

How to Play the Game Of Life

Beginner Version



By Timothy J. Doyle

This book is dedicated to those who have gone before us,
the Ascended Masters who have set the example,
living consciously in a place of harmony, balance, order,
and unity for the good of all.

This book is intended for those
walking their path and trusting their inner guidance.
The most difficult part is learning to listen
to the teacher of Divine Wisdom
from the creative consciousness always communicating with us.

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Preface

Within all of us is a driving force motivating us to take action in our life. Whether we are aware of it or not, this force provides us with the impetus to examine our current belief systems and to question how we feel about them. This innate force or feeling is our Divinity, the guidance of our higher self. It is constantly reminding us that we are much more than we think we are from the viewpoint of our limited self-perception. What distinguishes us as human beings from the other Kingdoms (Mineral, Plant, Animal, and Angelic) is our ability to use free will to utilize the Divine creative energy within us to bring our thoughts and desires into manifestation. We are like acorns planted in fertile soil so that we may allow our roots to grow deeper into our understanding of our relationship to the Divine, while still growing outwardly as we reach for the sky in expressing our truths, as we believe them to be.

Each of us is an individual on a soul journey to learn to be as loving and evolved in our thoughts and actions as we can be. Self-assessment, as to how we measure up, is based on how we relate to others and how we respond to life's experiences. Life reflects back to us the same energy that we put into it. For example, if we are angry and short-tempered with someone, it is likely that this anger will come right back to us from others. On the other hand, if we are patient and kind with a smile on our face, that smile and goodwill is reflected back to us from others. This is the Universal Law of Cause and Effect: what we sow is what we reap. This is the Divine's way of schooling us, just as Ivan Pavlov trained his dogs: through conditioning.

"We reap what we sow"; our awareness and observance of improving the quality of our thoughts and actions guide us in evolving in consciousness as we make changes to our belief system.

It is not necessary to compare ourselves to others. Each of us has different capabilities and we might not perceive ourselves clearly. As individuals, we can measure the quality of our nature, based on our reaction to our own life's experiences. Other gauges are our habitual thoughts - both conscious and subconscious (the creative energy processes of this Universe) - and what is manifested by our thoughts.

To see ourselves clearly and become self-mastered, we must become aware of each thought and determine the motivating energy that inspires it into existence. Being actively aware of our thinking is the key to identifying the inspirational creative driving force behind every action, either positive or negative.

It is difficult for us to assess how we are progressing in life without sound constructive feedback. It makes it easier when we observe the actions of others we admire and use these people, who have established patterns of mastery in certain areas, as mentors. We can look at the areas of our life where we want to achieve greater mastery, and choose someone who has, in our opinion, achieved mastery in that area, looking at what they do and how they obtained their mastery.

The innate creative driving force within each of us operates regardless of whether we are conscious of who we are or not. That driving force can be channeled into positive thought and action, but just as easily can be channeled into such emotional states as greed, lust, fear, and other disruptive forces. Until we become consciously aware of our thinking and the motivational energy behind our thoughts, we cannot change our thoughts, our belief system, ourselves, and the reality we are living, because they are based on our thinking.

Thoughts vibrate at different frequencies depending on their quality. The higher the quality of thinking, such as love and compassion, the faster the frequency; the lower or denser

the quality of thinking, such as greed, lust, fear, and anger, the slower the frequency. When we are in our body, which vibrates slowly, it takes longer for manifestations of thoughts and movement. When we are out of our body, such as during astral travel, everything moves extremely fast. This is one reason why we must learn to discipline our thinking, a soul's learning lesson, before we can ascend from this dimension.

I remember one Sunday evening, just after I'd gone to bed and was already in the dream state, that a Spiritual being said to me, "I am going to tell you the three rules of life." At the time, what he told me was so simple; I couldn't believe that these rules could ever be broken. He went on to say, "Follow these three rules and everything in your life will be perfect." I remember hearing the rules and, even as I was astonished to know that they were so simple, I started to feel myself waking from the dream state.

As I awoke, I could feel my body becoming denser and heavier. It felt as if I had been out of my body; I could feel my Spirit body descending back into my physical body, my spirit body vibrating at one frequency and, as I descended into it, my physical body vibrating at a much slower rate.

Still clear in my mind about the three simple rules, I got out of bed, went to the bathroom and, on my return, my wife asked me if I was okay. I reassured her I was fine and briefly told her of my experience and that I had learned about three simple rules for life. I told her I would give her a full account in the morning.

When I awoke in the morning though, all I could remember was learning about three simple rules and descending back into my body. What was so simple to remember in my spirit body in the dream state while in the presence of Spirit was impossible to remember in my denser physical body. I hope these three simple rules are registered within me somewhere.

The word *frequency* can be defined as a measurable rate of a sine wave cycle. Light is measured by its wavelength. For example, violet light has one of the shortest wavelengths and, since the wavelength is short, the frequency of the violet light wavelength is fast. Wavelength frequency is the number of times the light wave completes a cycle in a given time. Since violet light has a shorter wavelength than red light, violet light vibrates faster and more frequently than red light.

Thoughts can be measured the same way.

The frequency or vibratory rate of a person is measured by the quality of their thoughts and words. Thoughts are energy; thoughts create energy. Emotions are energy in motion. The frequency rate of the energy of thoughts determines the degree of light that we are able to hold in the energy fields of our body. Thoughts of love, compassion, unity, and togetherness vibrate faster than thoughts related to greed, hatred, selfishness, and ego.

Every form of Universal creation - whether it is mineral, plant, animal, or human - has a unique frequency or "personality" signature. As humans, we come to this planet to experience life in the physical, and to know and understand ourselves. Through our life experiences, through trial and error in making decisions and relating to others, we learn to determine which experiences are harmonious and positive, and which are not. Our feelings are our guides.

Through the experience of living, each person determines his or her own vibration rate. Thoughts and actions that are of love, peace, and joy create positive, life-affirming energy for us. This literally flows into every cell of our body. We literally become in physical form what it is that we think about ourselves, and our thoughts literally create our reality, by radiating from us out into the world; this is also how we manifest our experiences.

We are all created in the image and likeness of God. When we speak of God, we are referring to the fact that within each of us is the capacity and capability to evolve in God-consciousness. By this, I mean to say that we are similar to an acorn that has the capacity and capability to grow into a mighty oak tree. Do we place our thinking in fertile soil where our thoughts will manifest and assist us to evolve into this mighty Divine consciousness? God is the center of all creation in the Universe, just as we are the center of our own creations within our own little universes. God is in both the creative energies that we might label as *good*, such as love, and the energies that we might label as *bad*, such as hate, just as we are in all of our energy manifestations, whether we label them *good* or *bad*. But *bad* is only an aspect of our narrow view of what bad really is.

For example, if we had termites in our home, we might think they are bad. However, termites are one of the most beneficial insect energies in the rain forest. Without the termite to break down foliage and assist in the decomposition process, the rain forest would not be as prolific as it is.

My guides (who are the Great White Brotherhood – I will describe more about them throughout this book) have taught me that every experience in each of our lives is perfect in the soul's learning and teaching in the school of life. Just because an experience is not pleasing to us and doesn't align with what we plan on experiencing does not mean that the experience was not educational or necessary for our personal growth, either spiritually or physically. Believing this, nothing we ever experience and perceive is really *bad*; it may just be unpleasant in the moment. It's that simple.

We might ask how "hate" can be considered part of God. As I said, God is in all frequencies, all energies, and all vibrations. Consciousness evolution occurs when we become aware of the thoughts that are not in harmony with our divine nature, and we heal these thoughts and emotions through the transforming energy of love. When thought frequency is inharmonious with our being, we feel it as unpleasant energy within our physical body, and the more we evolve in consciousness, the more uncomfortable such thoughts and feelings of hate become. As we can see, hate becomes a tool that teaches us, when we acknowledge the uncomfortable feeling of hate vibrating within us.

If we harbor thoughts against a person whom we thought wronged us in the past, let's say thirty years ago, and then we find out that that person actually did not wrong us on purpose, that was a mistake on our part. We have spent thirty years vibrating nasty energy toward this person who really didn't do anything wrong. When we correct our thinking, all previous erroneous beliefs are dissolved and what really happens is that we heal ourselves. The only person we ever hurt when thinking someone has done us wrong is ourselves. The person whom we thought wronged us may or may not be aware of our feelings toward them, especially if the person is attuned and protects themselves from negative invasive energy. If we can immediately move to forgiveness, our lives would vibrate much faster in a more peaceful state of being. Awareness that we create with our thoughts and feelings is the first step to becoming conscious and developing self-mastery.

It is the vibratory rate of the frequency of the motivational energies within our consciousness that determines our individual reality. Our thoughts' vibrations determine who we are, as well as our relationship with, and experience of, God. The gateway to higher consciousness is the frequency of love.

Love is in all things. It comes in many forms. All thoughts and actions are enhanced and altered through the transforming energy of love. Love heals and restores us when we extend our

love to others. Self-love, objective analysis, forgiveness, and compassion are keys to healing and transforming ourselves. When we step into the role of taking responsibility for our thoughts, we no longer become victims of our thinking, but masters of our destiny. When this occurs, we start along our path to self-mastery.

Timothy J. Doyle
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Table of Contents

Preface.....	iii
Table of Contents	vii
CHAPTER 1	1
CHAPTER 2	5
CHAPTER 3	17
CHAPTER 4	19
CHAPTER 5	25
CHAPTER 6	28
CHAPTER 7	30
CHAPTER 8	33
CHAPTER 9	38
CHAPTER 10	44
CHAPTER 11	46
CHAPTER 12	48
CHAPTER 13	51
Appendix.....	54
The Thirteen Rules of the Game of Life.....	55
A Mantra to Remove Unwelcome Thoughts	55
Affirmation	55
Prayer of Protection	56
Forgiveness Prayer.....	56
Prayer for Support from the Universe.....	56
Affirmation for Spiritual Thinking	56
Affirmation for Physical Thinking.....	56
A Question and a Prayer as the Answer.....	57
Index	58
My Deepest Gratitude	62
About the Author	63

CHAPTER 1

The Path to Self-Mastery

I can't remember exactly which night it was in March 1967.

The day was inconsequential, starting just like any other day with me getting up and going to work. What was significant was the profound revelation I experienced later that day: it changed the foundation of my understanding of life, my thoughts of what life was all about, forever.

But first, let me give you some background of my upbringing. I was nineteen-years old and had grown up as an Irish Catholic, living in Rochester, New York, the oldest boy in a family of ten. I was conditioned to think a certain way.

At the age of seven, I became an altar boy who could assist the Catholic priest in conducting the ceremony of the Mass. This was a daily ceremony where individuals would come to the Catholic Church and, through the transformation of bread and wine, receive the body and blood of Jesus Christ. I was always *religious* in my thinking, doing the right thing, not swearing, and helping out around the house, being mindful of others. It was not uncommon for me to receive or manifest whatever I asked for in my prayerful moments with God. Yes, looking back, I was indoctrinated by my dad, an Irish Catholic, to be a good Catholic son. However, believing everything I was taught, I was also receiving everything I would ask for in life, so I thought the system was working for me.

As I say, while growing up, I generally attempted to “do the right thing,” whether or not my heart was in it. This strategy was an attempt to win the approval of God by doing “noble deeds.” I was also determined to be a “good” person. I would make sacrifices for others at my own expense, smiling in the name of Jesus, all the while cussing under my breath. Needless to say, my heart wasn't in all the “good deeds” I was doing.

Later while in high school, I attended the Seminary where Catholic men study to become priests, and I went to church three to four times a week. As it happened, I didn't even finish my first year at the seminary. The realization of what I thought was going to be a spiritual education turned out to be a rude awakening for me. The conduct of some of the teachers was much below the standard of what I was expecting from a Catholic teaching school. At this point, my attention shifted to completing high school, and my spiritual aspirations to become a Catholic priest ended.

It's relevant to note that before I had my profound experience, I had recently begun meditating. I would sit quietly and let thoughts surface from within me. At first, these thoughts were quite disturbing. I had a lot of thoughts and visions in my Mind's Eye Chakra [see entry in Appendix on Chakras] that I didn't like, but I let them surface from deep within my being and float away without attachment. Looking back, I realize this process was part of clearing my Base Chakra, something I didn't know at the time, but later, while facilitating meditation classes for over twenty-five years, it became a process through which I could assist others.

A couple of months before my profound experience, I had a psychic reading from a metaphysical minister who read me like a book. She accurately told me all about my parents, family, job, and aspirations, even though she did not know me. I remember crying at the end of the reading, a cleansing crying from the fact that the truth within me was revealed, and someone actually understood me.

I was very impressed with her psychic abilities and even more intrigued to hear that anyone could be psychic, that it was part of the God-given ability of every person. She told me

that the more I aligned my thinking with the Laws of Nature and Universal Thinking, the more attuned I would become with Spirit. She explained that one way of increasing my psychic abilities was through meditation.

I immediately dedicated myself to learning how to meditate. For the first time in my life, I felt as if I was doing something proactive toward living a spiritual life. It was not long after that my profound revelation occurred.

In my experience, there are whimsical dreams and symbolic dreams, and then there are dynamic, spiritually awakening experiences that happen while we are in the dream state.

My experience was the latter: believe me, this was a dynamic, spiritually awakening dream.

While sleeping this particular night in March 1967, I found myself fully conscious in the dream state. I saw myself standing in front of three Spiritual beings who were about twelve-feet tall. They were dressed in monks' robes of ordinary cloth, brown and unadorned.

Later, while having a psychic reading from a personal friend, I learned that these beings are three of the Lords from the Halls of Amenti. The Lords of Amenti are the gatekeepers of the secrets of this Earth. The Halls of Amenti comprise a school, a star gate, and a cosmic energy vortex located in the exact center of the Earth on the Astral Plane. In the Halls of Amenti, there exists a great assortment of Ascended Masters and Energy Beings who are teaching and tutoring rising Earth-incarnated Masters who have qualified for this training.

Thoth, who was an Egyptian God, wrote the Emerald Tablets and tells of his journey to the Halls of Amenti and working with the Seven Lords of Amenti, one lord for each cycle of creation. Thoth's thirst for wisdom allowed him to meet with the Seven Lords of Amenti so he could share the wisdom he learned with us. But Thoth tells us in the book, *The Emerald Tablets of Thoth, The Atlantean* (translated and interpreted by Dr. Michael Doreal, MsD., PsyD., published by Source Books, Inc.; Second edition June 1, 2006), that in his search he found wisdom in the hearts and minds of humans. This is a secret which, if understood, indicates that when we align our thinking with the same intentions as the Cosmos - harmony, balance, order, and unity for the good of all - our heart desires will manifest quickly. When our thoughts are in harmony, balance, order, and unity for the good of all, our desires manifest in accordance with the Law of Attraction.

The Lords of Amenti have come to me since March 1967, but in voice only. Each time they visit me, the voices are different. Once, sounding like the North Wind, howling a message to me in the dream state, a voice roared that chemotherapy kills the body's cells, and the cells need to be transmuted into healthy cells rather than be killed. At that time, I had been working with a chiropractor as a friend and sharing life's experiences as they related to his work and my spiritual practice. He was working and training with new healing techniques in communities in both Russia and Africa. I felt this message was for him, but also maybe for me as a future reference. When I shared my experience with him, he felt that the message was for him, as this was something the natural healing community he was working with had also perceived. This was back in 1988.

Another time, a different voice, more compassionate than the North Wind voice, explained to me the secret of manifesting.

Going back to the revelation of 1967, these twelve-foot beings, the three Lords of Amenti, had their hoods up so I could not see their faces, or perhaps they had no faces. I remember trying to see their faces and feeling quite surprised that, not only could I not see their faces, but nor could I see any physical features like hands and feet. Later, I learned that Spirit is

Universal and has no face. *Faces* represent personalities and are a means for us as human beings to identify one person from another. Spirits are consciousness and the way they identify themselves is through their feeling bodies.

Let me explain what feeling bodies are. There is a difference between feeling and emotion. Emotions are a lower vibration of feelings. Let's say that *anger* is a lower vibration than peace. Another example might be the word "love." A lower vibration of love might be passion, although, *love* is more of a descriptive catch word about how someone might feel.

"I love cookies." But really cookies make me feel good when I savor the taste as the cookie melts in my mouth and the ingredients send a pleasant sensation through my body.

"I love you." But really what I am saying is that when I am around you, my body is tingling with a pleasant feeling that takes me out of my logical mind and makes me do wild and crazy things so I can be closer to you.

The word *emotion* translates to "energy in motion." There is no pattern for emotional energy. It is like blowing up a balloon and predicting where the balloon is going to travel once we release it. We can't predict where the balloon is going, because there is no pattern for this action. The same is true for an angry person in an emotional state: there is no pattern to say that this person will do this or that. Their actions are unpredictable due to their emotional state. Their action is just "energy in motion." Emotions are part of the lower vibration of human nature and an indication of our awareness and understanding of who we are. This is another gauge for determining our behavior based on our ability to harness our emotional energies.

Feelings, however, are a higher vibration of an individual, indicating our understanding of our development and awareness to express ourselves through our heart. So, where anger is an emotion, and peace is a feeling, in observing the two types of expression, peace is a feeling that we all would like to cultivate in our lives. So when we are in the presence of Spiritual beings, we feel their presence not based on their faces, but based on the way we feel comfortable, relaxed, peaceful, and soothed in their presence as they vibrate at a more loving frequency.

Jumping back to my revelation with the Lords of Amenti, I found myself standing in front of these three Lords. The middle being spoke to me telepathically.

He said, "**We are going to demonstrate to you the power of thoughts.**" I know I agreed in some way to the demonstration. I was also aware that I felt calm and not in the least intimidated by their height or my limited perception of who they were. I felt completely accepting, as though I had somehow been waiting for them to come.

The next thing I knew, I was traveling in my astral body together with the three. When I say "traveling in my astral body," I could see my body, but it wasn't as dense as my physical body: it was transparent and moved more fluidly; it was lighter. It felt as though we were flying to another world, a place in another dimension.

We arrived in what looked like a wine cellar. It was dark. The floor was solid dirt, ground, below ground level. Large casks of wine were stored on shelves lining the walls. The cellar seemed to be about thirty-foot long, narrow, and about eight-foot wide.

The Lord of Amenti who had spoken telepathically to me remained by my side, while the other two moved to the opposite end of the wine cellar and waited, as if to receive instructions. The Spiritual being that stayed with me looked at me and I heard his thoughts.

"Now, we will demonstrate the power of thought. I will ask the others to move the wine cask from the bottom shelf to the top shelf."

There were three levels of shelving. The Spiritual being next to me turned his attention away from me toward the others. I could no longer mentally hear his thoughts. I saw the other

two Spiritual beings move a wine cask from the bottom shelf to the top shelf. Then the Spiritual being by my side turned back toward me and telepathically spoke to me once more.

He said, **“This is the power of thought.”**

I remember waking up the next morning excited about my visitation from the three Lords of Amenti. I tried to understand what it was that they apparently wanted me to learn. The days that followed led me to experiment with my thoughts and become more conscious of what I was thinking. I tried to send telepathic messages to my family members, mentally asking them to touch their nose, look up, look down, or to bend and stretch. Nothing seemed to happen. They certainly did not “get” my commands. I became extremely frustrated.

This visitation left me obsessed, constantly thinking about my own personal thoughts, the quality of my thinking, why I was thinking certain thoughts, the motivational energy behind my thoughts, the difference between conscious thoughts and subconscious thoughts. After several days, I settled down and realized that thoughts are the creative energies of the Universe.

Tired from exerting myself with mental experiments, I started to focus more on learning about the thought process and how to apply it. This spiritually transformative experience was the first step in making me more aware of the power of thoughts.

At this point, I was still not aware that I was working with the Great White Brotherhood. I thought that what I was thinking was coming from within my mind. How could I tell the difference between my thoughts and a suggestion from my guides? I would receive a thought, and think to myself, “That is a good idea,” still clueless as to where those recommended thoughts were coming from.

Weeks later, I realized that my thoughts created my reality. So if I could monitor my thoughts and choose the thoughts that I wanted to expand on and dismiss the mundane ones, I could then start to make sure that my thoughts were going to create a positive path filled with good intentions, manifesting good things in my life. Sounds like a good idea, right?

So I got an idea that I thought was mine, but when I received the idea, I remember thinking, “Hey, that’s a great idea.” So was this idea a prompting from my guides? The idea was to tie a string around a finger of my left hand, a different finger each day. When I would notice the string on my finger, I was to stop in the moment and ask myself, “What am I thinking?” Each new day I started the process of being conscious of my thoughts throughout the day, reinforcing the idea to be conscious of the finger, the string, and my thoughts. Being diligent, I pursued this process.

This spiritual experience and the ones that followed throughout my life have prepared me for the unfolding of my life; they have invited me to be always open to experiences. I later facilitated meditation classes for many years, assisting individuals in becoming aware of their thinking and their Oneness with the Universe.

I always keep thinking that wherever I am in my present moment is what the Universe has been preparing me for. However, so much keeps happening to me and my experiences are so incredible that I feel they need to be shared to assist and encourage others, which is the primary reason for writing this book. Then, there is the thought that maybe all my experiences are really for my own development; I can’t help anyone unless they are ready and ask for my assistance. My experiences have led me to be more conscious in every moment, starting me on my path to self-mastery.

CHAPTER 2

The Thirteen Rules of the Game

During the thirty-three years I spent studying thoughts and their relationship to life's creations, I have identified thirteen rules that are universal and beneficial when applied to "The Game of Life." I believe that the revelation dream of the three simple rules is also integrated into these thirteen rules.

Thirteen to me is a lucky number. It also represents eternal love illustrated by Jesus and the twelve apostles, and Jacob and his twelve sons. A number is neither good nor bad; it is the energy you associate with it that gives something either a good or a bad feeling. In Numerology, thirteen is a number that cleanses and purifies. It also brings the test, the suffering, and the death. It symbolizes death to the material self and birth to the spirit: the passage to a higher level of existence. Hopefully these thirteen rules and thirteen chapters will bring us all to a higher level of existence.

Life is a game and, just like when we play baseball or chess, when we learn the rules of this life game, it is a lot more fun and enjoyable; we are more likely to be successful, not as frustrating, nor as frustrated!

Can you imagine playing a game like chess and not knowing the rules, not knowing that each piece has its own unique move, not knowing what the object of the game is, and having no one to tell us? We really couldn't develop a strategy to win. Imagine the frustration, losing over and over again. Most likely, just as in life, we would be going through the motions, hitting or missing whether we became successful or not. I know in my younger years when I would gossip about someone, I would get an irritation in my Solar Plexus Chakra. I knew when I received this irritable feeling that it was wrong to be gossiping. Eventually, I learned from my experiences and I made a conscious effort not to gossip. I believe that by tuning in to our feelings, we allow life's experiences to create better responses to life.

When I was struck by the revelation that **my THOUGHTS literally create my reality**, I felt for the first time in my life that I was no longer a victim of circumstance. I realized I could actually control my destiny in all aspects of my life: health, wealth, relationships, and prosperity. This was a profoundly transformative realization.

In my childhood, my family had very little money. I remember being one of the "charity kids" who lined up for free milk at my Catholic school. I remember searching for empty soda bottles in ponds and empty fields to redeem the deposit for my own personal treats and snacks. As a family, we would go fishing near an apple orchard. We would catch fish and help ourselves to the apples growing on a very large apple farm. This was our way of surviving and supplementing our groceries.

Through these times and looking back, I don't regret my childhood at all. I learned so much about life and really didn't know what I was missing; I had nothing to compare it to. Within my family, I had the best group of friends: my sisters and brothers; a dysfunctional family, yes; but we enjoyed each other so much as we consoled each other in our day-to-day experiences.

Isn't one of the purposes of life to experience it to the maximum? My guides have taught me how to experience life: if it feels emotionally pleasant, then it is okay. If the experience feels unpleasant, irritating, or makes me feel badly, in the way that stealing would, then I wouldn't do that experience again. We learn from our experiences.

After being with the Lords of Amenti, I knew that I wasn't stuck in any reality and that I had the power to create life as I wished, by "thinking" it into being. I felt my thoughts had to be positive, loving, and unselfish. I guess my Catholic upbringing might have influenced me to know that the qualities of my thoughts had to be loving; for this, I am thankful.

The thirteen rules that I have discovered are simple and can be easily applied by anyone who is aware of their thoughts! But of course, as with any new skill, practice makes perfect. The order of these rules and the sequence of the chapters are specifically designed to assist an individual in comprehending the rules and grasping them as they go from chapter to chapter. This book can function as a reference guide to be read over and over again, reprogramming oneself from previous erroneous thought patterns.

Rule #1: I live in a free-will Universe.

Rule #2: There are no random accidents, injuries, or illnesses.

Rule #3: I confront my fears.

Rule #4: I do not entertain guilt or shame.

Rule #5: I love others to the degree that I love myself.

Rule #6: I forgive myself for all past actions.

Rule #7: I believe in myself.

Rule #8: I speak the truth and keep my promises.

Rule #9: I know my thoughts literally create my reality.

Rule #10: I am not responsible for the thoughts, feelings, and actions of any other person.

Rule #11: I always stay in the moment.

Rule #12: I listen to myself consciously.

Rule #13: I manifest miracles in my life.

The Universe operates in perfect harmony, balance, order and unity for the good of all, and we can witness this by understanding Nature all around us and our Milky Way Galaxy. The Moon that orbits the Earth does so every 28 days; the Earth rotates once every 24 hours and orbits the Sun every 365¼ days; each planet has its own orbiting pattern around the Sun. There is a law for the movement of these solar systems, there is harmony in their movement, and there is balance with respect to the other planets.

Nature around us has its own laws that govern the four seasons, the pollination of flowers, the weather patterns across the different continents, and the law of survival of the fittest.

We can witness this in the animal kingdom where a stronger animal will prey on a weaker one for food; the same applies among fish and even among insects: the stronger will prey on the weaker for survival. We know as individuals that if we do not eat properly, exercise regularly, brush our teeth routinely, breathe correctly, and think positively, our quality of life may suffer. It is not a matter of competing with anyone else; it's a matter of maximizing the quality of life in these physical bodies we are expressing through.

Our society has laws which we are all to abide by: traffic laws, flight routes for airplanes, immigration laws. Laws are established so that everything works in perfect order, harmony, and balance. When laws are not obeyed, chaos happens. When we do not follow our own personal laws and rules, feelings within us that we go against, chaos happens in our personal lives. By following your rules, you will eliminate chaos in your life. Chaos is a gift from the Universe to help us understand that order, harmony, balance, and peace will flow through our experiences in life when we live our lives according to the Laws of the Universe, Nature, and society.

Rule #1: I live in a free-will Universe.

Freedom of thought and freedom of action are basic human rights, unless these actions impinge on the freedom of others.

Rule #1 guides us to respect the free will of all people, allowing others to express themselves, and to grow and learn from their own experiences.

We each have a unique range of experiences that affect our decision-making, behavior, and thinking. Added to these experiences are the influences of childhood conditioning and education, plus what is currently occurring and has occurred on a day-to-day basis in our lives.

For example, when we try to impose our will on another person by wanting that person to stop smoking, drinking alcohol, or overeating, we are likely to attempt to control other aspects of their behavior as well. When we ask a person to stop smoking, or to speak or behave in a particular way, we are actually asking them to be someone else, to not be who they are. We are asking them to be more like us.

If I were to consider a person "wrong" unless they acted as I do, then that person might become defensive in maintaining their own individuality. They might instead give in for the sake of peace and, as a result, become less of a person than they innately intended to be. They would lose their spontaneity and many of the positive and likable aspects of their personality that attracted them to us in the first place.

When a person asks for my advice and invites me into his world, he is at least open to considering my opinion.

Until we are asked for our advice though, it is best to be respectful of others and the way they are playing "The Game of Life." That respect will come back to us.

Imagine if we tried to give our chess opponent advice about his chess moves. We wouldn't be able to concentrate on our own game and he would most likely become frustrated and annoyed at the way we were interfering with the way he was strategizing. There comes a time when, through life's experiences, we learn the wisdom of allowing others to be themselves.

Without freedom of choice, we cannot learn to feel into our being and decide for ourselves the right course of action for the decisions we face in our lives. As human beings, we

thrive when we are in control of our own destiny. We feel distracted, upset, and disempowered when someone else tries to take over and tell us what to do.

There was a blind man who thought if he could only touch the hem of Jesus' garment, he would see. When he did touch it, his sight was restored. Then Jesus told the blind man that his faith had healed him. Jesus knew the blind man was blind and he knew his thoughts. Jesus didn't call the blind man to him and say, "Let me heal you." Jesus knew that the blind man had his own soul's learning and if Jesus interfered and healed the blind man without being asked, he would have robbed the blind man of his soul's learning lesson. This is not to say that we don't assist others. I am sure if the blind man had asked Jesus to heal him, Jesus would have done so. It is not our responsibility to decide what is in the best interest of others. Allow others to decide for themselves, until they ask for assistance.

We all want to help others. Let's not rush in until we are asked for our assistance, otherwise we might be interfering with another soul's lesson.

Rule #2: There are no random accidents, injuries, or illnesses.

To believe that accidents, coincidences, synchronicities, and miracles just happen randomly without design is to believe that we are all victims of life's experiences with no control over our destiny. In the third dimension and the higher dimensions of creation, everything is first created in the mind as a thought before it can manifest in the physical realm. The whole purpose of this Earth dimension is for each of us to become conscious of what we are thinking so that we may be aware of how our thinking creates what we manifest.

If we know nothing about the driving laws in our state and we keep getting a ticket every time we run a stop sign, somewhere in our mind we are going to make the correlation between running the stop sign and getting a ticket. The same principle applies to accidents, injury, and illnesses.

I remember this one time I was having an argument with my wife. I was so frustrated with her actions in response to something at the time, and I just couldn't believe how she brushed me off. Needless to say, I gave her a piece of my mind. A few days later, I came down with a severe sore throat.

Normally, when an ailment occurs in my body, I'll ask my guides what is causing this condition. Well, don't you know that in my Mind's Eye Chakra flashed the argument I'd had with my wife. I realized that I had created my sore throat by not using my Throat Chakra energy properly.

My Spiritual guides have always told me that, whether we understand it or not, every experience in life is either for our learning or the result of our unaligned thinking with the Universe.

Rule #3: I confront my fears.

Most fears are illusions created by the mind based on our own past experiences. Fear is the opposite of love. When I learn to confront my fears, the illusions of the fear dissipate and love becomes my reality. I have come to realize that there is nothing to fear but fear itself. Confronting my fear releases the "paper tiger" that has me in its grasp. Confronting our fears and acting out of love bring joy, healing, and self-esteem.

When I started working, I had a tendency not to talk to people on the phone. I avoided talking on the phone for fear that the person at the other end of the phone would not be willing to

hear what I had to say, even though it was in our mutual interest for them to cooperate with me. I recognized that I had this fear, and I recognized that if I didn't move through it, it could jeopardize my leadership position at work, as well as affect my self-esteem. I found my inner self pushing me to make these phone calls, which I dreaded. I normally left these tasks for the last assignment of the day, hoping no one would answer at the other end. But they did answer.

Soon, after a few weeks of being proactive in handling my responsibilities and getting successful results from these phone calls, I started to look forward to making them. I started to develop a sociable personality over the phone as if I knew everyone I was calling, putting them at ease while at the same time accomplishing my work objective. Looking back, the fear was an illusion in my mind, and soon I approached all my fears in this manner, walking through these "paper tigers."

Rule #4: I do not entertain guilt or shame.

Guilt, which can be self-imposed, and shame, which can be guilt imposed on you, are tools used to hold a person in bondage against their will. They are tools designed by humans to control others, consciously or unconsciously. Parents use guilt to control their children, usually presenting a previous situation where the child might not have done as well as expected in a certain area.

I remember my sister failed the fourth grade. No one fails the fourth grade; however, my sister did. Well, the following school year, my parents used her failure as guilt to motivate her into doing her homework and studying harder. I remember feeling compassion for my sister, because I was tired of hearing my parents berate her, using guilt as a motivating tool.

Yes, we all can feel the emotion of guilt when we look into our being and remember a time when we haven't done the right thing at a particular moment. But usually, we feel guilty or ashamed when someone else has told us we are wrong and pointed out the right course of action.

It's very important to accept others and their situations as they are. Rule #4 says not to try to intimidate another person to get them to act a certain way or to do something for us that we ought to be doing for our self.

The opposite is also true: I never allow another to impose guilt on me, or to intimidate me to respond to their selfish motives.

Guilt and shame are emotions accepted often by the ego to prevent us from being truly empowered. When we learn to not accept guilt and shame into our feeling body, we empower ourselves to continue acting out being true to ourselves, doing what's right in the moment.

Don't waste your energy on even feeling slightly guilty. If you do feel guilt, analyze why you feel that way. Is it your wrong action that you feel guilty about, or are others trying to project guilt on to you? In either case, doing something out of a feeling of guilt has no value.

When guilt or shame appears in our lives, we need to stop and recognize that soul learning is at work. Yes, we may have acted inappropriately, but it is these lessons that reinforce that we are still learning; if we are given another chance, we might not act in the same manner that could subject us to the guilt or shame.

Feelings of guilt and shame can bring down our self-esteem. However, we also need to be patient with ourselves and remind ourselves we are still learning how to play "The Game of Life."

My guides have taught me that if I miss an opportunity to be the best in every moment, not to be hard on myself, but to give myself another opportunity, and then to do my best.

One time, I saw a car on the side of the road with a flat tire. Two women were struggling to change the tire. I felt I should have stopped and assisted them, but for some reason, I kept on driving. Needless to say, I wasn't very proud of myself. I had this feeling that I had missed an opportunity to be a compassionate person by assisting someone who needed help.

I didn't beat myself up too much, but promised, if given another opportunity, I would redeem myself.

Two days later during a thunderstorm, the Universe gave me another opportunity to demonstrate my compassion for the less fortunate. There was an elderly black woman struggling to fix a flat tire on the side of the road. I had my wife and four boys in the car and we were heading home. As soon as I recognized that there was no one to help her, I stopped our car and spent the next thirty minutes fixing her flat tire in the pouring rain. Thank God there was no lightning! It was one of the best feelings in my life knowing that I had grasped an opportunity to demonstrate compassion for another.

Rule #5: I love others to the degree that I love myself.

I love and accept myself in every moment of every day.

We can only love others to the degree that we love ourselves. Initially, within each of us is an individual who is searching to learn how to express themselves and be loved by others. At first, we may compromise our values to be accepted by others. But as we gather more self-confidence with who we are, we find that others' perceptions really don't matter to us. This is when we become our own person, live by our own rules, and cultivate a style of living that is in harmony and balance with the Universe. When we can completely accept ourselves, then we learn the soul's lesson of accepting others.

Once we learn to become aware of our thoughts and use our creative energy to manifest all that is good and positive for ourselves, we truly see the beauty manifesting in our lives.

It is important to remember that love is profoundly healing. Loving myself includes having respect for every aspect of my being and who I am right now, as well as who I wish to become, regardless of my previous actions or thoughts. We cannot allow past failures or mistakes to diminish the respect and love we have for ourselves. We may have to remind ourselves on several occasions that previous failures have brought us to where we are in the present.

When we become conscious of the creative energy of our thinking, and we alter our thoughts to ensure that we do the right thing for ourselves first and then for others, our stronger and more authentic core selves emerge.

We must nurture ourselves before attempting to meet another person's needs. I cannot expect others to respect or love me, if I do not respect or love myself.

Rule #6: I forgive myself for all past actions.

Life is an opportunity for soul advancement and growth in consciousness as we gain wisdom through our life's experiences and learn to create from a place of love. Every life experience teaches us how to resonate at a higher frequency, even those that we might consider unpleasant. We can monitor how we are doing in "The Game of Life" by becoming aware of how we feel, think, speak, and act as we attempt to thrive in our own personal realm of self-development.

Life's purpose is to experience all types of situations and scenarios. We learn "How to Play the Game of Life" as we determine right from wrong, based on our own individual concepts of what is right and what is wrong. A person knows they are on the road to self-mastery when they are able to differentiate between what feels comfortable to the ego and what feels innately right for their soul.

Understanding and learning from past experiences are some of our primary responsibilities in life. Instead of feeling ashamed for things we did in the past that we wish we hadn't done, we can choose to view those actions from a detached state. See the person you were then, when you committed the transgression, whether it happened ten years or ten minutes ago. Visualize the image of yourself in the past, as if you are looking at yourself as you were then. When you review past embarrassing experiences, don't allow feelings of guilt or shame to engulf you; instead, embrace yourself with total compassion.

Looking at my old self as I was in the past is my greatest teacher. It was **me** - a previous version of myself - who has taught **the person I have now become** a valuable lesson about "How to Play the Game of Life." This accrued knowledge and wisdom has added depth and substance to the person I have become today.

By acknowledging all our past experiences and forgiving ourselves for past actions, we empower ourselves to embrace who we are in this moment totally.

Rule #7: I believe in myself.

Each of us makes decisions based on our accumulation of knowledge, experience, and conditioning. No two people have the same knowledge and experiences. Each of us has been conditioned by different parents, teachers, religions, friends, government and the media. Who knows us better than we know ourselves? If I don't believe in myself, who will? Self-confidence has to come from within. No one can give us self-confidence.

True self-confidence comes when we stop looking for confirmation from others and start believing in the truth and rightness of our being and the validity of the decisions we make in life. Through trial and error, we learn how to improve and to keep moving forward in our experiences, building on one success after another.

It is only when we start tuning into our true selves and "FEELING" for the answer, asking ourselves for clarification as to what we should do in each situation, that true self-confidence is created.

The Core Star located above the navel is also known as the third chakra or the "Solar Plexus Chakra." It is called the Solar Plexus Chakra because it is in the same location as an important physical nerve center of the human body, the solar plexus, just as the Sun is the center of our Milky Way Galaxy. If we could see the solar plexus at work, it would be like looking at hundreds of long nerve tentacles meeting in the center of the body, reaching out in all different directions, sending, and receiving messages. The energetic equivalents of these tentacles perceive the truth of energies they latch on to; this provides information back to the body for perception, evaluation, and intuitive interpretation.

The Core Star is also connected to the pituitary gland or the "Third Eye Chakra." I was taught by my guides that with every vision I receive during my daily meditations, there is a feeling. When you are meditating and you reach a place where you are tuned into a person, place, or thing, a vision will appear. This takes practice. When the vision appears, there is a feeling for that particular vision. I say "for that particular vision" as you may have the same vision for another person, place, or thing, but may have a different feeling for the second vision.

Visioning happens so quickly, that I learned to slow down and, when reviewing the vision, to search for the feeling behind it. This is one way to become intuitive and psychic, by feeling the visions you receive. Again, this takes time and practice. I learned this technique through my four-year metaphysical studies when all the students meditated as a group.

My guides gave me a process to teach in my meditation classes. The technique is to interpret messages received during a quiet time when we allow the Solar Plexus Chakra to be active and we learn to trust what the Solar Plexus Chakra perceives in the guided meditation. The participants receive a vision in their Mind's Eye Chakra and learn to interpret that vision based on the accompanying feeling.

It goes back to the old adage, "Trust your gut feeling." Our gut feeling is our Solar Plexus Chakra perceiving the truth in every moment.

When I ask myself, "Why am I doing this?" and I feel into the "WHY," I can determine the motivational energy behind my actions. It is only then that I can take appropriate actions in the moment that are loving and supportive to myself and others. By learning to trust the feelings that we perceive when tapping into our Solar Plexus Chakra, we will always make the right decisions.

A person is living consciously when they attempt to make the right decision for the right reasons based on their experience in every moment. We are constantly creating our reality with confidence and belief in our self. This is empowerment. Conscious decision-making becomes more of a choice when we practice making decisions and observing the benefits of these enlightened and conscious choices manifesting in our lives. Self-confidence comes from within. The more our lives reflect a reality of harmony, balance, order, and unity in our daily life, the more we can take ownership as the creator of our reality and feel good about who we are.

Rule #8: I speak the truth and keep my promises.

We are only as good as our word. Our reputation is based on whether or not the individuals we associate with believe what we say. The creative forces of the Universe are propelled by feelings, thoughts, words, and then actions. If our words are not aligned with our feelings and thoughts, then it is difficult to manifest desired actions.

We all know people who do not follow through on what they say. The invitation is never sent; the work is not done; the phone call is never made; the deadline is not met. People who are late for work, take long lunch hours, and leave early do not earn our confidence. We cannot trust them to keep their word. When they speak, we know there is no energy in their words; they are talking just to make noise.

People like this may also not be able to create because their words do not vibrate at a rate of strength and intention that creates substance in the realm of material form. We sense the emptiness of their words and there is no focused energy to propel their thoughts into manifestation. They appear to lack perseverance in following through with the spoken word.

Taking responsibility for keeping our promises creates a powerful flow of energy. The Universe knows by the intensity, determination, perseverance of our actions, and the power behind our spoken words that physical change will manifest. This way, we set in motion a pattern of fulfilling our goals that complements our soul's development.

We all know that creation started when God said, "Let there be Light." How much conviction do you think was in the tone, power, intention, and concentrated force when God declared, "Let there be Light"? Just imagine if we really want to fix the front door and we stand

up and declare, “I am going to fix the front door,” with the same energetic commitment that God spoke when he said, “Let there be Light.” I am sure the front door would be fixed in no time.

Speaking our truth, keeping our promises, and being mindful of our spoken words create an energetic force, a commitment on our part that will ensure the accomplishment of the task at hand.

Rule #9: I know my thoughts literally create my reality.

The adage goes, “As a man thinks, so shall he be.” What some people are not aware of is that every conscious thought imprints a vision or an image in our Mind’s Eye Chakra. The whole process happens so quickly that it inadvertently becomes more unconscious than the process of breathing. These mental images and thoughts get stored in our subconscious mind if we feel they are truths. We are possibly not even aware that we have created them.

For example, if I asked you the color of your car, you might answer automatically with the color of your car. What you might not realize is that there is an unconscious process you first go through of visualizing the car in your Mind’s Eye Chakra to identify its color.

We define and redefine our personality through a process of continuous imprinting over the course of our lives’ visions, first in our mind and then in our subconsciousness. It is a process of recording all the experiences of our life and imprinting them into our subconscious, if we feel they are truths. The greater number of positive experiences we imprint into our subconsciousness, the more self-esteem we store up for ourselves. We eventually express this outwardly through our personality.

When we are not conscious of our thoughts, we become vulnerable to previously imprinted thought patterns, habitual responses, and facts from our subconscious mind that don’t necessarily serve us, are not necessarily true, and might even work against us. All thoughts create our reality.

If we unconsciously assume these beliefs about ourselves and the world to be true, and we don’t re-evaluate these subconscious thoughts, then what we are unconsciously thinking might not manifest results that are in our best interest. Our lack of awareness of the motivational purpose of our unconscious thoughts creates energy patterns in our subconsciousness that continue to manifest our reality, until we become aware of their negative and limiting effects, and consciously stop the process. It is as though we record into our subconscious mind many sets of unconscious belief tapes that keep playing whether we are aware of them or not.

I was surprised when I learned how much my so-called thinking was a series of automatic responses to programmed and conditioned beliefs, which I, subconsciously, believed to be true. I remember coming home from school one day after a fifth grade religion session relating to sin and burning in hell forever. I really pondered this teaching and the thought of burning in hell forever was extremely upsetting to me, almost to the point that I never wanted to do anything bad for the rest of my life. I am sure this was the intent of teaching this principle. Thankfully, I later found out as I began to meditate that this wasn’t true: there is no place where people burn forever.

Parents, friends, religions, the education system, and government decrees have influenced us since birth to believe certain ideas and to behave in certain ways. Throughout our lives, we have been trained to respond without really thinking about our response. It is part of our evolutionary process as humans in this dimension to take in all this information. When we start to examine these facts, we take that first step on our path to self-mastery. These conditioned

beliefs have imprinted themselves into our subconscious as truths, when in reality they may not be. They may actually be the beliefs of others, imprinted on to us.

For example, people used to think the Earth was flat and if they went too far they might fall off the edge. We now know of course that this “fact” believed by so many people a few hundred years ago is not true. How many other “truths” that may not be true do we commonly accept as valid?

Rule #10: I am not responsible for the thoughts, feelings, and actions of any other person.

“Any other person” includes my spouse, children, and all other loved ones.

If we are all individuals with free will, then what makes us think that we need to have control over the thoughts of others? Each of us creates our own reality based on our own thoughts, experiences, and actions. It is the manner in which we process these thoughts that is important. If we attempt to control the destiny of another, even if we are motivated by heartfelt compassion and desire to help that person, then we become responsible for the reality of that creation.

We never know what another person needs to experience for their own personal growth. It is our intention to be compassionate, loving, and helpful, as we never want to see anyone experience an unpleasant experience. But, it just may be that a person needs to experience the loss of a job, an overdose of drugs, an alcoholic binge, a car accident, or a marriage separation. If we attempt to shield that person from experiencing life, we deprive them of experiences that may be there to assist them in their thinking, or perhaps change their path or behavior. We can offer compassion and assistance, but our interfering may deprive them of a soul’s lesson, a valuable lesson in the school of life.

With our own children, we have a responsibility to guide them, without burdening them with our limiting beliefs and opinions of what they must do and how they should do it.

Wholeheartedly accepting others as they are is the greatest gift of love that we can possibly give.

Rule #11: I always stay in the moment.

The purpose of our life experiences is to learn wisdom and apply it in the present moment. Note that it is not about dwelling on past experiences and what we could have or should have done differently. Life’s purpose is about learning from past experiences and applying our learned wisdom to create a different reality in the now.

It is a fact that many famous and many wealthy people failed before they succeeded. Thomas Edison created over one-hundred different experiments before he finally got the light bulb to work.

What these successful men and women were able to do was learn from each experience and each failure. They were able to let go of past failures, learn from the experiences, and bring that learning into the now. Every moment of now time is ours to create our life differently from the way we have created it previously. If we continue to do the same thing over and over again, we are going to get the same results. To get a different result, we need to change something in the formula of our attempt.

I learned not to procrastinate, even with the smallest chore. I have found that doing tasks right away keeps my mind clear of mundane thoughts, leaving it free to perceive what is necessary in the moment. When does opportunity knock? Opportunity is always happening, but most of the time our minds are filled with mundane thoughts such as chores we have procrastinated over.

The beauty and blessing of life is that we are not bound by any constraints except those we put upon ourselves. In our 21st-century world, people are discovering their individual power as never before. We are ceasing to be puppets with someone else pulling the strings, and we are taking responsibility for our own thoughts and acts of creation.

We can learn to live totally in the **PRESENT** moment. Do not allow past results or experiences to prevent you from overcoming current obstacles. Instead, be grateful for the way **SO-CALLED FAILURES** have assisted you in getting to the present moment. We cannot move forward if we are constantly looking behind. Past experiences are meant to be learned from, not to haunt us and deplete our self-confidence.

Rule #12: I listen to myself consciously.

Our inner voice is constantly available when we listen and tune in consciously. Learn to recognize nudges and feelings from your feeling body that are the clues to making the right decisions. Question the motivational energy behind each thought. The way we “feel inside” is the most accurate determinant in deciding what is right for us. Until we can learn to make this distinction and until we learn to listen to the still, small voice within, life will be a series of repetitive experiences. The purpose of listening to our inner voice is to get to know the difference between the desire of our ego self to fulfill a base need and the responsibility of our spiritual self to take the right action in each moment. This listening is like tuning into a radio frequency within our mind. Once we learn to tune in and consistently respond to the inner frequency, we will establish a rapport with the inner voice.

I was having a problem with my clothes dryer the other day. Fairly new, it was working perfectly when, all of a sudden, the lights flashed and the clothes dryer turned off abruptly. A little concerned, I waited a few minutes and turned the clothes dryer on again. It operated for a few seconds, lights started flashing, and it shut off again. I stood there for a few minutes, pondered the situation, and went on with something else. I thought I would let this situation process in the back of my mind and return to the clothes dryer a little later.

About a half-hour later while standing at the kitchen sink, the thought came into my mind that the outside vent might be plugged with lint and needed to be cleaned. I thought this was possible, a unique solution. So I went outside and removed the cover to the clothes-dryer vent. Well, to my surprise, it was clogged. But I wondered whether this could be the reason why the dryer didn't work. I removed the clogged lint, cleaned the screen underneath the vent cover, and hurried inside to see if this would correct the situation. I pushed the start button and, sure enough, the clothes dryer continued and finished its cycle.

I believe we each have this capability to tune into this frequency of knowing all things in every moment within our mind and receive guidance in all areas of our life, which is why it is very important to listen to the inner promptings of our mind.

Rule #13: I manifest miracles in my life.

All realities and experiences are created by our thoughts, and these are influenced by our beliefs, both conscious and unconscious.

One person's miracle may be a common occurrence to someone else. A person's mind has to be open to the possibility of unlimited creation for miracles to occur.

If I believe that something is impossible, then it **will** be impossible for me, due to my belief system. If my mind is closed to the idea that anything in the Universe is possible, miracles are unlikely to occur in my life.

An attitude of positive expectancy and a "knowing" that I can bring into manifestation all that I desire create the "soil" for miracles. The mind has to be open to the possibility that anything can occur in any moment.

Each summer before school started, my wife and I would take our four boys to the amusement park for an all-day adventure from sunrise to sunset. The preparation was the best part: cleaning the cargo van, gassing her up, stock piling treats for the way up and back, and, knowing we were coming home late, we would also have pillows and blankets in the van in case the boys wanted to "sack out." We would set the date to build the excitement, get the boys up early, stop at our favorite restaurant for pancakes, and continue on to the amusement park, which was a two-hour drive. We would shop around for discount tickets to keep the expenses down and maximize the little money we did have so the boys could really enjoy the day with treats and playing games. Of course, we had to be the first ones there before the gates opened to make sure we didn't miss a thing.

One year, funds were limited, it was already two weeks before school was to start, and we hadn't made our plans to go to the amusement park. I was at work when I received a phone call from my wife. She was reminding me, which I already knew, that school was starting in two weeks and the boys were wondering when we were going to the amusement park. My wife and I knew that funds were really limited and she was asking me what we were going to do. As I was thinking how I was going to come up with the necessary funds and searching for a solution, I heard a voice in my ear say, "Don't be concerned, the money will come."

Without hesitating, I told my wife to tell the boys we are going next week, the weekend before school started. Not knowing where the money was going to come from, I trusted all was going to be well.

Two days later, I received a check from my insurance company for an overpayment that I had made the previous year; they were just getting around to finalizing the refund. The amount of the check was just enough to cover all our costs: the gassing of the van, discount tickets, breakfast, snacks for the ride up and back, and for lunch, dinner, and games at the park.

Staying positive and working for the good of others creates miracles; this is what I have found to be true.

A thousand years ago, people would have thought that it was impossible for them to ride in a vehicle in the sky; now we have airplanes. Today, air travel is a common occurrence. With space travel and moon landings, our minds have been conditioned to create a different perspective of air travel, one that is based on what we now know is possible.

When we carefully examine our thinking, we begin to see that everything in our reality is first created in the mind as a thought and then gradually manifests into our reality. Everything on Earth, manifested by man, first appeared in someone's mind as thoughts and eventually became miracles in our lives.

CHAPTER 3

Becoming Aware of Thoughts

After my experience with the Lords of Amenti, the revelation that I could actually control my destiny led me on a crusade to take charge of myself and my life. My life goal is now to be constantly aware of every thought that comes drifting through my mind, decide whether I want to accept the thought, continue to entertain the thought, and bring it into manifestation, or dismiss the thought immediately.

Back in my twenties, shortly after my profound experience with the twelve-foot-tall Spiritual beings, the Lords of Amenti, the thought came to me to develop a plan on how I was going to become conscious of all my thoughts in every moment. I decided to tie a string around a different finger each day, and when I noticed the string, I was to stop in that moment, and evaluate what I was thinking. I used this technique to become more aware of what I was thinking about at any given time and to become more conscious in each moment. I am repeating myself here, because I find this is an excellent tool for everyone to utilize. Modify it if you wish and make it your own.

After about twenty-eight days of learning to become conscious of my thoughts, I would question myself: “Why do I have this particular thought at this particular moment?” If a thought was not uplifting, positive, compassionate, caring, or loving, I would ask my higher self to remove the thought from my mind by saying something like, “Loved ones, please remove this thought from my mind.”

Once I had taken care of the simple mundane thoughts such as “What will I wear to work tomorrow?” or “What time will I eat dinner next Tuesday?”, I found the persistent negative thoughts were the most difficult to eliminate and stop from recurring. These negative thoughts were like unwelcome visitors who would keep showing up at my house, wanting to come in. They were relentless. I decided to view these thoughts as though they were persistent, irritating, unwelcome visitors, and demanded that they leave.

I invoked my Spiritual guides to assist me in removing these relentless thoughts from my mind. I had a mantra something like, “Loved ones, I demand these thoughts be removed from my mind immediately,” and I would say this over and over again until I felt these relentless thoughts dissipating and dissolving in the moment. They could show up again, but I would keep repeating my mantra and eventually they went away.

One very important realization I had was that **the mind can only entertain one conscious thought at a time**. This was an important discovery, because I learned to use a pleasant memory as a tool to replace unwelcome and unhealthy thoughts. When a persisting negative thought pattern occurred, I would replace it with an uplifting image that had enough impact to overwhelm the negative thought. I would intentionally think about a time I had especially enjoyed in the past, or a really special event I previously experienced, like going to the carnival. It needed to be an event that was charged with enough good emotion to enable me to rid my mind of the presence of the persistent negative thought.

Surprisingly, it did not take too long for me to be actively aware of all my thoughts. It seemed as if I could tell when the unpleasant thoughts were starting to come, even before they approached the doorway of my mind. I could then instantaneously deny them entry. This would allow me to entertain thought patterns that were more uplifting, supporting me in manifesting a better life. It took approximately twenty-eight days of constant awareness and demanding before I truly felt comfortable about having awareness and control of the thoughts in my mind.

The same method of replacing negative thoughts with exciting pleasant memories also worked well for nightmares. I learned how to redirect my attention, after being awakened by an unpleasant dream, to a more pleasant experience as a means of getting back to sleep. After a while, before going to bed, I would merely ask my Guardian Angel friends, to guide, guard, direct, and protect me against any unpleasant dreams. When I speak of being “guided, guarded, directed and protected,” I am referring to being guided in my thinking, guarded against any obstacles in my path, directed to where I need to go for my experiences, and protected against any outside influences preventing me from accomplishing what I set out to do. To this day, all my dreams are pleasant. I know that each of us has Guardian Angels to protect us while we are asleep. I learned that from my parents when I was little. I always trust this belief and use it to work for me.

When cooking in the kitchen, it becomes necessary for the cook to take on a cook’s consciousness. What do I mean by this? To be a cook, we need to be aware of the appliances, food, utensils, and everything else that allows us to prepare a meal. All these items are running through our conscious mind, one by one, as though they were a mental check list that we are checking off, item by item.

This is something we all do at various times of the day, taking on the consciousness or playing the role of someone we may not normally act out. But we do become aware of being conscious in particular moments of the thoughts running through our mind. The point is that we need to be conscious of the thoughts running through our mind always, as our thoughts create our reality all the time and not only in certain moments.

CHAPTER 4

Meditation

Meditation was not a generally accepted practice when I became interested in it back in the 1970s. It was generally considered to be a fad for hippies and nonconformists. Personally, I believe I am a nonconformist. I have to feel whether the truth is the truth, not just because someone tells me it is.

One common myth that discouraged the practice of meditation was the popular disbelief that our body can be overcome by an evil demon while we are in a meditative state, because harmful entities are hovering, waiting to take over our body.

By applying “Rule #3: I confront my fears,” I actually used this fear as an incentive to face the paper tiger in my mind and go beyond the belief that meditation makes a person vulnerable to evil. By confronting my fears and not allowing them to become bigger than me, by staying center, and by becoming extra aware of my surroundings and vigilant during my meditative states, I avoided being swallowed up by the fear.

We all have a light within us that glows. A strong illumination of that light within attracts the attention of the Great White Brotherhood. Their role is to work with spiritual aspirants who are working on their spiritual growth. I also used another tool to protect me while meditating, suggested by my guides, the Great White Brotherhood, which was the Prayer of Protection. I didn’t realize at this time that I was working with the Great White Brotherhood: a hierarchy of Spiritual Beings who guide certain individuals on Earth. I say “certain individuals,” as we know that not all individuals are interested in expanding their spiritual awareness; it may not be their forte at this time. I am not going to spend my time teaching yoga to anyone who is not interested in learning yoga.

Prior to the four most recent Great Ages on Earth (each Great Age consists of 25,920 years), humans fell in consciousness. Earth had been a fifth-dimensional-consciousness planet prior to its descent to third-dimensional consciousness. Earth is now a sensual environment planet of distraction, meaning that as we aspire to learn wisdom, we must overcome our ego desires to satisfy the body through the pleasures of the Earth’s distractions, such as sex, drugs, power, greed, and alcohol, among other vices. Overcoming these desires is part of the soul’s learning.

The Galactic Council, the overseers of the Lower Heavens, a group made up of representatives from a vast number of Star Systems within the Milky Way Galaxy, appointed the Great White Brotherhood as guardians over the evolution of humans on Earth, placing them in charge of assisting us in raising our consciousness back to the fifth dimension. Fifth-dimensional consciousness is a state of being in which each soul becomes conscious of their responsibility for their thoughts and actions. Third-dimensional consciousness occurs when individuals are consumed with the sensuality of their human nature.

After I started to meditate and had a variety of spiritual experiences, I decided to ordain as a Metaphysical Minister. I started the metaphysical ministry classes in September 1974: Tuesdays and Thursdays from six until nine in the evening plus four-hour services on Sunday afternoons, all after working five eight-hour days during the weeks. It was a one-hour drive to and from classes as well, so, one way and another, it was a very big commitment on my part.

While I was studying for my ministry, I was drawn to the teachings of the Great White Brotherhood, so much so, that I found their teachings touched my heart and resonated with everything I read. I mistook most of my thoughts and learning for my inner thoughts. Later, as I

continued my metaphysical studies, I realized the thoughts and promptings I was receiving were guidance from the Great White Brotherhood. Since I resonated with this guidance - the truth, the love, and the compassion - of course, I followed their guidance and teachings.

It was my guides, the Great White Brotherhood, who recommended I start each of my meditations with the Prayer of Protection that I had learned from my ministry teacher, Reverend Shirley Dee; she would start each of her metaphysical classes with this prayer. Once I said it, I knew this tool would protect me from any evil demons or negative forces that are unlike Divine Love.

I insert it here for you to use.

Prayer of Protection

*I surround myself in a circle of light and an armour of love,
In which nothing can remain and
Through which nothing can penetrate unlike Divine Love itself.*

*I call upon my Loved Ones from The Great White Brotherhood,
To remove all energies and entities from my presence,
Whether they are malicious, deterrent, innocent, or ignorant,
Taking them to the Father for Light and liberation.*

*Mother Goddess Father God, Mother Earth Father Sky,
Free these souls and free these energies and entities.
I AM accepts no reversal, individually or collectively
for this treatment of these energies and entities.**

I thank you in the name of the Living God-Consciousness. Amen.

*The statement - "I AM accepts no reversal, individually or collectively, for the treatment of these energies and entities." - is necessary for all light workers working in any healing modality with individuals or groups to understand. The light worker is taking responsibility of protecting the group with this statement. All energies are created by God. Regardless of the nature of a diseased energy – a cancer cell, a virus, bacteria, or a parasite - it has a right to live, just not in a body that asks to be healed. This statement protects the light worker and the individuals he is working with from the Universal Law of Cause and Effect, in which "we reap what we sow," as it is an act of love on the part of the light worker.

This prayer is a really valuable tool to help an individual relax during their meditation sessions. I have had some fascinating and unique experiences during meditation and, without this prayer, I really don't know if I would have continued learning to meditate.

There was one time while I was meditating after reciting the Prayer of Protection when I saw the Great White Brotherhood standing around me in a circle. It was midnight on April 30, 1999 and I had felt this prompting to meditate. While I was inside the circle of the Brotherhood, a skeleton being with rags flowing from it appeared in my Mind's Eye Chakra. At first, it startled me, and I thought it was an evil entity until I remembered that I had said the Prayer of Protection. That helped me relax and ask, "Who are you?" The being replied, "I am the Angel of Death."

I was startled by his response at first, but continued to have a mental dialogue with this being as he informed me of his mission, which was to take one of my loved ones, a personal friend. I started to get emotional about the possible death of my personal friend. The being went into detail about why he was appearing to me and I demanded proof of the reality of the experience. At that point, the Angel of Death left the circle, went into my kitchen next door, and I heard a crash.

While the Angel of Death was in the kitchen, my loved ones from the Great White Brotherhood comforted me, telling me the advantages of knowing when someone was going to transition into death. The Angel of Death returned, and soon after I closed the meditation circle. Immediately, I went into the kitchen to see what had caused the crash.

My astrology calendar, which had been attached to my refrigerator, was now on the kitchen floor. When I picked it up, I saw it had opened to the astrological sign of my loved one, the one the Angel of Death had named.

Knowing I was protected allowed me to experience the full depth of this meditation. I reasoned that if the Angel of Death had come to me to make this announcement then there was something I had to learn.

I continued my relationship with this person and became extremely accepting of her moods, her emotional behavior, and other personality traits that had offended me previously. It was a lesson of complete acceptance on my part, so much so, that we took a trip to Peru together and visited Machu Picchu.

It was after our trip to Machu Picchu that the Angel of Death returned. I was taking my early morning walk in a reflective meditative mood when he visited me. He told me that my friend's condition had changed and he no longer was going to take her. I could see him in my Mind's Eye Chakra ahead and above me as he departed. I remember wondering whether it was a ruse to get me to change and become more aware of being accepting to all, or had my dear friend really changed. I realized she had changed.

Since I know that my thoughts create my reality, I know that the process of manifesting depends on how much energy I place into each creative thought. The amount of motivational energy devoted to a thought will determine whether or not it will materialize. What my guides tell me is that a feeling is attached to each conscious thought. So, if we are thinking about a tree, whether we are aware of it or not, we are attaching a feeling to the thought of that tree. When we are consciously planning to manifest, build, create, or develop a thought, we are attaching a feeling to the thought. This is how manifestation takes place, by attaching feelings to our thoughts. When our feelings are strong and intense toward a thought, it is more likely that that thought will manifest into a reality, whether it is in anger or love.

Let us say we want to bake a cake for our dear best friend. We want this cake to be her favourite cake ever. So we think about what flavor she would like. Then, we think about how we will decorate the cake, the icing, the candles, any writing on the cake, and the frosting. We imagine how we will surprise her when we present the cake to her. I guess you can see we are putting some intense feelings and energies into this manifestation. Of course, when we surprise her with the cake, it is everything we could imagine.

On the other hand, imagine we are tasked with baking a cake for someone at work that we really don't care for. We select a cake and really don't care whether they like it or not, but we are going through the motions of manifesting a cake. Which cake do you think turns out better? Of course, the cake that we put more energetic feelings of love into would naturally turn out to be better.

During my meditations, I used to visualize that I would live in a beautiful home in upstate New York with plenty of land, a stream teeming with fish, a forest of trees along the banks, and a beautiful view of nature. The house I am currently living in, in upstate New York, is just such a home with the most spectacular scenery. But instead of a stream where fish swim, the house is located on one of the largest of the Finger Lakes.

I have found that what we visualize with our limited minds becomes even greater when it manifests.

The first phase of Meditation is not the process of actually thinking, but of consciously disciplining the mind to focus on one thought.

This leads to becoming aware of our thoughts while not in a meditative state. By meditating, a person becomes consciously aware of their thoughts. They are then able to discipline themselves into choosing what thoughts they intend to bring into existence. When I became aware of my thoughts, my next step was to master the process of eliminating repetitious, unnecessary negative thoughts. This is the next stage of meditation, but it also carries on while not in meditation. Being mindful in every moment of our thoughts is one of many objectives of learning to meditate.

The second phase of meditation is the process of concentrating on bringing positive uplifting ideas into one's mind.

I found myself becoming more focused on what I truly desired to bring into manifestation. Focused thinking is similar to using a magnifying glass. The more we focus and concentrate our energies in one particular area, the greater the likelihood of that area becoming a reality.

We have the ability to free ourselves from any self-inflicted slavery to unhealthy thinking. If all people were masters of their destiny and not victims of their thinking, the world would be a very different place. How could anyone ever control, manipulate, enslave, or have dominion over another individual who practices positive, uplifting ideas?

I have learned that we are the representation of the consciousness of many. In other words, we are the collective consciousness of all individuals who have impressed us with their beliefs. As we become increasingly more aware, our consciousness expands. When we meditate, it seems as if we tap into Universal Mind, where all possibilities are located, almost like Google, which supplies millions of answers.

In meditation, I consciously invite into my personal sphere all my Spiritual loved ones from other dimensions whose love and wisdom is equal to or greater than my own. This includes the Great White Brotherhood, the Golden Ones, angels, archangels, messengers and guides, light bearers, way bearers, apostles, disciples, teachers, doctors, physicians, energies, and entities. I also include my personal guides, just in case they are not part of the others; I don't want to offend anyone by not including them. I developed this list of beings to make sure I didn't leave out anyone who could assist me in my development. I invite these loved ones into my meditation, asking them to guide, guard, direct, and protect me through my quiet time.

The Golden Ones recently came to me during meditation when I was in New Zealand last year. I normally am not aware in my Mind's Eye Chakra of the individual beings who are with me. But on this occasion, I visualized a group of beings dressed in golden robes joining in my meditation. I asked them who they were and they replied, "The Golden Ones." The Golden Ones

were teachers of wisdom before Lemuria sank, prior to the sinking of Atlantis. Once the Earth fell from fifth-dimensional consciousness, the vibration of energy on Earth was not loving enough to sustain the Golden Ones' teachings. Now that the Earth has moved back to the fifth-dimension vibration, the Golden Ones have returned.

The type of meditation I use is a spiritual meditation. I facilitated meditation classes for over twenty-five years, and I learned from the attendees as they connected with their Spiritual guides and became more intuitive in their daily lives. Anyone can apply this simple meditation technique.

Spiritual Meditation Instructions

Select two quiet and peaceful times, preferably first thing in the morning and right before bedtime. Attempt to schedule meditating times at the same time every day. Choose a room or a place where you can sit comfortably. Sit erect with your spine as straight as it can be. Place your hands open and resting comfortably in your lap as if you are waiting to receive. Close your eyes to keep from being distracted by the outside world. Imagine an object that elicits tranquility: a rising sun, a blooming rose, a gentle ocean, or maybe a colorful rainbow. Hold your chosen image as long as possible.

When you find your mind drifting to mundane thoughts, bring your attention gently back to the image that you have selected. When your mind drifts again, redirect it to the selected object. Pay no attention to your body's attempts to distract you. Rise above your body's attempts to provoke you to scratch, itch, or twitch. Continue to sit in meditation until your body starts to feel impossibly jittery. Don't force anything. When the body becomes too jittery, it is time to terminate your meditation.

If, when we start to meditate, we can only do it for thirty seconds, that is great; it's a good start. Continue the process. The next time might be for two minutes; another great effort. Little by little, the time will increase as our ability to focus and concentrate increases.

You will be surprised how soon you progress so that the time spent in meditation will seem to be mere seconds, but in reality, it may be several minutes. You will also appreciate the feeling of restfulness and peaceful tranquility that will transpire with minimum effort.

This disciplinary act sends a message throughout our inner kingdom that our spirit is intent on taking control of its destiny.

Most individuals who intend to meditate think they have to sit there for a specific period of time; not true. Start slowly until your mind and body come into alignment with your objective.

After a few sessions, your body will behave itself. Do not allow outside noises to interfere or distract you from your selected subject. After a while, noises will not bother you; you just won't hear them. When I take my walk in the morning hours, I start with the Prayer of Protection and then proceed to go into my meditative state while walking, as if I were sitting in my upper room, where I normally meditate.

We are creatures of habit, both positive and negative. Developing positive habits will bring positive results. The purpose of meditating is to discipline the mind and the thought processes. By taking control of the thought process, we tell our mind that we are in charge of what comes and goes through the doorway of the mind. Soon, we will hear prompting thoughts from our guides. It is not important who they are as we are all equal regardless of what dimension we are in. Since we have free will, consider each prompting. If the prompting resonates with your feeling body then it is probably the right prompting. If it doesn't resonate,

then don't follow the prompting. In the end, each of us is responsible for our own thoughts and actions.

By practicing disciplined thinking during a meditative state, I have found that disciplined thinking continues during my normal wakeful state of existence. Meditation is a time to discipline my mind to become aware of my thoughts and to connect with my guides. I have found this practice is extremely beneficial during the conscious states outside meditation. I have found that I am more intuitive to the prompting guidance of my many guardians.

CHAPTER 5

Fears

When we come to Earth as pure light beings, we have no fears. Fears are emotional parasites that attach to and are stored in readiness in our Solar Plexus Chakra, based on our inability to handle certain experiences. They lie dormant until an appropriate experience comes along and then the dormant emotional parasite comes to the surface of our consciousness and prevents us from being our true self.

Now I know many of us have never heard of this and may doubt the accuracy of this statement, but read on. When our physical body's immune system is deprived of sleep, rest, food, and water, it becomes weak, making it unable to fight off germs, infections, viruses, and parasites. We know we need to keep the body's immune system strong to protect us from "disease."

The same thing happens when our emotional body becomes weak: we can pick up emotional parasites.

I attended a Mastery of Mind retreat in Sydney, Australia in October 2012; it was facilitated by Judy Satori, my current wife. During one session, Judy channelled Thoth, best known through Egyptian mythology as a moon deity, the scribe of the gods, and protector of learning and the arts. During this channelled session, Thoth taught us a healing technique to assist us in removing these emotional parasites. Here is what was presented:

We came to Earth as Masters, volunteering to train to become an Ascended Master. Once you come to Earth, you lose all recollections of past memories, part of the soul's learning. The primary responsibility of becoming an Ascended Master is controlling your thinking – the reason for the Mastery of Mind Retreats we currently are teaching. When you came to Earth, your Light Body was pure, free from all the emotional parasites on this planet. They will attach themselves to your Light Body, sucking or depleting your energies. All fears, anxieties, threats from within are emotional parasites, not of God. Most people believe these parasites are them, but they are not. I know you feel these fears and anxieties within you are you, but they are not. These emotional parasites can be removed instantaneously by you, Physician, Healing Thyself. When our physical bodies pick up a physical parasite, we need to take medicine to rid these parasites from the body; same procedures for emotional parasites. You are not these parasites, whether they are in your physical body or your emotional body.

Here is the Healing Technique:

1. Place your right hand on your Soul Seat, above the Heart Chakra and below the throat.
2. Place your left hand above the navel, Core Star.
3. Intensify the feeling of fear or anxiety within you. (Normally this feeling makes us feel miserable and we want to get rid of this and run from it. This is what the parasite wants you to do. However, we want to intensify the feeling and confront the parasite, exposing it to your Light.)

4. Once we have activated the feelings of this particular parasite, say these words: “This Feeling is not me. This Feeling does not belong to me. I release this feeling in Love, Now and Forever. Amen.”

This technique is based on the teachings of Thoth at Judy Satori’s Sydney Mastery of Mind Retreat in October 2012.

This will work for ALL Feelings of anxieties and fears. The same technique will also work for negative thoughts.

We are learning to understand who we really are. We come from the STARS; we are Masters, learning to become Ascended Masters. To move to the fifth dimension, we need to stay in a consciousness of Peace, Oneness, and Love.

To be created in the image and likeness of God indicates that we need not let fear restrict our experiences in life. We must not allow fear to prevent us from becoming aware of who we truly are.

We never allow any person, place, or thing to have dominion over our thoughts, words, or deeds. We are always guided, guarded, directed, and protected in our pursuit to experience life, to become aware of our self in relation to the Universe.

If we don’t take appropriate actions to overcome a fear on our own, the Universe will eventually create a situation that forces us to deal with the fearful experience. A fear for one person may not be a fear for another. Whereas one person is afraid of the water, another may be most comfortable with swimming. To overcome a fear of water for instance, the Universe might create a positive water experience for us. It might come in the form of mandatory swimming lessons.

By forcing the individual to have a positive water experience, the Universe teaches that the experience was not as terrifying as the person once believed. He survived. Water is less terrifying than it was thought to be. The individual becomes less afraid of future water experiences each time they are introduced to the object of the original fear; the grip of that fear on the individual loosens and eventually dissipates.

Confronting our fears removes the mental obstacles that prevent us from totally expressing who we are in every moment of our existence. By confronting our fears, we learn to walk through the paper tigers in our mind, allowing us to experience life totally as we are designed to do.

As we become aggressive in confronting our fears, little by little, they disappear. When we choose to confront a fear, we receive an opportunity to approach the fear proactively in a comfortable environment. This is in lieu of the Universe creating a situation to force us to confront the fear on its terms.

When I was first learning how to drive, soon after receiving my driver’s license, I was absolutely petrified at the thought of driving to work in the snow. I was so afraid that I gave my power away to my wife and asked her to drive me to work, forty miles each way. At the time, we had a Volkswagen beetle, which is a great vehicle in the snow because its rear-mounted engine provides extra traction for the rear-wheel drive.

As my wife confidently drove me to work, I became embarrassed at the ease and grace with which she and the car manoeuvred through the snow. After this experience, I started to take small trips in the snow, of course with my wife by my side, until I became confident to go it

alone. Now, living in upstate New York, I look forward to those snowy days with a little bit of excitement and caution as I take to the road.

It's better to have choices when confronting our fears.

I used to be afraid of large dogs. I had plenty of opportunities to experience this fear personally while growing up as I was always being chased by big neighborhood dogs.

Then, when my sons were little, we as a family selected a German shepherd puppy we named Zelda. We wanted a watch dog, a dog that belonged to the boys, for them to care for. A German shepherd seemed to be the right selection, having had dogs that were needy and not wanting another like that. Zelda was gentle, protective, loving, moody, and temperamental. She taught me that large dogs behave exactly like small dogs; they are not aware of their size. A small dog is as ferocious as a large dog. Dogs really do not know or care how big or small they are. Their role is to protect. Zelda taught me to approach dogs cautiously and I learned to understand that their barking is only a warning to their master that a stranger is approaching. The more I confronted the opportunity to be with large dogs, the less I feared them. Since we had acquired Zelda as a gentle puppy who had grown into a ferocious-sounding and ferocious-looking dog, we all knew that she was still really as gentle as a lamb. It is our own perception that determines whether we are or ought to be concerned about the size of the dog.

When the Universe forces me to confront my fears before I feel ready, I move forward reluctantly into the experience. I remind myself that I am guided, guarded, directed, and protected in all experiences of life. In an attempt to be the most perfect student in the classroom of life, I continuously look for opportunities to grow, develop, and become more aware of whom I am in every moment.

When I become aware that I am consciously avoiding a certain person, place, or thing because of fear, I enter what I call "confront mode," meaning that I take the opportunity to become aware of my fear and seek to understand what it is that I fear. That way, I gain back my control and can proceed through the experience without obstacles. I can confront the situation.

One night in November 1978, I had a dream of being outside my house in the middle of the night. Out of the ground came a hideous-looking dragon-like monster that reared his scary face in direct confrontation with me. We stood face to face and I remember saying to this entity, "I don't fear you." With that statement the entity dissipated into thin air. I woke up in the morning knowing that all fears had been removed from my being. From that day forward, I really can't remember ever fearing or avoiding any situation out of fearful self-preservation.

Fear is an illusion of the mind. To dissipate the illusion, one must confront the fear and walk through it. This brings one to the realization that there is no substance to the illusion of fear.

CHAPTER 6

Guilt

Guilt is a feeling that resides in the Solar Plexus Chakra and does not resonate with our true feeling body. The feeling of guilt resonates as if we are being manipulated or intimidated into doing something we feel is not right. Actions that cause guilt go against our true feeling body of actions that are appropriate in the moment. When we recognize guilty energy coming at us, we can dismiss it before we allow it to penetrate into our being. We immediately do not entertain or allow the feeling of guilt into our presence. This feeling is either self-imposed or placed upon us by others. Or we might attempt to place guilty feelings on others for the purpose of controlling a desired outcome. It holds the “guilty” person in a state of bondage and prevents them from progressing to their next level of self-awareness. It prevents them from being free to be themselves.

Dissolving guilty feelings is the initial step before one can move forward. It’s irrelevant whether the guilty feeling is based on an actual experience or on a preconceived expectation.

All experiences in life are for the growth and development of all individuals involved in the experience. Every experience in life is perfect. There are no sins in life, only experiences with different interactions to make us aware of how we feel as we play out our role in the experience. When one truly knows that the experience that caused guilt was actually teaching a life lesson, there should also be the realization that feeling remorse for that experience is inconsequential. If one has learned that the quality of behaviour during the experience that caused guilt was unacceptable, regardless of the experience, then the lesson has been learned. In other words, there is no shame for an action if a lesson is learned. The individual can use the experience as motivation not to even think about replicating the experience. When the same circumstance returns, as it will, a person who has learned the lesson is likely to demonstrate a different quality of behaviour.

If another’s accusations make us feel guilty, whether or not the accusations are based on truth, the first thing to realize is that the intention of the other person is not in our best interest. Normally, any attempt by another to make a person feel guilty is a ploy to manipulate. This is true regardless of the situation. In actuality, the accusing party is often experiencing guilt or shame within themselves or else they would never use the guilt energy on another.

Perhaps they are avoiding feelings of failure about something they did, and they don’t want to accept responsibility for their actions. To compensate, they turn the guilt toward someone else. At some point in our development, all of us may have used techniques to manipulate others. Parents do it to their children. They manipulate the child’s choices to bring about a desired behavior from the child.

An example of this is a parent who has a problem with alcohol and it affected their performance in life. Feeling guilty for their lack of discipline, they attempt to monitor their children’s drinking habits regardless of how old the child is. They might try to make their child feel guilty for drinking socially or even experiencing alcohol. The parent passes their own failures on to the child in the form of guilt.

As this demonstrates, guilt can have a snowball effect. Once we know this to be true, we will know how not to perpetuate it. Once we become aware of another person trying to impose guilt on us, we’ll be less likely to accept their guilt projection and will not attempt the same manipulation on others.

It is vital to recognize when another person is attempting to impose a guilty feeling upon us. **DO NOT ACCEPT IT.** As Eleanor Roosevelt stated, “No one can make us feel inferior without our consent.”

I learned that the person I AM NOW is not the same person who allowed or created guilty feelings within myself previously. I am now wiser and more aware. It makes no difference when the experience occurred that created this feeling of guilt, whether it was ten years, ten minutes, or ten seconds ago. It is a past experience of guilt.

REMEMBER: Experiences are learning tools to bring wisdom into our present life. They are not meant to burden us with guilt. **No one can make us feel guilty.**

Start immediately learning not to accept guilty feelings from others or from yourself. Also, learn not to impose guilt on others.

Once we realize that what we believe to be a failure is not a failure, but an opportunity to become stronger or to understand how to deal with a situation, then we won't need to experience the guilt complex any more. In soul learning, once a lesson is learned, we no longer need to experience it; the wisdom has been learned.

CHAPTER 7

Forgiveness

I used to be the most reluctant person in the world to forgive myself. Reflecting back on my past actions, I would cringe at the times when I had embarrassed another person or myself with careless thinking or actions. I used to be painfully embarrassed when remembering past “thoughtlessness,” which made it difficult to review these past experiences mentally, and replay the events leading up to them in my mind.

Then one day, I had a revelation. As I explained in “Rule #6: I forgive myself for all past actions,” I realized that the person who had taken inappropriate actions in the past, who was me, was actually my teacher preparing me for the person I am now. Without this teacher, I wouldn’t be the person I am today. This teacher is always changing as I change. He has taught me how to love, forgive, be free of fears, and be patient with others, and also how to be kind and generous to myself. Yet the greatest lesson this teacher has taught me, by far, is understanding and accepting myself.

I find that the more I accept myself for who I am, the more accepting I become of others, in an ongoing process. I have also learned that when an individual takes action that I perceive to be against me, I am personalizing their action. Other people don’t intentionally wake up in the morning and set out to injure me or anyone else. We must all learn that personalizing the actions of another creates an illusion in our mind. If we happen to get in their way, we are just part of their experience; we can accept that experience as part of our own personal growth. In other words, by accepting ourselves in every moment, we learn not to personalize the actions of others as their intentions toward us, but allow them to go through their own soul learning.

Now that I realize this, I no longer personalize other people’s actions that seem as though they are intended for me. I realize that others are just expressing their own frustration. I have a choice to either accept them as they are or reject them, based on their actions.

It’s important to note that all individuals are either teachers for our experiences or students of our actions. When we believe that others are personalizing their actions toward us, we see within them a reflection of ourselves. This reflection is actually an aspect of our self that we have not yet forgiven.

When we understand that all experiences are for personal growth, we know that everything is just a reflection of our own thoughts. We reflect to others as others reflect to us. In other words, we see ourselves through the actions of others. This is the Universe’s way of showing us who we are. The Universal force provides every experience so that we can understand and appreciate our role as we play “The Game of Life.”

As others are teachers to us, we also are their teachers. Satisfaction comes when we realize that when we learn from others, the quality of our performance improves. Remember, Universal force has no reason to teach us unless there is something for us to learn. This means that we are unaware of the quality of our performance. We will only create experiences that we can either learn or benefit from.

Our thinking creates our perception of life. The Universe manifests anything and everything that happens to us for our own personal growth. Understanding this realization is so important for our soul learning. We are always guided, guarded, directed, and protected as we create our life’s experiences. This is what is meant by the adage, “We reap what we sow.”

I have found something helpful in learning from situations where I didn’t recognize how I had created them. It is either to accept them as my own creation or to see what valuable lesson

I can learn from them. I would ask God in sincere honesty, “Where in my thoughts have I created this experience?” I would then wait and let the answer reveal itself in my Mind’s Eye Chakra. Since I have always been patient and persistent, I have always received an answer.

One day while working in my office in Washington, in the District of Columbia (D.C.), I had to leave work abruptly. Instead of checking my surroundings to make sure all my personal belongings were with me, I only concentrated on my work security responsibilities, shutting down the computer, locking the safe, and ensuring that all important papers were secured. Later that afternoon when I reached home, I noticed I didn’t have my wallet with me. Searching my mind and rethinking when was the last time I had had my wallet, I remembered that, since it was a warm day, I hadn’t worn my suit coat to lunch; I had just grabbed my wallet from my suit coat and had it in my back pocket. Then, rushing back from lunch, I threw my wallet into my top desk drawer and hurried to my afternoon meeting. After the meeting, I had received a phone call from my son asking me to pick my granddaughter up from school, which was why I had rushed out.

So, I was relieved to remember that my wallet was in my top desk drawer at work, even though I also knew that I never lock my desk up since I keep no classified materials there and other members of my staff share some of my work folders.

When I went to work the next day, the first thing I did was to make sure my wallet was in my desk. Thankfully, it was; however, the money in my wallet was missing, approximately \$33, which was substantial for me at the time. I was a little upset about the money being stolen, but I was thankful that my credit cards and driver’s license were not missing.

I sat there, thankful, but still a little upset as to why this had happened to me. So, as I normally do, I asked God how I had created this experience. After a few moments, in my Mind’s Eye Chakra, I was reminded of the time in my teens when I was working at an amusement event selling sodas, and I had pocketed some extra cash from the owner. Immediately, I said the prayer of forgiveness: “Father, forgive them for their trespasses as you have forgiven me for my trespasses.” I was thankful that the situation wasn’t as bad as it could have been.

According to *John 20:23*, Jesus said, “The sins you forgive, are forgiven. The sins you retain, are retained.”

How can we ask God to forgive us if we are unable to forgive others? Regardless of the actions against us, we created them. Everything that we do has repercussions. It comes back to us one way or another. Nothing can happen to us unless we manifest it; **NOTHING!!!!** According to the King James Bible, “Whosoever shall smite you on your right cheek, turn to him the other also,” indicating that if we caused the other cheek to be smitten, then it will be smitten.

The relationship of experiences to thoughts is direct; this is a Universal Law: “an eye for an eye.” If someone steals from us, look at the correlation between our thoughts and past experiences. We might not remember stealing ten cents when we were little and we thought no one was looking. Most of us would rationalize that it was only ten cents. The Universe sees it as stealing; whether it is a hundred dollars or ten cents, it is an act of stealing. If we can’t see the correlation between the past act and our role in the current experience, then we need to just accept that we are reaping from the transgression based on a previous event we have forgotten.

The more spiritually advanced we are and the better we know not to do something, the swifter are the repercussions of our actions. I learned this one morning when I had been working off-site with a co-worker. Late in the morning, we were both returning to our regular work place in the heart of Washington, D.C., where parking is always at a premium. Normally, I would start my work day at 6 a.m., allowing me to get free parking not too far from my work-site. Working off-site wasn’t a problem as long as I worked the entire day off-site. It was only a problem if I

had to work a half-day off-site followed by the rest of the day in the city. It meant I had to return to work and search for a parking place at a reasonable cost or pay a premium charge, sometimes \$10 an hour.

That day, construction was going on near our work place, so the District allowed parking with one-hour restrictions in a certain area for the construction workers. I asked my co-worker where he was planning to park, because I really didn't want to pay Washington's outrageous hourly parking rates. He told me that he regularly parked in a certain area where construction workers were allowed and where the police never checked, even though it had hourly restrictions. I mentioned that I was reluctant to park there, because I knew better and I would get a ticket for sure. He reassured me that he parked there all the time and he never got a ticket, and that we only had three hours left in our work day and the chances the police would check in late afternoon were slim.

As we approached the restricted parking areas, there were two open spaces. My co-worker motioned to me to take the first spot; he would take the space a couple of car-lengths away. I parked the car and, as we headed into the office, I mentioned to my co-worker that I still didn't feel comfortable with where we had parked. He again reassured me that I was just being too cautious and he laughed it off.

Well, don't you know! When we came out from work three hours later, I had a ticket on my car for illegal parking and his car did not! We looked at each other and burst out laughing. I knew better and the repercussions were swift, reinforcing in me to always do the right thing in every moment, regardless.

I know that every experience in life is for our own soul's development. There is no blame in this experience except taking responsibility and accepting the consequences of my actions without beating myself up. Forgiving our self is one of our top priorities if we are to stay in harmony, balance, unity, and order for the good of all.

When we forgive someone for their act, then God forgives us for our past actions. When someone is aggressive toward me in an abusive manner where I feel there is a lack of lovingness in their intent, I normally say something to the effect, "Father, forgive them for their trespasses as you have forgiven me." Then, I let it go.

When we understand that all experiences in life are for our own growth, then we can appreciate that unkind acts directed toward us are opportunities for us to forgive. Being aware of this and having a forgiving mind set are indications of who we are in the moment.

CHAPTER 8

Self-Healing

Healing takes many forms: physical, mental, emotional, and spiritual. We are all channels for healing energies. We heal each other and ourselves all the time. A kind word can uplift the energies of another. Any act of kindness in which the energies from one soul are intended to benefit another is an act of healing. Remember the times you performed a good deed, exchanged a smile, or embraced someone? The feeling that transpired was a healing.

I learned many years ago that when there was discomfort in my physical feeling body, the discomfort was telling me that something in my thinking was not in harmony with the truth of my being. When my thinking was not aligned with UNIVERSAL Design, I found that discomfort could progress into illness. There is a direct correlation between thinking in harmony with Universal Design and keeping the body free from ailment. When our thinking is misaligned with Universal Design, then there is an ailment in the body. The ailment in the body manifests in association with the thoughts to assist us in determining where our thinking is misaligned.

My guides taught me that when disease manifests in the body, it is caused by the disruption of energy flow or “dis-ease” of energy flowing through the body. If I examine a dis-ease and ask internally within myself, what is causing the lack of ease, a vision in my Mind’s Eye Chakra shows me what event, thought, or experience has caused the dis-ease or illness. Even if it’s an illness from birth, it is the path the soul has chosen for their own growth or to assist another in their growth.

My guides also told me that if I immediately correct my thinking, I can reverse the effect of the dis-ease or illness.

Let’s say on one occasion I have a sore lower back. If I ask my guides, “Where in my thinking did I cause this pain?,” immediately, I might see a vision in my Mind’s Eye Chakra where I have had a conversation with my wife doubting whether I had enough education to grow in my career and I was unsure about providing for the family.

Once aware of the thought of not being able to support my family - the lower back represents support for my being - I would reverse the thought process and develop a mantra something to the effect, **“The Universe provides me with abundance and support in all aspects of my life.”**

Almost immediately, whether I totally believed it or not, the pain would disappear in my lower back. After a while, it became automatic: recognizing the discomfort, checking my thinking, correcting the thinking, and relieving the discomfort.

What’s important to understand is that our belief system is based on pre-programming by family, friends, education, government, and religions, as well as our own past experiences. By examining the motivational energy behind our thoughts, we can determine why we think a certain way.

My dad was born an Irishman. He had a saying that there are only two types of people in this world: those who are born Irish and those who wish they were born Irish. Growing up, my dad’s conditioning belief led me to believe that the Irish were the best nationality possible.

After I had the experience with the Lords of Amenti, I learned over the years through my guides about thoughts and types of thoughts, conscious and subconscious. I would ask questions internally and wait until the answers came.

Self-healing takes place when the individual is ready for the healing. Ayahuasca [pronounced *ah-yuh-wah-skuh*] is a ceremonial shamanic drink concocted from a five-thousand-

year-old recipe of the Ayahuasca vine and its roots. Drinking it in ceremony allows a person to revisit past experiences for the sole purpose of reviewing and releasing any karmic attachment to the feeling body. The Ayahuasca participants sit in ceremony for over six hours, experiencing the effects of the drink. Ayahuasca affects the pituitary gland. About twenty minutes after drinking the concoction, the person's pituitary gland opens, allowing visualizations of previous experiences. The drinker becomes so immersed in these visions that he forgets where he is; he believes he is actually taking part in the visualized experiences. This process in itself is a cleansing. After this phase, the Goddess of the Ayahuasca grants the drinker answers to their internal questions.

During one occasion when I attended shamanic Ayahuasca ceremonies in Peru, I revisited a bleak emotional experience that had happened earlier in my life. As I said, when one revisits an experience under the influence of the Ayahuasca, one's Mind's Eye Chakra is wide open, crystal clear like watching television, and it feels as if you are actually there, re-enacting the experience. In my Mind's Eye Chakra, I received a vision of gloomy, dingy, and confined surroundings. In my thoughts, I remember telling myself that this was just a soul's learning lesson and I am still God. Immediately, the vision cleared and I found myself outside under the stars, millions of them, just as they are on a cool fall night. This to me was a turning point in experiencing future Ayahuasca ceremonies, confirming to me that we all are gods on our soul's path learning to become Co-Creator Gods.

As we go through life, perhaps hitting a bump in the road, we need to remind ourselves who we are.

Huachuma [pronounced *wah-chu-ma*] is a ceremonial shamanic drink made from cactus and it affects the Solar Plexus Chakra, by opening the participant's feeling body to what they are experiencing. The Shamans offer the Huachuma drink when taking visitors to Peru's sacred sites so they are able to feel the energies of these places. While I was in Peru in 2005, I revisited a Shaman friend whom I had visited three times previously. The whole purpose of this journey was to stay in Peru for an extended period, to drink the Shamanic drinks Ayahuasca and Huachuma again, and to visit sacred sites.

One of the many sacred sites I visited on that occasion was the city of Chavin. While in Chavin, we drank the Huachuma and then had the opportunity to visit the catacombs in the museum where there was a thirteen-foot rose quartz crystal, approximately twelve inches in diameter, carved with all the different metamorphic stages of man in Peru. This is the only known carved crystal of this size on the entire planet. The caretakers believe it was part of a Pleiadian, energy ritual.

After our long visit to Chavin and having drunk the Huachuma, I went to bed early that night, at approximately nine in the evening. I remember getting up at 11:20 p.m. to go to the bathroom.

As soon as I returned to my bed, I sat up in my astral body, and, as I left my physical body, I started to touch things on the way: the night stand, the wall, and the door. I remember saying to myself, "I am actually out of my body, touching things."

As I passed the doorway of my room, I immediately started walking into another place, green with foliage, trees, and bushes. I was approached by a woman followed by two more women. She indicated that she knew I would come before the end of the month; the date was January 24, 2005. She told me I was in the star system known as "the Place where the Sun shines before the Dawn." In casual conversation with Judy Satori, when we were courting, I mentioned my experience regarding traveling to the place where the Sun shines before the dawn. It wasn't

until many years later when Judy was channelling her book that the identical title was given to her. One character in her book, Capriccio, was from this Star System. Judy and I determined that maybe Capriccio and I resemble each other.

The women from this star system introduced themselves to me, first names only, and proceeded to tell me about myself. Among other things they told me, they mentioned I had the gift of telepathy. I really didn't understand this then as much as I do now.

It made me think back to my experience with the Lords of Amenti, and the way they had used telepathy to converse with me. Even so, the experience still didn't give me an enlightening moment where I might learn I have this gift. Maybe just the fact that I was receiving telepathic thoughts gave me a clue that I am telepathic too. I mention this only because of the importance of becoming aware of our thoughts and taking responsibility for our actions. Judy Satori used me as a sounding board to verify whether what she was receiving as a channel was accurate or not. I believe we all are telepathic. Of course the secret is becoming consciously aware of our thoughts in every moment and removing the everyday, mundane thoughts from our mind. This is not easy, but it is possible.

My Spiritual Guides the Great White Brotherhood have taught me that when a truth becomes a truth for me, I store that truth in my subconsciousness, which is located in my Solar Plexus Chakra, my third chakra. For example: two plus two equals four. This truth is registered as a truth in my Solar Plexus Chakra. All my truths - **whether or not they are true for anyone else** - get registered in my Solar Plexus Chakra. Most individuals believe their feelings are in their heart, and indeed the heart is the gateway to the feeling body. If one's heart is not open, then feelings of compassion, kindness, tenderness, and love cannot be expressed. One reason why certain people have heart attacks is they have difficulty in expressing the truth of their being. We are all created in the image and likeness of God, which is love.

The process of learning to type on a keyboard is slow until we register the true movements of each finger to the designated key on the keyboard; then that truth is stored in our Solar Plexus Chakra, our subconsciousness. If I make a mistake as I am learning to type, I have to go back and reprogram that finger to the designated key as a truth, so that I may continue learning to type accurately and fluently.

Knowing how our individual truths are stored in our subconsciousness at the level of the Solar Plexus Chakra does not necessarily mean that our truths are aligned with Universal Thinking. We can believe a "truth" that the Earth is flat, believe and store this truth in our Solar Plexus Chakra, and not have this truth align with Universal Truth, even though it is still a truth for us.

When our body is ailing in any way, it is attempting to tell us that our thoughts, whether conscious or subconscious, are not aligned with Universal Thinking.

This ailment then becomes a key to understand our body's method of communicating with us and to understand that the Universe has a system to assist each of us in identifying which thoughts are not in harmony with Universal Design.

Again, the Great White Brotherhood has taught me that the left side of the body represents **Spiritual Thinking** and the right side of the body represents **Physical Thinking**. When we receive anything from anyone else, we receive with our left hand and when we give anything to anyone else, we give with our right hand. When receiving anything from Spirit, including in meditation, it is with our left hand. Even if we are left-handed, when receiving anything, we receive with our left hand and shake hands with the right, receiving the gift with our left hand and giving thanks with the right.

If I feel discomfort in my left knee, I know there is a problem in my **Spiritual Thinking**, because it's on the left side of my body. Then I would ask myself, "What is my knee's function in my body?" *Knees* represent "support." Knees keep the body in the standing position. Each body part could have a different meaning to each person. It is the rapport that we establish with our guides that will in turn assist us in intuitively connecting with them.

If there were discomfort in my left knee, I would ask my Spiritual Guides, where in my thinking am I not supporting myself spiritually? What might have manifested the discomfort in my left knee? Almost instantly after asking, I receive a vision in my Mind's Eye Chakra replaying a script of events that caused the discomfort in my knee. This is a way of establishing communication with the inner self. My internal processing would indicate I was not supporting my spiritual self.

The thought might be that I had not been doing my best as a spiritual person. Or I might think I could do more and I was just being lazy. I would realize that I was not doing all I could to be the best person spiritually that I can be, not accepting myself in the moment, regardless.

Once I experience physical discomfort, I need to identify and relate it to either my physical or spiritual self. I consciously remove any imperfect thought and replace it with a positive affirmation specific to the afflicted area of the body.

If my left knee were painful, I would affirm, "I am a perfect, spiritual child of God and I am doing all I can in the moment to support my spiritual nature." Whenever I use this technique, the discomfort leaves immediately.

If on the other hand my right knee hurts, I would affirm, "I am a perfect child of God, and I am doing all I can in the moment to support myself through education, exercise, and diet for the greatest good of my physical being."

The old adage "Fake it until you make it" applies here. We need to be conscious of our thinking and not allow any negative pre-programming to interfere with our current reality.

The adage "Physician, heal thyself" applies here also. We have the responsibility to allow only divine love to penetrate our consciousness in all our thoughts, words, and deeds. Our belief system - stored in our subconsciousness - allows us to respond to life automatically without thinking consciously. It is extremely possible that we ourselves programmed our belief system erroneously. We always need to examine the motivational energy behind each thought and action. Why am I thinking this or why am I doing that?

If our thinking is not aligned with love, then we may need to reprogram our thinking. It takes courage and time to examine our thinking and entertain the possibility that we may not be correct in believing what we thought was true.

When we shun responsibility for our feelings and actions, it is easy to accept the teachings of others as gospel, even when they may not be true.

In growing up, I was taught that the Office of the President of the United States was conducted in a very ethical, professional manner. I had respect for all the presidents, their leadership, and their conduct during office. No one ever questioned the decrees declared by the president and carried out by congress. However, as the extramarital affairs were slowly leaked regarding President Kennedy, the Watergate spying of Richard Nixon, and the "frolicking" of Bill Clinton, I found that what appeared to be true regarding the professionalism of the office might not be totally what I had learned. As the doorway of time opens to reveal the personal lives of previous presidents, like Roosevelt, we find that the truth of their conduct was not always as professional as we had expected.

Remember, we need to question everything we are taught as a truth if we are going to file it away in our Solar Plexus Chakra, as we are responsible for the workings of our unconscious thoughts.

If our belief system cannot withstand being internally or externally challenged, then it is time to review and modify our belief system and our thinking. We can't walk the path of self-mastery without reviewing our belief system. We can't take charge of our life and manifest the creations we want to manifest in our life without reviewing our belief system. Our unconscious thoughts are always manifesting our reality. Our subconsciousness doesn't know that the truths we store in our Solar Plexus Chakra might not be true. This is the reason why there have to be conscious checks and balances in what is stored in our subconsciousness. We need to review our belief system, to make sure all "truths" in our Solar Plexus Chakra are part of Divine Truth and each person can only do this for themselves.

One way to challenge our beliefs is to carefully think them through. The responses "Because" and "I have always known it to be this way" demonstrate a spiritual laziness. If, from our heart, mind, soul, and body we cannot feel the truth in our belief system, then it is time to review each of our beliefs and modify the faulty ones. How this applies to healing will be apparent in the following analogy.

A stiff neck suggests there might be a flaw in our thinking. The neck allows the head to move about, observing and seeing things from every angle. "The neck" therefore represents flexibility in our thinking, whereas "the head" represents intelligence. So, when the neck is stiff, limiting head movements, it indicates that we are inflexible in our thinking and that we may be narrow-minded. Consciously opening the mind and being willing to question our belief system will dissipate the stiffness in our neck.

A necessary step to self-mastery is reviewing who we are, what are our truths, what is in our belief system, and asking whether these beliefs belong to us. By accepting our self or examining our subconsciousness, we start to accept others in their approach to life. By not making an excuse for who we are, but accepting our self and working to be the best we can be in every moment moves us along the path to self-mastery. Just because our truth doesn't resonate for another does not negate it as our truth. Of course, the reverse is also true. Accepting others where they are in their awareness is accepting our self in our awareness.

"Do unto others what you want done unto you." Routinely accepting others will automatically create a forgiving environment for our own experiences. To accept our self in every moment, which in itself is nurturing, creates the gift of a self-healing consciousness.

CHAPTER 9

Faith

Faith is a belief that becomes a knowing. In the context of the path of self-mastery, faith is an innate feeling that we know there is a purpose for who we are and why we are on Earth at this time. Faith is a trust that all our experiences in life serve a purpose. Faith is a knowing that the Universe will take care of us. Faith is a belief that all of us are here together to serve a purpose.

Spirit has taught me that each of us chooses to incarnate on Earth at just the right time. Life is a playground where individuals come and learn who they are through the soul's life experiences. We know our spiritual being is perfect, being created in the image and likeness of God. However, our thoughts create our physical reality. If there is imperfection, it is only in our thinking. So, the responsibility of each individual is to ensure she is consciously aware of what she is thinking in each moment.

Back in December 2000, I often found myself wondering the question, was it our choice to come to Earth or were we cast here as part of the fallen angels? On my initial visit to Peru, I was not aware of the shamanic drink called "Ayahuasca," and so I knew nothing about the Goddess of the Ayahuasca who is able to grant the drinker answers to their internal questions. Not knowing this and not seeking answers from drinking the Ayahuasca, I was pleased to see in my Mind's Eye Chakra the answer to the question about whether we come to Earth through our own choice.

Sitting in a rocking chair made by hand out of reinforced steel rods created for cement foundation structures, I received the most detailed visual picture in my Mind's Eye Chakra as my answer. It showed me sitting on a throne on top of a globe, wearing royal clothes, dressed like a king, with a golden staff in my left hand. In front of me were all the stars in the Universe. Then, from the left of my peripheral vision, slowly moving from left to right was a left hand with the index finger pointing down. This pointed finger moved slowly, almost completely to the right of my peripheral vision, then slightly down, and stopped at a particularly small, barely bright light, and in my mind, I heard the word "choice." When I heard this word "choice" in my mind, I knew the finger was pointing to Earth. I had completely forgotten about the question I had been wondering, but as soon as I heard the word "choice," I knew it was the answer to my long-pondered question.

Since then I have learned that not everyone can come to Earth. Earth is a training ground for soul learning. We have to achieve a certain level of mastery before being selected by our star system to come to Earth. Once here, already being a Master, we have the opportunity to become an Ascended Master. Our soul's learning lesson here on Earth is to understand that all manifestations are first created in the mind as thoughts. Whether they are conscious or subconscious, all thoughts create our reality. Our soul's learning lesson on Earth is to ensure all our thoughts are loving thoughts, as we learn to become Ascended Masters and move to the next realm of existence.

Once a spiritual being commits to coming to Earth, we start a dynamic education process of evolving from living at the level of the ego to living at the highest level of conscious awareness of our existence, Divine Consciousness. The outside world programs and teaches us until we become aware of our internal world. Believing we are alone and separate as individuals, the ego develops. Only when we learn to rise above the ego and evolve into the oneness of our spiritual consciousness do we really start our path to self-mastery. It appears to be a dynamic

struggle between spirit and the ego. But, in reality, it is a process of letting go and having faith in who we really are. We must become conscious that we are spiritual beings. We are Spirit that has manifested in flesh. Our purpose is to realize that each of us is created in the image and likeness of God, and each of us is going through his or her own training program.

In her book, *Sunshine Before The Dawn* (published by Satori Incorporated, Second Edition, 2012), Judy Satori writes that we incarnate to Earth as spiritual beings to receive the twelve-strand-DNA body, which, once mastered, we can then embody to traverse through the lower heavens. I quote her email to me of April 18, 2013: "Judy Satori's book *Sunshine Before the Dawn* discusses the concept that around 100,000 years ago, beings from various star systems chose to incarnate on Earth to take into their soul DNA a more advanced twelve-strand genetic code that is now, since December 2012, being more fully activated with the Earth's shift to the faster pulsating energy domain of the fifth dimension. In time, probably several hundred years, this twelve-strand DNA genetic code will allow for physical Earth beings to traverse the twelve dimensions of reality within what is called the lower heavenly worlds."

Currently, this process of traversing is not possible due to the limitation of the vibrational frequency of the inhabitants of each dimension. Twelfth-dimensional Spiritual beings cannot survive long in lower dimensions and the reverse is also true: lower-dimensional spiritual beings cannot survive long in higher dimensions. So, by receiving the twelve-strand-DNA body on Earth and learning to master its potential, one can traverse through the higher dimensions. In addition, where Star Beings from different dimensions may not be able to co-create with each other, once all Star Beings in the twelve lower heavens reincarnate through Earth, they will be able to co-create with one another.

Since the early 1970s, I have had a sense that I would never die. I can't explain it, but I just have this realization that - whether just for me or for the times we will be living in - death will be no more. The more I expose myself to twelve-strand-DNA knowledge and know that my thoughts create my reality, the more concrete is my faith that death is a belief imposed upon us.

As I said in the Preface, early in 1974, I had a spiritual reading from a metaphysical minister, Reverend Shirley Dee. I was so impressed with this reading that I wanted to become an ordained metaphysical minister myself, one of her students. Aware that I was ready to move along on my own training program and yet still unaware of the guidance I was receiving from the Great White Brotherhood, I was prompted to teach myself to meditate. That was in March 1974; my wife was pregnant with our second son. It was convenient for me to meditate as she was tired after working all day and our young son was in bed early. We were living on Chesapeake Bay at the time, and I would sit in the living room overlooking the bay with the lights out. I would light a candle and begin to teach myself to meditate. I thought that if I followed another person's teaching, I would only learn as much as they knew and I didn't want any restrictions in what I was about to learn. I had confidence and faith in my ability to do this on my own. I guess it may be part of my make-up, but I like to see what I can do on my own before asking for help. In reflecting on my path, how one experience has led to another, I wonder if I hadn't had the spiritual reading, would I have started to meditate on my own? If I didn't meditate, would I have had the experience with the Lords of Amenti? We never know where our life's experiences will take us, one step at a time. Would I be writing this book on *How to Play the Game of Life*?

So I developed my own routine and sat quietly, disciplining myself as to what I thought was the objective of meditation using my own guidance. Surprisingly, it didn't take too long before I started to get some positive feedback from within. First I had to learn to still my body, stop the wiggling and itching, and all the distractions the body used to disrupt my meditation.

After learning to still my body, I started to settle down into a more peaceful place within, from where I could move directly into the silence, a cozy place where I felt comfortable. As soon as I found this cozy spot within, the television next to me would give off a loud crackling sound as if the picture tube was discharging electrical energy. Of course, this startled me, but as soon as I was startled, a strong wave of energy moved through me from head to toe. This didn't happen just once, but every night that I sat down to meditate. The television never made this noise at any other time in the day, only when I sat down to meditate and found my cozy place within. Since I was new at meditating, I had mixed feelings about this electrical sound from the television. On the one hand, I felt like I was communicating with Spirit, but I wasn't sure if this was the type of communication I wanted.

I discussed this with my metaphysical teacher Reverend Dee, and she said, "If it is bothering you, tell them to stop." Well, it really didn't bother me, but that night, when it happened again, I asked "them" to stop. Since then I have never heard the television set make that noise again. This gave me a sense of faith in myself being able to be in charge of my meditation sessions.

After about a month of meditating, I started to see colors, the most beautiful greens and blues I have ever seen; nowhere on Earth have I ever seen these colors. This lasted for a couple of weeks, and then I started to feel extremely pleasurable feelings in my genital area. I remember thinking that I wasn't even entertaining any sexual thoughts, yet this pleasurable feeling was flowing through my body, all originating from the genitals.

This went on for a couple of weeks mixed in periodically with the colors and eventually with numbers. I began looking forward to my meditations to see what else was going to materialize. My meditations started to become the highlight of my day. At first, they lasted about ten to fifteen minutes. As the colors, numbers, and sensations started to happen, my meditation time extended to about thirty to forty-five minutes. I could sense when the time was up. There was a feeling of completion.

Next during my meditation came a pulsating feeling behind my lower breast bone. It took me a little while to discern whether it was my Solar Plexus Chakra or my heart. However, I could feel my heart beating, approximately a couple of inches higher. At this time I didn't know anything about chakras. Looking back, I realize I was opening my chakras, one by one, and the pulsating was my third chakra, my Solar Plexus Chakra opening, according to the Great White Brotherhood. This process of my third chakra pulsating was to totally activate and engage my feeling body. This pulsating - only during my meditation time - continued for a long time, maybe three weeks.

Shortly thereafter, the next time I went into meditation, the pulsating began behind my lower breast bone and, at the same time, I heard a roaring noise like a tornado in my right ear. My breathing started to take up a very deep, uncontrolled, rhythmic breath. Next, I became aware of an energy force moving slowly through my left palm and moving up my arm. I remember still being calm, almost as if my conscious mind was apart from my body, observing a machine that was engaging in a process that I didn't know. Even with all that was going on, I still found myself relaxed, observing the experience. I remembered that I had said the Prayer of Protection, so I really didn't feel any danger. I knew that what I was experiencing was okay and in accordance with my development.

I was a little concerned that the energy moving from my left palm up my arm was from an unwelcome outside influence. I didn't know about Axiatonal Lines at the time, but I was reminded that I had said the Prayer of Protection, so I was patiently feeling the experience.

However, in *The Book of Knowledge: The Keys of Enoch*, author J.J. Hurtak, Ph.D. (published by The Academy for Future Science, 4th Edition 1996) explains about “Axiatonal Lines,” which he says connect levels of human electrochemical activity with astrobiological circuits that span the solar system and are connected with resonating star systems. The Axiatonal Lines connect the acupuncture mapping of the human biological system with superior astrobiological analogs. In other words, within our twelve-strand-DNA potential, there is the capability for humans to be programmed by beings from other star systems. It is important to understand that as we discipline our actions, thoughts, words, and deeds, outside energy forces can assist us by reprogramming our biological being. When we come to Earth, in lieu of being the previous Earth beings resulting from the initial fall from consciousness, we all receive the twelve-strand-DNA coding as part of becoming the “new Hu-mans,” as Judy Satori calls us in *Sunshine Before the Dawn*: “recognizing that *hu* is the sacred sound of God” (page 52).

From being aware of pulsing in my Solar Plexus Chakra, hearing a roaring tornado in my right ear, feeling an energy force moving up my left arm, I felt this energy force moving through my left shoulder into the upper cavity of my body, when a brilliant bright light, like pure white phosphorus, illuminated my Mind’s Eye Chakra. This light was so brilliant, even though my eyes were closed through my meditation practice, I found myself squeezing my eyes shut even harder in an attempt to block the light out. Needless to say, I couldn’t stop the light from permeating into my Mind’s Eye Chakra and, indeed, my whole being.

All of a sudden, I felt myself spiraling out of my body and out of my house. I was living at the time on the Chesapeake Bay, in southern Maryland, and I felt myself floating over the bay. This was the first time I was actually conscious while being out of my body and I was clueless about what to do.

Once out of my body, the first thought that entered my mind was: “All I am is consciousness.” I had been meditating for only a few months and really didn’t know what was happening. At the time, I really didn’t know how I had got out of my body, I didn’t know where I was going, and I really didn’t feel comfortable being out of my body without a plan. So I sent a thought to my Loved Ones, “PLEASE return me to my body.” Before I could finish the thought, I found myself spiraling back into my physical body. I later found out that once out of the body one can travel throughout the Universe by our thoughts. This is another reason why self-discipline in our thinking is extremely important: if one’s thinking is not disciplined, one might seek a place that could be detrimental to one’s development.

After my Kundalini experience, as I came to call this first out-of-body experience, I started researching whether others had experienced something similar. Since that first event, I have learned that there is a process developed by Kundalini Yoga Masters in which they practice raising their Kundalini energy. This energy is in all of us and is stored in the Root Chakra, at the base of the spine until it activates. Through meditation, and various esoteric practices such as Kundalini Yoga, Sahaja Yoga, and Kriya Yoga, the Kundalini awakens, and can rise up from the Root Chakra inside or alongside the spine. The progress of Kundalini through the different chakras leads to different levels of awakening and mystical experiences, until the Kundalini finally reaches the Crown Chakra at the top of the head, producing an extremely profound mystical experience. When this happened to me, I felt as if I reached the next level of my spiritual path.

The activation and rising of the Kundalini ought not to be your intention during meditation. My only intention was to be the best person ever to be serving God. If the student is

not physically and spiritually prepared, raising Kundalini too early can be detrimental to his well-being.

In 2007, I was searching for a daily exercise routine that I could look forward to doing to keep myself in shape. Someone recommended that I take up Kundalini Yoga, based on my previous experience and its similarity to the raising of the Kundalini.

I practiced Kundalini Yoga every morning at 4:00 a.m.; a year later, I went to Hawaii for Kundalini Yoga certification. In 2008, I signed up to become a Kundalini Yoga teacher. After a month of teaching Kundalini all day every day, I was certified to teach Kundalini Yoga internationally.

Did I have a ***Raising The Kundalini Experience***? It really doesn't matter what I call it; the experience was my soul's learning experience, and it led me to become a certified Kundalini Yoga Instructor. One of my Kundalini Yoga teachers, Guru Rattana, had studied directly with Yogi Bhanan, the Yogi who had brought Kundalini Yoga to the West in 1969.

The purpose of telling this story is to explain that I learned I am pure consciousness, and, even though I hadn't been in my body, I was conscious of what was happening around me, and I was aware that my thoughts were creating my reality.

Earth is a planet of sensations. Some are pleasurable and some are not. Normally, pleasurable experiences give satisfaction to the body's desire for sensations, and these sensations have a tendency to seek control over the individual and their SPIRIT. It's a vital lesson for each of us to realize that, as Divine beings, we have received dominion over "the fish of the sea, the birds of the air, and the beasts of the field." These references are metaphorical: *the fish* represent our spirit, *the birds* represent our thoughts, and *the beasts* represent our sensual nature.

Another important lesson to embrace unequivocally is that **EVERYONE IS A CHILD OF GOD CREATED IN THE IMAGE AND LIKENESS OF GOD**. As such, each of us is here to use our abilities to manifest the greatest good for the greatest number. This requires us to forgo selfish intent and be motivated for selfless reasons for the good of all. Each of us is in this spiritual training program together, but individually. Our unique training program depends on how we act toward one another and how we respond to one another.

However, to bring something into manifestation consciously takes awareness. FAITH that we are a child of God is the fuel that brings anything we visualize, feel, and speak into manifestation. That's what Jesus did, when he turned water into wine. He also said, "The things I do, you will do, but even greater." We can do even greater acts than Jesus did, by realizing that we are created in the image and likeness of God, and by knowing that Love is the creative energy of the Universe. Faith is the process of knowing that our internal spiritual awareness is constantly guiding and assisting us, until we finally "get it."

The voices we hear within us are the voices of our loved ones in Spirit form who have the responsibility to guide, guard, direct, and protect us during our soul's learning. We have mentors, teachers, superiors, coaches, and instructors in the Spirit realm assisting us even before we are aware of the voices within. As above, so below: if we look at our school system, regardless of what grade we are in or what level of learning we are reaching for, we have mentors, teachers, superiors, coaches, and instructors. They are prompting us to improve the quality of life for our self and eventually for everyone.

We go through a similar process if we intend to take the advice of our friends. When a friend gives us advice, we discern whether their advice is in alignment with the truths of our being.

Once we trust that the voice within is positive in intent, *feels* appropriate, and is aligned with the truth of our being, then we can work with that energy.

We initially rely on FAITH to learn to see with our inner eyes, hear our inner voice, and sense with our inner feelings. We also rely on FAITH when we feel we are taking action in the direction of our inner guidance.

Remember: we are *GUIDED, GUARDED, DIRECTED, AND PROTECTED IN ALL OUR EXPERIENCES OF LIFE.*

As parents, we would never allow our children to play in a playground unattended; our Spiritual guides would never allow us to play in the playground of life without watching over us.

Regardless of what one experiences, life is either for our educational development or our spiritual growth; it's a soul's learning lesson. Do not allow any negative emotions - fear, blame, doubt, insecurity, or lack - to play any part in your experience. Negative emotions are also there to teach us it is unproductive to manifest anything that is not for the highest good of all, in every moment.

I have complete Faith that my experiences are for my own good. There is a lesson to learn in each and every one of them. If I look objectively at all my experiences as lessons, I will be able to find a gem within each one. It may be learning the grace of patience, generosity, sharing, love, tolerance, trust, appreciation, or kindness; all these are qualities of God. There is a valuable piece of wisdom to glean from every experience. **The key is being aware in every moment.**

If we focus on what it is we need to learn spiritually, then self-awareness will come more quickly. Blaming others for our lack too readily prevents us from learning the lesson. *If we miss the lesson*, the opportunity will be presented to us again and again until we learn it. Continuing to hear and know this will reinforce our learning. When teaching a lesson, the professional instructor repeats it several times so that the brain receives the message. Once a lesson is learned, there's no need to have that particular experience again. We are then free to move on to other experiences.

Once we accept that Earth is a classroom for soul learning, we know that there are lessons to learn here. We know that all thoughts manifest our reality, because nothing can manifest unless it is first conceived in the mind as a thought. Developing Faith means believing in our self and the capabilities we have within each of us. If we have only as much Faith as the size of a mustard seed, which is one of the smallest seeds on Earth, it will eventually bring us to the realization that life on Earth is for our spiritual education. Life on Earth prepares us for the responsibility of God-Consciousness.

CHAPTER 10

Love

“What is Love?” This question about love has been answered from many different points of view, depending on whether we are the receiver of love or we are the giver of love. Depending on our experiences in life, we may have several answers. The expression of love takes many different forms.

The personal love I have for my wife in itself has many facets. It comprises romancing, befriending, nurturing, caring, protecting, teaching, and partnering. The personal love I have for my children is different. That love is befriending, nurturing, caring, protecting, teaching, and disciplining. The love I have for humanity is more of a compassionate love, with less attachment than the personal love I have for my children, but still a connection where I want the best for everyone, without having a direct influence on their happiness and well-being.

We cannot expect the love we have for others to be returned in the same way we give our love.

How we express ourselves is based on how we have been conditioned as children to express ourselves, our experiences in life, and how comfortable we feel about ourselves. It would be foolish to expect others to love us as we love them. In fact, it would be foolish to expect anything in return, as love is a gift from our heart without any expectations. If we expect anything in return, then it isn't a gift, as there are no strings attached to gifts. Our gifts, if they are gifts, have no strings attached, regardless of the gift.

I love my children very much, but not with the same feelings that I have for my wife. My feelings for my children, especially when they were little, were of wanting to guide, guard, direct, and protect. Having four boys all within nine years of each other, I felt at times, because of their mischievousness and their attempts to avoid their household responsibilities, that I was more of a prison warden than a parent, all done in love. As we can see, the feeling of love takes on many different expressions.

There are universal symbols that define love as an action or an event. Some examples are a kiss, a poem, or a song. Love could even be a disciplinary action by a supervisor or a parent. Being direct with a friend, telling them the truth as we see it, and even trying to help a friend to see their own actions more clearly by telling them that we believe their behavior is inappropriate are all forms of love. An expression of love may even be saying nothing at all.

A loving intention wants the best in every situation, regardless of how it may reflect upon our actions, and without concern for another's feeling toward us.

What I have learned is that love is a sincere expression of the soul in taking the correct course of action without any consideration for reciprocation. In other words, it's an action performed with no motive for benefit. There is no result except feeling uplifted or contributing to Universal Oneness. This, to me, is **AN ACT OF LOVE**.

There are a couple of rules - such as “Rule #1: I live in a free-will Universe” and “Rule #10: I am not responsible for the thoughts, feelings, and actions of any other person” - that reciprocally ask us to honor the free will of another. These relate to the Act of Love.

For example, we might believe that cigarette smoking is hazardous to one's health. But we have no right to interfere with the rights of another by crushing out their cigarettes without their permission. It's different though, if someone has noticed that we have stopped smoking and

they ask us for our advice; then we can assist. If we are not invited or asked for our assistance, we have no right to interfere in the free will of another, regardless of how helpful we believe our act of love might be.

If you are not freely feeling a sincere intention to perform an act of love, then don't do it. It would not be love. There is no value in doing anything if the divine quality of our heartfelt intention is not there. If we are doing an act of love because we look good to others doing it, it is no use; there is no value in our intention and, most of the time, other people see us for what we are doing.

At one time, I used to help my neighbor paint his house on a routine basis. After a while, I found myself feeling that I really didn't want to help him, and I was only doing it because I thought it was expected of me. When I realized I was only doing it out of habit, because I felt obligated, guilty, and embarrassed to say no, I stopped assisting him. I realized that there is a time for self-love and self-respect for the things that are important in my life, and this was one time. It really didn't affect our relationship too much; it was more of a soul's learning lesson to say no when my heart energy was not in to doing something that I really didn't want to do.

If I am asked to participate in anything nowadays, I will only agree if I feel that I will be doing it as an act of love. If I do not feel as though my energy will be heartfelt, I simply have a standard answer: "Gee, I am sorry, but I have made other arrangements." My other arrangements are those in which I feel I will give a better performance; regardless of how mundane it may seem, it will be where my heart is. It could be just taking time to rest, read a book, or perform some chores.

The point is we honor ourselves by being free to make choices in our lives, just as we honor others to make free choices in their lives. The process of the Universe is it works in harmony, balance, unity, and order for the good of all. If each of us demonstrated this process in our daily life, it would bring us into alignment with Universal concepts and renew the love we have for our self and others.

CHAPTER 11

Parenting

Parenting is a soul's learning lesson to see if we are qualified to understand what God-consciousness is all about. It's a subtle way of seeing what it's like to be Godlike without realizing it. Parenting is a process that teaches us to allow our children to have free will as they learn to express themselves. With all the responsibilities of a married couple, throwing children into the mix forces us to adjust our thinking regarding the responsibilities of the welfare of the entire family.

These family responsibilities sometimes are agenda items to be tackled at a later time depending on finance and necessities of the family, but are acquired quickly. By "agenda items," I am suggesting we know, if we plan to raise a family, that there are certain things that must be in place, such as health insurance, child care, a type of religious upbringing, financial savings for the future, and other areas through which building a family makes a house a home. As parents, our thinking shifts from thinking as a couple to thinking as a family. For the welfare and development of each child, we consider their physical, mental, emotional, and spiritual needs. Now, as parents, we have taken on a fraction of the responsibilities of what God-consciousness might be like when God looks after our needs.

Parents love their children regardless of their appearance, intelligence, personality, and outward attributes; they love their children unconditionally. Parents watch over their children to make sure there is an abundance of food, clothing, and shelter. They know when their children need something before the child asks. They anticipate their child's every need, and they provide for it. They ensure that the child is never inconvenienced by any demands of life.

There are also adults who experience the same care-giving dynamics, who may not be parents, but still have a responsibility as guardians for children. These include teachers, aunts, uncles, babysitters, day-care providers, and even older sisters and brothers.

Parenting is God's way of allowing us to understand how he takes care of us, as we expand from only taking care of ourselves to taking care of others.

A parent demonstrating unconditional love for their child is a reflection of God demonstrating unconditional love for all of us.

God-consciousness is really innate. It lies dormant until the time comes for it to unfold into our awareness, when we release the ego and create for the good of all, which is the heart of God. Unfolding into God-consciousness always happens in the perfect moment. Being created in the image and likeness of God, one learns the pleasures of giving unconditionally while rearing our children.

Accepting the parenting responsibilities of our position or role in life allows us to merge into the Oneness of God-Consciousness. There are many responsibilities bestowed on parents, sometimes an overwhelming number. By embracing our parental responsibilities, the qualities of God unfold within us, such qualities as perseverance, patience, determination, discipline, will, strength, order, and humility.

When the realization of God-consciousness unfolds within the mind of a parent, it is similar to the way a parent plans how to raise, educate, and teach the responsibilities of daily living to each of their children. It prepares the parent to act out of unconditional love in caring for their children. It also allows the parent to sample the omnipotence of unconditional love through their relationship with their child. The parent guides the child, allowing the child free

will to use their God-given talents and abilities, and to be a free expression of whatever the child wants to be through the guidance of the parent.

In raising my four boys, I found myself being more of a dictator than a God-conscious, loving parent. These boys, when they were little, all within nine years of each other, were hell-raisers. They had different personalities that played and worked together with the result that all four attempted to connive to outwit me at every turn. I had to be on my toes constantly, laying down the law to keep them in check. I could always count on my youngest son to give me the truth on who did what, when, where, and why, until he turned nine years old, when he went to “the other side”! The “other side” was teaming up with his brothers; suddenly he knew nothing, saw nothing, and heard nothing.

From then on, I had to rely on my wits and discriminatory thinking to decide whether they had stayed within the confines of our family values. We had an agreement that once someone had been disciplined for their inappropriate action, they had served their punishment, and nothing more was said regarding that action, unless it happened again. Normally, we kissed, made up, and moved on. Life works the same way when we forgive others: we kiss, make up, and move on.

The next lesson for a parent or anyone in a guardianship position of responsibility to learn is that **all children are our children, not just the ones we have given birth to or we are responsible for**. As difficult as it may be to comprehend, we are only guardians to these souls we call our children. The Universe has selected us and the new born has selected and trusted us to guide, guard, direct, and protect them through the development stage until they take responsibility for their own thoughts, words, and deeds. So, it is extremely critical that as parents we set the example for these children to follow.

I also found myself relating to neighboring children as their parent when they were visiting. I would include them in all the chores my boys were involved in: stacking fire wood, doing the dishes after sharing dinner with us, taking the trash out. I found the neighborhood children enjoyed being included in the chores, dinner, and any entertainment they were involved in with my boys, as if they were part of my family.

I believe it reflects that all children are our children, especially when they are under our care.

To love all children unconditionally is the next step in learning to extend Divine Love to everyone. Divine Love is our universal gift to give to all, regardless of race, color, and creed.

CHAPTER 12

Spirit

When we imagine *spirit*, we might envision a transparent entity similar to a ghost gliding across the floor, barely touching the ground. However, each of us is a spirit, embodied in flesh, in this biological computer that we call a human body. The expression of our soul or what we call our personality is what distinguishes us from one another. This means that each person is spirit personified. Let me explain.

If you ever watch someone sleeping, you see they move very little; except for inhaling and exhaling, and a twitch here and there, they appear to be lifeless; their personality is not being expressed. When that person awakens, they slowly become aware of their surroundings and start to communicate; expressing the person they are when they are in their awakened state. We see again the expression of their life force, and their personality re-appears. When the body is motionless and asleep, it has no personality to express through it. When the spirit returns to the physical state, it animates the body via the personality. The personality is the means through which spirit chooses to express itself.

Our spirit is embodied in flesh. Each personality embodied in flesh is like a grain of sand or a snowflake in that it is unique in its way of expressing its existence based on its experiences. We come here as spirits embodied in flesh to experience the sensual effects Earth experiences attempt to teach us for our soul's learning.

Nature is one of my teachers. Whenever I cannot find an answer to any of my inquiring questions, I find myself looking to Nature for my answer. I feel that the Universe provides us with the Nature Kingdom to assist each of us in understanding ourselves by observing nature.

I find trees, birds, and insects are metaphors for personalities. Some of us are as strong as the oak tree, or as shallow as the shallow roots of the evergreens; some are deep thinkers, for "still waters run deep"; some of us fly from one subject to another like a butterfly; some of us get our feathers ruffled easily when the breeze of conversation gets personal. All these metaphors reveal our nature.

Of all the kingdoms – mineral, plant, animal, angelic, and human – the Human Kingdom is the only one with free will and the capability to use the mind and heart's desires to create. The human kingdom also has the responsibility to serve ourselves and all the other kingdoms, including the angelic kingdom.

Our responsibility as embodied spirits is to perform every possible expression of our being in a divine manner. Life is not about quantity. Life is about quality - the quality of our actions. It is about being conscious of our thinking as it relates to each action, expressed with our whole heart, mind, soul, and body. It is extremely difficult to be conscious in every moment, fully comprehending that our true nature is consciousness, here embodied in flesh only to experience the gifts of God and learn the wisdom of Universal Thinking through our soul's learning lessons.

It would serve us to know that when we die, our consciousness leaves the physical body and moves on into the Spirit realm. There is no loss of awareness on the part of the deceased person. "Their time is up"; "their mission is accomplished"; "they can return to base"; "their shift is over"; "the trip is complete." We can say it a hundred different ways, but the only sad part about the demise of a person is that their family and friends won't be able to stay in touch with them again physically in our current understanding of "life" and "death." We may feel their

presence, but the ability to kiss their lips, stroke their hair, hold their hand, or watch them smile is gone.

I have attended many funerals and have even facilitated a few over the years. The one common thing that I hear from mourners over and over again is the inability ever again to personally express their love for the deceased. A common phrase I hear is, “I didn’t tell them how much I loved them.”

My younger sister lost her husband when he was in his early forties; he passed suddenly, from a heart attack. On the morning in question, he just happened to be leaving the house later than my sister; normally he left before her. As she was rushing off, already late for work, he held her hand and said, “You know I love you forever.” She thought it was an odd thing for him to say, a little out of character, yet not uncommon for him to say something silly and loving.

Later that morning, while she was at work and after she heard he had died, his last words played over and over in her mind. It was as if on some level he had known what he was saying.

Later at the wake, so many other family members regretted having no further opportunities to share their feelings with him. He had been a great father, a great supervisor, and they appreciated who he had been.

The inability to tell our loved ones after they have left this Earth how much we care for them is unfortunate when we can no longer express our feelings directly to them. We can save ourselves from this unfortunate fate by calling our loved ones right now and expressing our sincere appreciation for them. Express the joy they bring you. Learn from the misfortunes of others by not waiting until your loved ones are gone to tell them, “I love you,” “I appreciate you,” and “You are so special to me.” Even in the Spirit realm, they are with us, but it is not the same. As we all know, out of sight, out of mind. We remember them, but their personality - the expression of their spirit - is what we miss.

There are other spirits roaming around here on Earth that we cannot see, but they can influence how we act and think. These spirits have not moved on and maybe don’t know how to. Initially, I did not believe in attaching entities - spiritual entities, already physically dead - who could attach themselves to someone else. I firmly believed that a person, judging from my own perspective, would never allow this. I never taught this, but it was just my personal belief system.

One early morning, about 2:30 a.m., while on my morning meditation walk of approximately three miles, I felt someone behind me. Mind you, it was early morning, it was pitch black, there were no noises in the air, and yet I felt the presence of someone behind me. I had taken hundreds of these walks by this time under these conditions and had never had this feeling before. I stopped, turned around and, of course, no one was there, even though I expected to see someone. It wasn’t until after this experience that I started to use the Prayer of Protection before my meditational walks.

Two days later at about 8:30 p.m., when the boys were getting ready for bed, my wife came to me and told me that our youngest son, who was eight years old, felt that, in the past couple of days, whenever he went into the bathroom and looked in the mirror, he expected to see someone standing behind him. Immediately, I realized what had happened. This discarnate soul who had attempted to attach to me, had attached to my son. I believed this soul knew that I could assist him to move to the next realm of existence, even though I didn’t know that fact myself. So, when he didn’t get my attention, he attached himself to my son, and then I became more involved.

My wife and I brought our son into our Green Room, which was our healing room, painted green. My son explained to me what he was experiencing and I told him I was going to

recite a Prayer of Protection; my guides were directing me here. Never having performed this before on a real person with an attachment, I wasn't too sure of the outcome but felt confident. So I said the Prayer of Protection. This prayer only takes about thirty seconds to say, if that long. During the prayer, I could feel energy moving through me from my Solar Plexus Chakra to my head.

When I finished the prayer, I asked my son how he felt. He immediately responded, "It's gone." I asked, "How can you tell?" He said that as the prayer was being said, he could feel the entity leaving him and moving out of his body upward. I asked again, "Are you sure?" He replied, "I'm positive. I feel like my old self again."

I now became a believer in soul attachments. Not only that, I have performed this Prayer of Protection in other incidents where I felt the presences of entities, and received confirmation of the entity leaving me from the movement of energy from my Solar Plexus Chakra to my head. My guides taught me that, since I am a light worker, lost entities would be attracted to my light knowing I could assist them in their ascension. After this incident with my son, on several occasions after teaching my weekly meditation classes, after everyone had gone home, and just before dozing off to sleep, I would see these entities standing at the foot of my bed. Of course, out of compassion, I would wake up fully and say the Prayer of Protection to assist them on their way.

There may be many of us who have entities attached to us, influencing our thinking, our actions, and maybe our words. I say the Prayer of Protection daily as a good habit to ensure that my energy field is free from any influential entity whose love and wisdom is not equal to or greater than my own. I highly recommend incorporating this short prayer into your daily routine (see Appendix).

We all are spirits embodied in flesh. Since we humans and the Earth are now in the fifth dimension, we vibrate faster than we did in the third dimension. But we are still vibrating at a slower frequency than someone in the seventh dimension. The faster we vibrate, the more transparent we are. Jesus also had the twelve-strand-DNA body and he was able to take his body with him. So, maybe when we are fully aware of the functionality of this twelve-strand-DNA body, we will be able to traverse into the higher dimensions, taking our body with us.

CHAPTER 13

God-Consciousness

What is God-consciousness? God-consciousness is a state of being in which we express our complete self through Divine Love. Divine Love is also a state of being in which every thought, word, and deed that enter our mind, body, and soul are intended for the greatest good of all. It may be difficult to be in God-consciousness twenty-four hours a day, seven days a week. But every attempt to emulate God-consciousness is one step closer to being Godlike.

When I was in Hawaii practicing and studying for my Kundalini Yoga Teacher Certificate, there was a gazing meditation exercise we did that is called *Tratakum*. We were given two pictures for this exercise: a picture of Goddess Green Tara and a picture of Yogi Bhajan. Each of us was to gaze into the eyes of these advanced souls in the pictures and feel what message they had for us.

When I looked into the eyes of Yogi Bhajan, after a few minutes, I heard in my mind, “See love in every moment.” When I looked into the eyes of Goddess Green Tara I heard, “Be love in every moment.” I felt this was a state of mind to reach for, as a goal to be in every moment.

To describe what it’s like to be God-conscious, we might imagine it would be similar to the analogy of being in the consciousness of the most knowledgeable person in the world on all subject matters, willing to assist anyone and everyone with a loving, compassionate, and understanding persona.

So, to take on the consciousness of God, we might put our attention on things that we believe God thinks about. We start by becoming aware of our thoughts and discerning whether God might be thinking such thoughts. It is not easy to remove all hatred from our hearts, since we learned it throughout our life from parents, friends, governments, religions, and schools.

If we arbitrarily dislike a race, a culture, a person, or indeed anything, we must really question why.

In my younger years, I would find myself rationalizing whether I would contribute to street people. I would periodically put a dollar in someone’s hat on the sidewalk, if I felt drawn to do so, but not for everyone I saw. Then one day, I stopped in my car at a traffic light with my window up. Out of the corner of my eye, I noticed a middle-aged black man in old, worn clothes approaching my car. At first glance, I made the mental observation that he was healthy enough to work, and so he ought to be spending his energy looking for a job rather than panhandling. When he approached my car, I pretended I didn’t see him. He banged on my window and said, “I know you can afford some money.”

In that split second, I felt it was God talking directly to my soul, chastising me for not helping out one of his children. I could afford a dollar, maybe two, three, or four. Who was I to determine whether someone needed money, or whether someone had the capability to work? I felt as though I had failed the opportunity to be Godlike by judging others and not being thankful for what I have and the gifts bestowed on me. How can we expect God to answer our prayer for the things we request when we are not willing to contribute to the prayers of someone less fortunate asking for a very insignificant amount? Now when I see a street person, I embrace the opportunity to contribute to their well-being.

To develop God-consciousness, we must emulate the Divine qualities of generosity, benevolence, personal freedom, and love. God gives sunlight, stars, moon, rain, and sounds of nature freely. There’s no cost for laughter or for our animal companions in the wild. To imitate

such benevolence, we can give goodwill as abundantly as possible by expanding ourselves, by becoming the sunlight in other people's lives just with a smile. We must stretch the very fabric of our limited state of consciousness to think and resemble God-consciousness.

God never threatens, administers guilt, or makes us fearful. Sure, there are lessons to learn and sometimes we feel we are not ready for the experience, but it's not by being nasty that the Universe puts us through these learning lessons. So why do we act unlovingly to others in such ways? To take on the garb of God-consciousness, we must strive to become our best selves and thereby inspire by example our family and friends to be their best. We would encourage everyone to pursue their dreams, and to be honest and truthful in all forms of expression. We would enable them to express their free will without fear of judgment from others.

Dedicating oneself to God-consciousness removes the personality, bypasses the ego, and realigns our thinking. It is the original state of our true nature, which was created in the image and likeness of God, to emulate God-consciousness.

On the practical side, since our thoughts create our reality and our experiences, what better way is there to ensure a harmonious future than to have every thought, word, and deed align with the harmony of Universal Mind? This is God-consciousness.

I find myself attempting to be in God-consciousness as much as possible. When someone emails me, calls me, or asks me for anything, I attempt to respond immediately. I ask myself - if I were asking God to answer my prayers - how I would want him to respond to me. Immediately? To wait a few minutes? In a couple of weeks? Or when He is good and ready? We also realize there is a time for all seasons, or the planets may need to be in alignment before our prayers are answered, or maybe what we are praying for is really ridiculous. Sometimes when our prayers aren't answered, that is a gift in itself.

Humans believe that it is impossible to think from within the heart of God. But, as we discussed previously, humanity has been taught many things in life that are not true. Until we dedicate our energies to being Godlike and seeking the answers from within, we'll continue to be victims of the supposed truths of others, or victims of their projection of what truth is for all.

The gifts of God-consciousness are in the effort to manifest his Love in every thought, word, deed, and expression. Choosing to be conscious of our thoughts in every moment and choosing to take the right actions are God-conscious choices.

With the closing of this last chapter, I'll share a profound insight that my guides allowed me to see. I normally like to take a walk in the early morning to get my energy going and actually it is a time for me to connect with my Spiritual guides and teachers. I also love the opportunity to do the same at night time, to walk off my dinner and review my day. I'll see if there is something I could have done better during the day or I'll think about what is in store for me tomorrow.

One evening back in 1988, I was walking by myself and the thought came to me, ***"If I were to die tonight, have I done everything possible in this lifetime without any regrets, without wishing I could have done it better?"***

I pondered the thought for a few minutes and I received a prayer to focus my intentions all my life. The prayer goes like this:

Mother Goddess Father God, Mother Earth Father Sky, I thank you for allowing me to become a most Perfect channel for the Galactic Tidal Wave of Light, working in harmony, balance, and unity with the Laws of Nature and the will of my Father Mother God, uplifting

the hearts, the minds, and consciousness of all my sisters and brothers, assisting them in coming into the full God-conscious realization of their Oneness with the Universe.

I thank you in the name of the living God-consciousness. Amen.

I didn't want to be on my deathbed, looking back on my life with regrets, questioning whether I had done everything possible to assist in uplifting the consciousness of my fellow man. Did I improve the quality of life for others? Was I a builder or a destroyer? Did I encourage people or did I knock them down? Did I use correct-mindedness of action in all my decisions?

When I transition into the next realm, I don't want to have any regrets. I don't want to look back on my life and have any doubts about how I played "The Game of Life."

Appendix

Chakras

There are many color chakra systems; this is the one I use for spiritual development.

First Chakra – The Root or Base Chakra is located at the base of the spine. The color of this chakra is white, which means purity. It relates to our security of self, self-esteem, and our relationship to Mother Earth. Being at the base of the spine, it draws the Life Force from Mother Earth through the Axiatonal Lines in our feet.

Second Chakra – The Genital or Creative Chakra is located in our pelvic area. The color of this chakra is purple, which means transformation. It relates to our creative energies, our desires and the energies of our manifestations, both physical and mental.

Third Chakra – The Solar Plexus Chakra is located right below our breast bone. The color of this chakra is lavender, which means calming, peaceful, and relaxing. It relates to our feeling body, our perception, intuition, and our internal guidance.

Fourth Chakra – The Heart Chakra is located approximately two inches above the bottom of the breast bone. The color of the chakra is pink, which means Divine Love. It is the gateway to our Solar Plexus Chakra as it allows our true feelings of love to be expressed freely.

Fifth Chakra – The Throat Chakra is located in the neck and throat area. The color of this chakra is blue, which means service. It relates to how we use the spoken word to encourage, empower, uplift, support others and express ourselves authentically.

Sixth Chakra – The Mind's Eye Chakra or Pituitary Gland Chakra is located in the middle of the forehead right above the eyebrows. The color of this chakra is green. It relates to healing, visualizing manifestations, completion, success, and oneness.

Seventh Chakra – The Crown Chakra is located in the center of the top of the head. The color is golden, which means Christ-Consciousness. It relates to spiritual consciousness, Divinity, and bliss, and is our gateway to higher consciousness.

The Thirteen Rules of the Game of Life

- Rule #1: I live in a free-will Universe.
- Rule #2: There are no random accidents, injuries, or illnesses.
- Rule #3: I confront my fears.
- Rule #4: I do not entertain guilt or shame.
- Rule #5: I love others to the degree that I love myself.
- Rule #6: I forgive myself for all past actions.
- Rule #7: I believe in myself.
- Rule #8: I speak the truth and keep my promises.
- Rule #9: I know my thoughts literally create my reality.
- Rule #10: I am not responsible for the thoughts, feelings, and actions of any other person.
- Rule #11: I always stay in the moment.
- Rule #12: I listen to myself consciously.
- Rule #13: I manifest miracles in my life.

A Mantra to Remove Unwelcome Thoughts

Loved ones, I demand these thoughts be removed from my mind immediately, taking them to my Father for Light and liberation.

I thank you in the name of the living God-consciousness. Amen.

Affirmation

I am guided, guarded, directed, and protected in all my experiences of life.

Prayer of Protection

*I surround myself in a circle of light and an armour of love,
In which nothing can remain and
Through which nothing can penetrate unlike Divine Love itself.*

*I call upon my Loved Ones from The Great White Brotherhood,
To remove all energies and entities from my presence,
Whether they are malicious, deterrent, innocent, or ignorant,
Taking them to the Father for Light and liberation.*

*Mother Goddess Father God, Mother Earth Father Sky,
Free these souls and free these energies and entities.
I AM accepts no reversal, individually or collectively
for this treatment of these energies and entities.*

I thank you in the name of the Living God-Consciousness. Amen.

Forgiveness Prayer

Father, forgive them for their trespasses as you have forgiven me for my trespasses.

Prayer for Support from the Universe

The Universe provides me with abundance and support in all aspects of my life.

Affirmation for Spiritual Thinking

I am a perfect, spiritual child of God and I am doing all I can in the moment to support my spiritual nature.

Affirmation for Physical Thinking

I am a perfect child of God, and I am doing all I can in the moment to support myself through education, exercise, and diet for the greatest good of my physical being.

A Question and a Prayer as the Answer

If I were to die tonight, have I done everything possible in this lifetime without any regrets, without wishing I could have done it better?

Mother Goddess Father God, Mother Earth Father Sky, I thank you for allowing me to become a most Perfect channel for the Galactic Tidal Wave of Light, working in harmony, balance, and unity with the Laws of Nature and the will of my Father Mother God, uplifting the hearts, the minds, and consciousness of all my sisters and brothers, assisting them in coming into the full God-conscious realization of their Oneness with the Universe.

I thank you in the name of the living God-consciousness. Amen.

Index

- Angel of Death, 32-3
- Ascended Masters, 38-9, 60 (*see also* Masters)
- astral travel, iv, 5, 53, 93
- Axiatonal Lines, 63, 83
- Ayahuasca, 52-3, 59, 92
- Book of Knowledge: The Keys of Enoch, The* (Hurtak), 63
- chakras, 63, 65, 83
- Fifth Chakra *aka* The Throat Chakra, 13, 83
 - First Chakra *aka* The Root or Base Chakra, 2, 64-5, 83
 - Fourth Chakra *aka* The Heart Chakra, 39, 83
 - Second Chakra *aka* The Genital or Creative Chakra, 83
 - Seventh Chakra *aka* The Crown Chakra, 65, 83
 - Sixth Chakra *aka* The Mind's Eye Chakra or Pituitary Gland Chakra, 2, 13, 18, 20, 32-3, 35, 47-8, 51-3, 55, 59, 64, 83
 - Third Chakra *aka* The Solar Plexus Chakra or Core Star, 8, 18-9, 38-9, 43, 53-5, 57, 63-4, 77, 83
 - Third Eye Chakra *see* Sixth Chakra
- Chesapeake Bay, 61, 64
- Clinton, William Jefferson "Bill," President of the United States, 57
- Core Star *see* chakras, Third Chakra
- Dee, Shirley, Reverend, 2, 31, 61, 62
- Doreal, Michael, MsD., PsyD., *The Emerald Tablets of Thoth, The Atlantean*, 3
- Earth, 10, 26, 30, 62, 76
- astral plane, 3
 - classroom, 67
 - fifth-dimensional, 30-1, 35, 60, 77, 92
 - flat, 21, 55
 - for soul learning, 12, 30-1, 60, 67, 74
 - Great Ages of, 30
 - light beings come to, 38, 59
 - Mother, 32, 82, 83
 - planet of sensations, 65
 - playground, 59
 - third-dimensional, 30-1, 35, 77
 - twelve-strand-DNA body on, 60-1, 63-4, 78

Emerald Tablets, 3
Emerald Tablets of Thoth, The Atlantean, The (Doreal), 3
First Book of Azrael: Teachings of the Great White Brotherhood (Great White Brotherhood), 92
 God, vi, vii, 15, 20, 38, 53, 64-5, 71, 75, 79-80, 85-6
 asking, 47-8
 Father, 32, 56, 66, 71
 in everything, vi, 32
 in image and likeness of, vi, 39, 54, 59-60, 66, 72, 80
 praying to, 1, 80-1
 qualities of, 50, 67, 72, 81
 Goddess Green Tara, 79
 Goddess of the Ayahuasca, 52, 59
 Golden Ones, The, 35, 93
 Great White Brotherhood, The:
 appointed as guardians over humanity's evolution, 30-3
 First Book of Azrael: Teachings of the Great White Brotherhood, 92
 guidance from vi, 6, 35, 54-5, 61, 63, 85, 92
 Guru Rattana, 65
 Halls of Amenti, The, 3
 Hawaii, 65, 79, 92
 Huachuma, 53, 92
 Hurtak, J. J., Ph.D., *The Book of Knowledge: The Keys of Enoch*, 63
 Jesus of Nazareth, 1, 8, 12, 48, 66, 77
 Kennedy, John Fitzgerald "Jack," President of the United States, 57
 Kundalini Yoga:
 certification training, 65, 79, 92
 raising Kundalini, 64-5
 teaching, 30, 65
 Lords of Amenti, The, 3, 5, 9, 27, 52, 54, 61, 92
 Masters, 38-9, 60 (*see also* Ascended Masters)
 New York State:
 Rochester, 1
 upstate, 34, 40
 New Zealand, 93
 Nixon, Richard, President of the United States, 57
 Ordained Metaphysical Minister, 19, 31, 61, 92

Peru, 33, 52-3, 59, 92-3

Physical Thinking, 55, 85 (*see also* Spiritual Thinking)

psychic reading, 2-3, 18, 61

Reiki Master, 92

Roosevelt, Franklin D., President of the United States, 57

Rules:

Rule #1, 9, 11, 69, 84

Rule #2, 9, 12-3, 84

Rule #3, 9, 13-4, 30, 84

Rule #4, 9, 14-5, 84

Rule #5, 10, 15-6, 84

Rule #6, 10, 16-7, 46, 84

Rule #7, 10, 17-9, 84

Rule #8, 10, 19-20, 84

Rule #9, 10, 20-1, 84

Rule #10, 10, 22, 69, 84

Rule #11, 10, 22-3, 84

Rule #12, 10, 23-4, 84

Rule #13, 10, 24-6, 84

three simple rules, v, 8

Satori, Judy:

author of *Sunshine Before the Dawn*, 54, 60, 64, 93

Mastery of Mind Retreats, 38-9

solar plexus, 18

Spiritual Meditation, 36-7

teaching for twenty-five years, 2, 36, 92

Spiritual Thinking, 55, 85 (*see also* Physical Thinking)

Sunshine Before the Dawn (Satori), 60, 64, 93

telepathy, 5-6, 54

Thoth, 3, 38-9

Universal, v, 4, 47, 55, 69, 70

Design, 51, 55

Laws, iii, 32, 48

Mind, 35, 81

Thinking, 2, 55, 75

Universe:

as a teacher, 7, 11, 13, 15-6, 19, 40-1, 47-8, 55, 73-4, 80
creative forces of, iii, 6, 19, 25, 52, 66
free-will, 9, 11, 69, 84-5
God in the center of, vi
in the physical, 39, 59, 64
Oneness with the, 7, 82, 86
perfect, 10, 11, 59, 70
Washington, District of Columbia, 47, 49
yoga:
 Sahaja Yoga, 64
 Kriya Yoga, 64
 Kundalini Yoga *see* Kundalini Yoga
Yogi Bhajan, 65, 79

My Deepest Gratitude

To my beloved guides from the Great White Brotherhood who have invested so much love, patience, and time with me through the years to prepare me to bring this work through at this time.

To Nina Shoroplova for her technical expertise in editing, coaching, and pulling out of me all my experiences that make this book possible.

Timothy J. Doyle
May 2013

About the Author

Tim Doyle wasn't aware of how much he was connected with his Spiritual guides until he was in his twenties and maybe not even then to the extent that he really was connected. When he was five and his sister Maureen was six, Tim was afraid to be alone in the dark. So he would ask his sister to think. He knew that if she was thinking, she would be awake; meanwhile, he could go comfortably to sleep as he wouldn't be alone in the dark.

A few years later, while experiencing unpleasant dreams, Tim's guides taught him to think pleasant thoughts to replace the haunting ones in his dreams. He later learned that only one conscious thought can be in the mind at any one time. If he thought of something positive and exciting, nothing negative could enter the doorway of his mind.

When he was in his teens, Tim could manifest almost all the things he wanted in life with grace and ease. The manifestations weren't anything major - good grades in school, an occasional gift, getting the job he applied for - but he felt and noticed that his life appeared to be guided. Not being able to afford college, Tim's alternative was to work until being drafted or enlist.

Tim joined the Marine Corps right after graduating from high school, but was discharged after two years for blindness in his right eye. That was when he enrolled in college where he earned an Associate of Arts Degree in Accounting and thereafter started working in the corporate world. Most of Tim's working years were utilized in supervising individuals, coaching, and managing the daily routine using the spiritual techniques taught to him by his spirit guides. Tim contributes his 35 years of success in the corporate world to a spiritual consciousness in handling his daily business routines, dealing honestly and truthfully, and treating all individuals like family.

When he started to meditate as a young father, Tim's awareness increased and he realized that the Great White Brotherhood was working with him. On one occasion while traveling for work, he was guided to go to an old book store and reached for a book on the top shelf. It was called *First Book of Azrael: Teachings of the Great White Brotherhood* (by the Great White Brotherhood and published by Devorss & Co., 1965). Subtle experiences like this were indications to him that he was being guided by the Great White Brotherhood.

Although he worked during the day in the corporate world, Tim continued to do his spiritual work in the evening and on weekends. In his late twenties, he followed a four-year study curriculum and became an Ordained Metaphysical Minister. In that capacity, he facilitated funerals and weddings, but only in extreme cases where the individuals were not accepted by their own religious organization for one reason or another.

After a dynamic, spiritually awakening dream visit with the Lords of Amenti, Tim learned about thoughts, and went on to facilitate meditation classes for over twenty-five years, assisting individuals in connecting with their Spirit guides. Through the years, he became a Reiki Master, and, later in life, he went to Hawaii to certify as a Kundalini Yoga instructor.

Tim has also visited Peru, and drunk the Shaman plants Ayahuasca and Huachuma on several occasions during shamanic spiritual ceremonies. These pilgrimages enhanced his connectivity with Spirit.

Tim had an out-of-body experience when he first began to meditate in the early 1970s. While in Peru in 2005, Tim astral travelled to a world called, "Where the Sun Shines before the Dawn." This was before he had met his wife, Judy Satori, and seven years prior to Judy writing

her book, *Sunshine Before The Dawn*. Tim resigned from his accounting work in 2011 after receiving a vision in dream state to work with his wife Judy Satori.

While Tim was in New Zealand in August 2012, a group of golden-robed light beings joined in one of his private meditation session. Before closing the meditation, Tim asked the beings who they were. They indicated they were “The Golden Ones” and they were now returning to Earth to resume their work of bringing in the wisdom for fifth-dimensional teachings. They have been with him ever since.

Tim’s guides are asking him to make this book a Beginner’s Version. Based on the information coming to him now, he feels confident there may be two more versions to come: Intermediate and Advanced.