious or spiritual belief that has a perception of their Higher Power being anything but 100% honest. If we are a part of such a Higher Power, then we too are 100% honest in our essence. Such honesty is righteousness.

Any dishonesty that we exhibit, now, or in the past, or even planned for the future, is taking our eyes off our Higher Power and, in fact, turning a blind eye to such a Higher Power. By so doing we are exercising our free will and setting a cause into motion that will have an effect. We are sowing dishonesty in our life, and we can only reap that which dishonesty brings forth for us. Usually, it's not a pleasant result.

Even if you find the concept of being 100% honest a bit too "goody two shoes" for your liking and you want to walk on the wild side of life then be self-honest and state the motivation you have for no longer wanting to be 100% sincere. If you can live with the cause and effect of your intended action, then you are at liberty to make such a choice. But understand you cannot make a deal with your Higher Power, as the Co-Creator of your life, when you decide to be 99% honest. It's your free will and your consequences to deal with, even though it wasn't your intended consequences. Reaping follows sowing as night follows day.

Becoming blissful is a 100% honest way of living. No compromises!

Humility

We live in an ego-based world where there are over 7 million souls, and most are trying to get above the others in their search for their particular goal. "Being better than" is the call and competition is the name of the game.

O' man, have you forgotten that the worms will eat you in the grave, or the funeral pyre will burn you into worthless ashes. This is where your ego-based body and thoughts of greatness will end up.

This lifetime on earth is a blip of your eternal and immortal journey where you will have countless lives. But your soul is what will journey with you eternally and immortally and how you develop that love-based soul in this lifetime will be the only yardstick worth knowing about eternally.

The insecurities that drive you to be better than your neighbour and to fill your life with shiny objects is like keeping score with the moving clouds as your scoreboard. The ego-based fear that drives you onwards to be better than, higher than, more than, more prosperous than, stronger than, cleverer than, and so on, is so meaningless - it's like watching children fighting over toys in the sandpit of life.

None of it matters. Nothing matters, except love. The Love that you are, the love that you give and the love that you receive. All you are is Love, and your ego knows that so it distracts you with shiny objects to keep you forgetting that you are Love as your essence. This way your ego can have power over you.

But my acronym for POWER is *Present Only When Ego (is) Removed*. That's real power because your Higher Power is egoless. Why would your Higher Power need an ego and shiny objects? And why would you?

When you are humble, you have reverence for everything as you see the part of your Higher Power in everything. Respecting that part of your Higher Power and revering it by serving it with unconditional love, as you would your Higher Power, is what humility is in real life.

Humility is not making yourself small and insignificant. It's standing tall and knowing that when you compare yourself to your Higher Self and your Higher Power, then your true size is known. Comparing yourself to man is not the yardstick you need to measure yourself against.

Knowing that your soul, your Higher Self and your Higher Power are aligned in harmony, peace and love will allow you to understand that these Higher Entities are working through you and any credit you receive is done so on their behalf.

You are the hand holding the pen, but the writing is done by the Moving Finger immortalised by Omar Khayyam:

The Moving Finger writes; and, having writ, Moves on: nor all thy Piety nor Wit Shall lure it back to cancel half a Line, Nor all the Tears wash out a Word of it.

Jesus understood and said, *Of myself, I can do nothing; the Father that dwells in me. He does the work. (John 5:30)*

Empty yourself out and be a beginner each morning saying, I don't know, and not, I know. You know so little of what is going on, but in your ego blindness, you believe that you are the fountain of all knowledge and the most powerful in your little world.

Being a big frog in a small pool of little frogs is no big deal when water covers two-thirds of the world! And so it is with your so-called "bigness" in your small world.

The saying, There is none so blind as those that will not see, has its roots in the Bible, Jeremiah 5:21, and is traced back to 1546 when it became a proverb in daily use.

Humility requires your emptying yourself out of any self-belief that you are more significant than, better than, stronger than, more intelligent than and so on. This emptying out process should happen as often as you empty out your bladder!

The Chinese character for humility is also the Chinese character for emptiness!

Substituting your self-belief of any greatness over others with reverence for them as a part of your Higher Power and showing them that respect as you would show your Higher Power, then your humility becomes your foundation stone.

True humility is knowing that, in Oneness, you are the other, and so it's not possible to be greater than or less than the other!

I am going to leave you with a quote from the Tao Te Ching originating in 600BC:

The Sage embraces the One. Because he does not display himself, people can see his Light. Because he has nothing to prove, people can trust his words. Because he does not know who he is, people recognise themselves in him. Because he has no goal in mind, everything he does succeeds.

And now you can understand why humility is another name for becoming blissful!

Humour

What soap is for the body, humour is for the soul. This is how I begin my free book, Spiritual Laughter, found on personalempowerment.co. This is a compilation of jokes of a religious, irreligious and spiritual nature and shows you that you can laugh with your soul, your Guides, your Angels, your Higher Self and your Higher Power and that nothing should be taken too seriously because laughter is the best medicine.

Humour is a shock absorber of life. Each day I send out numerous jokes, pictures with funny comments as well as Thoughts of the Day to my family and friends and they send me theirs to share with all too. WhatsApp has been a boon for this as well as emails which I have been doing for decades.

Humour brings insight and increases tolerance as laughter is the great leveler too. Sometimes, despair, when treated with humour, becomes more sufferable and less painful. Finding a reason to laugh at some misfortune that has befallen you robs ego of its power to damage you. Conversely,

when you become a little big for your boots, someone knocking you off your pedestal with an apt joke is doing you a significant favour by teaching you to look at yourself with a better perspective than your overblown ego wants to.

Sometimes humour can deflate a potentially tense situation, and it allows one to make a point without scoring a point by inflicting lasting damage.

The saying, Laugh and the world laughs with you, weep, and you weep alone, originated from Elia Wheeler Wilcox's Poem of Passion and Solitude written in the late 1800's.

It is not possible to become blissful and to have a heavy heart devoid of humour. Take yourself and others around you lightly, and preferably with a smile and a laugh, and becoming blissful will be easier to achieve.

Imagination

Are you a passport holder of the greatest nation known to man?

Imagination!

The power of imagination knows no boundaries. What you can imagine you can achieve. Feelings may have limitations due to previous experiences, but imagination is a helium balloon reaching for the sky.

Even the saying, the sky is the limit, has proven to be too limiting as man's footprints have been on the moon since 1969.

By aligning your imagination with the imagination of your soul, your Higher Self and your Higher Power then your creativity knows no boundaries, anything and everything is possible. You are an unlimited creator with your Creator as you Co-Pilot in your life.

Where you use your imagination to place yourself in the other person's shoes, and you develop understanding, compassion and empathy for them, then there will be no judgement of them on your part. That is a significant step towards an egoless existence where your Higher Power will be found.

The creativity of imagination is seeing life not as it is but as it could be. Surely this is the start of every critical endeavour by man from the creation of fire, to inventing the wheel, to the Internet and to our current experiments with driverless cars.

Unfortunately, imagination is a double-edged sword as it provides hope, so it also creates fear. Training your thoughts to see the positive and creative in life and ignoring the imaginary doubts and fears borne by your insecurities as discussed under the heading of Hope above, is the way to develop the neural pathways in your brain to use your imagination for the good of all and not for self-harm through doubt and fear.

Imagine that you are in alignment with your soul, your Higher Self and your Higher Power and you will experience peace, harmony and Love and know bliss too.

Important

Importance is a subjective term, as usually what is important for one person may not be of concern to another, let alone important.

Importance is usually time-based as once the time has elapsed the importance is no longer relevant and it's simply then no longer a time-based issue.

The point I am trying to make is that importance, like beauty, is in the eye of the beholder.

What I have observed about importance is that people cannot perceive the difference between urgent and important. What is important for you is, say, to finish your work to meet a deadline. When someone interrupts you in some way or other with what is important for them they make their urgency the important issue and try and get you to buy into that too.

A significant difference between happy, successful people and unhappy, unsuccessful people is that happy, successful people keep focused on what is important for them to achieve. They learn to rebuff other people's urgency as their problem and not the problem of the more focused person completing their important tasks.

For example, a ringing phone is an urgency for the caller but not for the person answering the phone. Voicemail and email inboxes can collect the urgency of other people's communication with you, and you can decide to answer them when it is right for you to do so in line with your list of priorities.

Obviously, if you are working in a public response area then answering their communication is important for your job specification but for all other so-called matters of urgency learn to focus on what is important for you.

Becoming blissful means prioritising your important needs, one of which will be to align your soul, your Higher Self and your Higher Power in harmony, peace and love whenever and wherever possible for you to do so.

Inner peace

Surface peace is identifiable to you and others, but inner peace is a subjective experience. It may be possible to have inner peace even though surface peace is not present.

The search for such inner peace is the Holy Grail of spirituality, and each person has to find it in their way.

Buddha, (563 - 483 BC), said, *The person should look for peace within and not depend on it in any other place. There are no waves in the depths of the ocean, it is still and unbroken.*

Finding such inner peace is nirvana, and there is no universal magic formula to learn and apply. We each have to find the road within us to such peace.

Acceptance, forgiveness, ethical conduct, generosity, gratitude, happiness, and joy should be some of the steps to find inner peace and to become blissful too.

Integrity

Confucius (551- 479 BC) said: *The strength of a nation is derived from the integrity of its homes.*

When you consider that in the USA there are 49% of homes with a single parent, mainly due to divorce or being an unmarried mother, then his statement should be of concern to the future well-being of the strength of this only Superpower of the world.

Shakespeare (1546 -1616) said, *To thine own self to be true, and it shall follow as night the day that thou cannot then be false to any man.*

Integrity means having the courage to say no when you know that saying yes will impugn your sense of integrity. Have the courage to face the truth and admit when you are wrong. By doing what is right and not what is convenient or opportunistic to do will keep you on the road of integrity.

Having integrity is all that matters. If you don't have integrity, then nothing else matters as all your actions will be tainted with the cause of lack of integrity and that will be the effect too.

The difference between honesty and integrity is that being honest is telling the truth while integrity is being the truth in all your actions.

From integrity can flow inner peace as you develop and enhance self-respect and self-esteem through the dignity and grace of your behaviour.

From a spiritual perspective, by aligning your integrity-based thoughts, words and actions to your love-based soul, your Higher Self and your Higher Power, you will become blissful.

Intelligence

Most people confuse intelligence with knowledge, education and even skills that require such knowledge and education to perform.

But intelligence is much simpler than that. Sowing and then reaping later, giving before taking, asking before taking, doing unto others as you would like to be done unto you, and so on, is intelligence.

Use your intelligence to be a human being and not merely a human doing. Know that it's nice to be intelligent, but it's intelligent to be nice.

Real intelligence is coming from a love-based soul and not from an ego-based action to boost yourself at the expense of someone or something else.

Having your walls adorned with degrees and diplomas and acting unethically is not intelligence, it's stupidity. When your chickens come home to roost, as they always do when unethical behaviour is concerned, you not only damage yourself but also the institutions that honoured you with all those degrees and diplomas. You represent them, and they carry your shame. That is not intelligence, it's fraud.

Being intelligent is knowing that you are a part of your Higher Power and behaving according so that you can be on the road to becoming blissful.

Intention

The intention you bring to support your attention is what will become evident in time.

“A person will worship something – have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts – but it will out. That which dominates our imaginations and our thoughts will determine our lives and character. Therefore, it behooves us to be careful what we worship, for what we are worshiping, we are becoming.” - Ralph Waldo Emerson

Many people believe that their true intentions are hidden from the view of mere mortals but there are Unseen Forces who see everything and for whom everything is transparent.

The Law of Cause and Effect is played out due to one's true intentions, and sometimes people cannot understand why certain things come to pass which appear to be unfair and cruel for a person to endure. They called it upon themselves through the true intentions of their thoughts, words and actions as well as their Soul Contracts' intentions too.

As discussed before the need to fix a gaping hole in one's soul when in Spirit sees a soul inhabit a body on earth again to fulfil one's Soul Contract. This is a soul's intention and needs to be understood to be what one has called upon themselves to endure and resolve.

Often someone thinking they are being a Good Samaritan jumps to the aid of a person to alleviate them of the burden they have to deal with. Each soul has its journey and should be respected for it, and care needs to be in place to ensure we are not unknowingly retarding this journey by helping them lift such a burden off their shoulders. This is not an easy issue to understand and implement but merely having the awareness that we each have our own cross to bear and we should be respected to be able to resolve our issues will help in such understanding and resulting actions or non-actions as the case may be.

As you may recall earlier, I told the story of the man walking in the forest and seeing a cocoon wriggling on the ground. He thought he would help the emerging butterfly. He carefully cut open the cocoon, and the butterfly fell out onto the ground. Helpless to fly as its wing muscles had to be strengthened by breaking open the cocoon on its own, the butterfly was soon defenseless on the ground and became prey for predators.

Intentions need to be carefully assessed and applied as even good intentions may be handicapping someone or something in the process.

The motives behind your actions will become transparent in the fullness of time, ensure that they have integrity as their base if you wish to become blissful.

Intuition

By looking at the word intuition, I split it into two words, in tuition, and then see it as inside teaching or inside coaching. For it to be inside it could only come from either outside or from within. Outside implies through learning, skills, knowledge and experience whereas if it's within then, it is being fed to you by your Higher Self or your Higher Power.

If it does come from within, then one should not doubt your ability to have the wherewithal to fulfil that intuition.

There is so much happening around us, and we are only knowingly aware of a fraction of it. For example, the sound waves, the magnetic forces, and all the unseen vibrations that surround us are experienced sensually as we see the effect, smell the imperceptible aroma, taste it, touch it without being aware what it is and hear it without being aware of where the sound has come from.

That is why intuition is described as the sixth sense, as it's an inner knowing without being aware of how we got fed that information, knowledge, intelligence and wisdom.

Rumi, (1207 - 1273) said: *Sell your cleverness and buy bewilderment. Cleverness is mere opinion, bewilderment is intuition.*

And Albert Einstein (1879 - 1936) said, *The only real valuable thing is intuition.*

Trust your intuition as if it has come from outside. It is then experiential or information that you have acquired. If it comes from within, then it has come from a Higher Source unseen by you. In this way, by trusting your intuition, you let your inspiration guide you and open up revelations you would not have achieved with only a logical mind.

Let your intuition guide you to align your soul, your Higher Self and your Higher Power in harmony, peace and love and bliss will be yours.

Journey

We erroneously believe that we are on a journey and that we have to go from here to there and then we will get some form of understanding and hopefully enlightenment.

There is no "where" to go because it is not "no-where" but "now here"! You don't move an inch. All you do is strip away the ignorance, prejudice, judgement, opinions and especially your ego.

You don't have to move; you merely need to have new eyes to see. Use your "inner eye", or your "Third Eye", as it is often spoken of. You will see that if you merely approached life with soul-based love and not fear-based ego, then all would be revealed to you as it is - infinite, eternal and immortal.

With these new eyes, you will become blissful without moving an inch on your so-called journey.

Joy

In Ancient Egypt, they believed that upon your death you would be asked two questions to determine your path into the Afterlife. The questions were - Did you bring joy? Did you find joy?

Joy is a feeling, and as such, it is emotionally based. Feelings are the language of your soul, and when those feelings are joyous feelings then joy is either being given by you to yourself or another, or you are receiving joy from yourself or another.

But I am going to argue with myself and say that you and the others are not responsible for the joy, but are responsible for unearthing the joy that is always within you.

The subtlety here is that you or the others are unlocking the eternal joy within you. You or they are not giving joy to you – it's been there all along, eternally.

If joy is within us eternally then, it is part of our soul and as our soul communicates via feelings it's that joy that is Godlike that we are unlocking. The joy of being like our soul, our Higher Self and our Higher Power is how we experience bliss.

Judgement

Why do we need to judge anyone or anything? What makes our judgement so accurate? Do we have a total understanding of all the causes and the effects of what has transpired to create an accurate and fair judgement? Are we merely choosing to judge someone because we have become too lazy to unearth and understand everything there is to know about the subject in question whether it be a man, an object or anything else? Why do we have the right to be the Judge of this matter? What qualifications do we have to be an accurate and fair Judge of the issues at hand?

Surely one would need to be an expert and to have left no stone unturned in seeking out all the facts, and, having no doubts whatsoever. Then we may be in a position to judge.

In Mathew 7:1-2 it says, *Judge ye not, that you be judged. For with what judgement ye judge, ye shall be judged; and with what measure ye mete, it shall be measured to you again.*

By now we know that you can either judge someone or love them but not both simultaneously. It's a choice you must make in every moment of now - whether to judge or to love someone or something or yourself for that matter.

All judgement says more about you, than those you judge. Your judgements are a mirror you hold up for yourself and that image that you imagine to be the other, is actually yourself.

Now you might begin to understand why we are all One because we are all a part of Oneness, as represented by our souls. If we choose to find that part in the other, their soul, we will not judge them; we would only love them from the love-based souls that we are.

When we look to judge another, we do so from the part of us that is not our soul, and that means it is our fear-based ego. Our ego then judges another's ego. It's our soul that loves another's soul.

So judgement is ego-based and not the way we can find to become blissful. Only love based souls can do so.

Justice

Plato (427 - 347 BC), said Justice in the life and conduct of the State is possible only if it first resides in the hearts and souls of its citizens.

Regrettably, when one looks at the world today and the absence of justice in many of the hearts and souls of the world's citizens, the result is that we have made the strong to be just and the just to be weak.

The threat, and sometimes the use, of overwhelming strength, has caused the weak to find remedies of their own to fight back against the almighty power of the so-called just. The imbalance is seen in the daily headlines as man does his best to damage and kill his fellow man, not realising that in Oneness we are all One and we are, in fact, killing ourselves.

Now if you take the topic to follow this one, Karma, into consideration, then whatever the strong, the so-called just, through their strength, do to the weak will be done unto them. It's the Law of Cause and Effect.

Let me quote from an article in The Washington Post in 2014:

More than half of the 2.6 million Americans dispatched to fight the wars in Iraq and Afghanistan struggle with physical or mental health problems stemming from their service, feel disconnected from civilian life and believe the government is failing to meet the needs of this generation's veterans, according to a poll conducted by The Washington Post and the Kaiser Family Foundation.

I am not judging the United States' policies here. I am merely showing the cause and effect of going to war as a strong nation and the damage being inflicted on its returning soldiers, let alone the ones who didn't return alive, as well as those who arrived back injured.

There is no winner in war, just one side losing more than the other. The same occurs in personal conflicts in relationships. Winners have to sleep with one eye open, awaiting a possible reprisal, and that can't be considered a victory.

The only way to define justice and to see it implemented is to live by the Golden Rule of Doing unto others as we would like done unto ourselves.

In this way, equality is reached, and the fine print of legal documents are negated. As Oliver Wendell Holmes, a noted American philosopher, poet, author and statesman said, This is a court of Law, young man, and not a court of justice.

Becoming blissful requires justice to be based on equality and not based upon the strong's action against the weak in the name of justice.

Karma (see also Cause and Effect)

While Karma and the Law of Cause and Effect are seen as the same thing I am going to focus this section more on the mental and emotional state of the thought, words and actions used when setting the cause into motion, which inevitably, will see the effect, in time.

If you prefer, we could refer to the mindfulness at the time of starting the ball rolling through one's thoughts, words and actions. Whether or not the intention or motivation was deliberate/conscious or unconscious could also affect the ramifications flowing from the cause as it creates the effect.

If our thoughts were ones of love, even if we are criticising someone or something and doing it out of love for their well-being, then the volition or intention or motivation of doing it out of love will affect the consequences of our thoughts, words and actions.

Conversely, if we were criticising someone from a negative mindset of fear, greed, ambition, and the like with the intention of diminishing them in their own eyes or the eyes of others, then the consequences of our thoughts, words and actions will be revisited on us in equal measure and we will know pain and suffering of some description.

So the Law of Cause and Effect will flow as intended but the Karma, known as action in Sanskrit, is also dependent on our volition, intention and motive involved, whether consciously or unconsciously, in the cause we set into motion.

If what you think, say or do has what would Love do now? as its motive then the consequences visited upon you down the line will be in line with this motivation. If done in love, and with love, then perhaps becoming blissful will result.

Kindness

The current Dalai Lama states, My religion is simple; my religion is kindness.

Some 2500 years ago Lao Tsu, the author of Tao Te Ching, stated: *Perfect kindness acts without thinking of kindness.*

Courtesy and kindness is the key to many a locked door, and yet many people insist on bashing down the door through discourtesy, inconsideration and brute force, wondering why antagonism is what greets them on the other side of the door of their life and, especially in their relationships.

Showing kindness to oneself, to others and all living creatures is the best medicine you can give yourself. The feeling you receive when you show kindness, and when you receive kindness, is the feeling that becoming blissful feels like in its embryonic stages of growth.

In educating our children, the best lessons we can teach them is care, consideration and kindness to themselves and others. It's better than them achieving a PhD!

Many of us search for wisdom and attempt to find answers to the meaning and purpose of our lives. But if we would only show kindness at every opportunity to do so then you will have found the wisdom, meaning and purpose you seek and you will have a permanent grin of happiness, joy and even bliss on your face and within you too. Kindness and love are the answers to every question.

Knowledge

Confucius (551 - 479 BC), said: *Real knowledge is to know the extent of one's ignorance.*

We usually go through life armed with our experiences and what we have learnt by reading and listening, and we consider ourselves to be learned and full of knowledge. We will hold our ground and, based on our opinions, take on all comers as we defend our viewpoint. Oh, if we could only see that we are like ants, most of whom cannot see and rely on their antlers to feel, all scurrying around believing that the ground is the extent of the world and that nothing exists above ground level, as that's the extent of our vision, perception and perspective.

When we know that what we know is so little then perhaps we can begin our true education and gleaning of knowledge. Socrates (469 - 399BC), said it best, *One thing only I know, and that is that I know nothing.*

Of course, the search for wisdom is far from the search for knowledge as knowledge is of the temporal things of this world whereas wisdom is the search and understanding of the eternal universe.

The beginning of knowledge is when you announce, I don't know, and the beginning of wisdom is when your knees hit the floor in surrender, vulnerability and prayer to your Higher Power.

The one distinct advantage of knowledge is to dispel fear for if something is known it cannot be feared. Once something is known, an action plan, or a decision to remain inactive, can be devised to minimise the danger of the threat and the previous fear of the threat. It can also be used to capitalise on the opportunity that others may see as a threat through their ignorance and lack of knowledge.

We must take care that our knowledge is not information gleaned with prejudice in mind but it is unbiased and independently assessed as true knowledge. Often when we think, what we are doing is merely arranging our prejudicial views to suit our argument. Usually, we do not see things as they

are, but as we are. Knowledge requires complete understanding to avoid it being prejudicial information that suits our current situation.

I use the 6 Wise Men to obtain knowledge, Messrs. What, Why, When, Who, Where and How. If I need further help, I call on Mr If to question all that knowledge and make sure it stands up to scrutiny.

Information is different from knowledge. We know that one and one make two. That is information. Knowledge is knowing what and means. That is where knowledge moves from information to transformation.

There comes a time when people move from knowledge to wisdom. When people love people and use things instead of loving things and using people.

Knowledge may find the road to becoming blissful, but wisdom is the vehicle to traverse the road to its destination.

Laughter (at yourself and with others)

I have dealt with humour above so in dealing with laughter I want to focus on two things:

Firstly, all we are is a vibrational energy frequency and when we laugh we elevate that frequency and the more we laugh, the higher the frequency goes. If we are fortunate, it reaches our Higher Self and our Higher Power who laugh with us and not at us. At that point, we will feel the bliss of knowing that those Unseen Powers are enjoying the laughter too.

Secondly, we have an obligation to ourselves, our family and friends to make ourselves laugh at every available opportunity to do so. As I mentioned under the topic of Humour above, I send out many jokes and funny items via WhatsApp and via email during the day. Although I am usually working, whenever I need a break, I check my phone, and invariably there is something funny to send on, and I do it right away throughout my day. I send, and I receive, giving and taking, and others do the same thing, and by the end of the day, there can be 10 to 20 WhatsApp messages exchanged.

At present, I have a 78-year-old cousin who lives alone and who is likely to be leaving the earth plane soon as he is battling to breathe and his legs are badly swollen as his heart muscle is very weak. Each time I send him a funny WhatsApp, he manages to respond, and he says it is the only thing keeping him “going” at present. Knowing that I am alleviating his obvious pain as his life ebbs away is very reassuring that laughter is the best medicine in his case.

Those who find something to laugh about tend to have a better balance and perspective in life than those who growl through life. Laughter will help you find the road to becoming blissful.

Leadership

Once again we turn to Lao Tsu (604BC), author of the Tao Te Ching, to define leadership.

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.

Such leaders are catalysts, working quietly behind the scenes, and taking no credit for success leaving that to the ones visible to their public. Such a leader has no ego need for acclaim realising that the success of the endeavour is what is important and not the personal roles of the people involved.

Leaders lead by example and if they are trustworthy, just, kind, courteous and respectful so will their followers be as well. This occurs in a family setting as well as the leader of a nation too.

The need for a leader changes depending on which phase the family or nation is experiencing. In times of conflict or war, a leader is required to be tough, strong and showing an iron will so that others may follow. In time of peace, a more passive, understanding and compassionate leader will emerge reflecting the family or country's needs at that time.

Adaptability is required for leadership, however one's true principles remain no matter what circumstances require to be adapted too.

You can judge a leader by the quality of people who surround him. A strong leader with sycophants surrounding him or her is not usually destined for a long reign without doing considerable damage to either the family or a nation. A true leader is the creator of other leaders, and they should welcome differing viewpoints and use as many heads as are required to know the correct, just and compassionate way forward in their decision making.

Leaders require the ability to persuade and develop enthusiasm from their followers and to believe in a cause greater than themselves, which hopefully will be for the betterment of humankind. Such leaders bring out the greatness inherent in people, and they provide the fertile ground to allow others to experience their greatness, once again for the betterment of humankind. A leader such as this does not need to lead, merely to point the way and provide the character and courage to others to realise that their goal is achievable and realisable.

Leaders can discern and identify what the current anxieties and concerns of the people are and so find a courageous way to confront and resolve those issues. Whether these issues are family related or concern a nation's well-being, a leader sees a solution that solves the problem and implements it without fear of failure. True leaders do not seek the limelight as they show little or no ego in finding acclaim for their success.

When people trust a leader, they get behind them and will do their bidding. If trust is absent in such a leader, then the untrustworthy gather around such a leader and look to take and seldom to give. This is a recipe for looming disaster for either a family or a nation.

Those of us who have a religious or spiritual basis to our lives know that our Higher Power is our Leader. We never elected this Leader, and yet we believe that They have our best interests at heart.

This Higher Power is seen as unblemished, pristine, incapable of harming us and only wants us to fulfil the potential within us for the good of ourselves and others within our family or our nation.

When we can align our soul, Higher Self and Higher Power in harmony, peace and love then we are our leader, and we have little need of other leaders beyond our Higher Power to guide us. This is how we become blissful, and should we choose to emulate our Higher Power; we become true leaders too.

Learning

Learning has been relegated to a means to achieve an end goal. We learn to get a school leaving certificate, a diploma, a degree, or a post-graduate degree. We learn a skill to get a job or a raise or a better job. Learning has become a labour but not a labour of love and of passion for knowing something and to achieve something.

What we call learning is not learning but being taught. There is a difference.

Benjamin Franklin(1706 - 1790) said it best: *Tell me, and I forget. Teach me, and I remember. Involve me, and I learn.*

Today, in the USA student debt is bigger than credit card debt and has been for a number of years. However, underemployment of graduates and their inability to earn sufficient income to pay off their student loans and live comfortably is a function of teaching them for an economy that has already gone past and not for the next economic phase of digitalisation.

The disconnect is growing daily between what the education system is teaching and what the current economy and future economy needs and the gap is widening. These students are being taught and are not necessarily learning.

Learning is an active process, not a passive one of being taught and taking notes and regurgitating these notes in a formal examination.

The apprenticeship movement that started in the latter part of the Middle Ages enabled young people to learn by being under the supervision of an experienced person while studying part-time and applying what they learnt soon after that in the workplace. That was learning by doing and getting involved under a supervisory role.

Artificial Intelligence and robotics will replace many workers of today and tomorrow and do the repetitive work, and even the research work, far more efficiently working 24/7, 365 days a year without leave pay, sick benefits, vacation time and sick leave or the need to be managed and motivated.

The world of work is changing fast and being taught something no longer has the benefit it had in the past. Learning something by doing it and getting involved may keep you employed in the fast-changing world of work of the third and fourth decades of this 21st Century.

Learning should be a passion, and a privilege to do and not be a means towards an end goal but a lifelong pursuit of self-improvement.

Having such learning as a route to finding meaning and purpose in your life may even see you on the road to becoming blissful.

Life

Most of us take our lives for granted. We got it without any effort on our part, and by the time we were old enough to become aware of the gift of our life we were well on our way to using or misusing it.

Euripides (480 - 406 BC), questioned, who knows but life be that which men call death, and death what men call life.

From a spiritual understanding, this quote from Euripides may be partially accurate. If our life is everlasting and eternal, then there is no such thing as death merely the changing of the physical energy vibration to non-physical energy vibration. The analogy often given is that water changes shape but no water is lost when it moves from a solid, as an ice block, to a liquid, as running water, to gas as steam or evaporation, returning as rainwater and so the cycle turns.

With this belief then one's life is eternal and causal forever. Whatever you sow you will reap either through this time on earth or reincarnation on earth or in Spirit. As the saying goes, you can run, but you can't hide!

But you can make your life on earth this time around as blissful as it can be by merely aligning your soul, your Higher Self and your Higher Power in harmony, peace and love. If you just approached every thought, word and action with what will Love do now?

Listening

Egoless people are good listeners, and people love to be listened to, so if you are a good listener you will become a good friend, without saying a word!

The art of listening is in what I call attentive listening or whole body listening in my free book *How to Live in the Now* found on personalempowerment.co.

When your ears are listening, your eyes are looking at the person, your face and your body is facing them or pointing in their direction, your arms and hands, legs and feet are not doing something else while you are listening and your whole body is focusing on them with rapt attention. Equally importantly, your mouth is closed and not talking back to them by interrupting them as they speak. At this stage, this is not a dialogue but a monologue as they are talking and you are listening, intently, to what they are saying. If you can give them this attention, then you will be unique as a person and be regarded as a valuable person in their eyes.

So many people try and win people over with their looks, clothes, perfume, aftershave, motor car, home, shiny objects and their words. Most times it doesn't work out as planned. All they have to do to win them over is to listen attentively!

If you are not good looking, wear tattered clothes, don't have perfume or aftershave on, don't have a motor car or a home or any shiny objects and you merely listen attentively to someone you have won them over.

No one ever gets bored with an attentive listener!

Love requires attentive listening because when you listen with your whole body, you enter a space of consciousness or awareness with the other person where your soul and their soul connect in Oneness. In this consciousness, the words being spoken by the other is not as relevant as the connectivity you both feel when your souls connect.

If you are listening to a person so attentively who you have just been introduced to they are likely to ask whether you have met before because they believe they know you well. Your souls have known each other before and once the connection is known the familiarity is remembered at a soul level.

To draw an analogy to music, it's the space between the musical notes that makes the music not only the musical notes themselves. Without space between the notes, the music is a cacophony of meaningless noise. The same can be said for someone who talks and talks and never allows anyone else to speak and for them to listen for a change. These ego-filled people love the sound of their voices, and the only friends they have are the ones who want or need something from them.

The most important part of listening is in meditation where we remain both silent and hopefully know stillness of thoughts too. Here we listen to our soul, our Higher Self and our Higher Power as all align in harmony, peace and love and becoming blissful is the result.

Loss

My acronym for LOSS is *Leaving Our Self Sad*.

The ego-based fear of loss is the driver of most people's misfortune in life. The need for so-called power causes greed, jealousy, gluttony, pride, envy, lust, anger and so on which is based on the fear of loss of either something or someone we have or want to have in our possession.

Believing our life will be poorer without what we have, or want, we usually do some pretty strange and sometimes sordid things to avoid that occurring. But what we sow we subsequently reap and that which we feared the loss of comes about usually in a different guise.

We are part of the cycle of life, and the rhythm of life continues even if we attempt to fight it with all our might. We merely struggle against the weight of the Universe as it turns cyclically from growth to maturity, to decay and to growth again and so on.

If we viewed loss differently and recognized that it was merely the change of the rhythm of the cycle of life as the tree in Autumn sheds its leaves for the coming Winter cold and that Spring comes after that until Summer returns once more, we might welcome loss instead of fearing it.

This differing view of loss calls it what it is – CHANGE - *Clearing, Healing And New Gifts Emerging*. Now, the loss can be embraced and gratitude expressed for the change that is about to occur.

Nothing is truly lost while it remains in memory and whether you see it with your eyes or via your memory it remains recognised, and gratitude can be expressed for it too.

The one loss that should be avoided at all costs is the loss of moral courage because unlike the loss of a material possession or a person you valued, the loss of moral courage permanently damages you and your self-esteem as you believe you are less than you really are, which is a part of your Source/Creator/God /Oneness.

When you can accept that loss is merely change, you can open your arms embracing such change and see the wonder of the cycle of life and your part in it. Through such gratitude your mindset changes from LOSS to GAIN - *God And I Now* - and this open the door to becoming blissful.

Love

It is obvious that to become blissful, you must be Love as your essence in practice, as well as in knowledge, that you are such Love as a part of God who is Love.

Tomes and tomes have been written about love and much ink used in describing the indescribable. The Love I speak of is the Love that is - God is Love. We cannot know what God is via our limited ability to comprehend this term, God, so how can we then profess to understand what Love is as that is described as what God is too.

So all we can do is speculate what we believe this Love to be.

All the research I have done on the so-called Afterlife, mainly through Near Death Experiences (NDE's) of thousands of people written about in numerous books I have read, all claim that the Light and Love that they felt upon entering the Afterlife cannot be expressed in any words that could do any form of justice to this blissfulness emotion that they experienced. This Love is beyond our ability to describe but not beyond our ability to experience.

Our task is to imagine what this Love will be like to experience and seek to replicate that Love within ourselves and to all others. This Love is one of Oneness and therefore we have to be that Oneness with every fibre of our being.

When we feel separate from this Oneness, then we fall out of Love. We do this when we allow and enable our ego to make our thoughts, words and actions ego-based and separate us from Oneness and each other.

When we forget ourselves and merely see Oneness in everything, then the feeling of Love is allowed to come through us as it's always there as our essence.

We are such Love as we are a part of Source / Creator / Oneness / God, who is such Love. It is we who move away from this Higher Power, not this Higher Power who moves away from us. This Higher Power is always within us, but we choose to become It or ignore It.

We fear knowing and being such Love, and that is what causes issues, problems and heartaches in our lives. This fear of being the Light and Love we are at our essence. We did not know this fear when we were born. We radiated that Light and Love as we brought it with us from Spirit. Everyone who saw us as a newborn baby recognised that Light and Love in our pristine condition and stared at us adoringly evoking the memory of such Light and Love they experienced in Spirit, many years before.

After that, we were introduced to the reality of life on earth, and our self-protective ego started to outweigh the Light and Love in our thoughts, words and actions. At some point our “bad” ego, the EGO I describe as Edging God Out, became more and more commonplace in our lives and our Light and Love were buried below our “bad” ego-based thoughts, words and actions.

We felt very separate and very alone and very far from Oneness with others and the world at large, let alone the Universe and our soul, our Higher Self and Higher Power.

Becoming blissful wasn’t even on the agenda in our lives as we struggled with life and attempted to keep our head above water. Love and Light had virtually been extinguished from our memory, and we held onto life by our fingernails.

We can reverse the process and begin to rekindle the Light and Love within us. We need to start the process with thinking, saying and doing what would Love/God do now?

We need to recover our lost ground inch by inch, thought by thought, word by word and action by action, all done with Light and Love guiding us inch by inch, foot by foot, yard by yard, mile by mile.

In time, we will become such Light and Love, and we will then become blissful once more. Even when beset with difficulties we will find inner peace and bliss knowing that we are Light and Love and whatever the current difficulties are they will pass, and we will remain and always be Light and Love.

It is essential that the Light and Love we feel is within us so we can be that Light and Love to others outside of us. We cannot give to others what we don’t have within us to give. For those who give unstintingly to others but not to themselves will create an imbalance within and imbalances are unhealthy in all aspects of one’s life.

To achieve becoming blissful, first, feed the Light and Love within and after that feed those outside of you.

Manifestation

For something to manifest, it has to be created first. All creation comes from thought, intention, attention and focus. Manifestation results from your thoughts about an issue. Positive thoughts, can-do attitude, belief, resulting behaviour and manifestation results after a period of gestation. Unfortunately the same is true for negative thoughts too.

We create our own reality, and we do so with our thoughts, intentions, attention and focus together with our resulting words and actions.

We may make those thoughts and intentions in Spirit when we create our Soul Contract to fix the gaping holes in our soul which I have referred to earlier. We may also make those thoughts and resulting consequences while on earth.

Thoughts are very powerful and for those of you who have had a conscious thought to create something of importance in your life you will know that once you launch that desire, Life seems to conspire to align other “things” to come across your path to enable you to create a material “thing” of your thought. It doesn’t happen by default; you will need to get behind that thought and make it a reality, but pieces of the puzzle “seem” to arrive timeously, and often we believe that something Unseen is guiding us.

Once again, this happens whether the thoughts are positive and for our well-being or negative and to our detriment.

Therefore in our quest to become blissful, we need to have that thought of becoming blissful to manifest it into reality. Once we get behind that thought with positive intention, attention and focus, we can make becoming blissful manifest in our lives.

Meaning

How different would your life be if you knew that the meaning of your life was to plant trees to provide fruit and shade under which you would not sit or eat the fruit, but future generations would?

How different would your life be if you knew that the meaning of your life was to bring forth children who would have the knowledge, skills and abilities, some of which learnt from you, to bring forth harmony, peace, Light and Love into the world?

How different would your life be if you gave before you took?

How different would your life be if you embraced Light and Love within and gave it to others, without fear of rejection, or needing to account, but just like an ever-flowing fountain of Light and Love to anyone who wants to receive it from you?

How different would your life be if you did not give fear of loss a moment’s thought but trusted your Higher Power to give you what you needed, when you needed it, for the highest growth of your soul?

How different would your life be if you did not care who got the credit and you focused on the input to the best of your ability and left the results and the credit to others?

For a spiritual life of meaning, we must first be who we are - Light and Love - so that we may do what needs to be done in Light and Love. In this way we can have a life of meaning where we are Light and Love and we know bliss.

Meditation

In one's search for meaning, we discover that we don't know many of the answers or solutions we seek, so we turn within, in silence and in stillness of thought to attempt to find those answers and solutions. In this silence and stillness of thought, we attune and align our soul with our Higher Self and our Higher Power and find the harmony, peace and love that leads to becoming blissful.

It is often said that when we pray, we talk to God but when we meditate we listen to God. God is speaking to us all the time, but we choose whether or not to tune into that vibrational frequency and listen or even to acknowledge that there is such a God. We seldom see the messages this Deity leaves for us to remind us of our essence, being Light and Love.

God has put the poor among us to remind us of how much we have to share with others. God has put people into our lives as spouses, partners, children, family and friends to remind us to be love always, and in all ways, to them, and to ourselves too.

God has given us work to do, not necessarily to accumulate but to share. More importantly, to focus on how we are being when we work, not so much on what we are becoming through this work. Are we behaving in a manner that uplifts ourselves and others through our work behaviour or are we damaging ourselves and others through our work?

When we pass away from this world what we did for a living will not count for much but how we did what we did will be how we are measured for the eternal growth of our soul.

It is in meditation that we are reminded of the importance of how we believe and behave not what we do to achieve.

By meditating regularly, we can reinforce that connection to our soul, our Higher Self and our Higher Power and align ourselves with harmony, peace and love and blissfulness will result.

Mindfulness

Mindfulness seems to have become more mainstream of late, and the ability to be present or conscious in our thoughts dominates much of what is written, talked about and practiced as mindfulness today.

These practices of mindfulness are more a consciousness of the present moment of now. This is the key and these practices focus on the key and, with respect, not the door that it opens.

For me mindfulness is not as much about conscious thought as it is about resulting action; being mindful and acting accordingly in the present moment of now.

When one connects via thought, word and action to the present moment of now you enter what I have called God's Space in my free book *How to Live in the Now* found on personalempowerment.co

In this book I have described three steps you need to take to enter God's Space:

- 1) Non-resistance to what is now
- 2) Non-judgment of what is now
- 3) Non-attachment to what is now

This Space is sacred, and by entering into it you achieve the alignment of your soul, your Higher Self with your Higher Power, and you feel the harmony, peace and love expressed as blissfulness. For me, this is mindfulness as your mind is full of Light and Love based on being present now and having your thoughts, words and actions based on such Love and Light.

Miracles

My acronym for MIRACLE is *May I Recognise A Conscious Light Evolving*.

This conscious Light is ever present, and when we obtain a glimpse of it, we say a miracle has occurred. It's our blindness that obscures the miracles that surround us.

Have you ever truly wondered how trillions of cells in your body work perfectly in microseconds to create your good health which you may take for granted?

If the sun were any closer or farther away from the earth, we would either know unbearable heat and not be able to survive or mind-numbing cold that would freeze us to death.

The miracles of Nature are looked at but not appreciated as miracles.

The Light and Love which is the essence of our soul as a part of our Higher Power can be felt by us when kindness, compassion and gratitude are given or received by us.

We truly walk sightless among the miracles.

If our perception was attuned to our soul, our Higher Self and our Higher Power and in that alignment, we would know enlightenment and would be able to see the Oneness of everyone and everything. At that moment there would not be miracles any longer because we would see the miracle of Oneness and realise that all we call miracles are merely Oneness in action.

With this change in our perception, we would see the Conscious Light Evolving, and we would know bliss at that moment.

Nature

Nature is ever present and has a timetable to do everything it does with efficiency and non-judgement. Nature is the cause and effect personified!

Nature's Creator is our Creator, and in Oneness, we are all a part of Nature and Nature is a part of each of us.

The cycles of Nature have been replicated consistently over aeons of time, and we would do well to adjust our cycle to Nature's, for to fight it requires so much energy compared to going with the flow of Nature and using this flow to our energetic advantage.

Like Nature, we have a cycle of birth, growth, maturity, ageing and what we call death, which is only how we get reborn again for the cycle to repeat and repeat.

For those who look to becoming blissful, working with Nature's cycles and respecting Nature will put you into the rhythmical flow of both Nature and the Universe. This flow is also the flow of God/Oneness/Source/Creator and is a way to connect your soul, your Higher Self and your Higher Power in harmony, peace and love to become blissful.

Noble

A noble person does not need a title, a badge or anything thing else external to themselves to denote their nobility. Nobility is an inside job and cannot be bought, inherited or lent to another. Nobility is hard-earned, and it can be lost in a moment of indiscretion.

Integrity is the bedrock of nobility and is not negotiable in any way or form. Inner integrity means that you face yourself 24/7 and there is no place to hide if you are found wanting in any way or form. You set your benchmark of integrity and if it is high enough and maintained, as well as accepted by others to be considered to be complete integrity, then the road to nobility beckons.

Humility is the next cornerstone of the foundation of nobility. True humility is not bending down to another, or even being lower than another, but realising that in Oneness we are the other! Humility is an egoless attitude and allows the soul-based love to shine through.

Where humility is seen best is when the humble person acts as a conduit for allowing and enabling the Spirit of Creator/Source/Oneness/God to come through them and communicate with another.

Kindness is another cornerstone of the foundation of nobility. The living image of nobility currently is the Dalai Lama who states that kindness is my religion. Being kind is both verbal and non-verbal in its communication. Kindness shines from within and is usually preceded by a warm and welcoming smile or attitude towards another. True kindness begins by being kind to oneself first and then using that energy towards others.

Respect is the fourth cornerstone of nobility. My acronym for RESPECT is Recognising Each Soul Politely Ensuring Correct Tribute. Knowing that each soul is a part of the Creator / Source / Oneness / God and acknowledging that part in each one with the same respect you would give to your Deity. Such respect to everyone and anyone form the basis for a noble way to go through life.

Courage is required to stick to the positive attributes of nobility no matter how difficult and even unpopular it may be. Patience to hang in there, especially against all the odds and maintain one's noble characteristics is essential too.

Dignity results from such integrity, humility, kindness, respect, courage and patience and enables your dignified, noble soul to align with your Higher Self and your Higher Power in harmony, peace and love in becoming blissful.

Non - Judgement

The way to access your soul and from there your Higher Self and your Higher Power to become blissful are through alignment in harmony, peace and love. For that alignment to be achieved your mind has to be silent and still. Still means no interference by your ego-based thoughts.

Most ego-based thoughts arise from a judgement of yourself, someone or something. When you judge you open up your analytical mind to analyse, compare, classify, label, to decide what is good and what is bad, what is right and what is wrong and so on. This turmoil of inner dialogue prevents the very silence and stillness you need to find the alignment to your soul, your Higher Self and your Higher Power in harmony, peace and love to become blissful.

So learning the practice of non-judgement is essential to creating a silent and still mind from where the intended alignment to ultimately become blissful can arise.

Non-judgement is not easy to do in a competitive world. We are told as children to be aware of people and things that can harm us in some way and avoid them at all costs. We are told to analyse, compare, classify, label and so on to decide what is good and what is bad, what is right and what is wrong for our self-protection and the protection of those we love and care for.

So now I come along and tell you that you must not judge anyone or anything and, by implication, there is no right and wrong, no good nor bad to be aware of.

Well from a spiritual perspective I may be right as we cannot see the “Bigger Picture” of the mosaic seen by our Higher Power where everything fits together perfectly. Victim, villain and victor all have their agreed-to roles to play regarding the agreed-to Soul Contracts, and everything is playing out perfectly at Spirit level.

But we have to live on the earth plane of existence where we are taught to judge for self-protection, self-preservation, self-survival and self-growth.

Maybe we can reach a compromise? How about not judging anyone and anything for the present moment of now? After that, for the next few minutes do not judge anyone or anything. See how that makes you feel?

Do you feel better and freer? If you do, why don't you carry on your process of non-judgement for a few more minutes and see how long you can go for before you have to judge someone or something for your self-protection or your self-growth.

It may surprise you to find out that your judgements are made continually and not only for your self-protection and self-growth. We learn to judge continuously without thought or awareness of why we are judging. It's merely a way of life.

If through constant awareness, we catch ourselves judging someone or something unnecessarily we should look to amend our approach and chose not to judge but to accept what is occurring. If it is not affecting our self-protection or our self-growth then merely let it be what it is, without looking to judge it in any way.

We will find that with such non-judgement, life becomes more effortless and less resistant to the flow of the Universe. Somehow the pieces of our lives' jigsaw puzzle seem to fall into place, and we tend to smile more often and have more fun. I define FUN as *Find Upliftment Now*. The road to becoming blissful requires such non-judgment, smiles and fun.

Non - Resistance

I want you to imagine yourself as a fully charged battery. All a battery is, is energy, and that is all you are too, at your essence.

If your battery's energy source is unconditional love, then it can be recharged at any time with unconditional love. When your battery uses its energy in an ego related manner, it is being drained of its energy. Seeking power, control and accumulation for your benefit is ego based as is defending your viewpoint.

Non-acceptance of what is and attempting to make it what you want it to be requires lots of energy, and if your motivation is selfish, then a lot more energy is needed.

Judging someone or something and thereby rejecting it or them requires lots more energy too.

Not accepting responsibility and looking to shift the blame elsewhere also requires lots of energy.

Being attached to what you have and using lots of energy to protect and preserve it is also energy-depleting as you sleep fitfully hearing every noise as a threat to what you value greatly and need to protect and preserve.

So leading an ego-based life is energy-sapping and exhausting. You are likely to feel ill-at-ease and maybe even disease may result as you are out of harmony with your soul, your Higher Self and your Higher Power which are love-based.

Learning that everyone and everything is your teacher and that everyone and everything has unconditional love at its essence, as its energy source, and wants to share it with you, is the way to be non-resisting or accepting of life as it is now.

This moment is perfect as it is now as the Universe is perfectly in balance now. By accepting that you do not require your energy to push back at the universe and attempt to change it, you learn to accept what is now and your response is your creative ability to find a solution among the reality of what is now for the growth of your soul. Look to see what this moment can teach you and how your love-based soul can benefit you and those around you by learning from this teachable moment.

Ensure you are not wasting your precious energy convincing someone or something that your viewpoint is right. Rather become defenceless. Accept their viewpoint and if it improves your

viewpoint then incorporate those changes in your newly emerging and changing viewpoint. If it doesn't enhance your viewpoint then merely acknowledge it without the need to prove that they are wrong and you are right. It is easy to merely say, "Perhaps you are right". You can either be right or be happy but not simultaneously. Choose to be happy always!

In this way of non-resistance, you are replenishing your battery's energy with unconditional love, the energy source of the Universe and not depleting it with ego-based resistance to life and the Universe.

Now

I have written a 437 page book entitled *How to Live in the Now* found as a free book on my website personalempowerment.co, so my challenge is to summarise it in a few paragraphs to show you how to be in the now and become blissful.

In my book, I describe the now not as time but as a space. I call it God's Space as the only place / space where God is found is in the eternal moment of now. In Spirit, there is no time as time is a construct of man. There is only the ever-present moment of now.

To simplify this for you, I want you to imagine a message spike where message notes are placed on a vertical spike. The messages from yesterday and today are on the spike, and tomorrow the messages will also be put on this vertical spike. This is the place/space you go to for all those messages no matter when they took place in man's construct of time being yesterday, today and tomorrow.

In God's Space there is only Unconditional Love and Light and finding the now moment fills one with such Unconditional Love and Light. Becoming blissful flows from being in the now.

Oneness

Imagine that everyone and everything was a part of One Entity called Oneness. Imagine that everyone and everything was part of each other. Anything done to uplift one would then uplift all. Conversely, anything done to damage one would also damage all.

Some examples of Oneness are that the rising and falling of the tide affects all ships in the example of Oneness. The one sun shines on all as does the moon and it also affects the sea's levels. The air we breathe together as well as the air we expel, we share with each other and with Nature too.

Just because we cannot experience the indirect cause and effect of our thoughts, words and actions on others do not mean they are not seen and recorded by Unseen Entities.

We usually experience the direct causes and effects of our thoughts, words and actions on ourselves and on others whether animal, vegetable or mineral.

Living a life understanding that we are part of such Oneness and that our causes and effects impact on ourselves and everything else in this world and in Spirit too creates a new level of responsibility for those choosing such awareness or consciousness.

The benefits of consciously being part of such Oneness is that once you are in Its flow, then life is effortless, and you flow with the Unconditional Love and Light that is Its energy source. Needless to say, becoming blissful is automatically part of being Oneness.

Opportunistic

One's attitude determines whether one sees something as an opportunity or as a problem. For those who see the seeds of opportunity in most things they look at, their lives seem to flow in positive and happy ways. Conversely, for those who see problems everywhere, their lives seem to find holes to fall into which retard their progress in life.

However, there is one opportunity that any attitude can adapt to, and that is the opportunity to do good. Under this term "good" comes many positive attributes such as abundance, assistance, charity, compassion, forgiveness, generosity, kindness, respect, understanding and other similar selfless attributes.

For those who choose to be so opportunistic, their lives will flow with positive energy due to the causal nature of their thoughts, words and actions turning into positive effects in their lives.

For those on this opportunistic road, the ability to become blissful can be their end destination.

Optimism

The most substantial gap known to man is between the thoughts, words and action of "I Can" and "I Can't".

"I can" ignites one's imagination, which imagination is unlimited by time and space. Imagination is infinite as God is infinite.

"I can't" keeps you rooted where you are and may even see you sliding backwards.

Having an optimistic outlook is a pre-requisite to "I can".

For those spiritually inclined, the possibility of having your Creator as your Co-Pilot and learning to TRUST - *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally* - requires an optimistic mindset that anything and everything is possible, especially if it uplifts others in the process too.

Optimism is a necessary step in becoming blissful.

Pain

My acronym for pain is PAIN - *Past Anger Internalised Now*.

There are two types of pain; physical pain and emotional pain:

Sensory receptors cause physical pain in our skin, and a message is sent via nerve fibres to the spinal cord and brainstem and then onto the brain where the sensation of pain is registered, the information processed and the pain is perceived.

Emotional pain is based on a negative perception or appraisal of oneself and the impending or actual loss of something of value to you.

As you can see, the two pains are different in origin and in the time periods it will take to affect you:

The pain from, say a broken arm, is intense at the point of the actual injury and the body creates swelling and numbness to dull that pain. Once the fractured arm is placed in a plaster cast to immobilise it, the time for healing is usually six weeks.

The pain from an emotional wound can last a lifetime if you do not deal with it in the correct manner of emotional self-repair.

My acronym for PAIN refers to emotional pain. However, let us not ignore the subconscious actions which create an injury to oneself, causing physical pain to occur. At a subconscious level, and maybe even at a spiritual level, the need to have such physical pain may be required to deal with the psychological imbalance one is experiencing emotionally. By creating a physical pain, we bring awareness or consciousness of the imbalance we are feeling. We may be having extreme difficulty in dealing with it emotionally, and by bringing it into the physical realm of our bodies, we can focus on dealing with it on a more practical level.

The process of physical repairing may be the start of the process of emotional repairing too. With a mindset focused on physical repairing and rehabilitation, the thought processes are being ignited to repair the emotional imbalances also.

Those who linger in physical pain choose not to begin the emotional pain repairing process. Others decide to numb their emotional pain through addictive substances. Others remain in pain and show the negative traits associated with not being able to deal with such an emotional pain/loss through such actions as adultery, anger, anxiety, bullying, disloyalty, ego, greed, hate, jealousy, killing, selfishness, stealing, and so on.

Such emotional pain should be seen as a wake-up call to investigate the emotional imbalance within and to have self-integrity by leaving no stone unturned in discovering the actual cause or causes of this negative thought pattern which has resulted in this emotional pain being felt. Many times this emotional pain is translated into physical pain and is the underlying cause of illness and disease, and sometimes even death. Suicide is virtually always the cause of not being able to deal with this emotional loss, seeing death as a way to stop this unbearable emotional pain of real or imagined loss.

When you decide to investigate and treat this emotional pain and to recover your emotional balance, then you can be in a place to begin your journey to becoming blissful.

Passion

In our modern age, we have twisted the meaning of passion into love and sex, but passion is the underlying driver behind the achievement of mind, body and soul.

To have the dreams, enthusiasm, appetite, focus, determination, persistence, resolve, commitment, greatness, meaning, happiness, joy, bliss and love to achieve your goals is a journey of passion. Obstacles placed in your way are merely there as hurdles to ensure your commitment and focus is strong enough to leap over them towards your goal.

Passion requires an imbalance in life, but this imbalance is necessary to focus all your energy towards this passion. If this imbalance persists for too long, then you will suffer from it as other areas of your life will have to be neglected and through this neglect may wither and die off. Often personal relationships suffer such a fate, and many a passionate person knows loneliness as a price they have to pay for their passion.

This is a personal trade-off decision and judging it will be incorrect. Passionate people may attract a relationship partner who enjoys the passion of their chosen mate but after a while does not enjoy being relegated to the “bench” while the object of their passion is on their partner's mind 24/7. Children of such a passionate parent may be inspired by such passion or may feel neglected and usually do strange things to attract their passionate parent's attention. Unfortunately, most of these things fall under the category of negative attention or destructive attention.

Being passionate has a price to pay. In the ideal world, finding the balance between work passion and personal passion would be the answer to keeping one's relationships with partners and children intact.

If your passion is to become blissful by aligning your soul, your Higher Self and your Higher Power in harmony, peace and love then the run on effects of such blissfulness will positively affect all areas of your life in a more balanced and positive way than merely a passion for the achievement of your goals.

Patience

We live in a world of instant everything. With technological advances, everything is speeded up, and instant gratification is the requirement of our youth who are our leaders of tomorrow.

What future can we look forward to when patience is not appreciated, but seen as archaic. While our technology is speeding everything up to warp speed, Nature maintains its steady patient evolution of birth, growth, maturity and decay and then rebirth.

Technology and Nature are soon going to be at odds with each other, and my money will be betting on Nature as with its infinite patience it will outlast any power brought about by technology.

The hardest part of waiting is having the patience to wait. It is advisable to have something else to do while we wait for the evolution of time to elapse and for the patience to be rewarded.

It pays us to remember that a silkworm on a mulberry leaf eventually results in a silk scarf or a silk tie if we merely have the patience to wait for Nature to do what Nature does, in time.

Patience will outlast any form of power and planting a forest of trees and expecting to sit in its shade or benefit from its fruit is usually reserved for the next generation.

Many people who attempt to meditate become too impatient and give up too quickly. Meditation requires time and patience to persevere until the ego-based mind stops chattering away and eventually a silence and a stillness occurs. At that point, the gap between one's thoughts slowly opens up and accessing what I call God's Space is available to the patient meditator. This is how one becomes blissful. There is no shortcut there is only patience.

Peace

When we understand that we are peace at our essence because God is peace and we are a part of God, then we do not have to seek peace anywhere outside of us but simply within.

If you do not feel this peace, then you need to look to your ego - *Edging God Out* - to find what it has substituted within your thoughts blocking out your peace. You will find many ego-based attributes blocking your peace within from shining through. To name a few: ambition, anger, attachment, envy, fear, greed, suspicion, etc.

Abundance, education, gratitude, kindness, respect and understanding are a few attributes that are required to foster and develop the feeling of peace within you. Once you have found and fostered that peace within then merely act as an influencer of others through your thoughts, words and actions. Your peaceful example will be a shining light to others who are also after finding their peace within themselves.

Often we require to give forgiveness and compassion to ourselves and to others to open up the peace within ourselves.

When we have peace within us, we can have peace in our home. Peaceful homes create peaceful neighbourhoods, and peaceful neighbourhoods create peaceful towns and cities. Peaceful cities create peaceful countries and peaceful countries create peaceful continents to ultimately create a peaceful world. But first peace must come from within you.

Such peace is displayed by being at peace not having peace. Being at peace implies a permanent peace whereas having peace implies a temporary peace capable of being lost in an instant.

When you can open up the peace within you, then you will be opening to the God within you too. Becoming blissful will automatically be there as well.

Perceptions

What we consider to be the truth is merely our perceptions of the truth. Understanding that is important if we sincerely want to achieve becoming blissful.

Let me give you four examples of perception:

There were two goldfish in a bowl discussing the concept of a Higher Power, and one goldfish said, If there isn't a God then who changes our water and gives us food every day?

If an ant was asked about the world can you imagine this ant's understanding of the Internet and its implications for the world in the 21st Century?

As stated earlier in this book the quote from William Blake's poem, the Marriage of Heaven and Hell: 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.

Lastly, there is a story circulated on the Internet and I am uncertain of its origin so I am unable to credit the Author but it deals with perception in a lovely way:

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?"

The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat with our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover if there is life, then why has no-one ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"

The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist."

Said the first: "Well I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, “Sometimes, when you’re in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above.

So when we are asked about God, we become like the goldfish, ant, or the babies in utero and we answer from our limited perception of our current understanding.

With this limited perception we seek to become blissful, and we need to do one or more of the attributes in this book to achieve this desired state.

Perseverance

While motivation gets you moving towards your goal, it is the discipline of perseverance that will get you over the finishing line of whatever you desire to achieve.

Aesop’s fable of the tortoise and the hare is well known to most people and with few exceptions slow and steady always wins the race.

Let’s not kid ourselves it's not easy getting up on a cold winter’s morning and attending to our tasks day in and day out. But few people who lie in bed until noon have much to show for their lives.

Perseverance is also needed in our religious and spiritual practices. Your soul, Higher Self and Higher Power are always available to you to align in harmony, peace and love but unless you consciously attend to such alignment, it will not become a habit. Only ingrained habits operate automatically without conscious thought and perseverance is needed for such habit formation.

With such perseverance, the ability to align automatically to your soul, Higher Self and Higher Soul and enjoy becoming blissful in that moment of now is the only reward you will ever need.

Perspective

It is easy to lose perspective and believe that the sun only rises and sets because of who we are. We become so insular, so wrapped up in our world that we choose to ignore that if we were taken out of the picture tomorrow no one would care after a few days and life would continue as before for virtually every one of the some 7 billion people in the world today.

Occasionally we need to go outside on a clear night and look at the stars in the sky. Our small blue planet is a speck in a galaxy of universes, and we among 7 billion people are so small and unnoticeable beyond our few people including family, friends and colleagues.

When we realise that we are so insignificant, we can appreciate how very special we are. Although we are a speck upon a speck in the galaxy we still have a soul, a Higher Self and a Higher Power that allows and enables us to align and connect to the Creator of all these galaxies and universes.

In this alignment, we feel the harmony, peace and love of our soul, our Higher Self and our Higher Power. Our insignificant size is immaterial as we are now part of the One who created All That Is and who is All That Is.

In this way, we move from alone to All One, and our perspective is restored to know and understand that when this alignment occurs, we are both blissful and Omnipotent.

POWER

My acronym for power is: POWER - *Present Only When Ego Removed*.

Power is an aphrodisiac, and once you have tasted it, it is difficult to be without it. People do strange and wonderful things to obtain power, to retain power or to regain power. History is littered with stories and blood where the demand for power has consumed people. Armed with power people can control others, can create, build and destroy, can assist or abuse. The desire for power is unquenchable.

The power I am referring to is the love of power, the ego-based need to take control for better or for worse. And the quote from Lord Acton is very well known, Power corrupts, and absolute power corrupts absolutely.

I was surprised to find an ally in Napoleon Bonaparte (1768 -1848), a well-known spiller of blood throughout Europe and Russia, from whom the “small man’s complex” of power is derived. He stated, In this world, there are two forces: the sword and the spirit. The spirit has always conquered the sword.

William Gladstone (1809 - 1898), a four-time Prime Minister of England, stated: *We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace.*

My mission is to spread the Power of Love, and hopefully, this is a revolution which will come in the 21st Century. With so many countries having the ability to unleash nuclear holocaust, unconventional weapons such as biological warfare and other similar atrocities, there may not be much left on earth if the Power of Love is not implemented sooner rather than later.

We have a massive imbalance between the haves and the have-nots, usually described as the 1%ers. Around one billion out of seven billion people live on less than US\$2/day. China and India have populations of over 1 billion people each and 25% of the world’s population will live in Africa by 2050. These countries are currently unable to provide essential services, food and water for most of their people. The global position is set for some disturbing times ahead. The financially established countries are facing an ageing population, and with it, their military power will diminish too. The old Chinese curse of “may you live in interesting times” appears to be upon us!

The only solution is the Power of Love and the sands of time are running out. We each need to join this revolution and bring the Power of Love into our homes, our places of work, schools, colleges and play areas too.

We can start by learning how to align our soul, our Higher Self and our Higher Power in harmony, peace and love and become the very embodiment of our revolution - the Power of Love - and become blissful too.

Praise

We all enjoy and thrive on genuine, sincere praise for our efforts. Regrettably, when praise is proffered it may have an ulterior motive, and that besmirches it once the ulterior motive becomes evident to the one receiving the praise.

The reason genuine praise is so valuable and is so well sought after is that it is in very short supply. The fundamental law of economics is of supply and demand and the shorter the supply and the larger the demand, the higher the value of that being sought. It is so with genuine praise.

Now, much is praiseworthy but receives so little genuine praise. It boils down to the mentality of people and whether they have an abundant mentality or a scarcity mentality. Whether they praise abundantly and by that abundance also benefit by giving praise to another as they feel useful in providing such praise. Those with a scarcity mentality believe in a zero-sum game of life. This means that if one gains, another loses, so by praising someone else somehow they feel diminished by it.

Unfortunately, in our materialistic society, the scarcity mentality predominates, and genuine praise is hard to find, hence its value when given.

There is an interesting contrast at a gender level when genuine praise is given and received. Usually, the female of the species thrives and glows with pride when genuinely praised whereas the males who receive genuine praise seem disarmed by it and find it harder to handle than females do. Perhaps this is encoded in our DNA as hunters and gatherers, with the males as the hunters more focused on their prey and finding praise distracts them from their focused attention on the prey. Females as the gatherers were much more communicative and supportive of each other and far more accepting of praise as they didn't feel threatened by it distracting them from the task at hand.

When we lift up our heads and our hearts and praise our Higher Power, this enlightens us, and we feel more loving and more giving by praising someone or something where we cannot see if our praise is having any impact on this Deity.

Does this Higher Power, who is All That Is, need our praise? Or is it more likely that we need to give this praise to feel better about ourselves? So, if this is the case, then why don't we do that to our fellow human beings too and also feel better about ourselves?

My acronym for praise is: PRAISE - *Paying Respect And Internally Spiritually Evolving*

Everything we do we do for ourselves. So for those with a scarcity mentality, let's genuinely praise others, and in the process of uplifting them, we uplift ourselves too.

For those with an abundant mentality keep on genuinely praising others and feel better about yourself in the process too.

When you praise your soul, your Higher Self and your Higher Power and you seek their alignment in harmony, peace and love, then this praise will reach the heavens. Becoming blissful will result from such genuine praise.

Prayer

Is the Higher Power we pray to One of need or One of Love? Do we pray in our need or do we pray in our love for this Higher Power and Their role in our lives?

This is the fundamental question we need to ask of ourselves. If we pray in our need then perhaps we are confusing this Higher Power with the mythical Santa Claus to deliver us presents? Or do we pray to the One we Love, whom we acknowledge is pure Unconditional Love and for their Presence in our life?

In our self-integrity, we bow our heads or get onto our knees, and our innermost thoughts are not hidden from such an Omnipotent Force as our Higher Power. If your shopping lists of wants are in your mind or on your lips then, in my belief system, you will get what you need, not what you want, and it will be what you need for the highest growth of your soul and not for your physical desires.

If you can pray and in that prayer be part of Oneness, then you will feel that no words are necessary as your feelings will be that of Unconditional Love from the Source of such Love. Feelings are the language of your soul, and in that prayer, you will be aligning your soul with your Higher Self and with your Higher Power, and you will feel yourself becoming blissful.

Present Moment

Imagine how your life would be if you were able to not think about your past? Imagine how your life would be if you were not able to think about your future?

Do you know the freedom that you would experience if you could do both those things? Do you know the happiness, joy and bliss you would feel if you had no thoughts about your past and no thoughts about your future?

What would you think about then? Nothing! Because there is nothing to think about. When you stop thinking, your ego-based mind stops whirling around and you find a gap between your thoughts of the past and the future. In that gap is your opportunity to become who You truly are, a part of God/Oneness/Creator/Source.

In the gap between your thoughts about your past and your thoughts about your future is the present moment of now. This is the space; I call it God's Space, which can only be found in this present moment of now. This is the only space/time where you can become blissful by being who You truly are.

Most people struggle to understand this concept of the present moment of now. They keep looking for it as a moment of time, but it's not time it's a Space, God's Space.

Time is how we measure the past and the future. We can't measure the present moment of now. We can only participate in it with conscious awareness. Truth to be told, the present moment of now is the access point to eternity and Oneness/God/Source/Creator.

So try this different approach to finding this precious moment of now, this present moment: each time you think about the past then tap your left thigh and each time you think about the future then tap your right thigh. The conscious awareness of tracking your thoughts about the past and the future will make you realise how often you do that and how little you benefit from those thoughts. There is nothing you can do to change the past and while thinking about the future may be beneficial, it will only be so if your thoughts are positive and not negative or fear-based.

Once you become so much more conscious of all the extra effort you are expending about thinking about the past and the future with little to no benefit, you may conclude that not thinking at all is preferable for your peace of mind. Not thinking at all will enable you to access the gap between your now much less frequent thoughts and you will become blissful, I being in the present moment of now.

Priorities

We all can choose our thoughts, and many of us can choose our priorities as well. The difference between both victims and victors in life is what they choose to think about and how they prioritise their actions flowing from such thoughts.

People who are deemed to be successful and accomplished, merely do one thing better than those deemed to be failures and unaccomplished human beings. They prioritise their thoughts, words and actions and ensure that they focus on what is important for them to do and not focus on what is urgent for someone else and thereby do their bidding.

Such successful people manage their time correctly, and by prioritising what they need to do, they always have time for the enjoyment of life as well. The poor managers of their own time are the ones usually harried and hassled by life, and they never seem to have enough time, let alone find time for their enjoyment of life too.

It's merely having the self-confidence to put your needs first and to say no when people attempt to put their priorities above your priorities.

Finding time to pray and meditate should be a priority in your life. It should be the focus of your time management and not the issue that is left to do only if you have time.

By having the time to lay the foundation for the day ahead by having prayed and meditated upon waking, your day will go much smoother as it has a solid base from which to operate from.

If you desire to become blissful, then prioritising your time for what is important for you to do and ensuring your day begins and ends with prayer and meditation will put you on that pathway.

Proactive

Way back in 1986 when I was writing my monthly Investment Journal, The Property Economist, I used the word proactive only to be told by my staff, who assisted with the editing, that no such word existed. I merely said it does now!

The title of the research and forecasting article I was writing was called Tough times don't last but tough men do, and it was focused on making my clients aware that the current difficult economic times would pass, and property development required a long lead time to eventuate. I was trying to convince them to commit themselves to develop when the time was darkest as when their projects were ready for occupation we would be in much better economic times according to my forecast.

Being proactive in life requires a positive mindset and the determination to "ask for the order" as they would say in sales training. The positive mindset also requires one to be able to handle the rejection of people saying no to you and not taking it personally, but by playing the numbers, you should get sufficient people saying yes to make it worth your while.

Most people are followers and not leaders. They require a shepherd to lead the sheep. Leaders are by their nature problem solvers and not problem creators and usually rise to the top by being proactive and resolving issues.

Proactivity is required in your desire to become blissful. There is an old Chinese saying; roast duck doesn't fly into your mouth, which means you have to make money to afford this delicacy.

By proactively choosing to align your soul, your Higher Self and your High Power in harmony, peace and love you will become blissful, but it won't happen if you are reactive and hoping everything falls into place by itself without any focused action on your part.

Principles

When you have a bedrock of principles to govern your life, and you stay true to those principles, then your life can be in alignment with your soul, your Higher Self and your Higher Power and harmony, peace and love will result for you.

These principles have usually been formed over millennia and have not only stood the test of time but have been entrenched through their daily application.

I could give you a laundry list of such principles but believe that you should create your list as it is applicable to you. For starters, look at some 200 headings of this book and choose wisely those principles that will work best for you.

A life lived with such solid principles as their bedrock, immaterial of the passing fashions of the day, is a life that will create a springboard of success in this life for you as well as potentially the next part of your eternal life too.

Prosperity

Through the ages, the wise men have warned about the carelessness of prosperity and the ego-based decisions prosperous people make. When prosperity is worshipped as a deity and the powerful become prosperous then danger for all lurks around the corner.

The imbalance caused by irresponsible prosperity and limitless power by those who are prosperous is usually corrected by the ones who have been ignored and who outnumber the prosperous and the powerful.

Revolution after revolution in history has the neglected masses rising against the prosperous and the power-hungry people and defeating them time and again. History is littered with the corpses of the rich and powerful who died trying to hold onto their money and power instead of sharing it equitably with all so that the rising tide of such shared prosperity lifted all the boats.

Today we have the leadership of people like Bill and Melinda Gates and their Foundation, Warren Buffet and other super wealthy people using virtually all of their wealth to uplift the poor and needy of the world. What outstanding examples they are in a world where the top 1% own half the wealth of the world according to a recent Credit Suisse report.

Financial prosperity is easy to quantify, but emotional prosperity and mental prosperity does not have the same easy to use yardsticks of measurement. Nor does spiritual prosperity or religious prosperity but the people with such prosperity are recognisable by their attitude towards themselves, towards others and to life in general. These prosperous people have love, peace, harmony, gratitude, compassion, empathy and abundance written on their faces and in their thoughts, words and actions. These prosperous people, either by spirituality or religion, do not need wealth and power, as they know that everything they have is a trust for which they must render an account for on High.

True prosperity is knowing that you and your Deity and all else are all part of Oneness and that such Oneness will give you what you need, not want, when you need it, for the highest growth of your soul. In this way, your soul, your Higher Self and your Higher Power can blissfully align in harmony, peace and love.

Problems

The first and only problem you will face is by calling a problem by its incorrect name. By calling it a problem, the pessimistic part of your mind sees it as an obstacle blocking its path towards its desired objective. This part of your brain that deals with negative issues, which could culminate in depression, is not creative.

Re-labelling the issue by no longer calling it and seeing it as a problem but as an opportunity, will enable a different part of your mind, which is optimistic, to create an opportunity. Now using the creative part of your brain, which focuses on feeling good about yourself, finds not only a solution but a growth spurt for you in your path of life.

I am going to 'blind you with science' and quote from my friend, neurosurgeon Dr Ian Weinberg's book *Leading with Conscious Awareness*, (page 133):

Ultimately life is a tussle between two brain centres - the dopamine-producing nucleus accumbent (NA) and the adrenaline-cortisol-producing amygdala (Amyg). The NA supports the functions of reward gratification, purpose, curiosity and achievement. The Amyg is about fear, anxiety and anger.

These two centres work in opposition to each other so that gratification, purpose, etc. suppress fear, anxiety and anger. Conversely, fear, anxiety and anger suppress gratification, purpose, etc.

So back to re-labelling problems as opportunities - Albert Einstein (1879 -1936) said, *The significant problems we face cannot be solved at the same level of thinking which created them.*

Your growth and accomplishments in this life only arise by identifying these opportunities, which others see as problems, and resolving them. Sometimes you may be considered to be a genius because you see opportunities which others don't even see as a looming problem, and you resolve them providing a solution before others even knew they had a problem! This was the philosophy of Apple creator, the late Steve Jobs, and as I write this in August 2018, Apple Inc. has just become the world's first trillion dollar company based on the value of its publicly traded shares. Not bad since starting in 1976 and adding an average of some 24 billion dollars in value each year!

Many times a so-called problem exists because the wrong questions are being asked. Consider looking at any so-called problem with a different set of questions and the new answers you find may astound you. By bringing a different way of understanding the issue into play, the answers can be self-explanatory.

If we choose to look at life as a series of so-called problems, or as I prefer to call them, as a series of opportunities, we would emulate the passion and belief of the Wright Brothers who built the first airplane and were quoted as saying, We could not wait to jump out of bed in the mornings.

Is what is perplexing you a problem or is it an inconvenience? If you run out of breakfast cereal in the morning is it a problem or an inconvenience? Is running out of fuel on the way to work a problem or an inconvenience? Is running out of money before payday a problem or an inconvenience?

It's a problem if there is no solution evident, but usually, it's an inconvenience that we label a problem and provoke our Amygdala's brain centre to create fear, panic and anger and stop us from using our Nucleus Accumbent (NA) brain centre to find a solution. Maybe you need to begin re-labeling so-called problems as inconveniences and opportunities!

It's been some 25 years since the Internet was introduced into the public sphere in the early 1990's. In what would be called one generation, being 25 years, the world has been turned upside down and on its head compared to life in the previous few thousand years. Most of us older folk are still stumbling around in the dark as to our usage of it for emails, Internet searches and learning to use it for writing, accounting, and other day-to-day issues. The youngsters who were born from 1985 onwards consider the Internet to be the norm and have taken to it like a duck to water.

I was talking to a Lawyer a few weeks ago, and he is around 45 years old. He told me that when he was newly qualified he had two dedicated secretaries handling his workload and today he and ten Partners share one secretary among them, mainly due to the Partners using emails instead of dictation to a secretary.

Life is about change, which is indeed one of the only constants we can be assured of. My acronym for CHANGE is *Clearing Healing And New Gifts Emerging*, and for those who are threatened by such

change, then they are seeing every issue as a problem and not as the opportunity it could be if you embraced change as such.

Now onto the spiritual side of problem-solving or opportunity creating solutions. There is a well-worn saying that goes, God will never give you anything you can't handle. While it sounds like a sound bite from a Country and Western song it has a ring of truth to it.

The Course of Miracles, a life-changing book that is supposed to be the Channelings of Jesus, states, You have no problems, though you think you have and goes further to state, Trust would settle every problem now.

And that my friend brings us back to my acronyms for TRUST - *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally*.

Sometimes you have to turn your so-called problems over to your Higher Power. If the solution is for the benefit of humankind in some way, then the solution will probably pop into your head when you are in the bath or shower or walking in Nature or stuck in traffic or elsewhere. Your NA's brain centre is free to act now because it is not being suppressed by the Amygdala brain centre's fear, anxiety and anger.

If you can align your soul, which is accessed via the NA's brain centre thought processes of gratitude, purpose, curiosity and achievement, with your Higher Self and your Higher Power, then you can tap into the Unlimited Energy that is the Creator of All That Is. That is where the solutions will be found for your new opportunity masquerading as a so-called problem. You will also become blissful in the process too!

Purpose

Does life have any purpose? Go through a cemetery and see thousands of headstones marking thousands of graves. Did it make any difference whether those people believed that their life had a purpose and even if they fulfilled that purpose - so what? What difference did they make to the world at the time they inhabited it?

Perhaps their spouse or partner and any children and even some grandchildren may have known they existed. Maybe a few faithful friends and work colleagues knew they existed but in the grand scheme of things did their life have any real purpose? Maybe they created something of value for a time, maybe they were kind, gentle and caring to others? Maybe they were serial murderers? But given the passage of time who cares that they were alive and whatever their purpose they aimed for and maybe even achieved is seems meaningless now?

Living a physical life with a purpose of physical achievement is likely to end up as food for worms, or creating ashes and dust.

Are we asking the right question when we ask about the purpose of our life? Most times we ask questions to fit the answers we are likely to find but are we asking the right questions?

Perhaps we should not ask what our purpose in life is but rather what God's purpose is in placing us here? What was our Soul's purpose in our Soul Contract that required us to fix the gaping hole in our soul? Now we may be on the way to finding our real purpose for being here. Unlike those thousands of graves and headstones that appear to be without a higher purpose for their lives, if we ask the correct questions we are likely to find the true purpose for our life.

Living a life of purpose as an eternal spiritual being is a whole different ballgame! Now your purpose can aid your eternal growth and development; now your purpose has a purpose - eternal growth to become Godlike.

The thrust of this book is to assist you in becoming more blissful, and the way to do that is to come from your love-based soul and connect with your Higher Self and with your Higher Power in alignment, to achieve harmony, peace and love. That could be the purpose of your life if you want to pursue such a purpose.

Reality

Most of us confuse our reality with our perception. We take this perception we call reality and consider it to be the truth as we know it to be.

Let's take a moment to see how this reality arrives in our mind as the truth. Reality begins with a thought-based belief, and that belief is based on our perception of how things are in our world. However, what we look for is dependent on what we think but what we think depends on what we perceive. Our beliefs are dependent on our perceptions, and that is what we call the truth. This truth becomes our reality.

So, if you are not too confused by all of that, our perception is our reality.

William Blake (1757-1827) said, *If the doors of perception were cleansed, everything would appear as it is, infinite.*

If you were a caterpillar, your perceived reality would be your death, but the perceived truth for the butterfly is one of life.

Another favourite quote of mine, this time from Friedrich Nietzsche (1844-1900), *And those who were seen dancing were thought to be insane by those who could not hear the music.*

And a final quote on perception this time from Anthony de Mello (1931 - 1987), *We see people and things not as they are, but as we are.*

Now you can begin to see how inaccurate one's reality can be and why our judgement about people and events are often so incorrect.

One set of realities we can believe in as it suits our purposes to do so is that there is a Creator of not only this world but of countless galaxies and universes too. Furthermore, that we are a soul, immortal, eternal and a part of such a Creator and that we live in Spirit eternally as a soul and as our

Higher Self and we seek to become the perfection we call our Creator, who we believe to be Love and Light.

In believing in this set of realities, we seek to become blissful by aligning our soul and our Higher Self with our Higher Power in harmony, peace and love. We can feel the difference this purposeful journey makes in our lives as we feel enlightened, and we feel the unconditional love we give and receive. But it may just be a feeling and have no relevance beyond that?

Alternatively, it may be the purpose of our life and of that of our perceived soul. We won't know what reality is and what our perception is of such reality until we are no longer alive in this world as a physical body and mind.

So much for defining reality!

Recognition

There are very few people who intentionally do not want to be part of a pack or enlarged family of some sort. These people are usually individuals who are well balanced but merely prefer to be alone and isolated from others who need to be part of something beyond themselves. Alternatively, they could be the more dangerous loner types who do not feel that they fit into society and sometimes end up with a rifle in a bell tower at school, killing their fellow pupils and the like.

The need for companionship initially arose as a self-protective mechanism thousands of years ago when wild animals and wild men roamed the plains and being on your own had a short life expectancy.

Today we seek out others whom we recognise are like us, and we form cohesive units with those perceived to have similarities to ourselves. We are expected to be a valuable member of this group contributing when and where required to do so for the well-being of all in the group.

Another form of recognition is ego-based and requires others to recognise our increased value to their lives. The desire for such attention is quite perverse because we go out of our way to become famous and be accepted but then we hide behind dark glasses in public to avoid being recognised and plagued by the man-in-the-street whose attention we sought to begin with. We use the various avenues of ego-gratification to satiate our need for attention such as fancy cars, palatial homes, trophy spouses and the red carpet treatment through life. The imbalance of such a lifestyle usually doesn't end well for us, or our marriages and our children. The wrong gods are being worshipped in this materialistic world, and such fame and fortune are usually fleeting.

Perhaps recognising the one stable component of our lives, our true belief system that we are an eternal soul, a part of Oneness/Source/Creator/God and that the more significant portion of our soul remains in Spirit as our Higher Self. This is a form of recognition we can abide with and grow with as we align our soul, our Higher Self and our Higher Power in harmony, peace and love. This form of recognition results in us becoming blissful.

Rejection

No one enjoys rejection. It feels like a loss and that you are a failure.

But perhaps we should be thankful for rejection for two respects:

The first is non-acceptance of the rejection and the determination to steel our resolve to ensure that we accomplish acceptance. This is from an ego perspective and is the way failure is overcome, and success is achieved.

The second is based on acceptance and then followed by surrender. This is the spiritual sense of surrender where your knees hit the floor in submission to your Higher Power, and you ask for guidance and direction for what you have to do now?

Many times, when things we wanted do not come as we wanted them to we feel that the pieces of our lives are falling apart. Acceptance and surrender lead to a different philosophy that things are not falling apart but are falling together in a new pattern we did not expect.

By learning to say Thank you God for everything that happens to me, whether we judge it as good or bad, and by learning to TRUST - *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally* we accept and surrender to the news of the rejection in a positive faith-based way.

This is a love-based soul approach to rejection which does require faith to see it through because our DNA of survival, of fight or flight, is tens of thousands of years old and through our faith, we override what is encoded in our DNA.

A way to accomplish this faith-based approach to rejection via acceptance and surrender is to align our soul with our Higher Self and our Higher Power in harmony, peace and love as I have been saying for each of the headings of this book.

In this way, you do not only overcome rejection, but you substitute the negative feelings of rejection with the positive feelings of becoming blissful. Not a bad substitute at all!

Relationships

The essence of a relationship is to relate. Sometimes we forget this and blame the relationship for going wrong when it's the 'relate' part that is missing in the relationship.

The part that we do relate to usually is what's wrong with the relationship instead of focusing on what's right with it!

Your first and longest relationship is with yourself. If you are not your own best friend then expecting another to become your best friend is not possible as they are a mirror for you. If you don't like and love yourself, then whatever relationship you enter into with another cannot be of like or love.

Many people form relationships to avoid themselves, and that is like giving a sharp knife to a two-year-old. There will be blood!

So the initial steps are to become your own best friend, to like and love yourself first before you step across the threshold of a relationship and seek another to become your best friend, and you, theirs, to like and love them with the like and love within you, for you.

Now for the biggest surprise of all concerning relationships where love is involved. Ready for it? Relationships are not for happiness they are for transformation.

Sorry Hallmark Cards but relationships are like chemical reactions, they transform the two components into a third component, the relationship itself, now with continually transforming people becoming the best, or the worst, they can be.

The emotional spark we feel when we meet “the one” we have been dreaming about is a chemical reaction, and that is why we say the chemistry is great between us.

That spark is ignited because we see that person providing to us what we perceive we lack within ourselves and usually it is from the lack of nurture we felt as a child, and we still feel to this day. The spark is the recognition that this person can complete me and wipe away all the unhappiness and incompleteness I feel so I can become whole.

Sorry to pop your bubble but you have to complete yourself through your evolvment, and your partner also has to complete themselves. The transformation process that the relationship will bring to the table will provide the opportunities for you both to confront your issues of incompleteness and to resolve them individually.

Now, this is the critical part of this chemical reaction of transformation, so please read carefully. How you attend to that self-growth and completeness will depend not only on the success of the transformation of you and of your partner individually by yourselves, but it will also depend on the success or failure of your relationship too.

If you can both be brave enough to acknowledge that you both have some homework to do individually on yourselves to create a complete person and that by completing yourselves individually you can both bring two complete and whole people into the relationship then you are approaching the relationship from a win: win perspective.

But it takes guts and an egoless and humble approach in telling the other party that there is something not right with you that needs working on but that you want to make it right so that you can have a long-lasting, loving relationship with them.

If you both acknowledge that no one's upbringing is perfect and that there are emotional scars that need to be dealt with and you both are willing to hold each other's hand while you do your homework individually, then you are off to a running start in this relationship and success waits around the bend.

From this place of emotional nakedness you can develop friendship, trust and love as you build your relationship with an honest foundation.

From this place of your now true relationship, you can avoid the issue of many, if not most, relationships, and that is that you will both experience the power of love together and not the love of power of one over another.

Of course, I can write much more about how to have and maintain a love relationship. Whatever else I say is about relationships that don't have this well-founded honest foundation. I would say instead that you focus on creating that foundation first before you hear about other remedies for relationships where the foundation is damaged through non-disclosure of your past lack of nurturing and hoping to build upper stories on a cracked and broken foundation.

Naturally, there is a spiritual solution to such a love relationship with a cracked foundation, and that is identifying where your fear based ego is at play and where your love-based soul affects your verbal and non-verbal communications within your relationships.

As always throughout this book, we turn to the need to align your soul, your Higher Self and your Higher Power in harmony, peace and love and to bring this alignment into your relationship whether or not your partner does so too. This is a way to overcome what may be seen as incompatibility between the two of you. When you come from such unconditional love and no judgment but are merely open to fully understanding each other with love, then the other person will either rise to the occasion or not. If they are sincerely willing to rise to the occasion but have not reached your heights, as yet, then support is needed from you. If they choose to see your kindness for weakness and abuse you in some way or form then perhaps the relationship journey is ending and it's time for you to release them in forgiveness, understanding and love.

I know experientially that this soul alignment process works and happiness, joy and bliss awaits even though it will take much longer than one would like.

Religion

Religion is a great idea, but people tend to spoil it!

The basis of most religions are sincere and usually a great recipe to follow for an enjoyable and even blissful life. But when man's ego intervenes in making the rules and regulations under the guise that their Deity ordained this, then religions tend to veer away from the intentions of the Golden Rule of doing unto others as you would like done unto you and man's need for power and dominion over others emerges.

Religions create traditions, dogma and formulae for their adherents to follow and in this process tend to differentiate themselves from others not following such a religion. Man's ego arises, and differentiation is usually seen as superiority compared to others, both within the religion and outside of it too.

So much energy is expended in following the man-made rules, regulations and traditions of the religion that there is often not enough energy left to practice the basic tenants of the religion - being kind, considerate, compassionate, friendly and loving to themselves and others both within and outside of their religion.

If one were to study most religions, a commonality would emerge similar to the Golden Rule. More importantly, such a study would reduce the bias and prejudice of one's own beliefs about how your religion is the only one worth practicing to find your way to your Deity.

Man's religious insecurity comes across as superiority in an attempt to hide the ego-based insecurity of not having a personal relationship with one's Deity and truly knowing and experiencing the Unconditional Love of such a Deity. This lack of knowing and experiencing such Unconditional Love and claiming their religion to be other than that, is what, for most, religion has become. The usual focus is on the features of one's own religion and why it is superior to all others instead of finding the commonality of Unconditional Love inherent in every religion and respecting each other's religion for having this Love as its basis.

This focus of fervour and myopia is also seen in the support of certain sports teams verging on having a religious flavour for their fanatical supporters. They lack the ability and, quite frankly, the intelligence to be able to discern that the eleven men on the field kicking a soccer ball don't know that the supporter even exists and don't care that he may have invested most of his time, money and energy in being a fervent supporter. The ardent supporter needs to belong to something greater than himself and consider himself to be part of a team. That is one-way traffic as far as the actual team playing on the field is concerned as it's based on one-way hero worship in the same way that their Deity may or may not be worshipped by the supporter.

The need to be different and superior is what drives the supporter and the religious fanatic.

In a previous book, I have written about the homeless in the USA which was determined at some 600 000 if my memory serves me correctly. I discovered that there were some 300 000 places of worship in the USA. I proposed that if each place of worship took in and looked after two homeless people, then there would be no-one sleeping on the streets in the USA. My suggestion was to house them, feed them, clothe them and then give them skills training so that they could find meaningful employment and become self-dependent in time.

Now, in my book, this is what religion and houses of worship should be focusing on - the upliftment of people of all religions, colours and creeds and not what you should wear, or eat, or not eat, or in which direction to face while praying and so on.

When religious people focus on such upliftment of all people then their soul, their Higher Self and their Higher Power can come into alignment for them to know harmony, peace and love and so become blissful. In this way, the Power of Love will replace the current Love of Power of one religion over another.

I leave you with two more thoughts or questions about religion. Firstly, if God is Oneness then how can there be more than one religion. All religions are then the same?

Secondly, God has no religion, and we are part of God so, ipso facto, we should not have a religion either, only the belief, behaviour and experience that God is Love and so are we at our essence.

Resistance

There is a spiritual maxim - what you resist, persists.

There is a Universal flow in life and the cyclical patterns we witness and occasionally participate in show the permanence of this Universal flow.

When you decide to resist this Universal flow and create an obstruction to it through your resistance, you are pitting your mental and physical strength and resolve against the Universe's power, and there is no way you will win. You might even win a battle, but you will lose the war, it's inevitable.

Merely look at Nature, and its infinite patience and you will see the odds you are up against in your resistance.

In our search to become blissful, we need to align our soul, Higher Self and Higher Power without any resistance whatsoever to create harmony, peace and love. Any such resistance can only be ego-based, and by coming from our love-based soul, this should negate such resistance.

Respect

My acronym for RESPECT is *Recognise Each Soul Politely Ensuring Correct Tribute*.

There is precious little more I can add because if you show such respect for yourself and others, then I guarantee your life will be one of gratitude, happiness, joy and you will become blissful.

Because you show such respect to yourself and all others; animal, vegetable and mineral, you will be coming from soul-based love, and in doing so you will align your soul with your Higher Self and your Higher Power and know harmony, peace and love, becoming blissful.

No one can take your respect away from you; you have to give it up in the myriad of ways man has concocted to do so. Once you lose your self-respect, then others see it as a sign to give you disrespect.

In our material world, the essence of respect has shifted away from one's behaviour to show respect for what assets one owns or even rents. It is encouraging to see the Millennial generation showing less respect for material possessions and more for their sharing of advice and knowledge and caring via social media channels to earn their reputation. Something like participating in TED Talks is aspirational and worthy of respect, compared to arriving to give such a talk in a Rolls Royce or Bentley and receiving respect for that as previous generations would have done.

Respect is the cornerstone of any relationship including your relationship with yourself. By giving respect, you receive respect, and from such respect, like, trust and even love can grow in any relationship.

Since the launch of the Apple iPhone in 2007, the ubiquitous smartphone has altered the concept of respect, especially for the younger generation who now consider that multitasking by being on their

smartphone while communicating face to face with another person is still somehow respectful. Regrettably, this is now becoming commonplace and accepted practice for smartphone users of all ages.

What this lack of respect will do for human relationships, in my view, is open the door for less respect between people as somehow FOMO, the Fear Of Missing Out, is more critical than a genuinely warm relationship. I believe that when one needs help from another, and the relationship web of respectful communication is not there through the acceptable distraction of smartphone FOMO usage, then as they said in the movie Ghostbusters, who you gonna call? Social media friends are not likely to come to your aid in a crisis, they will be too busy checking their phones due to FOMO.

The cycle, like all cycles, will turn and perhaps genuine, heartfelt respect for another and not FOMO will return one day.

Responsibility

The “big bucks” go to the one who shoulders and manages the most responsibility.

I see the word responsibility as the ability to respond. Those who step forward and accept responsibility are usually in the minority with the majority prepared to be the sheep and to be told where to go by the responsible shepherd.

Having the self-confidence to step forward and accept responsibility is something usually taught to young children. Those young ones who do step forward typically have to stumble and fall about a bit until they learn that failing is not falling, but it is staying down. With each success, their confidence grows until they willingly look for new opportunities beyond their comfort zones to attempt and eventually learn to maximise the opportunity of such an experience. And that my friend is where the winners, the victors of life come from. They learn not to be afraid and to see change as an opportunity to grow.

If you are a parent or a grandparent now is the time to encourage your age-appropriate child or grandchild to get out of their comfort zone and experience new adventures where they take responsibility for the success or failure of their efforts. Please explain to them that failure is merely a learning experience and is only final as a failure if you get knocked down and stay down out of fear of getting up and trying again.

If you are a young adult or an adult reading this, then you too can follow this advice and get out of your comfort zone and grow your responsibility muscles too.

When you are entrusted with responsibility, you should be thankful that the person trusting you believes enough in you to do what has been asked of you. Using their confidence in you as your springboard, draw up your plan, prepare correctly and then get into action because responsibility requires a positive response.

Winston Churchill (1874 - 1965) was the Prime Minister of Britain during the Second World War and against all odds he stood firm against the possible Nazi invasion of Britain and is quoted as saying, *The price of greatness is responsibility.*

Self-respect, as we will discover later on in this book, has its roots in taking personal responsibility.

If you want to become blissful, then you will need to be responsible in your approach to align your love-based soul with your Higher Self and your Higher Power to ensure that harmony, peace and love become your responsible, blissful self.

Sabbath

The 4th Commandment in the Ten Commandments found in both Exodus and Deuteronomy in the Bible is: Remember the sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a sabbath to the Lord your God.

Everyone should rest one day a week and use that day to rebalance their lives. This weekly rest day gives one a chance to reconnect to one's spiritual roots and to have family time together.

All work and no play makes Jack a dull boy is an old proverb with origins going back to 1659.

In my way, I have attempted to keep the Sabbath since 1980 and believe that it is the primary reason I have a highly productive, healthy and happy life with the love of my family as my prized possession.

I offer that to you as a recommendation that it works for me and hopefully can work for you too.

The Sabbath day allows us to connect spiritually without the pressure of the outside world breathing down our necks as it does for the other six days in the week. There is time to meditate, read, listen to audio books, pray and align our soul, our Higher Self and our Higher Power in harmony, peace and love. In this way becoming blissful is aided by keeping the Sabbath.

Security

I believe that co-incidence is God's way of being anonymous in our lives while reminding us of His Light and Loving presence through what we call coincidence. I happen to be writing this section about Security on August 2, 2018. On this day 42 years ago I became self-employed and left the so-called security of earning a monthly salary.

One thing I have learnt about so-called security is that there is no such thing. When our brain centre controlled by our amygdala, which is the fight or flight response, is focused on security, its concern is the lack of security, and it brings the ego-based fear and the potential loss of something of value to us uppermost in our thoughts. This fear-based thought process suppresses our other brain centre, the Nucleus Accumbent (NA) which produces the feel-good dopamine chemical, from developing creativity, passion, growth, solutions, etc. as spelt out under the Section entitled Problems.

I reproduce that subsection here:

Ultimately life is a tussle between two brain centres - the dopamine-producing nucleus accumbent (NA) and the adrenaline, cortisol-producing amygdala (Amyg). The NA supports the functions of reward gratification, purpose, curiosity and achievement. The Amyg is about fear, anxiety and anger. These two centres work in opposition to each other so that gratification, purpose, etc. suppress fear, anxiety and anger. Conversely, fear, anxiety and anger suppress gratification, purpose, etc.

(Source Dr Ian Weinberg, Neurosurgeon - *"Leading with Conscious Awareness"*)

Our need for security is a bottomless pit as there are no guarantees in the vicissitudes of life. Developing our self-confidence and our proven abilities to handle these changes in our lives is the closest we can get to feeling secure that we can handle the unknown of the next minute, day, month, year of our lives.

The relishing and embracing of life's insecurities and having no fear-based thoughts whatsoever is the only real security we can develop in handling the unknowns ahead of us. Seeing the unknown challenges ahead as opportunities and not threats and developing the knowledge, wisdom and abilities to tackle them and develop these opportunities is the way to become secure.

The optimist sees the glass as half full while the pessimist sees it as half empty, but the realist knows the glass is refillable so no matter how you look at its current position, simply fill it up - problem solved!

For those who lead a spiritual life, their real security comes from their belief in their Higher Power. Knowing that it is possible to hand your life over and to Let Go and Let God in usually gives them peace of mind.

Such TRUST - *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally* develops the NA brain centre which releases dopamine through the gratitude of ones belief in your Higher Power and keeps the Amygdala brain centre of fear-based thoughts suppressed.

By aligning your love-based soul thoughts, with your Higher Self and your Higher Power, the feeling of security is enhanced by becoming blissful.

Self

For those of us who believe, and even know, that we are eternal souls in a physical body on this visit to earth, the concept of Self-means Oneness. We are the love-based souls, and we acknowledge and are grateful to know and experience this Oneness in our lives.

For those people who are ego-based, the concept of Self means that the world revolves around them and is here for their purposes alone.

For the former, love-based people, the concept is one of "it's not mine it belongs to everyone", and for the latter, ego-based people, the concept is "it's all mine!"

In my view, enlightenment is knowing Self is Oneness and for the ego-based people, they seek the external spotlight of attention rather than the inner light of enlightenment.

Goethe (1749 - 1832) said, *If everyone sweeps in front of their own door then the whole world is clean. I would infer from that - if we all took responsibility for being the best we can be then together we are Oneness.*

Even the term selfish can be interpreted differently. Usually, one is considered selfish when you do things to specifically benefit yourself, generally at the expense of one or more other people. We should look at selfish from another angle, not of inward focus but of the irresponsibility that comes with ignoring the needs of others. So being selfish is now seen as both inward focus and outward ignoring of others. Now it seems that being selfish by inward focus only is not as bad!

Valuable human beings that are sought out by people who know the meaning in their lives have one thing in common, and that is their liberation from the ego-based self. These people do not seek to be something but rather someone. The image they portray is not a false one but just the real love-based soul within the physical body.

Everything is perfect in God's world. We need to find the perfection within what we perceive to be imperfection. We need to acknowledge that if God made it, then it is perfect exactly as it is. Instead of looking for why it is different to our perception of what we would like it to be, we embrace it as a part of God, a part of Oneness and know that it's perfect as it is.

With such a belief and understanding of the Oneness that is Self, we can align our love-based soul, with our Higher Self and our Higher Power and know harmony, peace and love that is such Oneness.

Self - Belief

Life presents us with two choices about self-belief. We either believe in ourselves, or we choose not to believe in ourselves.

These are the two goalposts on the pitch of life, and we usually go up and down this pitch, from goalpost to goalpost, depending on what is happening to us at any given time. This is a reactionary way of living dependent of what life presents to us.

A responsive way of life is a more constructive way. A response is what is commonly now called mindfulness; being conscious of what is occurring now and choosing a response to it rather than a knee-jerk reaction to it.

If you have a well-founded self-belief, then you will be aware of your intelligence level, abilities, skills, experience, passion, determination and persistence levels in handling whatever life has put into your path at any point.

The chasm between I Can and I Can't is the widest space known to man. Once your neural pathway has that I Can or I Can't belief in your brain the ability required to change it is immense.

The starting point to become either a Victor or a Victim in life is the decision you make of either saying I Can or I Can't.

The self-belief that you have is usually dependent on what was said verbally or Non-verbally to you by your parents, siblings, teachers, friends or enemies in your formative years imprinting their beliefs about you upon you which becomes your self-belief. If you were told that you were clever, capable and could do anything you set your mind on doing, then you would have a positive self-belief. Conversely, if you were told you were stupid, incapable, useless, a failure and couldn't do a thing, then your negative self-belief would be imprinted upon you.

Similarly, if you felt love in your formative years and you had the attention, respect and encouragement you needed from those at home, at school and on the playground then your self-belief would be entrenched. Conversely, if you didn't feel any love, care, concern, respect and encouragement from your first family, at school and on the playground, then you most likely would have developed negative self-beliefs.

It seems unfair that others, whom you trusted, have imprinted their beliefs about you which resulted in your self-belief. Well, that is life, and is in your past, and cannot be changed, but you can change your thoughts about it and substitute your positive self-belief thoughts for those negative ones imprinted upon you by others.

With constant repetition of well-founded positive thoughts and accomplishments to back up that self-belief, you can change the neural pathways in your brain and move from the goalpost of negative self-belief to the other side of the field and arrive at the goalpost of positive self-belief.

Let me not make light of the effort that is required for such a transition to occur, but it is possible to do and to achieve. I am a Survivor and Thriver of such a transition and know the passion, dedication, determination and persistence required to reverse the negative imprinting by others which created my lack of self-belief and converted it to positive self-belief. It needs continual and consistent effort, and like rolling a rock up an incline, if you let your guard down, the boulder rolls down the hill and may even damage you in the process.

I believe that we create our Soul Contracts in Spirit and choose the other souls in our Soul Group to act, among other things, as the people who, so-called, damaged us intentionally so that we can fix the gaping hole in our soul. In this instance the gaping hole in our soul is lack of self-belief, then we can be assured that we chose this journey and that we are on the right path when developing our much-needed self-belief.

For those of a spiritual nature, a starting point for such a journey to develop self-belief, is the aligning of our soul, our Higher Self and our Higher Power in harmony, peace and love. In this way, we begin our journey to becoming blissful with well-founded self-belief stemming from our belief in such a Higher Power as our Co-Creator in our life, eternally.

Self - Discipline

Self-discipline is a stepping stone to create self-belief as discussed above.

Buddha (563BC - 483BC) said: *To conquer oneself is a greater task than conquering others.*

Plato, (427BC -347BC) said: *For a man to conquer himself is the first and noblest of all victories.*

Nothing has changed in some 2500 years. The person who can conquer their thoughts, words and actions and make them serve them best in a positive, constructive way is invincible and unstoppable as an impressive human being.

The self-discipline required starts with setting your level of perfection to do what is required daily to achieve your goals and dreams. This was well covered in my free book *Achieving Your Goals and Dreams* found on personalempowerment.co.

The aligning of your love-based soul with your Higher Self and your Higher Power in harmony, peace and love to become blissful requires the self-discipline to keep focused on such alignment and not allow and enable self-doubt and lack of self-belief to hijack your thoughts away from such an alignment process.

Self - Esteem

While we are going back in time to learn from people who are seen as intellectual giants, even some 2500 years later, let's see what Pythagoras (570BC - 479BC) and Plato (427BC - 347BC) said about self-esteem:

Above all else, revere yourself - Pythagoras

The man who makes everything that leads to happiness depend upon himself, and not upon other men, has adopted the very best plan living happily - Plato

Your self-esteem is yours and should not be in the hands of anyone else. As explained under the topic of Self-belief you can change and improve your self-esteem.

The problems we encounter in our lives arise due to our lack of self-confidence in being able to deal with difficult issues. Life happens to us 24/7 and calling something a difficulty implies it is beyond our ability to handle it as another solvable issue in our life's path. If we knew we had the self-confidence to deal with these issues, then they would be as solvable as brushing our teeth.

What you chose to think about yourself is all that matters. What others think about you is filtered by their prejudices, biases, insecurities and fears and even perhaps their hopes and feelings of love. But it's their thoughts, words and actions and not yours, while your self-esteem is yours and not theirs!

In developing your self-esteem, be kind, gentle, caring, concerned, compassionate, empathetic, respectful and loving towards yourself and towards others. Others will appreciate your feelings towards them and will reciprocate your sentiments back to you. Now you will live in a world primarily filled with love-based soul feelings. Developing self-esteem in such an atmosphere will now be more natural.

Creating self-respect, self-value and self-worth which you easily share with others by respecting and valuing them, being kind, abundant and generous towards them, will develop strong friendships while you build your self-esteem.

Self-esteem is not a competitive endeavour whereby you measure yourself against another. Merely try and be a better human being than you were yesterday. Your goal is to become Godlike, and so there are many days and an eternity to get through in reaching your goal.

Developing self-esteem and with it growing self-love will diminish your dependency upon relationships with others, because a person who loves themselves from within is never lonely.

Your self-esteem will determine how you will relate to the world and how the world will relate to you. By changing and improving your self-esteem, you will create a changing and improving world outside of you too.

Now with such an improved self-esteem we can align our soul, our Higher Self and our Higher Power in harmony, peace and love and know within what becoming blissful feels like.

Self - Knowledge

Keeping with my recent theme of learning from the giants of history about the self, let's begin with a quote from Lao Tzu (604 BC) and the author the Tao Te Ching:

Those who know others are intelligent; those who know themselves are truly wise. Those who master others are strong; those who master themselves have true power.

Now let's turn to Jesus (0 -33 AD): *The kingdom of heaven is within you, and it is without you.*

Adi Shankaracharya (788 - 820 AD), Head of mathematics in the Advaita Vedanta tradition:
Let the seeker after Self-Knowledge find the Teacher (the Higher Self), full of kindness and knowledge of the Eternal.

William Shakespeare (1564 - 1616), said: *This above all, to thine own self-be true.*

We all have that "still, small voice within", as it is often referred to, and today we call that voice our conscience. Unless we are psychopaths, we know the difference between acceptable norms and the mores of our time. We know the difference between so-called right and wrong. We have the Ten Commandments from both Exodus and Deuteronomy in the Bible of the Judea/Christian belief system as our guide. Other religions have similar moral guideposts too.

Even those who are irreligious know the acceptable norms of society, loosely termed, what is right and what is the wrong behaviour. This self-knowledge provides the milestones of our journey through this life and eternity. If we choose to do wrong and to be wrong regarding the mores of society, we would experience the causal nature of our thoughts, words and actions and experience things we may not be too pleased about. Conversely, if we choose to do what is termed right by these mores, we will experience the causal nature of our thoughts, words and actions and be pleased with these outcomes.

From a spiritual viewpoint, Self-Knowledge, is experientially knowing that you are part of your Higher Power and that together we are Oneness.

With this Self-Knowledge you can align your love-based soul with your Higher Self and your Higher Power in harmony, peace and life and know the feeling of becoming blissful.

Self - Love

And now it's the turn of Buddha (563 BC - 483 BC) to provide wisdom about self-love: *You could search the world far and wide to find someone more deserving of your love and affection than yourself; you'll never find that person. You yourself are more deserving of that love than anyone in the universe.*

The self-love that is referred to is an egoless self-love based on humility, appreciation and gratitude for knowing that as part of your Higher Power, who is Love and Light, you too are Love and Light. What more could you want to be?

No matter what material possessions you own or how much plastic surgery you undergo to make yourself as perfect as possible, and even if you had all the money in the world, could your value be more than the pure self-realisation that you are self-love at your essence? You are Light and Love and if you truly believed that then becoming blissful is your inner sense of being.

When you truly know this self-love experientially then having self-respect is the same as having regard for your Higher Power of which you are a part. You would not willingly disrespect your Higher Power and nor should you disrespect yourself in any way or form.

Sensuality

We come to earth to experience the deliciousness of our five senses - touch, smell, taste, hearing and seeing. Here we can experience the sensations of our sensuality and a passionate way of being.

Many of us take these senses for granted, and many deliberately dull these senses through smoking; taking prescription drugs; illegal narcotics and abuse of alcohol.

Every day presents a new opportunity to use our five senses to the full, but we tend to use our energy to travel to and from work in a glass and steel cage of some description, we enter air-conditioned or heated workspaces, we exit to move back home and we become protected from sensuality. We then throw some frozen food into the microwave, gulp down our dinner and slump in front of the TV watching senseless entertainment before we trudge off to bed to do it all again tomorrow.

We may as well not even have our senses as we ignore them so much.

What about arising at dawn to watch a beautiful sunrise, to listen to the birds welcoming the start of a new day, to make or buy a lovely healthy breakfast and see and taste the beautiful fruit and delicious smell of freshly brewed coffee or taste the freshly squeezed orange juice. On your journey to work, weather permitting, walk as much of the way as is feasible smelling the flowers and watching the early morning sun colouring the way for you. Throughout your day and evening be conscious of your five senses and use them as much as practically possible.

By becoming aware of your sensuality, life will become more beautiful for you as you dip your hand into the spring of life rejuvenating yourself and your soul.

When you align your soul, your Higher Self and your Higher Power in harmony, peace and love to become blissful you experience every possible sensual delight possible.

Service

Who is serving who? When you serve another, you receive a sensation that makes you feel better about yourself. You receive gratitude for your service, and according to Maslow's Hierarchy of Needs, this feeling of receiving appreciation is high up on our needs.

When you serve others willingly your life has meaning and purpose. Also, such serving usually creates a feeling of humility rather than one of boastfulness or pride.

We grow up with a mother usually serving us in love, care and concern for our Well-being, so we have an example of service from the earliest days of our memory.

The real beauty of genuine service is that anyone can do it at any age, educational level and skill level. All that is required is a heart full of grace, love and wellbeing for another.

Those of us following a religious or spiritual path may wish to believe that we are serving their Higher Power by helping man. Well, if we believe that we are a part of such a Higher Power and we are also Light and Love, then by serving our fellow man we are, in fact, serving our Higher Power.

This knowledge and belief of our service make it easier to align our soul with our Higher Self and our Higher Power in harmony, peace and love. Such service will create a feeling of becoming blissful.

Sharing

We usually equate sharing by giving something we have to another. While this sharing is valuable, sometimes sharing can go beyond the obvious giving of something to another.

We can share our experience, our knowledge, our information and our wisdom and thereby benefit others. We can share a smile with someone who needs a laugh more than anything else. We can share our support when someone needs it to keep them from falling over the edge. We can share our concern when someone is in need of a friend on their side.

Somehow merely knowing that others care about you and share whatever they can with you seems to lift us up and make us overcome any difficulties we face. A problem shared is a problem halved.

Each year over 1 million people lose hope and commit suicide throughout the world. Those left behind usually wring their hands and wonder what they could have done to stop this happening. Let us not wait to share what we have in case someone needs it, but instead, we should have an attitude of "sharing is caring" and not hold back wherever we are and adopt such an attitude in practice.

As discussed in the previous topic – Service - we feel better for sharing whatever we can with another.

The ultimate in sharing is the way that our Higher Self and our Higher Power share their alignment with our love-based soul, in harmony, peace and love and we become blissful through such sharing.

Silence

While silence is usually desired, it's stillness we crave. We can have silence, being the absence of sound, but stillness is also the silence of our thoughts.

In such silence and stillness, we can find the gap between our thoughts which is what I term God's Space in my free book *How to Live in the Now* found on personalempowerment.co. In this silence and stillness, the "voice" of our Higher Power can be heard and felt through our feelings, being the language of our soul.

It never ceases to amaze me that people pay a lot of money to go to a spiritual conference or a retreat to listen to other people, so-called experts on the topic at hand. Instead, if they merely kept silent and strove to keep their mind's thoughts at bay, they would learn so much more in the silence and stillness than from any expert speaker.

If we lived our lives by only speaking if and when we could improve on the benefits of silence, then our lives would be infinitely better. No one has put their foot in their mouth and regretted what they have said when they have kept silent.

Many people are involved in what is termed "small talk" or trivial chattering, and this ego-based noise stops their souls from connecting to their Higher Self and their Higher Power and finding harmony, peace and love. Becoming blissful can only be found in silence and stillness and not amongst the ego-based noise of "small talk".

Simplicity

Simplify to simply fly! The wisdom of life is ridding yourself of non-essentials. When you boil down what you need to live relatively comfortably you will be surprised how much you can get rid of that is unnecessary.

In my new home in Mauritius, I moved into a fully furnished apartment. My personal needs are for my computer, mobile phone, some summer type clothes, a few books and toiletries. I left my 780m2 home in Johannesburg full of "stuff" accumulated over some 30 years of living there and besides leaving my sons there I don't miss anything left behind.

I have two Jaguars in the garage in Johannesburg and in Mauritius I bought what I call my "Noddy" car. A Toyota Aqua hybrid 1400cc automatic, and I have never been happier driving around. It hardly uses fuel!

When your life is cluttered with “stuff”, you have to find space for it, maintain it, insure it and decide when you are going to use it again. When you declutter your life of “stuff”, you become as free as a bird.

When you simplify your life, you have more time for the essential things in life. In my case that is meditating, praying, writing, managing my various businesses, assisting people in different ways, keeping in contact with family and friends, socialising, exercising and enjoying life.

In this freedom, there is time for connecting your love-based soul with your Higher Self and your Higher Power and aligning in harmony, peace and love. In this process becoming blissful is a natural extension of this alignment.

Smile

My acronym for SMILE is *So Make It Love Energy*.

A smile is the most natural and easiest thing to do and arguably the most powerful thing you can do. In our quest to align our soul with our Higher Self and our Higher Power in harmony, peace and love to become blissful we have to start with a smile on our faces.

Only by smiling can harmony, peace and love have any chance of taking root within us and within others with whom we deal in the physical world.

When I experience becoming blissful, my smile comes from within me, and my face feels too small to contain the broadening grin that I feel both within me and on my face.

A smile is such a game changer, and it costs nothing to do, requires no effort and brings enormous rewards. I feel sorry for people living in certain countries where it is considered ill-mannered to smile at strangers. In South Africa, people smile at each other and greet strangers as if they were friends with a broad smile on their faces. In Mauritius, where I currently live everyone is respectful and smile and welcome each other, including strangers.

What an icebreaker a smile is, and even your dog knows to wag its tail to show it's friendly and wants to spend time with you.

When you smile with your eyes, as well as with your lips, the smile is infectious and usually caught by others in its radiance and they tend to smile back. Next time you are on your phone, smile as you talk to the other person and see the response you get back.

Let's leave this topic with a quote from Mother Theresa; I will never understand the good a simple smile can accomplish.

Social Intelligence

This is not a topic you will often see as it will develop in generations to come as the sharing economy begins to replace the more conventional capitalism/socialism/populism/communism economies of our past.

Having social intelligence has its roots in the quote from Marcus Aurelius (121 -180 AD), *What is not good for the hive is not good for the bee.*

The original definition of social intelligence is by Edward Thorndike in 1920, The ability to understand and manage men and women and boys and girls, to act wisely in human relations.

Today the world has over 7 billion people, and most live in India, China and Africa, By 2050, 25% of the world's population will be living in Africa. Often I feel like it's a game of hide and seek when the person doing the seeking shouts out, "Coming ready or not!" Will the world be ready for one out four of its inhabitants to be from Africa? African countries are seldom economically self-sufficient and their economies are under 10% of the global GDP. So who is going to support Africa if Africa cannot sustain itself, as is the case in many African countries right now.

Social intelligence is about social awareness, including empathy, attunement, empathetic accuracy, understanding, influence and concern. The sharing economy brought about via the Internet, and social media will drive this social intelligence and social awareness of ourselves within a social context - both locally and globally.

Being socially intelligent will affect the way we interact in the world and with it our human emotions, especially if starving, emaciated children in Africa become the symbol of the mid-part of this century.

It will be difficult for those with social intelligence to avoid being involved in changing the mid-century position of poverty in Africa and parts of India too. Becoming blissful may be found in such poverty alleviation in over-populated and under-provided continents and countries like Africa and rural India, which by then will be the most populated country in the world.

After all Mother Theresa had such social intelligence and it won her the Nobel Prize and canonization too, so maybe we should expect the role model of Mother Theresa to be copied increasingly as we head towards 2050?

Solitude

Be still and know that I am God (Psalm 46:10)

Another starting point for becoming blissful is to be in solitude and to align your soul, your Higher Self and your Higher Power in harmony, peace and love. In such solitude, there are no outside disturbances to hinder this alignment and connectivity to the Source of peace and love.

For those fortunate, enough, this place of solitude can be found within although their body may be amongst noise and haste. These people know a peace that passeth all understanding (Philippians 4:7).

Solutions

A solution is not an answer. The famous statement, Give a man a fish, and you feed him for a day, teach a man to fish, and he can feed himself for a lifetime, illustrates the 'giving' as an answer and the 'teaching' as a solution.

For many people it isn't about them not seeing the solution, the issue is that they can't see the problem! And you can't fix something you don't know is not working.

Take the simple message of this book - becoming blissful. The vast majority of people don't know that there is such a thing as being blissful. They go through their lives unaware that becoming blissful is a desirable goal to achieve, a solution for their ego-based trials, tribulations and occasional triumphs.

Albert Einstein once said, if I have an hour to resolve a problem I will spend 55 minutes understanding the problem and 5 minutes fixing it.

So many of us jump into the problem and thrash around in it trying to solve it, but all we are doing is creating havoc. It takes time and patience to sit with a problem and fully understand it. If you take the time and have the patience quite often when your mind is relaxed and not focused on the problem the solution will pop into your head. I find that this happens when I am showering or on a nature walk and my mind is relaxed.

The solution for becoming blissful is repeated under virtually every topic in this book; by coming from your love-based soul and connecting to the larger Part of You, your Higher Self, which remains eternally in Spirit. This Higher Self is Part of All That Is in what is called Oneness and All That Is, is another label for your Higher Power. Through this alignment, the flow of harmony, peace and love is automatic and becoming blissful is the result or solution, if you prefer.

Soul

If you are reading this book, then you have a spiritual base from which you live your life. The soul, as I understand it to be, is the part of your Higher Power that is somehow and somewhere attached within/without of your body and mind. Those of us who believe that this soul is eternal and immortal have this as our belief system and, for some, who have experienced their soul, in some form or other, it is a knowing and no longer a belief.

History is littered with statements made by important men identifying and praising the soul's virtues. Here are some examples;

Socrates (469 - 399 BC): *It is perfectly certain that the soul is immortal and imperishable, and our souls will actually exist in another world.*

Bhagavad-Gita (200BC): *Know that which pervades the entire body is indestructible. No one will be able to destroy the imperishable soul.*

Voltaire (1694 -1778): *Four thousand volumes of metaphysics will not teach us what the soul is.*

So, as you can imagine, I cannot further define this indefinable soul. We recognise our soul through our feelings as we say that “feelings are the language of the soul.”

There are times we see or experience something that lifts our spirits, and we may feel a chill down our spine or some other physical sensation that makes us acknowledge something supernatural is occurring and we are witnessing it.

I believe the soul to be love-based as it is part of our Higher Power and I believe this Higher Power to be Light and Love. It is for me the starting point of acknowledging and coming from such a soul that the alignment to our Higher Self and our Higher Power can begin to achieve harmony, peace and love and with that become that blissful.

Spirituality

To define the undefinable is a Herculean task. From time immemorial man has sought to understand the Spirit and with it Spirituality. The commonly held belief among those of a spiritual nature is that we are spiritual beings having a human experience and that we are immortal and eternal.

I would like to posit the following:

That in Oneness, of which we are all a part, we are omnipotent and powerful way beyond any measure we can imagine while on earth. Psalm 83:6 says *Ye are “gods”; you are all sons of the Most High.*

For me, the call of spirituality is to act in a Godlike manner and in that way to honour both God and ourselves through those thoughts, words and actions.

In our desire to become blissful we must follow such a spiritual path.

Stillness

Be still and know that I am God - Psalm 46:10

Can it get any clearer than that?

Stillness is not silence as no sound does not mean that your ego-based thoughts aren't whirring around in your mind. There may not be an audible sound, but the mental sound may be the most annoying of all.

As and when and if you can get to a place of stillness where there is no audible sound and no mental sound of your ego-based thoughts then you will find God's Space in that stillness and then you will come to know God.

At that moment of now you will connect your soul, your Higher Self and your Higher Power in harmony, peace and love and know bliss.

Strength

We usually associate strength with power and that power is frequently the love of power. The strength of a man in combat is prized and even revered as somehow being the symbol of success. This strength is looked to for leadership, and we tend to equate such physical strength with leadership when victory is required in some form of confrontation or contest.

But there are so many other types of strengths that endure long after physical strength has ebbed through the effluxion of time. The moral strength of integrity to do what is correct regarding such laws as the Ten Commandments and similar laws of different religious and spiritual beliefs has no expiry date and remains potent eternally.

The strength that comes from an iron will of determination and perseverance will outlast mere physical strength as it is unrelenting in its persistence to overcome that which stands in its way.

The strength of Nature will endure in the long run as Nature has infinite patience to overcome man's structures to withhold Nature from its natural flow.

The mental strength to use brain and not brawn to subdue and overcome any opposition reliant on force and physical strength is likely to be the long-term winner.

The strength of patience is to be highly prized as anyone who can outlast any adversary through patience needs no army to defeat anyone or their army. When gentleness, caring, consideration and kindness are used, they are stronger than any physical force as the power of love will melt even the hardest of hearts.

With a genuine belief in Oneness any other form of strength has no more potency any longer because Oneness is pure strength and so much more. Oneness is omnipotent and the only real strength that matters.

When you know the strength of Oneness then becoming blissful is automatically who you are.

Success

To find the balance between achieving success, as we define it to be, and to become blissful is much harder to do than merely being acclaimed as a success.

Balance needs success to have a spiritual core and most times those intent on achieving success have a materialistic and ego component as their targets to aim at and not a concern for the eternal journey of their soul.

The usual attributes for becoming successful such as vision, courage, risk-taking, determination, persistence, perseverance, sweat and so on are necessary to achieve one's objectives. If these attributes are clothed in the need to uplift oneself and others morally and spiritually through a humble and grateful heart and soul, then the victory will have a meaning and purpose that is more Godlike and long-lasting.

The success I am alluding to is one of being a human-being rather than a human-doing in achieving for material and ego purposes. In the overall scheme of life whatever we pile up as our accomplishments will have little meaning and purpose in the span of a generation or two when the memory of our lives will be blotted out, and it will be as if we never even existed.

The focus, determination and time needed to achieve this ego-based material accumulation of success are invariably achieved while away from one's spouse and children and this neglect has its black hole consequences too that no amount of ego-based material success can fill.

For those who can bring harmony, peace and love to themselves and others, their success will be immortal and eternal while all the piles of material gains of ego-based successful people will be wasted and squandered by the inheritors of this hard-fought for wealth of material success.

Perhaps it's time we recalibrate the term success to ensure that it aligns our soul with our Higher Self and our Higher Power in harmony, peace and love. Becoming blissful will then be regarded as the measure of real success.

Suffering

The well-known Zen proverb, pain is inevitable, suffering is optional, attempts to open our mind to suffering being a mental issue and not a physical one.

Suffering is based on actual loss but often, it's based upon the fear of loss of something of value to us. The fundamental mistake we make is believing that anything in our life, barring our spiritual life, is infinite. It's not; it's finite. Everything on earth has a life cycle, and all life cycles begin and end.

It's by not acknowledging the fragility of the things we hold dear to us that eventuates as their actual loss, or their feared for loss, and this non-acknowledgement causes us suffering. Everything is impermanent on earth, and we should focus on happiness and joy when what we value is in our presence and acknowledge the value it has been to us with gratitude and humility when its life cycle ends.

The ego-based approach to non-acceptance of the fragility and the end of a life cycle is what causes suffering. The love-based soul approach to life acknowledges the fragility of everything on earth and the gratitude we have while we benefit from it. This soul-based approach acknowledges that what we have is a trust that is given to us and if we love it and ensure its well-being, it will give us happiness, joy and maybe even bliss too. That our life may end and interrupt the relationship of what we value or that their or its life will end, or be taken from us, is as inevitable as tomorrow's sunrise.

Acknowledging that fragility of any relationship, whether, animal, mineral or vegetable, makes us more focused on giving and sharing love with it while it is in our orbit for now. Tomorrow is promised to no one so all the good we can do should be done now and all the love we can give should be given now.

Suffering then is an ego-based approach to life and can only be overcome by changing one's life to a soul-based love approach knowing that we are all a part of our Higher Power and the essence of such a Higher Power is Love and Light, as we are too.

In this way, we can come from our soul in alignment with our Higher Self and our Higher Power in harmony, peace and love to become blissful and not to know ego-based suffering.

Support

I remember a song from my youth; He isn't heavy. He's my brother sung by The Hollies.
Here is a link to the Youtube video of this recording: <https://www.youtube.com/watch?v=Jl5vi9ir49g>

We all need help from time to time and welcome the support of others. We also need to be available to support others either when they ask for it or when we believe they need it.

Once again, we must be conscious of the story of the man in the forest opening up the butterfly cocoon which I wrote about earlier in this book, and we must not interfere in the journey of another to be self-sufficient and to fulfil their Soul Contract made in Spirit before their current journey to earth.

Being supportive is a delicate balancing act, and this is something an emotive, compassionate person has to learn through trial and error.

There are numerous ways support can be given that assists someone or something without interfering in their life's journey as mapped out in their Soul Contract. Appreciation, encouragement, applause and congratulations often are enough to let the other know you are behind their efforts in whatever their endeavour may be.

A kind word sometimes can be exactly what someone needs to hear at this very moment in their life. Be supportive with kind and generous words and actions, and you will also benefit in the giving as well.

We are all a part of Oneness and are automatically supported when we align our soul, Higher Self and Higher Power in harmony, peace and love and become blissful in the process.

Surrender

The usual form of surrender is one of acknowledging your defeat by another and laying down your defenses in the submission of that defeat.

The spiritual understanding of surrender is much different to this, and I will be honest and tell you that it took me quite a while to fully understand this, but that was merely because my ego-based self was running my life. When I was able to come to life with a love-based soul approach then surrender became easy to understand for me.

Knowing that we are a part of Oneness or our Higher Power if you prefer that term, then by surrendering we are acknowledging that we cannot find the answers from an ego-based approach to life and that we must come from a love-based soul approach.

We surrender in submission to our Higher Power knowing that the answer we are seeking, and the life we are seeking too, must acknowledge the Power of Love and not the Love of Power. As God is Love, the Power of Love is the Power of God.

In such surrender we say “let your Will be done” or if you prefer, “Let go and Let God in.”

Surrender is best typified by my acronym for TRUST - *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally*.

We acknowledge that our thoughts are the creators of our reality and that we realise that when we actively call upon God to be our Co-Creator in our lives, we cannot absolve ourselves of self-responsibility. We merely are humbling ourselves by acknowledging the Power of Love/God in helping us direct our lives towards a solution where such Love is the dominant force.

Surrender is a pre-requisite for aligning our soul with our Higher Self and our Higher Power in harmony, peace and love and, in so doing, becoming blissful.

Synchronicity

Carl Jung, the noted analytical psychologist, introduced the concept of synchronicity to a skeptical scientific community in the middle of the last century.

Jung related synchronicity to meaningful coincidences and believed it to be a paranormal occurrence beyond the well-known Law of Causality which determines the cause and its effects.

I believe in synchronicity as we live in a three-dimensional world whereas the research I have conducted into Near Death Experiences (NDE'S) talks about a spiritual world existing beyond our understanding of three dimensions.

I have decided to include synchronicity merely to help shatter limitations of our knowledge and requirement for visual and other proof of events beyond our limited understanding of the way the world and the Universe, including the Spirit World, works.

If we look for such meaningful coincidences and we find them, then we are on the road to understanding that our thoughts may create our reality in both the physical manifestations of this world and beyond. Perhaps we need to believe that these meaningful coincidences are an anonymous way of informing us we are on the correct path?

It is said that coincidences are God's way of remaining anonymous, so I wanted to include synchronicity as a possibility for those who want to believe as I do that it may be a sign that we are to continue on our path towards, hopefully, becoming blissful. Who knows?

Teacher

Can you imagine what would happen to the world and the education of its children if teaching at schools became among the highest paid professions available to graduates?

With high-quality graduates vying for teaching positions and being ranked on their performance to keep their high paying jobs the benefit to scholars would be immense.

Respect for teachers would soar, and discipline should no longer be an issue in the classroom as teachers and children would respect each other.

We can all probably look back and remember at least one teacher who was devoted to the welfare of their pupils. Imagine every teacher bringing out the best in their students because that is what teaching is really about whether in a classroom or in reading a book like this one.

Galileo Galilei (1564 -1642), a mathematician, astronomer, physicist and philosopher leading the Scientific Revolution of the time, said, You cannot teach a man anything; you can only help him to find it within himself.

Everything you need is inside of you. You are a part of your Higher Power, and in that part, your soul carries within it the knowledge and wisdom of All That Is. A great teacher will merely help you access that knowledge and wisdom within you and light the spark to make that flame burn brightly within.

A great teacher draws out from you and doesn't pump you with facts. By developing an inner thirst for knowledge, a great teacher is an enabler and not a lecturer. When learning is a voyage of discovery, then there are no horizons to limit the pupil.

When the pupil becomes teachable, then the real teacher can emerge as the lamplighter.

Of course, we have teachers guiding us, and they are known as our Spirit Guides. However, we need to open up to them and allow and enable them to teach us. The same goes for our Higher Self and our Higher Power.

By becoming teachable by these "Unseen Forces", we unlock the true wisdom that knows no boundaries. Through this alignment, we can also learn how to become blissful in the education process as well as in life.

Thoughts

By now you have probably read a few times in this book alone that "your thoughts create your reality". Additionally, your thoughts also create your destiny.

From your thought about something, you develop a purpose. This purpose drives your actions. The persistence of your actions creates habits. Your character is developed from these regular habits you perform. Your character determines your destiny as your life is played out according to your character's performances.

Everything begins with a thought, whether conscious or unconscious, whether reactive or responsive, whether positive or negative to our well-being and the Well-being of others?

If we really knew how powerful our thoughts were, we would ensure that we had a trapdoor and a guard posted to ensure only positive, well-meaning thoughts were allowed into our mind.

The generator of our thoughts is kickstarted by our ego-based or soul-based approach to life. Whether we operate with ego-based fear/hope or soul-based love as the basis of our being?

A further thought determiner is the mentality we have in life, whether abundant or scarcity in nature. By this I mean do we give to life or do we take from life?
Do we approach life with an open hand and an open heart or with a closed heart and a closed fist?

These attitudes towards life and more are the basis of our thought processes, and many of them are created in the formative growing years of our life usually influenced by our first family. It is possible to change one's mindset and thought processes, but this requires serious application to do so.

So much for our inherited and developed thought processes. Now what about the thought processes that come from "Unseen Spaces"? A spiritual belief system may include the acceptance of our soul, our Higher Self and a Higher Power as well as our Spirit Guides and "others" influencing our thought processes. By aligning our soul, our Higher Self and our Higher Power in harmony, peace and love we can access these eternal and immortal Sources and the knowledge and wisdom They have for our continual growth. Becoming blissful is a by-product of such thought processes from "on high".

In my view, the best thought process you can have is "God works through me!"

Tolerance

Quite often the use of the word tolerance is based on a form of superiority that allows and condones the right for another to co-exist in the same space. It is usually the majority that grants the minority such tolerance, but this is a misrepresentation of the real meaning of tolerance.

If we understood tolerance to be mutual understanding and mutual respect then it's immaterial whether it is applied to the majority or the minority or to a single human being or any other part of Nature.

To be tolerant is not something you bestow on another. It's what you are inherently within.

From the earliest of times, we have come together as groups for self-protection and from the threats presented by life and the wild. These groups forged identities and with it a form of cohesion and obedience, adopting the greater identity of the majority's wishes within the group dynamics that always exist within such groups.

Competition between groups to find food and be better protected against predators and the elements of Nature became the order of the day, and from such competition, the ego-based nature of fear and hope had a fertile field in which to grow.

Intolerance of other groups and individuals outside the chosen group who were seen as different and therefore “wrong” was encouraged in the scarcity mentality of ego-based fear and hope. If you were not like us, then you were the enemy, and we had to fight you and kill you to ensure that you didn’t kill us who were different to you.

This intolerance has persisted to this day and looks likely to continue for the foreseeable future.

The only long-term solution to overcome this intolerance is to understand and incorporate the concept of Oneness. By understanding that we are all a part of our Higher Power, which is Love and Light, and that we are also such Love and Light, can we look for the similarities and not for the differences between us.

Co-operation and not competition is the way forward. Let me give you a Sci-fi story to illustrate this point more clearly.

Assume that earth was under attack from Alien forces with superior technology unknown to man on earth. If the earth was threatened with annihilation, would we continue to be concerned about the colour of our skins, the religion we practiced, the education level we attained, the money we had or didn’t have in the bank, the car we drove or the clothes we wore? We would be correctly seen as one species by the Alien invaders, and we would be more likely to accept support and assistance from anyone on earth, immaterial of their race, religion, country or soccer team they supported!

Tolerance is taught, or not taught, in the home of our first family, and that is where the foundation stones are laid to either be tolerant of everyone and everything or to see those unlike us as the enemy.

Tolerance is a pre-condition to becoming blissful because the desire to be blissful cannot be at the exclusion of another whom you deem inferior or different to you in some way or form.

Transcendence

Throughout this book and in my other books I talk about Oneness as a state of being. This Oneness is attained through what has been called transcendence, whereby you move from yourself into a feeling of being One with the Universe. This is most often felt through meditation when you feel part of something far more significant than you could imagine. It is felt through becoming blissful and knowing the Love and Light that is best described as our Higher Power.

For those who find that in their meditations, they know the love-based feeling of bliss as they transcend to a time/space continuum where everything feels like unconditional love. We never want to leave this “place” we find ourselves in as it is beyond any other feeling we have ever experienced - it’s true bliss.

We also experience a form of transcendence when we fall in love or feel enveloped in the spirit of a real friendship with another where your needs and their needs melt into one.

Becoming blissful is the result of such transcendence and is utopian in our experience of it.

Transparent

If we had total transparency in our world and the teeth to back up the transgressions against man and society as well as the rewards to acknowledge good service to man and society then, as Louis Armstrong sang, "What a Wonderful World"!

The lack of transparency might hide man's misdeeds, but all is seen and recorded in Spirit. Another place where transparency is evidenced, although not visible to all, is in the Law of Causality or Karma as it is also known.

The saying, "you can run, but you can't hide", is how the lack of transparency becomes transparent in time and many a person is found wanting when caught with their hand in the cookie jar or with their undergarments around their ankles or in any other compromised manner.

Life is a lot simpler if you believe that all your thoughts, words and actions will be transparent in time and you will be held accountable and rewarded as they case may be.

Such transparency is linked with self-integrity and is a pre-condition to becoming blissful through the alignment of your soul, your Higher Self and your Higher Power in harmony, peace and love.

Trust

Throughout this book and in my other writings I have used my acronym for TRUST- *To Release Unto Spirit Totally* and then *To Rely Upon Spirit Totally*.

This is acceptable from a spiritual perspective but what of trusting people. Who can you trust and who can't you trust and how can you use a litmus test to let you know in advance whether someone is trustworthy or not.

Let me say at the outset that I don't have the answers to those questions as I have been sucker-punched too often by people that I have trusted and it has cost me a fortune of money and a lot more too. My issue is that I believe that everyone is honest like me and can be trusted, as people know I can be trusted. Somehow I have attracted people into my life who are either totally trustworthy or totally untrustworthy. My philosophy is that far more people have been trustworthy towards me than untrustworthy and I would rather believe in the goodness and trustworthiness of people. As stated earlier it has cost me dearly, but I believe that my excellent health and happiness have a lot to do with believing people are honest and decent and can be trusted.

Having recently been robbed of a fortune of money from an employee I trusted for four years, I have decided to be a lot more guarded in trusting people where I have an element of doubt about their

integrity. Those who have earned my trust can stay, but everyone else has to reapply for their position as a trusted friend, business associate or employee.

I have the solace of knowing that the Law of Causality or Karma will play out both for them and for me and I believe that the untrustworthy people will reap a whirlwind of sizeable proportions. One thing I don't do is harbour grievances about the untrustworthy ones as this will be detrimental to my physical and mental health, and the financial and emotional losses I have suffered at their hands do not have to be compounded by any further loss of my health or happiness.

That is one lesson I can share with you about trust. Don't look to get even or to plot any form of revenge or retribution, as this will set up the Law of Causality or Karma of these intentions to revisit you as well. So you will pay twice for the loss you have incurred; once at the dishonest party's hands and another at your own hands.

I can't tell you who to trust and who not to and I don't have a litmus test to detect dishonest people but believe that your "gut feel" is usually correct and should be followed in this regard.

It will certainly be impossible to harbour a grievance and want revenge and simultaneously seek to become blissful. Revenge is an ego-based fear and a hope-initiative and the acceptance of your loss through the untrustworthiness of another is a love-based soul-initiative. Choose the soul-based approach and align your soul, your Higher Self and your Higher Power in harmony, peace and love and when you become blissful any loss you have suffered pales into insignificance when you have transcended into bliss.

Truth

The truth you seek is not concealed from you; you are hiding from it!

Wherever and whenever you use your ego-based self to search for truth, you are using your perceptions and your opinions to do so. Truth, like beauty, is in the eye of the one looking for it.

Truth is not possible to be found because it has never been lost. Truth is God; God is Love, truth is Love. When you find your perception of your Higher Power, there you will find truth and Love because God/Truth/Love are labels of the same energy vibrational frequency.

Obviously, the search must be done from your love-based soul as your soul needs to align to your Higher Self and to your Higher Power in harmony, peace and love to find the feeling of becoming blissful which is your connection to such God/Truth/Love.

The search for truth is a journey of infinite proportions and as you evolve spiritually so more and more of the Truth will be opened up for you to experience. This search can be likened to the peeling of an onion, layer by layer you come closer to the truth. The experience you will have is based on your feelings, which is the way that your soul communicates with you. When you feel bliss, you are on the path towards truth.

It may be easier to remove the obstacles in your way that are ego-based and not love-based and then the path you seek may become clearer to you. This earnest seeking for the truth is a pathless

route, and the focused journey is about discovering what can be discarded as not the truth due to it being ego-based rather than what is the truth as it is love-based.

At the heart of the Universe is Love, as God is Love, and, God is the Truth that you seek.

Understanding

True understanding is about the interrelationships between issues and not merely the learning of one issue and claiming to understand it.

We all have our inner motivations for thinking, saying, acting and being, who and what we think, say, do or be. Firstly, we have to understand ourselves and our motivators before we can look to understand someone or something else as it relates to us.

Our understanding is based on what we know up to that point, and if we seek to understand more we have to be prepared to open our ears, our eyes and, where applicable, our other senses of touch, smell and taste, to experience something never experienced by us up to that point.

Many people use their current knowledge, or lack of knowledge, their prejudices and biases, as their yardstick to understand, and never open themselves up in humility to admit “I don’t know”. Their ego-based selves won’t allow that admission to take place, so they remain at their level of understanding, or misunderstanding, with all the limitations that implies for their lack of growth.

True understanding is not information and knowledge, but is the wisdom of the interrelationships involved in such true understanding. Hearing and listening are not the same things as many times hearing is merely the time you are silent while preparing what you are going to say in rebuttal without fully understanding all the nuances said and unsaid by the others. Listening is committing yourself to understand and comprehend what is said fully, and what is not said, and the interrelationships at play.

The mirror effect of understanding is also worthy of note. Sometimes what we hear and see from, and about others, that annoy us, is something within us that irritates us about ourselves. It’s far easier to point out the deficiency in others than to put ourselves under the microscope for the same faults we subconsciously, and maybe even consciously, know about ourselves but do not remedy.

If we value our relationships we will first ensure we understand the others as thoroughly as we can; their background, their motivations, their hopes, dreams and goals, as well as their fears, then we will have a better vision of who they really are and why they think, say and act as they do. With this complete understanding, you can then work on being vulnerable and ensuring the other person knows similar issues about you. Once all that is out of the way, the action required will be obvious to both of you and easy to implement as it will be what you both want to achieve for your specific reasons. This commonality of deep-seated purpose of both parties develops the interrelationship and understanding I spoke about at the beginning of this topic.

With this level of understanding coming from your soul-based love you can now align your soul, your Higher Self and your Higher Power in harmony, peace and love to become blissful and bring that blissfulness into your new interrelated relationship and understanding with the other party.

Unconditional Love

The concept of unconditional love is not likely to be achievable by us on earth but is something we should strive for. My understanding of unconditional love is that it is the Love and Light that we call God/Oneness/Source/Creator or whatever name resonates with you for this ultimate energy vibrational Essence.

By striving to become what I call being Godlike, we can become much more loving, without any ego involvement, of ourselves, of all others in the world and those in Spirit too.

This striving to become unconditional love carries with it the ability to become blissful too.

Universe

Throughout this book and in my other writings I use the term Universe to denote the all-encompassing nature of All That Is or God/Source/Oneness/Creator or whatever label resonates with you.

We are a speck of humanity on a speck of rock in space, and the extent of our known galaxy is beyond the comprehension of most minds on earth. Beyond our known galaxy there are countless other galaxies, and the immenseness of all this “space” needs to be contemplated as has been done by the late Stephen Hawking, (1942 - 2018), British theoretical physicist and cosmologist, who asked, Why does the universe go to all the bother of existing?

Albert Einstein (1879 -1936) stated: The scientist is possessed by a sense of universal causation. His religious feeling takes the form of rapturous amazement of the harmony of natural law, which reveals an intelligence of such superiority that, compared with it, all the systematic thinking and acting of human beings is an utterly insignificant reflection.

And now let's turn to Jalaluddin Rumi (1207-1273), a mystical poet still revered to this day due to his obvious enlightenment, I have put duality away. I have seen the two worlds are one. One I seek, One I know, One I see, One I call. He is the first. He is the last. He is the outward. He is the inward.

These cosmic laws of the Universe and of Oneness are unchangeable, and all we can do is put ourselves in alignment with them with our soul, our Higher Self and seek to attain the exalted heights of the Universality of our Higher Power in harmony, peace and love. We can then become blissful in the process.

Vibrations

Everything we see and don't see is all part of Oneness, which is a vibrational energy fluctuation we call a vibration.

At the sub-atomic level, there is no matter but only pure energy. Everything vibrates at one speed or another. The slower the speed, the denser something is, and the higher the speed, the more invisible something is to the naked eye.

Because we vibrate at differing speeds, it appears that there are differences between animate and inanimate objects, but a way to describe it is to envisage a record player of old with differing speeds of 33 rpm, 45 rpm and 78 rpm. You select the speed manually for the specific record you want to play which is either 33 or 45 or 78 rpm. It's the same record player, but the differing speeds enable different records to be played on it. Similar analogies can be made to a bicycle with a 10-speed gear mechanism or a motor vehicle with a 4-gear engine.

You can prove the theory of vibration yourself by thinking of two occasions when you were happy and when you were sad. When you were happy, you felt light and energetic with things around you also felt happy, energetic and light. Conversely, when you felt sad, you felt heavy and lacking in energy, and things around you mirrored that heaviness and lack of energy.

If we wish to become blissful, then we have to raise our energy vibrational level by coming from soul-based love and aligning our soul with our Higher Self and our Higher Power in harmony, peace and love.

Victor

My acronym for a VICTOR is *Verily I Claim This Opportunity Righteously*.

Someone who can be described as a victor in life has a positive can-do attitude and has the well-founded self-belief that they can accomplish the task ahead of them. They bring that winning attitude as an integral part of who they are and others feel that vibrational energy of a "can do" person and want to be associated with such an achiever.

A victor can always lose a battle and remain a victor in their attitude towards life. Someone who never gives up is always a victor eventually.

Victors are invariably leaders of people as others are willing to follow such an example and to hopefully have some of that can-do attitude rub off on them. It is essential to have a victor mentality to overcome any obstacles in one's life and especially a victor who prizes moral victory over any other type of victory. The moral victor occupies the high ground of any victory parade.

Moral victors are primed to align their soul with their Higher Self and their Higher Power in harmony, peace and love and to become blissful.

Victim

My acronym for VICTIM is *Verily I Call This Into Manifestation*.

A victim is invariably someone who has a negative attitude towards life and shies away from tasks with a shrug and says, "I can't do that." They think, speak and act negatively focusing on what they have to lose not what they could gain through corrective action.

Victim mentality can arise in the formative years when they were told by their first family that they were not good enough or, even worse, that they were failures. With that message implanted into a young sponge-like mind, it becomes ingrained as a fact and a belief system which shapes their life going forward.

A victim usually has little belief in a Higher Power other than as a form of salvation they pray to as a God they need help from, not realising that first, they have to help themselves and then invite such a Higher Power in as their Co-Creator in their life once they have done some of the hard yards themselves. There is an ancient Greek saying that goes: God helps them that help themselves.

As explained above under the topic of Vibrations, those with sadness have low vibrations and cannot elevate themselves to a higher vibrational frequency to enable their soul to align with their Higher Self and their Higher Power. Often this seems to validate the victim's approach that even God doesn't hear them!

The road from victimhood to becoming a Victor is a journey of note, and regrettably, few get onto the path and stay there long enough to get enough traction for the journey to end as a Victor. Movements like Alcoholics Anonymous and others which help people to overcome addiction have some successes and should be encouraged to attend whenever and wherever possible to create a structure to assist victims in getting on and staying on the road to becoming a Victor in life.

The road to becoming blissful requires a victor-like approach.

Virtue

To walk through the maze of human life, one needs the light of wisdom and the guidance of virtue
- Buddha (563BC - 483BC)

Confucius (551BC - 479BC) defined virtue as: *Gravity, generosity of soul, sincerity, earnestness and kindness. The term gravity is derived from gravitas which means dignity, seriousness or solemnity of manner.*

Zeno (490BC - 430BC) stated: *For virtue is a state of mind which tends to make the whole of life harmonious.*

Socrates (469BC - 399BC) stated that *All virtue is summed up by doing justly.*

The term virtue has fallen out of common usage today but was a highly-prized term and value in times gone by. Being virtuous should never go out of fashion and should be something we all strive for daily and in every moment of now.

Certainly, being virtuous is the high road to becoming blissful as the alignment of the soul of a virtuous person to their Higher Self and Higher Power in harmony, peace and love is assured, as is becoming blissful.

Vision

Having sight is not necessary in order to have a vision. Vision is not only sight, but also having insight and foresight.

In a commercial sense, vision may be ego-based and rely on hope, and maybe even fear, as the entrepreneur or businessperson anticipates a likely demand or threat in the future and plans a workable strategy to ensure their survival or their thriving.

In a romantic sense, vision is usually founded on ego-based hope, to begin with, as the possibility to be with someone in a relationship quickens one's heartbeat in such anticipation. Hopefully, that vision comes from love-based soul, and the person with vision sees the possible intermingling of mind, body and soul with the intended other person and themselves.

In a spiritual sense, vision sees with the heart and thinks, speaks and acts with soul-based love. It is this vision which enables the soul, Higher Self and Higher Power to align in harmony, peace and love and for that person to become blissful.

Vulnerability

I am going to quote from my free book, *How to Live in the Now*, found on personalempowerment.co (page 241)

The Ego views vulnerability and surrender as signs of weakness. Yet vulnerability and surrender are the core strength of the Soul and the spiritual keys to escaping Ego's grip.

Vulnerability allows you to be trusting and accept that, although your way may be one specific way, you also accept that there may be one or more other ways. You are vulnerable enough, open enough, to look and listen, to learn and grow, by experiencing other viewpoints.

Vulnerability demonstrates the maturity, openness, and inner strength required to live with, learn from, and nurture others in a welcoming, peaceful way.

Surrender is vulnerability applied in totality to all of life Now. It is non-resistance, non-judgment, and total acceptance of what is Now.

Vulnerability and surrender are qualities of the Soul that you can practice at any moment, relative to anything life brings you. To practice surrender, you must let go, release all judgment, be vulnerable and present, and merely accept what is. Then you can take any action that might be required.

With such vulnerability, you can easily align your soul, your higher Self and your Higher Power in harmony, peace and love and become blissful.

Wealth

In our materialistic world, wealth usually means having a store of money and assets beyond our financial needs of day-to-day living. Such wealth accumulation is where we typically put most of our energy, focus, determination and effort. Most financially wealthy people have an imbalance in their lives as the accumulation of wealth is done at the expense of other important values such as health, family, friends, fun, sports and exercise.

It is easy to be disparaging of wealthy people as they are in the minority and as has been stated elsewhere in this book the top 1% of people in the world own 50% of the wealth according to a 2017 Credit Suisse report.

Wealth is energy as is everything else in the world and the Universe. Energy requires movement in the form of vibrational wave fluctuations and energy that is stored up creates blockages, and energy that flows creates power. The storing up of wealth creates blockages of mind, body and soul and the use of wealth frees up the flow of mind, body and spirit.

I have spent my life among wealthy people as a real estate economist and adviser, developer and investor and I can tell you that in my view having excessive wealth and not using it for the good of others as well as yourself is more of a curse than a blessing.

I know very few happy and smiling wealthy people who enjoy the simple pleasures that life has to offer. With very few exceptions these wealthy people do not have genuine love relationships, contented and happy families and real friendships. Their wealth encompasses everything they are, and they do not know who to trust as many so-called friends and associates befriend them in order to benefit in some way from this closeness to their honeypot of wealth.

Family dynamics are skewed, as paid employees rear children while their parents are living the high life. Many such children, commonly known as Trust Fund kids, have large holes in their souls due to false values and missing genuine love and attention from their frequently absent parents.

The ability to swap an ageing wife for a beautiful young woman and pay alimony and child support in the process, is the way of many a wealthy man in today's materialistic world. The damage these wealthy people leave in their wake resounds for generations to come.

The bottom line of this is merely a question I often ask of my wealthy business associates and friends - what would you be worth if you lost all your money and assets?

In my view, many of these rich people are merely emotionally and spiritually poor people with money!

Real wealth, in my view, is measured differently.

Firstly, time is wealth because no money can delay the inevitability of death in the long run and after that what good is one's wealth?

Secondly, wealth is being a human-being with the attributes of love, kindness, generosity, abundance, care, concern, compassion, equal respect for all and everything, etc., instead of a

human-doing building piles of monetary wealth while lacking genuine love, peace and harmony in one's life.

Thirdly, wealth is having a relationship with your love-based soul in alignment with your Higher Self and your Higher Power to know blissfulness.

Perhaps wealth will become redefined as a peaceful and tranquil mind, a healthy body, a conscientious purpose and meaning to your life. In addition, a few genuine loving friends and a spouse who genuinely loves you for who you are as a human-being and not for what you have to give them, and children who call you their best friend and you call them your best friends. A happy home where warmth and love abound. An occupation where you serve others with a loving purpose. Being fortunate enough to have saved some income over the years to avoid any financial stress for any unexpected expense and the ability to afford to maintain an acceptable standard of living for you and your spouse and family. A genuine relationship with your love-based soul, your Higher Self and your Higher Power in alignment with harmony, peace and love with you knowing bliss. If you can tick off these items then perhaps your wealth will be meaningful.

Wisdom

Lao Tsu, (604 BC) author of the Tao Te Ching, stated, *Wisdom is of God alone: and, beyond all things, acts and relations, it abides forever. To become one with God is the only wisdom.*

The Talmud, (200 -) a Jewish book of wisdom, states, that *the highest wisdom is loving kindness.*

Two and a half thousand years after Lao Tsu, Eckard Tolle, (1948 -), author of *The Power of Now*, stated, *Wisdom is not a product of thought. The deep knowing that is wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It dissolves the barriers created by conceptual thought, and with this comes the recognition that nothing exists in and by itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.*

Wisdom is often confused with knowledge, but a Japanese proverb aptly states, that knowledge without wisdom is a load of books on the back of an ass!

Wisdom is something that comes from within, but its value is to take that wisdom and apply it to what is happening now and what may happen in the future.

Being able to align one's love-based soul, to your Higher Self and your Higher Power in harmony, peace and love will generate wisdom from the Source of Wisdom and in the process to becoming blissful too.

Work

For many people, work is a four-letter word! For those same people, I would like to suggest another four-letter word to describe work, and that is love!

The work tasks to be done remain the same, but if you change your attitude towards your work and you come from soul-based love in attending to these tasks, then your work will give your life meaning and purpose.

Kahlil Gibran (1883 -1931) writing in *The Prophet* defines my understanding of work as a soul-based love pursuit:

You work that you may keep pace with the earth and the soul of the earth. For to be idle is to become a stranger unto the seasons, and to step out of life's procession, that marches in majesty and proud submission towards the infinite.

When you work, you are a flute through whose heart the whispering of the hours turns to music. Which of you would be a reed, dumb and silent, when all else sings together in unison?

Always you have been told that work is a curse and labour a misfortune. But I say to you that when you work you fulfil a part of earth's furthest dream, assigned to you when that dream was born, And in keeping yourself with labour, you are in truth loving life, and to love life through labour is to be intimate with life's inmost secret.

But if you in your pain call birth an affliction and the support of the flesh a curse written upon your brow, then I answer that naught, but the sweat of your brow shall wash away that which is written.

You have also been told that life is darkness, and in your weariness, you echo what was said by the weary.

*And I say that life is indeed darkness save when there is urge,
And all urge is blind save when there is knowledge,
And all knowledge is vain save when there is work,
And all work is empty save when there is love;
And when you work with love you bind yourself to yourself, and to one another, and to God.*

*And what is it to work with love?
It is to weave the cloth with threads drawn from your heart,
even as if your beloved were to wear that cloth.
It is to build a house with affection,
even as if your beloved were to dwell in that house.
It is to sow seeds with tenderness and reap the harvest with joy,
even as if your beloved were to eat the fruit.
It is to charge all things you fashion with a breath of your own spirit,
And to know that all the blessed dead
are standing about you and watching.*

Often have I heard you say, as if speaking in sleep, "He who works in marble, and finds the shape of his own soul in the stone, is nobler than he who ploughs the soil. And he who seizes the rainbow to lay it on a cloth in the likeness of man is more than he who makes the sandals for our feet." But I say, not in sleep but in the over-wakefulness of noontide, that the wind speaks not more sweetly to the giant oaks than to the least of all the blades of grass; And he alone is great who turns the voice of the wind into a song made sweeter by his own loving.

Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy. For if you bake bread with indifference, you bake a bitter bread that feeds but half man's hunger. And if you grudge the crushing of the grapes, your grudge distils a poison in the wine. And if you sing though as angels, and love not the singing, you muffle man's ears to the voices of the day and the voices of the night.

Now you can understand why this poem signifies soul-based love as work for me. With such an attitude towards work then the alignment of one's soul to your Higher Self and to your Higher Power flows in harmony, peace and love and the reward is to enjoy your work blissfully.

Yes

Can you say YES to life? Can you approach your tasks with an attitude of "yes I can do that"?

When you are asked to come from love-based soul and not ego-based fear or hope can you answer "yes I can do that"?

When you are asked to align your love-based soul with your Higher Self and your Higher Power in harmony, peace and love, can you say "yes I can do that"?

When you are asked are you now becoming blissful? Can you answer YES!

Conclusion

Thank you my friend. Thank you for reading this book. I hope you have benefitted as much as I have in writing it for you?

May you only know bliss from this moment forth.

In Light and Love

Neville

Mauritius

August 2018