

A Spiritual Meander

*Finding Spiritual Solutions
to Life's Challenges*

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A Spiritual Meander

Introduction

Welcome to my latest book- A Spiritual Meander.

The other books I have written on Personalempowerment.co and Guidespeak.com have all had a focal point, and that is usually found in the title.

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

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

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

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

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

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

I hope you enjoy and benefit from this book as much as I have done in writing it for you.

Like all my various books on personalempowerment.co and guidespeak.com, this book is a free e-book download.

In Light and Love
Neville

November 2016

Topic 1 - There is no journey- only an awakening to be Godlike

There is no need for you to read this book or any book about spiritual awareness and personal empowerment to become who You truly are.

If you simply remember that You are a Part of Oneness/Source/God and that as a Soul, inhabiting a body on earth, are here to fulfil a Soul Contract made when you were in Spirit.

As a Soul, guided by the larger part of You, your Higher Soul, which Higher Soul connects to Oneness/Source/God of which it is a part.

Oneness/Source/God is Unconditional Love and Light.

You are Unconditional Love and Light at your essence. You can be Godlike as you are a part of God. You simply should remember to be Godlike in your every thought, word and action. There is nothing else that you need to do or to be.

As a Soul with a human body, you are a being guided by your Higher Soul. You have free will to do whatever you want to do. The way this free will process works is through a causal relationship. What this means is that there is a cause, and there is an effect. Simply put, if you drop a stone into a pond, the effect of that will ripple spreading out in concentric circles.

If you uplift a fellow human being and do so without any thought or desire of any reward for your act, then there will be a compensatory benefit for you like the effect of your generosity. How that benefit is seen or felt by you is your journey on earth. You will however also revisit this action when you return as a Spirit to the next life, or Afterlife if you prefer.

Conversely, if you decide to damage another human being or any other animate or inanimate object, then the effect of that will be a compensatory damage inflicted upon you like your malicious act. Once again, your life's journey will reflect it, or you will feel the effect of this consequential action. Once again, you will revisit this event when you return to the Afterlife.

Those of us on a conscious spiritual journey all search and research how to be more spiritually aware so that we can enjoy a more fulfilling time on earth. The materialistic world and the sensual pleasures found here are fantastic to experience and to enjoy. We are here to experience such delights. We are not here to sit in a cave or on the top of a mountain finding our real selves. There is plenty of that done when we are in the Spiritual Realm. We are here to experience the sensual delights of seeing, hearing, feeling, smelling and tasting.

If we can somehow remember that we are a part of Oneness/Source/God and then with that Godlike awareness enjoy the sensual delights found in abundance on earth, then we will lead a meaningful and most enjoyable life in these human bodies that house our eternal and immortal souls.

There is a story told by a parent who overheard his four-year-old child leaning over the crib of his new sibling and asking, *"Please tell me about what God is like, I am beginning to forget."*

When a child is born, and a soul is newly infused into its body everyone is attracted to this new miracle. People stare at the baby and want to hold it and to kiss it. This miracle embodies Unconditional Love and Light and in its newness, it is unblemished. This baby has unlimited potential to be whatever it desires to be.

It is only as this baby grows up exposed to people that its potential is either unleashed or limited by the words and actions of others.

Regrettably, because most people are unconscious of their spiritual essence as a human being, they tend to limit their potential as well as those around them. Quite simply if you don't feel good about yourself, you will find it difficult to feel good about those around.

As a soul infused in a human baby, you are like a brilliant diamond refracting the Light within you and other people's Light outside of you. Each time someone or something damages you, your diamond disappears into a pot of black paint. Retrieving it from the pot the light within and outside of you is no longer evident. If this is done sufficient times over a lengthy period the repetitive coats of black paint, create a tough exterior over the diamond that is you.

Those of us who search to know about Oneness/Source/God are trying to scrape off the black paint imposed by others upon the diamond that we inherently are as our Being. It is not the search for our Higher Power; it is the awareness that we are Godlike that is our spiritual journey. And it is not a journey we are after, it's the awakening to this awareness that we are Godlike, and we are a part of God.

We are the diamond in all its beauty refracting the Love and Light within us. This book and the others I have written and am still to write are all about this awakening to the fact that we are a part of Oneness/Source/God and that, at our essence, we are Unconditional Love and Light, eternally and immortally.

There is no journey there is only an awakening to this fact.

Topic 2 - How to get “*in the Zone*”

Sportspeople, actors, negotiators, karate exponents and others have experienced being “*In The Zone*” (ITZ).

They describe the surrealism of acting without any friction of mind, thought or action as they effortlessly execute what is required of them as if flowing unhindered and feeling “*guided*” through the process.

Their performance level is 100%, and they float with effortless ease in accomplishing their goals.

What a feeling!

They try to recapture this feeling and invariably fail time after time as the trying to relive it places mental obstructions in their way and restricts the effortlessness of such ITZ performance.

Much has been written about being in the zone but it is not about words, and it is not about thoughts and it is not about mind control.

It is about attitude.

The attitude I am referring to is not a positive mental attitude, or a winning mentality, or anything to do with focus, concentration and the like.

The attitude I am referring to is complete acceptance of what is happening now.

To be in total alignment with what is occurring now ensures that there is no internal resistance to anything that is occurring now. There is simply an inner alignment of acceptance of this present moment of now. There is no labelling of what is good or what is bad. There is no judgment of any kind.

It is an attitude of acceptance that doesn’t care what is happening now. What is is?

There is a mental shrug of your shoulders that simply says - “*is that so*”- unperturbed by any outcome- accepting the execution in inner harmony with the Life Force of Universal Intelligence which guides any action automatically, fluidly, without any resistance from mind and body.

It is a profound experience of inner harmony with Life itself synergistically flowing unhindered. It is meditation in action executed without thought and friction.

There is no thought during execution. Therefore the intended action is not contemplated. It means that you “*let it be*”- in trust that Life will direct you in every moment of now.

The result of this inner alignment with the present moment of now is guidance from Life itself in the execution of your action.

You are unconcerned about the outcome. However, the outcome is always perfection. By staying in the zone, you become non-judgmental of whatever is happening, acceptance of what is now. In this way, there is ego involved as there is no judgement and no re-

sistance to what is happening now. With no ego involvement, there is no human drama involved and Soul is guided by Life which operates through your mind and body perfectly executing in every moment of now.

The process of being in the zone becomes mind, body and soul synergistically at peak performance.

I realize that this is not a process that will work for most people, especially those who have a big ego involvement and who rate focus, concentration and the power of positive thinking as their trump cards.

So few people manage to get into the zone and be able to stay there for any length of time. Many find it difficult to be able to 'switch on' the ability to get into the zone. It should be worth the experiment to attempt the above process of an attitude of acceptance of what is, without judgement, resistance and the need to control one's thought processes.

In truth, the above process is about relinquishing the need to have power over a situation and, most times, for the situation to have a power of you.

I define POWER as Present Only When Ego (is) Removed. That is effective power. Any other form of power which requires an ego involvement can never persist indefinitely as the rise and fall of nations aptly shows, let alone the toppling of dictatorships and the like.

Power without ego is such a rarity that I wager you can't think of many, if any, examples. What would it be like for a leader to have power and not to abuse that power for their personal ego gain? How many leaders do you know who are egoless and use their power for the equal betterment of all?

The ego-less power I am referring to can enable you to stay in the zone and to have Life willingly working through you effortlessly via a soul connection feeding through to your mind and your body in its fluid frictionless execution of what is necessary to do in every moment of now.

This ego-less power is the unstoppable might sought by every person enabling them to fulfil their potential as a part of Oneness/Life/ or whatever label denotes for you as a Higher Power guiding your life.

Now you are living in the zone!

Most people are not in the present moment of now but are remembering what happened before in the past or are projecting their thoughts into the future. Their ego is hijacking their thought processes and keeping them out of the now. Ego-less power only occurs in the present moment of now. The only way to execute ego-less power is now.

The threat of using ego-based power is a projection of this power into the future, and the ego-based power of the past is a continual reminder of how that power mobilizes.

The ego cannot connect to the present moment in time because its power is about the projection of power to make it feel important. The ego cannot exist in the present moment of now, and that is why it hijacks the thought processes to the past or the future in either hope or despair to give it power and control over your mind and body.

The ego uses the past for your identity and the future as your potential identity, and it empowers your mind to determine your future by either positive or negative thoughts which play out as your reality. Your ego is the power broker giving you hope or despair at its will.

You have no control over the power you feel. Your ego's dance determines what you feel via your ego sponsored thoughts.

Your ego is your puppet master, and your mind and body are the puppets.

So, at this point, you must decide do you want to live in the zone which occurs only in the present moment of now and is soul based without ego involvement whatsoever or do you want to continue living as an ego based person?

The way to learn how to live in the Now is to develop a personal relationship with the present moment of now. The Now is a real "*thing*" that you relate to as you would in unconditional love to your best friend. The Now must become your new best friend and like your best friend must give you unconditional acceptance, kindness, respect, admiration and love. The Now provides you with the power from Source/Oneness/ God/whatever label resonates with you denoting a Higher Power. This Soul based power and egoless power is a direct connection from this Source to you as a Soul transferred to your mind and your body in its execution. In tennis terms, you are playing doubles with your Source against your opponent who is playing singles against you.

I happen to be writing this on Sunday, July 10, 2016, and I am about to watch the Men's Singles final at Wimbledon on TV so the tennis analogy popped into my head. Working directly with Source in the Now enables you to have the power of the Universe on your side. Your unfortunate ego based opponent has to fight the weight of the Universe!

Like any best friend the Now needs to be unconditionally accepted, be shown kindness, respect, admiration and be loved unconditionally by you. Like any best friend you must always say "Yes" to the Now. Like any best friend, you must be egoless in your relationship with the Now. Smile at the Now, whatever is showing up, and the Now will smile back at you, as would any other best friend.

Your ego -filled opponent will treat the present moment of now as an obstacle to be overcome and it will meet Life as such an obstruction. You will be sailing through the present moment of now smiling at it, and Life will show itself to you in a frictionless way.

Your opponent will be seeing the adversarial nature of the conflict between them, and you and Life will make the battle tough going for them. In your case, you will be smiling at what is happening now, without judgement and in non-resistance mode, and you will be operating in automatic mode effortlessly achieving peak performance moment by moment.

Your opponent's obsession about winning as a means to an end to accomplish some objective of winning the prize or the money or fame and success. These targets are future based, and you will be staying in the now and operating in the zone effortlessly conscious of only this moment of now.

Your opponent will be remembering their performance in the past, whether judged good or bad by them, and this will affect their play in the now. You will be only focused on the present moment of now and be accessing the power of Source to guide you in mind and body as you execute only the action required now.

At this point, your opponent will be tensing up: rejecting what is happening now, negatively affecting his equilibrium and getting upset with himself. Soon he will be slamming his equipment into the ground in frustration and if anyone is watching he may also glare at for any little annoyance. It is not possible to swing fluidly when your mind and body are tense

and aggravated by the rejection and resistance to what is happening now. One's timing is off balance by this tension and self-imposed aggravation and usually, things start to go downhill fast as the domino effect of negativity is compounded on itself.

Your even breath is the one thing that determines whether you experience this moment of now. One day your breath will stop, and you will not experience the moment of now. Your opponent's breath is likely to react to its current aggravation by stopping momentarily, and short irregular breathing will occur after that in their aggravated state. This irregular breathing pattern will negatively affect their breathing rhythm and their internal composure rhythm pattern changing their timing adversely.

These issues and more will occur to your ego based opponent as you remain calm as a cucumber connecting to the present moment of now and accepting what is with a smile on your face as your new best friend determines what you need now in your life. Their boiling over and your calmness are in stark contrast, and it is little wonder who will emerge victorious in the contest.

The victory you will enjoy is simply the acknowledgement of staying in the present moment of now by saying yes to whatever shows up in acceptance, non-resistance and non-judgment. The ego cannot be present in this state of being and in an egoless way you accept the victory with the same smile on your face and see what the next moment of now has in store for you.

By trusting your new best friend, you don't mind whatever happens now and in the successive moments of now as they occur. You have Source at your side connecting your Soul, mind and body to execute in unconditional acceptance, kindness, respect, admiration and unconditional love for what is now.

There is some confusion as to what is now as it relates to time because what is now has happened by the time you notice it even in the split-second process of such noticing. Life only happens now. There is only ever this present moment of now. If you remember the past you are doing so now and projecting into the future, you are only ever doing it now. Now is the only "*time*" there is. The only point of power is now. If you succumb to allow your ego to throw your thoughts backwards or forwards out of the now, you lose your point of power to your Source in the now.

What I am trying to get across to you is that the only real power is where ego is not involved as this is a limited power, whereas the power I am talking about is infinite power when it comes to connecting to your Source in the present moment of now. No doubt you have heard of feats of superhuman strength such as a mother lifting a car to release her trapped child, these moments of power are infinite powerful moments and are more commonplace than you realize. Look at your life and see where moments of transformation occurred and if you can remember whether they came via force or effortless ease.

There is a law of physics known as Newton's Third Law- For every action there is an equal and opposite reaction- if you supply force to obtain transformation in your life there will be an equal and opposite force opposing you to achieve that transformation.

The terms "*stress and pressure*" originate from the engineering world where tests are performed to determine the breaking points of metals, concrete, wood and the like components as they fit into different shapes, sizes and configurations and pressure and force is applied.

Conversely, achieving with effortless ease there is no force applied and no pressure and stress experienced. There is barely a ripple as the pieces fit together effortlessly and perfectly.

Working with Source in the present moment of now in an egoless way allows and enables this effortless ease to be accomplished with infinite power and no loss of energy. Working with ego and forcing a solution causes stress and pressure and a significant loss of energy. The mind and body have to deal with this loss and depletion of power and the stress, and pressure takes its toll on both the mind and the body. Repetitive and continual force requires increasing energy which becomes more and more depleted and the consistent stress, and pressure creates cracks and fissures in the mind and body. In this way, ill -at - ease and then disease follows which, if allowed to fester, could eventually create the end of the mind and the body- and the end of the ego!

Force may create a temporary victory, but the force is likely to win the battle but lose the war!

Making a choice to live a life of effortless ease by choosing to live in the now and allow Source to guide you is a far more rewarding way of enjoying your life rather than the force required to achieve temporary victories while possibly burning yourself out in the process. There can be little joy in the choice of a life of force as the only time of enjoyment can come in the moment of temporary victories whereas choosing a life of effortless ease by living in the now enables you to enjoy each and every moment as you surrender your life to Source to guide you.

The four points of importance here are non-judgement, surrender, acceptance and non-resistance.

Non-judgement means not to label anything that happens as good or bad or with any other label.

Surrender means to release the outcome to a Higher Power to determine and to focus your energy on living in an egoless way in the present moment of now.

Acceptance means to allow the outcome to occur without judgement or change now.

Non-resistance allows and accepts '*what is*' to occur and to flow with the moment without creating any obstruction whether from a mind thought or action.

The result is to trust Source to give you what you need, not want, for the highest growth of your soul, in every moment of now.

Victories are temporary but a life lived in the egoless way of living in the now guided by Source will see you grow to your highest level possible in a spiritual manner.

Always remember that we are Souls having a physical and spiritual experience here on earth living through a mind and a body but we remain spiritual entities throughout eternity. The ultimate growth of your spiritual essence is at stake here not temporary victories bringing your medals and cups which will rust in time and be discarded by your descendants as worthless objects in their lives. Record breaking times and performances will always be broken by another performer in the future, and all the money you accumulate will go to the tax man and your inheritors who will probably squander it as "easy come easy go".

In the passage of a generation or two all you have strived for via force and living in an ego manner will be forgotten and your spiritual essence retarded as you chose ego over soul in determining force over effortless ease via living now guided by Source.

The simple choice of befriending the present moment of now by saying YES to what is occurring now. Being alive and in joy within the moment. Feeling like you are on the leading edge of the wave that never ends. Ensuring that there is no ego involved and allowing Source to guide you effortlessly will put you on the path of spiritual growth and enable you to live "*in the zone*".

Topic 3 - All we need is trust in each other and peace will reign

You are part of Source, Oneness, God or whatever Label resonates with you.

There are two You's. Your Higher Soul, which is in Spirit, is part of Oneness is You and you as a Soul, which is within your mind and body on the earth's plane of existence.

There is a direct connection from Source to you on earth filtered through your Higher Soul in Spirit.

Source is Unconditional Love and Light, your Higher Soul is part of that Unconditional Love and Light, and your soul that arrived to enter a baby's mind and body is also Unconditional Love and Light.

Source radiates this Unconditional Love and Light as does your Higher Soul. When your soul arrived into the mind and body of a baby, it also radiated Unconditional Love and Light.

As a baby, you continued to exhibit that Unconditional Love and Light and people crowded around you to witness this beautiful baby but, in truth, it was the radiance of pure Unconditional Love and Light that they were seeing.

As you began to grow as a little person, there were people in your life who imposed their will on you to do what they needed you to do to fit in with their time - related issues and other demands that life made on them. You had to adapt to living not in your cot as a Prince or a Princess but as a functioning member of a family, as a member of a play group, as a son or daughter, as a sibling. Then you went to '*big*' school, and you had to fit into other peoples' rules, regulations, wants, needs and demands.

As you interacted with you family, your play group, teachers, fellow pupils and life, in general, there were things said and done to you which you didn't like. You were blissful being Unconditionally Loving and radiating Light in your cot but as you grew you had to interact with other people and, on occasions, you were "*attacked*" by being told to do things that didn't suit you to do at the time. You went from the Prince or Princess to another kid told what to do against your wishes.

Depending on the emotional severity of these "*attacks*" your self-protective ego began to make itself felt as it defended the emotional wounds and eventually developed emotional scars to protect these wounds. Emotional barriers and obstacles were erected to protect your feelings of being attacked and the frequency and severity of the attacks determined the height and depth of these barriers and obstacles within you. The Unconditional Love and Light that you are was no longer seen behind these protective barriers and obstacles. Your ego is doing its function which is to protect your emotional wounds and scars and Unconditional Love, and Light wants to dismantle these barriers and obstacles by bringing vulnerability and surrender to Source allowing Unconditional Love and Light to shine through you again.

So, we have, on the earth plane, the continual internal battle between ego and soul.

Ego misguidedly believes it is protecting you from further hurt and emotional pain, throws up the defenses of anger, anxiety, antagonism, bullying, fear, greed, jealousy and so on.

On a wider front, this includes war and decimation of countries, tribes, religions and so on. What is achieved is the entrenching of more barriers and obstacles reaching higher and wider further blocking out the possibility of Unconditional Love and Light shining through.

The solution is, of course, easy, in theory, but is not working in practice. Simply dismantle the barriers and obstacles and embrace the concept and practice of being emotionally vulnerable and surrender yourself to your Higher Soul and Source to guide you in the way of Unconditional Love and Light.

The clear majority of people want this to happen as witnessed by the acclaim that Nelson Mandela, Mother Theresa, Pope John Paul and Princess Diana received for their acts of vulnerability and surrender to their Source.

People want to embrace vulnerability and surrender, but they don't trust the other people who they feel may take advantage of their willingness by abusing them in some way or other.

It is only a function of trust that is missing not the willingness to be vulnerable and surrender. So, people become vulnerable and surrender in "safe" zones such as their churches, synagogues, mosques, temples and the like amongst their trusted brethren. Their egos protect them from extending their hands in prayer across religious barriers and even neighborhood barriers.

The person or people that manage to solve this problem and get people to trust strangers will be able to bring Unconditional Love and Light into the world.

The world needs this now, and that is why the cry for a Messiah is so loud. People can be their own Messiahs in their neighborhoods breaking down barriers and obstacles and stretching their hands out to their neighbors in vulnerability and surrender to their Source as they perceive that Source to be. There is only One Source and virtually all religions acknowledge that Source, calling It by a different name. If one or more enlightened beings could look past the ego based barriers and embrace their neighbors as souls all with Higher Souls in Spirit and all connected back to the Source of Unconditional Love and Light, then divisions would fall. The way would then be shown for souls to unite in Unconditional Love and Light by honoring their differences and sharing in their commonalities.

Are you the person to lead this in your neighborhood?

Topic 4 - Children can improve the future

Abraham, a spiritual entity, channeled by Ester Hicks (Abraham-Hicks Publications) is a favorite Teacher of mine and millions of others around the world.

Abraham's central message is the Universal Law of Attraction where Like attracts Like.

Abraham states that your thoughts are the catalyst that attracts your experiences into your life. - *"I am the attractor of my experiences"*.

This understanding places your past, your present and your future squarely into your hands. Your thoughts create your reality and the outcomes of your life.

If your thoughts are defensively ego based it is little wonder that you attract the negative reactions that generate a feeling of lack in your life, feelings of being ill at ease and, if left unattended, possibly, ultimately, disease within your mind and body.

Your soul, which is Unconditional Love and Light, will always give you free will and waits patiently for you to "*see the light*" and return to who and what you are: eternal, Unconditionally Love and Light.

The journey of the rampant ego is a destruction derby of note and sometimes, only when broken open so completely, do you surrender by becoming emotionally vulnerable and the Light can shine in with its Unconditional Love in tow.

At this stage of the game of your life, there are so many casualties that lay strewn on the ground that it is reminiscent of a major battle in a war.

Occasionally someone sees the alternative to living an ego sponsored life and turns their back on their ego and embraces their soul with its Unconditional Love and Light. These people are easy to spot as they radiate happiness, joy and love to themselves and to others with whom they come into contact. These people are like magnets drawing other souls to them in a spirit of love and friendship. A joy to behold!

Earlier I mentioned that a soul, who is Unconditional Love and Light, enters the mind and body of a baby and radiates this Love and Light. In time this baby is imposed upon by its siblings, parents, teachers, playgroup members and fellow pupils, and it develops its ego as a self-protect mechanism to reduce emotional hurts.

Imagine if we could respect, admire and love the fragility of this baby's soul and nurture it with loving kindness so that it continues to radiate this Unconditional Love and Light throughout its childhood and, hopefully into adulthood as well.

Enlightenment is the awareness and consciousness that you are Unconditional Love and Light. The originators of the world's main religions, Abraham, Brahman, Jesus, Buddha, Lao Tso, Mohammad, and so on, are so enlightened.

A child being allowed to be nurtured and to develop its soul of Unconditional Love and Light could radiate that same enlightenment.

A million children being allowed to be nurtured and develop their souls of Unconditional Love and Light could radiate that same enlightenment a million times over positively influencing millions and millions more people.

The path of developing one's soul is far preferable than the current destructive path of developing one's ego.

Coming back to the Universal Law of Attraction this magnification of soul development by, say, one million children will attract many more millions, and that is perhaps why the words of Jesus: "*and a little child will lead*" is so poignant right now.

Topic 5 - One conscious breath is all it takes

There is one way to be enlightened and to know God.

It is so simple that most people will ignore it because they think it must be arduous and painstaking.

God is only found in the present moment of Now.

As I wrote in *"How to Live in the Now,"* the Now is not a time it's a space - God's space. This space is the only place where God can be found. This is not a linear timeline; it's a space of depth.

Learning to live in the Now is the access point to connect with God/Source/ Oneness/or whatever Label resonates with you.

The way to remain in that Space is to live in the Now.

Now here comes the simple part- you can only do it one breath at a time.

The breath you take now, providing it is undertaken in awareness and consciousness, is the entry point into the Now and by consciously staying with each new breath you take- it will keep you in that Space where God is found.

The previous breath and the future breath do not exist, only the breath you take now, in conscious awareness of that breath, exists, and is the key to open the door to God's Space now.

If you can remain consciously taking one breath, and then another conscious breath and so on, it will be more enlightening to you than any other spiritual or religious practice you can do.

In that space of the conscious breath, you cannot think; you can only be. There is no opportunity for your ego to be operational if you can't think about the past or the future. There is only space for your soul to be awakened by each conscious breath after conscious breath.

No fancy seminars, books, CD's, DVD's, religious clothing, traditions, candles, incense, special holidays, celebrations and the like are needed.

Simply one conscious breath followed by another conscious breath followed by another and so on and enlightenment is assured once this repetitive conscious breathing pattern is established for a prolonged period.

How long will depend on you? Each person will need to find their process and time frame of conscious breathing.

God is waiting for you in the God's space of the Now via one conscious breath after another.

Topic 6 - Feelings are the language of your soul

You are a Human Being. You are enough.

In those two sentences lies all you need to know about yourself.

You are Human, and you are a Being.

You accept that you are a Human but do you accept that you are a Being?

What is a Being?

A Being is a part of Oneness, and its being that part of Oneness within a human body and mind.

As a Being, you are immortal and eternal as Oneness/Source/ God is immortal and eternal because you are a part of this Oneness/Source/God.

You are enough. You cannot be more than you are at your Essence as a part of Oneness/Source/God. You are perfection. There is no need to strive to become more than you are- you are enough, you are complete, you are perfect exactly as you are.

If you do not feel enough perfection and complete then your ego based mind's thoughts, have told you otherwise but it's a lie.

If you would only remove all those limitations that your ego has placed upon you to make you less than enough, perfect and complete, then you will see how you are enough, complete and perfect as you truly are.

As a Being, you need to find your Presence as a part of Oneness/Source/God. This inner presence is the part of Oneness/ Source/God that is the real You, the knowledge that you are enough, complete and perfect as You are as a Being.

You will know when you have found that Beingness because you will sense it in all living things as their life - form. You will see the inner beingness of all living things and perhaps even in items you deem not living such as rocks, crystals and the like. At a vibration level, everything resonates with a vibration, whether you consider them to be living or not living. It is this vibrational force that you will sense as clear as your vision senses everything it sees.

You already rely on these "*vibes*" to inform you about the friendliness and approachability of humans, animals and birds. You sense that you can approach them without being attacked and those senses are vibrationally based. The hairs on your arm or back rise when something is not right. You perspire as adrenaline pumps into you via your fight or flight response to an expected attack.

Now you need to develop and enhance the dependency on such vibrations to assist you in finding your inner presence and with it the inner presence of everything else.

The starting point for such enhancement is stillness and silence for as long a period as you can and to find the time to develop these periods of stillness and silence on a regular basis.

When you have reached a place of inner peacefulness by being still and silent, then you will start "*feeling*" a connection to your Higher Self, your inner beingness, the part of you connected to Oneness/Source/God.

The way you will develop this "*feeling*" will be unique to you. For me, I feel my "*Third Eye*" throbbing and a feeling of heat across my forehead and a light touch like a spider's web across my face. Should I fall asleep after such an experience I frequently dream of my first family- my parents and siblings, including my sister, who is the only other family member still alive on the earth plane.

In that connection, I feel the inner presence of all on the earth plane and feel connected to their roots at Source rather than their branches as other people see "*them*".

Your experience is likely to be different as each person's experience is likely to differ. There is no right or wrong way there is only how you experience it.

You are that consciousness, the awareness of feeling the connectedness to the Oneness/Source/ God that you are now finding in the inner presence that you feel.

That consciousness is already within you, and your journey is to find a way to allow that inner consciousness to emerge.

Your ego will be fighting you every step of the way using fear, greed and the desire for power as it feels threatened that should you find the inner consciousness inside of you then the role of the ego diminishes to virtually nothing and it fears its own "*death*".

Initially, your ego will be on full alert as you try to find your "*spiritual*" side of the inner consciousness within you.

Topic 7 - Judgement, limitations and miracles

Let's now talk about judgement. Every event or emotion is neutral; it is only one's reaction to it that labels it "*good*" or "*bad*". In this labelling, the ego decides what is good or bad and in the separation of making one superior or inferior to the event or person the process of judgement occurs.

Judgement will always seek to separate; acceptance will always combine synergistically. Judgement is ego based, and acceptance is soul based.

This difference is probably the major variant between religion and spirituality. Religious people look to separate and claim uniqueness to their God and their special relationship to that God as the only God.

Spiritual people seek to find the Oneness among all peoples as equals before God and acknowledge that they are all a part of the Oneness/Source/God. Each one is an equal portion of that part of Oneness/ Source/God. No one is superior to or inferior to anyone else. We are all equal in the eyes of Oneness. That is why in the Talmud it states: to save one life is to save the world. Apparently, in the original Talmud it states: to save one life in Israel is to save the world. So here one has the dichotomy of a valuable saying being distorted by excluding all others other than in Israel.

Religion comes from belief and is ego based as it entrenches the belief that its adherents are superior to others who don't share their beliefs. A belief is an unproven fact, and that is why it is termed as being a belief.

Spirituality is not about belief; it is about your proven state of consciousness or awareness that you and all others are an equal part of Oneness/Source/God. How you act in the world to yourself and others with this knowingness determines whether you are spiritual or not in that present moment of now.

Being spiritual means that you tap into a consciousness that is beyond ego based thought. That consciousness is what we referred earlier to as "*being in the zone*". This consciousness is a space of no- friction, space where everything fits into the jigsaw puzzle of the universe effortlessly and gracefully. Here synergy is no longer $1 + 1 = 3$ but $1 + 1 = \text{Infinity!}$ In this space, creativity has its source, where ground shaking ideas are spawned, here the geniuses through the ages deposit their abilities awaiting people on earth to tap into this vibrational space. This space is where Shakespeare came to collect his thoughts, where Leonardo Da Vinci visited for his creativity, where Brahms and Beethoven tapped into for their compositions. This space is where Vibrational Energies in Spirit deposit the solutions that man on the earth plane connects to and finds their Eureka solutions.

You enter into this space sometimes when you are in the shower or bath and being naked your imagination runs wild, without any logical limitation. Sometimes you emerge with an earth shattering idea or solution that "*just pops into your head*."

This space places you "*in the zone*" which is accessed without ego based thought but with spiritual based consciousness or awareness of a place beyond thought where creativity dwells.

This space is in the present moment of Now where there are immeasurable height, width and depth. This space is Beingness and is connected to Oneness/Source/God. It is a

place of unlimitedness and labelling something here you only limit it to its outer self and not connect to its unlimited inner self.

To use a practical example which we can all relate to: a beach ball lies flat in a packet in the shop. It is useless until you open the valve and blow air to pump it up. Now the beach ball can be used, and fun can be had. Was it a beach ball before you pumped air into it? Or was it a flat piece of plastic useless in its original state.

Calling it a beach ball now will probably satisfy most people, and with that label, it will remain a beach ball used to have fun in the sand.

But what would happen if you didn't call it a beach ball and you decided not to limit it to only be an object of fun in the sand? Without a label, it can be used for so many other applications. It could become a life preserver for someone to hold onto in the sea and to be able to keep them afloat. It could be used as a warning signal as a buoy at sea to warn people of dangerous rocks or currents. It could be used to dislodge fruit high up in a tree. It could be used as a pillow to sleep on once some air has been let out.

The label infers a judgement and a limitation. For example, referring to a little boy as he is a good child, he is a naughty child, and the die is cast forever. Without a label, it is possible for the little boy to connect to its Beingness and become without limitation. He becomes eternal and infinite in his potential to achieve, create, accomplish whatever he wants to do. He loses the ego based "I" and discovers the Soul based "we" of infinity and immortality as he connects to his Oneness/Source/God. He travels past clever and achievement to tap into the wisdom of unlimited potentiality. For example, the fun-filled beach ball I referred to earlier, becomes a desperate life preserver of a small child swept out to sea and so much more.

Judgement and labelling constrict the imagination and the potential of something or someone. Allow every possibility and unlimitedness to reign. Even imagination has an outer edge of limitation. Know no limitations, everything and anything are possible. What we call miracles occur and people are astounded at the results, but all miracles are sitting in limbo in this zone of Beingness awaiting to be called upon to perform and materialize on earth.

MIRACLE- May I Recognize A Conscious Light Emerging

Topic 8 - Miracles and surrender

What is this Conscious Light that is emerging?

This Conscious Light is the Light of Beingness, the Eternal Light and Unconditional Love that is Oneness/Source/God- it is unlimited in its realizable potential upon earth's plane of existence.

These miracles cannot come into existence without the belief that '*God's Will be done on earth as it is in heaven.*' As a soul within a mind and body on the earth's plane, we have amnesia as to what our spiritual lives are like in Spirit. We cannot possibly remember the Light and Unconditional Love that bathed upon us in Spirit and in which we knew no limitations in eternity and immortality.

Albert Einstein said: "*There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.*"

Imagine if you approached your daily life conscious that everything that your five senses tell you is a miracle. That whatever you perceive through any one of your senses was created to express the miracle of life on earth and life in so many other "spaces" which you are aware of when you are in Spirit.

That your gratitude for everything that happens to you and through you is a miracle and Oneness/ Source/God is working through you also to experience all that you are experiencing now and in every successive moment of now.

That you and Oneness/ Source/ God are as One in experiencing these miracles occurring in your daily life.

We tend to overlook the miraculous as everyday events. Imagine if the sun only rose and set once every 100 years. How we would value that one day in 36 500 days, and we would consider it to be a miraculous event we were witnessing on that specific day every 100 years. The world would come to a standstill. Wars would cease for that one unique day as we all witnessed the sun rising on that day and one hundred years later those then alive would bear witness to the sun setting one evening. It would be considered a miracle and yet it happens every day as we sleep through the sunrise and we are too busy at work to witness the sunset.

This world is full of miracles, and we walk blindly past them every day.

The Reform Hebrew Prayer book, Gates of Prayer, has a quote:

"Days pass and the years vanish, and we walk sightless among miracles. Lord, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illuminates the darkness in which we walk.

Help us to see, wherever we gaze, that the bush burns unconsumed. And we, clay touched by God, will reach out for holiness, and exclaim in wonder:

How filled with awe is this place, and we did not know it! Blessed is the Eternal One, the Holy God! "

With this belief, awareness and consciousness we can awaken to a new day and see the world anew in the light of the daily miracles that we have previously taken for granted. Everything we have is but loaned to us, and we become a Steward in looking after it, caring for it, nurturing it and, where applicable, giving it love.

We take our good health for granted until we are struck down with the 'flu and bedridden for a few days or crippled with a life-threatening illness. We take the roof over our heads for granted until a strange natural occurrence rips it away from us or a bad financial decision renders us homeless. We take our work for granted until we lose our jobs or our businesses fail. We take our spouses for granted until they decide to move on without us to another place or pass away from the earth. We take our children for granted until they leave home without a backwards glance, eager to move away from us for their perceived freedom.

The common denominator here is a lack of gratitude for what we have already and taken for granted that it will always be there when it suits us to use it or abuse it.

The creation of miracles starts with the awareness and consciousness that everything we have is but lent to us. If we respect it, tend to its needs and are continually grateful for what is lent to us, then it is likely to be there for us.

However, if we choose to take what we have for granted as a right and our sole privilege to use and abuse. If we do not respect it but use it and abuse it when it suits us then the balance that governs our life of duality on the earth plane will swing in a counter fashion, and we are likely to be deprived of that which we have taken for granted and not expressed gratitude and caring for it.

This counterbalance is seen daily as cheating spouses lose their families; speeding motorists lose limbs and, in some instances, their lives; gluttons overeat to become diabetics, and possibly stroke and heart attack victims; greedy investors lose their fortunes; politicians taking bribes get caught and jailed and so on.

The counter balance is a natural law and like a stone dropped into a still pond the ripples expand in ever widening circles unstoppable until they reach the edge.

The solution is always, and in all ways, meaningful gratitude for what we have and the tending and caring for what we are loaned in a loving way.

The miracles will become more evident as gratitude replaces judgment in your life.

There is an interesting phenomenon that occurs to some people when they have experienced the loss of something that they valued in their life, and that is now taken from them. They are focused on the thing they value, and it occupies an abnormal space in their lives. With its demise through loss suddenly they now confront that space and come to realize a freedom from the attachment. The feeling of loss, over time, is replaced with a feeling of freedom from the attachment and from the energy and time they invested in that thing. The loss somehow becomes counterbalanced with this new-found freedom. The loss created a fear within them and this fear, as with all fears, was disproportionate to the actual loss they have experienced.

In this new-found space of freedom, they begin to discover a Presence that they had not experienced before as their ego was so intent on focusing on the thing that there was no space for any other acknowledgement that beyond ego there is a soul. That Soul is attached to its Higher Soul, and the Higher Soul is attached to Oneness/Source/God/All That Is.

In this newly found space, I call it '*God's Space in the Now*'; the person starts to feel an elation, a spiritual awakening, that there is more to life than the ego's consistent beating of its drum.

What the person stood for as an ego - centric person is now emerging in this new-found space of freedom as a metamorphosis to feeling that there is more to them than their ego's things. Letting go of the fear of loss that I am only what I am by what I identify with and if I lose that I am nothing, and, replacing it with the freedom of beginning to connect to who You really are, a Soul and part of Oneness, without any need for anything, then you begin to feel enlightened and aware of the Presence of Oneness.

This nonresistance or yielding to what is now, is called, in spiritual terms, surrender. In this surrender, you release all cares and concerns about the perceived loss of the thing your ego was most concerned about and you open your heart and your arms to receive the unconditional love of a new consciousness of awareness that some call Oneness/Source/God.

Upon your surrender, if you need to take any action to sort out the issues at hand, it will be provided for you to resolve in a frictionless way. If there is no action for you to take, then you can relax into the arms of Oneness/Source/God and your path will be shown to you at the appropriate time.

Surrender implies that ego is not present in your life and that you have chosen to hand your life's issues over to a Higher Power to find a solution for the highest growth path of your soul. This solution may entail hardship on your behalf but knowing that the most growth you will experience will always be in the most difficult circumstances then you can say *"bring it on- I don't mind what happens because I know it is for my highest growth as a soul and I can handle it for I am with Oneness/Source/God"*.

At that point you remember that you are eternal and immortal as a soul and as part of Oneness/Source/God. What can man do to affect that? Nothing! Yes, you may experience pain through the process but remember, pain is inevitable but suffering is optional. Suffering is an ego based condition and you have moved way past ego to become a soul in unconditional love with Oneness/Source/God.

You will know inner peace and a continual connection to your Higher Soul and to Oneness/Source/God. That is beyond any value that your ego can promise you.

In the duality of the earth's plane loss often metamorphoses into gain providing you learn how to surrender your ego and to receive the unconditional love of Oneness/Source/God.

LOSS - Leaving Our Soul Sad

GAIN- God And I Now

Topic 9 - Seeing through the protective mask of the ego

In spiritual literature, the term: "*what you resist persists*" is another natural law that people chose to ignore at their peril. When you resist something or someone you are giving them power over you. Your resistance is because you do not want to agree with them usually because your ego is telling you that you will lose something by agreeing to what they want you to do. You object to what they are saying or wanting you to do, and once your ego takes charge of this discussion, which soon turns into an argument as their ego retaliates, now you are heading towards a loss: lose ending for both parties with lots of unpleasantness thrown into the ring.

When you resist something or someone you strengthen it in yourself but more importantly you strengthen your ego's resolve to make sure that you do not back down and 'lose face'. Once two egos are slugging it out in the ring, there are no real winners and usually two losers. One may lose less than the other and then deem themselves to be the winner. Yeah sure, the winner of the losers!

Non-resistance to the other is easy to do when you have the magic formula, and that is to recognize the ego of the other person at play and see through their ego to their soul. Now I know you are probably thinking that is very nice in theory but will never work in practice because you don't know how difficult my spouse is; my boss is; my sibling is; my bullying father is and so on.

Every ego that comes to the fore is protecting some emotional wound's scar from being ripped open and for buried pain to re-emerge. That's the ego's job, and it does it very well- it's a protector of note. The more the ego bellows, the deeper the wound's scar it is protecting.

So you must acknowledge that their ego is at work here and that it will ferociously defend that wound's emotional scar with all its might.

You could even pop the ego's balloon with a full-frontal assault by asking "*I see that you are being very aggressive or defensive (you chose depending on their approach) about this issue. Obviously, something happened in your past that affected you greatly, and it must have been like what we are discussing now. Would you like to discuss it with me and see if I can help you deal with it now as it's blocking the way for us to have a good relationship?*"

You haven't said "*You are wrong and I'm right*" you have seen past their ego and your soul like approach is to their soul bypassing their protective ego.

They could react by blasting off being led by their ego and swearing and pushing back with choice negative comments of their own about you and your past. Alternatively, they could react in a positive way, coming from their soul, and be open to discussing the traumatic historical event, probably over a period as they gain confidence in you and themselves to share this painful story.

Every bully has been bullied themselves and most emotionally damaged people have a history of some form of abuse in their past. Most of us are the emotionally walking wounded who survived one or more battles and are trying to keep it all together as best we can.

The art of non-resistance has its roots in not blaming and shaming people but with the understanding that if there is no one to blame then there is no need for forgiveness.

Forgiveness assumes that someone did something wrong but who is this someone? Is it their self-protective ego or is it their soul, which like your soul, is a part of Oneness and incapable of doing harm as it is unconditional love at its essence. So by seeing past their over protective ego to their soul, there is no soul to blame only the ego's misguided protective role. The ego is not the real person it's a mask, granted a protective mask and even a protective suit of armor, but if you see past the mask, you can address the soul.

The real solution to a happy life is to see and recognize their ego and then to pierce their ego's veil or mask and connect to a person's soul. When your soul and their soul recognize each other as being part of Oneness, your relationship transforms like the caterpillar into the beautiful butterfly.

So, non-resistance is the key to diffuse uncomfortable discussions because non-resistance is true strength and not the weakness it appears at the outset. It's the difference between winning a battle and losing the war or simply not fighting in the first place, and everyone wins.

Topic 10 - Awareness and consciousness is real power

Awareness or being conscious is a foundation stone of living a spiritually aware life. To be able to distinguish between what you are feeling at an emotional level and who is the Being behind that feeling creates the awareness and makes you conscious that the feeling is not who you are.

There is the feeling of, say, anger or joy, and then there is the Being who is having that feeling. You are not anger, and you are not joy, those are the emotional feelings you are experiencing caused as a reaction or response to something or someone's words or actions. You and the feelings are two separate things.

If you acted as if the feeling and you were one thing then you would lose perspective and react in an emotional way, probably to your regret later.

By being consciously aware of the emotional reaction or response makes you the Watcher of your feelings. This enables you to have an overview perspective of the situation. You can see your viewpoint and, most importantly, you can also see the other person's viewpoint as well. This unique perspective enables you to identify a compromise position and to work towards it at the pace the other person will allow you to do so.

Awareness and consciousness creates a more proper perspective of any situation and facilitates a soulful response to occur rather than an ego based knee jerk reaction which is more than likely to inflame the situation even further.

There is a spiritual saying: "*You can either be right or be happy but not be both simultaneously*". Most religions believe that they are right and that other religions are wrong in their beliefs and practices. Of course, that is an egoic approach and shows a lack of perspective and usually, is caused by a superiority complex which has its roots in an inferiority complex. The inferiority complex comes from ignoring the soul aspect of being a human being and, in fact, makes one an egoic human doing instead.

Ignoring the truth that we are all souls and all are equally part of Oneness, who is Unconditional Love, which makes us all Unconditional Love at our essence. The truth is - you are Love because you are part of Oneness/ Source /God who is Love.

It's only the forgetfulness of this truth that allows your ego to take center stage in your life and convince you that you are right and the others are wrong. The solution is negating your ego and allowing your soul to dominate your thoughts, words and actions with love sponsored thoughts.

As I continually write in all my books: "*What would Love do now?*", is the only question to ask yourself in every instance where you must make a choice.

It is as simple as that. You don't need religions, traditions, rituals, special holidays, fasting, wailing and gnashing of teeth. You don't need special clothes to pray in, adopt certain postures, to stand, to sit, to kneel, to prostrate yourself in humility. You don't need special prayer books, religious sites to visit, Wailing Walls to pray against, blocks of *granite* to walk around, crucifixes to kiss, statues of Buddha and gods to worship.

You simply must say, mean and implement "*What would Love do now?*" in your every thought, word and action.

That's it!

Can you now begin to realize that everything else is an ego based decision: to pray to "your" Deity in your religion's way? ; by wearing the clothes prescribed by those who hold the power in these organized religious structures; to read the prayer books they create; to pray in the prescribed manner that they have laid down; to worship some piece of material

they have prescribed to be holy ; to eat and drink, or not eat and drink, at certain prescribed times. To eat certain types of foods and not eat other types of food to ensure that you are religious and keeping to the doctrines of your religion.

What has all this to do with being Love in your every thought, word and action. Nothing! The ego-based power merchants of each religion are keeping you so busy with the traditions, rituals, observances, practices, the do's and the don'ts, that there isn't the time to stretch out a helping hand in love to one in need who isn't of your religion. Mother Theresa saw the face of Jesus on every Leper whose wounds she was bandaging. She was practicing the religion of Love.

I currently live in Johannesburg, South Africa and we have beggars at virtually every intersection in our major towns and cities and the hundreds of outstretched hands we encounter daily at every traffic light numb us to seeing the face of God behind every outstretched arm. Because of our high crime rate, it can be dangerous to open your window to offer these beggars the loose change they are after. However, most of us living here do give our small change, or foodstuffs, clothes and other items to these beggars as they become permanent fixtures in our lives as they all jealously guard "their" intersection.

I often wonder what would happen if all the people who attend their house of worship each week went instead to a place in their neighborhood or surrounding area and put the time into uplifting someone who needed their help. The help could be with the basics like shelter, food, clothing and then onto teaching, coaching, mentoring basic education, skills training and, hopefully, employment, whether temporary or permanent. Such actions would empower these souls to take their rightful place in a society that could support them and they support the society in time.

I often wonder what Oneness/Source/God would think if instead of receiving glowing praises and prayers each week from houses of worship all around the world They saw real action from the congregants of these houses of worship practically uplifting their fellow human beings.

Does Oneness/Source/God need to be prayed to with the same prayers from peoples' lips each week or would They prefer to witness one human being uplifting another as a form of actionable prayer to Them by uplifting the part of Them who are currently in need of the staple basics of life.

To me, it's a no-brainer but you, dear Reader, must make up your mind on this issue.

This topic started with awareness and consciousness that we are not our feelings and as a soul based human being for us to be consciously aware of how we respond and not ego-tistically react to occurrences that happen in our lives.

By being consciously aware, we must be in the present moment of now, and that is the only place where the ego cannot be as it controls you by revisiting the past and projecting you into the future, controlling and manipulating you like the Puppet Master it is.

This awareness is a present moment event and is alive in the Now. It is the only real POWER there is- Present Only When Ego (is) Removed. All other power is ego based and cannot be sustained. It's destructive ego based roots are the cause of its eventual demise. Knowing that awareness and consciousness is the only real power in the world is the key to a life of bliss. Knowing that with this awareness and consciousness you are a Human Being, a part of Oneness/Source/God, who is Love and that you are Love, at your essence.

Now you will know inner peace.

Topic 11 - Want a happy relationship- here is the key.

It is a sad reflection of love and marriage that in the USA today there are 2.2 million marriages a year and 1.1 million divorces a year. Of every birth in the USA, some 40% are to unwed mothers.

So the old song that went: Love and marriage go together like a horse and a carriage seems to have unhitched the carriage!

What happens from that bloom of "*falling in love*" to "*speak to my Attorney*" usually in less than ten years from cutting the wedding cake together?

Who is falling in love with you and with whom are you falling in love?

Usually, it is your ego falling in love with another ego, or it is your soul falling in love with another soul?

In the case of two souls falling in love with each other absent any ego involvement then this is a match made in heaven because that is where these two souls live eternally and immortally. Fortunately for these two eternal souls, they are incorporated into two bodies in love on earth.

In the case of two ego's, which regrettably is the norm in relationships, this falling in love is, in fact, a confidence trick perpetrated by one or both parties on each other. The ego of one or both people plays a role with a mask on to convince the other party that they are the type of person that other party would love to be involved with in a long-term relationship.

Usually one or both parties feel that they lack something in their lives. It may be that they are not confident and in fact are quite shy. The other party comes across as confident, successfully, a winner and sweeps the shy person off their feet with their winning ways. The shy person is initially attracted to the confident person and feels that they are now complete as a person because the other party makes up for their shortcomings as perceived by them.

Of course, there are many other variations of this theme of feeling inadequate in one area and the other party compensating for that. Unfortunately, the very thing that attracts one initially ends up repelling one when the continual behavior and the side effects of that behavior become so irritating after a while. The confident spouse ends up carrying on being confident at social engagements and attracts others of the opposite sex, or even of the same sex, who are drawn to the magnetism of this person much to the chagrin of the spouse.

The real issue arises when the mask begins to slip and eventually drop, and the real person behind the mask surfaces to be found wanting in so many areas. When this happens to both parties wearing a mask the shock of this realization can be devastating as the shaky foundation stones of the relationship, appear to have hit an earthquake zone. Now two strangers are facing each other without their dating masks and are being inadequate as marriage partners and spouses for rearing their planned children. Of course, this could occur after the children are born and this further complicates life for all concerned. The issue here comes down to the word- wanting. If either party has a need or a want from the other, then it is their ego at play determining this need or want.

If either and preferably both parties want and need nothing from the other, i.e. they are complete within themselves and simply are prepared to give the other party focused attention then in that focused attention is the desire to share what the other offers. This focused attention enables the souls to connect in an awakened state of consciousness allowing the Presence of Oneness to rest within them and between them.

Can it be that simple?

Let me ask you when the last time you gave your partner fifteen minutes of continuous, uninterrupted, focused attention that was unconnected to wanting something from them?

Have you ever given your partner fifteen consecutive minutes of uninterrupted, focused attention without you wanting something in exchange?

Have you ever allowed the awakening state of consciousness time to enable Presence to rest between you both, and within you both, or have your ego's been too much in charge needing to do something more important than this?

There is a saying that goes: when two previously divorced people get married and go to the marital bed there are four people in the bed, their ex-spouses as well as themselves. The same occurs when two people with masks on get into the marital bed, there are four in the bed, the two egos masked people as well as their real selves that both are attempting to wish away.

So, you can imagine how big a bed you will need when two previously divorced people with their masks on get into a new marital bed. No wonder the divorce rates for second marriages are higher than for first marriages!

The solution is to give each partner focused attention for as long as it takes for them to reciprocate and give you focused attention and to allow and enable Presence to rest between you and within you both as your souls intertwine.

Focused attention is the beginning of respect, and once respect is in place, then it is possible for admiration, like and love to flow through you to the other party and, hopefully, vice versa from them to you.

Give it a try, what have you got to lose - only an ego-based relationship doomed to wanting, anger and ultimately indifference, which is the opposite of love. Most people think hate is the opposite of love but hate still has some emotion attached to it. Indifference has no emotion attached to it, and if you have ever felt indifference, you will know that it feels worse than being hated.

It's simple - focused attention for as long as it takes!

Topic 12 - Achieving Happiness, Inner Peace and Unconditional Love in your life

Happiness is your natural state as is inner peace and unconditional love. The state of your soul, which comes from Oneness/Source/God, is Unconditional Love, inner peace and happiness. It is when your ego comes onto the scene and protective layers are placed over happiness, inner peace and unconditional love. These protective layers' stem from your ego protecting your emotional scars. These emotional wounds are inflicted upon you by others and even perhaps by yourself.

Happiness, inner peace and unconditional love are always present within you, but it requires the removal of the ego based protective layers being peeled back one by one and removed to enable the underlying happiness, inner peace and unconditional love to shine through.

Obviously, the sooner you rid yourself of ego and start operating from your soul the easier it will be to return to the blissful state of happiness, inner peace and unconditional love that you are inherently as part of Oneness/Source/God.

So, the million-dollar question is how to rid yourself of ego?

By now it is well-known that Ego means Edging God Out of your life. So, the solution is to bring Oneness/Source/God back into your life as you emanated from this same Source and, in fact, are part of this Source which, of course, is Unconditional Love and Light.

How you decide to bring Oneness/Source/God back into your life is your journey of self-discovery and personal empowerment. Each person must explore and find this unique path for themselves. If I robbed you of this unique experience and gave you my solution, it would only be my unique solution, and it probably won't work for you. You must find your own way and the unique way it unfolds for you to connect to your perception of Oneness/Source/God.

Through this connection, you will allow your soul to determine your thoughts, words and actions by thinking, saying and doing "*What would Love do now?*" when confronted with any decision that affects your life.

Of course, there is a longer route which entails addressing each ego based protective layer and coming to terms with the motivating reasons why you needed that ego protection and finding a resolution to each of those issues. This process is usually the route of psychoanalysis which is lengthy, emotionally painful and expensive as people tend to be in therapy for years and, in many instances, become dependent on their Therapist as a crutch to resolve ongoing issues. While I am not against therapy of any nature and have personally benefitted from interventionist therapy as a "*course correction*" in my life, I have preferred to chart my own course and use Therapists to get me back on track with one or two sessions rather than as a long-term crutch solution. However, we each must find what "*floats our own boat*" and decide which route to take to ensure our long-term return to happiness, inner peace and unconditional love.

There is a way back to happiness, inner peace and unconditional love because these states of consciousness have never left you and they are at the base of your being as a human being. It's reclaiming them and the route you chose to follow which is the point of discussion here.

The process starts with your thoughts, and if you can be aware or conscious of your thoughts, as distinct from who you really are, then you will not see your thoughts as representing you but as representing your ego, and hopefully, your soul.

This distinction is crucial to the process of self-discovery of your real self, of your state of soul consciousness rather than your state of ego consciousness.

I will help you kick start your process by telling you to monitor your thoughts as they occur and to distinguish between the thoughts that are ego thoughts and the thoughts which are soul/love sponsored thoughts.

In my book, *How to Live in the Now*, I suggested that you tap yourself on your left thigh for an ego thought and the right thigh for a soul /love sponsored thought. If your left thigh has bruises, then you will know what needs changing!

Thigh tapping is a fun game to play and makes you conscious of your current thought processes and then it's up to you to decide if you want to stay as you are or change to focusing on soul/love sponsored thoughts. It's your life and your journey and it's up to you to decide the path you will be taking. I know what path I chose and the happiness, inner peace and unconditional love I feel most of the time.

The ball is now in your court.

Topic 13 - I did it my way (apologies to Frank Sinatra!)

In life, you are usually required to pass a test or exam to be deemed to be proficient in doing some function whether it's to drive a car, fix a plug, unblock a drain, repair a tooth, etc.

The most important job of all, being a parent, only requires you to have sex, and hey presto this little human being is presented to you to bring up without any formal or informal training.

Most cases the parents themselves are still emotionally immature and now they must fend for themselves and this little human being as well.
Is it little wonder that society seems so screwed up?

Bringing up a child is your most important duty as a parent, and most of us are clueless. Grandparents are probably the best place to start as they have usually been doing it for 20 plus years and they have had a chance to examine what worked and what didn't work if they are capable of being self-critical about their role as parents.

I am proud to say that having been divorced for over ten years I have brought up my sons and as they tell it- I am their best friend and confidant, and they are mine.

I was fortunate to discover the secret that worked for us. I simply gave my time and my focused attention to enable my sons to find themselves and allow them to unfold as human beings while setting an example for them to follow regarding my work ethic, behavior and spiritual values.

Not only did it work for them but many of their friends are part of my life as well as I have guided, mentored, been an advisor to them regarding their relationships, choices of studies, careers and even gone into a business venture with one of them together with both my sons.

It has been very rewarding as I chose to cut my career short at the age of 57 to be at home with my sons when they returned from high school and college. After that I started a few new businesses working from home.

What worked for us was giving focused attention, direction, guidance and, most importantly, a role model to follow but at the same time allowing them to find their way and to unfold. My motto has always been "*children must not be molded but unfolded*".

I have told them that they must make mistakes to learn what works and what doesn't work for them. They must never be afraid to try something because failure is not fatal if treated as a learning experience.

Now looking back I realize that the time and focused attention I shared with them allowed and enabled Presence to rest between us and within us and shaped our love based relationships.

I have mentioned this process in this book of allowing and enabling Presence to be part of a relationship and believe that children need this to become well-adjusted adults and to lead the world towards the middle of this century with love sponsored thoughts and not ego based wants and needs.

Topic 14 - The failings of instant gratification

What are you made of? When boiling, water is used to cook a potato it softens the potato to be edible. When boiling, water is used to cook a raw egg it hardens the egg to make it more edible.

Do you soften when put under pressure or do you harden and toughen up?

One's attitude towards difficult times determines what you are made of inside.

In today's world, young people want instant gratification, and if it isn't instant, then they change channels or move to another website or Facebook page without any thought process. "*I want it, and I want it now*" is the clarion call of the youth. Why must I wait, there are others who can give it to me now?

We are all part of Nature, the Universe, Oneness or whatever label resonates with you.

In nature, things that sprout up fast usually do not live for long. In fact, the deeper the roots, which takes time to occur, the stronger the tree or plant. It takes nine months for a human being to evolve slowly and to be born. Good things take time to develop and evolve, rushing it will create weakness. The process of evolvment requires patience for the strength builds itself into the process.

Knowing that you have the patience to build yourself up block by block, piece by piece, inch by inch requires persistence and consistency. It requires self-discipline and self-control, and these two ingredients are the bedrock of a successful person with deep roots at their base. The self-discipline and self-control are not ego based but, to the contrary, are choices you make in every moment of now to deliberately choose to have soul based thoughts, words and action stemming from love sponsored thoughts.

If you don't have a solid foundation, then the first strong wind in your life will blow you over. A solid foundation comes from laying brick by brick on a solid concrete base setting and ensuring the corner joints are well set to lay the next course of bricks on top of the previous layer of bricks. Slowly and securely a solid foundation is built, and now there is no limit to what you can build upon that solid foundation.

If you have a solid foundation, then you will know that you are enough. You can handle whatever life throws at you. Your roots are well entrenched, and you can toughen up to meet life's challenges.

At this point, you also have developed your soul sponsored thoughts, and you know that you are neither greater than nor less than anyone else. You are Oneness at your essence, and everyone else is also a part of Oneness/Source/God. With this self-awareness comes the humility that Oneness/Source/God is beyond any ego based comparison of people or other parts of Nature. Your self-awareness of who you are, a part of Oneness gave you the correct self-esteem and coupled with the humility of knowing that we are all equal in Oneness enables you to stand your ground and handle any "*boiling water*" in which you find yourself. You harden your resolve, not from an ego viewpoint, but from the expectation that you can handle whatever life throws at you because you are eternal and immortal as a part of Oneness and at your essence, you are not your body, you are a soul.

This step by step process stems from self-control and self-discipline of choosing your thoughts, words and actions coming from a soul sponsored loved based thought process followed up by words and right action.

Regrettably, this process does not work in the environment of instant gratification as demanded by the youth of today. Whenever man challenges Nature, Nature wins through because it has infinite patience to wait it out and wear man down even though much time may have to pass for this to eventuate.

There is no future in instant gratification and expecting life to adjust to this latest fashion of the youth of today. The adage: "*easy come easy go*" is what is likely to be experienced by the impatience of today's youth. Regrettably, they won't have much to show for their efforts as their transient approach to life will not allow the correct roots to be put down and for a solid foundation built upon from which to build something of lasting value.

The pendulum of life is likely to swing back the other way, and future generations will probably be more earnest in developing roots and a solid foundation after seeing the folly of their parents and grandparents who are the young people of today worshipping the gods of instant gratification.

Topic 15 - A true friend

What is the most important part of friendship? The unconditional love, trust, respect and voluntariness of wanting to be someone's friend. There should be no wanting or neediness in friendship, simply a giving without expecting anything in return.

Unlike marriage or a business partnership, there are no written contracts between friends. Someone can walk away from a friendship in a moment. Many friendships are formed in a moment when two strangers come together for the first time. It feels like coming home, and someone is there to welcome you home and be there for you, whatever you need from them is evident in their welcoming smile and embrace.

Real friends don't need to talk too much. The comfort of simply being in each other's space and knowing you are both safe with each other is found much more in the silence and the stillness of the moment than the gushing out of words.

The Presence of Oneness is there in that space and rests within and between the two of you and more so if there are silence and stillness. Knowing that you have each other's backs no matter what or who comes through the door of your lives expectantly or unexpectedly is the feeling of comfort, much like a well-worn slipper.

Many, if not, most people, do not experience this unconditional love, trust, respect and voluntariness of such a friendship. More people probably have it from a loving dog or other pet than they do from another human being. Animals, and dogs, in particular, provide unconditional love that few, if any, humans can match.

On Personal Empowerment.co I have a joke book entitled "*Spiritual Laughter vol. 1*" found under the header tag '*Laughter*' on the website.

(http://personalempowerment.co/wp-content/uploads/2014/11/spiritual_laughter.pdf.)

There are many pages filled with spiritually related jokes, and the one below is relevant in this instance:

How Enlightened Are You?....

If you can resist complaining,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
If you can ignore a friend's limited education and never correct him or her,
If you can resist treating a rich friend better than a poor friend,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can honestly say that deep in your heart, you have no prejudice against creed, color, religion, gender preference, or politics,
--Then you have almost reached the same level of spiritual development as your dog!

In the USA, there are 43,5 million households (36.5% of all households) with an average of 1.6 dogs. With some 70 million domesticated dogs in the USA, that is a lot of unconditional love!

The structure of American families is changing. For people over the age of 18 years, the number involved in marriage as at 2010 were only 51% compared to 72% in 1960. The number of adults living alone in the USA is 27%, and it was 13% in 1960. Over 60% of widows and widowers live alone, and 20% of the never marrieds live alone. That is a lot of loneliness usually without a true friend by their side. Animals, and dogs and cats, in particular, fill some of the voids of this loneliness.

Why is it so hard to find a true friend? Is it because we are protective and guarded not allowing people to breach the outer exterior we show to the world? Is it because you don't know who to trust and it is preferable to keep safe and trust no one then to open up and become more vulnerable, in case you get hurt, emotionally, physically, financially? Are people simply set in their ways and inviting someone into their inner sanctum is considered a risk not worth taking? Are people crying out for attention and the warmth of friendship but are too scared of losing something or being rejected that they keep their status quo of loneliness. Are people exhausted emotionally and have too little to give of themselves to start building a true friendship at this stage of their lives.

Imagine if all these fears could evaporate, and you didn't have anything to lose in any respect. Imagine if all you did was to stand to gain the unconditional love, trust, respect and voluntariness of someone new coming into your life now, no matter what your age. Imagine how much happier you would be waking up to each new day full of promise and hope and a true friend to share the moments with as you explored the world outside of your current confinement.

What would happen to all those aches and pains and tablets you swallow as you create a self-imposed barrier to enjoying the world outside your window? Most would disappear like the morning mist as you now look forward to the new day with optimism and hope to wonder how much enjoyment you can have and share with your new true friend.

All it takes is a willingness to release your fears and to be open and vulnerable to find another such person who also wants to break the shackles they have self-imposed around their legs. The starting point may be to join a religious group such as a church, synagogue, mosque, temple or a spiritual group of likeminded people. You could join a bridge club, a knitting circle, a bingo club, a movie club and even try learning to dance at a local hall offering such facilities. The list is endless.

There is a wonderful quote about committing yourself:

"Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

- W.H. Murray

Go on - I dare you- put yourself out there, throw away your security blanket and pick up your parachute - life is for living because the question *"Is there life after death?"* first needs to be addressed by asking *"Is there life after birth?"*

In a nutshell, if you want to have a true friend, first you must be a true friend.

Topic 16 - Feeling great is so easy to achieve

Several people want to move from their ego self to become more soul, more unconditionally loving towards themselves and others. However, it sounds a bit academic, nice in theory but difficult to put into practice.

So let's try an experiment. Can you consciously measure and track how many times in a minute, in 15 minutes, in 30 minutes, in an hour, in a morning or an afternoon or all day that you are a human doing or a human being?

A human doing is someone motivated via thought, word or action by their ego's need to feel superior or inferior to another or towards others. To remain separate from another or others. To not give unconditional love, respect, admiration to another without wanting something in return.

A human being is someone motivated via thought, word or action by their soul's need to give and receive unconditional love, respect, admiration towards another or others, feeling the Oneness that you share with them, without wanting anything in return.

The term '*random acts of kindness*' springs to mind.

The real funny part of all of this is that when we close our mind, our mouth, our hand to another, we feel deprived, we feel the loss of not giving unconditionally. And how do we know this? Because when we do give unconditionally, we feel great, especially if no one knows but us. We feel the inner glow of warmth from our soul warming our heart when we are magnanimous towards one or more people. It just feels great to give without wanting something in exchange.

There is a Jewish Proverb that goes: "*The door that is not opened for charity will be opened to the Physician*".

The Dalai Lama says "*Kindness is my religion*."

Happiness is an inside job as I have stated in another topic in this book. You are unconditional love; happiness and bliss are your essential being because you are a part of Oneness who is these things and so much more.

There is no way to happiness because that is your essential nature so when you think, say or do things that bring out your soulful nature then you will derive the happiness that flows automatically with this soulful way of living.

By being consciously aware of your thoughts, words and deeds and monitoring them as whether you are a human doing or a human being enables you to come into the present moment of now, into God's Space as I call it, and to feel the presence, or absence, of this Presence depending whether you act like a human being or a human doing.

What greater reward could you wish for than to feel connected to Oneness by being a human being. This is a feeling way beyond any material reward you may get as a human doing. This feeling of Oneness opens up the depth of this moment of now and within this Space is unconditional love for you and a feeling of no friction, of potential unlimitedness, a feeling better than the highest high you will ever feel. This feeling is your springboard to being connected to Oneness eternally and immortally in every moment of now. What a feeling! Feelings are the language of your soul.

Topic 17 - Staying in love

Everyone I know wants to have experienced, or still wants to experience, falling in love. That head over heels feeling when you feel that someone is filling you up with love and everything is coming up roses for you. It's euphoric. There are times when your feet don't touch the ground, and you are flying, frictionless, without a care in the world.

Everything seems to simply work as the pieces of your life fall into place and you feel immortal and all powerful.

Well, the good news is that you are immortal, all-powerful and eternal because you are part of Oneness/Source/God who is all these and so much more.

This feeling of falling in love with another person is, in fact, your soul finding their soul and recognizing that you are both Oneness, or to be more precise, a part of Oneness. This Oneness is unconditional love, and it is that which you are experiencing through the eyes of the one with whom you are falling in love.

During these early days of infatuation, lust, like and, hopefully, love, your egos are quietly in the background allowing these feelings of love to bind you closer. The egos are patient as they know that sometime in the future the practical issues of life will surface and with it the return of the egos as self-protective measures for each of you.

The real test will be how to keep the flames of love alive while dealing with the practicalities of: where you live; how you live; how you share the money you both earn; who is invited to the wedding and who is not; who you can go out for a drink with and who you can't see again; where your Mother is going to live and who is going to pay to keep her living there, etc., etc.

By now the balancing dance of soul/love and ego/fear is occurring in your relationship and the future of your ongoing relationship is dependent on this balance or possible imbalance.

There is a way to retain that euphoric feeling of falling in love, or to be more precise about it '*rising in love*'. The way is not dependent on having a relationship with another person but rather a relationship with yourself and with your concept of Oneness/Source/God.

The way I am referring to is not to be '*in love*' but rather to simply '*be love*'.

I have written a book on this called "*Being Loved Unconditionally*" found as a free e-book on PersonalEmpowerment.co and if you want to learn how to '*be love*' I recommend that you read this book.

Topic 18 - Understanding your abundance

The well that Oneness/Source/God provides for us is deep, but we arrive at it with small buckets.

How can we hope to have abundance if we don't believe enough to come armed with the largest container possible to take from the unlimited well?

When you see fishermen setting off for the day see how many have a large container to bring the fish home in and how many don't even have a small container to use.

Your expectations are determined by your thoughts and thinking positively and abundantly will serve you best.

You are abundant without measure. You have more abundance than any King in centuries past. Firstly, you have a lifespan of 78 years, on average, if you live in the top 100 countries in the world ranked per life spans for both genders. One hundred years ago, the average life expectancy was around 55 years old.

You have access to clean drinking water on tap. You have access to a vast array of food as close by as your nearest supermarket. You have a comfortable roof over your head with the ability to keep a constant temperature immaterial of weather conditions outside your door. You have access to good education facilities to propel your career only limited by the time you dedicate to achieving your desired education right up to doctorate level. You can earn a livable wage and for many a high standard of living with all the modern conveniences at your fingertips. You have numerous sporting facilities, parks, recreation facilities and outdoor adventures and good transport facilities to get wherever you want to go. You can travel the world safely and not fear for your safety when you step out your front door. You can start your own business and give yourself unlimited earnings potential without fear of being restricted by laws of race, color or creed. You can be given first world medical treatment by doctors and specialists at relatively affordable levels. You can save diligently and, if done so, can afford to retire from work enjoying your golden years with your grandchildren and even your great grandchildren. You have access to the Internet and an unlimited variety of entertainment both within your comfortable home and outside your home. You can speak to and see the people you are talking to right across the world or next door to you for virtually no cost at all via Skype, FaceTime, etc. and I am sure you can add to this list and see for yourself how abundantly blessed you are.

You have so much to give and to share, not only your material possessions but your most precious commodity which is your time and you can share that with people in need of that time. You can share your expertise with another and assist them in developing their own. You can share your experiences with another enabling them to learn from your path of discovery to aid their own. You can share a joke, a laugh and most importantly a smile especially with someone who looks like they need a smile to brighten their day.

You are abundant without measure and you increase your abundance when you share what you have with another. The act of giving benefits the recipient and also the giver. The beggar sharing his meagre scrap of food with another beggar who has nothing to eat is perhaps the bravest act of all.

By giving you open the door for more to be received by you from Providence or, if you prefer Oneness/Source/God/ the Universe. The outpouring of giving creates the inpouring of receiving, it is a Universal Law.

Whatever you want, first you must give it even if you don't perceive that you have it to give. There is no one measuring the giving and matching it with the receiving. For a person to give one flower, one cent, one piece of bread, may represent a major portion of what they have. For one who has unlimited abundance giving a small amount doesn't diminish the act of giving because they have a lot more to give.

For abundance to flow back to you first, you must give, even if all you can give is a smile. Giving precipitates the receiving and the more you receive, the more you can give.

The same with being love. If you give out love like a flower in the field opens itself to give back to the balance of Nature, then you will receive love in return.

The truth is that it is not you doing the giving and the receiving. You may think it is you because it's your pocket that the money is coming out of, it's your hand giving it, and it's your hand receiving abundance, but you are merely the Puppet in life. It is Life itself that is the Puppet Master, and Life is giving to Life through you. Life itself determines who needs to give and who needs to receive at every moment of now.

Life gives to Life, and you who think you are a Giver or a Receiver are merely a Witness to the flow of Abundance as it changes hands via Life's beneficence.

You come into this world alone and naked, and you leave the same way. Sure you may leave behind a store of wealth for your inheritors or charities to benefit from but very soon after receiving this wealth it is no longer yours, and they claim it as their rightful due. The shroud you are buried in or cremated in has no pockets.

There is a lovely story of a very wealthy man who decides to convert his wealth into gold blocks and be buried with them in his reinforced coffin. He is determined to take this wealth with him into the next life to ease his comfort. The '*Powers That Be*' decide to enable him to arrive with this wealth, and he is seen lugging these gold blocks down the 'main street'. One of the Angels turns to another and says "*Why did he bring paving blocks with him?*"

So, when you come to the unlimited well of Providence bring the biggest container you can find and fill it to the brim and then share whatever you can with others, and you will be amply rewarded in every sense of the word because Abundance will be your middle name.

Topic 19 - Are things falling apart or falling into place?

Would your life make more sense to you if you knew that there was a Higher Order that could see all the pieces of the jigsaw puzzle that comprise the complete picture of your life on earth?

The times when you felt you were falling apart and your world was in tatters could then be easier explained that the pieces were falling into place but of a new picture that you were yet to experience.

We tend to have a picture in our minds of what should be and when it doesn't materialize we become negative in our thoughts and believe it is all going to hell in a hand basket!

Imagine if we could stop and think - ok, so my plan isn't working, I wonder what is working out for me right now that I am not seeing?

With this belief system in place, trust enters the picture.

TRUST - To Release Unto The Heavens and then To Rely Upon The Heavens, for the picture to emerge of what your Higher Self, as part of Oneness, and, what Oneness, have in store for you.

The ability to stop and think these thoughts requires a strong mental attitude which you may need to develop. A lot of people don't have that strong mental side, the ability to say stop and think before you do something you may regret now, and eternally.

Among the people who have proven not to have that strong mental side and the ability to TRUST are those who have committed suicide.

Over one million people die by suicide worldwide each year. The global suicide rate is 16 per 100,000 population. On average, one person dies by suicide every 40 seconds somewhere in the world. Global suicide rates have increased 60% in the past 45 years. (Source: www.suicide.org)

Research among suicides in the afterlife by Channels reflects a profound regret for their actions and seeing the picture of their life once they are in the afterlife they clearly see that the solutions were coming into being and they pre-empted it by their actions.

The pieces that are perceived to be falling apart are, in fact, the very pieces that are coming together in the new picture of one's life. The role of one's ego is telling you that your life is falling apart in failure while the role of your soul is working to bring the pieces of your new life together. Regrettably, the inner voice of your ego usually drowns out the gentler inner voice of your soul, and when one is sad and, maybe even clinically depressed at that moment in time, there is only blackness surrounding you and the ego invariably wins out and suicide may result.

There is a bigger plan for your life and connecting to that harmony at a higher level of consciousness requires regular meditation and prayer to get into the alignment with this Higher Order. Simply knowing that your Higher Self is guiding your soul is the starting point to reduce the despair and hopelessness that one feels at these times of emotional crises.

It is essential that control is wrested away from your ego and is given to your soul to determine your next move. This is easier said than done as your ego is on high alert in protecting you from what it perceives to be the failure of your life and its solution may be suicide to avoid the embarrassment and consequences of such failure. We all know that suicide creates many more problems than it solves and especially for those left behind to pick up the pieces of their lives and wear the guilt forever of what they could have done to prevent the suicide.

The ability to regularly meditate and pray is a starting point for developing the TRUST that one needs to *“let go and let God into your life”*.

Hopefully having the awareness and consciousness that when the pieces of your life are falling all over the place that this is not the end of your world but is likely to be the beginning of a new life and a new world for you to emerge into and to enjoy on earth.

There are countless stories told and retold of people who reached the end of their tether but who held on just a little longer and what appeared to be miracles occurred, and they entered a new life where their previous problems were minuscule compared to the happiness and joy that they found.

Topic 20 - The see-saw of your life

I want you to imagine that you are on a see- saw and on the one seat is written the word ONE and on the other seat is written NO - ONE.

These are the two seats that you can choose to get onto at different moments of now. There is NO seat that says ME or EGO!

As you go through your day, you must put yourself into either the seat that says ONE or the seat that says NO-ONE and you can swap around at will. Your soul will fill the other seat to create a balance in your life.

When you chose to be ONE, then you will treat everyone and everything you encounter as all part of this ONE. You will see the similarities to yourself and not focus on the ego- determined differences between you and the others. You will experience the interconnectivity of your life with theirs. You will see the Oneness of all of life and the part that you play.

When you chose to be NO-ONE, you will remember that you are a soul and not an ego and that you are all equal before Oneness/Source/God no matter what your social status on earth. The desire to be a NO- ONE is saying to your ego you are no longer required in my life and that you chose your soul to be your guiding light in your life.

Once you consistently choose your soul to guide you, then you will be connected to your Higher Self and through that to Oneness/Source/God and to be in harmony with this Higher Consciousness.

These choices will automatically take you to the present moment of now where the only power that exists is true POWER - Present Only When Ego (is) Removed.

In this moment of now, you surrender to the will of your soul, your Higher Self and Oneness/Source/God. Through this non- resistance of surrender there is no ego based barrier preventing you from accessing the power that is inherent in All That Is.

At this moment of now, you can be all you need to be as you are drawing your strength from the Source of all strength.

All it takes is to decide only to be ONE or NO-ONE in every moment of now.

Topic 21 - Nothing matters, except love

If you can talk to someone nearing the end of their life and providing they have a semblance of humility and a deeper understanding of life seen from their current vantage point, please ask them what they value most about their life.

They will probably talk about their spouse if they had a good marriage, their children and more animatedly about their grandchildren. If they worked in their life, they would talk about what they may have achieved in their world of work and if they enjoyed sports and hobbies they might talk about the enjoyment and camaraderie they enjoyed. If they have been blessed with good health, they should mention that as well. Friends are likely to come up and especially those friends that they have had for a long time. Some may discuss their love of music or the arts and the enjoyment that has given them. The more intelligent ones may remark about the books they have read and the occasional movie or TV they have watched. The more religious ones may discuss their House of Worship and their religious community. Some will recall their pets and the enjoyment they had with them. Those who are house proud are likely to talk about their home and if they were keen gardeners then about the enjoyment that being in nature gave them. The outdoor types will regale you of times spent in nature.

Once they are more comfortable in the role of telling their story to you, please ask them what they valued the most of all in their life.

Expect them to get a bit moist around their eyes as they recall the love they have felt. The love of their spouse, the love when their first child was born, the love of their family; their first family to whom they were born into and the family that came from their loins. The love of long time friendships and for those spiritual ones, the love they have felt from their love of God and the love they have felt received from their Deity.

When all is said and done, we remember most the love we have given and the love we have received. The unconditional love of our parents and siblings, especially when we were very young and dependent on them. The love of our spouses and the unconditional love we felt for our children especially when they were born and very young. The love we felt when presented with our grandchildren. The unconditional love of our friends, especially those we have had for many years. These non-material possessions, these feelings of love become our most treasured possessions as photographs and memories become important in our lives.

At the end of the recounting of the story of their lives, people may reach the conclusion that nothing matters, except love.

Topic 22 - Building walls or bridges?

Are you a wall builder or a bridge builder?

People who prefer their privacy tend to build walls to shut others out, and those who want to share their lives build bridges to connect to others.

There is no judgement here, to each his own.

The Chinese built the Great Wall of China measuring some 13 000 miles with all its trimmings and started the construction in the 7th Century BC, and the wall stands to this day. The East Germans were shut in by the Berlin Wall after WW11 until June 1987 when USA President Ronald Reagan addressed the USSR President with the famous quote "*Tear down this wall Mr. Gorbachev!*".

Walls divide, and bridges connect. Prisoners in jail are shut in and walled away from society and their rehabilitation back into society is fraught with issues of non-acceptance and fear. For many, prisons are a finishing school and a network of contacts to carry on their criminal activities once they are released.

Per the US Bureau of Justice Statistics (BJS), 2,220,300 adults were incarcerated in US federal and state prisons, and county jails in 2013 – about 0.91% of adults (1 in 110) in the U.S. resident population. Additionally, 4,751,400 adults in 2013 (1 in 51) were on probation or parole, and this is in the largest most successful economy in the world.

We have been locking people who commit offences against society behind walls for centuries, and it hasn't seemed to be a deterrent as crime continues unabated. The reality is that prisons are not seen as a strong enough punishment. Otherwise, people would be frightened of committing crimes and being sent to prison.

In an ideal world people, would be conscious that the "*Spirit World*" sees everything transparently and metes out rewards and punishment as the Law of Karma- the Law of Cause and Effect - comes into effect for each of us. For many the awareness and consciousness of such a Law keeps them consciously law abiding and assisting their fellow man wherever possible. These are the bridge builders.

For those who are ignorant of these Laws or who are aware of them but chose to ignore them as it suits their purposes to do so, these Laws are enacted in this life and, in some cases, in other life spaces other than on earth.

The bridge builders need to find a better alternative to locking people away behind walls who offend societies rules because patently it's not working and the crime rates remain unacceptably high in most countries around the world. Integrating criminals within a society and having the opportunity to change their behavior and want to become valuable members of the society they live in is the first prize. Obviously, even before that is the awakening of the consciousness of these people that all is seen and is transparent and the Law of Karma is unstoppable in their lives as it balances causes and effects.

Although I am dealing with this next sentiment in more detail under the topic- Close your legs and finish your homework! I will bring it up here as its relevant concerning reducing criminal activities.

The prison population in the USA comprises some 70% of people who did not finish high school. There is a direct correlation between crime and high school dropouts.

The expenditure in the US economy on crime and crime prevention ranges from 2- 6% of the US GDP, depending on which Source one believes. It cost an average of \$86/day to house a prison or jail inmate. The average US worker earns \$121/day.

It doesn't take a genius to establish that if more effort and money was spent to ensure that the 3 million students a year that drop out of school are enticed to stay in school and graduate then the crime rate would reduce significantly. These graduates would add to the country's GDP in a positive way and become tax payers rather than recipients of taxpayers' money as prisoners.

Bridge builders are tasked with the responsibility of solving this issue of keeping the 3 million students a year in high school until graduation and drastically reducing the crime rate in the USA.

Note: USA statistics are well researched and easily accessible, and I am using them as an example for all countries.

Topic 23 - Finding a spiritual solution to problem-solving

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

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

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

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

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

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

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

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

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

The real test comes when the solution is found, and your ego wants to claim credit for finding it. The moment you allow that to happen you close the door to the Inner Space where the solution was found, and you are on your own should you need to do more in this regard.

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

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

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

Topic 24 - Conscious breathing

For some people leading a life from a spiritual viewpoint is a bit daunting. They want to feel better about themselves and the world around them but to commit to a process of soul living may be a bridge too far for them at this stage of their lives.

There is a simple solution to this dilemma. It's called Conscious Breathing. Simply be conscious of the breath you are taking now. That's it; class is over for the day!

As a matter of fact, the class is over forever! If all you do is be conscious of the breath you are currently taking now, then you will lead a spiritual life forever, or for as long as you do this conscious breathing.

What is so special about being conscious of this breath you are taking?

It is not possible to think of more than one thing at a time. If you are consciously thinking about your breath you are taking, then your mind cannot be thinking about other ego dominated thoughts.

The conscious thinking about your breath enables a space to be created which, in time, becomes your inner space and the way for you to connect to your Higher Self and Oneness/Source/God.

Be conscious of your in - breath and the way it flows into your nostrils down your throat, into your chest, and into your lungs. Consciously be aware of your out-breath as it flows from your lungs through your chest and up your throat and out of your mouth. This will occupy your mind and the usual incessant mind churning ego based thoughts will be precluded from even forming in your mind.

This conscious breathing process will allow the space where your usual ego based thoughts go to in your mind to be open and for your *'inner space'* to be opened to your Higher Self and onto Oneness/Source/God.

Why must it be conscious breathing? You breathe unconsciously even when your mind is not working, and you breathe in this manner from the time of your birth to your last breath before you pass on from this world.

The only breathe you can be conscious of is the breath you are taking now. Your previous breath is a memory, and your next successive breath is anticipatory, and both only occur in your mind's thoughts and are not real now.

Breathing occurs automatically, and you do not *"do it"*, it is done for you. You being conscious of your current breath is, in fact, a witnessing of what is being automatically done for you. You witness your breathing, and that makes it conscious breathing of the breath you are taking now.

It is probably the easiest way to get into the Now- into God's Space.

Try it for a while and see how it works for you. Many people go to seminars and weekend retreats and spend money learning how to become more spiritual when the solution is free and easy to do- simply become conscious of this breath now. You can spend your free time doing other things that should give you more fun and enjoyment!

Remember that life in the physical on earth is designed to experience it through your five senses. You are not expected to spend this life in continual meditation and prayer but to get out there and enjoy your ability to see, hear, touch, taste and smell. Experience life in all its forms and have as much fun as possible.

FUN - Find Upliftment Now.

Topic 25 - Awareness of this moment

If you are old enough to drive a car and you have done so frequently for at least ten years, then, you are statistically likely to have had a motor accident.

In the USA in 2010, the total economic cost of motor vehicle crashes was estimated at \$242 billion for 33 000 fatalities, 3.9 million non-fatal injuries and 24 million damaged vehicles. There were 13.6 million motor vehicle crashes in that year per a May 2015 USA Dept. of Transport Report from the National Highway Traffic Safety Administration. There are some 253 million vehicles on the road in the USA, 243 million adults and 24 million damaged vehicles means that 1 out of 9.5 vehicles is involved in a motor accident each year.

With some 243 million adults in the USA, 1 out of 10 adults somehow lose concentration for one reason or another and are involved in a collision each year.

The point I am making, using the USA as an example, is that awareness, focus and concentration leave 1 out of 10 adults driving a car which may cause horrific damage to themselves and others let alone their vehicles. Some of these people may be described as accidents looking for a place to happen!

Many people look for what the meaning and purpose of their life are. From the statistics above it becomes clear that the meaning and purpose of one's life is to become aware and conscious! Inattention causes virtually every accident from spilling your morning coffee onto something through to a fatality at work, at play and on the road.

Alcohol has a major role to play in many accidents and this inattention to detail caused by being inebriated resulted in 34 % of vehicle-related fatalities. Excessive speed resulted in 32% of these vehicle-related fatalities.

So, two out of every three motor vehicle fatalities were the result of alcohol and or high speed.

The solution to my mind is simple: every vehicle to be fitted with an alcohol breathalyzer apparatus that the driver must breathe into and any detection of alcohol disables the vehicle's engine from being able to be switched on.

The second addition to the vehicle is a Speed Limiter which is a governor restricting the vehicle from going over the prescribed speed limit of say 55m.p.h.

Problem solved, and the USA can save 33 000 lives a year, 3.9 million motor vehicle-related injuries and 13.6 million vehicles a year.

So how does the above relate to a spiritual solution?

The meaning and purpose of one's life are to awaken to their spiritual awareness and their personal empowerment.

What about being successful, healthy and joyous? These attributes will flow once you are awakened to your spiritual awareness and personal empowerment.

By being spiritually aware means that you are conscious of living in the now where your concentration, focus and attention is heightened because you are in the space known as God's Space where everything happens in a frictionless way. You are connected to the Power that makes worlds and universes and which also makes you aware of what is happening in you and around you ensuring no such thing as an accident can occur.

This spiritual awareness is your inner purpose and gives inner meaning to your life. By using this ability to empower your life, this creates the outer meaning and purpose of your

life. This process is your deliberate action plan to achieve what is important to you while staying connected to your inner purpose and meaning of being spiritually aware.

This alignment between your inner meaning and purpose and your outer meaning and purpose creates the awareness that replaces thinking and doing with simply being.

This beingness enables you to connect to your Higher Self and Oneness/Source/God and access the power of this Universal Intelligence. You are automatically in alignment with your higher meaning and purpose being the reason you decided to come into this world as a Spiritual Being into a human body to fulfil the Soul Contract you made while in Spirit.

Now you will know your higher meaning and purpose and can attend to it in a frictionless manner.

You will no longer be an accident looking for a place to happen as you have become spiritually aware and personally empowered through this process.

Topic 26 - Close your legs and finish your homework!

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

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

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

(1) high school drop outs and

(2) single mothers.

High school dropouts-

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

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

Single mothers-

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

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

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

Single mothers earn on average \$26 000/year and married couples earn, \$84 000/year, on average.

Some 40% of single mothers were classified as poor and of that number 52 % lived in extreme poverty. Among all homeless families nationwide in the USA, 75% were headed by a single woman with 2 out of 5 of these families being African Americans.

The Poverty Cycle perpetuates itself-

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

The reasons why school dropouts occur-

Low self-esteem
Unwanted pregnancy
Being suspended or expelled from school, even once
Peer pressure of other friends dropping out of school
Feeling academically unprepared for school
Experiencing a significant mental health problem
Homelessness and moving to a new home

Support structures needed to ensure school children graduate high school:

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

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

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

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

As becomes obvious from the above unless society embraces this challenge the single parent and high school dropout will forever perpetuate the poverty cycle.

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

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

China and India are the two most likely emerging economic powerhouses during the first half of this century as they have some 30% of the world's population, an ability to be technically and scientifically proficient as well as entrepreneurial in their outlook.

Any country wanting to compete with China and India must prize education and skills training as much as these two emerging super powers currently do.

Currently, in the USA there are some 1 million international students of which some 43% come from China and India and over 50% of these students are studying business, management, engineering, mathematics and computer sciences.

Taking this education back to their home countries, the magnification of this learning and teaching will drive these two emerging super powers role into the driver's seat by 2035-2050. The educational standards of both countries are currently well ranked, and the "polish" and networks developed with their USA education will benefit both countries as well.

As stated at the outset, already half of the USA is on government financial support and cannot access \$400 for any emergency in their lives. The USA needs to find a way to stop the drain on the Fiscus of financing anti-criminal activities such as policing, the judicial and

legal system as well as the incarceration and rehabilitation of criminals caused via high school dropouts and single parent families.

The potential uprising of the "*have- nots*" against the "*have's*" is already in the vernacular of the world's language- the '*1 % 'ers*'. The disparity of this wealth divide does not have to be explained here, but history has never shown a nation that could hold onto its elite classes' stranglehold of wealth for an indefinite period, while the masses suffered outside the gates of prosperity.

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

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

Get your school children to finish their homework every day

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

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

A solution can come from being spiritually aware and willing to empower yourself as I discussed in the previous topic.

Topic 27 - Patience, silence, stillness, meditation and CNN

O Lord give me patience- but hurry!

It's so difficult to have to be patient. In our world of instant everything waiting for news that could alter our life is not easy to do.

I often wonder if the age of relying on the postal service to deliver a letter or in the case of a real emergency -a telegram- was not an easier way to live.

Today there is a bomb explosion or natural disaster somewhere, and we all sit glued to CNN or watching the latest news on the Internet to get all the gory details as soon as practically possible.

If you think about it, there is nothing we can do about the disaster so having the latest blow by blow news is a screwy way to live.

I have friends who are "*news junkies*" always with the latest horror stories or latest news. I realize that it gives them a meaning and purpose in their lives to say "*have you heard about...*". Somehow it inflates their ego to need to know all these latest issues and to discuss them as if they are News Anchors on CNN.

Personally, I decided a while back to cancel all my printed newspapers and magazines and to rely upon, when I chose to, to visit the Internet to get the type of latest news that affects the safety and security of my family and friends as well as what affects my business interests.

I can't tell you what a difference it has made to my life.

I used to go downstairs to the kitchen and make some lunch, eating it while pouring over the newspaper. Invariably the news was negative and repetitive about crime, corruption and public sector ineptitude.

Having been reliant on reading a newspaper for over 50 years of my life, it was quite a wrench to stop reading them, but within days I felt immeasurably better. Some of my friends scoffed at my attitude and then slowly come around to following my lead and also feeling better about it. Even Facebook became too negative for them as their friends were complaining about the same issues that stopped me reading newspapers.

I have a friend who is a Chartered Accountant (CPA) as well as a Reflexologist, a strange combination I know, and he hasn't read a newspaper for over 60 years, and he is a well-rounded 75-year-old and probably the happiest grandfather I know.

So, coming back to patience and being able to wait when your ego is screaming at you to pick up the phone and find out what is happening requires quite a mature approach to life.

Sometimes I must remind myself that everything happens when it is supposed to but not usually in our timing but in Oneness/Source/God's timing.

When everything seems to be falling apart, it may actually be all falling into place.

Sometimes when the burden seems too heavy to carry, ask yourself if what you are carrying is all yours or are you carrying burdens for someone else?

Most times our ego encourages us to carry others' burdens because it makes us feel irreplaceable to that person and important in our own eyes. "*He's not heavy he is my brother*", a well-known song from my youth, is how most people see their lives.

I spent the early part of my business career in auditing, and we had a sign in the Audit Clerks room that read: "*If you think you are irreplaceable, please stick your hand into a bucket of water and then pull it out. The hole that remains is the amount you will be missed.*"

A valuable lesson for an 18-year-old at the time and I have never forgotten the lesson.

It comes down to the feeling of importance we experience when we think that the world news can't exist without us watching it. We can choose to be wrapped up in the latest news or to live a happier life oblivious to the things we can't do anything about.

It's about having the ability to say "*O Lord give me patience and allow my ego to be put to bed without being fed. Allow my soul to dominate my thoughts with thoughts of love for my fellow man instead of fear of my fellow man that is being fed to us 24/7 by the various news services around the globe.*

O' Lord give me the patience to know that thy will be done at Your timing, not at my ego's insistence."

Patience is the initial step in achieving silence and stillness in my life. In such silence and stillness, I can connect to my Soul, my higher Self and Oneness/Source/God.

Sure, beats CNN!

Topic 28 - How do you do?

When you meet someone new in the Western world we have been trained to say "How do you do?". In India the greeting is "Namaste" which is spoken with the slight bow and hands pressed together, palms touching and fingers pointed upwards, thumbs close to the chest. In Hinduism, it means "I bow to the Divine in you".

The first reference to the phrase- "*How do you do* " is traced back to 1463 in The Paston Letters, and the enquiry was one of -how do you prosper or thrive? Subsequently a few centuries later the meaning was an enquiry about one's health.

I would like to suggest we relook at the term "*how do you do?*" from a spiritual standpoint. For me, the watchwords defining spirituality are "*what would Love do now?*". Instead of asking people "*what*" they do for a living we should rather inquire "*how*" they do for a living.

How they do what they do is for me far more important than whether they prosper or thrive or are in good health.

How they treat the people they work with whether boss, a fellow employee, janitor, chairman, customer or client, supplier, debtor or creditor, lender or borrower, etc.

How they treat themselves and how they treat others is, to my way of thinking, far more important than the state of one's bank balance.

Without a shadow of a doubt, if they treat people poorly they will be impoverished as a human being and in the long run, financially too.

Conversely, treating everyone with dignity and respect will make you a wonderful human being and, in the long run, a financially thriving person too, if that is one of your aims.

People want to be friendly and want to do business with others who are like them and birds of a feather will soon find each other.

Impolite, rude and obnoxious people will be bedding down with their similar people and fine, up-standing, respectful people with dignity will find their similar people to relate to.

My understanding of the Spirit "*world*" is that upon re-emerging back into spiritual form; one reviews their life on earth with your Spirit Guide. This is not a place of judgement but a place to review and look for areas of improvement for your eternal spiritual journey.

The Spirit Forms you associate with are the same "*birds of a feather*" principle as on earth. Eternity is a long time to spend with Spirit Beings of low moral principles who treat others poorly. Conversely spending eternity with respectful, moral and upright Spiritual Beings must be far preferable and enlightening.

Of course, this is only a belief system, and although I have read numerous similar accounts of the Afterlife from various sources, for some readers the above statement may be a bridge too far. I fully understand any skepticism anyone may have. Certainly, as an 18-year-old overhearing two co-workers discussing their spiritual experiences one day, I wondered where they got their drugs from!

Returning to the theme of this topic about how you do what you do, my advice would be to determine the "*space*" you occupy when you decide to think, say and do anything involving yourself and your interpersonal relationships.

The "*space*" I am referring to is your conscious awareness of coming from "*love*" from a Soul perspective or coming from "*fear or hope*" from an ego perspective.

Whether you are in the present moment of now or your mind is in the past or the future? Whether you are in God's Space of conscious awareness or some other space?

The greatest power you have is the power to choose. If that choice is based on POWER - Present Only When Ego (is)Removed or whether that power is ego based.

You can make a choice no matter whether you are in a prison cell or on a throne in a palace or someplace in-between.

You can choose to respond with Love or to react out of fear or hope. You always have a choice, and that choice determines how your life evolves. You are the creator of your own reality, and that creation begins with your choices.

Ralph Waldo Emerson said "*The Gods we worship write their names on our faces; be sure of that. 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 our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming.*"

How you do what you do determines your character and your future not only in this lifetime but possibly for eternity.

So, I end with where I started "*How do you do?*"

Topic 29 - Do you wanna know a secret?

I am going to let you into a secret that could be life changing for you. It was for me and for some people with whom I have shared this secret.

Providing you live your life in conscious awareness of “*what would Love do now*” then life doesn’t happen to you, it happens “*through*” you.

In this state your Soul, your Higher Self and its connection to Oneness/Source/God channels through you. The love you have and the love you give come not from you but “*through*” you. The respect, admiration, appreciation and gratitude you feel is not from you but a Higher Power expressing “*their*” respect, admiration and gratitude to you and “*through*” you to one or more people. The abundance you feel in your Spirit Wellness is the abundance that comes from “*On High*” feeding “*through*” you to those with whom you share this abundance.

When we feel creative and have those Eureka! Moments, it's the Source of Creativity at work “*through*” us. When we feel enthusiastic and energized we now know that we are being guided by a Higher Power because the derivation from the Greek ‘*enthousiasmos*’ means ‘*divine inspiration*’.

When we feel passionate about someone or something we feel lifted as on Angel’s wings, and we no longer see the obstacles that are blocking mere mortal’s paths, we are way above them as we are powered by Spirit.

If you want to live your life as a Channel with a Higher Power working “*through*” you, simply choose to live your life with the adage “*what would Love do now*” and stand back and watch in awe as life happens “*through*” you and no longer to you.

You may share the secret with as many people as you want to.

Topic 30 - Understanding loss and gain

People will usually operate out of a fear of losing something before they will operate out of a hope of gaining something. Fear of loss trumps hope of gain.

In economics and decision theory this is called "*loss aversion*" and can be easily explained as losing one's car keys and finding another set of car keys. Alternatively losing your shoes and finding another pair of shoes, even if they are more expensive they may not fit you.

In Chicago, USA, teachers were promised a bonus payment at the yearend if their students performed better in a control test against other students. The other teachers in the control test were given their bonus upfront and told that they would lose some or all this money if their students performed worse than the other students coached by the teacher who was receiving their bonus at the end of the year.

The teachers who received their bonus upfront and stood to lose some or all of this money ensured that their students well outperformed the other teachers control group where the teachers were to receive a bonus at the yearend based on superior performance.

Standing to lose say \$1000 and standing to gain \$1000 if given a choice on the flip of a coin will see people far more concerned about losing their hard-earned money then, perhaps, winning some easy money.

Humans may have been hardwired into their reptilian brain the concept of loss aversion. Being able to eat a meal today and to stay alive is preferable to getting two meals tomorrow.

Ok, so what has that to do with spiritual awareness and personal empowerment?

My acronyms for LOSS and GAIN are - LOSS- Leaving Our Self Sad and GAIN - God And I Now.

At a human doing level, protecting the loss is preferable to obtaining the gain, as illustrated in loss aversion theory.

However, at a human being level, GAIN is preferable to LOSS.
God And I Now is far more preferable to Leaving Our Soul Sad.

At a human doing level where ego is involved you can lose something that you have had before, and you will feel the loss of that thing whether it's marriage, a spouse, a child, a home or your car keys or shoes.

At a human being level where soul is involved, there is nothing to lose because you cannot lose who you are. You are always and in all ways a soul, you will never lose your soul and the unconditional love that is your inherent being.

Let's use the example of being blissful. You cannot lose the blissfulness you are, but you can feel miserable at the loss of something you valued which may now be gone. Blissfulness is within you as is your joy. It bubbles to the surface of your life from the depth within you when your soul feels stimulated by your thoughts, words and actions of you being a human being. When you experience conscious awareness of who You truly are, a soul, unconditional love at your essence, then the feeling of blissfulness and joy can rise to the

surface and be reflected on your face. It can never be lost it can only be submerged under the layers of ego's hopes and fears as you operate as a human doing.

GAIN is permanent while LOSS is a temporary feeling caused by your ego's desire to focus you on hopes dashed and fears realized.

GAIN is God And I Now eternally and immortally whenever you allow yourself to be in conscious awareness of who You really are - a Soul connected to your Higher Self and connected to Oneness/Source/God in unconditional love and light.

Topic 31 - Compassion is far more than you think

The dictionary defines compassion as sympathetic pity and concern for the sufferings or misfortunes of others.

Somehow compassion is used to relate to an animate object like a person or animal or bird, but I believe that compassion is far more than simply sympathetic pity and concern for the sufferings or misfortunes of others.

Compassion is the understanding that we are all One and that anything that affects you, whether positively or negatively, also affects all of us and that includes animate and inanimate objects as well.

The cycle of life requires everyone and everything to give to each other so that we can all take from each other in the way we require to enable us to give then to each other and so on, as the cycle of life revolves on and on.

Compassion should then be like the air that we breathe, ever present and life-giving. It should not only be reserved for the poor, sick and hungry but should be given to everyone and everything in every way possible.

This awareness of living a compassionate life means that you are spiritually aware and conscious that we all need assistance, respect, admiration, kindness, forgiveness, understanding and, most of all, unconditional love.

The passion we decide to put into this compassionate way of living will determine how successful we are at living a compassionate life towards everyone and everything. For who is being compassionate to whom?

At this level of compassionate living, you are coming from your soul and following the watchword of the spiritual way of life - "*what would Love do now?*".

Life/Universe/Oneness/Source/God is giving "*through*" you to another life. You are merely the Witness to this cycle of life operating via your physical body and mind.

Being compassionate is the initial step to becoming unconditionally loving towards yourself and to others both animate and inanimate.

If you did not water an indoor plant in your home, the plant would die. If you don't provide encouragement, enthusiasm, appreciation and gratitude to your best friend your relationship may die. If you do not "*water*" your business or the work that you do as an employee, then your livelihood may die.

Sustenance is needed for the growth of anything and everything. Being compassionate to everything in your orbit provides certain sustenance as it feeds off your assistance, respect, admiration, kindness, forgiveness, understanding and, most of all, your unconditional love for it.

Being compassionate is not reserved for the beggar in the street or the people rendered homeless by a natural devastation. Being compassionate is a way of life for everything and everyone and makes your every thought, word and action based on "*what would Love do now?*"

Simply having a smile on your face could make the world of difference to someone carrying the burden of life on their back. Helping someone who needs a hand to put their groceries into their car. Paying a compliment to someone for the dress or shirt they chose to wear that morning. Getting onto the floor and playing with a small child at their level. Listening to someone with a story to tell and not interrupting them until they have finished. These are simple acts of random kindness which are the start of living a compassionate life.

When you live this compassionate way of life, it is the abundance inside of you that overflows and feeds all those in your orbit. There is no ego involvement here of feeling better about yourself because you were nice to someone. It's the way of the abundance of giving what comes "*through*" you from Oneness/Source/God to another. You are already brimming over with this abundance in your attitude to life, and by sharing it, you are like the flower in the field freely giving of its pollen, fragrance and beauty to all and sundry who comes into its orbit.

Living a compassionate life does not mean that you deprive yourself of your needs to help another, that's sacrifice which is different to compassion. Compassion sees you sharing your abundant attitude with another in uplifting them emotionally so they can better fend for themselves in the future.

This method of abundant living is a soulful way of living where your attitude stems from "*what would Love do now?*"

Topic 32 - What was war?

One day I hope to be a Grandfather and the words I want to hear from my grandchildren are: "*Grandpa, what was war?*"

Can you imagine that, living in a world where there is no war? Now I know that this is a pipe dream and that war has been around as long as humanity has been in existence.

What is war? It's the inability to get on with, invariably, your neighbor. It's the need for greed and power by one over another. It's the lack of understanding that we are all One. It's ego running rampant.

Peace has been defined as the interludes between wars. But is peace so difficult to find?

Here is what has been attributed to Confucius about attaining peace:

When the heart is set right, then the personal life is cultivated. When the personal life is cultivated, then the home life is regulated. When the home life is regulated, then the national life is orderly: And when the national life is orderly, then the world is at peace

Lao Tzu says that *peace is our natural state and the Dalai Lama says that we can never obtain peace in the outer world until we make peace with ourselves.*

Thich Nhat Hanh is more forthright when he admonishes *us to root out the violence in your life and learn to live compassionately and mindfully. Seek peace. When you have peace within, real peace with others is possible.*

Black Elk says *there can never be peace between nations until there is first known that peace which is within the souls of men.*

More modern day people also talk about finding peace within to experience peace outside of us.

Eckhart Tolle says *if peace is really what you want, then you will choose peace. Anne Frank is reputed to have said when you find peace within yourself, you become the kind of person who can live at peace with others.*

Ralph Waldo Emerson said *nothing can bring you peace, but yourself* and Ivanla Vanzant said *when we have peace in our hearts and minds, we draw peace into our lives.*

So, it appears that these great minds have all recognized the need to change oneself and to bring peace within oneself before experiencing the peace outside of us.

The 13th Century Poet Rumi said *yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself* and Buddha in the fifth century BCE said *to conquer oneself is a greater task than conquering others.* More recently Mahatma Gandhi said *be the change you wish to see.* Even musician Jimi Hendrix saw the light when he said *when the power of love overcomes the love of power; the world will know peace.*

Pema Chodron is quoted as saying *compassion for other begins with kindness to ourselves.* Mother Theresa drives the point home by saying *if we have no peace, it is because we have forgotten that we belong to each other.* Forgiveness is an important attribute to finding peace as Marianne Williamson says *there is no peace without forgiveness.*

Albert Einstein reminds us that understanding is important when he says *peace cannot be kept by force; it can only be achieved by understanding.*

Eleanor Roosevelt reminds us that *it isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it—one must work at it.*

Martin Luther King pragmatically tells us that *darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate; only love can do that.*

Back we go in time to Aristotle, 300BCE, who adamantly reminds us that *it is not enough to win a war; it is more important to organize peace*, and I conclude with a message from St. Francis of Assisi when he implores God *to make me an instrument of thy peace. Where there is hatred, let me sow love.*

Here are 21 people throughout thousands of years stating that peace is desirable and even possible to attain but first we must find it within ourselves.

I believe that inner peace is the first objective and then from there we become the embodiment of peace for the present moment of now when we connect to Oneness/Source/God who is Peace. We then represent peace to our neighbor and, without being too naive, we welcome him into our life to follow our example of peace.

With understanding, forgiveness, compassion and empathy we offer to share what we can spare to assist them in their lives. One on one and one by one we can achieve peace and then once they have achieved their own inner peace they can add to the virility of spreading this peaceful way of being. The multiple progression of $1+1 = 2$, $2+ 2 = 4$ and $4+ 4 = 8$ and so on can see the spread of peace.

It is my heartfelt prayer that you find inner peace and can share it with at least one other person and then perhaps there will be a time when a grandchild can ask a grandparent *"what was war?"*

Topic 33 - Carl Jung: judgement, gratitude and meaning

I have recently read a quote by Carl Jung - *"We meet ourselves time and again in a thousand disguises on the path of life"*.

I have not studied psychology formally and do not know too much about Carl Jung but believe there are his followers who call themselves Jungians.

The quote spoke to me about Oneness and that we recognize ourselves in some people, we meet along the path of life.

Another quote from Jung is *"Everything that irritates us about others can lead us to an understanding of ourselves"*.

In spiritual literature, this is known as the 'mirror effect' in that you recognize yourself, both positive and negative traits of ourselves, in others.

Most often people follow the negative traits of ourselves, and we see that in others who irritate us. However, in all my research and reading I am struggling to remember people looking at others who they admire and recognizing themselves in those good traits of the person they admire.

I thought about that anomaly and came to the conclusion that it's because we were brought up by people who tended to criticize us rather than praise us. We were told by the authoritarian parents, teachers, principals, police, bosses and others what we did wrong not what we did right. We were torn down and not built up. We lived in fear of criticism, not in the hope of praise. Our ego was on high alert to protect us in both the fear and the hope scenarios being played out in our mind's thoughts about the past and the future implications of those statements made by those who held power over us.

We were never in the present moment of now where the ego could not be present because that is where Oneness/Source/God only exists. If we were in the present moment of now, then we would not have known either criticism or praise from others because we would have been accessing the Unconditional Love of Oneness/Source/God. What value is either criticism or praise from a mere man when compared to being connected to the Unconditional Love of Your Highest Power.

Therefore, Jung's quotes speak of an ego driven person who is critical or judgmental of themselves and others. As I wrote in *How to Live in the Now* there are two seats on the see-saw of life, one seat has judgement written on it and the other seat has gratitude written on it.

When the judgement seat is on the ground and in charge of the see-saw of your life then the seat of gratitude for life is out of your reach. Conversely, when the seat of gratitude is on the ground and running your life, then the seat of judgement is far away from your thoughts, words and actions.

In the ideal world if you could see the mirror effect of other people and only see the good in them and, in so doing, only see the positive traits that you have in abundance, then I would venture to suggest that your life's journey would be much easier than it currently is.

Carl Jung also said *"It all depends on how we look at things, and not how they are in themselves. The least of things with meaning (to you) is worth more in life than the greatest of things without it (meaning to you)."*

Once again it depends on who is looking for the meaning. Is it your ego or is it your soul? Is it fear and hope or is it unconditional love that is doing the looking? The answers to the

same issue evidenced by the average man would greatly vary if they were looking through fearful eyes; hopeful eyes or unconditionally loving eyes.

To the same extent, if the average man was reacting to something in a knee - jerk way it's likely that the protective ego would be making those snap decisions based on fear or hope as it affects their past or their future.

However, if the average man had the ability to absorb what was going on, be in the present moment of now and respond with unconditional love, then the effect of that response is more likely to have a positive outcome for all involved.

To end with a quote from Carl Jung, which I agree with wholeheartedly, "*Thinking is difficult that is why most people judge.*"

Topic 34 - Self- love is the solution for inner peace and bliss.

Self-love is a vital foundation stone on which to build a spiritual life of continual growth and involvement.

Love does not just happen with the click of one's fingers. It may very well have such a spark to ignite it into being, but other things are required to fan the spark into a flame. Those things include kindness, gentleness, admiration, compassion, understanding, listening, forgiveness, respect and trust, which leads to like and then onto love.

This love is conditional if one party wants to gain something from another and its unconditional love if one simply wants to give and wants nothing in return. This giving is like the flower of the field which opens itself sharing its beauty, fragrance and pollen with the world.

Funny thing about the flower, it's primary purpose is the reproduction of itself via the pollen it spreads through insects, birds, bats and the wind. What appears to be selfless sharing has, at its roots, the continued propagation of its species.

I have written before in other books about the fact that everything we do we do for ourselves. What I have also written about is that selflessness is selfishness but a positive aspect of this selfishness. The flower in the field exemplifies that.

Your development of self-love is also a form of positive selfishness. Your focus on ensuring that your needs are being met first allows you to build up the ability to then help others in need. If you used your last bit of energy to help someone else then it's likely you will die and, probably, so would they. As they say on the airplanes, first fix your own oxygen mask and then assist others.

Self-love begins with kindness to yourself. The Dalai Lama says "*my religion is kindness*". Be kind and gentle with yourself. Allow yourself the time to breathe deeply whenever possible. Give yourself time to be polite to yourself. Greet yourself every morning in the mirror with a smile and tell yourself "*I love you*". Do the same at bedtime after brushing your teeth, look into your mirror and say "*I love you, sleep well, my love*".

When you have done something that you are proud of, look at yourself in the mirror and say "*well done, I'm proud of you*". It can be a small accomplishment but something that you feel pride in its achievement.

When something has gone wrong, and you have messed up, own up to the responsibility to yourself and others and then, that night, look yourself in the eyes in your mirror and say "*I forgive you*", making sure to have corrected the mistake privately and publicly.

Be kind and be gentle with yourself. Act with politeness, courtesy and respect for yourself and others. We are on this earth to grow spiritually, and growth is usually preceded by hard work with or without pain. Facing your mistakes and the deeper shadows within you from previous mistakes, which were not dealt with and not forgiven by you, is the growth you have chosen for this lifetime on earth. Deal with yourself in a kind, gentle, understanding manner and unearth those past mistakes one by one and bring them into the light of your forgiveness. If other people or things were negatively affected by your thoughts, words and actions and they can still be approached then do so and offer your apologies and ask for their forgiveness. If they are no longer contactable, then offer a sincere prayer of forgiveness to them asking for their forgiveness of you. They will hear it, and they will forgive you.

If you need to forgive others for what they have done to you, follow the steps above giving them your forgiveness whether they are still on the earth or in Spirit.

When you have done something admirable, do not expect others to come forward and tell you "*well done*". Other people's accomplishments threaten most people, and they resent it when others do well. Somehow it makes them feel '*less so*' and leaves them feeling diminished. These people are, of course, ego-dominated people and your accomplishments damage their fragile ego.

Pay yourself the compliment of admiring yourself in your mirror for what you have achieved, no matter how small an achievement it is. The feeling of satisfaction you will receive from your acknowledgement is far more valuable than the insincere, jealous, 'make nice' compliments you may or may not receive from those whom you consider should acknowledge you. Of course, if you are paid a compliment from others accept it humbly with thanks and wherever possible praise the people who helped you do it.

Being compassionate is being understanding of your plight or someone else's. Compassion is giving such understanding without any form of judgement. True compassion is Oneness/Source/God working through you as a vessel to reach your mind and soul as well as the mind and soul of another, whoever requires the non-judgmental understanding of Oneness/Source/God.

RESPECT- Recognising Each Soul Properly Ensuring Correct Tribute-. Respect is the cornerstone of any meaningful relationship either with yourself or with another. There can be no like and certainly no love without respect for yourself or another.

Listening is a form of respect. Listen to yourself and allow yourself time to be still and to be silent and to hear your inner voice. As Shakespeare said, "*To thine own self-be true*". Listening to others also is a major sign of respect. Let them talk and finish talking before you interrupt them. Allow people to tell their story. When someone feels that they have been fully heard and understood, then the propensity to do evil will diminish. Voiceless people are the ones who riot and wreak damage in a private and public environment. Being heard and understood, and hopefully, the corrective action commenced, is a panacea for peace within yourself, with your neighbor and among countries.

TRUST- To Release Unto The Heavens and then To Rely Upon The Heavens is another cornerstone of faith, belief and true living. The trust you have in your Higher Power is a mutual trust with yourself and with others who are part of your trusted circle. To know that you are trustworthy, that you will keep your word and will deal with yourself and others and Your Higher Power in an honest manner will ensure that the causal relationship brings trust from others in its wake. Those who will be untrustworthy will soon come to light as the darkness they hide under will be shattered by the light which is your life.

Self-love can flourish under these circumstances of kindness, gentleness, admiration, compassion, understanding, listening, forgiveness, respect and trust. If you can treat yourself accordingly, then self-love is assured for you.

Topic 35 - It's so easy to give unconditional love

What would have happened to you if your parents said to you *"We love you as you are? Whatever you want to do and become we will support you with every fiber of our being."*
"WOW! You mean I can look after stray animals and give them a home with food, love and attention."

"If that means that we have to move to a small farm to accommodate your wishes and we are financially able to do that then we will honor your deepest desires and do that."

How would you have grown up knowing such unconditional love?

What's stopping you offering that opportunity to your children?

It's more likely that they will appreciate your offer so much that they will transform themselves into being the best person they can be within their current lifestyle. They may want to change courses at school or college, but their passion will now be unparalleled as they commit themselves to what they want to do as opposed to what they had to do.

They will now be given an opportunity to make a life for themselves instead of merely making a living to keep a roof over their heads while feeling unfulfilled.

You will unlock the pure potentiality that is within them and without advice and guidance from you unless requested by them, and certainly, without any form of judgment from you, they will evolve into human beings knowing unconditional love as opposed to human beings knowing conditional love.

They will spread the same unconditional love with people that they deal with, and the ripple effect and virility of such spreading of unconditional love will be your legacy.

If you knew that countless people were living and spreading unconditional love because of the spark that you ignited in your child is this not more important than winning a Nobel Prize or being Billionaire of the Month in a financial magazine. In the latter two examples only your ego is aroused, but in the former example, your soul is aflame.

It didn't take much to achieve - simply offering unconditional love, non-judgement and total support for your child's dreams and you have unlocked the creativity of imagination to make them fulfil their unlimited potential of becoming a human being.

Imagine if your parents offered you that opportunity?

Topic 36 - The benefit of honoring the Sabbath

'A good rest is half the work' is a Yugoslav Proverb. Being rested allows your mind, body and soul to operate at maximum efficiency. You can only use your adrenaline for a certain period before your body starts to struggle and then ill - at - ease and disease flow after that.

Medically speaking you need to rest to ensure the maximum efficiency of your body as well as your mental state. We all know how well we feel after a good night's sleep and how jaded we feel after a bad night's sleep.

The stress of being over tired and having one's adrenaline levels in overdrive as you try and cope with limited or no sleep can cause serious damage to your body over the long term.

Your musculoskeletal system weakens with the continual tensing of muscles posed by the fight or flight adrenal response triggered when you feel under constant attack. Your respiratory system overloads with hyperventilating and or irregular breathing as your breathing stops and becomes shallow not feeding enough oxygen to your lungs. Increased blood pressure on a continual basis will affect your cardiovascular system and its efficient functioning. Your endocrine system creates the stress hormones of epinephrine and cortisol, and excessive amounts will play havoc with your adrenal glands and liver and the excessive glucose produced can prolong over time and cause Type 2 diabetes. Your gastrointestinal, nervous system and reproductive systems are all negatively affected by the excessive production of the stress hormones and over a frequent and prolonged period will have a negative impact on your health.

It is little wonder that the Ten Commandments has the instruction "*Remember the Sabbath day and keep it holy*". God rested on the seventh day and, although I believe religion to be man-made, this injunction is a valuable one. Psalm 46:10 is a favorite of mine, and it exhorts us to "*be still and know that I am God*".

I must confess that I have kept the Sabbath day in my way since 1980. I don't work and try and keep work thoughts out of my head. It's a day I usually stay at home and be totally available for my family. When my sons were smaller, I would take them to their soccer matches or birthday parties or visit friends, but I shied away from shopping or other things I did on the other six days of the week. I try and spend as much time as possible reading spiritual books, listen to spiritual CD's and watching similar dvds. I also watch sport or other programs on TV. I exercise on my rest day although I also exercise during the week. I use the Sabbath rest day to do other meditation and keep as silent and still as possible. In time, this became easier as my sons drove themselves and didn't need Dad to '*schlep*' them around. With the workload, I manage to accomplish each week, it would not be possible without this Sabbath rest. I am thankful to enjoy good health and the Sabbath rest day allows me to recharge my mental, emotional and physical "*batteries*". If I feel rested, I also tend to write these books on a Saturday and Sunday.

For those who lead a more traditional religious life and use the Sabbath day as a day of attending their house of worship and sharing fellowship with their fellow worshippers it's a very rewarding day. The saying that '*the family that prays together stays together*' could probably stand up to statistical scrutiny if such research was undertaken.

My sister in the USA and her husband have kept the Sabbath day in a traditional Jewish manner during their over 40 years of marriage. It has done wonders for their close family life as grandparents, parents, children and grandchildren, other family, neighbors and friends all congregate for Sabbath meals and share fellowship, discussions, fun and laughter together every Sabbath evening and Sabbath day. They also walk to and from religious services at their synagogue, sometimes on their own and other times with their family and neighbors. Whenever I am with them, I witness this cementing of family and friendship ties every Sabbath.

The reason I have opened my personal life and that of my sister and her family are to hopefully show you how we use the Sabbath day from both a religious and spiritual viewpoint although we may differ in how we approach this all-important day of rest.

Wherever possible please “*be still and know that I am God*” in whichever way it works for you but remember to keep the Sabbath day of rest for the sake of your continual good health, well-being and spiritual evolvment.

Good Sabbath!

Topic 37 - Kindness is the religion of Spirituality

Ladies and Gentlemen.

This term is used perfunctory by many people but are you a lady or a gentleman?

Are you polite, kind and gentle?

How many men do you know who are gentle? How many women?

Being gentle has the word kindness embraced in its meaning. Kindness is what the Dalai Lama says is his religion. Imagine if kindnesses was a religion and practiced as such. Wow, I think the world would be a much better place.

Kindness to respect each person and thing as a part of Oneness.

Kindness to be compassionate and empathetic to one's self and all people and things.

Kindness to not judge anyone or anything.

Kindness to listen and not to interrupt.

Kindness to encourage and not envy.

Kindness to appreciate and be grateful for whatever comes into your space.

Kindness to stoop down and help someone up.

Kindness to give your time, your effort and your energy without wanting anything in return.

Kindness to share what you have with another in need.

Kindness to be gracious and forgiving when others offend and upset you.

Kindness to be understanding when your ego wants to attack someone or something.

Kindness to allow the unfolding of someone rather than trying to mold them to your desire.

Kindness to comfort those in pain and stand by them through their ordeal.

Kindness to be polite when others are doing their job which may be offensive to you, such as a Traffic Cop giving you a ticket for speeding.

Kindness to those less fortunate than you without making them feel uncomfortable by your kindness.

Those are fifteen concepts of kindness that popped into my head while writing this. I am sure you can add more ways to be kind to yourself and others from your own life's experiences as well.

Let's make kindness our religion for this moment and then for the successive moments after that if we can. When we fall off the kindness bandwagon, we can be kind to ourselves and climb aboard the wagon and see for how many moments of now we can keep going until we fall off again, only to resume our journey on the kindness wagon again and again.

Unlike most religions, we do not need any special prayers, clothes, rituals, traditions, special time for prayers, committees, Elders, special types of food we can and cannot eat, rejection of people who aren't like us and so on.

I would suggest that spirituality is another name for kindness, and a humorous definition of spirituality as it differs from religion is:

Religion is for people afraid of going to hell whereas spirituality is for people who have already been there!

Kindness comes easier to people who have been through the fire of personal torment and knowing what it takes to be tried by fire and strengthened thereby.

Kindness comes easier to people who have fallen to their knees in surrender to Oneness/Source/God and in so doing have seen a Light and experienced the Unconditional Love of the embrace of this Higher Power.

Kindness is the way of the Survivor. Knowing that it takes courage to be kind to those people who may seem to deserve it the least requires a special empathy that they need understanding, kindness and love more than anyone else.

If you must choose between being kind or being right, chose kindness and you will always be right!

Those who will practice kindness as their religion will experience the bliss of the unconditional love and light that they share with others. Those givers of kindness will become receivers of the blessings bestowed by Oneness/Source/God, which blessings are always, and in all ways, done in Unconditional Love and Light.

May kindness reign forever more.

Topic 38 - A quiet mind can hear intuition over fear.

The task you must do is know how to quieten your mind. This sounds simple enough but for those who meditate know this is easier said than done!

I want you to imagine standing on the sea shore and a raging sea lashing the rocks with fury. See the sea spray rising high. Feel the wind whipping around you as it lashes your face with the salty sea spray.

Now I want you to imagine a still pond with a dragonfly touching the tranquil water with its gossamer wings.

The emotional response to those two images is vastly different. Not only the emotional responses but the psychosomatic feelings within your mind and body change with each picture. In the case of the raging sea, your adrenal glands start to quiver anticipating a fight or flight response coming soon. In the case of the still pond, you feel calm and at ease and at peace with yourself and with the world.

When the raging sea image is present in your mind, your self-protective ego is ever present and on full alert waiting to rush into action. It's like a racing car revving before the start of a Grand Prix race. There is no way in that state of ready alertness to spring into action that you can access your Soul and your Higher Self and via that gain access to Oneness/Source/God to find Unconditional Love, Light and Inner Peace.

With the image of the silent, still pond in your mind, there is a good chance that your mind's thoughts slow down to a trickle because there is not too much to think about. The need to have your self-protective ego in play is minimal unless you fell into the pond! See what that thought did to your quietening state?

You can control your thoughts. It takes practice because your ego is not going to let you go quietly into the night! Your ego needs to feel wanted and needed. It hijacks your thoughts based on hopes and fears to and from the past and the future in the blink of an eye.

What I find works is not to hold onto any thought. Watch it come and watch it go without any interaction. See yourself as the Watcher in this role. *"Oh here comes a thought to take out the garbage because the collection is tomorrow at 7 a.m."* Let it go without interacting with the thought. If you are tempted to say, *"I asked my son to do it; I wonder if he will remember because he is so self-involved. Remember the time he left the oven on all night....."*. No way Jose! Then you will give your ego full reign over your mind's thoughts.

See the thought for what it is, your ego's cry to be noticed. Ignore it with total indifference as if it never existed, simply let it go unanswered. After a long while, even the ego will get tired of being ignored and will stop sending you thoughts.

Now you will start to experience the benefit of a quiet, still, mind. Now your intuition will take over and hear what needs to be heard from your Soul, which has waited patiently for the ego to stop its tantrums.

At this point in the proceedings, all is calm and quiet, and the dragonfly with gossamer wings is touching the surface of the still pond.

Your Soul's message from your Higher Self and its connection to Oneness/Soul/God now has a chance to be heard and to guide you effortlessly to achieve Inner Peace, Unconditional Love and to be bathed in the Light with a feeling of blissfulness.

May peace reign forever more.

Topic 39 - Judgement and the jigsaw puzzle.

Forgiveness is prized as being something to aspire towards. If you are seen to be forgiving then, you are put on a pedestal and most people consider that to be an exemplary way to live.

Before forgiveness can come into play, there must be something to forgive. The act that requires forgiveness was presumably done by someone to someone or something. That act was judged by the person adversely affected, or by society, to be a “*wrong*” act.

The judgment made was per the morals and acceptable practices of the time. So, crucifixion, stoning, hanging, burning at the stake, lethal injection and the electric chair was acceptable by society at the time they were used to punish wrongdoers.

But what is judgement other than a perception of one person’s actions against one or more animate and inanimate objects?

We look at that act through our myopic eyes. We judge that action as if it stands alone. We do not see the causal effect that may have caused that action. We take that action in isolation to what else is happening.

Let me use a simple example of a jigsaw puzzle.

When you look at one piece of a jigsaw puzzle in isolation, you see an irregular shape with odd shaped looking edges and splotches of colors. If you did not know that it was a piece of a jigsaw puzzle, you may think, and even say out aloud, “*What a strange piece of hard cardboard. It's far from a perfect rectangle, and it has strange splotches of color on it*”. You would discard it after that judgement as being of no use to you or anyone else.

However, if you assembled the jigsaw puzzle and upon its completion, you would see how perfect that piece was to complete the jigsaw puzzle. Now the irregular size with odd shaped looking edges and splotches of color have a meaning in the context of the picture of the completed jigsaw puzzle.

At that point, through your myopic eyes, would you consider that you misjudged the piece and labelled it useless?

The same misjudgment occurs when you look at one person’s actions in isolation of the “Bigger Picture” as seen in Spirit.

So relating that too, say, a judgement of an adulterous spouse, is a judgement of their actions in isolation a wise thing to do?

Should the context of their lives as well as the context of their spiritual contracts with other affected parties, which contract is part of the “*Bigger Picture*” as seen in Spirit, not also be factored into play before making a judgement.

Being magnanimous by being forgiving of an adulterous spouse is seen on earth as being a worthy act by those enlightened members of society.

However, from a spiritual perspective, the praise should be given to the adulterous spouse who courageously became the polecat of that society and suffered the consequences of their actions such as loss of home, family, financial resources and respect of the community in which they live. They courageously did their adultery to enable the other party and others in society to learn about cause and effect, judgment, and sometimes, even to learn how to be forgiving, as these aggrieved people perceived their magnanimous forgiving actions to be.

Only when viewing the single jigsaw piece of adultery in the context of the “*Bigger Picture*” of the complete jigsaw puzzle, can the actions be seen in their true light?

If there is no blame to be laid at anyone's door then there is no judgement and therefore no need for forgiveness.

Therefore, forgiveness is a function of misjudgment and blame and is far from a magnanimous act to be praised.

There is no need for forgiveness as we should not judge and ascribe blame in the first place unless we have been privy to seeing the "*Bigger Picture*."

It is not possible to judge someone and to love them at the same time because the judgement separates them from you. However, if we are all One and if our inherent state as Oneness is Unconditional Love and Light then how can they be anything but Love.

So, if you judge them, then you cannot believe that they and you are part of Oneness. Therefore you, in fact, are excluding yourself from being part of Oneness by judging them instead of accepting them and loving them as being part of Oneness.

Judgment and blame are a double-edged sword:

Judge not and ye shall not be judged. - Luke 6:37

Topic 40 - Self-love - the missing ingredient in a patriarchal society

All the wrong done in the world is due to a lack of self-love. Most of the wrong done in the world stem from ego's need for power.

We are love as our inherent Being as we are part of Oneness/Source/God who is Unconditional Love and Light.

When we do not feel that Love as self-love then we try and fashion our world to give us that love but we do it in very strange ways indeed.

We contort that need for inherent self-love to become an ego need for power. But it's not really power we seek but ultimately well-founded self-love.

Many people somehow feel that they are not deserving of love. This feeling may stem from their childhood when they felt deprived of love. Certainly, over recorded history, a young boy was taught and told to toughen up and be brave in the face of danger. Any show that he made to be soft, gentle and kind to himself and others was scorned, usually by most males and by many females as well.

Man is seen as the provider and the protector of the family and the community and being soft, gentle and kind was not going to put food into the family's pot for the day.

Being soft, gentle and kind was certainly not a way to keep other marauding male hordes from attacking their home and carrying off their children and women as slaves and potential mates after they had murdered all the adult males.

Expecting men to be soft, gentle and kind when their *'tough and brave'* DNA developed over thousands of years, makes it a bridge too far for most men.

In today's age of equality of the sexes, the female partner's expectations of their male partner to be tough and brave as well as soft, gentle and kind and to understand their emotional feelings seems a nearly impossible task.

It is little wonder then Men are from Venus and Women from Mars!

Women, on the other hand, as young girls are brought up to be sugar and spice and all things nice. Many of them are soft, gentle and kind and with that comes the ability to give love and want to receive love as this is their original self as part of Oneness/Source/God, who is Unconditional Love and Light.

Today we have many men who would like to be soft, gentle and kind and loving as their true selves but society forcing them to be tough and brave. We also have women who are soft, gentle, kind and loving expecting their men to be their protectors and providers and their soft, gentle, kind lovers and partners in life.

Some 55 years ago the contraceptive pill was invented, and this gave women a choice of deciding whether or not to fall pregnant. With this choice, they also became emancipated and began educating and upskilling themselves to earn money giving them some form of economic freedom as well. For women who chose a career path or self-employment, some of them became their own protectors and providers. Some of them chose to have children without a spouse present. As stated under another topic some 40% of pregnancies in the USA are to single women.

Now we have man the protector and provider emasculated on two fronts: firstly, as being partially or wholly replaced as the protector and provider of a woman and her family; secondly, being told to become more soft, gentle, kind and understanding of her emotional feelings as lovers and companions.

Man, is now being caught in a pincer and his role is being usurped by women. Where does he find himself in the early part of the 21st Century?

In 1970 there were 160 men to 100 women enrolling globally into universities. In the early part of the 21st Century, there are 93 men to 100 women in the enrolment classes at universities globally. Women are outperforming men as graduates. Using the USA as an example, women are 70% of high school valedictorians and 60% of annual university graduates. Women account for 60% of Masters Degrees and 52% of doctorates in the USA.

Today highly educated and socially autonomous career orientated women are finding it difficult to meet and marry equally successful men. They are less likely to feel the need to marry and if they do marry to stay in a troublesome relationship. Women are reaching the point of "*having their cake and eating it*" to suit their needs.

And so the pincer on the man tightens.

Nature works in a balance. In the patriarchal society of the last few thousand years, women were classed by men as being inferior to them and most men ignored the imbalance. The scales of the balance are now being tipped in the other direction, and the empowerment of women will be interesting to watch and see if the soft, gentle, kind, loving women are more understanding in their treatment of men than the men were of women when they controlled society.

Personally speaking, I hope we are heading towards a more matriarchal society where women have the power over men as it should bring in its wake the softness, gentleness, kindness and love inherent in all of us.

Hopefully, then this will allow and enable men to reclaim that part of their inner selves that is necessary for them to have self-love based on the Unconditional Love and Light of Oneness/Source/God that society has previously deemed not part of what a man is supposed to be.

We may then reach the time when "*they shall beat their swords into ploughshares, and their spears into pruning hooks: nation shall not lift up sword against nation, neither shall they learn war anymore.*"—Isaiah 2:3–4

Topic 41 - Save the Earth before it's too late

We all have a unique gift to offer the world. We discover the meaning of our life in finding out what that gift is. Once we have found it, we then realize that the purpose of our life is to share that gift with the world.

The passion we pursue in the sharing of that gift determines the spread of it with the world. Many times this passion can isolate us from other people and even from the people with whom we share our day to day life.

If the sharing of this gift is undertaken from a place of ego, then it may be short-lived. If this sharing is done from a place of love, then the world usually sits up and takes notice. If this sharing of one's gift is given in unconditional love, then immortality beckons.

Usually, entertainers, sports stars, politicians and business people fall into this ego class. They sometimes are proven to have "*clay feet*" and, if found wanting, usually go from hero to zero in double quick time.

Those who share their passion and their gift in love are upheld as true heroes and heroines and, most times, unsung heroes and heroines. For example, they could be dedicated nurses and teachers who go the extra mile in their duties for the love of their patients and students. (Obviously, all occupations feature here but I have used the professions of nursing and educators as they are easily identifiable to most people.) The impressions that these passionate, dedicated people leave can last a lifetime on the recipients of their passion, dedication and love they share when they use their gifts for the good of all with whom they interact.

The category of people who apply their gifts with the passion and dedication to others in unconditional love can be religious or spiritual leaders, inventors, composers, other creative people, genuinely loving people. For example, those who work with the disadvantaged ones in a society or with animals in society trying to improve their lives and others who dedicate themselves with passion and share their gift without thought for reward or personal benefit.

At this present time, there is a need for people to find their gift in the saving of the planet. Finding one's meaning and purpose in saving the planet from man's greed and exploitation will probably be a genuine savior of the world.

The world is a living, breathing entity and we are choking it to near extinction through our greed and exploitation of its natural resources. At present people involved in trying to save the planet are being seen as interfering "*do-gooders*" and the weight of the media, controlled by business interests, tends to disregard these life changing efforts by these so called "*do-gooders*".

By the time the world's media, as the major influencers of society's morals and behavior, get behind the "*Green Revolution*" it may be too late to stop the earth from redressing the imbalance. Over the eons of time, the earth has reacted with its eternal remedies of fire, flood, earthquakes and other damage to redress any imbalance. In modern times man has been focused on showing short-term profits at the expense of a long-term life on planet earth.

The sands of time are running out for man on the earth. The real meaning and purpose of one's life should be focused on saving the planet before it extracts its revenge on man for selfishly damaging the very thing that sustains man and all animate beings.

There is no greater calling than that of saving the earth and mankind, the animal and other kingdoms from extinction due to man's exploitative selfish rape of the earth's resources.

The time is now, and the call is urgent. Find your meaning and purpose in saving the planet. Nothing else will matter as much as this. If we don't do this now all we have and treasure will be obliterated as the desperate living and breathing earth will save itself but at the expense of most, if not all, living creatures. Fire, floods and earthquakes will redress the balance as the earth cleanses itself of the impurities of man who has caused this imbalance. Unfortunately, all living creatures and plant life will suffer too because of man's greed and exploitative ways.

Be a 21st Century hero and heroine and work passionately to save the earth now before it is too late.

Topic 42 - Fear is based on the perception of losing something.

We do not fear the unknown. You cannot fear something that is unknown to you. What you fear is losing something that is known to you. It may be your life; it may be your marriage, it may be your relationship with another, it may be your child, it may be your job, it may be your livelihood, it may be your home, it may be your reputation, it may even be your ego!

Fear is based on projecting the loss of something of value to you now.

For example, you enter the finals of a sports match. You are nervous, the butterflies are flying in formation in your stomach, your adrenaline is beginning to surge. You use that feeling to focus you and once the game starts you let your natural game take over.

If you are fearful before the match, it is because you fear to lose your stature as a player admired by others. If you are a professional sportsperson, you may fear to lose the first place prize money. This immediate fear is going to retard your rhythm as your muscles tense up, your breathing becomes erratic, and your equilibrium goes out of balance. Your fear is soon to become a self-fulfilling prophecy, and you are most likely going to lose as your imbalance gets worse and worse. In effect, you self-sabotage yourself.

Another example, your boss calls you into his office and closes the door. Your fear begins to mount, "*what if he fires me*", you think fearfully. At that point, you have a job, and that pays for your current lifestyle. The fear you are now experiencing is losing your job and your lifestyle. There is no current fear about what am I going to do to find another job; your current fear is focused on what your boss says next. Once you have heard the news and your worst fears materialize, now you have a fear of what am I going to do next to earn a living. Once again, it's not that your fear of whether you will ever get another job that is paramount, the current overriding fear is how am I going to make ends meet now. The fear of the unknown of whether you will ever find another job will eventually materialize, but right now the fear is financially surviving until you find another job.

What is the underlying fear in both these scenarios? It's the fear of current loss of something of value to you now, and it's compounded by the fear that you will have to change something about yourself soon. Few people like change. They are threatened by change. They are within their comfort zone, and change will force them out of their comfort zone. We are a conscious security lot and even though our perceived comfort zone may not be ideal it's still "*our*" comfort zone and somehow, we have adjusted to it, and the thought of changing it frightens us.

Most people fear change as it's a threat to their current way of life. One needs to reassess change and to see it as a position of hope, not of fear.

The acronym for CHANGE is Clearing Healing And New Gifts Emerging.

Most people fear to lose what they have now and would prefer the status quo to remain as is. They are the 'glass half empty' kind of people. The 'glass half full' type welcome change as something that, hopefully, will bring an improvement in their current circumstances.

The fundamental difference between the optimists and the pessimists is in their ability to cope with change. If one has sufficient confidence in one's ability to handle whatever life throws at you then change is welcomed and eagerly sought. If you doubt your ability to cope with change and are threatened by changing anything in your life then this fear will not only stop your growth in all spheres of your life but will, ultimately, retard your growth in life.

So, the fear of change now comes down to confidence, or lack of confidence, in one's self-sufficiency, being inner confidence to handle what may come your way, and, your adaptability of present circumstances to preferred circumstances in the future. Self-esteem stems from such inner confidence.

Attributes that are required to learn to be adaptable and grasp the opportunities that change brings are found via education; skills training; optimism; understanding and, specifically, to be able to creatively '*think outside the box*' to become solutions driven.

It starts by correctly understanding what the change is all about. If you can understand what the change is, why it has come about, and what the future is likely to look like with this change, then the decision to adapt to it is much easier than simply fearing it.

Seeing the threats as opportunities is the sign of being adaptable to change and profiting thereby.

There is a story about two identical twins- one a supreme optimist and one a grave pessimist. Their father gave them both a bag of horse manure as their presents for their seventh birthday. The pessimistic twin was aghast at such a useless, ugly birthday present and sulked away. The optimistic twin was running around the garden looking for the horse which he perceived to be the real present.

So back to where we started. Fear is about losing something that is known or at least valued as being of existence now. Fear of the unknown is misdiagnosed as being the fear of the future. In fact, it's your inability to have the self-sufficiency to handle what the future may bring that is your real fear of the future. The only way to overcome that fear is to face it, understand it, to learn the skills of how to become adaptable and to handle what comes your way via your thought processes and experienced skills set. Life first gives you the lesson and, only then, does it give you the experience!

Change is not something you do; it's something you allow.

The more you allow the changes in your life with the correct optimistic mindset of understanding, problem-solving and actual practical experience, the more adapt you will become at coping with change.

Change is inevitable, and it will keep on coming at you.

CHANGE- Clearing, Healing And New Gifts Emerging should become your new credo.

Ayn Rand, the author of *The Fountainhead* and other classic books, says it best for me:

"It's not who is going to let me; it's who is going to stop me!"

Topic 43 - A different approach to cancer treatment

According to the American Cancer Society males in the USA have a 42.05% chance of developing any invasive cancer in their lifetime and a 22.62% chance of dying from any invasive cancer. Females are slightly less affected with 37.58% developing any invasive cancer and 19.13% chance of dying of cancer.

For males, the top three cancer killers are lung and bronchus (1 in 16 males), prostate (1 in 39) and colon and rectum (1 in 50).

For females, the killer cancers are lung and bronchus (1 in 20) females, breast (1 in 37) and colon and rectum (1 in 55).

As a layman, I would venture to suggest the lung and bronchus high cancer deaths for both males and females are attributable to smoking tobacco. If that assumption is correct then tobacco has killed more people than war over the past few decades, if not longer.

Now you must allow me to put on a spiritual cap and tell you what I have learnt in my spiritual journey thus far about both breast cancer (females) and prostate cancers (males), the number two killers for male and females.

I expect to get shot down in flames for the following statements by both medical and non-medical people but here goes anyway!

When women feel anger in their lives and especially in their personal relationships, they take this anger to their heart/breast area.

When men feel the anger associated with their lives and especially in their personal relationships, this anger goes to their genital area.

There is no scientific research and facts to back up this speculation but through the years in channeled works and from spiritually advanced people I have heard this pronounced on numerous occasions.

From a place of logic, I can understand this, but as to proof, sorry this one I can't prove.

Certainly, the divorce statistics have grown enormously with one divorce to every two marriages annually in the USA. The emancipation of women in obtaining a university/college education and in the workplace has substantially grown as I wrote about on the topic entitled "*Self-love - the missing ingredient in a patriarchal society*". There is this evidence to consider when assessing the emasculation of the power of men and the anger resulting from that place going to the seat of their power, their genital region. With such high divorce rates and the embittered road of divorce for both parties, it's little wonder that the seat of anger for both females and males should affect their breasts for females and prostate area for males.

I am going to leave it there for you to chew on and ponder or to throw it out as utter garbage. Please don't leave now because of your opinion and or knowledge because this is a prelude to a spiritual story which may assist you or someone you know battling with cancer.

I have a close friend who is in her mid-60's suffering with breast cancer. She is a spiritual healer of note and is well trained in various spiritual healing methodologies.

She asked me to advise her on the way forward, and I did not have a clue of what to say to her, so I prayed for guidance.

I sat with her and said *"I don't have a clue of what I am about to say to you because I have asked God/My Guides/and the Like to speak through me. I am looking forward to hearing what I have to say!"*

The words that I spoke started with a lesson extracted from the late Stephen Covey, the Author of *The Seven Habits of Highly Successful People* - let's start with *'Beginning with the end in mind.'*

Let's start with the concept that everyone with cancer fears to die. The message was there is no death, there is simply passing on from the physical state to a vibrational state and the movement to a place we shall call the Afterlife, so as not to split hairs on terminology.

In this Afterlife, the vibrational being, that is who You really are eternally and immortally, can view anything and everything everywhere in the various universes as well as on earth. When your vibrational being enters a human body on earth, you are given the ability to use your five physical senses and experience a sensual life. You are also on earth to fulfil certain soul contracts to enable your growth on the playground that is earth. You also have free will and your visit to earth is designed to accelerate your growth via physical means compared to the slower growth that occurs in the Afterlife as there is no physical way to accelerate lessons of growth.

Depending on the progression of your Soul/Spirit through eternity and, specifically, on your last visit to earth, the place you will end up in the Afterlife is on a plane with other Souls/Spirits at the similar level of advancement towards the perfection we call Oneness/Source/God.

My friend's level will be at an advanced level where her Soul/Spirit will experience unconditional love and peace from the Source of Unconditional Love and Light. She will be without pain as the physical body will be left behind on earth.

From this place of *'beginning with the end in mind'*, we discussed that there is nothing to fear about this transition from the physical plane to a spiritual plane.

With her acceptance that there is nothing to fear about so-called *'death'* we then discussed what her real fears were. Naturally, they were about the loss of leaving her husband, children and grandchildren as well as close friends should she pass on to the spiritual plane caused by this breast cancer.

Needless to say, the tears flowed copiously with the thought of this loss of her family and friends. She was comforted to hear that she will be able to witness her family and friends from the spiritual plane and although she won't be able to hug them physically, she will be able to watch over them whenever she chooses to. She will also be able to communicate with them and their ability to *"hear"* her will be dependent on their spiritual connectivity.

She was then told that there is nothing to fear and by not having fear she would not be strengthening cancer by her resistance. In spiritual terminology *'what you resist persists'*.

She was told to welcome the cancer cells invading her body with the understanding that at some level she has called this cancer to herself for reasons beyond human understanding.

She is not to fear cancer but to inform it that it must stay and then when it is ready to leave it should do so forthwith. Whether that means she would survive it was not discussed. The message given was one of acceptance and not resistance.

We then discussed whether she should have aggressive treatment such as radiation or chemotherapy. A different viewpoint was then expressed by the Entities speaking through me:

If you do have such aggressive treatment and you manage to survive physically, the quality of your life may be diminished but what will be your financial position after that? Will you survive physically and be dependent on your family to support you financially for the rest of your life and are they able to do so?

We then discussed this different viewpoint and wondered if this was not a soul contract still to be played out to make this strong lady, who has helped countless people with their health issues, become financially dependent on the vagaries of her family members? We did not receive an answer to that question as this is where free will comes into play.

I wanted to share this with you as it was quite an eye-opener for me and, no doubt, for her. Hopefully, this story may be of some use to someone confronted by similar issues in their life.

The lessons I took away from this was not to fear death as there is no such thing. There is simply passing on into the Afterlife. If you survive cancer physically can you survive financially without becoming a burden to people who may not be able to assist you financially?

Topic 44 - Saint Mother Theresa had the answers all along

A few days ago, Mother Theresa was canonized as a Saint. She always impressed me with her humility and humanness and, in my view, a worthy recipient of this honor.

I would like to share with you some of her more inspirational quotations:

"I know God won't give me anything I can't handle. I just wish He didn't trust me so much!"

I am sure many of you reading this probably feel the same way. Sometimes it seems that our plate is overloaded and we cannot seem to get out from under the load heaped upon us.

At these times perspective is necessary, and it pays to cast your mind back to other times when you felt overloaded, and somehow you succeeded in completing the tasks set before you. You can cope if you manage to split the load up into bite size chunks. It's not the weight of the load we carry; it's how we carry it that determines our survival.

"If you can't feed a hundred people, feed just one."

This morning my front gate buzzer went off and I answered the intercom and heard a voice say *"I deliver newspapers in your street and I am looking for some food."* I arranged to send out some sandwiches and drink to him and when I sat down this evening to write about Mother Theresa this quote leapt off the page at me. I don't believe in coincidences but rather in synchronicity.

When asked what can one person do to promote world peace Mother Theresa replied: *"Go home and love your family"*. Can you imagine if everyone in the world only followed that one suggestion, what a difference it would make? She also said, *"The hunger for love is much more difficult to remove than the hunger for bread"*.

Her simplicity was her strength. *"Live simply so that others may simply live"* was one of her standard statements.

The widening gap of wealth in the world today between the haves and the have not's is seen in the USA as an example. The income inequality between the top 1% of income earners; the 2-10% of top income earners and the bottom 90% of income earners is shown as follows:

In 1984 the top 1% of income earners received 6.1% of the total income earned, and in 2014 this had risen to 10.4%. Between 2-10% of top income earners received 27.8% in 1984 and this increased to 36.7% by 2014. Of the bottom 90% of income earners, they went from receiving 66.1% to only receiving 52.9% of total income earnings in 2014. Each year, on average, the bottom 90% of income earners had 0.44% less to take home than the year before, while the top 10% earnings of the total income pie increased by 0.44%, on average, annually.

I can tell you that no society has survived politically where such inequalities persist for too long. Currently, as at late 2016, the voting British electorate found their democratic voice with Brexit and, as at yesterday, (November 9, 2016), the USA voters astounded the world with the surprise election of Donald Trump as President - Elect of the USA. Soon major countries in Europe go to the election polls, and I expect right wing parties to possibly win and claim back their sovereignties from the European Union.

Mother Theresa saw the plight of the Western World through very clear eyes: *"The greatest disease in the West today is not TB or leprosy; it is unwanted, unloved and uncared*

for. We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread, but there are many more dying of a little love. The poverty in the West is a different kind of poverty- it is not only a poverty of loneliness but also of spirituality. There's a hunger for love, as there is a hunger for God".

About giving Mother Theresa said: *"It's not how much we give but how much love we put into giving"*. I will be discussing this topic in the next topic on ways of giving but want to end this section with the final quote from this newly anointed Saint of our times.

"Let no one come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."

Topic 45 - On Giving - from two Masters

I would like to share with you the two foundational stones on giving that have shaped my life, and I am sure the lives of countless others who have read the words below over the past 800 years.

Maimonides (1135- 1204) was a famous Rabbi, philosopher, court physician and author.

He identified eight levels of charity in the Mishnah Torah, I have paraphrased them as follows:

- 1. The base level was giving unwillingly*
- 2. Giving inadequately regarding what one has to give but giving it gladly and with a smile*
- 3. Giving to a recipient but only after being asked to do so.*
- 4. Giving to the recipient directly into his hand before being asked to do so.*
- 5. Giving to the recipient without knowing who is benefitting but the recipient knowing the benefactor.*
- 6. Giving when one knows who is receiving but the recipient does not know who is giving.*
- 7. Giving when neither the giver nor the recipient knows each other's identities.*
- 8. The highest level of charity is endowing the recipient with an opportunity to stand on his own two feet via a sufficient gift or a loan, or entering into a partnership with him to enable him or finding employment for him with the intent that he can become self-sufficient.*

Considering that these Eight Laws of Charity were written some 800 years ago, they have certainly stood the test of time.

The second foundation stone is from Kahlil Gibran (1883-1931) who wrote on giving in *The Prophet*, and I consider his views on a par with Maimonides.

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much which they have--and they give it for recognition, and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

*And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;
They give as in yonder valley the myrtle breathes its fragrance into space.
Through the hands of such as these God speaks, and from behind their eyes, He smiles upon the earth.*

*It is well to give when asked, but it is better to give unasked, through understanding;
And to the open-handed, the search for one who shall receive is joy greater than giving.
And is there aught you would withhold?
All you have shall someday be given;
Therefore give now, that the season of giving may be yours and not your inheritors'.*

*You often say, "I would give, but only to the deserving."
The trees in your orchard say not so, nor the flocks in your pasture.
They give that they may live, for to withhold is to perish.
Surely he who is worthy to receive his days and his nights is worthy of all else from you.
And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.
And what desert greater shall there be, than that which lies in the courage and the confidence, nay the charity, of receiving?
And who are you that men should rend their bosom and unveil their pride, that you may see their worth naked and their pride unabashed?
See first that you yourself deserve to be a giver and an instrument of giving.
For in truth, it is life that gives unto life while you, who deem yourself a giver, are but a witness.*

*And you receivers... and you are all receivers... assume no weight of gratitude, lest you lay a yoke upon yourself and upon him who gives.
Rather rise together with the giver on his gifts as on wings;
For to be over-mindful of your debt, is to doubt his generosity who has the freehearted earth for mother, and God for father.*

I hope that you gained much from these two Influencers of millions of people throughout the ages.

Topic 46 - Foundation stones for a wonderful life

Foundation stones form your future. You cannot erect a stable building on broken and damaged foundation stones. You cannot build a successful country on broken and damaged foundation stones. You cannot develop a successful, happy and well-rounded family on broken and damaged foundation stones and you cannot build a solid and successful future without solid and dependable foundation stones.

Often I am asked to assist people in different spheres of my life whether business, social, personal or spiritual and I always attempt to determine where they have come from and what their family background looked like. Their relationship with their parents or parent, their siblings, their experience of growing up, their education and skills training and their life experience. Their belief systems are also looked at, and, most importantly, their self-belief system.

Two quotes of Sigmund Freud come to mind:

"I cannot think of any need in childhood as strong as the need for a father's protection."

"If a man has been his mother's undisputed darling he retains throughout life the triumphant feeling, the confidence in success, which not seldom brings actual success along with it."

Now I want you to think about a child being brought up in an orphanage and having a bad dream and waking up hysterical and crying, and no one is there to hold them.

Is it any wonder that society is as screwed up as it is when love from both parents or at least one loving parent is missing in the child's formative years? Single parents holding down one or more jobs and simply not being able to be there when a child needs to be held, looked after or even not being able to help with their homework, which invariably creates a broken and damaged foundation stone for their child. This child, as an adult, is now expected to compete in the race of life against other adults for an education, skills training, employment, as a potential spouse and in so many other competitive ways.

No wonder the wealth gap referred to in a previous topic is widening and with it, social and potential civil unrest as the have-nots, as the majority, resent the have's, and, as throughout history, resort to violence to redress the balance they feel is their entitlement.

The role of parenting has been discussed in some topics in this book and is at the root of success and failure of individual people and societies.

Of course, many people have succeeded not because of their upbringing but despite it. For those people, this brings strong character traits and strong self-belief systems in their wake. Many of these survivors who become parents usually go to the other extreme as "good" parents to ensure that their children have the love and attention they felt they never had when they were growing up.

Spiritual literature refers to the fact that we chose our parents at a soul level and as part of our soul contracts prior to coming back as a soul into a physical body on earth.

For some people who look with dismay at their upbringing and wonder what they did to “*deserve*” such bad parenting, may draw solace from the fact that they chose their parents at soul level

Many people spend most if not all of their life, digging their way out of the hole dug for them by their parents through their parent's ignorance, neglect, lack of love, lack of kindness, lack of respect and sometimes, willful destruction of their children and their future.

Perhaps that is their soul contract and simply eventually getting to ground level is their achievement and worthy of a Nobel Prize in its accomplishment.

For those of us who are already parents, the awareness of the responsibility of being loving, capable and responsible parents and correctly nurturing our children will count as our greatest achievement immaterial what our biography may say about our careers, wealth and other measures of success.

For those of you reading this who may become parents one day, this is the only lesson you ever need to remember - treat your children with admiration, acceptance, kindness, respect and love. Listen to them, understand and guide them and allow them to unfold as the part of Oneness/Source/God that they are.

Children need to be unfolded with love not molded in their parent's image.

Topic 47 - The solution for rejection

"Thank you for applying, but your application has not been accepted."

Who doesn't hate a rejection notice in whatever form it takes?

Wanna date? – Definitely not!

Want to employ me? - Sorry, no vacancies at present.

Want to buy this lovely home- it's not for my tastes.

Rejections come in all shapes and forms, but they all make most of us feel undervalued and, over time, can lead to serious self-belief issues that we just don't make it in this world.

However, it all comes down to one's attitude.

There is a bucketful of people who are now world-famous who suffered rejection after rejection, and they kept believing in themselves when no one else did. Ok, maybe their mother did!

Steven Spielberg, Henry Ford, J.K. Rowling, Oprah Winfrey, Walt Disney, R.H.Macy, Soicheri Honda, Thomas Edison, Colonel Sanders, the list is endless of people who heard *"thanks, but no thanks"*.

They believed in themselves against all the odds and never took no for an answer. They persevered and kept on keeping on until that fateful day that the tide turned for them. How many people give up just when the tide is about to turn and are known as failures for the rest of their lives? If they could have hung in there a little longer, their name may have been included in the list above.

Why is it that man or woman stops believing in themselves? Their ego and self-belief carry them over battlefield after battlefield and then one day they throw up their hands and say *"I give up"*.

If one looked at rejection as a sign from the invisible hand of Oneness/Source/God saying rejection is only redirection, then perhaps we would find the solution rather than experience the gut punch of rejection.

Failure isn't fatal but failing to change could be. Thomas Edison famously said, *"I haven't failed, I have simply found over 1000 ways that won't work"*.

The fear of failure is the real stumbling block, and this is ego based because one feels that you cannot show your face in public again- oh the shame and humiliation!

Quite frankly people are so pre-occupied with their own issues that they will hardly give you a sideways glance. You feel paranoid about failing but the man in the street doesn't give a damn about you, he is worried about making the rent payment for this month.

Everything you want in your desire for your planned achievement is available for you once you have faced your fears and seen them for the falsehoods that they are.

Fears are there to separate the brave people from the cowards. When you face up to your fears one by one, you will see that they disappear like the morning mist as the sun comes up. FEAR is False Evidence Appearing Real.

Pain is a necessary part of growth, and it is always temporary but quitting is indelibly stained on your forehead forever.

Within the failure is the seed of the solution but you must redirect your efforts to what works, not to what is not working and causing the rejection leading to the failure.

Einstein said, *"We cannot solve our problems with the same thinking we used when we created them."* Maybe it's time to ask for help in looking for your redirection. Sometimes we get so close to the problem that we lose perspective and objectivity, and we keep hitting the nail on the same spot until our hands bleed.

Don't be afraid to ask people for their opinion. I will tell you a secret, people LOVE to be asked their opinion. Their ego gets boosted when you say "*I would really like your opinion on this because I value your experience*". They will drop what they are doing and get behind you 100%.

Rejection is simply the need for re- direction. Never ever, ever, ever give up finding the solution that helps people solve a problem they currently have or may have in the future.

My favorite poster is entitled '*never give up*', and it shows a pelican eating a frog in its mouth and the frog's back legs are wrapped around the pelican's throat trying to strangle the pelican to death!

The last word goes to Steve Jobs. "*A lot of times, people don't know what they want until you show it to them.*"

Topic 48 - Judge ye, not, full stop!

Are you brave enough? Are you courageous enough?

Do you think that you could go for one minute, one hour, two hours, a half a day or even a full day and not judge anyone or anything? Not to label anyone or anything from the place where you are standing. This place of your ego, where your perception, your perspective, your experience, your prejudices, your attitude and your opinions are residing.

Do you have the power of self-control to simply accept what is now without judging it and labelling it in any way? Can you not judge or label anyone else or anything thing else, including yourself and your possessions?

Non-judgement is real POWER- Present Only When Ego is Removed.

You must begin this process with yourself. By getting to a place where your total acceptance of who you are and where you are right now, and in every successive now moment that you can keep this acceptance moving forward and reflected in your demeanor.

You are then at peace with yourself. There is no should have, could have, want to have, need to have, can't have and internal struggle and strife. There is simply acceptance of who, what, and where you are now. There is no if, and when in your life. You are here now in gratitude and acceptance of everything you are and have no need for anything more.

Here I am warts, and all, and I love who I am right now. Thank you, Oneness, /Source/God for allowing me to be me right now, right here with complete understanding and acceptance. I am perfection, and I am totally satisfied to be the part of You that I am right now.

Once you have reached the place of total acceptance of yourself then you can now allow that acceptance to begin radiating outwards to your partner, your family, your friends, your work colleagues, your fellow travelers on the journey with you that is your life, and to the strangers, you meet along the way.

You will become a magnet because you accept people totally for who they are right now without judging and labelling them. Without the need of wanting to change and improve them, simply being understanding of them then they will love being in your presence. Your unconditional acceptance of them will make them simply want to be in your orbit.

How can I prove this to you?

It's simple. If you have a dog as a pet, and you have treated it well, then simply watch the unconditional acceptance and unconditional love your dog gives you. Your dog doesn't judge the way you dress or look. It doesn't care if you have put on a few pounds around your waist or hips. Your dog doesn't care about who you are voting for in the next election and your reasons why that person will get your vote. Your dog doesn't care if you wake it up in the middle of the night. It comes awake and starts wagging its tail at you, happy to see you in your pajamas, unshaven or without makeup and your hair all tousled up. Your dog is happy to see you and be with you, full stop. Don't you love seeing your dog, doesn't it make you happy inside to feel that cold nose nuzzle you, that sloppy tongue caresses your hand and that happy tail wagging because you are there.

Can you emulate that total acceptance and unconditional love when you are by yourself and when you are with others?

I ended the topic Judgement and the Jigsaw Puzzle, with a quote from Jesus found in Luke-
"Judge ye not and be not judged."

What would have happened if Jesus stopped after *"Judge ye not"*?

By adding the *"and not be judged"* the instruction went from soul to ego. The motivation of not judging is coming from a place of your soul, one of unconditional love and tallies with the topic Judgment and the Jigsaw Puzzle as well as what I am covering in this topic. The fear of retribution

of *"and be not judged"* is coming from your ego, from fear, which needs to protect you from harm, especially harm that could be stopped in its tracks if you do not judge.

Simply do not judge because whatever flows from that will be the unconditional love you are giving to yourself and the other/s without any fear or concern or reward. It's simply the right thing to do in total acceptance of yourself and others in unconditional love.

Obviously, I am not judging Jesus here but rather bringing understanding into play. I believe that in His time people's belief system was fear based and not love based. The Old Testament refers to a God of vengeance wreaking retribution on wrong doers and Jesus's teachings are coming from a place of *'God is Love'*. Now, this may be a controversial statement, and I am simply using it to show why Jesus may have had to remind the fearful people of that time that there will be retribution for their judgement. Believing in a God of Love rather than a God of vengeance I think Jesus would have preferred to stop at *"Judge ye not"* but the religion of love was in its infancy at that time.

The last comment coming from a quote from the recently canonized Mother Theresa- *"If you judge people you have no time to love them."*

With that being said I will end this topic with *"judge ye not, full stop!"*

Topic 49 - The third alternative to bullying

If you want something to change, then you need to understand it better. If you approach this desire to fully understand it better without ego's need to be right but rather from soul, from unconditional love, then in your understanding of it, your attitude towards it is likely to change.

If it is another person or people in a group, then in striving for your understanding of it in unconditional love, it is likely that the other person or people may see their viewpoint in a different light and begin to understand another way of looking at the issue at hand.

By opening up the ability to have a dialogue coming from non-judgement, non-manipulation and non-control; simply a safe place for listening, understanding, and sharing each other's viewpoints is likely to bring a synergistic solution to the issue at hand.

Let me use the example of the bully in the schoolyard or the bully in the workplace. Most people's natural reaction is based on the flight or fight adrenaline reaction stemming from the amygdala in the temporal lobes of the brain. From the earliest days of man surviving among wild animals as their predators and man as the predator of wild animals, this flight or fight reaction is hardwired into man, animals, birds and the like.

So back to the school yard or the water cooler in the workplace or the lady's bathroom, the bully is talking about and soon to be threatening someone. No one likes to be bullied and if you do not have the ability to protect yourself against a stronger bully physically; or protect yourself due to the hierarchal structure of an organization; or to protect your reputation against an insidious slander attack, then you have to either get "*beaten up*" physically or emotionally or take the fight to them, which takes great courage to do.

There is a third alternative and it's far more powerful than the courageous fighting back. The 'tit for tat' physical or emotional reaction of fighting back will cause two or more sides to form, and the fight will continue long after the physical or emotional blows are struck. The accompanying fear and sleeping with one eye open awaiting a retributive attack are physically and emotionally draining and plays right into the bully's hands. They want to pick a fight with you because they are hurting inside themselves, either due to a lack of self-worth and or from being bullied themselves by someone stronger or more powerful than themselves. Seeing you as an easier target to get even with than the person or people who are bullying them makes them feel better about themselves. These bullies do this using a very convoluted value system that they have in their feeling of powerlessness against their bully.

The third alternative is quite a simple answer as most elegant solutions usually are. You approach the bully with a statement of genuine concern and understanding coming from a place of unconditional love.

I know that you want to fight me or slander me because I am an easier and softer target for you to let out your anger. But I believe that you are being bullied by someone who you feel powerless against fighting and, somehow, beating up on me will make you feel better about this feeling of powerlessness you face.

Sure you may beat me physically or emotionally but I can assure you that you will still have that fear of powerlessness inside of you and the fear will eat away at you like cancer.

On top of that, you must deal with the consequences of beating me physically or emotionally, and this will simply make you feel worse about yourself than you currently do even before you start the beating up of me.

I am happy to listen and be understanding if you want to talk to me confidentially about what is really going on in your life. I promise you total confidentiality and the true friendship that you need to overcome this obstacle in your life.

I fully understand if you don't feel that you can trust me with this secret that is burning away at you inside but I strongly recommend that you talk to someone with the authority and ability to hear you out. I have faced you, and you can see that it takes courage and understanding. Now it's your turn

to show that courage to yourself and either face your aggressor as I have faced you or to talk to someone who can take some action to help you.

If you still want to beat up on me then know that I will simply stand here with my arms down and allow you to vent your frustrations on me if you think that it will help you. But somehow I think deep down that you are a nice person and that you would prefer to resolve your inner demons that are eating away at you as I have faced you.

Ralph Waldo Emerson said, *"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."*

Topic 50 - Some 40 key phrases for an enjoyable life

A few nights ago I was watching a movie called *Bridge of Spies* telling the true story of a historical drama based on the 1960 U-2 incident during the Cold War. The film tells the story of lawyer James B. Donovan, (Tom Hanks), who is entrusted with negotiating the release of Francis Gary Powers—a pilot whose U-2 spy plane was shot down over the Soviet Union. In court in the USA, Mr. Donovan represented Rudolf Abel, a captive and convicted Soviet KGB spy held in the custody of the United States Government.

Rudolf Abel, the Soviet KGB spy, seemed very calm throughout the entire movie and when his Lawyer, James B. Donovan, quizzed him about the stresses of his trial, imprisonment or even being returned to Russia and whether he was worried, he shrugged his shoulders and replied: *"Will it help?"*

Imagine being able, (no pun intended!), to handle every stress in one's life with *"will it help to be stressed, angry, annoyed, scared, fearful?"*.

To be able to sterilize your ego and not give it a look in by simply saying *"panic- will it help?"* or *"fear- will it help?"*.

Your ego is so conditioned to bring drama from the past or projected into the future based on the hopes and fears of the unknown.

Knowing that no amount of guilt can solve the past and no amount of anxiety can change the future can meaningfully change the way you live, and enjoy your life.

Here are some 40 key phrases that will lead to a more enjoyable life:

Abundance-You are abundant. You are Part of Oneness/Source/God who is all encompassing of universes

Abundance- Knowing that you are abundant will bring you that abundance in the form that Oneness wants to present it to you

Acceptance - *'Is that so'*- to maximize acceptance

Acceptance- No opinions lead to non-judgement, and no expectations lead to no disappointments

Acceptance- *'This too shall pass'*.

Acceptance- *'This too! O' Lord'*.

Acceptance- *'Everything changes.'*

Acceptance- *'Nothing matters, except love.'*

Awareness- Awareness is the power of being conscious of the present moment of now

Awareness-Transformation comes from awareness and understanding

Awareness- *'Know thyself'*- Who am I- I am a Spiritual Being in a physical body on earth

Awareness-Awareness is being consciously connected to your Higher Self and Oneness

Awareness-Feel the awareness connecting you to another and the flow of consciousness becomes evident

Balance- You are a human being. Find the simultaneous balance between being both human and a being

Being- *'I am a Part of Oneness/Source/God.'*

Consciousness -Consciousness arises from suffering and the surrender that flows from that

Consciousness- Only the Unconscious perpetrate acts of evil. Bring them into consciousness, and no forgiveness is required. The Light dispels the darkness

Consciousness-The meaning of your life is to be conscious

Creativity- We are a Part of Creation and the Creator of All That Is. Creativity comes through us, not from us

Ego- *'Will it help?' - (to minimize one's ego's dramas)*

Forgiveness-There is no one to blame and therefore no one to forgive

Happiness-Your thoughts, not your circumstances, determine your happiness or unhappiness

Humility-No one is inferior or superior to me. We are all parts of Oneness

Joy- Joy resides within you and can only be released when you are at One with All That Is in the form that is showing up now

Love- You are Love as you are a Part of Oneness/Source/God who is Unconditional Love and Light

Love- Love is the recognition of Oneness in the other and yourself

Love- When you know that the only thing of value is love and that it never comes from you but through you then you will know bliss for that moment.

Non-judgement- *'Maybe'* is the correct response to whatever happens and is judged by others on your behalf

Non - judgement- Saying *'maybe'* instead of making a judgement enables 'what is' to be so and for conscious alignment with unseen Higher Forces at play

Non -Resistance- *'So be it.'*

Now- Conscious breathing will keep you in the now.

Now- *'I don't mind whatever happens'*- the welcoming of the present moment of now

Perspective- Will it matter ten years from now?

Presence- Presence is another word for awareness

Presence- Being successful is a present moment awareness. It is knowing Presence in what you are accomplishing now.

Present- Simply be present with someone. No interference, no judgement, no words or body language, mere conscious presence will positively affect them more than any words you can say.

Resistance- *'What you resist, persists'.*

Self -worth- Knowing that you are One and not no- one is the basis of self-worth.

Surrender- It is the will of Oneness/Source/God. In Yiddish, the word is *Bersheet* and in Arabic- *In-shallah*

Truth-The truth is we are all One

Topic 51 - Amazing Grace

With the message that forgiveness and redemption are possible regardless of sins committed and that the soul can be delivered from despair through the mercy of God, "Amazing Grace" is one of the most recognizable songs in the English-speaking world.

Grace in Christianity is seen as God's redemption and forgiveness. Being gracious is defined as being kind, respectful, courteous and considerate of others.

A Hindu understanding of grace is that it is necessary for spiritual self-realization and, in some quarters, it was believed to have to be earned as opposed to the granting by God as in Christianity.

My spiritual understanding is that we are all One with Oneness/Source/God. Therefore, for grace to be either earned or bestowed upon us, it amounts to the same thing as we are all One. So, if the left-hand bestows it, or the right-hand earns it, the Oneness both gives and receives grace.

Grace, by Christian definition, is both forgiveness and redemption. In my spiritual understanding, we can forgive ourselves, and we can redeem ourselves. In my view, even if one does somehow feel the forgiveness and redemption of a Higher Power and term that to be grace, this may be a short-lived experience.

It is common that what you receive without earning it is usually treated as "easy come, easy go".

Quoting from Fortune Magazine, *"44% of those who have ever won large lottery prizes were broke within five years, per a 2015 Camelot Group study. The Certified Financial Planner Board of Standards says nearly a third of large lottery winners declared bankruptcy—meaning they were worse off than before they won the lottery. Other studies show that lottery winners frequently become estranged from family and friends, and incur a greater incidence of depression, drug and alcohol abuse, divorce, and suicide than the average American."*

I think that the Hindu philosopher Madhvacharya's explanation of earning grace is likely to make it a much longer term benefit than simply being granted grace by a Higher Power, as is the Christian belief system.

The ability to forgive oneself and truly know and feel that forgiveness within requires quite a spiritual journey of earning that forgiveness.

Like most spiritual journeys one is usually broken open before you hit rock bottom. At this point, your ego is shattered, and you find out that your soul has been patiently waiting for you to "see the light" and adopt a more spiritual role in rebuilding yourself.

The need for forgiveness of yourself is part of this rebuilding process. Your ego and free will took you down a road that ended in an accident and in putting the parts of you back together you need to know that no amount of guilt on your part will change the past.

Only your changed thought processes, attitude and action in the present will help reduce the impact of a poor performance in the past. This is not a painless journey and the suffering you put yourself through is not necessary, but because we are human, it's likely to happen.

If you see this emotional wound as a physical wound, then you can more fully understand the healing process that is required for the stitches to do their work, the damaged body to heal within and for the wound to heal by turning into a scab and then a scar before the scar fades away in time. The emotional healing process is a spiritual journey of belief, repair and recovery and it takes time to be completed.

Now compare this to waking up one morning and saying "by the grace of God I am healed" and going on your merry way.

The redemption process referred to in the song “*Amazing Grace*” has to follow a similar spiritual journey to embed itself within your healing process and your spiritual journey. To be redeemed is a concept found in the Christian, Jewish and Indian religious traditions and each has differing meanings.

In Christianity, its redemption from sin and the salvation received from Jesus. In Judaism, the reference is to God redeeming the Jews from various exiles and placing them back in their holy land. In Indian religions, the focus is not on the theological aspects but expiation or atonement and personal liberation from sin.

The Indian religions' redemption process also requires a healing and spiritual journey and one should feel within that you have left no stone unturned in seeking redemption.

Once again, sprinkling some “*holy*” water on one and saying “*go and sin no more*” implying that you are now fully redeemed has a hollow ring to it.

If you put in the hard yards and ensure that the redemption is truly earned through your changed and improved thought processes, attitude and actions then the redemption will feel like it has been earned and is yours for the long term.

“*Amazing Grace*” is a wonderful concept and for those who have been blessed by it and have stayed the course and benefitted long term it must be a satisfying feeling. The rest of us who feel we must earn the benefit of forgiveness and redemption by our efforts and changed processes know that this is part of our spiritual journey.

At the time, we were broken open, it appeared that we were being buried alive. However, in time, we began to realize that we were simply being replanted by Oneness/Source/God.

Now that, in my book, is *Amazing Grace*!

Topic 52 - Appreciation and gratitude- two building blocks for a spiritual journey.

Gratitude is being taken for granted.

Somehow most of us accept what we have been given or earned somehow is a right.

We yearn for something, and we must have it. Once we get it, we begin to enjoy it because it is new, and it makes us feel better about ourselves.

After a while, the feeling of newness starts to dissipate, and we need the next thrill to keep us interested. We put aside the thing that we had to have, and it gets replaced with the next thing that we have to have. And so the cycle turns desire> acquisition> usage> jettisoned> new desire> new acquisition> usage> jettisoned and so on and so on. The gratitude we initially experience with each new thrill is soon forgotten as we go from thrill to thrill in our lives.

We don't only do this with things but with people too. Man, the hunter, is interested in the hunt and the capture. Once the capture occurs man's interest level diminishes and after his belly is full and he has rested, his thoughts start to focus on the next hunt.

The thrill of the chase and the need to capture is hardwired into his brain from thousands of years of being the hunter. Today's man with a roving eye always looks for the next acquisition. The hardwiring is at an animalistic level and men with high testosterone levels are addicted to the chase and the capture. They can't help the competitive urges and surges they feel coming from their reptilian brain.

A well founded spiritual journey is likely to enable man to rewire his brain and transform through meditation, inner peace, unconditional love, kindness, respect, consideration for himself and for others with whom he interacts.

A person on a spiritual journey takes nothing for granted and especially not gratitude. Their day begins with a prayer where they enumerate everything individually for which they are grateful. When you can appreciate every small thing, you are grateful for, then the big things in your life automatically fall into place. This daily gratitude ritual brings you into alignment with your soul and with your Higher Self and ultimately to Oneness/Source/God.

Below is part of my daily morning prayer ritual which enables me to feel unconditional love and experience it within me and to begin my day enveloped in this love. You need to find your own prayer of gratitude and I hope mine will give you some guidance and direction:

Thank you, Oneness,/Source/God for enabling me to have had a good night's rest and to awaken to such a beautiful day.

Thank you for my good health from the top of my head to the bottom of my toes.

Thank you for blessing and for keeping me, thank you for causing your Countenance to shine upon me and thank you for your most precious gift, the gift of peace.

Thank you for my children and for their good health and happiness.

Thank you for enabling me to unfold my children today with love, mindful that they need to be unfolded and not molded to my needs and wants.

Thank you for our beautiful home with all the modern conveniences to make our life so convenient and enjoyable.

Thank you for our safety and protection from those with ill intent.

Thank you for our car, or other transport, to take us to work and school.

Thank you for our jobs or our businesses and may we prosper in serving our customers and clients with integrity, good value for money and well-being for all parties in every transaction.

Thank you for the money we earn enabling us to live as well as we do.

Thank you for the food that we eat and the clean water that we drink.

Thank you for enabling all of us in our family to arrive safely home this evening and to enjoy a family meal together before we once again lay our heads on our pillows and enjoy a good night's sleep and rest for our minds and our bodies.

Thank you for the abundance I feel in my life. My cup runneth over with love.

Thank You for everything you do for my family and me today and always and in all the ways that You do it.

Thank you for enabling me to be my own co- creator with You in my life.

I love you Oneness/Source/God with every fiber of my being.

Amen.

Living a life based on such gratitude has a transforming nature on you, your partner, your children and everyone with whom you communicate with during each day. It allows the transforming power of unconditional love to shine through you and to be visible for all to see.

Your unconditional love within you will be attracted to the unconditional love within each person's soul, and they will respond with such love. This unconditional love is the Part of Oneness/Source/God within each of us, and we call it our Soul.

The others you interact with may not be as far down the road of their spiritual journey as you are and maybe their responses to you may not be as unconditionally loving as yours, but your approach to them will accelerate their spiritual growth, as it will your own.

In this way we replace the hardwired animalistic thought processes in one's reptilian brain focused on the hunt and the capture and its repetitive cycle, to one of living in inner peace and love with oneself and with all others in Oneness.

Allow me to end with a quote from President J.F. Kennedy of the USA, who was tragically assassinated in Dallas, Texas on November 22, 1963;

"War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today."

I happen to be writing this on November 22, 2016, and as you may know, I don't believe in coincidences!

Thank you for enabling me to share this view on gratitude with you.

Topic 53 - Children learn what they live

In 1972 Dorothy Law Nolte, PhD, wrote a poem *Children Learn What They Live*.

In 1978 I was a bachelor and my twin brother's wife gave birth to their first-born son.

I found this poem- *Children Learn What They Live* and had it made up as a block mounted poster for my nephew's room. Although the present was for my nephew, it was intended for his parents.

The words have stayed with me, and when I became a father in 1989, I committed the words to memory and tried to live by them.

I reproduce the words below and then discuss them after that:

Children Learn What They Live

by Dorothy Law Nolte, PhD

If children live with criticism, they learn to condemn

If children live with hostility, they learn to fight

If children live with fear, they learn to be apprehensive

If children live with pity, they learn to feel sorry for themselves

If children live with ridicule, they learn to feel shy

If children live with jealousy, they learn to feel envy

If children live with shame, they feel guilty

If children live with encouragement, they learn confidence

If children live with tolerance, they learn patience

If children live with praise, they learn appreciation

If children live with acceptance, they learn to love

If children live with approval, they learn to like themselves

If children live with recognition, they learn it is good to have a goal

If children live with sharing, they learn generosity

If children live with honesty, they learn truthfulness

If children live with fairness, they learn justice

If children live with kindness and consideration, they learn respect

If children live with security, they learn to have faith in themselves and in those about them

If children live with friendliness, they learn the world is a nice place in which to live

The first seven on the list are negative attributes, and the other twelve are positive attributes. Starting with the negative ones it becomes obvious that when children live in a toxic home where there is criticism, hostility, fear, pity, ridicule, jealousy and shame, they turn out to be hostile, critical, scared, envious and feel guilty. These are the children most parents would tell their own children not to be friendly with. So these children become loners and with it see themselves as not fitting in or misfits. They become angry and bitter usually with free ranging hostility. These children become unacceptable to themselves and other children and their parents. They usually are disruptive in class, the schoolyard bullies and, in a perverse way, seek to get negative attention because they feel they are denied positive attention. In a nutshell, these are the trouble makers, and in severe cases, they become the ones who take sniper rifles to bell towers and fire into school yards and other crowded places.

And it all started in the home because some parents were ill-equipped to bring up their children in a safe and loving way as illustrated by the twelve positive attributes of good parenting in the poem above.

Throw divorce, single parents, single parent's boyfriend or girlfriend, step parents, step siblings, excessive consumption of alcohol and drugs in the home into the mix and you have a powder keg of a child waiting to explode and take their vengeance out on society. These are usually the children who drop out of high school and, in the case of young ladies, become teenage mothers. These young people's plight is well covered under the topic- Cross your legs and finish your homework.

From a spiritual perspective, having well-developed compassion and empathy, we have to lean over backwards to ensure that when a child we come into contact with displays the tendencies described above, we need to become empathetic and assist them, if possible. We can do this as mentors, friends, advisers and guidance providers.

We also need to reduce the relationship toxicity within our homes before we venture into our neighborhood and rescue the '*poor kid*' next door. It is best only to offer help via the parents of the '*poor kid*', and, if one delicately comes from love and not from an ego based accusative place, the chances of helping the '*poor kid*' increases.

Ideally, as adults we should be working with the parents not the child but some parents will resent any interference with them or their children, so be careful and sensitive in your approach before you become the one they turn on and vent their words or actions upon.

First and foremost, we must ensure that our homes are not toxic in the way we bring up our children and following the guidelines of *Children Learn What They Live* is a great starting place.

Topic 54 - A different way to approach so-called death

The five stages of grief as postulated by Swiss psychiatrist, Elizabeth Kubler- Ross in her best-selling book *On Death and Dying*, first published in 1969, caused people to believe that there are these five definitive steps of:

Denial
Anger
Bargaining
Depression
Acceptance

Dr Kubler- Ross subsequently regretted the fact that these steps were “cast in stone” and is reported to have wanted to retract these steps as she admitted that they were not in any specific order and that different people will react differently from such a straight line, or linear approach and may have other reactions outside of these five stages.

For those people who have a spiritual understanding of the “*afterlife*”, the five stages of grief are unlikely to be their reaction at all. They are more likely to know relief from the outset as their loved one is now at peace and out of physical pain. These people are more likely to smile, be thankful and grateful that their loved one is with the God of their belief system. Their belief system is likely to be that their loved one is being bathed in Unconditional Love and the Light from the Source of such blessings.

For those operating from an ego base, they will see the loss of their beloved as their loss and will mourn the fact that they will see them no more. This loss is their personal loss and the five stages of grief, however imperfect that may be, are some of the emotions they are likely to feel.

Nothing one can say and do will reduce the need for them to experience this grief. Simply being there for them, usually in silent support, is what they will need as this exposed raw emotional wound is felt to their core.

The cliché- time is a great healer- is the only way most of these ego-based people suffering this personal loss will recover from this loss.

I can't imagine what it must feel like to bury a child or to bury a spouse with whom you have been living in the same bed with for decades. The emotional torment of seeing an empty cot where your baby used to be before their demise or the space in the double bed where your spouse of fifty years always occupied before their demise must be so tough to come to terms with.

My understanding and experience of so called death, or as I prefer the term, passing on, has been different to most. I lost my identical twin brother in 1990 when he was 38. At this stage, we lived in different cities, but the bond of an identical twin who once shared the same egg is different to any other relationship as countless studies have shown. My brother got me started on my spiritual path, and he was President of the Jewish Progressive Synagogue in Durban, South Africa, a spiritual person and meditator.

At the time of his death, I was at the early stage of my spiritual development, and I reacted from a place of ego loss at the shock of his untimely death. During my spiritual journey, I have discovered that it is not uncommon for one of a pair of identical twins to pass on, so called, prematurely, and the reason I have been given is that they need to be in Spirit to guide the remaining twin with their soul contract, which soul contract is usually their twin soul contract.

I have also recently learnt via a ‘*Guided*’ book about the Afterlife (Afterlife 101) that the Soul of the identical Twin stays with the earthbound Twin's soul until this Twin also passes on from the earth plane to the spiritual plane.

I can't tell you whether it is wishful thinking on my part or, in fact, this is what does happen, but I *'feel'* my Twin brother is with me. He was a lawyer and countless times in business dealings I come up with legal solutions and the other parties in the deal ask me where I studied law!

I am proud to state that since the start of running my business during 1977 I have never sued anyone or been sued by anyone and I have been party to billions of dollars' worth of transactions on five continents.

The legal *"part"* of me somehow knows how to reach win/win solutions or when to walk away absorbing the loss, knowing that the only parties to win a contested legal battle are the lawyers. My Twin had a framed cartoon in his office with a cow in the milking shed. The plaintiff was pulling the tail, and the defendant was pulling the head of the cow, and the lawyer was underneath the cow milking it!

I *'feel'* he is with me when I write these words and when I compassionately and empathetically deal with people. He was/is a very gentle soul, non-competitive and non-combative in his approach to life.

I have learnt to become so, and I used to be very competitive, ego driven and assertive. I *"feel"* he has mellowed me and influenced me.

During my divorce, he guided both my, then wife, and myself through the process in speaking *"through"* me to both of us in a gentle, understanding way.

People who were party to the events that lead to the divorce were astounded that I could be so forgiving and understanding of the situation and not in any way angry and seeking retribution. I approached the entire process from a place of healing, love and understanding of a *"bigger picture"* at a spiritual contract level. I have no doubt in my mind that my Twin in Spirit was instrumental in creating this understanding attitude of love and healing within me.

My attitude towards both marriage and so-called death was influenced by my first spiritual teacher, Lionel Berman, who told us that he cries at weddings and laughs at funerals. I don't think anyone attending his talk truly understood when he said that *"marriages are for growth and not for happiness and funerals are for celebrating that the person has passed on to a place of peace and unconditional love"*.

I understand that now and that is why when I attend a funeral, and I accompany the coffin to the grave site I *'talk'* to the Spirit of the deceased body and thank them for what I am aware of was their life and the love that they gave during their lifetime on earth. I wish them a safe and peaceful journey to the *'Afterlife'* and know that they will find peace and unconditional love there. I always smile within at funerals as I *"see"* their Soul watching the funeral procession and I know that they are already at peace.

At the funeral of an Aunt of mine who passed on at the age of 96, I was carrying the coffin, and I broke out in a big grin. I *'saw'* my Aunt shrugging her shoulders and saying to me *"what's the fuss about!"*

When we were returning the sand back into the grave a cousin of mine said, *"what was that big grin about?"* I told him the story, and he burst out laughing. The other mourners who were leaving the graveside jerked backwards and said: *"what are your two laughing about in such an inappropriate place to laugh?"*. Conscious that their belief system was different to mine, I said that I imagined my Aunt shrugging her shoulders and saying *"what's the fuss about!"* Everyone broke out into laughter and said that is exactly what she would have said and how she would have said it. Somehow I *"knew"* my Aunt was smiling down at us enjoying the joke. (As I write this on the 25 November 2016 I remember that today would have been her birthday- no such thing as coincidence Auntie Sylvia!)

I have decided to share these personal glimpses into my life and my soul with you, dear Reader, to somehow try and explain to you that death is not the end, it is merely the metamorphoses of a low spinning physical energy vibration to a high spinning spiritual energy vibration.

In my view, there is no need to have to suffer the ego based five stages of grief but to welcome the fact that your beloved is with you always and in all ways. In my understanding, they watch over you and communicate with you if you would only open yourself up to believe that and then remain silent and watch for the signs and “*listen*” to their communications. We all can ‘*hear*’ and ‘*feel*’ them but first you must believe and then be observant and open minded to what will follow.

The peace of mind that comes with such a belief system is amazing. Even if I am somehow wrong and deluding myself it doesn’t matter because it still gives me this amazing peace of mind, and, after all, it’s better than the ego based five stages of grief!

Topic 55 - Transparency will resolve society's ills

Transparency is the ability to see through something and for it to be visible for all to see.

Can you imagine how different the world would be if there were transparency of thought, word and action? If everything was open for inspection and visible for all to see. Having such transparency would be unbelievable, but it must be coupled with society's high level of consciousness to be one of justice and the willingness and "teeth" to act to correct any injustice and to praise and reward such proper justice.

However, in a society that is ruled by might and fear, transparency becomes ineffective and is a toothless bulldog.

A society that treasures and implements transparency with proper justice based on acceptable levels of right and wrong and the ability to deprive wrongdoers is a society where certain people could live in peace and harmony with each other.

There is such transparency and such a society and it's called the Afterlife. Everything we think, say and do is seen by invisible "Spirits" and all recorded. After passing on from this life to the next life we all must go through the process of confronting every thought, word and action we did in this life. We experience every emotion of everything and everyone we affected whether positively or negatively and the "level" we enter for our next life in the Afterlife is with Spiritual Beings who thought, spoke and acted in a similar way to how we behaved on the earth plane.

There is no reward and punishment in the Afterlife simply spending eternity, or until one's next re-incarnation on earth or other life spaces, with like-minded Spirits. So "do gooders" are surrounded by similar people in an enlightened spiritual space and the rapists and murderers find their fellow Spiritual Beings in darker, far less enlightened spiritual space levels.

I have learnt about this Afterlife progression from research into the Afterlife from various books and reports which are channeled works. To date, I haven't received an answer as to how Soul Contracts play out and affect where one ends up in the Afterlife so this, like everything, is a work in progress.

Coming back to the need for transparency in our lives, that of our partners, children and larger family, our neighborhood, our workplace, the city or town we live in, our state or province and in our country, imagine if everyone was an "open book"?

Transparency International is a human rights group that attempts to track corruption in different levels of societies within countries. They have identified what corruption does to a country. I quote from their website:

"Corruption impacts societies in a multitude of ways. In the worst cases, it costs lives. Short of this, it costs people their freedom, health or money. The cost of corruption can be divided into four main categories: political, economic, social and environmental.

On the political front, corruption is a major obstacle to democracy and the rule of law. In a democratic system, offices and institutions lose their legitimacy when they're misused for private advantage. This is harmful in established democracies, but even more so in newly emerging ones. It is extremely challenging to develop accountable political leadership in a corrupt climate.

Economically, corruption depletes national wealth. Corrupt politicians invest scarce public resources in projects that will line their pockets rather than benefit communities and prioritize high-profile projects such as dams, power plants, pipelines and refineries over less spectacular but more urgent infrastructure projects such as schools, hospitals and roads. Corruption also hinders the development of fair market structures and distorts competition, which in turn deters investment.

Corruption corrodes the social fabric of society. It undermines people's trust in the political system, in its institutions and its leadership. A distrustful or apathetic public can then become yet another hurdle to challenging corruption.

Environmental degradation is another consequence of corrupt systems. The lack of, or non-enforcement of, environmental regulations and legislation mean that precious natural resources are carelessly exploited, and entire ecological systems are ravaged. From mining to logging, to carbon offsets, companies across the globe continue to pay bribes in return for unrestricted destruction."

So, man's inhumanity to his fellow man knows no bounds. The rape of the earth will see the earth rebalance itself at the expense of possible annihilation of the earth as we know it today.

This is explained in the topic 41-Save the Earth before it's too late.

Governments who print money excessively as in the case of Quantitative Easing after the 2008 Great Recession will simply see the substantial devaluation of their currency and their nation's worth and the nest eggs of their people will be empty nests devoid of eggs.

There is a causal relationship between the earth plane and the "*chickens coming home to roost*" usually at the most inconvenient times.

The same can be said for individual people who are corrupt in their personal, social or commercial lives. The cheating spouse; the Religious Leader inappropriately touching their congregants of all ages; the business person stealing from his employer or clients; the ego based medical practitioner believing he is God and prescribing a life-threatening course of medical procedures and so on and so on. Unfortunately, the daily headlines on the news spell out corruption after corruption in a society where transparency and the "*teeth*" to implement a corrective action are missing.

All it takes is for the people to take a stand and demand such transparency and the "*teeth*" to implement corrective action. This action can start in the home and then spread from home to home until the street is transparent. The street becomes the block; the block becomes the neighborhood and so on. The same can occur in the workplace, office to office, floor by floor, building by building, and so on.

We need a leader who is not afraid to challenge corruption. Unfortunately, most of the leaders turn out to have '*clay feet*' and are part of the problem not part of the solution.

Imagine if every bank account was visible for all to see. If every share of every company was visible for all to see who was the real owner behind the shady corporate structures. Imagine if every piece of real estate's ownership was clearly visible for all to see. Imagine how easy it would then be with all assets' ownership transparent to see their true owners and to find out who was corrupt. Imagine if our society had the "*teeth*" to throw these corrupt people into a dark pit to deal with each other and fight over the scraps of food and water thrown into the pit from the jailers above.

Who would then have the incentive to be corrupt?
If only.....?

Topic 56 - Synchronicity or coincidence- you decide?

A few days ago, under the topic no. 54 I wrote about my first spiritual teacher, Lionel Berman and his approach to weddings and funerals.

I have not seen Lionel since 2004, some 12 years ago, this morning on the 18 September 2016 we had a birthday brunch for my son Jonathan and we were seated in a restaurant. At the table, next to us sat Lionel Berman. Naturally we embraced and did a five minute catch up chat with a promise to have lunch together soon. I told my sons and their girlfriends that I wrote about Lionel in my new book within the last 48 hours and here we are sitting alongside him in a restaurant.

Naturally the topic of synchronicity came up and the fact that in spiritual terms the statement '*there is no such thing as coincidence*' is accepted as the gospel.

Trying to prove it logically is of course not so easy.

I have skimmed through Carl Jung's book on synchronicity and while it is above my head from a psychiatrist's viewpoint he believed that there is some inexplicable "*thing*" that makes events tie together simultaneously now or in the future based on a dream or a vision previously experienced or on something experienced in the future that has its occurrence in the present.

Needless to say, there are many skeptics of this when applying a logical, scientific approach but Jung believes that this could be occurring from an unconscious state where communication occurs beyond our understanding. He uses the example of bees informing other bees of where to go to for food without any obvious communication methods. This could be called intuitive communication and it operates at a level of consciousness not used by our five human senses.

Scientific research will probably never be able to prove how this illogical, intuitive communication works but for those reading this book who are more open minded and less proof driven the experience of having synchronicity working in their own lives and it being beyond random chance is probably an experiential proof they have already had.

Jung and the skeptics saw the causal relationship of cause and effect at odds with synchronicity, which implies a connectivity now between something happening like a thought, word or action and the near immediate occurrence of something very like the initial thing happening. However, Jung also stated that the future occurrence could occur of something that is happening now and, to my simple mind, that is a causal relationship.

Giving our minds free reign and not asking for any scientific proof I believe that there is an intuitive level of consciousness where these thoughts go to and are attracted to by other people's similar thoughts. At that unknown level of consciousness, the parties "*arrange*" the connection to be had either now or in the future.

How does one explain "*mother's intuition*" about their child. The father is most times oblivious to what is happening but the mother somehow 'knows' what is either about to happen to their child or is currently happening to their child. She gets a '*feeling*' which is certainly not scientifically based but is intuitive and if she acts on it can avoid any unpleasantness occurring to her child.

I would like to believe that at some level we are not consciously aware of there is a "non - human" connection between our souls and when our souls connect we "*make a plan*" to meet up and we call that coincidence or, if you so believe, synchronicity.

Obviously if our souls are in charge then it is not an ego based decision of hope/fear/gain or loss but rather a soul/love based decision to propel ourselves forward along our spiritual growth path.

For those who believe in random acts of chance there is nothing to believe in but simply the hope or fear that something may come to pass similar to what they have or are experiencing.

For those who believe in synchronicity there is perhaps a soul based belief system that things are happening at a soul level to propel their spiritual growth path.

Meeting Lionel Berman tells me that there is some spiritual growth coming and I can't wait for our promised lunch date.

Topic 57 - Get outside your comfort zone of repetitive prayers

The comfort of the certainty of the known contrasts to the discomfort of the uncertainty of the unknown.

There is little, if any, growth in the known certain world of one's existence. However, in the uncertainty of the unknown is unlimited growth and opportunity.

Sticking to the same prayer book day after day, month after month, year after year, decade after decade and repeating familiar, comfortable words and songs makes one feel religious.

Do you genuinely believe Oneness/Source/God needs to hear the same repetitive words and songs with the same familiar rituals and traditions day after day, month after month, year after year, decade after decade?

We call this praying, and we believe that somehow these words from these long-used prayer books will reach up to our Higher Power and we will be blessed with the favor of this Higher Power.

Oneness/Source/God is a verb, a "*doing*" word. This Higher Power does not need our prayers; we need to say these prayers to make us feel better about ourselves.

When you pray you are talking to Oneness/Source/God and when meditating you are listening to your Higher Power.

What the Higher Power would also prefer is some proactivity in living out these prayers, some human being doing something to earn the title of a human being and not a human doing.

Be love; be charitable; be uplifting to others less fortunate than you; be a "*mensch*" - a human being- kind, considerate, respectful and loving to all others.

All the words mouthed in the places of worship cannot be more beneficial than stooping down to lift up one person and elevating them by giving them a meal, a place to rest their weary heads and potentially even a way to earn a living.

At this point it's time for some levity:

A fancy lawyer was driving down the road in his luxury, gleaming new car and he saw a family cutting grass on the pavement alongside the freeway. He stopped his car and rolling down the window he asked what they were doing. The father said that he was out of work and he could not feed his family, so they were cutting grass to have something to eat. Nonsense bellowed this important man; you must come home with me. The father and his family's face lit up with the prospect of a proper meal and a place to stay. Hopefully, the father asked why they should go home with him? The lawyer said, the grass at my house is six feet tall!

So coming back to the growth inherent in uncertainty, the growth one experiences is always outside one's comfort zone. Why do people travel the world, if not to gain different experiences? Sure, the familiar is comfortable and usually non-threatening, and most of us like this comfort zone but the unfamiliar is where the excitement, new experiences and growth lie. With this uncertainty lies possibilities of both gain and loss, hope and fear, success and failure but you are alive, and your heart is throbbing with excitement.

In meditation, you are connecting wordlessly with your Higher Self and via It to Oneness/Source/God. Once that connection is made, then the uncertainty of what you learn from this Higher Power will be spurring of your spiritual growth.

It is said that the difference between life in a rut and death is five and a half feet. Life in a rut is six inches below the ground, and a grave is six feet below the ground.

Saying the same prayers day after day is living a life in a rut. Simply changing that prayer time to one of meditation is at least listening to your Higher Power rather than talking to It. Meditating and uplifting someone or something is two steps in the direction of spiritual growth and probably far more appreciated by your Higher Power than mouthing the same words day after day in prayer.

If your prayers are in spontaneous praise of your Higher Power and your connectivity to It, with both of you/You being co- creators of your life, then this is something your Higher Power will acknowledge and build upon with you.

Of course, I cannot speak on behalf of your Higher Power, but this is what I imagine is likely to happen. If you feel that this makes sense to you, then please use your repetitive prayer time to meditate more and uplift someone or something more and then see how that works out for you.

May you know the spiritual growth awaiting you outside your comfort zone of repetitive prayers.

Topic 58 - Why I moved away from writing a daily gratitude journal?

When was the last time you felt grateful for your life?

What have I to be grateful for you may be asking. Look at my life; it's a mess!

Gratitude is a vitamin pill for your soul. When you identify something, you are grateful for it opens up the optimistic vibrational wavelength and, as all we really are is a vibrational energy field, this connects to the feel good optimistic "*radio station in the sky*".

We then receive back "*feel good*" vibrations and suddenly that heaviness lifts, and we start to see the light at the end of the tunnel.

The expression of gratitude will change the way you look at something, and you will find the silver lining and not the black cloud that was there before.

Let me tell you the story about Admiral Nimitz.

On Sunday, December 7th, 1941 the Japanese air force bombed Pearl Harbor and dealt a huge blow to the USA Pacific Fleet naval force.

Admiral Chester Nimitz was attending a concert in Washington D.C. He was paged and told there was a phone call for him. When he answered the phone, it was President Franklin Delano Roosevelt on the phone. He told Admiral Nimitz that he (Nimitz) would now be the Commander of the Pacific Fleet.

Admiral Nimitz flew to Hawaii to assume command of the Pacific Fleet. He landed at Pearl Harbor on Christmas Eve, 1941.

There was such a spirit of despair, dejection and defeat--you would have thought the Japanese had already won the war.

On Christmas Day, 1941, Adm. Nimitz was given a boat tour of the destruction wrought on Pearl Harbor by the Japanese. Big sunken battleships and navy vessels cluttered the waters everywhere you looked.

As the tour boat returned to dock, the young helmsman of the boat asked, "*Well Admiral, what do you think after seeing all this destruction?*" Admiral Nimitz's reply shocked everyone within the sound of his voice.

Admiral Nimitz said, "*The Japanese made three of the biggest mistakes an attack force could ever make, or God was taking care of America. Which do you think it was?*"

Shocked and surprised, the young helmsman asked, "*What do mean by saying the Japanese made the three biggest mistakes an attack force ever made?*"

Nimitz explained:

"Mistake number one: The Japanese attacked Sunday morning. Nine out of every ten crewmen of those ships were ashore on leave. If those same ships had been lured to sea and been sunk--we would have lost 38,000 men instead of 3,800.

Mistake number two: When the Japanese saw all those battleships lined in a row, they got so carried away sinking those battleships, they never once bombed our dry docks opposite those ships. If they had destroyed our dry docks, we would have had to tow every one of those ships to America to be repaired. As it is now, the ships are in shallow water and can be raised. One tug can pull them over to the dry docks, and we can have them repaired and at sea by the time we could have towed them to America. And I already have crews ashore anxious to man those ships.

Mistake number three: Every drop of fuel in the Pacific theatre of war is in the top of the ground storage tanks five miles away over that hill. One attack plane could have strafed those tanks and destroyed our fuel supply.

That's why I say the Japanese made three of the biggest mistakes an attack force could make."

Admiral Nimitz could see a cloud with a silver lining in a situation and circumstance where everyone else saw only despair and defeatism. President Roosevelt had chosen the right man for the job. The USA desperately needed a leader that could see silver linings in the clouds of dejection, despair and defeat.

Now if Admiral Nimitz could find gratitude amongst the destruction of Pearl harbor on Christmas Day 1941 can you imagine what gratitude you can find amongst the remnants of your life?

Some people find that writing a gratitude journal every day helps keep them focused on the positive aspects of their life. I did that for a long time, and it certainly kept me looking on the bright side of life.

When I was writing *How to Live in the Now*, I decided to change this and rather to spend a few minutes every night thanking Oneness/Source/God for all the things that happened to me that day.

Whether they could be perceived as good news or bad news, I was thankful for experiencing those things that day. This grateful acknowledgement has become a ritual I use before closing my curtains for the night. I look out at the lights in the distance and say "Thank you God for today. Thanks for the meeting with so and so about so and so. Thanks for enabling me to help so and so with her problem about her abusive husband and for giving me the answers to give her direction of how to handle the issue. Thanks for that delicious lunch with my business partner, so and so, and for us resolving the issue about so and so. And so on. On a typical night, I probably spend about five minutes going through my day and expressing gratitude. Then I close the curtains and the day is complete and part of the past. My focus now as I get into bed is to be grateful for a good night's sleep and pleasant dreams.

The reason I went away from writing a gratitude journal and preferring to speak to God directly is based on learning how to live in the Now. The writing of the journal kept that gratitude "alive" and present the next day and the day after and so on. It was expressed but still "alive" when I would go back and see what I was thankful for a few days or weeks ago. That is living in the past and taking me out of living in the now. I prefer to focus on what I am grateful for right now.

I want to be continually on the leading edge of the wave of life where spontaneity, being alive and opportunities exist right now.

My gratitude process has moved to instant gratitude. Not instant gratification but instant gratitude. I now say thank you God the moment something happens, and I express that gratitude continually throughout the day. I still "recap" before I close my curtains but the continual gratitude is now part of my living from moment to moment on the crest of the wave of life now.

As you can imagine with all this thankfulness going on there is limited, if any, time to focus on the negative side of life.

So gratitude provides the optimism for waiting for the next wonderful thing I am about to experience. Like Admiral Nimitz, I also look for the positives that are there in a sea of negativity that others only see.

Two men looked out of prison bars - one saw mud, and one saw stars.
Which one are you?

Topic 59 - Don't fear rejection become a Victor, not a Victim

Most of us fear rejection. We don't like to feel that other people don't like us or what we do or what we stand for. We prefer to dress the same, eat similar foods, go to the same places of worship and model our behavior on what is acceptable to the crowd.

We allow people to damage us in small ways because if we should say stop it, we fear they may reject us, and we will have no one in our lives. This fear of rejection happens in many personal relationships once the honeymoon is over. The odd barbed comment is swallowed, and while we may seethe inside, we don't let on that we are affected by something so innocuous as a snide comment. But this is the thin edge of the wedge. Once the person who is making the comments or ignoring your feelings knows that you are not reacting, they step up the comments or the ignoring of your feelings inch by inch until it reaches the point of an explosion. Now the fat is in the fire and pride becomes the biggest distance between two people.

From a little comment like *"do you need the extra doughnut?"* to the full out throwing of plates in the kitchen is merely a matter of time if the chipping away continues.

"I am going out with the boys tonight" or *"it's the girl's night out tonight"* to a clandestine date with a potential lover is a matter of time if the intentions are there to disrespect the other party in a relationship.

RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute- is the acronym that every person seeking a spiritual solution to their lives should adhere.

If the other party does not follow suit, then the magical words to use are *"This is not acceptable to me."*

If they then chose to ignore your statement and continue with their disrespectful ways, then you can either suffer in silence and ultimately bring ill-health and major unhappiness to you, or you can take action now and pack your bags and move on with your life.

The decision to stay is most times brought upon by the fear of rejection and the inability to stand on your own two feet financially and emotionally. Deciding to stay can be masked with excuses like *"he isn't always like that"*, *"she slipped once and won't do out again"* and so on. These types of excuses are victim talk and the acronym for VICTIM is Verily I Call This Into Manifestation.

If you want to be a victim that is your choice and the consequences of that decision, won't end well for you.

"This is not acceptable to me" is the speech of a Victor, not a Victim. You managed your life just fine before this abusive person entered your life and you will manage once they are out of your life.

"This above all: to thine own self-be true" - Hamlet by William Shakespeare has stood the test of time for over 400 years.

Have the courage to be your best friend. Confront the person with the statement *"this is not acceptable to me"* and be willing to walk away from anyone who does not respect you. The ball is now in your court.

You decide- are you a Victor or a Victim?

Topic 60 - Are your priorities in order?

What would happen if you went to bed tonight and passed away in your sleep?
What legacy would you leave behind?

It may surprise you to hear that some 150 000 people pass on each day in the world and, of that number, some 100 000 do so due to "*old age*".

If you want to be truthful to yourself why don't you grab a pen and paper or sit down at your computer and type out what you believe to be the legacy, you will be leaving behind as the memory people will have about you.

Start with your spouse/s or ex-spouse/s. What words will they use to describe you, not at the moment of your passing on, but, say, a year or two from now when the shock of them losing you has diminished?

Then if you have children what each one of them will think and say about you in a few years' time?

If you have grandchildren and they are old enough to remember you, what will be their lasting memory of you?

Now onto your other family members, parents (if they are still alive), siblings, uncles and aunts (if they are still alive), cousins, your in-laws (if they are still alive), brothers-in-law and sisters-in-law.

Now onto people you have chosen to share your life with, your best friends, other friends, work friends and associates.

It's time to consider the people who you meet in your daily pursuits: the people you interact with as you travel, at work, at play, at your favorite bar and restaurant, the shopkeeper where you pick up your food supplies and where you grab a bite of lunch.

Lastly, the people you interact with at your place of worship or place of spiritual connectivity.

Now onto the "*real*" Entities that matter eternally and immortally, your Higher Soul, your Guides, Angels and your concept of Oneness/Source/God.

If you had to summarise what you believe all these people or Entities would say about you, what would it be?

Would there be a consistency in their memories about you?

If you had to be truthful and state your memory about yourself what would it be?

A reputation is something other people think and say about you, but your character is what you do when no one is looking. Only you know your real character.

How would you truthfully describe your character?

Are you happy with the answers you surmise from all the above comments about you?

If so, please keep on doing what you are doing.

If not, then there are some '*rescue and repair*' missions ahead of you, if you want to do anything about it.

How much is enough?

How much money would you need right now to ensure that you felt comfortable about your current needs and future needs?

The average income in the USA is around \$55 000/year. If you had a lump sum saved up and you placed it in a fund that tracked the S&P 500 from 1928 till 2014 the average annual return pre- CPI would have been 10% and post- CPI 7%. The S&P 500 return is comprised some 40% of dividends received, and the balance is the rise in stock prices over that 86 year period.

So, let's use 7% p.a. return over the period you select. You would need to have some \$800 000 dollars invested in a Fund mirroring the S&P 500 to earn you the average \$55 000 a year you would need to live the life of an average American. For the vast majority of people in this world, that lifestyle would be amazing.

Well if you are now 25 years old and you invested \$ 405/month into the S&P 500 Fund you would have over \$1 million dollars saved up when you retire at age 65. If you are 30 years old, that figure will be \$585/month.

In my world, I see so many people working so hard and sacrificing so much to have the wealth they believe they need to live a "*good*" life. They have never stopped and asked: "*How much is enough?*".

They are hamsters on a treadmill going around and round and life just passes them by.

How many parents are too busy making a living to make a life with their children. How many children would prefer the attention of their parents then the next "*must have*" gizmo they cry out for mainly because their parents are too busy to get down on the floor and play with them.

How many spouses take a poor second place to their partner's work? Always working, always stressed out, no time for their marriage and too tired for sex, is a common complaint heard in so many homes.

Feeling rejected is probably one of the worst feelings one has. Being lonely in a relationship is so common nowadays that they don't even make comedy sketches on TV about it anymore.

The term, helicopter parents, is the new adage for two busy parents who drop in to check on their kids as the parents are changing clothes to pop out the door to some important meeting or other.

What I have witnessed as both a parent for nearly 30 years and a business person for over 46 years is that the children who are neglected by their parents when they are young, either become such a negative burden to them later in their parent's lives, or, the children become adults and simply walk away from their parents as though they never existed.

Unfortunately, the indelible stain of rejection is within these adults and they, in turn, either reject their children or over compensate and smother their children with too much over concern and too much protection driving their children always to remain children without learning responsibility for their lives, alternatively, chasing them away.

When you are all alone, and no one comes to visit you will you then come to the realization that the time you spent in busy pursuit of inflating your ego and making more money should rather have been spent being a loving partner, parent and friend?

For those young enough to create the proper foundation stones in their relationships, please work out how much is enough and invest your time in your relationships as well as in making enough to be financially comfortable.

Time is the only real currency we have with a limit on it .There is unlimited money but very limited time and each day is a day lost never to be recaptured. Focus on your time and give as much as you can spare to all your relationships.

Get your priorities right before you are left behind on the important issues of life.

Conclusion

My function as a Spiritual Author is to help people find themselves through their spiritual awareness and personal empowerment.

I often get emails from people with the simple message of "*I am trying to find myself*".

My job is to explain to them that they need to look in the mirror. This instruction may sound facetious, but it's not. The problem is that their mirror is so caked over with dirt and disappointment that these people can't even find their mirror, let alone look into it to see their reflection.

Why is their mirror so caked over? Well, when one makes a choice, and the result is a disappointment, the mirror of one's life gets wiped over with a dirty cloth. If the choice is a good one and happiness results, the mirror of one's life gets cleaned with a clean cloth and the mirror is even more sparkingly clear.

As you can see, I am using the mirror as a metaphor for one's feeling about oneself.

The self-one is trying to find is always present. It's how you look for it that determines whether you find it or not.

Many people use alcohol, drugs and other mind numbing agents and these things lead them down a path away from their true selves. Other addictions such as adultery, gambling, excessive work and the like also numb one from finding the correct path to their true selves.

One's true self is your soul, and it is a part of Oneness/Source/God. Your ego will hijack your thoughts and its choices and keep you in hope and fear away from the present moment of now where Oneness/Source/God lives within you.

To find yourself requires you to be able to find your mirror and to clean it with the correct choices of a life you can be proud of living. One of service to you and your fellow man. To be kind to yourself and others. To be a good friend to yourself and others. To have compassion and empathy for yourself and others. To show appreciation for your life and to show such appreciation to others for what they are and for what they do for you and mean to you. To be grateful for all you have and for the support of your friends. To know that your life is abundant, no matter what your circumstances, you have the ability to enlarge your thoughts beyond your limited circumstances and achieve your thoughts, dreams and goals.

When you are on this path, you will find yourself. You will discover that you are a Soul in a human body and that Soul is attached to your Higher Self which resides in Spirit. This Higher Self is part of Oneness/Source/God and so are you here on earth.

Finding yourself as a part of Oneness/Source/God is who you/You really are.

What more can you want in life than truly knowing this? You are part of All That Is. What material possession can compare to this abundance? What personal relationship with someone on earth can compare to knowing the Unconditional Love and Light that is Oneness/Source/God.

Life is not about finding yourself but of creating yourself anew to be the best version of yourself you can be.

It all starts with kindness. Kindness to yourself and others in your space. Then with genuine friendship to yourself and others. Follow that up with compassion, empathy, appreciation, generosity and then the feeling of abundance for being a part of All That Is.

You are part of Oneness/Source/God who is Unconditional Love and Light.

Now let's start by finding your mirror and cleansing it with the correct choices based on "*What would Love do now?*"

Neville Berkowitz
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