

Increase



Awareness

tips, essays, humor on

HEALING



Allen David Ritter

Dedicated To
All Who Seek

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Preface

My name is Allen David Ritter and I'm a healer, energy tool creator, writer, artist and observer of the Earth- Human experience. While working with people over the years I have utilized a myriad of techniques to help people increase their awareness and I have documented a few of those that can be used by anyone at anytime.

I have created two foundational tools in the form of "The Harmonizing Statements" and "Absolute Empowerment." Harmonizing Statements is a tool that allows you to see the world you manifest and use that world to heal yourself, as well as learn more about what you create. "Absolute Empowerment, the final answer to why" is about using your energy through the expression of your Freewill to empower you beyond your wildest dreams.

This book is a collection of unedited articles, thoughts and newsletters that I have produced over the years for my clients, which may help fill out some other areas not covered in those two main systems. Each article is written around a particular theme, with tips to change the way you interact with your reality. I cover a wide variety of topics with each topic being examined in a way to help you increase your awareness about yourself.

Do not take anything I say as gospel, as it is not meant to be. Each article or tip is designed to assist you in seeing things for yourself. It does not matter what I think, or say, but what you learn about yourself. Avoid saying, "Allen says xxx" as what I say is not the point, use what I say as a trigger to discover for your own self what the world is all about.

Each incarnation we undertake is a great adventure, designed to teach us more about ourselves. So often we get turned around, twisted up or lost, and it is my hope that something in this collection will help clarify things for you.

Remember there is no wrong way or right way to do anything. The thing that matters is that your life matters to you, the journey matters to you and the experiences as well matter to you. Maybe something in here will help you lead a more graceful, calm and fulfilling life.

See www.33shimmeringlights.com for books and energy tools, including some handmade necklaces.

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Your Purpose

I always like to begin everything I do with a brief explanation about one’s purpose. This explanation is from my book “Absolute Empowerment.”

The path to empowerment goes right through the world of insecurity, which we will be spending a lot of time on, but before we get on with the business of insecurity and how it influences your life, we need to create a simple foundation for the purpose of your existence. So often I have heard folks complain, “why am I here” or “what’s the purpose of all of this?” Over the last two thousand years there have been countless explanations given to the “meaning of life,” one more complex than the next, and few, if any, are correct. The fact is, “the meaning of life” is remarkably simple: you are here on Earth, in a body, in order to have experiences, experiences that help you learn more about yourself, and in turn, more about Creation in as a whole. A super concise explanation is; you are here to have experiences.

Your Soul, you, places energy in various scenarios in order to express itself, in order to have experiences, in order to express itself more, in order to have even more experiences – you are one of those expressions. This happens in a process that is eternal; you have an infinite number of all encompassing experiences in an infinite number of arenas, all to learn more about yourself. Consider this Earth-based experience as an Earth-based game, as opposed to a Saturn-based game, as opposed to a non-linear, non-time based game or any other number of possible games within the expression of consciousness. The game

gives you experiences unique to this game, experiences you can only find on Earth. You will play the game until you are no longer interested in playing. Your Soul System, you, has you plugged into many different games right now, via simultaneous incarnational expressions, all having experiences unique to that particular game.

Eventually you will return to the truth of you, Soul, with all the rest of your incarnations, at which point you will move on to even more adventures. While the idea of sitting on a cloud as a reward for undertaking the human/body/Earth life seems great to some, the actual act of doing nothing as a reward for doing everything seems completely counter to the greater significance of the endless possibilities life. Your reward for each life is the understanding, the experience, and the awareness that you have accumulated from your experience. Your life is not a punishment, it is not born of sin, you are not here on Earth - or where ever you are, because of a screw up at the universe's headquarters. You are "here" by choice (later you will see how choice is your empowerment foundation). How you "do" the entirety of your life experience on Earth, or elsewhere, is another story.

Important Point: *Everything you do should be about leading you to a greater understanding of yourself. Always use where you are, who you are, what you are doing, as a tool to find out more about yourself; you, yourself, is all you need to increase your awareness.*

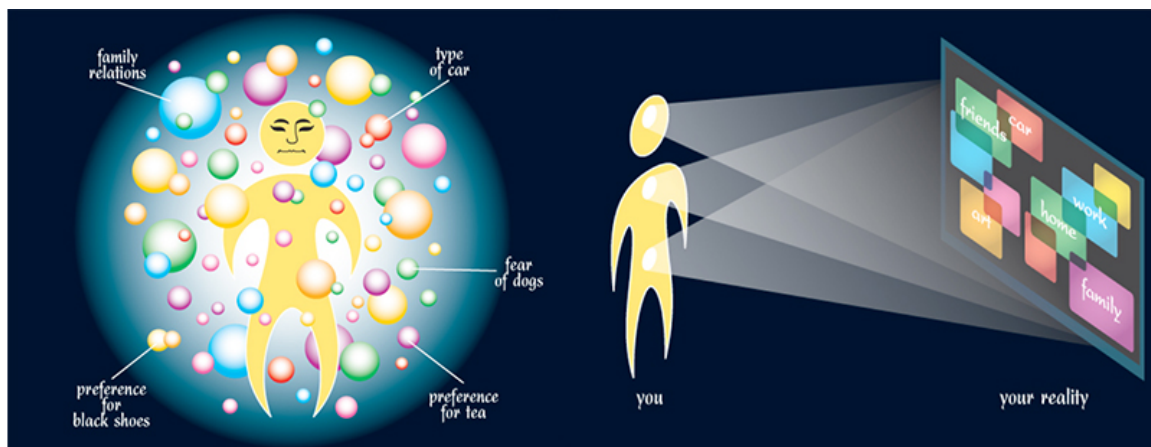
Being in a body is a temporary condition. One in which the essence of you, the energy form that is the Truth of You, binds the personality you, to a physical 3d body on the Earth-Plane. Everything about this process happens by choice. The entire body process is not permanent, but a temporary experience that lasts as long as it lasts. Some 3d body-based experiences last one day, others last one hundred years, with some experiences transpiring in a big city and others in the country, with some as male, and others as female. Regardless of the form taken, the basis for the process remains the same: Energy from the Truth of You is funneled into a form we call a body, which manifests as a personality – the you reading this book, which then creates reality to interact with using the energy from that same Truth of You energy source. All of this process happens by choice. Remember that, everything about this thing we call life, happens by choice.

How you create your reality

We hear quite a bit these days about the world of "creating your reality." Some folks have gone to great lengths to package this idea and sell it to those who are said to be unfamiliar with the process of how to create their reality. Sadly this is like selling someone who runs marathons a basic course in walking, as each person not only knows how to create their reality, more importantly, *does it every moment of everyday*. The problem lies in the fact that people do not know *how* the process actually happens or why they project the reality they interact with. In fact, nearly all packaged systems of creating your own reality are predicated on a false notion of how things work, as most systems operate under the idea that you attract things under the "like attracts like" premise. Most systems perpetuate the idea that you are like a magnet that attracts things to you, but this is not how things actually work, as there is nothing outside, there is only inside so there is nothing to attract. I'll say this again, there is nothing outside you, that is an illusion, there

is only inside and the world around you is a projection coming from you, and that world is not a series of objects waiting to be pulled to you.

You actually project the reality you create, you do not attract anything at all – you *project* a reality for you to interact with. The simple image below is from my book and website, “The Harmonizing Statements,” in which the technique of The Harmonizing Statements helps folks actually demonstrate to themselves the truth – you project your own reality from within using your Creator-Self Energy, energy run through the programs in your head which tell that energy what to project. The Harmonizing Statements system teaches you to manipulate the reality you project in real time. In the image below we see a person’s energy, via the energy defined resonances contained within one’s 3d body consciousness expression, is projected from within out to the external world. The system mimics the film, projector, silver-screen process of movie theater projection.



Defined energy resonances contained within the consciousness expression, like a “fear of dogs”, manifests through projection. What is then seen is the reality created from energy from within. The energy spheres with enough power will project into the reality you see and interact with. See more on the process in The Harmonizing Statements.

We create our own reality from the energy contained within us. Think of it this way, the Creator-Self Energy is raw energy, just like the raw power which fires up the computer when you turn it on. The programs in the computer tell the machine what to do with the energy that comes in from the wall socket and what program images to project on the monitor that we interact with, just like your brain. The images, and processes, created by the programs is what we interact with on the monitor: Power + Programs = Interactions, interactions via projections created. Seems rather simple when broken down into its proper format, yet this process often confuses people when it comes time to change. What do we change when we want change?

What people tend to do in their lives is work to change the creation, or the projected image, (the movie screen image in a theater) after it has been created, instead of altering the program that is creating the image itself (the film in the projector). If you want to alter the image that is on the computer monitor, you will need to alter the programs themselves, not the image on the monitor itself. If you want to alter what is playing on

the movie theater screen, you do not attack the screen, you need alter the film itself. The image you see on screen, your life, is actually seen *after* the reality has already been created so you cannot change what has already happened. Again, your reality has already happened by the time you see it, so changing it isn't possible.

The film image that you see on screen, your life, is extremely important, as it is the feedback to know what you are creating. It is also the feedback you need to alter the film of your life, without that feedback you would have no way of knowing what is going on in your reality. Consider this; how do you know what you look like without a mirror? If you have no sensory input, no sound, no sight, no sense of feel, no nothing, how do you know where you are? The external projection tells you what the internal is representing through the energy reflection. Again, the internal energy is being represented in the external world.

Important Point: *What you see, hear, feel, taste, touch in your real world projection has already happened. The two key components you are familiar with should be defined a bit more clearly here. The subconscious is the programming that tells the Creator-Self what to do with the energy it places on the Earth-Plane. The conscious part of you is the part of you that is tasked with perceiving what is projected. Subconscious creates, conscious observes.*

You already create your own reality, you do it every moment of everyday, but why do you create what you create; what is they driving force behind your creations? Everyone knows what they want to create, yet few create that certain thing effectively, even after using all the prescribed tools known to man; praying, thinking positive, investing energy and so on. Nearly everyone on the planet wants to be rich, yet it would seem only one percent of the population is rich. I would say desire is not an issue, need is not an issue, so what is the issue? We all want to be healthy, yet many struggled with their health. We all want loving families, yet the family system seems broken in most homes. So what is influencing the energy that you are using to create your reality? Hint; think insecurity.

Through the course of the book you will teach yourself how to alter your projections by altering the way in which you treat the Creator-Self Energy that comes into this Earth-based game through your body. You will learn how to alter what is on the film long before it gets up onto the screen.

Earth Experience

Excerpts from: *“Absolute Empowerment, the final answer to why”*

I think it might be helpful to elaborate just a bit about what the Earth experience was intended to be. The Earth is a living being, just like you or I, who has set up a reality to experience – a game to play. We enter the Earth-reality game in order to experience what she has to offer. It is far less about the visuals, or the sounds, but more about the

vibrations created. Considered it more a complex sensory event, where a wide variety of frequencies are experienced in a multitude of ways. The Earth's formula is quite interesting, as diversity is accepted here via multiple expressions; Plant Kingdom, Animal Kingdom, Human Beings and others are all represented here.

The original Earth-game was not about being able to survive on Earth. This is a modern invention since the hijacking of Earth. Earth provided what was needed to experience her frequency expression for free, you simply exchanged your Freewill energy with hers and had a good time here. Somewhere along the line the planet was taken over by those who decided they could "own" her resources and sell them off. They created a survival game in place of the sharing game. This happened because Earth did not sell her wares, or even guard them, she opened them up to those who came into the game for free. Then some who entered the game took advantage of her generosity and simply decreed, "we own her and her stuff and we have right to do as we please with it."

This is important to understand, as when I say you must secure yourself with water, food and shelter, this is because of what the game has become, which is very different from what it once was. How this happened, or why this happened, is beyond the scope of this book, but I think it can be helpful to see this in light of your Freewill and the Earth's Freewill. See George Kavassilas' brilliant work for more in the hijacking of Earth.

The Earth gave us everything we need to experience life within the confines of an Earth-based experience – including energy. And Earth gave it to use for free. Consider the Native Americans lived off the land, never owning it, and surely not selling it. Using what they had they experienced the vibrations of Earth without too much issue. I would say the way of the Anglo culture to "own" something as complex, and alive, as the Earth in order to control and sell its resources is the kind of abomination that cannot be accurately be quantified or defined. Some men, very few men, took control of what was not theirs to control, then systematically began auctioning off the resources to the highest bidder; a bidder who is also responsible for mining those resources and who was entitled to use those resources for free. Fiat currency lets them do this, along with the science world, and our insecurity.

We were meant to experience a very different Earth then the prison laden, fiat currency controlled, radiation cesspool that is now her game. If that doesn't make your blood boil then I do not know what will.

Expectations

Expectations are a major hindrance to True Understanding. Expectations are hard-core beliefs defining something that "should" be a certain way. The presence of the word "should" is always a tip-off to trouble and obviously *Expectation* and *Should* are united. Expectations are menacing limitations. Expectations force our consciousness into a very narrow concept of reality, which in turn limits the possible outcomes in any given situation.

When Expectations are not met, we often internalize the cause, or worse, externalize the cause – lay blame on others. This leads to confusion concerning our understanding of the actual events/Process - which inhibits growth. If we cannot discern the accuracy regarding what has occurred (our experiences), growth is halted and repetitious behavior results. We may become trapped, Expecting this/that without organic fulfillment being part of the equation or a natural conclusion being available either. If things do terminate we often have no clear understanding of our contribution - we Expected the outcome and we may deny the participation of any unexpected factors being present.

The root, inescapable, flaw with Expectations is that they are based on beliefs that rarely derive from one's actual experience. A simple example: You see a product touted to be perfect for your cleaning needs. You buy it with an Expectation that it will at least meet, hopefully exceed, the manufacturer's claims. You get it home and find it's mere water in a bottle. Anger and disappointment ensue. *Your* Expectations – established by the manufacturer – were not met. The fact is, left to your own, with no experience with this product; you'd have no Expectations whatsoever! To get you to buy, the manufacturer must create Expectations within you where none previously existed. In this case the Expectations came not from your actual experience, but from an external source with something to sell. This is how selling luxury items works – needs and desires are created via sophisticated Expectation implanting – it's not evil, it's just the game. Expectation sells everything from Self Help books (read - Expect success) to Governments (elect me - Expect wealth & safety).

The installment of Expectations is epidemic. Go to college - get a great job. Skip college and fail in life. Go to Church - go to heaven; behave badly – go to hell. Get married, buy a house, have kids Expect life to be wonderful and exciting. Stay single - Expect to be lonely and sad. Each Expectation formula here is established by someone selling something; Mortgages, Houses, God, Education. Some Expectations are not consumer related. A classic Expectation: “do good things, and good things will happen to you.” There might be some truth to this, but as an Expectation this is disaster waiting to happen. Countless folks have come to see me asking why, if they are good people, are bad things happening to them? The killer is the line spoken after that question – “what am I doing to deserve this?” They are trapped by Expectations here, not by reality. They believe if Expectations of “reward for good behavior” are not met there must be something wrong with them. In many cases, nothing bad *is* happening to them. What is happening to them is that Expectations are not being met and they have internalized this as some form of punishment. I once had someone who couldn't understand why they hadn't been promoted at work. They were doing a great job – why no promotion? I asked if anybody at work got promoted? The answer was, “it seemed to never happen.” The company didn't promote anyone. Clearly the problem was the Expectation of upward mobility, one created not by the company itself but by an Expectation installed in their consciousness. Where did the Upward Mobility Expectation come from? - Early 19th Century Corporations desperate for competent employees perhaps?

Here is one of my favorite Expectations of all time. A real Christmas *must* be accompanied by snow, turkey, gifts, and family. Snow? Are those in warm climates having an inferior Christmas? Turkey? Turkey farmers couldn't sell turkeys from early spring through

summer due to an enzyme that might make people sick. Fall is a perfect time to sell them during those wonderful holidays! Gifts? The retail industry makes all its profits during the “holiday season” so you are encouraged to spend, spend, spend to boost profits. Family? If I had dollar for every person that came to me and said they can’t stand the family gatherings but must participate out of obligation... The problem here could be tempered by dropping the Expectation that holiday time is about “cheer and love” and view it, as it actually is - in my case, terribly uncomfortable and never fun. Holiday Expectations have been installed in us and reinforced via movies (thanks Mr. Capra!), Hallmark cards, books and corporations right from birth. My holiday experiences, based on *actual* events in my life, were terrible! They were fraught with phony sentiment, emotional tension and forced interaction. I know many who have had the same experience yet still work to create a holiday season based on the Holiday Expectation Formula, forcing others (family) to perform as actors in their contrived expression of holiday cheer. Here is a scary byproduct of all that “Holiday Expectation.” Those who feel their life is not meeting *the* Expectation take more antidepressants (profits) visit their therapist more (profits) drink more (profits) and may actually attempt or commit suicide. This as a result of the universal Holiday Expectation Formula established by whom exactly?

Expectations are everywhere. We believe that people, who have been licensed by the state, should be good courteous drivers. When they aren’t, we are beside ourselves with frustration. Most people are lousy, selfish drivers. The sooner we accept the facts and drop the Expectation - the less stress. We expect those we interact with to be honest and appreciative of our efforts. Many are not and we struggle unnecessarily. I recently had an experience in which I overextended myself. I Expected the person I was doing the work for to be appreciative of my extra efforts. That person had a different Expectation - they Expected to be cheated. They reacted harshly and were terribly unappreciative of my added efforts. Oddly enough I didn’t meet *their* Expectation either! I was left emotionally and financially drained and they were disappointed too. My mistake - lesson learned: If Expectations are present, and polarized in opposite directions, disaster is in order.

Expectations associated with final outcomes are usually based on fear avoidance (see Fear). Many will establish an Expectation prior to participating in a project or experience in order to circumvent pain, fear or failure. We’ll often set unrealistic Expectations before embarking on a trip, a project or a even a date. Even worse we may adopt someone else’s Expectations here. The more concrete the Expectation the less adept we are at making appropriate, real-time changes to maximize our unique experience. Often the disappointment from not fulfilling initial Expectations will result in us outright quitting a Process altogether. If one’s experience actually meets an Expectation, it may be seen as merely completing a task. Some of us might actually be so Expectation happy that we Expect ourselves to be good at skiing, parenthood or woodworking the first time we try them! The inevitable failure (when viewed through the distorted eyes of Expectation) may lead to event termination. If you have never done something before how can you possibly have an Expectation? How many times have you heard someone traveling to France say: “It’s going to be so great, we’re going here, and there and then oh, that’s going to be the best part.” This can only lead to disappointment. When one embarks on an experience for the sake of greater Soul level understanding, all of possibility is included in the Process,

more knowledge is extracted, and efficient Soul level evolution occurs no matter what the outcome.

Expectations bound to events with few variables are rarely problematic. If I drop a glass on the floor I can reasonably Expect it to break. The more variables, the more trouble Expectations create. Golf is simply hitting a motionless ball with a metal stick. The ball, club, and grass are not “evolving consciousness’s” but standing elements, yet variables can reach a few dozen or more per shot. The presence of Expectation will make the sport impossible to master and thoroughly frustrating. Practicing things helps one release Expectation and allows one to step into the flow of true Process – where things evolve with your understanding. Practice teaches me to release my golf shot Expectation and learn more how to anticipate and stay in the flow. The more one can eliminate Expectation during hobbies/sports/games, the more organic each experience can be, and the more rewarding. When many evolving beings are involved in a Process with Expectation – look out. The more beings, the more conflict, the less helpful Expectations are as each element/being has its own Process.

The people of the planet Expect the elected leaders to take care of things. Each new leader comes with a list of things (usually the same exact things as the previous leader) that establishes some Expectation in the public, and then those citizens Expect said things to be taken care of. Expectations are not met, and we go round again - new leader, same Expectations, same disappointment. Oddly, no single government has *ever* lived up to Expectations. Things are no different now, then they have ever been as we have as much poverty, war and disharmony as ever. So why do we keep setting ourselves up for this? Each individual has an Expectation, the populace at large has one too, each group and so on. There is an even more subtle, polarized Expectation present to add to the inherent conflict. There are those who Expect the governments of the world to screw things up. This is yet another Expectation whose variation can be destructive – anarchists sell this polarized Expectation. I often wonder if those with this polarized Expectation are “happiest” when government folks really screw things up. This Expectation Formula is a damned if you (Expect), damned if you don’t (Expect) scenario for all.

Those in pursuit of a relationship can be paralyzed by the presence of Expectation, as a mate is the ultimate evolving-being and a truly volatile Process. Many believe the world has a *perfect* soul-mate for them. The soul-mate will: love to do all they want to do, love the same foods, the same movies and love *their* family. Sounds like they are looking for a mirror not a living, evolving-being. Be that as it may, they have established a seriously polarized Expectation. The person may also retain the opposite Expectation. They may feel they will never have a relationship, or if they do it will end up just like their parents, or “what if the soul mate isn’t *the* soul mate?” The two polarized Expectations create paralysis. They want a relationship but don’t, they want it to succeed but know it will fail – which Expectation will the relationship meet? We see this too with people who are ill. If we Expect a certain health practitioner to “solve” the problem, and they don’t, we may feel betrayed by the practitioner when in fact we were betrayed by our unrealistic Expectation. We can become paralyzed. This may reveal the presence of another *hidden* Expectation – “I knew it wasn’t going to really work.” Depending on our commitment, being aware of the conflicts the Expectations created may not be enough to overcome them.

The presence of two conflicting Expectations is a real problem. By limiting the one's Process to one polarity or the other, one leaves the major realm of possibility, the lovely gray area, out of play. By owning both polarized Expectations and plugging into one primary polarity, one denies the other its "due" energy. In a sense it is a form of Expectation betrayal – more paralysis. Polarized Expectations, the either/or's of life, are by their very nature restrictive. Pursuit of an Expectation through action is not Process, but task completion and task completion is governed by even more rigid restrictions, most notably time or the illusion of time.

Time installs an insidious Expectation in us. Many of us feel that because we are 30, 40 or 50 years old or have spent 10 years doing something – things *should* be a certain way. This of course is erroneous. Your Soul level growth is not measured by time but by *understanding*. You don't move on to other things until you get what is right in front of you, yet time gives us an illusion of growth. People often think they are adults as they have the Expected trappings of adults: Mortgage, kids, and cars. Yet I know people who are 60+ years old and still talk about their parents in terms of mommy and daddy – not very adult at all. All that time, yet they see their parents not as people with a Soul Process but as formulas fabricated from Expectation. Time-oriented growth, rather than real understanding, has left them in a suspended state of Expecting a mommy and daddy for life. When in fact, part of one's core Process involves the dropping of the external parental formula and transcending the institutionalized Expectation that "others" are responsible for you, your happiness and your experience.

Expectation is really most tragic in the family forum. Most of us have the idea that our parents are "supposed" to be a certain way - do a certain thing: love us, care for us, and protect us. Where did these Expectations come from? No license is needed to have children, in fact, having children is the least regulated thing on the entire planet – anyone can do it, with anyone (even people they hate), at anytime – even alone! Whether they are parents or not, people are evolving expressions of Soul struggling to come to an understanding of their place in the creator's consciousness. Yet we as children actually want parents/others live up to *our* Expectations, which we often call these Expectations - Needs. If others would only change and live up to our Expectations everything would be perfect for us. Why should anyone change for you? Are you changing for those who feel you are not living up to *their* Expectations? Why not? What if you do, will it be appreciated? What if, as a child, you didn't fit your parent's Expectation formula for children? Carefully separate personality Wants/Expectations and *Soul's Needs*. Soul's Needs are vastly different than the Needs people are commonly ruled by. The Needs they express are generally formed during the early stages of childhood and are based on fear – not rational Soul level growth and Process.

Many people have an easier time accepting a wild, radical change in another person than they do accepting them for who they have always been. Expectation causes this phenomenon. If you assessed everyone by the *actual* behavior expressed directly towards you, and not by your Expectations, how would the interactions be different? Selfish people are by and large selfish all the time, fearful people act from fear, liars lie, and no amount of "Expectation based pleading" is ever going to change their behavior. Yet, the presence of

your Expectations will lead *you* to pain, needless suffering and spiritual stagnation. Relationships in which both parties are committed to the world of non-Expectation will profit greatly. The relationships in which the participants are committed to maintaining the presence and fulfillment of their Expectations will be met with serious difficulty at best. I find the majority of the conflict in relationships is Expectation related. Often people are not even aware of the Expectations they hold so dear and seek to impose on their mate. Relationships are dynamic tools for understanding, not monuments to personal fulfillment of inappropriate Expectations. Relationships evolve and *must* evolve for them to be profitable from Soul's point of view – All Relationships!

There is an old joke about relationships: “I love you the way you are, now change.” The change means: meet my Expectations. This can be seen everywhere two or more people are involved. When evaluating the presence of Expectation, ask yourself: Are you forcing someone to act a certain way because of *your* Expectation? Has this person been consistent throughout the entire relationship? When confronted with fear do they act the same way every time? When given the opportunity to be selfish, are they? Have they ever gone out of their way for any reason? Are they committed to greater understanding and growth or are they committed to maintaining the status quo. If the person you are assessing is consistent on each of those questions, and you are still frustrated – then Expectation is present and it is *you* who has the issue. Be objective here, family members don't get a free ride or a break – no matter how old or what state they are in. *Eliminate all of your Expectations with everything.* Move yourself to the gray area of infinite possibility. Then reassess. Assume things will never change (if you aren't changing why should they?) then determine if you can remain in the situation and *will it be profitable.* If you are really having trouble try actually asking the real questions: Dad, does it bother you that you never tell me you love me the way I Expect? Mom, does it bother you that you don't appreciate my work in the way I Expect? If it doesn't bother them – who has the issue? This is key. I often have folks come to see me who point out a person in their life who is out of balance. Their observation is often correct. Yet, what they fail to understand is the out of balance person doesn't perceive it as a problem. Often this conflict is just a case of very different Expectations. For example, if I see life as nothing more than a series of conflicts, and my life is, I'm in alignment with that silly Expectation. I see no problem with it – I'm suited for it and I enjoy it. So anyone wishing to “change” me, to make me more balanced and efficient, is wasting their time, as I see that as wrong.

It is important to note here that many folks have inappropriately mixed Expectation with Goals. They feel if they don't have an Expectation of future events that they don't have a goal or a reason to live. This is the false premise of life. There is nothing in your experience but *Process!* Goals and Expectations are not reasons to do things – your personal/Soul Process is. Soul-life is an adventure, not a gigantic checklist. A checklist can be finished, *life is never finished.* The checklist (Expectation) comes from earthly sales pitches – your Soul has no need of a Porsche or a Harvard Law Degree. It does have a need for the Experience Of Life, which is all about Process and the understanding extracted directly from your experiences/Process. When you fully engage in Process you will find an absence of Expectation a liberating thing – one that leads to real understanding not just abatement of Fear or Responsibility. Expectations that come from fear, marketing, shirking responsibility are clearly dangerous ones. Expectations from actual experience can be

helpful but discernment is always in order. If you played a slot machine for the first time and won a thousand dollars, it is unreasonable to Expect this to happen every time. Elimination of Expectations does not mean “without direction” either. People will often deny responsibility for their Process by saying things like “I have no expectations, I’m going to see what happens.” This leads to poor “cause and effect” relationships and the corresponding understanding - as things may not be clear during and after an experience. Eliminate all Expectations from your relationships, start over here and see what happens. See each person or event *exactly* as it is – not how you wish it to be or wish it had been. *See everything as a pathway to greater understanding about yourself and nothing more.* Then see how you can improve on your understanding.

Your Home’s Vibe

Where you live, where you sleep should be as harmonious as possible. Too often we see where we live as just a place and not a home. And while each home does not need to be a Dwell Magazine expression of coolness, it should be kempt, clean, quiet and free from as much unpleasantness as possible.

When looking for a place to live, or work for that matter, most folks ignore the most important things – the things they cannot change. When I look for a place to live, or work, I look at the area first. Is the place located on a signal street, will there be non-stop traffic, are there other outlets for drivers to use? Is the street wide, or narrow, as a wide street creates more room for the energy of the passing cars and people to move smoothly, an alley tends to slow things. Are there trees, a lot of cars parked, few cars parked, what about parking restrictions for me, or guests?

I look at the neighboring houses. I look to see what my view will be everyday. If the neighbor has three junk cars on jacks I know I won’t be able to stand looking at that. Are the neighbor’s houses well kept, clean, and stable. I look behind the place, in front of the place and to the sides, even up. Are the neighbors quiet, or do they love the Home Theater speakers, barking dogs and weekend beer bashes?

I look to see if the windows have light and fresh air. I look to see if the vibe is right. In short, I really study where I am going to lay my head to sleep. The things that can be changed by paint, plants and a few good wipes with a cleaning solution are not as important as the things that cannot be changed.

I actually use this process when traveling. I will find out if the room is near a highway, or an elevator, or the kitchen. I traveled to Sedona once and really liked the glamorous I found out later was under construction. What would be the point of going to Sedona and sleeping in a construction zone?

If you are going to sleep somewhere, you need to feel safe. You need to feel the place refreshes, not drains you. You need to feel a sense of sanctuary where you sleep, eat and

refresh. Sadly much of what I just wrote is foreign to people, they spend so little time planning where to live. I have helped many find new places to live and one trick I found works wonders is to look at three places you know you do not want, three places that if offered to you for free you would not take. The reason this works is once the system sees what it does not want; it will find something it does. You can do this with jobs, cars, or anything really. You must be sure it is something in your price range, but something you don't want.

Once in a place, move in! I had a neighbor once who was living out of boxes. I asked her when she moved in, she said that she had been living in the place for two years. Not moving in is like standing on burning hot coals, no way to get settled. When you move in your energy has a place to go, and people can find you – like people offering jobs. When you move in, put all your stuff away, buy a few plants, hang some kind of art and paint if you like. I moved into a new house and after the weekend everything was put away. I had painted before moving in, but had you come to the place 5 days after leaving the old place you'd have thought I'd have been there for years. Get settled fast. Plan ahead, even I who plan nothing at all, find planning out a move can make things go fast and easy.

Clutter. Get rid of it. Consider that each and every item in your home is a thing you are juggling; easy to juggle one hundred, hard to juggle one thousand, but how about ten thousand? Go through your house once year, if you haven't used it or worn it in a year – toss it. If you think to yourself, “gee I might wear this to the next inaugural ball I attend” toss it. If the item has nothing but sentimental value, toss it. If the item has no use like a spatula or a set of speakers, toss it. You are spending energy keeping all of that stuff in your life, energy that could be spent someplace else.

Feng Shui. This is a good idea, but do not become obsessed. The main reason for the system is to establish intent and presence in the various areas of your life – nothing more. A water fountain isn't magic, what it does do is establish a very clear intent that you can connect to, which allows your energy to represent that specific area of your life.

Sage? Sage is not a magical plant, it is just a plant. You could burn daisy flowers or a pencil eraser and get the same effect. What sage is, is a pleasant smelling conductor of your intent. If you do not know how to focus your intent to clear a home then the sage does nothing at all. I have cleared many homes, offices, business and even entire areas by simply using my focus and skills – no sage needed. More complex harmonizing of a place is a bit more challenging and my devices, found at www.33shimmeringlights.com are very good at taking your space to its maximum potential, by creating a continuous flow of balanced energy using the electrical fields.

What Do Dreams Mean?

Quite often people have asked me what their dream meant. My usual response is, “how should I know?” The world of dreams is a complex one that needs a little background that

most are not aware of and accurately perceiving the information contained in them is nearly impossible for most.

The dream state, when one is “sleeping,” is not what people think it is. Once your head hits the pillow your body begins a process of “winding down” and shutting off. Assuming you are not an insomniac, the body will send a little jolt through your system to check and see if you truly are asleep - tossing and turning is how we experience it. Occasionally we will feel real electrical jolt. Once the body feels that you are asleep, you are tossed out of your body. Yes, once you are “sleeping” on the earth plane you are awake on another plane, as you vacate the physical body for realities beyond. Your primary consciousness leaves the body while soul matrix recharges the body with energy.

The body is a battery for energy, energy that comes from your soul matrix. The body is a very weak mechanism in and of itself. Without food or water it dies rather quickly. Without energy, which can only be garnered through sleep, you go nuts and die even faster than without water - try not sleeping for a few days straight and see what happens to your consciousness. You need the process of sleep to recharge the capacitor known as your body and this happens during the eight hours you sleep and at no other time. The rest of the waking hours you exist in the energy you collected the night before as it is spent manifesting the reality you interact with. Our pattern is energy going in at night, energy spent going out during the day - or the opposite if you are night person and sleep during the day.***

Once out of your body the body gets what is known as sleep paralysis. The body is kept in place, with a few moments of movement to keep circulation efficient, in order to keep the energy flowing into the body uninterrupted. Some folks have awakened during the sleep paralysis and find this disturbing, often freaking out because they can't seem to move their body for a few moments while they are in the paralyzed body. This is rare, but it does happen, as the system isn't perfect. The other thing that can happen when waking up as the energy is flowing in is a feeling of being electrocuted, as the body feels the intense flow of energy while it is flowing rather than after the reloading is complete. While the body is locked in place, and the energy is flowing, you - your consciousness, is long gone. There is no reason to hang about why the body gets a fill-up, there are things to do, places to go, people to see. Note here, you, the you that is not your body, does not need sleep, it is solely your body, and all that this entails that needs the sleep and the energy provided during the resting period.

Once out onto the astral plane one is free to move about, and everyone does. Some consciously do this, most do not, but all leave the body when asleep. Here is where things get tricky. Life in the nonphysical world is not the same as the earth plane world, and while there are similar energies, the way in which we interact with those energies is not the same. Think about how it, how do you interact with a mountain when you have no body to prevent you from moving through it? We move differently, with thought usually, and we think differently, as the physical brain is not there to slow us down. We manifest differently, in an instantaneous fashion rather than the sluggish earth plane way.

The non-physical realms can be confusing to the brain, as there are a great many things the brain has no symbol for. Our world is a place where there are symbols for each thing here and words are our primary medium to share our symbols with others. In other realities, realities you can access out of the body, there are things, energies, for which there are no words and things there are no earth-plane equal too. If you need to describe a shoe to a person you point, if there is none in sight, you describe using words like, “something you put on your feet to protect them.” How, in simple terms, does your brain, which is working only partially, interpret a city on Saturn that you are visiting for the first time, out of your body, when said city is made of “that stuff...?”

While on your astral trip, the brain keeps a fleeting record of things, but only things it can translate into symbols it knows. Let us use a common example. Many have had dreams of being on planes that do not behave like a common airplane. I recall one such experience when I was young where the plane just drove down the street while it was on the ground and all I could think is, “we are going crash into everything.” Once the “plane” took off, it flew wrong, the movement was totally off and all I could think of then was, “we’re going to crash.”

My brain only knew Boeing style airplane travel, so when flying in another type of moving craft, my brain just figured it was an airplane, and did the incorrect translation. So I have an odd memory of the plane that flew funny. Now, what does the plane that flew funny mean to me here on earth? Nothing, nothing at all. Astral travel experiences are often just experiences and nothing more.

During the sleep process we also regroup. The body discharges the build up of the day, the brain reorganizes some of the information collected and a refresh takes place. This is all standard stuff for most, but this can create some confusion. When we take computer and restart it to clean things up, the computer stops doing the tasks we use it for and starts to organize based on the programs that tell it to run efficiently. The process would look like gibberish if we decided to figure it out while it was happening. The reorganization that happens during the sleep process can be gibberish and isn’t of much value, as things are going out, coming in and reorganizing all at the same time. In a sense it is organized chaos, and not meant to really be studied in any great detail.

We also get some useful information during the recharge process. Our soul matrix will download some things into us, but it isn’t likely to be monumental. Life is as it is and is mostly just fine. It is rare, and I mean rare, that someone needs some life altering dream derived experience. For the most part the information and adjustments are minimal. Unless, and this is the big unless, you use your dream state actively as a tool.

The dream state can be a tool, can be. I say it can be because one cannot just decide one day to make a tool and then forget the tool the next day. This is common among folks, especially New Age folks who have some belief that dreams are visions. One day one may have a dream they win the lottery and this tells them to go play - they loose. Because the dream was favorable, the excitement was generated and attention was paid to the interpretation of the energy. Yet when the same person dreams they should leave their abusive mate they will ignore that because it isn’t what they want and hasn’t the exciting

flare of the lottery win. Using the dream system as a tool is a skill, a skill that is developed over a period of time by being diligent, discerning and open. It is not a whim, but a skill that is to be developed in the same manner of becoming a pianist going to Carnegie Hall. I'm not going to go into detail on that process, as it is not my forte, but suffice it to say if you do not use the system as tool, and practice dream interaction as you would practicing the piano, don't use your dreams as a reference point for anything at all.

A rather unfortunate part of the dream experience is interference. Interference by folks who do not have our best interest at heart is an all too common thing. We can run into all kinds of beings who are not earthbound and whose intentions toward us are rather negative. We can be influenced by them in the form of thought forms being placed in us, or negative impressions being placed in us or even out right energy attacks while out of the body. Why does this matter? If you don't use your dreams as a tool, you are just as likely to get excited to win the lottery - and go play, as you are to listen to the idea that the neighbor is trying to kill you and you should attack him. Non-physical influence while in the sleeping state is kind of sport for many, and discernment is super key to makings sure their influence is dismissed outright. There is a period where all influence should be dismissed - just before waking.

Waking is point where folks are highly suggestive. Several times folks have said to me, "I had a dream where I got in car crash on the way to your place, I shouldn't come, should I?" The dream is usually described in vivid detail. When asked if the dream happened right before they awakened the reply was always, "yes." Of the dozen who expressed this dream-induced concern, not one person was involved in a crash coming to my place - not one. This area of influence should always be dismissed, unless you use the dream state as a tool and you are fully confident in your discernment and your dream interaction skills.

The idea that a universal system for dream interpretation exists is rather ludicrous. Many believe the lion is a symbol of nobility, to me the lion is the ultimate leech, as he's a handsome, occasionally loud and lazy cat. The female lions are resourceful, cunning, tough, and excellent parents. While nobility may have taken the lion to symbolically represent their reality, for me that symbol does not mean the same thing. To see a lion in my dream, were I to use my dreams as tool, would mean something different then to a member of the nobility. This example isn't quite the same, but a psychic once told me how she saw me with a great tree, with strong roots and that mean to her, her not me, that I was in a good strong financial position - I spent the next ten years broke. For me the tree would have meant unyielding, inflexible and stuck in one place. My symbols are for me, your symbols are for you, and the communal symbols can only be in place if we all agree. There was a point where I would hear folks attempt to adopt the Native American form of symbol medicine to their lives on a whim. They'd say, "I saw a crow on my car today, in Cherokee medicine that means..." This is beyond silly, the only way the crow means something to you if you have a lifelong meaning for that symbol, the fact that the Cherokee established a system of agreed upon meanings of crow sightings has no connection to Alice White in the Bronx in 2012. You have totally different symbols to tell you things then the Native Americans because you live in a totally different form of the earth plane reality then they did. (See my book harmonizing statements to understand you waking symbols with more clarity)

Dreams are a complex system of experience that are influenced by so many factors we have no control over that to use them willy nilly is foolish at best. The sun's energy influences our dream process. The earth's geomagnetic variations influence our dream process. Wi-Fi influences our dream process. Hormones, DMT levels and where and whom you are sleeping with influence your dream process. TV greatly influences the dream process. I read where a person tested his dream experience by watching fear mongering news programs prior to bed for a week. Then not watching TV for a week. The first hand report was the news night's sleep was full of negative stuff. If a night of TV can influence the dream experience, I hardly think deciding to interpret one dream a month is a useful process.

What You Can Do To Increase Your Awareness

- Use the sleep process to recover. Eight hours in comfortable bed, in a comfortable dark, quiet room is needed.
- Pay attention to your bed, if your pillow is poor, switch. If your bed is poor, get a new one - both can act like a capacitor for energy so if the energy is distorted you'll sleep poor. I prefer the memory foam mattress and pillows, after being aired out of course, but find something that works for you. Coiled box springs are not recommended as the coils act like antennae, drawing in all manner for stray frequencies. Stick with what works until it stops working and then switch.
- Find an alarm that wakes you up gently - shouting alarms are torture. A CD player with a soothing neutral word free composition gradually getting louder is excellent.
- Animals should not sleep "with" you, they are animals.
- Bed should be used for intimate experiences and sleep; no eating, no parties, or anything else - I don't even recommend reading in bed.
- One should never, I mean never, under no circumstances, ever, ever have a TV in the bedroom. If you have a TV in your bedroom you will never sleep well, ever.
- Never sleep with the dumbphone by your bed, and especially not next to your head.
- For what it is worth, I would suggest that when you are "asleep" you are far more awake, more the real you, than you are when you are "awake." The limitless you in the dream, the non physical state, is more the truth of you than the you contained in the body for 16 hours a day.

***What time you were born determines whether you are a night owl or morning person. The birth hour is your "wake up" hour. So those born at 7 AM will be a morning person, those born and 12 midnight will suffer, as our world isn't set up for a 12 midnight wake up hour. Keep this in mind when you yell at your kids for being sleepy.

The Wasting Of Time

I am now 15945 days old, 43.75 years - 382,680 hours spent on planet earth. Being at the midpoint of my life I've decided to take stock. Rather than looking at what I've accomplished to this point or determine what I still have left to do, I'm going to look at the time I've wasted and how it was wasted. Perspective is needed to evaluate the myriad of life's events so I have decided to see what didn't contribute to my evolution as my guide. The 23 hours I've wasted by being dropped on the cell phone has not contributed to my evolution. The 2 hours I spent viewing the Mona Lisa contributed immeasurably.

The purpose of life is to learn as much about yourself and your environment as you can through your interactions with what you encounter. Through this process we achieve awareness, then understanding and hopefully our experiences lead to knowingness about ourselves and the world. Yet life is filled with time wasters, experiences that don't seem to lead to anything in particular, let alone knowingness about who and what I am.

Of my 382,680 hours I'll subtract 127,560 hours off the top for sleep; leaving 255,120 hours spent doing everything from eating Mexican food, engaging in sex and being perfectly stupefied by the game of golf – activities that are clearly not a waste of time.

I consider the first two years of my life a total waste. Diapers, baby food, gurgling and baby talk from my parents add up to make this an obvious waste - that and I can't remember a thing about those two years. 17520 hours wasted.

School wasn't a comprehensive waste, but out of the 10 years spent in the care of the Unified School System I wasted time in detention, doing endless busywork and in an assortment of school spirit related ceremonies. 16,800 hours lost.

I've wasted a total of 240 hours waiting for repair people. I've wasted 120 hours deleting spam, another 408 hours waiting for websites to load and 600 hours dealing with some kind of computer or electronic related crisis. I've spent 75 hours learning how to operate appliances I no longer have.

For someone who rarely travels I have wasted 1560 hours waiting in airports, rail stations and bus stops. I have wasted 312 hours pumping gas. 12,984 hours (the biggest time killer of all) simply vanished while sitting in traffic, another 48 hours went while waiting for parking spaces. I've wasted 312 hours being lost in various scenarios. I've wasted 144 hours in Las Vegas and a half a day visiting the Trees of Mystery in Northern California.

I've spent 480 hours waiting for doctors, dentists, hair stylists and other professionals to see me. I've wasted 240 hours waiting for people to call at the agreed upon time and 408 hours procrastinating calling people back at all. I've wasted 168 hours waiting on "hold." I have wasted 980 hours waiting too long for fast food and another 486 hours waiting too long for the check. I've wasted 1560 hours standing in line for various things - 72 hours waiting in the wrong line.

Nearly 1800 hours vanished while performing the governmental mandates: dmv, traffic court, filing tax forms, obtaining licenses and the like. I've wasted 46 hours killing various household bugs. I've spent 89 hours listening to door-to-door sales people – never bought a thing. I've spent 2380 hours of my life opening packages of various kinds, including junk mail, and 14 hours addressing wounds obtained while opening vacuum-sealed packaging. 26 hours disappeared while looking for things I accidentally threw away.

I've wasted 360 hours shopping for obligatory gifts, 120 returning obligatory gifts and 17 hours sending thank you cards for obligatory gifts. I've wasted 624 hours buying clothes I never actually wore and another 423 hours returning or exchanging defective items including some of the clothes I never wore.

I've squandered 1350 hours thinking about, being annoyed at, or longing for women I never dated. I've wasted 1157 hours procrastinating breaking up with someone and 1560 trying to get back together with someone who dumped me. I've wasted only 26 hours on truly regrettable dates – I've been lucky.

I burned through a whole lot of time watching TV – too much to count. I'll cop to the 1008 hours wasted watching numerous holiday specials, awards shows and all that local news coverage of the “tragedy of the day.” I lost 3960 hours to bad movies, bad plays, bad concerts and another 1680 hours sitting through unpleasant family gatherings. I've easily wasted 1080 hours on small talk at assorted get-togethers. I've wasted 90 hours at Super Bowl parties and 125 at the weddings of those now divorced.

I've frittered away 3025 hours on projects I started but never finished. I've wasted 736 hours arguing over things that happened in the past - things I wasn't even a part of. I've spent 67 hours in “which band is better” debates and 72 hours trying to convince numerous folks of the problems with supply-side economics. Embarrassingly I've exhausted 120 hours, spread out over 30 years, thinking about who really killed JFK. I've only spent 11 hours listening to political speeches – all wasted.

I've lost 360 hours oversleeping and 720 climbing the walls with insomnia. I've wasted 7023 hours being sick or recovering from being sick not including 372 hours paralyzed by hangovers. I've wasted at least 18 hours of my life removing a plethora of things from the bottoms of my shoes.

I found the examination process vexing as many of the time wasters actually housed something valuable. Many of the valuables were true evolutionary experiences intricately woven into the seemingly meaningless time wasters. At the most excruciating of the aforementioned weddings I met my wife. As such, I'd have to say I really wouldn't trade a single minute of the first 382,680 hours of my life. I do pledge that throughout the next 382,680 hours there's going to be less bad TV, no more JFK speculating and much less time spent waiting.

Perception

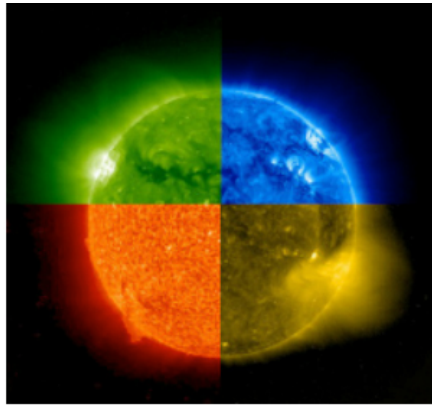
We humans have a very limited system to perceive things. We use our five senses as our main tools for perception: seeing, hearing, tasting, touching and smelling. In spite of what we may want to believe, those systems are rather horrible at their job. What you can see of all there is to see is remarkably small. For example, one cannot see Infrared, or Ultra Violet spectrums at all. With a little myopia one cannot see street signs or a hyperopia one cannot see typeface, or with both one cannot see much without an aid. What humans can hear is a tiny fraction of what there is to hear. My sense of smell is beyond horrible. Nearly of these senses can be knocked out with a simple common cold or other ailment and all can just cease working altogether for good. The senses are hardly uniform, as many people see colors in different ways and many find one sound pleasing when another finds it displeasing.

The five senses are our tools to perceiving, receptors of information. While they are tools, rather poor tools, they are tools that are meant to aid in the ability to perceive our reality. They are aids, they are not end all be all but we seem the as such, and here is where we have gotten lost. Humans have become so reliant on the five senses that they have abandoned all other means to perceive. Way, way back we used to find the so-called sixth sense as a normal everyday feature of life. Then it became the domain of witches and weirdoes, and now it is seen a quaint novelty that cannot compete with science. Ingo Swann, noted researcher and interesting guy, has written about us having 17 senses in our arsenal. What? If true, it is clear we all agreed to quit at the standard five. His 17 range from sensors in the nose to smell emotions to skin sensors that sense the temperament of other beings. Ever wonder how the first person decided to eat a mushroom, given most are not edible? Maybe it was simpler when folks used all 17 senses, but because we can't do anything without a dumbphone these days, I'd be hard pressed to take the average person on food hunt in the woods and figure out what to eat without a lab or google access.

The world of 3d is about the culmination of what the senses bring to the brain. We see the world, we hear the world, we taste the world, but in the average reality we do these things independently with little conscious assimilation of the contributing energies coming in through those senses. We "look" at the sun and that is it. Scientists have developed all forms of technology to improve the ability to look at the sun, to improve on our weak visual system. They collect information in the visual spectrum and that ends it. But that creates a kind of 2d interpretation of a 3d thing. We do we not add the sounds of the sun to our assessment of the sun? It has sounds? Sure does <http://www.youtube.com/watch?v=FJiCcYYRin0>. Science may look at the sounds, but the look at them as a separate piece of the sun, not a piece to be incorporate into the other parts of the experience.

The problem here is there is no machine that will take the sounds and the sights of the sun and make anything of it except your brain (this fact is why artificial intelligence is thankfully doomed). Your brain, really your consciousness, can and does make sense of the reality you live in by combining all things you perceive through your senses. What if we

add the feel of the sun, then the smell and taste to our experience with the sun? Wait, you can't taste the sun, you can't smell it. Why not? Just because science hasn't figured out a way to do those things with machines does not mean it does not happen. Have you tried? Most likely before the preceding paragraph you had no idea the sun created sound? So, we take a moment to go outside and access the sun with our five senses. Then, we take that information and process it - what do we perceive then? Ohhhh, now things are getting interesting, as the 3d world just got a bit more complete. Now, what if you took all 17 senses and accessed the sun? Well, I'll leave that up to you to figure out.



The different visual spectra of the sun, can you see all of them?

Perception, the processing of the energy around you is what tells you what your reality is. If I take away your ability to perceive, the reality changes. If I put you in a dark room, in a suit that only gives you feed back of yourself (temperature and feeling etc.) make you blind and deaf as well - where are you? Do you think you would be able to tell? In our current state of perception there is not one among us who would have a clue, yet, removing any or all of the senses should not change your ability to know your reality. Helen Keller knew all about her reality, her challenge was expressing it to others who relied on their 5 senses to connect with her rather than also using a few of the other ones at their disposal. You will hear many folks speak of connections with others who seem handicapped in some way, they'll say, "he is really amazing" or "while she can't speak, there is so much there..." and what is going on here is they are using some of their 17 senses to connect. We have become so reliant on our five senses that things could be happening, check that, things *are* happening, just outside the perceptions that we are not a part of. This isn't really a bad thing per se; it is our total arrogance, our total lack of humility in this area that is truly despicable. I see and hear this phrase uttered so often, "if that's true, how come I don't know about it?" The deeper meaning is, "I know all there is to know, if I can't perceive it, it does not exist." How can one say this with such authority with such poor tools for perceiving the world they inhabit?

You perceive the walls around you are solid; I assure you then are not. The senses you have tell you the walls are solid, as you can't hear through them, the feel hard, can't see through them and so on; solid. What is going on here is you are not perceiving the reality where the walls are not solid. Could using 17 senses allow you perceive a reality where the walls are not solid? At some point someone figured out which mushroom they could eat and it wasn't with a chemical lab doing an analysis.

If you could perceive the reality around you where the walls were not solid, how would you express this fact to a person who could only perceive the walls were solid?

How can you see more of what there is to see? You can't. How can you hear more of what there is to hear? You can't. Your eyes and your ears are what they are, they are limitations. Wait, you can't just make your eyes better? Best eyesight might be 20-10 with regard to distance, but that still leaves out Ultra Violet and Infrared and you just are not going to get your eyes to see in that range. But, what if you decided you didn't care about "seeing" anything but were interested in "knowing" the spectrum of things to "see" outside the visual spectrum? What if you didn't care how the information came into your knowingness, through eyes, or ears or feet? What if your perception system only relied on the 5 senses, or even the 17 senses in the smallest amount possible: say those 17 inputs only totaled 20 percent of your perception input? What other systems of input could make up the other 80 percent of the input?

Consider this, right "next" to that solid wall you are looking at is a place where that wall is not solid? It is your perception that is preventing you from accessing it, not your eyes, not your ears, not your brain even; your limited perception has to be unable to perceive it.

There is a well-known story about a young man who is blind, but uses echolocation to navigate his reality just fine. So humans have the ability to perceive their reality with echolocation, they just choose not to do it and this young man, through need, decided that he could access that skill and cultivate it.

<http://www.youtube.com/watch?v=qLziFMF4DHA>

There is a presumption that we all perceive things in exactly the same way. We do not, but some kind of strange and quite sick effort has been made to make sure everyone on the planet sees, hears, feels and in the end perceives everything exactly the same. To perceive something in a way that is different than another is often cause for murder. Witches, whether true or not, were believed to perceive things others could not: they were burned at the stake. Up until recently, folks who were left-handed at birth were forced to use their right hand, to be just like everyone else. Folks who perpetuated this barbaric effort were not even privy to the real reason this was done: lefties perceive things differently, as a result of using the left hand they access the right side of the brain more, as such, they are more likely to access things beyond the realm. Here is simple example. Seems some did not care for people using the left hand-right brain connection for fear of what they could perceive.

We all "know" what Navy Blue is. The color is just fact amongst those who are not color blind. Seems a woman named Hogan can see a much broader spectrum of color, as a tetrachromat woman, she can see four distinct ranges of color, instead of the three that most see. Wait; there is more to see? Yes, and this woman can see things you cannot see. So how can she have a conversation about things you cannot see, therefore cannot perceive? Is she wrong for seeing more than you, or are you wrong for not seeing as much as she? What if she were to design machines that break up the color spectrum?

How do you stack up on the color perception area via the Color Hue test? Find out here?

http://www.xrite.com/custom_page.aspx?PageID=77

Were you perfect? Most people are not, so when one is perceiving one thing related to color, another is actually perceiving something totally different. I would contend there has been a concerted effort to get people to perceive exactly the same things on all levels. If everyone perceives the same things, they are far easier to control. It seems to me that we have been programmed to perceive things in the way a machine perceives things; rather than the way we should be perceiving things as a sentient being with unlimited consciousness. The body has machine like senses, utterly useless with out the perception system, but if you can get people further and further away from their dynamic perception system and get them deeper and deeper into their “seeing” is everything system the all you have to do is control what they see. See my article on Celebrity for more details on this process.

After what I just said, what do you make of the phrase, “everybody knows...?” This is an old optical illusion. Which do you see, the old woman or the young woman?



The classic perception test, which do you see?

Can you flip perception back and forth between the two? There is only one thing to “see” here but there are at least two things that can be perceived. I’ll say this again, in the image above, there is only one thing to see, the image, but there are at least two things to perceive. Some only see the old woman and can’t see the young woman, some the opposite. I imagine there are some who see neither. Magicians get you to “see” one thing while they do something beyond your conscious perception. The art of illusion counts on two things, nearly everyone will “see” the same thing and nearly everyone will “perceive” the same thing from what they see. It seems to me that the fact that illusions exist would tell people that their eyes are unreliable at best, but instead they see the illusion as fun, as the don’t spend any time self reflecting about the reality created by such a curious limitation.

Hmmm? Wait, there is more to perceive than I perceive? Yes. In actuality there is an infinite number of things to perceive, and infinite number and yet we humans actually believe, firmly know, that we perceive all there is to perceive. Humbling isn't it?

What is interesting is that when you decide to leave the earth plane for good (known as dying) the world you see around you right now will no longer exist. The reality that is known as your reality, all that is you, will stop existing once you no longer perceive it in the way you perceive it now. I see my dog sitting over by the door waiting to go on a walk. I perceive this primarily through my eyes, but without eyes I would "see" something very different and without a body to perceive my dog, my dog is no longer my dog, as that classification is contingent on my current perceptions. There is an age-old saying, "if a tree falls in the woods and no one is there to hear it, does it make a sound?" The tree does not even exist if there is no one to perceive it. Confused folks will argue that they happen upon fallen trees all the time, so they "know" a tree fell, and falling trees make sound so there had to be a sound. No, they happened upon a tree they perceived as having fallen but they never perceived it any other way than lying on the ground. It is a presumption it once stood, but it is not a fact, the only thing factual to them personally is what they perceive in that moment. Fallen trees are trees on the ground, falling trees are trees headed to the ground, standing trees may be either trees that haven't fallen or trees that will never fall, but while one perceives them as standing they are standing and nothing more. Metaphysics is so much more fun than physics as there are no absolutes.



Sadly we "see" nature, we "smell" nature, we "taste, touch and hear" nature but we cannot be it. We process the information in parts.

When I first got to the planet I could not understand the idea of "seeing" things. At a certain age, while not yet fully developed, the limitations of the senses were clear to me. I recall being very frustrated at having to "see" the mountains, trees, snow and textures of the Rocky Mountains. I could not accept that I could not be them, but had to "perceive" them through this isolation chamber known as my body. Seeing, hearing or tasting things in isolation is a form of separation and a far inferior way of existing relative to *being* something. Seeing things without the aid of perception is simply death, can you imagine looking at something with no way to actually make sense of it?

In many ways, folks have become observers of their own reality; as such they live a kind of waking death, seeing the world as a tiny fraction of what it is. Someone once said to me, "I'd love to see what you see." Of course what was meant was "I'd love to perceive what you perceive" but of course this is not all it is cracked up to be here. Perceive things that others cannot is rarely, if ever, applauded, and is most often met with derision, or even death. Yet, folks seem perfectly happy to be told what to perceive. The news/entertainment programs tell us what we are seeing and what it means for us, there is no effort on our behalf and many are content with this.

We generally perceive things through symbols associated with things programmed into our brain. The symbols we are used to tend to be short. What I mean by this is we can see a shoe and know it is a shoe. We can see a picture of a shoe and know it is supposed to represent a shoe, our perception system tells us one is a shoe the other is an image. Things get a bit more complex as we move up the symbol system food chain. One of the most prevalent corporate logos is an homage to the rings of Saturn. We see it everywhere, the Nike Swoosh, the Toyota logo (and many, many more) and yet we don't seem to put it together that they are all variations on the same theme. The logos are everywhere, on everything, yet seems to us each logo is unique, when in fact there are very few unique logos in the corporate world if you take them apart. We don't string all of them together to see them as one because we cannot perceive them as a whole, only piece by piece. (see Michael Tsarion's work on the topic)

Our limited sensory system has us unable to perceive things in a broader way due to the feeble nature of both the senses themselves and the perception system we use to interpret that information. Some time back a few stoned out dudes figured out that if you played Pink Floyd's Dark Side Of The Moon along with The Wizard Of Oz, they synched up perfectly. I watched this phenomenon and was rightly impressed with the detailed correlation. Now, The Wizard Of Oz was a book that was not what it is was said to be about. The entire book was a metaphor for the banking system, as Frank Baum was one who didn't care for the banking cartel and wrote this book to attack the process (he feared for his life should he just write an op ed piece). The Wizard was the banking cartel, controlling the reality of our world with nothing at all - they print fake money out of thin air and then demand repayment with real energy. The movie is not about that system, but something entirely different. Same general symbols, entirely different meaning, or meanings...

The Wizard of Oz and Dark Side Of The Moon were created years apart, with no discernible connection between the two. So what gives here? The human brain's ability to perceive the symbols coming from the input systems is the key problem. The movie version of The Wizard Of Oz is a symbol, made up of several tiny symbols, which equal a whole symbol. Some say the idea here is Dorothy is lost, her Higher Self is the good witch, her lower self is the bad witch, the Wizard represents the false god which is not necessary for Dorothy to find her way home - she knows inside what to do. That's the gist of one version, but the images complete a larger symbol than even that story. We'll say the puzzle pieces of The Wizard Of Oz complete the picture X, and only if you know how to decode the puzzle pieces do you get to perceive symbol X. Now, Dark Side Of the Moon is a musical symbol made up of lyrics and tones. What does that album mean? No idea, I listened to it

be never studied the lyrics, but even if I had, they lyrics are only one part to the perception, as the music is another part and my perception is not one to that sees the two at the deeper level. Are there even more parts to the famed album? Most assuredly, notice there are complete songs, gaps between songs and order of songs as well. So, if we take Dark Side Of The Moon and add up all the pieces, we find that the symbol we perceive is X! Yes, the two totally different expressions are the same exact symbol. The Wizard Of Oz and Dark Side Of the Moon are exactly the same symbol, a larger symbol made up of a sequence of smaller parts. Try it another way, if each was a map, the map would take us to the exact same location. Many will ask about the fact that the movie goes on longer then the album, since I don't know what the symbol means, it is possible that there is another album that fills in the last half of the movie (maybe by a different band) or that the meaningful part of the pieces end at the albums completion point. It should be noted that what ever X is, or means, is quite enduring to the American populace as Dark Side Of The Moon sold 50 million copies and charted for 741 weeks, and The Wizard Of Oz's impact really can't be quantified, as it is so great.

Some are going to ask the obvious question: are the folks who created Oz and Moon aware of the X meaning you are speaking of? No, but the answer to that question is for another article.

What does X mean, what is the symbol? I have no idea and I'll leave it at that. The point I am seeking to make is our ability to string together long, complex symbols systems is compromised by our both our feeble 5 senses and our rather poor perception programming. As such, we cannot perceive anything beyond what the two limited systems can conjure up, and even then what we are programmed to perceive the things we take in is usually all we make of any given experience. Yet the hubris with which many claim to know all about everything because they can "see" this or "read" that is beyond comical, in many cases it is downright destructive. Many folks claim to speak for god; well if they that well connected they would easily be able to decode the symbols of our two iconic entertainment experiences.

What we perceive is an issue more often then not incorrect. Modern psychiatry has us constantly looking for the "why" with regard to what we are doing. It never seeks to really accurately define what we are doing. The "why" is largely irrelevant when you know what is actually happening. Several years ago I belonged to a chain fitness center located near my house. I was constantly frustrated by the missing and broken equipment and the general state of the place. In my mind I could not figure out when they just didn't do a better job of making the gym more like a quality gym. One day I was talking with the manager and I said, "could you tell me why there is always missing equipment, even the pins that go into the machines are often gone?" He says, "Sure, it's our demographic." "Huh," what did he mean by that? I was momentarily caught of guard by the answer. "People steal stuff here, I lose about 600 dollars worth of equipment a month." I stood there confused beyond all comprehension, why would people steal things they are entitled to use by being members? Who would steal a 50-pound weight? What value are the machine pins? Then it dawned on me, the problem was not the gym, the problem was the fact that I was *choosing to go to a gym where people stole things!* The gym was fine, in fact the manager expressed no real dismay over this shocking fact, the gym is perfect. My choice was the problem. Now, what

happened after I perceived things in a more correct fashion is that I received and offer to join a new gym - the next day, where they have no problem with folks stealing things.

I so often hear women complaining about the state of men. Men are this, men are that, there seems to be an endless list of problems with me. “No good men are available,” is something I heard once from a women who dated only married men! The problem wasn’t with the men; it was with her *choice* of men. The even deeper truth is that it was not even about her choice of men, it was about her perception, it was about which men her senses were able to actually perceive. She was only able to perceive men that fit the “no good men are available” model. She could not perceive men who were not married because she perceive those who were married as the good ones, the ones who where taken.

We perceive the world as outside us, but this isn’t true, as everything is inside and projected out (see harmonizing statements to demonstrate this for yourself). This confusion causes a major disconnect in how we perceive things, how we process the information put out by ourselves. The last 100 years of psychiatric insight has reinforced the idea that the world is outside and happens to you, which has turned things upside down and backwards. At the most basic level folks should not be asking, “why is this happening to me” but “why am I perceiving this is happening to me?” We should be wondering why we are unable to perceive anything else.

The world around me is always at war, why is the earth always at war? What if I altered that point of view a little? What if I ask the question, “why do I perceive I exist in a reality where there is always war?” “Why do I insist on perceiving the war world and not another world?” “What in me, in my brain programming, has me perceiving a reality in which war and killing is the answer to almost everything?”

What You Can Do To Increase Your Awareness

Increasing your perception is more about removing things then adding things. Trying to see better, or hear more is about creating more limitation, not getting less.

- When you go about your day-to-day experiences, ask yourself, often: “what am I choosing not to perceive?” Then, don’t “try” and perceive anything, let your system go and see what happens.
- When confronted with a problem, turn it around. The gym was not my problem; my decision to go to a gym where people stole things was the problem. I can’t change the gym but I can change my choice. Look to see the problem from the other side.
- Place your hands on your knees. Look around the room carefully, take it all in. Then ask yourself this question: “how would I know if everything in my reality was replaced with a 95 percent replica?” How would you know of your reality had altered, what tools do you think would tell you this? Do you really trust your eyes to tell you all about your reality, the eyes that fall for the magicians illusions? The film *Dark City* is an interesting visual representation on this idea.

- Begin to accept the idea that the body's senses are limitations, limitations that don't work very well at best. This is process, not an overnight thing.

- Begin to accept the idea that there are things to perceive beyond the body's systems, and while you don't know how to perceive them yet, you are open to what kind of work it takes to expand your perception to get there. This is a process, not an overnight thing.

- Fully and complete accept that people perceive things differently. Accept and embrace the idea that this fact is wonderful, not a problem, but exactly how it is supposed to be. Stop insisting others perceive things just like you and stop feeling angry, or disappointed that folks don't perceive things just like you.

Responsibility

Let's take a look at how taking ownership of one's entire experience enhances the cause and effect process and heals old wounds. It is important to first remind ourselves of our purpose: Our purpose, as an extension of the Creator, is to learn as much as possible about ourselves and our environment through conscious, personal interaction with all the elements presented to us. There are other "Soul-level" purposes at play but from the earth based, third-dimensional-personality perspective; this is what we'll focus on. Notice how I said nothing about end results, or goals here. This is the key to understanding what you are Responsible for and what you are not. From the 3D perspective, *there is nothing but Process*, continual never ending Process; once you begin you are always right in the middle of it. Goals are nothing more than excuses to get Process going. Process is where we learn and find actual understanding, not the conclusion. The outcome gives us a nice reference point but it is not Process.

If the finish was the end all be all and the Process of little consequence; Academy Awards, Pulitzers, and Gold Medals would be handed out to all who ask. The end without the Process, in this case an award, has no value at all. Soul/You sees things exactly the same way. Soul/You wants to experience everything directly via *conscious* Process. The only way to accomplish this is by complete and total recognition of Responsibility during every single event, no matter how small. By owning Responsibility during any given Process, one can access the information presented and use that knowledge later. Deferring Responsibility eliminates one's ability to clearly access that knowledge later, making the experience (from a personality/you point of view) a waste – often leading to "do-over."

The way in which we access as much as we can out of each possible experience is to clearly define our personal cause and effect (Responsibility) in the moment. In this case we are referring to direct ownership of everything concerning your personal experience: feelings, emotions, actions, reactions, even your body - You. Knowing what you are Responsible for is important. In the artificial separation of the three-dimensional world you are responsible for you and you alone. The converse of that is that *no one* is responsible for you. You interact with millions of elements over a lifetime and the guiding common factor

is you, as such, the only thing you can consistently be Responsible for is *you*. This of course does not mean you should be reckless and selfish, as all actions have consequences and those associated with a disregard for others can lead to painfully unpleasant results.

The synthetic separation of the 3D world has everyone desperately looking for someone else to take care of him or her. The usual suspects singled out for this are: Parents, Mates, Governments, Institutions of any sort, Religion and Religious figures, even Dead Relatives. Folks will even hand over Responsibility to beings they cannot see in the form of Guides, or Fairy's - anyone but themselves. The only being in the Universe with a total and complete, unwavering, non-judgmental, interest in your well-being is You/Soul! Soul/You is the only one who really knows what is needed for you to accomplish your Soul guided Process.** A key component to "moving" up through the Density levels of experience is the recognition that one must not interfere with another's right to fully experience an event(s) – "live and let live." Anyone allowing you to defer Responsibility to them is breaking that canon: meaning they haven't graduated to a level deep enough to *actually* help you anyway as they still feel interfering is acceptable. Further, why should anyone else in the physical realm or other, care what mustard you choose, or what college you choose or what job you choose? There is no right or wrong choice, only conscious choice via acceptance of Responsibility, which leads to assailable information derived from actual experience. Some choices are more efficient than others, but all lead to Process and Process *is* the name of the game. Who is interfering with your Process, who's Process are you interfering with?

If I had someone or something running out ahead of me, "helping me," by altering my process - "protecting me from all things bad-" I'd be furious. Why would I ask "others" to take away my possible understanding of an event by depriving me of the full experience? Why would I ask someone else, seen or unseen, to choose a date for me, or a place to live, when I can Ask Myself? Who knows better than I-Soul? The main reason we defer is insecurity and little more. We are insecure in accepting Responsibility for our actions, for our lives, for our experience, and as such are willing to attempt to hand our experience over to someone else. Consult with others, ask for advice, but do not hand over Responsibility! Here is the great irony, we keep trying but we cannot give it away anyway.

No one else can be Responsible for us or our actions. Others can interfere or assist, but in the end we are the ones who must process the information/experience - alone. This is a fact that is never going to go away, no matter how much you wish, so stop fearing it and embrace it now.

Handing your Responsibility to others in day-to-day life has disastrous consequences. Others you meet do not want to be Responsible for your stuff. They have their own issues – like you! Let's look at a typical scenario here. Someone has quite a bit of credit card debt. They need to move as their lease is up. Their mate has just broken up with them and they are looking for a new job. In a job interview process our person is thinking: "I need this job to payoff my debt, get the money to move and take some time off to get over my mate." The hiring person is now responsible for all of that! 15 minutes earlier he had none of that on his plate, now suddenly he and his firm are not just hiring a new coworker but are Responsible for "helping," someone they don't even know. Our hiring person is now

energetically overwhelmed. A straightforward interview has now been clouded by misplaced personal Responsibility and this person will resist offering the job. Are you doing this to your mate, your parents, how about your boss?

This kind of scene plays out in a myriad of ways. People want mom, husband, God or a gnome named Ed to “make the bad things go away” or “take the pain away,” or “make the decision for them.” Often times they ask people who are wholly unqualified to take on such a task in the first place! When the targeted individual fails to effectively accept the inappropriate Responsibility, the donor may actually become furious with that individual. Again, it is not another individual’s Responsibility to be accountable our own Responsibility in the first place. Handing over things you don’t want to “deal with” (life, money problems, confrontation, spilled milk) to another is the worst kind of crime. A person who cannot be responsible in the first place is quick to be resentful of the request – especially if things were going well for them before being asked, or worse, demanded. Simply take complete ownership of your entire Process, your Responsibilities, at all times and save others the trouble of resenting you.

Own the profits of your experience too, regardless of outcome. Learn from the positive and negative. Ownership undoes past imbalances as folding them into consciousness brings them into balance. Out of balance things are looking for ownership. Remember, every thing you have ever done, every breath you have taken, every conversation you’ve had, every dollar you’ve spent is a Process with specific knowledge attached to that event: own it – it’s yours. Knowledge is Power, Power comes from Experience and by owning Responsibility you have more Power.

Those of you giving away your power – Responsibility – to a higher power, consider this: You *are* the higher power. If the Creator is All, and you are part of the All, you are the higher power: act like it and own your Responsibility. The Creator is interested in Understanding through experience - *all experience*. Too many of us believe that Understanding only comes from unmitigated successes or positive things. This is a fundamental trap that leads to confusion. Understanding comes from conscious processing of *real* experience; there is nothing about success or failure written into that edict. Consciously participating in all experiences *necessitates* success. I myself learn the most from things that go “wrong” or end up “failing.” The Creator participates, facilitates, all-everything-entirety, regardless.

I should add this at this point. If you are one who is busy with: Insecurity Management, Failure Management, or Future Event Management and are resisting Responsibility as a result, take this as your mantra: “I don’t know what I am doing, if I did, I wouldn’t be here. As my knowledge and understanding change from day to day, so does my adventure.” Pretend you are an Alien being who has come to earth to learn everything you can about its customs and the actions of its people. Take nothing for granted here, assess and question everything at all times. Not enough Responsibility is being owned because people feel like they “should know” and they fail to recognize being here means you don’t know it all. Humble yourself with this: In our Universe there are twelve Densities; you’re in number three. Within those Densities are Dimensions and Octaves within those Dimensions – now, how much do you really know? So why not enjoy the beauty of each experience being new

and fresh. Recognize all the things you are doing, and have done, and forget the things you are not doing or missed doing. Try something new, with the intent to just to see what happens!

Get out of Insecurity Management, Failure Management, Future Management, and get into Present Moment Participation-Process. This clarifies what is really going on. Take Responsibility of what is really happening to you in the moment, right in the here and now. To determine what you can do now, to change things in the now, you must take Responsibility. When you act, something always happens, when you do nothing, nothing nearly always happens. Simply taking/owning Responsibility is action, powerful action, which leads to movement and more experience.

You chose to take a body. Even though to don't remember that decision, you must have, otherwise you wouldn't be here. Something in your Soul matrix is missing and Soul/You have decided to access the 3D world in order to fill in the blanks.* The blanks will be filled in; they must, so why not consciously participate in the Process? After all this is why you are in the body. There is no substitute for actual, tangible, personally verifiable experience. This is the only way of moving through the complicated maze of energies back to Unity. If actual experience was unneeded or undesirable, you would not be here! So take advantage of the energies that are here to provide you with the experience necessary to fully understand yourself.

The Earth plane is dominated by "survivor" energy and is quite challenging. Other densities are less concerned with "survivorship" but they are equally as challenging. Challenge is the constant. The skills you acquire here are always used. Take Responsibility for the Process and assess your experience in the moment. Then reflect on the past experiences. Assimilate the knowledge, as you may need it!

The Life Process, Soul Process, is about understanding Unity. Each of us experiences a "life" path that teaches us something about Unity. Either we are drawn back to it, or we are propelled away from it, depending on the way in which we interpret any given experience. The experiences themselves are neutral; the interpretation is where the value and understanding are installed. Taking Responsibility helps us assign the "proper" value to any given experience. Without accepting total and complete Responsibility one cannot accurately assess the concept of Unity. Unity implies accepting all things, good/bad and indifferent: After all, the Creator is all of those things and more. It *is* Unity. If you can't even accept the parts of your life that make you uncomfortable how can you begin to understand the You/Creator aspect: Unity of All Things? Don't worry here, your Soul is doing the major processing, your personality-you, is Responsible for its part. But don't let your Soul down by dismissing elements your personality doesn't like, is afraid of, or doesn't want to do. Accept all of your Responsibility, live life, and use the knowledge gained from your experiences to move on to the next event.

Be a consumer of experience, no matter how small it may seem. Consume what you see, consume what you hear, consume the environment around you in tiny, bite-sized pieces that are easy to process. For example, does one need to Landscape an entire acre of land to gain the experience of planting something? Or can one plant a houseplant and realize the

same energies? Smaller things are easier to process. Try it and see. Ponder the concept of Unity while you're doing everything.

Judgment of Others

Each Soul projects itself into an incarnation in order to experience a particular type of life experience. The Soul, in it's not so infinite wisdom, may be lacking certain understandings or may even wish to experience some activity or event in a particular way, as a result, Soul incarnates (you) into a body. Prior to incarnation (not reincarnation: these are continual projections), in a positively complex set of maneuverings, each Soul selects the perimeters for the journey, or lifetime, and inserts a "personality" YOU, into the matrix we call 3D. No single individual is privy to the Soul perimeters of another in 3D. Therefore, without knowing what those perimeters are, you cannot completely or incompletely pass judgment on any one individual with any level of certainty. These facts make judgment of others a truly futile effort. Without access to a complete Soul history, jury duty (judgment of others) is very weird indeed.

Time itself is not linear. All things, all times, continue to be. Let's say you, at a Soul level, decided you wanted to find out what it was like to be the most Selfish human you could be. You may have decided this because your Soul is too polarized by the selfless notion and has not reached the desired balance yet. Your Soul picks a time and place (L. A. 20th century) and inserts itself with only the capacity to be selfish. I may look at you, a totally selfish person, pass some judgment on you and say, "How appalling, are you not aware that you are not the only person on the face of the earth?" No you are not aware, that is part of the deal. You have chosen not to be aware of that fact. You are experiencing life without a "full deck" on purpose. Here your Soul has created very specific, extreme perimeters, for you to undergo a particular type of experience.

What if, at a Soul level, you decided to insert yourself at this time in order to experience being so selfless that you are like Mother Teresa? Not a Selfish bone in your body. People say to you, "why don't you stand up for yourself and stop giving," or "you deserve to have something for yourself?" Again, here is the rub; it is not part of the original plan to experience anything other than extreme Selflessness. These expressions demonstrate extreme Soul-expressed polarities; other Soul expressions will be less polarized.

Some Souls may have incarnated to be an inspiration for others (to see what that is like for their *own* Soul expression). One must see inspiration without judgment here. A truly negative, selfish acting, person is just as inspirational as a truly positive person, when viewed without judgment. A truly negative Soul expression might inspire us to "not be like that." Inspiration, in it's pure form, comes from noticing the behavior that each individual being demonstrates, on the physical plane, and assessing it using our own filter and understandings then incorporating the processed knowledge into our experience.

Notice here in the case of our negative being, we have passed observational judgment on the behavior, not the Soul. It must stop at the behavior. An expression appears in your life, like an actor, playing a part, feeding you lines, and you in turn are taking queues from those lines. NOT THE SOUL. The lines you receive are guided, for the most part, by you. Each energy, being, you see in front of you is a representation of many different things for many different people. What you see in a person may not be what another sees in that very same person. How often have you heard two conflicting observations about the same person? Both versions are probably true. You must assess the information coming to you individually from any encounter with any energy/being and *actively* add that knowledge to your accumulation of wisdom and experience.

Note: it is an accumulation of knowledge and experience that determines beginning, middle and end of a particular Soul expression, not time (all Souls are old Souls, all *expressions* are not equal to that of the total Soul knowledge). The Soul, you, will express itself in neatly defined polarities in order to have an experience of a pure nature. As the *Soul* evolves, (something you cannot witness in others, due to your location in time and space - you only see *one expression* at a time) the Soul will incarnate more expressions, more of you, in more evolved, less polarized aspects of itself. Polarized experiences are the way in which the Soul of a Human has chosen to learn and this is the place in which high speed learning is accessed via the obvious polarities presented to us in 3D.

Polarities and Judgment

The world as we know it is presenting us with more and more opportunity to pass judgment. 3D is the density of obvious polarities. In fact, each polarized energy in this density, 3D, is pleading for you to judge all other polarities negatively and join the "right" side. This is a place in the Universe where things can be presented in stark black and white, not for us to choose either, but for us to witness those extremes and seek out the wonderful area in between. The gray area in the middle is the land of opportunity, the extreme polarized ends are wastelands filled with bumper sticker slogans and simplistic one sentence answers to all. This does not mean that we can't learn a lot from the polarities themselves and those who are in the business of selling them. Notice when someone is selling a polarity they are trying to convince you as *well as themselves*, pay attention to this as you can learn a lot in these interactions.

Let's define what a polarity is. A polarity is anything, energy, belief structure, ideal, that has a defined polar opposite. Good and bad, Fascism and Communism, Right and Wrong. These are all polarities as well as Light and Dark (new age for Good and Evil). Each polarity lives in that polarized place of "me verses the world," "us verses them," as a way of shielding itself from what it fears about the non-polarized gray area in the middle ground. Those that hide in these polarities believe, wrongly, that they are safe as long as they remain true to the ideal that is defined by the polarity itself. This is not true; safety comes from knowledge and appropriate application of that knowledge and not from hiding under the Acme brand umbrella of a polarity. Note this is very true for the New Age polarity that if I'm good and love all, I'll be fine. *This is a polarity*. See the polar opposite? If I don't love all for who they are, and do bad deeds, I will have a hard time/ bad karma. Polarities are absolutes, and absolutes are spiritual and emotional traps.

People demonstrate polarities for us. We, humans, are in the business of defining a polarity structure, then breaking it down, then redefining what is left, then breaking that down. We do this until a balanced gray area in the middle is discovered, an area that is not confining or limited by the tenants of the first two polarities we started with. This requires an active coordination between all aspects of you/Soul to do the work necessary to assess all the polarities visible in your life and break them down so that you may not be ruled by them. Example: At first we may feel that conflict is the best way to engage others and protect ourselves. We are too aggressive, too confrontational. As we are always looking for a fight in all interactions, we find we are constantly getting beaten up existing in this in this polarity. We assess the polarizing behavior, and then switch to the "turn the other cheek" polarity. We will find that we often get beaten up there too; we're too nice, too passive. As a human Soul we see these two extremes, their strengths and weaknesses, and seek to find a middle ground. Balance dictates: we assess; then sometimes we fight, sometimes we "turn the other cheek" and sometimes we run. The scene-arios we engage in everyday provide us with vignettes that allow us to play out our understanding of the polarities presented before us and learn more from each experience.

Many of the scene-arios surrounding you will have been created by you/Soul to show *Soul/you* something. Please notice what all of the things in your life say about *you*, forget about what they say about others. Do they say you are fearful, selfish, or destructively selfless? Are the scene-arios repeating themselves over and over? Remember here, the Soul -YOU- is very specific in it's desires. If you haven't understood something, gathered a particular piece of information, balanced a personality imbalance, then you will make sure you do by encouraging others to repeat their lines, the scene-ario, until you accurately assess and process the desired information. Assess, understand, apply to your life, and YOU will bring yourself a new set of experiences - but not until then.

When you meet someone who seems a bit off, or does something wildly odd, remind yourself that you don't know what is going on with them at a Soul level. Notice the relief in your system as you acknowledge the complexity of that statement. Notice the same goes for you; *no one* knows what is happening on a Soul level for *you* either. Notice the relief in your system as you acknowledge judgment of others is a futile waste of energy.

Don't spend one drop on energy being concerned with where people like government officials, the dictator dujour, or others will wind up after their earth experience, it is not at all relevant to you. It is not relevant where your neighbor, your relative or even your dog will wind up after this incarnation. You are only seeing *ONE* aspect of that *SOUL*. This journey is an ongoing spiral of evolutionary adventure in which each individual **Soul** is in charge of its process. You, with only access to a person's external actions via one, singular, inserted expression (and no access to their internal Soul level consciousness) can only embarrass yourself in your assessment of where one is at or headed. So take a load off your experience here and concern yourself with yourself in the now, and only the now. Not the past, not the future, but in the now. Right NOW, what do you, at a SOUL level, need to get, experience, understand or learn? What pieces to your original Soul plan are you missing? Don't know, spend some time engaging yourself at a Soul level and find out.

A note on the constant state of warmongering and what you can do here. This is, again, an extreme polarity presented for your confusion. You do not need to protest at the mall, you do not need to bomb all the out of balance folks with love and light (that's the same as them bombing you with hate and dark, bombing is bombing) what you need to do here is find the resonance in you that still believes that these activities are necessary and balance that resonance. Find a stronger, deeper part of you that knows it is just polarizing behavior for you to assess. All the news for public consumption is propaganda designed to entice you, sell you, on the polarity that suits those in charge. If you do not feed them your fear, your concern, your mistrust, your anxiety, they will have little to fuel their machine. This is the one thing you *can* do to affect change. The human group at large can do little here; what is going to happen must happen. Use the events to your advantage and assess your beliefs.

Beings have incarnated for as many reasons as there are people. *There is no one individualized reason that all expressions are here.* This is worth repeating, the planet has 6.5 billion beings walking around on it, and no two are here for the same exact reason. There is an overriding theme that holds all of this together, but each Soul's unique participation is just that, unique onto themselves.

Test yourself now. See if you can approach each scene-ario asking yourself the question: **What does this interaction say about me?** See if you can resist the temptation to pass judgment either before or after the interaction. This is a very difficult, advanced thing to do. You will fail often. Just remember, you don't know where that Soul is at in their Soul journey. You only have access to the behavior. See what the behavior means for you. If the interaction reveals something to you, or about you, thank them, on an internal level, for showing you an imbalance in yourself that you did not know was there.

Present Moment Empowerment

What is the Present Moment? The Present Moment can be best described using two key phrases: “What is *actually* happening,” and “What is *not actually* happening.” This defines what the Present Moment - everything else is not the Present Moment: *What If*, *Should Be*, *Could Be*, *Hope To Be*, *Some Day Will Be*, *This Can't Be*, *Shouldn't Be*, *Supposed To Be*, *This Is What Was*, *This Should Have Been* – *I Wish It Was Like This*, *I Wish It To Be Like That*. These phrases tell you that you are not in the Present Moment – nowhere near it in fact. I find the two worst phrases are “what if” and “hope” as both stick one way out into a future that does not exist. “What if I never fall in love?” “What if I loose my job?” “I hope someday to loose weight.” These are all phrases that serve no purpose as they define things that are not happening and may never happen. Your life will improve exponentially if you never utter the phrase – “what if” again.

Before we go any further we need to outline our life experience a little more clearly. One enters an incarnation with a theme of experience. We wish to understand something and we set up a series of scenarios, “plays” if you will, in which we will interact (act) with others in order to reach an understanding. Our life, at a Soul Level, is seen as a whole

unit, not bits and pieces as we see it. At our personality level, we see things in bits and pieces. We rarely see how things we did when we were fifteen years old lead to things we experience at forty-five. The connection just isn't there for us. Life seems like randomly events strung together with little rhyme or reason. Not true. Things take time to unfold. A seed is planted in spring grows to fruition sometime later - the event is "growth to fruition" – a timeline with a very clear beginning middle and end. The same is said for us at a Soul Level. Only we have multiple streams of scenarios, all running simultaneously. We start and stop little mini plays within the big giant life play, all the time. There are plays that run forty years and plays that run forty seconds. They all run simultaneously, each one woven into the fabric of Soul as on complete unit. When we start a stream of experience, a decision is made and the scenario opens up for us to have an opportunity to understand something new.

If I decide to walk up a flight of stairs I start by deciding to climb the stairs. The scenario is opened up – I call this the Primary Moment. The Primary Moment is a point in time in which a decision is made to have an experience and all that it entails, in this case climb the stairs. While I am doing this, dozens of other scenarios (including the big Soul Scenario) are continuing; only my focus of attention has been taken over by the climb up the stairs. So, once decided, I take the first step, then the next and the next, until I have reached the top. Each step is a Present Moment; each step unfolds as a result of the previous step. My brain strings the steps all together as if they are one event, but each new step opens up as the previous step is completed. Each step tells me where I am in the process of climbing the stairs – five to go, three to go then completion. Once I have finished the climb, I have a new Primary Moment decision to make, or do I?

The answer is maybe. If the sole purpose of the stair climbing was to climb the stairs, then yes, a new Primary Moment opens up. But what if the stair climbing was not actually started from a Primary Moment, but rather it was done in midstream of another more complex scenario? What if the stair climbing was part of a trip to a job interview and the next "step" after climbing the stairs was to enter the office of the firm I was interviewing at? This changes things. If the stream is a scenario of applying for a new job, we must track back to the origins of that decision to find the Primary Moment; the moment at which we decided to look for a job and decided to apply at the firm at the top of the stairs. Within the scenario we have access to our freewill at anytime. Once reaching the top of stairs, we can turn around and skip the interview, which opens up a new stream. Or we can take the interview, but decline the job, which opens up a new stream. Each step in the process is a point of decision. The decision not to take the job might affect a stream that is running simultaneously – say a home mortgage. So declining the job, might put the mortgage in jeopardy, or not.

Our stream of experience is guided by Soul's need for understanding. But freewill interferes with efficiency. Freewill is Freewill, the more self-aware you are, and the more freewill you have access to. Soul has Freewill as does your personality and freewill does not end with one or the other but is a constant that exists at all levels of self. Our personality is swayed by everything we come in contact with, in particular things that bring up insecurity and fear – freewill being the constant means we have choice at any moment. Our Soul may work to set up a scenario to provide us with a job interview that

suits our growth, but upon reaching the top of the stairs, we are gripped by insecurity and leave before we take the interview. The scenario collapses and new one opens up. Soul honors the choice to avoid the interview because it must – freewill is freewill and freewill is the only constant. The more in alignment we are with Soul’s efforts, the smoother things go in our growth process, the more at odds we are with Soul’s growth, the harder things can be. This does mean things will be “easy” but it does mean that the effort to understanding will be without a division between the two aspects.

The way we experience things is heavily dependent on our belief in “time;” there is a past, a present and a future. This is not really true, as all things happen at once, but we have come to not only believe it, we have come to accept no other alternative to the past, present, future way of life. Present time is that which is not future or past (as we define it now), but which is happening now. The past is the past; it cannot be changed; only your perception of and connection to it can. The Future does not exist from the Present moment. The Future only exists as a relative event matrix contingent on the choices you *make* in any given moment. Let me say this again, the future is contingent on choices made in the Primary Moment, and as such, does not exist in and of itself. The choices you make now may or may not affect your future, the choices you made in the Primary Moment at the time the Primary Moment revealed itself, do affect your future – but only as it relates to the choices made at the time. The present moment is what is happening, or not happening, in any give scenario. The Primary Moment is the moment of choice, where a scenario of experience opens up from and is totally reliant on awareness of what is or what is not happening then.

In reality there is only the Present Moment, or Present Time, and within certain Present Moments a Primary Moment can be found.

The streams of experience start at all different moments in our process. Things often take years to come to fruition. As you move along in your experience life demands you have a foundation for things before the full understanding can be had and many of the elements that contribute to that picture take time to unfold. Sadly we don’t see this. It is clear that a man who wishes to play professional baseball, and has this in alignment with his Soul process, will play t-ball, little league, high-school ball, college and then minor league ball. We can see that each league contributes to the process of a major league at bat. It is easy to string those scenarios together to form a picture of the whole. But there are also hundreds of other scenarios being played out that contribute to other aspects of growth. What if the same athlete had an interaction in high school with a yoga class – and hated it? But after his first season he found a stiffness that he couldn’t shake, and low and behold, the dreaded introduction of yoga has suddenly become a potential answer to his problem. The yoga groundwork was laid years before the need.

Let’s say you decide to go for a walk. This is a choice you are making. At no time in the past did you determine that you were going for a walk at this date and time. The choice is organic to the Primary Moment. You stand up, and decide to go for a walk. You have opened up a scenario from the Primary Moment. The scenario can include anything from walking only a few feet, to walking on your hands to walking backwards. The choices are infinite as the scenario unfolds. The “walk” will have an initiation point, a process and a

conclusion. Not a beginning, middle and end, but a rather a series of experiences, when taken in context, relative to your decision to walk and the choices made while you walk – that will hopefully, in some way, add to you evolution.

What will not be available to you is this; you will not be able to walk outside and never come back. Why? The reason is simple. In the last Primary Moment you opened up a scenario that involved you being on the planet next week and to walk away and never come back would disrupt that scenario – you have simultaneous scenarios running at one time (relationship, job, hobbies, family etc.) each with a stream of your consciousness playing out an event for your understanding. You, at some level, decided to have a relationship, have a new job, get cancer, or climb Mount Everest from another Primary Moment. The walk you take is an added scenario, that hopefully adds something to you, but it, in and of itself, cannot disrupt the rest of your process.

Within the walk are many present moments. The first step you take is a present moment, and the next and the next. They are all strung together. One after another, each one stacking on top of the next to form what you will experience as a walk. The Primary Moment got things going, the decisions you make in the present moment, as you walk, decide what that scenario unfolds like. The evaluation at the end teaches you something, or not. The absence of expectation is key to a pure scenario opening up. This allows the scenario, the walk, to unfold in a way that is most profitable, rather than a way that meets limited expectations.

If you have an expectation about that walk is to be like, and it doesn't unfold that way, you may abandoned it. This is your choice. The problem here is that you may leave before the events reveal a truth, an understanding, or even a laugh. "This walk wasn't supposed to be like this" suggest that you are not in the present moment, but living in the future. When you take the walk, are you focused on the walk or thinking about a dozen other things (talking on the phone), if so, are you in the Present Moment – the walk?

We know what the past was, at least according to our own point of view, we know what the future is supposed to be, at least according to our expectations, but few can define what the present is. When I ask this questions during sessions nearly everyone tells me what the present is not, by referencing the future. The classic is a waiter who is an actor. When asked what they "do" the waiter will say, "I'm an actor, but right now I'm waiting tables." Then, you are waiting tables and you are not acting. Therefore you are a waiter, there is of course is nothing wrong with this, but the opposite is never spoken when an actor is acting. He will never say, "I am acting now, but I'm really a waiter." Folks will often say "I'm only in this job until (future) I find my true calling." Again, this is defining the present by what it is not, not by what it is. If you are walking you are walking, if you switch to reading you are reading, if you switch to sleeping you are sleeping. This kind of confusing of the present moment is really awful when folks will justify what they are doing by saying, "I am doing this but I really *should* be doing that." We are so torn up with should as a reference we actually will diminish sleep, by often saying, "I'm sleeping when I *should* be exercising!" Can you define your reality, as it is today, without referencing the future? Look around you reality and define it exactly as it without saying: "I'm going to," "I wish," "It should be," "Not now but hopefully..."

What we are doing in the Present Moment is often not what we *want* to be doing. We desire to do things based on programming, marketing, fear and confused beliefs. Our desires often conflict with what our growth needs. This conflict prevents us from seeing where the Present moment actually is. Most people define their lives by starting off with what they aren't doing yet, but will be in the future. An actor working as a waiter will tell people they are waiting tables but are really an actor. Justification of a perceived negative present expression is often done with a reference to the future. The problem here is obvious, when defining the Present Moment by the future, a future that does not exist, one is confused about what is actually happening – a waiter, an actor, or both? Of course the obvious issue here is the compulsion to justify a “lesser” job by accessing a perception of the future and ascribing it to the present moment. If one is a waiter, then one is a waiter and not an actor. If one is acting, then one is not waiting tables. The justification element keeps up out of the present moment, hating waiting tables and longing for acting jobs. Of course the absurdity of this problem is that we are none of these things, these are just things we do to learn about ourselves.

Try this. Sit in the most chaotic spot you can find, work, school, even traffic and get a sense of your reality at that moment. Then close your eyes and say to yourself on the inner plane “This is all there is ever going to be.” Say this over and over again - forcefully if you have to, but say with truth behind it. Notice the pain in your voice when all “hope” is lost that things will be different in the future. Hope is the bane of an earth plane existence. Hope is future. Hope is not present moment, action is the present moment. All the pain, lament, sorrow, you feel when uttering that phrase is you out in the future where you do not exist – where you are weak. There was a presidential candidate whose platform is “hope.” How totally infuriating, why not *now*! Why do I have to wait until the future for change?

Now, once the air has cleared and you begin to sense that you are at peace with your reality. The sorrow will pass and you will suddenly see you have a grip on things. Sit back, open your eyes and say to yourself “this is all I will ever need.” Every tool you need to get to the next moment is right in front of you. There are no hidden tools in the present, none exist only in the future, they are all there right in front of your eyes, you just tend to miss them because you only want to see tools that will bring you the future of your expectations. It is all right there. Say this phrase until you see one tool you had not seen before: a book, a friend, an inner understanding or even a moment of quiet - quiet that can only without the draining energy being wasted in the future.

There is no future, only the present moment, all of your power lies in the present moment, you have none the future and none in the past. To truly access your power you must first identify the present moment clearly, not based on what it supposed to be, or should have been or what you wish it was – but what it is!

My friend and his wife used to have knock-down drag out fights over the future, over “what if?” It was shocking to me how she would get so upset over the “what if” as if it was real. She needed to win every “what if” argument. I finally said to him, “let her win all of them, she’s winning nothing as the future does not exist, and letting her win makes

her feel better.” Never argue about the “what if” or the possible future. Never get excited about the day you are finally going to win the lottery.

Insecurity in the present about the future is usually a concern that one cannot handle and event that may happen. People handle things only when they have happened in the past and they will handle things when they actually happen. If you are getting worked up about how you will handle the sudden death of your infant child, or the moment a nuke blows up in your city, simply look around you and say, “If it is happening it is happening.” Then notice how your future concern is not happening. Getting out into the future in an insecurity-based frenzy is the weakest place you can be. But you can be in the most empowered place you can be by simply getting back to what is happening.

What is happening is happening, everything else is irrelevant.

Event conclusion. Suppose you decide to play a professional tennis match. Tickets were sold, people came, things were happening. After the first game you realized the guy was so much better than you. Should you quit, no, the scenario must be played out. What most folks will do is “wish” they were somewhere else. Weakening them to the extreme by putting their focus elsewhere. What they need to do is get really into the present moment and think of something to do. In French Open final with Ivan Lendl and Michael Chang, Michael Chang did just that. At the end of the match he became exhausted and was unable to serve. He surely wished he was someplace else. So, instead of quitting, he served underhanded. While totally breaking with convention the tactic worked and he, having stuck out the scenario to the end, won. The understanding for him was not going to present itself until the very end, to that point he was doing fine and the challenge was standard stuff, but the backend of the event revealed something he needed to see.

Athletes find the present moment quite often. They describe it as being in the zone. They describe making all the right choices. They are not thinking about past mistakes, or three plays ahead, they are only thinking about that precise moment in front of them. Artists describe being in the zone, tuning out the entire world while they are creating. Often an artist will be so deep in the present moment they cannot remember how they created a work. The present moment is what is happening, not what will happen, or could happen, or has happened, but what is happening. That seems simple, but it is not.

You are at your most powerful when you are in the present moment. I demonstrated this to my friend when she was 11. I said to her, put your foot forward a bit, lean into me and push your hand against mine (a test of physical strength). I said, now push and keep me from knocking you over. Once she got a feel she stopped. We started again. This time I asked her to think about an awful event that had happened to her – I easily knocked her over. Then I asked her to think about a trip she was taking in three weeks, I easily knocked her over. Her mind went into the future and the past and left her weak in the present moment. You can test this for yourself. Try picking up something heavy, and think of a past or future event.

People will endure horrifying situations based on an idea that the Present Moment horror will bring a reward in the future. In find this crazy. Folks will suffer simply because their mind has been programmed with hope. Why? The idea that the future will be better is the opposite of empowerment. No matter how distasteful the present moment is, or seems, it is exactly what is happening. And the only power you have is in that very present moment. To flee to the future is to weaken oneself. In prison they have a saying, there are two days; the day you come in and the day you leave. Focusing on the future will make you insane in a great many circumstances.

So what is the power we are talking about? *Freewill of course*, more precisely the power of you to choose where you manifest your energy. The only place where you have choice is in the moment. So the only place where you have power is in the present moment. For most the present moment is a wide swath of energy, but the closer you can get to that exact center point of that moment, the closer you get to true power. While being in the present moment is great, being in the real present moment is where really deep power lies. Work to keep winnowing down your present moment to get as close to the center as you can.

All your choices, those you know and those you do not know will be in the present moment. You have no choices available to you in the future, or the past, none. Your choices, ergo your power, all resides in the present moment. Get there and you will see the choices, those you know and those which make up the unknown ones. Remember, you do not have to know all the choices available to you in that present moment, only that there are choices there. This is a nice trick to help you get over the problem of not knowing choices beyond those you know. Just know they are there.

Time



Time is a lie, or at least the perception of time, as we know it.

It is a commonly held notion that “time” is a linear concept with all things having a beginning, middle and end. Time tells us “when” things happen, or are supposed to happen and give us a reference point for nearly all we know. Time gives us dates to align to and measurements to go by. Our world revolves around time and it is all a lie. What we know as time is actually “change.” From now on you will substitute the word “change” for the word “time” in your reality expression and here is why.

Consider that when Einstein was asked to simplify his theory of relativity he said something like; 15 minutes sitting on a hot stove is an eternity, while 15 minutes sitting talking with a pretty girl passes by in a flash. This notion suggests that time is indeed contingent on perception, yet tell that to someone who runs a watch factory and see what happens. While the watchmaker may have a point, his point has only been valid for a short time relative to Human experience on Earth. What are commonly referred to as “indigenous people” used cycles to guide their experience without issue and many still do. Sadly one cannot navigate life without the life-support a cellphone-clock provides.

We have been trained to perceive “change” in terms of “time” and this is trouble for us as we expand the way in which we express ourselves. The perception that time is linear is understandable given where we are now in our experience - 2014 years from the official first date of this brand of calendar time. The process of thinking in this form has locked folks into a limitation created by their own misunderstanding of what is really happening and that limitation creates so much conflict, confusion and misdirection. Scientists are sure that life, everything that exists that is, stems from linear time being the only way anything could possibly exist. Someone came up with a theory that there was an explosion at the “beginning” of time and then several billions years later there are Starbucks on every corner. The problem of course with the theory, and it is just a theory, is that it assumes time even exists in anything more than a perception. Of course it also assumes the entirety of creation is something we can see from Earth and there is nothing at all beyond what we can conceive or perceive.



What is the Big Bang without time?

In response to this big bang thing, or even the god creation thing, folks will say, “okay, but what happened before the explosion” or “what happened before god created everything?” Things get wonky when this question comes up, but in reality the question is irrelevant and one shouldn’t bother with it, as the question only comes about if you see time as linear. If there is no beginning then “what happened before...” loses all meaning. Consider the indigenous people’s had no notion of this explosion theory because time wasn’t an equation to qualify all of consciousness with and not because they were uneducated.

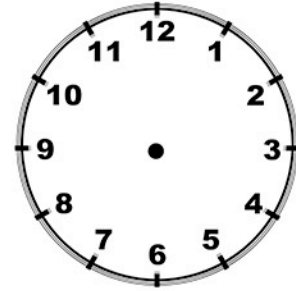
I am born, I grow old and then I die. This is how we see life on Earth; a sequence of 70 years of living that has a beginning, middle and end. But what if you saw your life as a series of changes. Infancy is change one, grammar school is change two and so on, and with death being the last change while here on Earth? Those changes are big changes and it wouldn't be hard to see things that way focusing solely on the big change moments.

Now shrink the change perception of change until it is even smaller, so small that each word you read on this page is a moment of change, not a moment in time. Each step you take is a moment of change, where one event - a step, changes to another moment of change - the next step. Each breath is not a breath tied to a succession of time, but a breath which changes to another change point. 2014 years is no longer a sequence of time, but a measure of change, and each change event happens regardless of what the clocks says.



Connected Moments Of change

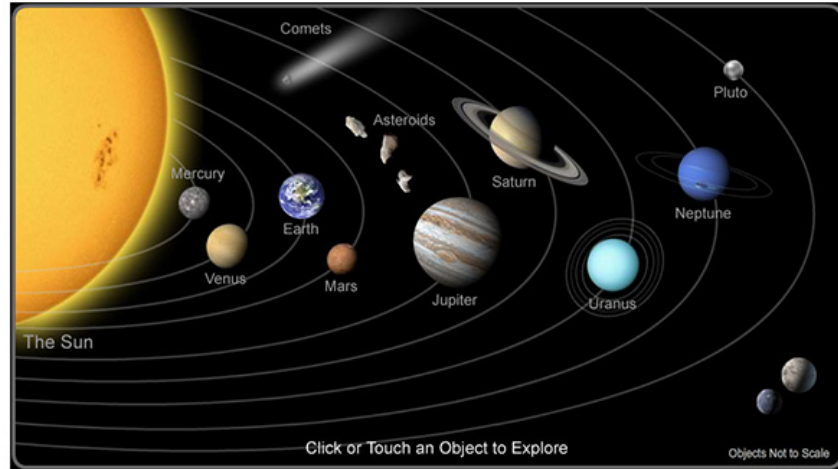
*This Does Not
Equal This*



Time

Each moment you experience is not a moment in time but a moment of change leading to another moment of change and so on. Say your life is a stack of cards and the way in which you move through that life is by folding down a card at each moment of change, does time need to be involved? There was no beginning to all of this, as the change does not *stem* from time but is seen by us through this notion of time. When you perceive things as having been driven by the clock you forget to see the systems of change that your reality is all about.

The Earth goes through a cycle of change that has a system, which can be seen as a year. The natural day for a "new year" is either a solstice or an equinox. The obvious start dates are clear, and yet the calendar we westerners use puts the New Year on January 1st, which stems from a calendar which is just made up – regardless of the justification given for the 12 month nonsense. People celebrate like nut-jobs on the arbitrary "new years day" date and never celebrate their never-ending system of change which happens each and every moment and action is taken – or not taken. Your mind is so warped by this superimposed system of control that it demands recognition of your "birthday" each year more then it demands you see the cycles of change around you as they are happening in each moment.



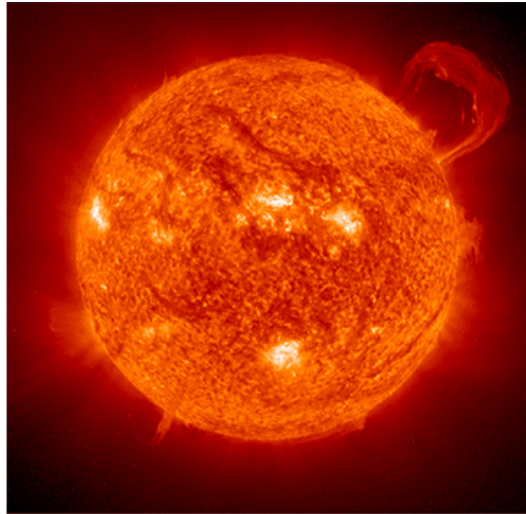
Everything in our Solar System has cycles of change

Some will say, “Without the calendar and time management how will we know how to do anything?” This of course is why the precision timepiece is such a horror as that mechanical wonder binds you to an artificial system of measurement and expression. One now relies on the clock to detail life’s experiences rather than the internal processing of the changes and cycles as we did before the timepiece showed up. Folks only know how to live by their iCalendar rather than their innate connection to the system of change. Folks trust the digital clock more than their own sense of change because science has an atomic clock that keeps perfect, albeit arbitrary, time. Tragically that clock’s ticking rules most folks more than their connection to their Soul.

If I can control the way you perceive things I can control what you perceive. An illusionist knows how your vision works, a great illusionist knows how your entire system of perception works better than you do. He knows if he guides you in just the right way he can get you to see what he wants you to see. The same can be said for the system of time, if I can get you to believe in the system of time I can get you to see things that I want you to see. If your perceptions are so trapped by the system of time I can make sure you see nothing that conflicts with the notion of time as an absolute. Upon the day you are born everyone on Earth knows the day you are going to graduate high school, think about what that means – stunning if you really understand what that means, when you are born everyone knows when the majority of things are going to happen to you. Instead of your life being measured in moments of change, yours is measured by time and it all begins on day one with your birth date – your time stamp.

Let’s look at the biggest sequence of change in our reality – the Earth’s rotation around the Sun. We see this rotation as taking “1 year” and we extrapolate this measurement out to say the Universe is billions of years old – we base this on the POV emanating from Earth exclusively (if I lived on Uranus would the Universe be hundreds of millions of years old?). If we toss out the “rotation equals one year” system and say that each rotation around the Sun is a sequence of change we see something else happening. What if each new year the Earth introduces a new system of expression and what if during that year that new expression is to be experienced by those on Earth? What would your reality

reflect if you were celebrating the new energies, which come with each yearly change? What would our entire collective life be like if on a solstice we connected with the new change that was opening up instead of getting drunk on January 1st?



The Sun has cycles of change

Are you aware of the cycles the Sun goes through? It has a 28-day cycle, an 11 year cycle and cycles within cycles. The Sun alters the North and South poles with regularity. Though that regularity is contingent on the consciousness expressions of Earth herself and the collective consciousness of those on Earth. When the Sun flips the poles the collective goes through a change as a new energy is introduced. Right now as we speak the solar poles are about to finally flip but the delay is caused by our delay in accepting what is to come as a result of that shift.

Here is a simple example. Looking “back” we can see the last 2000+ years have been quite a system of change as we have gone from swords to nukes and plows to combines. So it is clear that life on Earth has not been static otherwise we’d still be using swords and plows. So what creates the change? If time is just ticks of a clock then how can time, or an addiction to the notion of time, change a thing? Folks often believe that time is the thing that is triggering change, something along the lines of, “well, we get bored and we need to do new things if we do things too long so we change...” That is an explanation based on time being the absolute that it is not.

What if we simply said, “things change because change is all there is and change helps prevent stasis which can happen in a reality where no time exists?” Sadly, without time how would you know when you spent enough “time” doing something, or in the true case, “energy” doing something? To get a true sense of how time is an illusion, which creates a form of enslavement, next time you dream look around for a clock.

To prevent a game like the Earth game from being boring to the beings that choose to express themselves in the game the system has levels built in just like a video game. So at certain points new energies are introduced to the game to keep it lively. Then after the

change is introduced those involved get to experience what the change introduced. The changes are generally introduced to Earth in early November and late June. During those periods you might experience changes in your own life and the collective as whole experiences a lot of change as the new frequencies are introduced. On a personal level you may get sick during the more impressive change energy introductions or war may break out as the energies come in and people react to them. On a global scale, the Hiroshima bomb was dropped during a change. Maybe you got divorced during the change of 11-11-2011? Did you get a new job in August of 2012? Did you suddenly drift away from friends during the energy sequence of 11-2013? A note here: the change energy is introduced slowly around the key dates and you may or may not see an immediate reaction but given what I have said about time so far I trust you figured that out.

In the past the changes were introduced very slowly, in fact one change might come every 10 thousand years, and then they came every 100 years and then every 10 years and then every year and guess where we are now? Like a spiral tightening in on itself, the change speeds us as the energy converges on itself.



*Things appear to speed up as the cycles of change
get closer and closer to the center of the spiral*

This notion of change is what the Mayan calendar and many other consciousness marking tools speak too. The whole system observed in the Mayan calendar was not about time, but about change and the sequences of change that we are all connected to. The problem is that getting people to see life in terms of change instead of time is impossible, so folks worked to connect the cycle of change to exact dates – 12-21-2012. This makes the time addicted folks feel better as they know when things are going to happen and that double edge sword hurts them when they do not see anything happening at the prescribed time.

You'd have to be in an institution to not feel the change that has occurred in our reality over the last 10 years and in particular the last 3 – does it seem like the financial meltdown was 6 years ago? The Afghanistan war is a 13 years old! Do you have time to do all that you did 5 years ago? Do you feel like you can't keep up with the change around you? Do you feel the treadmill has finally sped up to George Jetson speed and there is no way off? Does the past seem more like an illusion than a reality?

The change we are in is bigger than all of the other change sequences combined. In nearly all ways we have reached the wall in what we can do here on Earth with what has come before. Even if we manage to “develop” super-sonic high speed travel it would still be analog travel and just a better car, which was just a better horse and buggy, which was just a better legs and feet. Even if those in charge said, “fine, we’re not hiding the free energy machines anymore” we’d still be using electrons to power stuff to do stuff. Even if all governing leaders said, “ah, you’re right, we’re scum and we’re not doing what we’ve been doing anymore” the system would still require leaders. Even if all the food in the world were free, you’d still need to eat just like you would have ten thousand years ago. Progress has reached its limit at this point; anything new will just be variations on the same thing.

It is this issue that is creating the situation we are in. Folks are trapped in a prison of reinventing the wheel in order to define progress. We’ve reinvented the system for the delivery of coffee 1000 times and still what we drink is still a cup of coffee. We’ve increased MPG, then reduced MPG, then increased MPG about a dozen times in the last 100 years and any improvement is still going to be MPG related to transportation via the analog way. Recently Bitcoin was invented, as an alternative to fiat currency, which, makes it fiat currency with a twist. New is not different.



*We are in a period of repetition where minor changes
are considered new*

So why does this matter at all in a time driven world? The change is upon us all, but since we are so addicted to time we cannot see it, we cannot feel it and we are often in conflict with it as a result. Change is happening more obviously now than ever before and we see this in terms of “time speeding up.” Time, your calendar and your watch, cannot keep up with change so something has to give, and very soon. I’ll say this again, time is a limitation and change has no limitation, as such, time as we define it cannot keep up with the change sequence we are now in and it won’t be change that gives in here.

The change introduced recently via the energy sequence of November 2013 and will bore its way into many starting mid-March 2014. It will make its way through those who wish to tap into it. For those who do not wish to tap in to it your Freewill is in fine order and you are free to ignore it. What will it mean for you, for us, for Earth? I have no idea... If

you are locked into the calendar then you will have trouble with this, but if you see time as nonsense and replace the word “time” with “change” things will look different for you.

Change happens, time does not happen; change happens, time does not pass. Change happens, there is not future time. Change happens, there was no past only places the change occurred. From now on you will substitute the word “change” for the word “time” in your reality expression.

10 Things

Here are ten things you can do to change your life now. You can ill afford to spend energy in places where there is not rate of return. Remember, big things are happening all around us, the Universe is changing: watch, listen, be patient and please shoot your TV.

1. Do not have a significant or important conversation on a cell phone. Limit you cell phone conversations to the absolute minimum. Use a headset if you must use the cell phone. The cellular damage to your brain is immense from only 2 minutes on it.
2. Do not have a significant or important conversations while, or immediately after, watching television. NO ONE should sleep with a television in their bedroom. The TV will radically change your perceptions and *never* for the good. Do not work, cook read or do anything while you “watch” TV. If you chose to watch it, make it a conscious, sitting up, focused thing.
3. Set your Intent, before you do anything at all. Ask what am I getting out of the action or event before you do it.
4. Make this you constant motto: If the only reason I am resistant to doing “this” is fear, I must do it. If after careful evaluation, fear is the only reason you come up with for not wanting to experience an event, you must do it. Plain fear is not a viable excuse ever.
5. Break old patterns by stopping them for one week. If you start off conversations by apologizing for yourself, you must stop if for one week. If you are late everywhere you go, you must stop it for one week. If you justify everything you do or don’t do, either externally or internally (conversations in your head), you have to stop it for one week. Break the pattern and observe the changes. Catch yourself before you finish a counterproductive thought and replace it with the opposite. Stop bitching for one week, see what happens. Be present in all your actions, thoughts and interactions, and stop the negative ones in their tracks.
6. Take on an extensive detox or cleanse of your body. Blessed Herbs detox is a great start but you can do it anyway you like. 3 days minimum, 5 days or more is best. See how your world revolves around food, and what kind of food. Fasting and detoxing brings you right back into your body. You control your body, food/chemicals/cigarettes/sugar do not control you. Fast and find out who’s in charge.
7. Do something new, something you have always wanted to do. Challenge yourself. Pick one project, or event, or experience, betray your resistance and go for it. See it

- through to a conclusion that is meaningful to you. Do something for no reason other than you want to.
8. If you have difficulties with a family member, friend or other person, try not interacting with that person for 10 days and note, objectively how you feel. Change the nature of the relationship, it will either be fine or not, but you will be fine. Soul says so.
 9. Do something special for yourself without justifying it based on need/expense or desirability. Be reasonable here.
 10. Remind yourself everyday that you are here to learn more about yourself and your environment, and notice how everything you do adds to that goal. Notice what is “really” happening in your world, not what you perceive but what is actually happening by focusing on it. Learn.

Marriage - Never Do It

There is an awful lot of talk about marriage these days. Seems everyone wants to be a part of an institution with a horrendous failure rate. Sadly, no one, and I mean no one, knows what marriage really is.

Most believe marriage is a way to validate true love. That is most assuredly what marriage is not. Marriage is not a way to validate love, create love, or solidify love. It is not a symbol of love and it is not a way to define love. Marriage is a contract, a legally binding business contract. Nowhere on the contract does the word love appear, nowhere in the process does anyone determine if love is present: love is not a part of marriage at all. Love is a part of a relationship, but not a marriage.

Marriage in the most countries, especially the U.S., is a legally binding contract in which two people engage in a corporate merger that the state (state being government) endorses. A marriage license, or certificate, is actually the right to use the term “marriage” and by doing so, those who sign the marriage license agree to the terms of use. Once married, the two people are now under the control of the state, with all assets created by the lucky couple being in control of the state. What was once mostly under the sole control of the person’s engaged in the relationship is now under the control of the state.

The state has a vested interest in the assets created by the act of marriage, bonding two businesses into one Mega Corporation. The assets include real property, money, property and of course children. The state determines what is to be done with that property and as long as the marriage is working within the bounds of the rights set forth by the marriage contract, the state usually refrains from getting involved in the day to day operations but it can if called to by either party or the states policy enforcement system: police or other agency. But, when the contract needs to be dissolved, the state gets right involved and determines every single aspect of the disillusionment. Think I’m wrong?

What is Divorce Court?

Once the two lovers need to be unwed, the state takes over asset management. The state can decide that the two corporations need to “work things out” if it wants to. Though it rarely does, it can. The state can determine where the lovers live, how they live and what they live on. The state can divide up the assets, include the assets known as children, anyway it wants. The two people seeking to go back to sole proprietors of their own selves usually make recommendations to the state about how they want the assets divided up, but they are only recommendations and the state can do as it pleases without regard to the lovers requests. The process is expensive, very expensive, to have the state deal with the dissolving of the company formally known as “happily wedded couple.” Have you heard this phrase: “I put ten years into the marriage and got nothing, my husband (wife) got it all.” Have you heard this phrase: “I put ten years into that company and got nothing...” See a difference?

Tell me, why would anyone want to have the state control their relationship?

Tell me, why would anyone feel that state validation of a relationship is some form of divine blessing?

Tell me, why would anyone want the state to determine the beginning and or the end of their relationship?

I cannot imagine any circumstances, none, where I would feel better about the state sanctioning anything I do, especially anything as personal as a relationship. Why would anyone feel it is important for the soulless institution of the state to validate anything personal?

It is said that folks want to get married because of all the privileges. There are no privileges that can't be had in another way. Hospital visit is often cited as an issue. I have been in dozens of hospitals, in the bed and the visitor and have never seen anyone turned away. End of life decisions? While those are very rare, they can all be dealt with by a contract done outside of the State's control. Taxes? Get a competent accountant. The wedding, the symbol of union? Okay, if you need an event, even one costing tens of thousands, have at it, but there is no reason for the state to be a part of it. Have someone you like just repeat whatever you want them to repeat - common vows or your own, and enjoy the happily wedded bliss without the state breathing down your back. The church's blessing, uh, that's a soulless institution as well and I hardly think their blessing has done a thing to stop the divorce rate from being higher than the national debt.

This does bring up an important issue. Separation. Many of the divorce cases are downright violent, and some may well be this way without the state as a referee. But I suspect, more often than not, it is the license, the contract, and the business of marriage that creates the majority of the animosity. If you are one who cannot deal with anything without a middleman, or women, then marriage might work for you. If you want to take your partner to the cleaners if they hurt you, betray you, or leave you with kids, then marriage might be for you. If your relationship is an economic investment, marriage is

ideal for you. But if you love someone, forever and ever, then I can't see how involving the state helps you.

If you need a marriage, or a wedding, to progress the relationship you probably don't have a relationship to progress. There has never been a relationship in history that needed a marriage, but there have been a ton of marriages that needed a relationship. Relationships where people are together by choice are much better than relationships that are bonded by the state endorsed license, if your relationship is shaky, a marriage won't help it at all. Relationships are not meant to last forever, this is a bizarre myth, they are meant to last as long as they last, but the bonded state sanctioning makes them last far longer than they might have when left to their own devices. Average approval from the state is six months in an uncontested divorce; this means that long after the relationship is over, it lives on at the whim of the state - how awful.

The Smartphone Dehumanizer

I recently took a trip to Yosemite and was both shocked and disappointed by what I saw. No, not the landscape, which remains as visually striking as ever, but at the actions of the people who visited the world famous natural wonder. The new reality of the smartphone had invaded and distorted the poster child for nature's beauty, a nature experience John Muir described thusly, "Only by going alone in silence, without baggage, can one truly get into the heart of the wilderness. All other travel is mere dust and hotels and baggage and chatter." Was John referring to the future world of smartphone travel?

I'll get back to the disheartening nature of my Yosemite experience in a moment. For ages the priest class of scientists have stated unequivocally that the innate human need to survive cannot be suppressed. It is my contention that the smartphone has actually done something so wrong to the human brain that humans now regularly do things that are in defiance of the act of the now questionable law self-preservation.

When the cellphone arrived on the scene en masse a mere fifteen years ago, the world was altered forever in ways both good and bad. The emergency call from the side of the road was no longer a hike to the nearest gas station. One could now call mom after reaching the summit of Everest - a questionable extension of the device's use at best. But with the freedom to call mom from the super market also came the freedom to call mom from the movie theater during the movie, or call mom from bathroom while on a the toilet, or take a call while driving, a call from mom who just couldn't find her glasses. The cellphone world of instant communication was blessing and curse, and so it is with most forms of technology.

Initially many complained about the horrifying behavior of those who would go on to see the use of the cellphone at any time and any place as their divine right; museums, busses, planes readying to take off, even during sex - the phone's ring must be answered as if every call is a call from God himself. As a society we barely got out of cellphone diapers when the smartphone hit. The smartphone, while seemingly an innocent transition from the

cellphone, was a giant leap forward in the direction of the removal of the self-preservation barrier. The smartphone, from my perspective would define the moment in which humans cared more for what was on the two-inch LCD screen than their survival.

Consider the case of Alexander Heit, 22, who died shortly after an April 3, 2013 crash caused by distracted driving while texting. The exchange on his phone at the time of the crash: “ya that’s coo lol no worries” followed by, “hey man, I had to run out for like an hour” followed by, “sounds good my man see you soon ill tw.” This was from the screen shot taken from his smartphone right before he crashed his car. Is there anything in this exchange that warrants immediacy? Anything at all? This young man’s need to survive, was overcome by a screen demanding he respond to, “I had to run out for like an hour.” This is something that was inconceivable a twenty years ago. In the not so distant past, the mental state of the human race would not have seen the idea of needing to respond to a communication of this sort as important, and yet, it was so important for Alexander to respond with, “sounds good my man see you soon ill tw,” that he was willing to *die* in order to send that very text. Think about that...

The smartphone has become a frightening version of the security blanket. I see people riding bicycles with the phone in one hand, drivers with the phone in one hand, treadmill runners with the phone in one hand, children in the park with the phone in one hand; one hand is for living life, the other now clings to what many feel gives them life. It is held onto like a lifeline in supermarkets, banks, movie theaters and even the locker room at my gym! There was a time when the phone was not allowed in the locker room at my gym (three years ago), for both the “consideration of others” reasons and for the most obvious reason of all; photos taken of unsuspecting members. The action of using a phone in the locker room was grounds for expulsion from the gym itself, and yet, now, there is no policy regarding smartphone use at all. People seem to be oblivious to my concern about winding up on a site for people who love locker-room-naked-candid’s. In fact, when I asked the management about the policy I was scoffed at, and this is no neighborhood gym, but a very expensive chain. The smartphone has entirely rewritten thousands of years of established moral codes in a matter of a couple of years.

We have all seen this obvious and unacceptable free-fall in moral behavior since the cellphone came on the scene. Even the realm of science seems to indicate there might be a connection. An MIT study showed that magnetic waves can alter people’s moral judgments. When magnetic waves were applied to the right TPJ, located at the brain’s surface above and behind the right ear, one’s moral judgment system was altered - oddly enough the area where the phone is placed. Could this be the reason why folks speaking on the cellphone are amongst the rudest, most selfish people on the planet?

One gets into a very dodgy realm when deciding to rely on science as the sole system of defining what “is” and what “isn’t,” when it comes to anything, let alone technology of this sort. Experiments that refute the cellphone industry’s contention that all cellphones are safe will be hard to come by, as funding to demonize a gazillion dollar industry is not easily forthcoming. But some studies taken on by a few folks here and there seem to indicate that the real dangers of using the smartphone are not overcome by the survival instinct.

When one speaks with folks who are self-reflective many will say, “eh, I know this thing isn’t healthy,” or “I know it distracts me” and yet, they continue to use it undeterred - drug addicts I knew used to say same things. The machine they know so little about is doing things to people, both physically and spiritually, and yet folks don’t seem to care that they are like an experimental lab rat in a billions phone using experiment. Using the phone exposes one to varying levels of energy, from the battery itself to the power needed to send and receive signals from the relay system, power a mere twenty years ago no one would have experienced bombarding their head in this manner - I wonder about a crowd with dozens of phones side by side and the energy present.

I seem to recall an era in the 1900’s when scientists of all sorts were blasting anything they could with all forms of radiation to see what would happen. Gamma rays, radio waves, x-rays were used to bombard DNA, bacteria, animals, plants and who knows what else. Some with horrifying results like the radiation experiments undertaken on humans by the government during the nuclear age. Others, like those of José Manuel Rodríguez Delgado, bear a striking similarity to the whole smartphone scenario we are mired in today. Delgado developed a device called Stimoceiver, a radio which joined a stimulator of brain waves with a receiver which monitored E.E.G. waves and sent them back on separate radio channel which could then be used to alter human behavior. He found he could successfully control human behavior, even the actions of a wild bull, using his machine. Seems to me the power used to drive the smartphone is having an effect similar to Mr. Delgado’s device on the way in which the brain interacts with the reality it creates.

In one study researchers from the National Institutes of Health found that less than an hour of cellphone use can speed up brain activity in the area closest to the phone’s antenna, another study I read about showed intense heating going on in the brain after very brief use. This can’t be healthy, just on the surface it seems contrary to a millennia of human survival processes to suddenly expose the brain to this kind of energy attack from a piece of technology so one can text “sounds good my man see you soon ill tw” before they crash their car. Two students, Maria Ritter and Wasgan Wolski, received a regional award for young researchers, reports the Schwäbische Zeitung of March 7, 2005 when they tested blood cells after they were exposed to a cellphone for only twenty seconds. After using the mobile phone it was clearly visible that the red blood cells lumped together in “rolls of coins.”

One very interesting study on brain glucose levels suggests a disconcerting problem, “in healthy participants and compared with no exposure, 50-minute cell phone exposure was associated with increased brain glucose metabolism in the region closest to the antenna.” Yikes, I’m not sure I want my brain blood glucose level altered, and my moral compass altered, and my brain heated and my blood cells lumping together, and yet this is not an issue for billions of people, oh, did I just say “billions?” Billions of people are using the phones without a concern for their safety or mine?

Even the NY Times ran a story in 2010, prior to the security blanket reality of the iPhone world, where the title suggest concern about the cellphone’s safety, “*Should You Be Snuggling With Your Cellphone?*” The word “snuggle” suggests sleeping with it close by: putting it in a bra, a pocket by the heart, holding it for hours on end. In this article much of

the focus was about cancer, but the problem here is sometime back the world of health concerns were reduced to a “does it cause cancer” talking point, rather than “does it cause problems in the body that one might wish to avoid.” like say, eliminating the need for survival? So we’re stuck with stories and studies that often state things like, “well the research isn’t conclusive” or “there is no direct correlation to cancer,” and things are often left at that, ignoring the reality of what I am seeing in my world - human behavior is very different then it was a few years ago.

Self-preservation is a key to human evolution. While on the planet we humans have continued to persevere in a climate, which is often very harsh. Folks managed to find ways to survive in the Sahara, Siberia, The Amazon and even in the Midwest. Humans survived plagues, the crusades, countless governments, wars and more wars and even the world of the family dynamic. But something has come along to challenge that system of survival in a matter of a few years. I have seen things beyond inexplicable in the world of the smartphone addiction. Recently I watched a young man who was standing by the side of an eight-lane Los Angeles city street (40mph average speed) check his phone at the curb. Then he walked out onto the road to get into his car, stopping at the door, in the path of speeding traffic, some drivers texting and while driving, and began to type a text. I was astonished, traffic in Los Angeles is at best dangerous, at worst it is a war zone free for all, and this young man decided it was safer to stand in the middle of traffic and text, then to do it at the curb not five seconds earlier.

While in the gym locker room last week a 30ish man was speaking about the traffic ticket he received. The traffic officer gave him a ticket for having both headphones in his ears while talking on the phone. He genuinely could not understand why this was an issue, he had never “thought” about the headphones in his ears being an issue. I was taken aback; again, Los Angeles driving hell was safer to him *without* the ability to hear what was going on around him then with the ability to hear sirens, horns or screaming bicyclists. How can this be?

The texting driving problem exhibits the addictive nature of the phone which is the most troubling. I see two things in the car-smartphone reality that do not bode well for us all. One, the attention span of the average human is now less than two minutes, and I believe this is due to the rewiring of the brain from using this machine. At each light I wait at I can see when a person finally gives in to the urge to check with the phone, now less than the time it takes for the light to change over. It is remarkable how often I see someone sitting in the normal driving position and then, fifteen seconds prior the light changing, they begin the smart phone ritual, and occasionally missing the light altogether - often they repeat the ritual at the next few lights. The second thing I have learned, the need to survive is less than the need to check the phone in any given moment, as evidenced by the weaving, erratic driving, the incomprehensible stopping and so on in the car no matter the speed, location or conditions of the road.

The car is a three thousand pound weapon. You can kill another and or yourself if you cannot negotiate the physics of a car. In America we hand out a license to drive to anyone who can identify the two pedals and the windshield. People who drive do not have to know the slightest thing about the physics of car and few do. Yet, they feel they can negotiate this

potential killer with ease while using the smartphone. In a room with one hundred people, not one person, not one, will feel that texting and driving is safe, and yet, most of those same people will do it often. The cognitive dissonance is the issue here, how can people “know” that something goes against their ability to survive and yet, gleefully indulge in it? Even drug addicts use more common sense with their addiction. In fact, it is clear to me the phone in one’s possession is as addictive as any narcotic. I don’t think there are any studies to prove this, but having spent some time around addicts of varying sorts, I can safely say that smartphone people demonstrate the same characteristics of those addicted to any drug, only they indulge every few seconds, as opposed to even the most ardent addict. Watch how often someone checks the phone; notice how they feel the need to respond to each communication immediately. Notice the relief they demonstrate when they send a text or answer the phone, as opposed to when they don’t address the phone’s alert immediately.

The most shocking and inexplicable example of the end of the survival instinct due to the smartphone is the story of Ahmed Assem. Assem, an Egyptian man was shot by a sniper he was filming with his smartphone, a sniper who was firing into the very same crowd Ahmed was standing in! Ten years ago sniper fire meant run, now it means record and post to Facebook?

Which leads me back to Yosemite and my experience of the world famous national park. What I saw were people viewing the Disneyland of natural parks through their smartphone, encouraging their blood to roll up like coins, altering their brain blood glucose, changing their moral compass in the face of this magnificence. Instead of taking in the five senses wonder that is the majestic beauty of nature at its finest, people were viewing it on their two-inch LCD screen. Instead of breathing in the wonderment of the valley, they were recording digital memories of an experience they were not having because they were too busy taking Instagram photos. Instead of being in the moment, they were posting photos to their Facebook page so they can tell their friends of the experience they would have had had they not been looking at the world through a two-inch monitor. Ansel Adams, the definer of nature photography, set up shots for days, *feeling* the world of nature and attempting to express that feeling in a 2D image. Folks on my trip were snapping photos of anything and everything simply because they now seem to view their lives as an event to be seen after the fact, instead of one lived in the moment. This is progress? Can folks who are raised on this smartphone’s tit actually live a life; rather than record a life they haven’t lived appropriately?

In a story that fits somehow into this piece but I’m not sure how, I was looking for the address of a local Sushi restaurant when I happened on a Yelp review, one reviewer posted, clearly from his smartphone, “...I’ve been waiting twenty minutes and haven’t got my food yet, this place sucks.” The most inexplicable smartphone scenario can be seen in Billy Connolly’s very funny Route 66 travel program, where Billy receives a healing from a Native American Shaman who feels it is appropriate to answer the phone while performing the healing.

Viewing the world through the screen and the constant looking down at the screen has produced a very curious and deeply depressing thing, the reduction in the field of view. I have noticed that folks walking, or driving, while using the smartphone have reduced their

field of view to about 80 degrees. At one time, way back in the 80's, folks had a field of view that was close to 180 degrees including a very decent peripheral view in working order, for those without vision issues. On top of that people had a sense of the world behind them, the cars, other humans walking, the muggers stalking them were within the range of the intuitive system of senses and sight. Now it seems the world of a smartphone user is just what is right in front of them. I find that people who look up from the phone are prone to crashing into others or fixed objects as they act like people with macular degeneration. People often look up from the phone, shocked, even disoriented by the world around them, as if they awake from a momentary trance to find they are not where they thought they were. YouTube is full of recorded incidents of cellphone "fails," people failing to properly interact with the world their body is in due to smartphone screen induced myopia. And this is okay with these folks; stumbling, crashing, disorientation is now a perfectly acceptable way to walk through life.

The multitask has been taken to levels unthinkable five years ago. Folks seem to never be where they are. One woman I see at the gym is riding the bike, watching the TV, talking on the phone and scrolling. What is she doing? She'd say "multitasking" and I said she's doing several things badly. People order food while taking cellphone meetings, people take meetings while texting mom, people grab the phone while shagging their mate, people text while riding a bike in a major traffic areas and people wander through the majestic beauty of Yosemite oblivious to anything but the phone in their hand. This is madness, absolute madness.

Communications with people, living people, other human beings like me, is now primarily being done through an agent. Consider this, way back, say in the 80's and further back, we talked with each other directly either in person, or through a connection that put a relatively full spectrum of ourselves in contact - the analog phone. These connections let the full range of expression come through, inflection, feeling, sixth sense, emotion etc. a distinction akin to vinyl music vs. the CD, live vs. recorded. We used writing as well, but it was mostly well thought out correspondence and the delivery mechanism was done without alteration (we didn't write out fleeting thoughts for the world to see). Now our words, our feelings, our images are all delivered through an agent, a soulless third party, who takes what we intend to say and reduces it to a digital representation packet then transfers that "information packet" through a network, to another third party device which it then reassembles for us to hear or see.

Companies are agenting our interactions through soulless machines, corporate machines that even confer with government agency machines on every "digital information packet" sent before it gets to us. If I had come to you twenty five years ago and said, "everything you express in a communication will be agented by a third party, you will no longer connect directly with people, but via corporate and government exchanges who will see to it your information is delivered," would you have accepted this? And yet we have. The smartphone invasion has turned my intimate conversations with my loved one into a corporate property governed by each company's complex "terms of service," and subject to shareholder whims and notions of morality. Your communications are owned, at least in part, if not fully, by the agencies that deliver them and are vetted by an unknown number of agencies prior to you ever receiving them. Oh sure, it happens in a flash, so what's the big

deal? Are my communications altered in some way? What if a key word in my communication was altered, say the word “now” was turned into the word “then,” or a “yes” was turned into “no,” how would I even know? Will the third party ever decide to ban, edit or expunge my communications, or my access to other’s communications?

Now google glass...

All of this makes me depressed, the world that existed prior y2k is gone; it is now a figment of my imagination. I can live with most of it; oddly enough I find the death of the survival instinct somewhat amusing. I actually laughed when I saw the video of the woman take a plunge into the fountain in the shopping mall while texting preparing this piece. I’m glad the government clings to Alexander Heit’s last text as if it will save the world from implosion. I can find some humor in the sadness of it all, but what I can’t live with is the way in which this thing has altered the world of my in person human interactions. It is now common for me to stand and speak with someone, in person, while they continually check the phone for more important messages than the ones coming from my mouth. Many of my interactions remind me of exchanges I had with drug addicts, always feeling I’m the intermission between hits. It occurred to me the other day that this is the greatest insult ever levied on me.

While having a fifteen-minute conversation with my friend of thirty years, he looked at his smartphone four times. Each time his actions said to me, in no uncertain terms, “if you were not in front of me you’d be more important.” It was clear he was saying, “a text from you would be addressed right now, but the fact that you are standing here in front of me is less imperative.” Then, he actually answered the Motorhead ringtone to take a call to which he answered by saying, “who’s this?” It was then I knew the physical me was no longer a viable option in the relationship, the digital me was more important, in fact, the digital everyone was more important to him: the text me, the Facebook me, the email me, the instagram me, the twitter me, the cellphone to cellphone call me. Sadly I don’t use a cellphone, don’t use Facebook, twitter, text, or anything in which people communicate with now, except email - I have a traditional landline which I’m sure infuriates the phone company. Where does that leave me, foolishly longing for the days in which I talked, interacted, connected with people in Rockwellian way? I have lost the ability to enjoy that emotional bond I got when I bellyache laughed with another, as that great joy in life has now been replaced with typing “lol?”

Albert Einstein: “I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.”

What you can do to increase your awareness

- Never talk on the cellphone against your head.
- Never have important conversations on the cellphone.
- Never sleep with the cellphone anywhere near you.

- Know that the cellphone alters the way you experience your reality.
- Never argue on the cellphone.
- Speakerphone, headset only.
- If you are out, put the damn thing away and be in the present moment. Mom's call can wait; your boss's text can wait.
- Just ignore people who deal with the phone rather than you.
- Realize it rules your life, and then ask yourself if you really want to give control of your life to it.

**A remarkable bit of kismet is associated with this article. Upon finishing it, I took the dog for a walk and to my chagrin a woman had crashed her car into a neighboring house, "distracted while driving..." was the official cause.

Commitment

Before we set out to see how our freewill is subverted by the power of misguided commitment we should define who we are. There is a common misconception that "who we are" is defined by what we think, what we do and what we are committed to – one is commonly defined by what they do for a living, what they do for hobbies and what they think about certain issues. The first question asked when we meet someone for the first time is, "what do you do?" The real meaning of course is "what do you do to earn money?" The absence of the word money in that exchange shouldn't confuse the purpose of the answer: the answer is expected to clearly and instantly define us to our acquaintance. Some will ask what our religious affiliation is, or where we are from, to ascertain "who we are." We will often tailor our answers to give that person a more favorable perception of us. We will frequently excuse what we believe to be defects in ourselves to win favor with those prying into our expressions of personality. The fact is, our responses will not tell them who we are but what we do – as we are none of those things. There is the "truth of you" and there is everything else and everything else consists of the things you do. I prefer to see them as hobbies: work, musical tastes, political notions dietary trends, church etc. Everything I do and think is a hobby. It is equally problematic to define ourselves by what we do not do. Why? Because they are momentary things we do to survive, to make money, to understand more about ourselves; they are not the truth of who we are.

In this 3D world we are constantly trying to define ourselves by what we do. We are trying new things everyday to help define ourselves better – so we think. Much of what we try are things that are marketed to us under the sales guise that the product or service we buy will indeed help define us better. Do jeans or BMW's define who we are? In another great sales cycle it was tie-dye and the VW Bug. How about doing yoga and eating vegan? How about

being a Republican? Notice I said, “do those things help you define *you* better?” Those hobbies may help others categorize your personality, but do those things actually help you define yourself to yourself? How can they as you are not those things, those are things you do (things that change over time), you are you regardless of what you do. If you sit down right now and do nothing ever again you are still you. If you get up and commit a violent crime; you are still you. If you decide you are never going to listen to Polka music again you are still you. Nothing you do, or don’t do, will change the fact that you are you.

We take on a body in order to experience a certain kind of interaction we humans call life. Through the interactions contained in that life experience, we learn things about Ourselves - Universe - Creator. The Creator is doing the same thing only on a supremely grand scale: The Creator creates everything, (even you), and through those creations it learns more about itself. Through the movement of water and the explosions from a bomb and through the power of the sun, the Creator learns about itself. Through your interactions with your mom and the movement of space dust throughout the cosmos the Creator learns about itself. What you will eventually come to Know, over countless interactions, is that *you* are the Creator. Eventually all of the experiences you’ve had will teach you that you are the Creator and the Creator is you. You will not “think” that you are the Creator; you will *Know* that you are. Knowingness is not defined by what you think, feel, buy, believe or see. It is defined by Truth based on actual understanding derived from actual experience. The process goes something like this: Speculation – observation – thinking – experience – awareness – understanding – knowingness – unity. Everything before actual experience counts for very little from Soul’s point of view, as it has not been refined by actual experience leading to understanding derived from those experiences.

You are all things, just like the Creator, as you *are* the Creator. Your journey is backwards: you do not journey out *to* the Creator as commonly seen in the major religions, but *back* to the Creator. The Creator creates a defined, seemingly separate part, YOU, and sends it on it’s way on a journey back to Self - The Creator. You do the same via the Soul/Personality mechanism. Your Soul creates defined sub-parts, your incarnational personalities, and then has them explore/experience, eventually to return to Self/Soul – ultimately to return to Self/Creator. This is a discovery process in reverse by which we discover who we are not, thereby discovering who we are.

We learn, hopefully, through countless interactions, that we are everything – The Creator. The process of “separation” has us, the individual, accepting that we are defined by what we do – what we are committed to. The hobbies you take on, yoga, politics, marriage, children, drag-racing or couch-potatoism are tools you use to help you discover/remember who you really are – Everything/Creator. Keep in mind that your “Soul” is the ultimate clearinghouse for this Process. Your personality, that which is you in a physical body, is responsible for its part, its contribution, and nothing more. Your brain does not have the capacity to process the truth of what is defined as the Creator Consciousness. I can’t remember what I ate for food as a child or what the process was like, let alone remember/Know what is *All That Is* with my brain. My Soul logged that silly piece of information and has added it to its matrix of understanding, which thankfully allows my personality to move on. As my personality fully merges with the deepest level of my Self/Soul, the concept of Ultimate Unity will become clear. Until such time, you, your

personality, must stay committed to the only thing that matters: Full commitment to a greater understanding of yourself, through your interactions with the environment you exist in. Everything you do must contribute to this process – the challenging as well as the efficient. This is called Process and there is nothing but Process for the Human Soul.

Committing to things without Process being the dominant reason for participation is less than efficient. Everything on planet earth is vying for your commitment (energy), and you should be very careful with where you apply your energy. Ask yourself often: “What is this teaching me about myself?” Remember teaching can mean many things. I enjoy the teachings that shore up weaknesses in my system. I enjoy experiences that show me where my fears lie, where my insecurities exist, and then ultimately help eliminate those weaknesses from my system. Often those experiences are horrible or at the very least terribly unpleasant at the time – but so rewarding at the end when the weakness has been shored up and my level of understanding has increased as a direct result of those experiences.

As you break free from the power of misguided commitment, you realize the Creator is all – good/bad, up/down, gay/straight, democrat/republican, God/Satan, known/unknown, past-present-future. The Creator is all, not just the good stuff or the nice stuff, or the balanced stuff or the “light” stuff but all stuff. It is All and so are you, you just have to remember it and the way in which you remember it is by experiencing all that is available to you and processing that information as effectively as possible.

POLARITIES

To further understand commitment it will be helpful to take another look at polarities – the duality existence here on earth. The planet has been defined by a two-part polarity system at almost every level there is. Sexuality is: Gay or Straight. Politics: Democrats or Republicans. Religion: God or no God. Good or Bad, Culture or Counter Culture – even Man or Woman (those are your only choices). When one polarity is set up, an “equal” opposite is soon to follow. Creationism then Evolution is an example. It took several thousand years for “Evolution” to show up, but notice that it came just as “Science” became a religious alternative for the “non-believers.” Is one right and one wrong? No, both are right, both are wrong: as a definition of earthly experience they are terribly incomplete notions. In the end they are only truly meaningful to you as an individual if studying the expressions contained in each dogma teaches you something about yourself. What if next year you found out that the “truth” is that the living creatures on the earth, including humanoid forms, are manufactured physical containers designed to hold an animating energy (certain Soul fragments) here on the earth plane? That a race of beings designed all of the elaborate ecological systems in the same manner the “SimCity” video game works and designed – intelligently, the varied species using the gene-splicing technique? And what if the only proof lies in the creations themselves – genetic patents in each species, as the technicians took all their equipment and evidence when they left the planet ten thousand years ago? What polarity does that fit into? How would that knowledge change “who you are?” It might change what you thought about your body and how it came to be, but that idea does not change who you are at all.

The world at large, people in power, people with something to sell, are endlessly trying to get you commit your energy to their product or system in order to define you for *their* purposes – endless selling and control. Your consumption of things (ideas or products) are just momentary focuses of attention – they are not you. If you don't commit, then many are out of business. If you don't buy, fight, support, defend or unyieldingly commit you are a nightmare for those in charge of such things. Can you imagine if they created a war and no one would commit to the ideology or the actual fighting on either side? What if everyone refused to commit to anything? Anarchy? No of course not but those in charge fear individual freedom more than anything and have convinced everyone that anarchy will indeed be the undesirable result of ultimate freedom from polarity style commitment. So they insist on everyone getting with the program and choosing a side: either you're a liberal or a conservative, a capitalist or a communist a Christian or a Muslim. Those who control (often referred to as the Power Elite, planetary controllers) are fine with you choosing any of those alternatives presented, just please choose and funnel all of your energy into that polarity – until we redefine that polarity again.

The polarity zones are traps. In our world all things are presented as polarities: Good - Bad, Gay - Straight, Religion - Science are all obvious examples. When a polarity is established in this world the defining polarity is established very soon thereafter (probably before, but presented after). A polarity cannot exist without an alternative to define them both. The polarities are then used, by those in power, to confuse, trap and control unsuspecting minds. Let's look at the most polarizing of all: the Abortion Rights issue. The "right to an abortion" was established as a polarity. Quickly a "right to life" polarity was established on the other side. Notice the original polarity is not "right to death" but "right to chose" yet its counterpoint is "right to life." Recruits were gathered on each side to fight each other. Team members commit and are willing to die/kill for the cause to protect their chosen polarity's existence – even those for whom abortion is not relevant will fight. Those on the fence are chastised and marginalized by those invested in the fight – "you're for us or against us!" All the while the troops are missing the point of the faux war. In this case, the argument involved in the abortion issue isn't "right to life vs. right to an abortion," the argument is: Does the corporation of government have the right to "legislate" this at all? It helps to view the government as your corporate employer here. Does your boss have the right to limit your personal expression on your own time – or even at work? The argument is now lost in the battle over these polarized notions. The not so subtle effect of this polarized fight is that once the smoke has cleared, the controllers will have had folks voluntarily accept them as the *final word* on their behavior and their actions by begging the supreme court to lay down the law (Supreme Court is a partisan control mechanism), on the most personal of experiences.

Notice this in the Science vs. Intelligent Design school curriculum issue. In light of the "possibility" of the other alternatives mentioned above, shouldn't both be taught and *all* other possible forms and let everyone conclude for themselves what the truth is? In this case the system has people clamoring for the right to limit information used for study to only "approved" of information, under the notion that all possible necessary information can be found in either the Evolution or Intelligent Design Polarity. This is how thought-control is done. The elimination of information limits thought to only "approved" of thought. All other information is unnecessary once the government allows the rewriting of

textbooks to reflect the approved of polarity! How can a restriction of information ever be helpful to your understanding of yourself, even if it is voluntary? How can limiting access to information ever be helpful to your Soul's growth Process? Yet millions are committing their energy to this idea, via the polarized war, and voluntarily walking into self-imposed limitation. People are actually asking these government folks, people they don't know and will never meet, to limit the access of information taught to their children under the guise that it will be better for them in the long run – they actually believe that giving their children less information to study than they had themselves as children is progress!

On earth, to the polarity victor go the spoils: Legislative oversight of everything we do, experience, eat, breath, think, read etc. Amusingly the fights continue in various other venues of polarity battle, forever – *things will never be settled*. Polarity zones are never about expanding choice but limiting it. Committing to them always leads to *less* choice, never more. *Whenever polarities are present you can rest assured that the truth of understanding does not lie within them – ever*. The truth's that can open you up to the Truth of who you are can only be found in the gray zone that exists outside the limits of the polarities. Oddly enough that gray zone contains the polarities too, as well as all other options available. The gray zone is the safest place to be in spite of what is perpetuated about the absolutist nature of a particular polarity.

The problem here is that committing to a polarity eliminates *huge* amounts of possibility. The polarizer's know this. When an established polarity has begun to lose its luster, a new polarity within that one is established. Darwinism was the scholastic version, God was the church's version and each were taught accordingly. Then the "Intelligent Design" polarity evolved out of the church's polarity and the game is on again. The problem with this perilous type of commitment is that the "new" polarities are subsets of the same old set of polarities (frequencies) and are subject to limitation as well. Limitation leads to social stagnation or in some cases cultural "revolution." Revolution in our New World Order case is met with no discernable change but more of "meet the new boss, same as the old boss," as it is done within the biggest polarity belief structure of all. The planet is blanketed with a polarity that very clearly states: humans cannot take care of themselves, and are in need of a god, a government and an actualized policing agent to contain their horrific tendencies – or the humans will blow themselves up and ruin the planet. This is flat out untrue – without polarized interference humans, as a group, will do just fine yet we are so polarized by this belief that we can't entertain any other model. Thousands of wars were committed under the guise that the country or group would be better off after the enemy (the opposing polarity) were killed off or overpowered. Has there ever been a notion more disproved by actual experience than this one?

In Rwanda the Hutu's and Tutsi fought, killing millions in a disgraceful civil war. Why? Some folks from Europe established the Hutu-Tutsi polarity where none existed before. That's right, they divided the country into two completely arbitrary polarities and then encouraged them to fight. Why they do this is for another article but the point is simple: Choosing a polarity is not a panacea, or a haven, but a trap. *If you win, wait – a new polarity will be shortly established and you will fight again, against the same people you fought for in the first battle and vice versa*. We Americans once "hated" the Russians and now they are "our friends." Has anything really changed? The only difference is that the Russian

people have a new governing system (is it really new?) telling them what to do and how to do it. The people are the same people. We once fought them, now because our leaders tell us so, we will now fight for them and the only thing that has changed is the type of governing body that polices them.

Those invested in this control system establish two polarities and then set up shop in *both* polarities. Then they spend huge amounts of time and energy getting folks to pick sides and marginalizing those who won't choose and those who wish to remain in the fruitful land of the gray area. Then, when the time is right, they get the two armies of the committed to fight for supremacy - war. Whichever side wins, our instigators are right there in charge as they set up *both* polarities. Think of professional sports here. Team owners create individual polarities (teams) then pit them against each other. The team players, the polarized, feel they win something – championships and money. The real winners are the owners and bookies– huge profits year after year! The players retire, quit or are fired but the teams/owners continue. Notice how as the players began to complain, more polarizing took place outside the lines. Owners set themselves up on one side, players on the other – with reporters and news people playing information agent, instigating tensions between the two faux factions. All the while Professional Sports Entertainment continues to sell soap, tickets, jerseys and people are invited, implored, to choose a polarity to support (a team) rather than choosing to see good competition.

The polarity zones are like familiar books you have read dozens of times, rarely challenging, but comfortable and safe. The false sense of safety created in those zones creates and perpetuates the Fear of leaving the zone. The Fear of leaving, the sense of separation, does not exist when you are in the gray zone. The safety of the polarized zone creates fear that doesn't truly exist, as it was installed by those who created the zone in the first place to prevent you from leaving. The zones are places of Fear. The polarizer's tell you to fear the other zone, thereby preventing defection. Religious believers are often told that their "commitment" will be tested. The major religions dictate that *theirs* is the right one and if you leave that church, something terrible will happen to you because the "other" religions are blasphemous – fear of the other polarity prevents one from leaving the one they reside in.

As if I haven't "demonized" committing to the polarity zones enough, there is another reason to steer your commitment away from them. The polarity zones are controlled by the lowest common denominator residing within them. The larger the group, the worse the factor is. The being in the group with the least evolved consciousness controls the group to the detriment of all. This is true for most groups. This is particularly horrendous when the least qualified is at the top/leader. Think about it this way. A group of twenty healthy individuals can walk twenty miles a day. Add two people with broken legs and you're down to a few miles, maybe even none. One disruptive student in a classroom can sabotage an entire educational experience. The controllers of the polarity zones know this, and count on it, as the least evolved will always anchor the group and keep the group under control. Never presume that because a group of people have come together that they are all there with the same agenda as you – many are not. For this reason I try to avoid groups that are larger than five.

For a polarity to be successful, a large number of committed members are needed (energy) and as that commitment level wanes, the polarity will be abandoned for another – revealing that the “truth” of that polarity was dubious at best – otherwise the polarity would never fail. Commitment to a group trapped in a polarity zone will lead to serious frustration, stagnation or worse – complete apathy (i.e. public education). Apathy in the US political system is a byproduct of the endless infighting created by the polarized “freedom to choose” mentality of Democrats or Republicans – the power elite are happiest when you don’t care who controls you or worse, believe there is a difference between the two.

COMMITMENT

Effective Commitment is a commitment to your personal growth and understanding of your individual experience through interaction with the various frequencies presented to you - Process. Commitment is not unyielding dedication to dogma (religious, social, or other) through behavioral action, no matter how reasonable it all seems. Behavioral actions are just that; actions-hobbies-things to do, and anyone or anything can do them. It is commonly thought that people who are kind to animals, eat organic foods, give to those less fortunate and worship a higher power are conscious evolving beings. Our acquaintance might see those traits as sure signs of a “good person.” Some of the “darkest” people I have known do these things. These are just behavioral actions that are not exclusive to anyone or anything, yet those occupying the polarity of the New Age (same as the old age) thinking, believe that these actions are exclusive and representative of a conscious way of being. Some of the most conscious, highly evolving, people I know find none of those things I mentioned above a direct part of their lives and wouldn’t know a crystal from a piece of wood.

Since the creation of organized religions several thousand years ago, Millions (in the past) and Billions (in the present) of fully devout, committed people attend some kind of service each week. Each week they “pray” for the/their god to eliminate pain, suffering, war, poverty, famine etc. Over that span of time there has not been one single day on the planet without war, let alone elimination of those other things. Why? The answer often given is that those who pray are not committed enough in their prayer or god has other plans that the lowly worshippers cannot understand. This cycle is endless; if your crops aren’t growing your not praying hard enough, if you don’t pray hard enough your crops won’t grow. Recently I had a leaky fish tank. I found that no amount of polarized pleading with god would stop it, only examining the problem and addressing it through committed physical action was the issue resolved. Commitment without action is useless.

Continued commitment without the desired result is foolish. Committed action based on available evidence in the moment – the tank was not level, the crops need irrigation via stored water, can resolve a conflict and teach you something about yourself. Does praying to a god to grow crops make any more sense than praying to fix my fish tank? Is there a difference of commitment level, maybe? No, there is only a difference in scale. It is up to you, the individual aspect of your Soul, to act based on your observations – after all you are the Creator so access the information needed from within you, Creator, and act. That action must lead to experience, and that experience will lead to understanding. Only actual experience leads to true understanding. One who has experienced racism, or perpetuated it,

has understanding. One who has been “taught” about racism has zero understanding, only a notion based on potentially misleading information.

You, as an extension of your Soul, are a committed part of the experience. But your personality, via freewill and other factors, is subject to challenges to your commitment – without these challenges there is no point to life. The objective is to find your way back to your Source – Creator through the challenges, not in spite of them. Many people believe you can overcome unwanted challenges by committing to a polarity of some kind, thereby eliminating undesirable experiences. In a certain sense this is true, a complete commitment to polarity A (an “ism” of some sort) will provide you with a restricted experience, one contained within that polarity. We often believe that this kind of existence eliminates unwanted variables, variables that might harm us or arouse fear – variables contained in the other polarity. Committing to polarized elements out of fear will always lead to disaster. Many folks will commit themselves to “perfectionism” out of fear of failure. When “perfect” isn’t achieved and “failure/discord” shows up, the polarity’s guaranteed protection is revealed for what it truly is – a false panacea. Polarities are not protection from the unknown, but arbitrary limitations that stifle your Process. Polarities collapse, as they are not truth, but illusions that act as prisons. By limiting variables, one limits all variables not just the “undesirable” ones. By committing to limitation, especially one based on desired outcome and not understanding gained, one is handicapping themselves.

Let’s look at “personality commitment;” Allen verses Soul commitment. Your personality is mesmerized and polarized by what has seen in the 3d world. Your Soul, which is of course you, has a much broader perspective than your personality does. Your Soul/you (the truth of you) has no need for material items unless the pursuit or use of them will in some way teach It something about Itself it doesn’t already know. It has you, your personality, here on earth to access some frequencies (experiences) it hasn’t reached a place of knowingness about yet. It is committed to getting those frequencies; Frequencies equal understanding, leading to knowingness. If Soul/You need to learn about living in a wheelchair, there is nothing your personality can do to stop it – Soul is committed and what Soul wants Soul gets (within reason). Your Personality, primarily driven by Insecurity, can become so polarized by a misguided commitment, that the two of you, like a split personality, are at odds with each other as if you are not one. The closer you are to Soul’s commitment, the more smoothly things will go from Soul’s perspective – not necessarily your personality’s. This does not mean that things will work without conflict - quite the opposite. All the conflict you experience arises out of the inherent conflict created by “separation” and the belief that – All Is Not One or I am not the Creator but an individual servant. Again: Conflict arises out of separation and conflict is exacerbated by unyielding commitment to a polarity rather than commitment to the understanding generated by the experience itself. Total commitment to any polarity gives the illusion of an absence of conflict that is until the polarity crashes. There was once a firm polarity in place that dictated the earth was flat – the polarity crashed and those who were fully committed were in conflict; yet they were in conflict all along, they just didn’t know it. Copernicus broke apart the “cosmos revolve around the earth” polarity and those committed to the polarity of Earthly Centrism were thrust into conflict, yet weren’t they in it all along? The deeper question is: Did the public proclamations about the “truth” of the Earth’s rotation make any

difference to those who had no committed energy in the issue at all – those who were committed to the understanding of the Truth of who they are?

The Big Commitment is, “how committed are you to *your Process?*” Your Soul is one hundred percent committed to your/Its Process. It has to be, for It there is nothing else. It is committed to growth through understanding via all that You/It experience. Committing to “right and wrong” or “good and bad” is not the point here as these are earthly illusions that are components of the polarities themselves. Good and bad actions are based on social traditions of the time – lynching was once well thought of in some parts. Your Soul understands the constraints your particular personality is locked into and Soul seeks to negotiate them, through you, as effectively as possible in Its quest for knowledge and understanding and a return to the truth of you – Creator. In the end, “organic food” and “holistic health” are earthly actions as are “pillaging” and “racism” and are nothing more than tools to greater understanding within the ultimate Commitment of Soul/Creator level expansion.

Let’s take a look at the notion of committing to being a “good” person verses a “bad” person. First off it should be said that what is defined as “good” comes largely from the Judeo/Christian religious edicts. Which are largely a series of edicts designed to control behavior through fear of the future and to teach people not to be jerks. The key issue arises when folks believe that following the tenants of “good actions” should give them a reward of some sort. To some extent this is true, but the results are largely inconsistent as people react differently to different energies. The presumption that all people are like you, “good,” and therefore desire cooperation, grace, community etc. is flat out wrong. The large majority are *not* this way at all. They are still working out the issues associated with being a jerk. Being cooperative, considerate, kind, builds up a resonance, a kind of cash, that only certain other people can accept. Being nice will not create a resonance that is cashable with those who are committed to being jerks, as they can’t recognize those frequencies. Folks will tell me how they try so hard with a coworker to be positive, help them, give them good vibes and they are met with nothing but “negativity” and they can’t understand why. They feel that their commitment is not strong enough and somehow they are failing. This of course is not true. They are committed just fine; it’s just that the person they are interacting with can’t read the frequencies projected by their kinder colleague. More often than not when I remind folks to speak the actual language the colleague can hear, those in the negative range, satisfaction is often had. What does this mean? Nothing more that when folks are speaking another language, it is often better, more efficient, to speak their language then try to teach them yours in the few minutes you have with them. In this case staying committed to the pattern that isn’t working is foolish. More over, people will often react to distortions in another ones field, rather than the “good vibes” one is trying to project. If you are projecting positive love and compassion to cover up fear and insecurity then you should expect those around you to act and react to the fear and insecurity vibes rattling in you. Committing to projecting something more “positive” cannot be used as a cover or disguise for deep weaknesses in our systems as the weakness must be balanced before “true” love and compassion are truly being reflected. The training of dogs is a nice example here. Some people believe that “dogs are people too” (they are not) and that they too want “love” frequencies and they should be trained with love. Folks are befuddled when this doesn’t work. Animals operate on a different frequency track. Love is not a

frequency they know – ever see dogs “love” each other on their own (love being the absence of judgment, not the licking of ears)? When asked to discipline the dog, to establish themselves as the “alpha” of the group, some people recoil as they see that as a polarity they are unwilling to go to. Often because they fear those frequencies and are hiding in the love frequencies, yet in many cases dogs not only desire dominance/discipline, they need it. By avoiding the dominating frequencies many are actually hurting the dog and themselves.

This disturbs many, as they feel safer if they are committed to the polarized zone of “positivity.” The problem of course is that this polarity can restrict their ability to negotiate their experiences. People are taught commit to “think positive and positive things will happen.” What is positive? Should I think, “I wish someone to give me a million dollars” – that would really reinforce my belief that I contribute to society in a positive manner and am being rewarded? What if my Soul weakness is not accepting free money but actually earning value for my energetic value? How does free money help me shore up that weakness? The goal is to gain understanding through actual experience, not psych yourself up so much that you believe a commitment via sheer will, will hide any weakness that needs balancing. This kind of polarized thinking is terribly restrictive, leading to great disappointment when it fails to work out.

The wonderful, open, borderless gray area is where you want to be where there is unlimited possibility. Commit not to behavioral actions themselves but to the Process of life. The Big Commitment, commitment to your life’s/Soul process, can keep you in the gray area, the area of infinite possibility. The trap here (yes there is always a trap) is the problem of “giving” up conscious participation. Often folks will answer the commitment trouble with committing to “giving it up to Soul or God.” This is incorrect as well. You are not a slave to Soul or the Creator. You are an extension of the Creator and your process of evolution back to Source-Creator counts. The reason you are here is to get verifiable, cause and effect experience. You are to acquire the understanding. By giving it up the cause and effect Process is distorted and understanding is weak. You need to be able to say: “I did this and that happened.” Not: “I did something and something happened but I don’t know if god did it or what.”

As you shy away from commitment to a particular polarity: Religion, Family, Atheism, The American Way, you will begin to feel isolated. It is much harder to be committed to the unknown gray area if you have been raised on absolutism. The gray area has been demonized as being the area for the weak, the mindless and the “uncommitted” (the irony here is epic). Yet it is the area free from restriction. The gray area is not a careless place or even a carefree place but rather a place with unthinkable possibility. In the gray zone you can freely visit the polarities, should you want to. In the polarities you are not allowed to visit the other polarity, let alone the vast potential in the gray area. Isn’t one considered a scientific heretic if then spends time in the creationism zone (or intelligent design or god zone or whatever they call it tomorrow)? Think about it, according to all 1000 organized religions the way to “god” is through a series of clearly defined behaviors and thoughts - a right way. The truth is, there is an infinite number of ways back to Source/Creator, but all of those ways are driven by Soul/Your imagination not a planetary prescription.

Your Soul's place is naturally in the gray area. It must reside in that area, as your personality polarity zones don't exist everywhere, only here in this domain. As such, aligning yourself with Soul's gray zone, *committing* brings tremendous possibility for deeper understanding and far less paralyzing Insecurity. Begin to gracefully commit to Soul's true process - Commit to your personal growth and understanding of your experience through process and interaction with the various frequencies (scenarios) presented to you. Remember, commitment as defined here is not commitment to the outcome of a particular experience – winning and losing etc., as this is mostly irrelevant. One must commit to the Process of the experience and the accumulation of the knowledge about yourself and your environment through that process/experience. Try to view your experience from Soul's point of view, broaden your perspective to include what Soul is seeing and wanting in its path back to Source. Try to be less concerned with garnering favor from those attached to the particular polarity you are currently tied to and track your own Soul's design for understanding.

The more your personality pulls its energy out of dead end, unprofitable commitments, the more energy Soul/You have to develop the experiences necessary to facilitate the true nature of your personal Process. See where you are polarized and pull back your energy. Reapply it to a non-polarized zone, the zone of infinite possibility, and see where that leads you. An example of this might be: I hate my job. That may be true as parts of you are under the illusion that the polarities in the job control you. Turn things around here. Ask yourself how you can use your job to find weaknesses in your Soul/Personality matrix. I personally don't much care for confrontation at all. When my job creates a scenario where confrontation is inevitable I relish the opportunity to use that scenario as a chance to overcome my resistance. Often times I perceive myself as unhappy as the scenario unfolds, but this a distortion of what is really going on. The reason I am unhappy is I am being challenged on issues of fear and self-worth.

We often judge our happiness as a measure of how well we are doing in our growth process. This of course is misleading. Happiness is a function of how well our life is meeting our *personality's* expectations. Our expectations have been implanted in us by earthly polarity creators and marketers. If we expect to be a millionaire and we are, we are happy. If we expect to be poor and we are, we are happy. If we expect to be poor and we are millionaire, we are unhappy. If we expect to be a millionaire and we are poor (the dominant one of all), we are unhappy. None of this has anything to do with the larger picture of Soul's growth process. Your personality is not concerned with things of earthly happiness; your Soul is concerned with understanding leading to Knowingness – not cars, cool jobs and fun times. Soul is concerned with remembering who Soul is – Creator. Committing to understanding as opposed to “happiness” is true alignment. Look to see where you are committed to creating personality happiness and see if it is conflict with Soul's Process to understanding.

In the end all will lead back you back to source, even the inefficient efforts, but we humans enjoy efficiency and direct understanding gained from actual experience. If everyone was told how it all happens, via a book or a movie, and then sent back “home,” the collective sigh of disappointment would be deafening. You are separate because you wanted to be, you are in the process of remembering, via actual experience, who you are because you

wanted to take on the challenge. So get with the program here – actively contribute to your own understanding by committing to the Process. You gain a path back home via actual experience, commit yourself to that and see what happens. Look to eliminate polarized definitions of things such as good and bad and try to view things from Soul's non polarized way of seeing things – then apply some commitment energy and see what happens via the experiences that unfold. See where you can commit your energy to shore up the most unbalanced energies in you – insecurity, fear, self-esteem, anger, resentment etc. Place yourself in scenarios that help you balance those areas, use the scenarios you are in right now to balance yourself.

Money Tips

You do not have an income problem, you have a spending problem. Remember that. If you spend nothing, you have no need for income. That equation is true, having an income problem is a myth designed to confuse the uneducated. Learn to see the equations of life the right way, not the way you are told to see them.

Cash, Federal Reserve Notes are debts, not credits. Gold is a credit, as it is an item which people can assign value. Gold can be talked about without talking about dollars, though few know how to do that. Federal Reserve Notes are IOU's. Yes, they are IOU's, which means when you pay for something with a one-dollar note you are agreeing to pay that person when you have something to actually pay them with. If you used dollars to buy everything in your life so far, you still owe each and every one something of value. If you have one million Federal Reserve Notes you have one million IOU's. Think about that.

Stop buying anything but the absolute necessary items for a month. No clothes, no latte's, not dinner outs – buy food and make it yourself. No perfume, no shoes, no movies, no concerts no nothing, just the bare essentials. During that week you will only use cash for in person transactions. Do not use ATM's. Get the cash you need for the week at one time. When you're done, you're done. You should pay with cash as much as possible, and never use ATM's. Easy money is easily spent money. Money spent from a phone is the surefire way to homelessness.

Pay all your bills the minute they come in. If you have to avoid latte's in order to do it, then do it. The bill is for a service, a service you decided you needed so badly that you asked the company to give you a window to pay. Pay right away.

Stop paying for things you only occasionally use and stop paying for things you are too lazy to do yourself. You don't need a maid, you want one. You don't need to have the car cleaned professionally, you want to. Needs and wants are not the same thing. You need food, clothing, shelter and in that order. Pay for those, cable is a foolish want, not a need.

Expensive means expensive, it does not mean value. Most T-shirts are made in the same south Asian sweatshop; there is no reason to buy a 2-dollar sweatshop made T-shirt for 200 dollars. None.

Rich people get rich by saving money, not by spending it. Poor people get poor because they spend (spending problem) more than they save. Rich people are taught to save, poor people are taught to spend. If you were not taught to save, you are a poor person and your education was shit.

Rich people find ways to save money; you should be doing that too. Not hoard money, save money. Rich people manipulate the system to their advantage; poor people have been taught to obey the system unconditionally. Rich people game the system, poor people fear it. Rich people see the rules as suggestions; poor people see the rules as absolutes. Rich people were educated one way, poor people were educated another.

Example of manipulation perfection. Frank McCourt owned the Los Angeles Dodger baseball franchise. He drove the team into the ground, filed for bankruptcy just as the team was due a new TV contract, which put the court in charge of his whole life. His wife divorced him due to the collapse and took nearly everything that was left. At one point in the bankruptcy he was flat broke. The bankruptcy court is fair game, a tool, and he used to the tool to perfection. The court controlled the entire process, auctioned off the team and he netted more than a billion dollars and kept the income rights to the very lucrative stadium parking lots. His wife could only look on. Poor people were outraged about this, they decried his actions. Rich people wondered why they didn't think of it. The system is the system, rich people use it, and poor people are so foolish that they get angry when people use it properly.

I don't know if he was really that smart, but the great play and film, *The Producers*, is about making money by putting on a crappy Broadway show. Frank might have had a 6-year plan just like Bloom and Bialystock.

You were taught nothing about money; you know nothing about how it works because you did not know money was debt. If you do not know that, you know nothing. Learn about money, as when you know about things you do things differently. The fact that I just told you the dollar notes you have are worthless pieces of paper, which are actually IOU's just altered your money wiring. There is a whole lot more you do not know.

“The Money Fix” video presentation is a start.

Consider this. The near opening line from a documentary about the debt creation industry, sorry, the credit card industry, is one you need to study. The woman being interviewed said they have no problem giving credit cards to people who had filed for bankruptcy because they had a taste for debt. Like casinos inviting the losers back for a free lunch. I am reminded of this classic saying about debt: “if you owe the bank one hundred dollars it is your problem, if you owe the bank one million dollars it is their problem.”

Why is it that when you use the Credit Card part of your debit card that you are covered by all the credit card protection mechanisms, but that same card used as a debit card does not afford you the same protection? If you do not know why you are poor-ly educated. Where does the money that manifest during a credit card transaction come from? If you do not know you were poor-ly educated. If a bank only has one dollar in deposits, how is it able to loan one million dollars to a new homeowner? If you don't know you were poor-ly educated.

Educate yourself and remember this above all else. Rich people did not get rich by buying the useless crap they sold you in order to get rich. Rich people get rich by saving money and not by spending it on crap at Costco, Target or the Swap Meet.

Assistance verses Interference

As we move through the changes we are experiencing on the Universal transformational shift, we push through what can be best described as membranes or barriers. In order to move to a new frequency of experience, one needs to have a matching resonance. If one does not, or is locked up by a particular resonance (insecurity for example) that is incompatible in the new area, inner conflict will arise as one tries to move in. As we move through the barriers, the personal issues that are out of balance will show up and often in dramatic fashion. They show up not to antagonize us but to inspire us to get a grip on the issue and work to balance it.

When the Creator of this Universe set up its system of evolvment it laid down a few prime directives. These are not laws, in that they cannot be broken. One is the directive of non-interference. Simply stated: one cannot interfere with another's evolvment. The Creator understood early on that if a more evolved energy form was allowed to interfere with a less evolved form, nothing would budge and stagnation would set in. We are prohibited from interfering with another's evolution. Unfortunately this does not stop us from trying to interfere, in fact on earth we are encouraged to interfere with others, "help them," and we are constantly asking for others to interfere with us, "help us." We are thought of highly if we "help" others and thought of poorly if we leave others to their own devices. Talk about turning things upside down. This has created a system of reliance on outside entities to aid us: Governments, Medical Establishment, and Educators etc. In effect this process has created a planet of folks who now firmly rely on others to help them in times of trouble rather than rely on themselves. Think about it, since 1930ish we have given our children over to the State to raise them – "school" is the mechanism and we hand over our aged parents to the state to take care of them – Social Security/Medicare is the mechanism there and we have been programmed to think this is the best possible scenario. In the middle we demand the government regulate our food, travel, health and so on – are we insane? We demand that the government take care of us at every turn, yet we don't understand the ramifications of this at all.

In fact, the whole of the planet is set up to get us to “ask” for others to interfere so that others can do so without conflict. If we ask for it, the rules change. Your Soul is in existence to evolve and come to some fundamental knowingness about itself and its connection to the Creator – to *know* that you are the Creator, not to think it, but to *know* it. This process is an impressive process but it requires actual, verifiable *experience*, which leads one to achieving that knowingness. It is not enough to become “book smart” in the world of personal evolution; you have to learn through participatory action. You must have actual experience. The frequencies needed to move on must be “acquired via real experience” not thoughts that are then logged as fact – I once thought skydiving was a scary and stupid thing to do, but after doing it I came to a very different conclusion; *based on my actual experience*. As such, being “helped” or interfered with can handicap a Soul’s growth. If, for example, I need to learn to conquer a certain fear, I can only conquer that fear by facing it – that is fact. If someone comes along and offers to “help” me avoid facing that fear they have committed a serious crime against me - even if they have the best of intentions at heart. Sadly we are programmed to actually expect, even demand, others to take care of us in this way – right from birth. . Bear in mind that your personality is not responsible for learning everything there is to learn. By being a multiple-simultaneous-incarnator you have the advantage of accessing a myriad experiences through your clearinghouse – Soul - and the other incarnations are happily adding their part to the mix.

We are programmed right from the start to expect others to ‘take care of us’ we even demand it based on a peculiarly favorable experience. As infants we cannot take care of ourselves at all, we depend on our parents or others to feed, house and tend to our needs. The infant-selves, right up until about nine, are actively imprinting on this. They actually see the parents taking care of them as a positive life long prospect. The infant-selves have it pretty good in this regard. Even if your caretakers were the worst creatures on earth, if you have reached adulthood someone took care of you in infancy well enough to create aspects of you that find this appealing. These infant aspects, without regard to Soul growth, will seek out ways to keep the gravy train going right up until death. In fact, if you want to honor the infant-self and give it what it truly craves, check yourself into a nursing home right now – appalling thought isn’t it? Yet that is what infant-selves truly desire! There are aspects of ourselves that are literally waiting for others to take care of us in the way our parents did and are damn pissed off when others don’t comply. We expect our mates to do it just like mom and dad – a major source of conflict in all relationships, we expect our employers to do it (healthcare anyone?) and right on down the line.

Recent deviant developments in social training have people actually encouraging their children to be totally dependent on others through most of their developing years. I transported myself, did my laundry (mostly) cooked and I cleaned for myself after age ten. Kids today depend on their parents, nannies and others to transport, feed, clean and entertain them (*give them money*) – extreme caretaking – often developing a consciousness that not only demands others to take care of them in every way, but without others to do so they seem helpless – and indignant. Children spend most of their first eighteen years in the care of others, not the parents, and the imprinting is even more distorted than it might have been 100 years ago. Most adults are children and in some sense those that have children are children raising children – depending on their parents to take care of them so they can take care of their children. This sets up a system that is perfect for interfering trouble. Rather

than seek out assistance, the infant-selves are running around looking for caretakers. I have actually seen where a child of five reasonably demanded caretaking from a parent. The parent's child self actually wanted the child to take care of it so it lowered its presentation age to three and the child down to two and so on until there was a full grown adult acting like an infant in an attempt to get their own child to be the parent. Look for it; you'll see everywhere – people not acting his or her current age.

The barrier we are passing through is bringing this to the forefront for many people. Folks who have spent their lives asking others to “help” them rather than do the work themselves are running into real trouble right now and will continue to do so. Those looking for assistance to illuminate some aspect of their Soul process will be doing much better. No one can help another; it is not allowed. Others can and should assist but assist only. A classic line that tells the tale is: “I can't... you do it you do it for me.” If you hear this line from another or even your internal self – trouble is in the offing if action is taken that prevents one from moving through the resistance brought about by the event. Assistance in this case is to sit on one's hands and force the person in question to deal with the issue – or force yourself to deal with the issue. Look for places where you are wanting, desiring, needing someone else to interfere and pull back. See if you can retune to ask for assistance, sometimes the change in vibe is all that is needed. Look to see where others are asking for you to interfere/help and see what is appropriate.

Use the phrase: “I want you to show me how to do this, I do not want you to do this for me.” On the flip side say: “I will show you how to do it, but I will not do it for you.”

I have an ailment so I head to my local MD and ask him to fix me. I give him my symptom and ask for a pill to fix it. If the issue is a critical Soul based issue the pill will fail. If I go to said Dr. and ask him to assist me in assisting myself. We have a different exchange. In my practice I require that people come with an issue they want assistance with. I never “help” but I always assist in illuminating and clearing the blocks surrounding the issue. The client is then on their own to do the work to accumulate the information leading to knowingness. I work hard to keep this system in perfect alignment, I want those who see me to take on the challenges in their experience and succeed in coming to their understanding through their interactions – I don't want to help them bypass life by providing them with the metaphysical equivalent of Prozac. But sadly most of life's exchanges are not like that at all, most are of the “fix me now” variety.

Here is a most elegant example of assistance verse interference. I was talking with my friend in his backyard. His daughter, then two, was wandering around exploring things when she got herself in stuck in an awkward position. She started to whine. My friend glanced over at her and determined that she was fine. I said, “You're not going to help her, are you?” He said, “No, she'll figure it out.” Moments later she pulled herself out of the predicament and she was off. His lack of “help” assisted her in learning how to extricate herself from awkward positions. Someone who, well meaning as they may be, rushed to help her out of the situation would have interfered, thereby setting up a system in which whining leads to “help,” and her self-reliance development would have been delayed. Didn't we all learn that crying gets us what we want? Be leery of adult crying.

We look everywhere for “help-interference.” We look to god, angels, “guides” even fairies and elves for help. Fairies and elves for help is just plain silly. These beings reside on a different plane of existence altogether and their ability to help is dubious at best. I can’t for the life of me think of anything a less evolved being on another plane of existence could help me with – choosing a mate? That’s just simply absurd! We look to god or gods for the same thing. First, “god and gods” are not the same thing as the Creator. There have been many, many, many beings who have come to earth and laid claim to being god. They used this title and some real time hocus pocus, to rule over us and in no way should they be looked to for “help.” Asking them to interfere on our behalf is just asking for trouble as those who claim to be god, and are willing to interfere, are a less evolved being than you.

Again: A more evolved being will never interfere or offer to do so; a more evolved being knows you are capable of evolving on your own – the greatest compliment of all, and will only assist you in doing it yourself.

Guides are a relatively new designation for an official interferer whose intentions are supposed to be in our best interest. There are aspects of ourselves that will nudge, assist in minor (rarely major) ways but they are aspects of ourselves not “others.” Think about it, why in all of creation would a being agree to follow around a perfectly capable earther human and “help” them choose a job, a mate or a brand of mustard? I cannot think of anything more boring, sounds like some kind of sick punishment to me. I deeply care about all of my clients but there is no way I would enjoy following them around all day in order to tell them what to eat. Life is complicated, challenging yes, but not a mystery when viewed this way: Every single experience you have is a tool to help you increase your awareness about yourself – leading to knowingness. If you view life as a series of events that you have to get exactly right or you’ll die (or go to hell another silly notion) then I can see why you want a coach around you 24/7, but if I’ve evolved to the point where I can actually do that job you won’t find me doing it as it is unnecessary and insulting to you.

Watch out for those who just offer up help-interference with no apparent provocation. When I was young I received “messages” from all sorts of “helpful” beings. At one point a non-physical being gave me a “message” that included some bizarre symbols and spoke in some language I didn’t understand - the part about “you need this information” was in English – the rest in whatever. I noted it as best I could and then had to take it to someone else to explain it to me – they couldn’t of course as it was all a distraction and waste of energy. I now demand anyone or anything that wishes to interact with me to speak my language and not talk at me but dialogue with me – that goes for humans and anything else I run into. If someone is offering some kind of assistance in this manner demand that they speak in clear, non-cryptic terms in a language you can understand – if it is in person or the dream state. If they can’t do that then dismiss them.

When someone asks me for assistance I have never offered them ancient Sumerian poetic verse to address their issue – I tell them in the language they use and use metaphors that are common to their experience. There are several overlapping planes of existence to ours that are rife with thought forms, discarnate beings, entities of unknown origin all with nothing useful to say but a need to say it anyway. The person who has your best interest at heart is you and only you. Only you have the access to your Soul outline and only you will really

honor your process without reservation. Look to yourself to assist and go from there. You are your best guide. Life is a journey to knowingness, not a race to completion of the American themed life tasks. Look to establish a relationship(s) that assist you in clarifying your issues and concerns. One person cannot fit this bill; look to as many as you need – though stay away from the “covering all bases” tactics.

Do not interfere with others if you can help it, the downside here is great. If one has really interfered a chaotic charge is built up surrounding those involved in the event. It will be discharged at a later date, not in/on or around the event itself. This prevents the cheating notion of; “I’ll interfere and deal with the downside as I know what will happen.” Both parties – the “helper” and the “helpee”, acquire the future discord and the future damage can be severe. Not all “helping” is subject to possible future trouble. Much of what we do is harmless as it doesn’t affect a Soul process but if it is a Soul’s process to have an experience, no matter how painful, and you interfere trouble for both is sure to follow. In fact, if one is really pushing the help issue on another, a Soul might get to the point where it will slap at the offending party violently knocking that person away. The “helper” will often feel like they have done something wrong when in fact the other person’s Soul prevented them from doing future wrong. “Leave me alone, let me do it myself” is the line to look for here.

This brings us back to the changes that are occurring. We have hit a very difficult transition for many. Fears are being brought up and challenged. We often overreact to these changes as we are not told what is really happening – seems odd to me the local news isn’t talking about it but what do I know? A sudden internal shift will often have us looking at the most convenient target for the discord. During this time many will assume that the issue is coming from their work, their mate or their family. Be careful about discharging the energy in those directions if it is not warranted. Diligently examine all the issues before jumping to action.

Determine if the discord is internal or external. Be cautious to choose an appropriate action. Ask for assistance if you need clarification. Look for repeating patterns surrounding the issue. Look for things that increase your stability in these stressful times. The key here to find ways to stabilize yourself, not to take actions that will create volatility or have you choosing a future reality that is inconsistent with your Soul’s path. If something has been out of alignment or unbalanced for quite some time, look to address it as thoroughly and thoughtfully as soon as possible. It can be a delicate balance to address the issue through conscious action and avoid impulsive reactionary acts.

Manifestation

Several folks have asked me to comment on manifestation, as it seems to be a hot topic again in the collective consciousness. This ties in nicely with our topic so far. The manifestation area I will examine is the concerted, conscious metaphysical attempt at bringing something to you via nonphysical means using either an instigating energy or

outright materialization protocol. Keep in mind the most popular form of manifestation is good old fashion hard work – less glamorous yes, but tried and tested. We tend to desire to manifest from three places: 1. Out of insecurity. 2. “Wants” programmed into us by those selling something or trying to control us. 3. From child aspects that are stuck in an orbit and require some resolution at the time the discord was established – not in the present moment but the past. These are all the wrong reasons to embark on manifestation in a concerted way – keep these in mind.

First off, the “Universe” is not a giant Santa Clause that is just looking to give you things – items. The Universe is a neutral energy and has no interest in whether you get an iPod or a soul mate. So pleading with it to “help” you is fruitless. This speaks to the gratitude, faith/appreciation issue as well. One should spend more time thanking than complaining to be sure and while those are wonderful, very warming and beneficial frequencies it is not a prerequisite for anything. Donald Trump seems like the least grateful person ever and he seems to want for nothing. But is he increasing his awareness via his Soul presence? More to the point: At a level you are unaware of, you have the capability to manifesting anything and everything – the planetary controllers are terrified of you discovering this of course and with the collective consciousness being the way it is I can see why they fear us accessing that skill as it would be a recipe for chaos if it was available now.

Our Soul needs to increase its awareness – this is all It does. I preface everything I do with “what will increase my awareness” and oddly enough it is very unpleasant things that do the most increasing. My goal is not to be more comfortable and safe from fear but to be more aware. This awareness will lead to understanding and then, hopefully, to Knowingness. This changes the dynamic associated with manifestation completely. Preface everything with this in mind. If you really want to challenge yourself, ask what can you manifest that will eliminate more insecurity, more fear. This will cause the parts of you that are truly out of balance to go nuts with fear and anxiety and yet, this is what is often required to evolve – within reason of course.

Who needs what? My twelve-year-old aspect really needs a bike. At *that time*, I wanted a certain bike and wanted it more than anything but I didn’t get it. It still wants it – but I don’t need it now at all. If I let that aspect loose on the mission of manifestation of a wonderful new bike I have just wasted time, energy and who knows what else in pursuit of something that will in no way increase my awareness. This act is encouraged by the “honor the inner child folks.” Never let any aspect that is not your current age and maturity make any decision at all, ever! When the inner child demands a new bike, tell it to shut up, bring it into present time and if all else fails shoot it, but don’t let it in charge. I will give you a personal example of this. I recently acquired a new car. After careful thought and research I selected a new truck. The truck is a modern version of the one I *had* to have in high school. When the truck arrived, I thought to myself “now I have the truck I always wanted.” This thought was horrifying to me. I didn’t get it with that in mind at all so why am I saying this. Suddenly it hit me. My high school aspect was still stuck in his angry, disappointed orbit. Here’s the funny part: *This is the second truck like this I have owned!* I had one for eleven years but my high schooler didn’t get it in high school so he still thinks I have never owned one. Arguably the previous model I owned was bought to satisfy that aspect but because it didn’t happen when I was 18 that purchase had zero meaning for “him.” I had that truck for

11 years! Good thing I didn't set out to buy the Daytona Ferrari I loved so much in elementary school.

Can you handle what you want to manifest? I have an aspect of me that needs to be famous – my 19-year had that in *his* plan. If I set out to find a job that will give me this at this point in my life I am doomed. *This is not what I need now* - I need the opposite actually. This is because I couldn't handle something like fame nor would I want to at this point. We often overestimate both our maturity and our ability to handle things, especially if a younger aspect is in charge. That younger aspect has imprinted on something based on viewing that thing, not based on Soul need, so its desires are distorted at best. Fame is great to anyone who isn't famous, as those who aren't see a distorted image of fame and desire that distortion – if it is a child aspect that craves this then look out. We actually mix up these “programmed” desires with Soul's needs?

When a fearful childish aspect gets loose it can wreak havoc on an experience, especially if it has a bit of “manifesting” knowledge. I have seen many people whose childish aspects demanded something they could not handle and the meltdown was tragic. Some events are necessary for understanding no matter how unpleasant or unnecessary they may seem to certain fearful childish aspects of us. We can often attempt to manifest to prevent something from happening that will actually increase our awareness and *eliminate* fear. Again: We can be so bound up by fear that we attempt to prevent the experience that will eradicate the fear! If we attempt to manifest to prevent something from happening, out of childish fear especially, problems can arise and understanding can be delayed or lost.

I'll give you a deeply personal example. Recently I was involved with a lawsuit. My sister attempted to steal money from me after our mother had died. She demanded a trial to take all for some unearthly reason rather than share according to formal agreements that were made. A trial was a possible part of the lawsuit and I knew it, but my younger aspects didn't want to have to defend my life in court in front of jury – I knew this venue would be used as a personal attack arena and I was not wrong. The aspects that were trying to “prevent-manifest” were fearful childish aspects, not the real present time me – fortunately I figured this out very early on in the process. In the end I testified, in deposition and in trial, for 27 hours with her and her abusive lawyer mercilessly attacking me personally and never once wavered. The experience, while horrifying on many, many levels, empowered me in ways I could never have imagined. My present time personality was quite capable of dealing with the horrors associated with her vendetta, her violent lawyer's abusive energy and the trial itself, but it took the actual experience to prove it to my child aspects. I needed the horrifying experience to show my younger-selves the truth about me/us; in fact I took great pains to show them that “we did it,” post trial. We also underestimate our ability to handle things as well, especially if we see the loudest, most fearful aspects as the totality of us.

Sometimes our manifesting intent can be utterly misguided and when it fails we can't understand why. Someone once said to me that she was planning on “spirit” just handing her 250 million dollars. In this case “her and spirit” were co-manifesting. I said really, just like that. She said, “yes, I have great plans to help others (interfere with others) and “spirit” would want me to do this. I said, “Have you thought this out?” She told me she would win

the lotto or she could just get a suitcase filled with cash just dropped off at her door and everything would take care of itself. I said well this creates a problem. First, you can't explain to the government where you got it and they'll take it away. Second, even if you could explain it, you have devalued the value of the money for everyone on the planet by just "dropping it in to circulation," and that hardly seems fair or at all reasonable. Finally, do you know how to deal with that kind of money? It takes a lot of skill and knowledge to deal with that and are you sure this is what you want to do – sounds awful to me. I could see nothing in her actual experience that said she could manage something like this at all. It was so overreaching as to be absurd but she felt justified as she was going to "help the needy" and spirit wants that. Needless to say she is still waiting. By the way, the only answer to her problem I could find was to win it psychic gambling but this was actual work and she was sure spirit would provide because her intentions were good – don't we all have the best of intentions so why don't we all have spirit tossing cash our way? Maybe it's because it's not in Soul alignment? Soul alignment can be impossible to find when you attempt to reconcile: Peer pressure, American ideals, religious restrictions, childhood fantasies, irrational fears and so on. It can be made much simpler when you keep the prime Soul directive in your sights: Increase my awareness.

What is in alignment with your Soul growth, as this is so key to everything? Keep in mind your Soul doesn't "long" but childish parts of you do. Soul is not a whiner, a beggar, a pleader, or an ache'r. Soul needs awareness acquired from actual experience and that awareness means mostly conquering fears and stamping out irrelevant wants. Manifestation is not about finding easy ways to fulfill those questionable desires through silly spells or magic oils or extensive positive thinking. Many years ago I knew some one who protested endlessly that their "soul" needed to get out of Los Angeles. The move proved to be a nightmare and I wonder if their "Soul" needed the move so badly how come it wasn't a more positive move? The fact was a fearful childish aspect needed to flee an issue and the person justified it by using the "aching Soul" excuse. Rather than conquer the fear and deal with the issue in the moment, Soul-desire was used as an excuse to run away - delaying understanding. Similarly as a child I needed to travel. The needed derived out of a need to be away from my insane family. As I got older I still felt the need, so travel was the answer to my soul's ache/whine. Travel of course couldn't address the issue. What I needed was to find a way to be comfortable wherever I was, balance that need and now that I have that, travel is of no interest. What is really a soul need and what is a craving that is about something entirely different? Soul wants to increase awareness via real world experiences.

The most curious manifestation usage is that of attracting a mate. Most folks will do this without the slightest hint of recognition of the obvious: What one is trying to attract is a living, breathing, evolving being, not a toy. For two people to "get together" they must have alignment, compatibility and potential with regards to Soul based evolution and this can be very difficult to achieve. Given what I have just pointed out above, this is probably the single worst thing to expect results from if using concerted manifestation. If a childish aspect that wants a mate based on the mythology installed by TV, Movies, Hallmark Cards, Barbie/Ken and the rest of the childhood garbage is in charge, disaster will result – guaranteed. All relationships are there to increase awareness, no viable relationship can satisfy infant-selves desires for caretaking and attempting to manifest a mate to appease infant-selves whining is a very bad idea. Even more bizarre, many manifestation techniques

espouse the “like attracts like” principal. How absurd to use this principal to attract a mate who is the *opposite sex*?

The positive thought issue should to be addressed here as well. Many have it in their heads that they have to be positive all the time, never think or speak a “negative” thought. I once heard that a certain actor demands that no one ever say anything negative around him – he’s a scientologist. This supposes that there is a negative and a positive side to everything. This isn’t true as there is no good or bad – polarities are not real. That said, one can build up a kind of unhelpful resonance. For example if you participate in a bike race and keep saying to yourself “I’ll never finish” you make finishing that much harder, as a kind dissonant distortion sets in – you’re riding a race to finish but are creating energy to the contrary. So keeping the positive side helps. But doing the opposite “I will finish” is no guarantee you will finish. Here in lies a key problem, as people get disappointed if they keep up the positive mantras and don’t get there. It is unreasonable to believe you can polarize your brain to exclude certain concepts or thoughts. One needs to look to be on the more “positive” side and look to dissolve build-ups of more unhelpful thoughts and notions. We do not live in a frequency where thoughts are manifested outright – though we’re on our way. So go easy here. Think about who is running the “positive thoughts” as well – younger fearful aspects maybe?

To be effective in that arena the above issues must not be a problem and abject fear is the death knell for true manifestation. Look to see where you are funneling energy via fear based manifestation efforts and retune. Find what is in alignment with Soul’s evolution – what can you bring to you that will help you conquer fear, add new understanding or even illuminate a topic more clearly.

Relationships

In order to define what a relationship is and isn’t, we first need to reiterate why you are here in a body on the earth plane. At some level of your existence you chose to occupy a body and have a series of experiences - life, that, when added the experiences the rest of your incarnations are having, will lead you to the knowingness of All is One – Unity. As such, each and every encounter must bring you information, via actual experience, that will help you grow to that knowingness. The common areas of growth on the earth plane are associated with fear, separation, control – controlling and being controlled, physical survival and various levels of empowerment as seen through the interactions one has. The earth plane is a place of artificial separation. Bodies occupying separate spaces are an anomaly that helps our personality see the differences between Unity and separation as we process all of our contributing incarnational experiences at the Soul level.

Relationships are no different then hobbies, mountain climbing, school or working: every single thing you do must serve to illuminate something for you in the effort to further your growth, and relationships are a marvelous tool to assist in that endless process. Hopefully your work, your hobbies, your travel, are going to help your incarnation grow, thereby

helping your Soul Matrix evolve. This is not always the case, especially in relationships, as we often get sidetracked by beliefs, fear, and confusion and get stuck in various scenarios, which can ultimately stagnate our personality's growth or even stop it altogether. Efficient growth is best – notice I did not say “painless” growth is best, as one man's pain is another man's pleasure. By definition, growth to Unity requires a breakdown of resonances that conflict with the truth that All is One. Breaking down resonances (belief systems and other energies that conflict with Unity) can be especially painful the more we hold on to them and the more ingrained. In the end, breaking them down is the only reason you exist – to return to Unity, and relationships help facilitate that process.

A relationship, whether it be a family one, work related one, or deep personal one, is about inter-relating via interactions that help overcome resonances that interfere with your ability to understand that All is One - Unity. A relationship therefore is a tool, nothing more than a tool – a fun tool, a deep tool, an exciting tool, a stressful tool, a challenging tool; but a tool. A relationship is not a place to hide, a place to be taken care of, a place to avoid the world or a place of convenience – relationships are not a panacea. A relationship is a place that must challenge each individual participant to grow. The purpose of all relationships is to facilitate one's personal inner evolutionary process. By this definition, a relationship is going to be challenging work and the idea that a good relationship shouldn't be, is untrue.

People are often driven into relationships by the fear of being alone. This is the single worst reason to be in a relationship. This is driven by infant aspects of us still resonating confusion and fear and is in no way a balanced approach to a relationship. Infant-self still exists, in its entirety, within all of us. Infant-self is not a phase of life left behind by a bodily growth spurt, but an aspect of ourselves that still exists as a whole; it is your focus of attention that has moved on. Infant-self, while in the womb, experiences a cushy life. Gestation is a place of living the high life, nothing to do but be. In a moment, without warning, mom cuts off all the life-support systems and infant panic ensues. Imagine a body on life-support at the hospital, without warning the nurse pulls the plug – the body convulses and struggles to survive. The unplug happens in the womb in the same manner, potential suffocation, potential starvation, potential death are all felt as mom pulls the plug and the infant waits to see if it will live another moment – the experience is even more horrifying if mom prolongs the event, resists releasing the baby out of fear of pain or fear of the future responsibility of infant care. Shortly thereafter, another life trauma occurs, the earth plane arrival via delivery. Like that, life goes from “nothing better,” to a world of “how will I survive?” The reason this is relevant to relationships is that the infant-self spends the rest of physical life looking to get back in the womb, back to the place where the umbilical cord and mom took care of everything.

After birth, mom or someone else, takes care of infant-self but in a different way. Infant-self has to work to attract attention to get needs met, but mom meets them – even if it is at the most basic level. No matter who you are, if you are alive, someone took care of infant you, as no infant ever got a job. True, many did a terrible job, but regardless, the imprint was set – someone takes care of me (feeds me, bathes me, carries me). This is your first relationship; your introduction to relationships on the earth plane and it is an anomaly. This fact doesn't stop infant-self from trying to recreate that relationship.

The infant-self's efforts to get back to the safe zone is not logical, it is the infant acting out of fear derived from that unplug moment and imprinting this fear into the larger matrix defined as the personality – you. Men don't want to sleep with their mothers as Sigmund Freud proposed, but they do want to get back inside the safe zone, not consciously of course, and the female infant-self wants the same. It isn't a sexual thing, a rational thing, or even a good thing, but a confused effort to return to what once was. That infant-self can and does show up in relationships. The infant-self often sizes up potential dates based on their ability to recreate the responsibility free zone of pre and post-birth. We fight against this of course, but it is present.

Younger aspects of us can surface at anytime in a relationship – any relationship at all. We can regress at any moment; a good bout of crying and pouting in the presence of another is a clear sign that a younger-self has shown up, maybe even infant-self, and this does not make for a pretty exchange for obvious reasons. Younger aspects of ourselves can be present in interactions with anyone, in most cases this is not desirable – what age are you in each relationship you have? Do you access younger aspects of yourself to get things you want – especially with mommy and daddy? Are you the most mature-self you can be in every single relationship you engage in, if not, why not?

The age at which you had your first date, the first real “relationship” is the age at which you will show up as at every first date thereafter, and by definition the age and which the primary foundation of any relationship is laid. If you were 16 when you had your first date, that aspect of you will show up each and every time it sees the resonance known as “date energy.” If the person you are with is doing the same thing, we can easily see a 65 year old man and a 60 year old woman “acting like teenagers” on their first date and even longer into the relationship. I ask you, how this reasonable? Two people with 125 years of life experience between them regressing to ages at which they had nothing but distorted life views and little experience, and expecting this “relationship” to be significant. Yet this is common and modern society applauds it – they're just staying young. It is not about “acting one's age” but accessing ones totality of experience and seeing if the relationship will facilitate more growth or less. I'm not saying people should act their age, this is a social constraint that has little meaning, but they should access their most mature-selves in relationships, *especially at the beginning*. Eventually the teenage-self moves out of the way to be replaced by the adult mature-self and this can be shocking to the relationship. This ends up being the “I don't know who I'm with” moment, or the “this isn't the person I married” moment.

That very first real life date sets the tone with the associated fear and excitement, but as a teenage-self. When we first date we don't know what we are doing, everything is new, everything brings up fear, excitement, danger, massive insecurity and associates it with the opposite sex and dating – or the same sex if you are inclined. From that point on, the young-self, with all its ignorance, all its know-it-all-ness and all of few years of life experience, locks in what dating is for the entire personality matrix (you). Date at 35, or 55, or 85 and that young-self will show up on queue. The additional problem is that from the get go we add the idea that relationships are full of excitement, fear and potential danger to the personality matrix – wasn't dating in high school largely based on a sense of social and personal danger? This is a recipe for disaster as all relationships fall into a space of routine,

the insecurity-based excitement cannot be sustained for very long – courting for life is hardly practical and once a more rational relationship settles in the younger-self gets bored. Often there are two energies that introduce discontent in a relationship: younger-selves' experiencing boredom, and stagnation caused by the growth limits being reached.

Younger-selves can be brought to the front in a number of ways. Anything can trigger it, it is most obviously seen when interacting with the immediate family – no one, and I mean no one, will ever be their most mature-self in the presence of the immediate family. A weekend with mommy, who sees you still at 10, and daddy, who still sees you at 15 can have you obliging them by bringing those aspects forward. This can of course wreak havoc on a relationship if time spent with mommy and daddy turns a mate into a 10-year-old. People who have children (or spend a lot of time around children) are also guilty of falling into younger-selves. When interacting with the children they often access a younger aspect (talking baby talk or teen age slang) and they forget to return to adulthood after the interaction - leaving them interacting with others, including their mate, in an inappropriate age and creating unnecessary conflict. Spending time in places like Disney -Land and other children oriented places can trigger the shift. Recently, through a friend, I had occasion to hear about a girl I liked in elementary school. At the speed of light I was 11 again, ready to see her as if not a day had gone by - many years had gone by and for the life of me I really couldn't actually remember much about her – my 11-year-old saw opportunity, I saw a regression to the past with the 11-year-old me leading the way.

We learn all about what a relationship *should be* from movies, books, TV and plays. The problem with this system of “learning” about the world is that system it is a contrivance. The noted film director Sydney Pollock once said that he couldn't have his characters be on screen and “in love” for more than two minutes because love on screen is boring. What does this tell us? What we think is “love” is the presence of conflict – keeping people apart. A story about actual inter-relating would be boring beyond belief. But a story where the two people must be in conflict to “be together” is a great story – a love story! When the couple finally does get together, the movie, play or book is over! Our education stops where the story just begins. So by definition, entertainment love purposely avoids actual acts of inter-relating in favor of acts of conflict, forced separation and creative contrivance designed to keep people apart as long as possible. This is course is not love, but a distorted kind of courtship which has now become known as romance and through clever marketing and promotion is sold as “...a love story.”

What about romance? Love is about romance? I can hear the cries over this one. Where did anyone get his or her idea about romance? Books, TV and so on is our culprit here – at least if you are less than 75 years old. Social conventions contribute, cultural and religious concepts and just outright fantasy do as well. Valentines day is a contrivance designed by various industries to sell us stuff; it isn't romance, yet we think it is. Women can't call men – why not? Wait three days to call back, more than seven days and he/she isn't interested, buy flowers, open the door – where is this written, as I didn't get the memo that stated this as an absolute of life? Any and all of these romance traditions serve to do nothing but create conflict within us, as they are conglomerate conventions and not based on individual processes. These silly efforts do accomplish one thing; the courting conflict appeases the personality aspects imprinted upon by the teenage-self, continuing the problem. The

tension created by awaiting a follow-up date, fully engages the high-school-self to no end, as it fully mimics the original imprint – danger, fear, tension.

The pursuit of relationships tends to be goal oriented – marriage. Why date if it won't lead to marriage? He or she is not “marriage material” is often said. When are you going to get married is the second question in the standard relationships questions. First being, “so do you *love* him/her?” Third being, “when are you having kids?” People just mindlessly toss out these questions as the requisite moments in a relationship's timeline and they rarely take into account personal growth. Sadly those in the relationships use these questions as defining markers for the relationship. To make one's pursuit of a relationship to be about anything but personal growth is to be both foolish and invite disaster. Marriage is not a viable goal, but a social, contractual convention.

Marriage is a custom that is poorly understood. The act of getting married invites the government into the relationship and in most cases a church of some kind, and officially removes someone from the at-large potential procreation pool. Yes, that is the real point of marriage. One seeks approval of the government/church to get married, and while it is rare, the government can turn people down. Once approval is met, legal recourses are in place. In order to get a divorce, the couple needs permission from the government to do so as well. If the government sees fit to keep folks together, they may force the couple to stay together – the government can and will dictate terms of the relationship as it pleases and in many countries the church does as well - if they are not one in the same. Why anyone wishes to subject themselves to this impersonal oversight is totally beyond me. I don't have any interest in the corporation of the government telling me how to do anything in my life, especially how my relationship is supposed to be executed.

Marriage does temporarily solve an inner dilemma many have – the issue of ownership and security. Many people are so incredibly insecure that nothing but a government document binding them to another will *temporarily* stave off the insecurity. But like any other imbalance, if one brings to them an insecure person to fix their insecurity, eventually the two forces will combine to create havoc and the binding document becomes a curse rather than a blessing. The reliance on the binding nature of the document and the ownership symbol of the ring, also serve to appease some folks that wish to actually control or own another, as those physical elements actually reinforce the ownership method of relating rather than the growth method of inter-relating. The possibility of potential future marriage often has people ignoring unforgivable present time behavior – the marriage prize is greater than the beating it might take to get it.

This irrational drive to be married has spawned an unfathomably profitable industry. There are actually magazines devoted to being a bride! People move from the irrational pursuit of marriage to the surreal process of going into debt to have a wedding. DeBeers pays diamond miners a pittance a day to dig up diamonds. Then, through a rather obscenely sophisticated system of market control and price fixing, drives up the value of the item to nonsensical levels. Then, the same company takes out ads across the world strongly suggesting that people go into *debt* a total of three months salary to say “I love you.” What is more nuts than their effort is that people buy into this, to say nothing of dresses, receptions, gifts and honeymoons. Relationships are not about material events, material

demonstrations of “love,” but about growth. The distorted part of this effort for many is the idea that the ceremonial spectacle *means* commitment and “love forever.”

All relationships end. All. There is no such thing as soul mates, “meant to be’s,” past life fixes or anything else. All relationships happen by choice, by execution of freewill, and all will end at some point. The reason for this is simple. The relationship is there to help you grow, challenge you, and if growth stops – then it must end. Relationships are there to help individual evolution, as the “relationship” itself does not exist in and of itself. It cannot live without each person participating; as such it is a result of the two people interacting and should not be seen as a “thing.” When growth happens on both sides, the relationship is in order, when growth stops – the relationship must stop. Oddly enough this means that relationships can accomplish their task in one hour, one day or one hundred years, it all depends on the people involved. Sadly, folks often explode as a relationship meets with what they feel is an untimely end, never bothering to look at all that the relationship made available to them while it was in order. The end comes as our vibrational resonance changes and our growth needs change – this is not a bad thing.

We look to connect with people that are in a similar vibrational realm as ourselves, always with an eye on growth. I hear this often, “we have a lot in common.” This can be good, if and only if, you see the imbalanced commonalities as needing balance within both individuals, *and* look to use the relationship to address them. Two people with dysfunctional families can do wonders to help each other balance the trauma, they can also access all the dysfunction and stay mired in it for the length of the relationship – inviting the stagnation I referred to earlier and possibility worse.

The idea is that each relationship one engages in brings about a 50/50 rate of return for both participants. Most people can tell me what the other person is getting out of any given relationship they are engaged in, but many cannot tell me what *they* are getting out of it. People sometimes feel their half of the equation will come at some unknown point in the future – this can be known as self sacrifice. One must be get an equal amount of energy back relative to what they are putting out, and that energy must be accessible, tangible and in the present moment – not the future. If things aren’t 50/50 then something needs to be done as soon as possible. Make sure the 50/50 is defined by growth needs and not nonsense from fantasy beliefs, defective programming or child-aspects.

We interact, connect, and inter-relate to people we have a resonance for. Hopefully the aspects of us accessing the other individual are the more refined vibrating aspects, but often this is not the case. A crack den has a very low vibe and the folks who are in it resonate with that vibrational level of reality. My day-to-day life doesn’t come near the resonance of a crack den. It would take a lot of serious effort to lower my vibration to connect with the folks hanging out there. If by chance some younger part of me, some confused part or some misguided part, got into a relationship with someone vibrating at that level, I’d be in trouble. The lowest common denominator drives any group or relationship, as it is easier to go down, then it is to go up. Relationships that function best have people vibrating at a similar level, at least within striking distance of each other. Are your relationships meeting at vibrational levels that match your growth needs? If you have moved out of the resonance of a relationship, seek to move on to one within a more growth oriented level.

When I was young I dated someone who said to me, “you have everything I need and nothing I want.” It was one of the most brilliant things anyone has ever said to me. She was self aware enough to see the difference. Most often there is a galactic sized chasm of difference between the needs associated with growth and the wants associated with social programming, bad imprinting, younger-selves and confused beliefs. When you do everything for your growth, you can’t go wrong – ask yourself “how does this assist me in my growth?” “How does this relationship help my evolution?”

A good relationship allows the individuals to remain as themselves, using their personal growth process to guide them. We have our own unique process that is guiding us back to the creator, All is One - Unity. Each process is unique. One should get into a relationship to further that process, not to abandon it for the institution of relationship or the establishment of marriage. The impersonal relationship systems actually encourage losing one’s self. We merge bank accounts, change names (ownership!), and enmesh. This betrays the concept of personal growth. Again, where is it written that a good relationship has only one bank account? If you have issues with managing money, then a system of banking should be selected that facilitates growth in that area, be it merged, independent or something in between. Folks see marriage as a thing, a thing defined by recognizable components like merged accounts and rings. Folks often say, “We are trying to save the marriage,” as if it is an item like a car or a stove. The wording is key here. They don’t look to save themselves from total meltdown, or continue their growth; they look to save the institution they have invested in. They struggle with the conflict as they give the relationship, a thing, greater weight than their own self. People will often see it as some kind of investment that provides them with some kind of material rate of return: “I’ve invested a lot on this relationship and I’m going to get...” Folks fail to recognize what the relationship has done for their growth, but over identify with some institutional tenant their partner has failed to live up to. Rarely do I hear “the relationship has taught me so much and it has come to an end and gracefully we will end it?” Look back on all the relationships that have pissed you off, disappointed you, or failed in some way and simply identify what the relationship actually gave you, - take one minute per person.

A balanced relationship facilitates growth that both parties can see and feel. There is nothing more wonderful than overcoming a personal fear or limitation; the next best thing is seeing another close to you overcoming a fear or limitation. There is nothing more wonderful than coming to a new understanding; the next best thing is seeing someone close to you achieve a transformative experience – even better when you can see your contribution. To help facilitate the growth in another is a magical thing, yet it I never hear this mentioned in “how to have a relationship” support systems. Working with your partner to keep those weaknesses, imbalances and personal inner projects in check and then balance them, is the only reason to have a relationship. One can travel with anyone, including folks they never met. One can have sex with anyone, including with some one they do not like. Folks can only share those inner growth experiences with those who have supported them through the processes and done what they can to facilitate the achievements – this is about connection, not about systems and conventions.

A relationship is about balance, knowing when to do something and when to hold back. We are taught through those same horrifying imprinting mechanisms that you just do

everything for your partner without regard to their process. A balanced relationship has at its core the tenant that personal growth is key and sometimes letting a partner figure things out on their own is an act of perfection. This speaks to the process of individual growth and respecting that process above all others, especially above the classic conventions of relationship. An example: Social doctrine says if your partner is sick you rush them to the hospital as to do anything other is criminal – it shows you care. But what if the sickness was nothing more than the physical effects of a shift in consciousness and you understand, through your experience and connection, that it will pass and the person will be stronger for riding it out – so you leave them alone to process the experience? Friends would berate you, family would crucify you and society might have you arrested – yet some amazing beauty will unfold if you honor growth here.

The conventions of relationships have us interfering, well meaning as it may be, with personal growth all the time. Stepping in where we should be stepping out. I hear people often say “how do you know when to do what?” This is a fear-based question that only arises out of the dysfunctional system set up by social relationship conventions. When one steps out of those and maintains a connection to their own personal growth, they can more clearly see the needed growth in others as they have a resonance for the imbalance; the reason the personal connection is there is a similar resonance present – like attracts like: i.e. I had insecurity taking exams in school. My mate is taking a test and is freaking out. If I step out the convention, see my mate as a flawed evolving being; I can notice that tests equaled insecurity in me so it might mean the same in my mate. Then I can apply what is necessary to help balance the issue, or I can just demand they shape up.

“I just want to be loved” is another often-repeated phrase concerning intimate relationships. This phrase is cringe inducing to say the least. This is often an infant aspect that has grabbed on to the word and doesn’t understand what it is commonly intended to mean. What the infant-self really means is that it wants someone to take care of it just like mom (or our caretaker) did. Regardless of the origin, the sentiment is absurd. Those who say this are usually folks who dislike themselves – they do not self-love and think that others “loving” them will make everything all right. The object of a relationship is to teach you to love yourself. I’ll say it again, the reason you are in a relationship is not to learn to love others, that is relatively easy, but to learn to love yourself which is not so easy – *especially* for those addicted to self-judgment. Consciousness works on resonance, like attracts like, if you love yourself, you will attract others who do the same. If you hate yourself, you will attract others who do the same. If you: respect, don’t judge, understand, are compassionate towards yourself then you are on the right path. If you don’t, based on the law of resonance, how can you expect to bring in someone who reflects this back to you?

Love. The use of this word in the English language is an abomination. We use it to talk about the way we “feel” about our car, our house, even our favorite brand of yogurt. The word is used to sell everything from toilet paper to war. We see that what passes for love in the movies is conflict and the effort to overcome it. I’m stuck here, the word has no meaning, yet what we *think* it means is a problem because many of our issues are tied to beliefs associated with the word itself. The short answer for what “love” is, is simple: All is One - Unity. The long answer might be more helpful. Love, in the form of earth based relationships should be this: Non-judgment, compassion, respect, caring, understanding,

sharing, teaching, expansion, individuality, freewill, absence of expectations, growth without reservation, grace. If your definition of love isn't at least those sentiments, particularly non-judgment, then stop using the word. People actually say "I don't love him/her anymore." Does this make sense in the context of Unity? To say this is to imply you are judging when to "love" and when not to. There is no such thing as unconditional (nonjudgmental) love, to say there is, is to say there is conditional love (judgmental) and this just makes no sense at all – if you are judging you are not loving but in the act of judging, and *judging isn't love - it's judgment!*

The word love has become even more distorted by the entertainment process in movies, books and music too. The soundtracks to our lives are not what they seem. Rock and Roll is a euphemism for the act of sex. The use of the word love in music is often a euphemism for a good old fashion shag. Well you get the idea, if you can't say &%\$#, you can say love! "Love love me do" "Can't buy me love" take on a whole new meaning don't they? So what people often equate with love in love songs is sex in love songs. Songs about conflict are great; songs about the mundane world of a balanced relationships are kind of boring. This doesn't mean music, movies, books and plays can't be great fun, enjoyable and even enlightening in some way, but it does mean that everything needs to be taken with a pound of salt and viewed in a different way – what are these representations facilitating in each other?

The DNA in us is another major, unseen, driving force in relationships. The DNA is programmed in the most impersonal way possible to procreate at any cost - have kids and as many as possible. The DNA system, rather than working with your growth process and turning on when all things are in order, goes off on its own once a month. Monthly, the female fertility system in women goes off and demands impregnation – men have a corresponding element as well. DNA demands children regardless of any prevailing issues at hand. The mechanism is so strong that a large percentage of the population is procreating with people whom they have no connection with at all. One can have children without having met a person (sperm bank) or via sex with someone they don't like, or with another individuals mate. This is not driven by rational thinking, but by DNA - with a dose of social and religious encouragement. Much of the mate selection process is generated by procreation DNA compatibility – who's DNA, will make the best children at this point in time? This happens in the background and has little connection to rational thought as the genetic effort has greater social tenants to adhere to than personal preference. Men will genetically select based on "birthing hips." The subtle DNA configurations help explain why some men are hunted down by women and other men, often very suitable men for relationship and children, are ignored and the same for men. The pressure this puts on relationships is just insane, people having children not for any growth reasons but just because they have this biological issue and they must execute a program, a program that shows up every month no matter what and is in no way personal, as everyone has it. Add to this the social considerations, men leave a legacy, women want to have children to have something to take care of, to love (external love!) and we see the pressure comes from everywhere but personal growth. I'm not even going to go into the nefarious reasons people have children in connection with relationships.

I hear women often say they want kids because they love kids. I never hear them say, “I love pre-teens, young adults, older children who are living at home and won’t get out.” They’ve relegated their interest in children to cute kids under 3 without regard to the effort, money, energy and compromises needed to raise a child. They never say “I want a relationship with a child because it will help me grow in this area or that.” Further, each human body is animated by an animating energy. Something creates the extra 21grams of weight each body carries, 21 grams of animating energy that gives the body what we call life. There is zero thought given to the idea of the origins of that energy. Should this not be a key question to be asked before the effort to have kids is started? Shouldn’t people in a relationship explore the idea of the animating energies they are going to invite into their world? I mention this because this too creates conflict within relationships that is total unnecessary. People get into relationships to fulfill this genetic desire and feel somehow unfulfilled if they don’t execute the code – *even if executing it is totally against their growth process!* These inner conflicts, with no discernable origin in most, cause many to just shutdown, as they can’t reconcile all of this inner conflict. By the way, children are the only thing you do not need to demonstrate to the government that you are qualified to do: license to cut hair, drive a car, buy a dog from a pound; not to have a child and no parenting education is given during government sponsored education - once they’re born is another story.

Those who experience same-sex relationships are confronted with this problem as well. They define their relationship by the standard social conventions and when the issue of children comes up – they are stuck between the classic rock and hard place as the DNA hits them too. The idea that ones entire sense of themselves is measured by how well one fits into the impersonal social systems of marriage and children is just plain inexcusable and contributes to endless amounts of unnecessary pain and suffering.

Men and woman are artificial polarities, temporary experiences in separation. Men don’t need to be more like women and women don’t need to be more like men. We are not here to merge the masculine and feminine, as they aren’t separate to begin with: All is One – Unity. They are different forms, but not as different as one might think. The social programming we spoke of before creates a greater divide then there really is. Each does think differently, but woman are not more compassionate, more heartfelt more loving then men. This is a myth created by the idea that giving birth corners the market on human compassion. 33 percent of men are compassionate and caring, 33 percent are not and 33 percent are somewhere in between. The percentages are the same in women. In same sense, men are not more aggressive then women – same percentages apply. The duality set-up is a game, a game to show us something, All is One – Unity; the sexuality suits we are using to play the game are not real, they are temporary. We are neither male nor female and we are both.

The fact that we have only two choices for “dating” is the real tragedy here, the fact that we are told by society to choose to date one sex suit and stick to it – so society and government may classify us better, is just plain silly in the context of Unity. For growth, men dating men is a good tool, women dating women is a good tool, men dating women is a good tool, people interacting with both sexes or in a homogeneous fashion is great for growth too. Cultural needs for classification and that ever present need for procreating has created

much of the unnecessary conflict here. The amount of energy, money, attention and systems devoted to forcing people together, (for procreation, and to a certain extent distraction) is just plain ridiculous, as it seems not being invested in one of those systems is to be left out. Relationships are about growth, as long as you are growing, the means in which you are doing this is fine. The real conundrum occurs when you are in a perfect, conventional relationship, and are not growing. A relationship in which you are not moving closer to experiencing Unity, not learning about compassion, caring, understanding and growth is the greatest relationship crime of all.

Our parents have a self-evident effect on our relationship process. This is obvious and requires little discourse, as clearly if your parents had a dysfunctional relationship you will imprint on it. What makes this very problematic is younger aspects of you imprint, not adult aspects. The younger parts that imprint the vibe and expressions of your parent's relationships are not developed at all. The brain doesn't get its act together until 9 or 10 and the ability to understand and comprehend cause and effect is nil in a child, as the child does not have enough actual experience in life, let alone experience in the subtle energies associated with relationships. A child cannot grasp the concept that when dad beats mom and says he does it out of love, that a distortion is present, as the child doesn't know that not all dads show love in that way. Sadly a child imprints on that and rarely does anyone explain the motivations behind the actions once a more rational age sets in – leaving the distortion in place. Trying to explain to the child is often unhelpful due to developmental lag. A child is unable to process things it has no actual experience for; so abject insecurity being taken out on mom via a beating of love cannot be explained to child.

The childhood relationship with our parents really isn't a balanced one, as we don't see a complete picture of the evolving individual consciousness but a mommy or daddy, a symbol on many levels, and all that goes with it. Seeing those relationships in an objective fashion from our most mature-self can be very helpful in clearing up young-self confusion. All individual personalities are flawed, evolving beings working stuff out on the earth plane and beyond.

My mother was rather crazy with anger and it wasn't until she left the earth plane that I could see she was riddled with fear and insecurity, which fueled the rage. Having children just exasperated the whole network of her imbalances. The younger aspects of me could not see this at the time and sadly she was not about to reveal it to be worked on with us. The younger aspects experienced a relationship with her as one of volatility with no obvious origin to me at the time. Once I saw the complete picture, I asked even the youngest aspects of me to see her irrational behavior was rooted in many of the same insecurities I have had at some time or another. This dramatically alleviated their confusion – mom was no longer the failed mom I got stuck with, but a mom of frailty and weakness struggling as everyone else does. Notice the people in your relationships as individuals, who are flawed, and evolving, and stop seeing them as institutional representations – mommy, daddy, boss, and teacher. See if that doesn't help get rid of the misunderstood trauma and misplaced expectations.

There is a subversive issue lurking and it will most assuredly destroy the best-laid relationship plans: expectations. Before we delve into this and its effect of relationships,

keep this in mind: *Expectations equals disappointment*. This is your equation for life. We have expectations of what we want others to be and more importantly how we want others to see us. We lie, fib, change the truth, hide and resist divulging facts we think might hurt our chances with another. In deeper personal relationships this is really younger dating-self (in high school weakness meant social death), but regardless of the origins, the process of deceit prevents most relationships from working well. Through my dating years the first thing I used to say to dates was that I was not having kids. This was not up to debate, if they wanted children then I'd pick up the check and we'd say good night. Had I hidden this fact in order to get someone to like me, I would have created a relationship time bomb. How often do you hide truthful parts of yourself and your experience because you fear another will not like you – love you, marry you? What do you expect will happen when the Issues are revealed?

We have expectations of what our soul mate is supposed to be like, what “the one” is going to be like. All of this is fantasy, stuff made up by younger parts of us day dreaming about the poster boy or girl on our bedroom wall. The expectations are a conglomeration of garbage fed into us by movies, magazines, friends and even family considerations and almost assuredly have no basis in our growth process. Execution of these expectations is the death knell for nearly every relationship. Women commonly feel that their true love will know everything about them without being told – when he doesn't they're beside themselves. It goes deeper, as some expectations have folks thinking that their mate will like everything they like, even like *everything* about them – but not their flaws as they plan not to reveal them. In some cases people nearly abandon relationships with others as they are under the impression that a mate is the only relationship they need. This is all just utter nonsense. Any relationship is one component to your growth, it is added to work, hobbies, and all the other interactions you have with others – a relationship is not the end or even a means to an end, but a mechanism for growth. A relationship is a growth tool and any and all expectations brought into it other than that are inappropriate and unhelpful. Expectation is one that infects and destroys a great many relationships. What are the origins of your expectations for each relationship? Are they person specific?

Here is a place where expectation is so inappropriate and yet so prevalent. Woman, more so than men, somehow feel that their first sexual adventure should be “special” and somehow associated with love and romance. This seems so funny when taken in context. One is doing something for the first time, as an awkward teenager with little or no real experience in relationships and none in sex, and expects (expectations = disappointment) that it will be the defining event of a lifetime. They want the event to be special, yet by definition it can't be, as the two involved haven't a clue as to what they are doing and a let down is sure to be in order - at least some level. What's more, most likely they are going to continue the adventure 15 minutes later and participate countless times after. No one places this kind of pressure on their first thanksgiving dinner or their first airplane ride but people do place it here – where it is totally inappropriate. The aspect of one self that is bound to be either really disappointed or unreasonably pleased can linger for a lifetime. Again, we'll imprint on that experience and when a sexual adventure of some sort comes up in the present, that aspect moves forward applying totally inappropriate energy to the situation. This of course can be a real challenge for folks whose first experience was as a child or under other nefarious circumstances.

Expectations are not just limited to the present moment but also the perception of the future. One of the most common conflicts, in relationships of all sorts, is the fight about future events. “What if you stop loving me?” “What if we break up?” “What if you get sick and we can’t take the vacation?” This of course is all wasted energy. The future does not exist until it exists as the present. One should *never* argue in the present moment about speculative events that may or may not occur in the future. “What if...” is a sign the discussion is about future events, and possibly future fears, and should be stopped. The same goes for the subtle effort to fantasize about the future, from the present, as if it is real. This happens often where couples will actually plan, not dream, but plan on what they are going to when they win the lottery. Stay out of the future in relationships, as the future is a house of horrors, stay in the present and deal with what is.

A real time, present moment assessment must be in order when engaging in any relationship at any time. How does this person, this situation, this relationship fit into my growth? How can I help this person get to a new understanding? How can this person get me to a new understanding? How can we help each other balance some aspects of ourselves? Each and every factor must be accounted for. If the person you are interested in is a total family-oholic and you are not into family at all – factor this in. It could be this is your opportunity to change some belief patterns about family, or it could spell disaster if you choose to ignore this glaring fact. If this person does not want kids and you do, cease thinking that you will help them see the light. Make sure all of this is done from the present-time-self and not the younger-selves, the distorted-selves, the fear based-selves.

Having said all of that, it is important to remember that every relationship is included here: same sex, family, coworker, neighbor etc. All relationships have different levels of connection but all are governed by the same issues and concerns. If any relationship has outlived its resonance connection, regardless of the origin of the relationship (family, school chums, best friends) then one needs to move on and find relationships whose resonance better matches the present time level of your growth. Growth is the key; if a relationship is not facilitating growth, then move on. There are 6 billion people on the planet; many to choose from so find someone who helps the growth process. I can’t stress this enough, one needs to continually find a resonance that facilitates growth, and not one that indulges distorted aspects, younger aspects or social standards. It is important to keep in mind that when we move on from one relationship, another opens up. If we stay half in and half out of one, a new one cannot open up. We will not bring to us an “escape” relationship that makes leaving one easier – this is very suspect if it does happen. Your system looks for new growth, when you make the choice to move on, something always opens up on the other side – though it might just take a bit of patience to see it unfold.

In order to have a real relationship you need to be there by choice and not convention or contract. The key to this is being comfortable with being alone. A person who is okay with being in a relationship or being alone will be in a relationship by choice. This makes things much better. If you are afraid of being alone, don’t want to be alone, you might be under the influence of younger-selves fearing the actual real trauma of being alone – infant-self can’t care for itself so being alone is a real concern. This needs to be addressed before an effective relationship can be experienced. The experiences we have where we consciously

see and feel our execution of freewill are the best. Those relationships in which we have given up freewill, feel trapped, feel we have no choice, are the least productive. Entering any relationship knowing that you will be fine with it or without it makes the entire process more dynamic and genuine and most definitely expansive.

With all of this information added to your exploration of relationships and interactions with people it should be obvious that you don't actually know how to have a relationship.

Nearly everything you have been taught and have seen is counter to a real and powerful relationship. I feel it is important make a commitment to wipe the slate clean and admit to the fact that you aren't an expert on relationships, most likely haven't a clue how to do it, have some really bad ideas – but are interested in the engaging the process to see what you can learn. Ask yourself what you bring to the table for the other person, what are you going to help them balance. Define what you need to balance, you may find that not having a relationship will serve to balance it more easily. You may find that a relationship that does not fit the socially acceptable norms might just be what is needed for maximum growth and for the love of the Creator, reveal your imbalances upfront.

... A Live Studio Audience

When I was eight years old my mother carted my sister and myself off to participate in the taping of a children's television show called the "Grab Bag." My mother was overly concerned with her appearance, both physical and reputation, as such, we were dragged off to all manner of things we had no real interest in simply because doing so made her look good to others. This time she garnered eight tickets for friends and family for participation in the local TV show hosted by Jim Allen. I really had no interest in any of it at all, so when it came time to volunteer to play one of the games I did not raise my hand in the frantic waving designed to get picked - the only one who did not. Evidently I thought keeping my hands in my pockets would both signal my intention and seamlessly blend me into the background of screaming kids, but since I was the only one not raising my hand I was a stand out, a lone wolf, an easy target for being selected. As I recall I completed the first simple task and was sure that was it, but to my chagrin I ended up being selected as the grand prize contestant as well.

A small black bag, the "grab bag," filled with various items was brought over to me, with all eyes fixated on me and the bag - not comfortable for me at all. I was to reach into the bag and identify an item before pulling it out. Of the ten items in the bag, I needed to identify 6 and I would win the grand price - lots of toys donated by people who wanted kids watching the show to demand their parents buy said toys for them because I was seen excitedly holding the booty of potential fun on TV. I identified six in a row and won the pile of stuff, as well as the attention of the group as the show ended - not comfortable for me. The event would have disappeared out of my mind were it not for one thing, the entire drive home from Hollywood was a berating from my mother for not saying a proper "thank you" at the end of the show. Twenty minutes in the backseat listening to "why didn't you say thank you" over and over again? What possible answer could I have given that would

have shut her up? Evidently my mother was in the green room (the waiting room) with the other mothers, but her focus was our performance, did we sit up straight, were we drooling too much, was our hair in order. The fact that I had forgotten to say thank you for being chosen, when I clearly didn't want to be chosen in the first place, was too much for her, the humiliation far too much to take, hence the verbal wrath on the way home. My mother was overly concerned about her appearance by proxy as well.

I raise this point as that set the tone for my absolute distaste for live television tapings. I vowed to never return to another live show taping again. This wasn't too hard for me; while I lived in Los Angeles I did not have a lot of friends or family in live TV. I didn't really know anyone from out of town who would visit and demand to be taken to a live taping of the Tonight Show or some other nationally seen TV program either. So, as long as no one mislead me, I would happily spend the rest of my life avoiding another live taping. Notice I said mislead me, for it was a misleading, a distortion, a lie that would have me spending nearly five hours at the television taping of a truly unmemorable Situation Comedy. The excruciating five-hour ordeal did provide me with some remarkable insight into the world created by television broadcasts and how people see themselves, insight that sticks with me even today.

A live television taping is anything but fun, as people sit and watch a show acted out and pieced together a little at a time. There is a whole lot of stopping and starting, and the process isn't really a coherent form if you really study it. The form one sees on TV is an edited form, not the taped live form. Talk shows and a handful of other shows are live tapings, but the Sitcom is more like a watching taping of little vignettes which will be made funny later on by highly skilled editors, music people and directors. The live audience laughter is largely contingent on knowing the show, the live taping of the very first show ever done isn't going to be very funny to those in attendance because people are not anticipating funny, as they don't know the characters or have a connection to them. Back when we all sat around and watched the radio for entertainment, program creators found they could engage the home audience more effectively if they could have an audience in the broadcast studio, so the "live studio audience" was born. TV broadcasters feel that if people at home don't know where to laugh they won't laugh, and no laughter means sponsor's products might not sell, so the live audience is there to both engage the performers and tell people at home where and how much to laugh. The great writer Larry Gelbart once said that his show "MASH" was conceived and shot without a live studio audience, but network executives became concerned that the home viewer would not know where to laugh, so the laughs of old radio show recordings were added to the final show at the appropriate times to help the view know when it as appropriate to chuckle and when it was appropriate to laugh out loud. As Larry so drolly pointed out, "dead people were laughing at my lines."

I was thirty years old when it happened. My sister's fitness trainer gave her tickets to a "screening" and she asked me to go with her, she said it was to see "Blue Sky," a film with Jessica Lange. Now, a screening of a movie is not a TV show taping. At the time I went to a lot of screenings, all were free, some had a delectable catered spread available and most were in nice theaters filled by invitees - a nice way to see a movie at the time. This one happened to be on the Universal Studios lot. My sister and I drove over to the studio and I

mindlessly drove to the usual entrance used for screenings. The gateman said we were at the wrong gate, we needed to go around to another entrance - I should have headed for home right at that moment. We drove to the right location, parked, and then took a long hike to the area indicated. My first clue I was duped was the huge line of folks waiting to see something I was clearly not the demographic for, "Martin" was the hot show of the day and while looking at the throngs of people waiting for Martin's zany antics, I thought, "wait and minute, this isn't a screening, I've never been to one that has us standing in line like cattle!" Panic set in.

The line for our event was far smaller. As we stood there I began to swear, piss *and* moan, as it all became clear. But what I couldn't figure out was where did the "Blue Sky" thing come into play? We waited for the trainer to arrive, surely he'd be able to sort it out, but he was nowhere to be seen. It was this fact that forced my hand, as my sister, being a certified product of our mother, was concerned about leaving. Leaving without seeing the trainer would not have been the upstanding thing to do, even though it was the absolute *right* thing to do, after all we're talking about me breaking a solemn vow. So as the line filled with a misfits from god knows where began to file inside, I swallowed my pride and awaited my fate.

We were led into the gallery above the set. This studio had the audience much higher than the stage, so getting into the action wasn't really possible, this was more like observing a surgeon do open gallbladder surgery from nose bleed section of an operating theater. There was still no sign of the trainer, who was now quickly falling to the bottom of my least favorite people list. Once I sat down and the doors locked closed and I looked around the room, said trainer was ensconced at the bottom of my list. Why were these people here? These people, usually recruited by some college kid handing out tickets at the local 7-11, had nothing better to do than this? Near as I could tell no one had any idea what the show was or who was in it - turns out no one even remotely known was in it (nor would they ever become known). None of the audience seemed to be friends or family of the performers, and there was no incentive to be there; no money, no gifts, no food - nothing. "Why do this," was my main thought, other than "the trainer dies at midnight" that accompanied my visions of stabbing him to death in front of a live studio audience.

Prior to each taping of a situational comedy a funny man, or women, is brought out to warm up the audience. The last thing any one with the show wants is an audience of people who have just lost their job. Since the tickets are handed out to anyone with a hand, the warm up guy is actually quite important. The warm up "act" is responsible for getting everyone in the audience to lighten up and forget about their lost job, their troubles, or the fact that they are sitting in this torture chamber with others they don't know receiving zero remuneration so that clueless people watching the show at home will actually know when to laugh. Our warm up act was a veteran of the effort; I know this not because I had seen him before a show taping, but because the person who announced his purpose told us so. His act wasn't so much of an act but a kind of hybrid of audience engagement and inane commentary designed to avoid offending, be funny, but not be funnier than the actual show we were there to see, and unify the audience. God forbid he be really funny and everyone think he was the act, or worse, funnier than the show. At the time David Letterman's "stupid human tricks" was a popular gag on his show, a show taped in front of a live

audience. I recall one such effort in which a human, at least I think he was human, stopped an electric house fan from spinning with his tongue. I remember thinking, as I'm sure many did, "why?" The "how" was a far less pressing question, as the how was obvious, he simply stuck out his tongue and pushed it against a guardless high speed, razor sharp fan blade and stopped it from spinning. The why was less clear as, I can't see Sir Hilary's answer, "because it's there" being the reason for attempting this in the first place. Our warm up act decided to do his own, scaled down version of the 'stupid human tricks' with us in the hopes that it would lighten up the mood and ready everyone for the show.

People gladly raised their hands when offered the opportunity to demonstrate their trick for the rest of us. Now, this was not going to be on the actual show but this was for remuneration. A giant box of junk was brought out and a glorious piece was to be handed out each participants efforts. I correct myself, it was not junk, junk implies it has some value to a man of the trade; this was crap, plain unadulterated crap. There is a closet at every major studio that houses the giveaways from shows and movies that no audience ever cared about, this box was from the closet that contained stuff from shows and movies that even the people involved never care about. And so our comedic friend made his way around the room with his box, a microphone and a smile. A man told a joke, and receive a mug that had couple of initials on it, he was happy. Another man stood up and demonstrated his ability to sound like a pigeon. Yes a pigeon. He received a key chain of unknown origin and he was excited. No sign of the trainer. Then a blond, 40ish woman in a rather dirty pink crushed velour warm up suit frantically waved her hand. Thankfully she was recognized or her hand may have fallen off. She seemed to be with her sister, as the person she was with looked a bit like her. The comedian made his way through the audience and approached her. "What is your trick, what can you do," he said as he engaged the room and her at the same time? She placed her hand on the microphone, pulled it toward her mouth as all people do, and said, "I can take out my teeth."

I paused for a moment; remember my mother was overly concerned about appearance. The wrath this woman would gotten in the car ride home from my mother, on the outfit alone, would have resulted in God himself stepping in to stop the bloodshed, but to say she could, or would, remove her teeth in front a "live studio audience" was something my mother would have no trouble convincing God to chime in on. Sometimes there are moments when you have no frame of reference for what you are experiencing; this went well past that kind of moment. Our host was taken aback, but being the professional he paused and asked her to speak again, as if he didn't hear her but I heard her and I was trying not to listen. Again she repeated, without hesitation, that she would remove her teeth evidently because she could, and because he had simply asked for people who could do a trick - this was her trick. Now, I'm a city person, an educated man, the child of *my* mother, a know it all, but in that moment I learned something new. I learned that apparently there are places where the removal of one's teeth is a considered a trick. And without any ado at all, she removed her teeth. My teeth came out too, as my jaw hit the floor upon seeing this unprecedented event. The audience laughed a bit, was aghast a bit, and the woman was gleeful as she received a fluorescent pink plastic, one-size-fits-all visor with the name of completely unknown show stenciled across the brim.

Turns out the show was called “Blue Skies,” plural, which lasted the sum total of eight episodes. No one laughed at anything, so I expect they had to insert dead people laughing to tell the folks at home where to laugh. The trainer never showed, it seems he wasn’t really interested in helping the home viewer enjoy the show’s comedy by cueing them to laugh at the correct times, he was interested in furthering his career by schmoozing with his client who was a lead, yet it seems, as is often the case, that night his career came second to a very hot blond.

The World Of Celebrity Worship

Someone recently asked me why people worship celebrities, even those with seemingly no talent at all? The answer probably isn’t what you think.

First off, we don’t worship celebrities; the celebrities are created by the worshipping action. Before there is a celebrity, there is a person, who may or may not have a talent others are interested in being a part of, and through the convergence of several factors you might not have considered something happens to transform that someone, someone just like you, into *vision*.

Now, off to explore what is really going on with the world of celebrity. Prior to the invention of the filmed image and the ability to project it onto a screen, there were no real celebrities in the way we see them today. In fact, the world of “acting” as a profession was not seen as anything to be admired at all, professional musicians were mostly around to draw people to pubs in order to sell booze and politicians, with the exception of Kings and Queens, were background players. Sure there were folks who stood out for various reasons, but the average person would almost surely go a lifetime without interest in a “celebrity” or even knowing of one. The world of celebrity worship, of admiring people who the worshipper does not know, and is not likely to meet, is new and it happened because of a quirk in the brain and some technology.



The traditional path to visions came from within

Prior to the creation of the filmed image, the way in which the human folks connected with things other than the 3d world was through personal visions, or the inner imagery accessed primarily through the actions of the pineal gland. We have all heard stories of the vision quest, the act of meditating in some fashion or another that helps one access realities beyond our standard 3d world, but on a daily basis people used to use the same system to access all kinds of information. The inner voice, the inner imagery vision system was our own personal support system, for good or bad, and we all used it to one degree or another, consciously or not. We all had (have) the ability to access a deeper truth through this system, a truth we believed to be more informed, more reliable, maybe even more divine than our regular self and in many cases it can be - provided one used a good system of discernment to work with the vision's information. The vision system in our minds was, still is, the imagination zone, the place of ideas and creativity, the place where we access something unique and then manifest that idea onto the earth plane. The Telephone, Ice Cream, Joyce's Ulysses and Beethoven's 9th, all derived from the inner vision system.

In the past the primary way to see other realities was with the eyes or the pineal gland vision system. The eyes gave us a first hand view of the beauty of Monte Blanc if we traveled to see the fabled mountain that is. If we could not travel, a writer such as Shelly might describe it to us, then, using our third eye - the pineal gland, and our imagination we could access the conceptual imagery that represented the beauty as told by Shelly. For some, they might be able to access the actual view that Shelly was seeing through their perfected system of imagery, for others they would generate their own version of the mountain by using Shelly's words as a trigger. But that was it; there was no other way to experience the energy of Monte Blanc, until the camera came along and recorded a fixed, non-dynamic, image of something external.



Monte Blanc's beauty was once only seen by those who stood below her

Initially the camera recorded a moment in time, a moment that was nearly always without context. The photograph did not really inspire celebrity worship of anything, as the static image had to speak for itself. One looked at a picture of Abe Lincoln in a pose and simply garnered what that image was about based on the contents of the photograph and one's personal frame of reference - if stove pipe hats were your thing I guess you might have

avored him. It was quickly learned that context would help bring the image alive, actually elevate it up the ladder of our vision system. The context would usually be a headline, or a bit of text describing the photograph, but later staging a photo with common symbols became a way to elevate the system. If we saw Abe sitting with his hat we might think nothing, but if we saw Abe holding a bible we'd surely think him to be an honorable man - if the bible meant something to us. Notice how the written context below each image colors how you feel about the image.



This building had outlived its usefulness and was brought down in a controlled demolition in less the 20 seconds and no injuries or unpredictable damage was reported.



Terrorism Strikes: At 3:23 PM this building was destroyed in a terrorist attack. Further information and details are unavailable at this time.

As you can see, context is everything. What we have here is the same photo, with two totally different meanings. How do we determine what an image of something means without context? In the past we would use our vision system, in the present day we almost exclusively rely on the presented context, which is defined by those to are able to create the context. Isn't "PR spin" a way of recontextualizing something? If shown an image without context, what would you make of it? Would you act on your interpretation on an image or images based that alone?

The Movies



Then came the moving picture. The moving picture changed everything because of its ability to do two things: Mimic the our personal vision process through creating external imagery via the movement of the still images, and, far more importantly, the moving picture included the viewer in the process of interpreting the images; the brain had to do some work to make some sense of the fleeting images. Notice in our image above how each “frame” of the film is a single frame separated by a black bar - see how film is not one continual image but a series of images.

We need to understand here that filmed images, via the movies we see on screen, are not real time collections of information as it unfolded, but a series of static shots strung together as we see above. “The visual cortex holds onto one image for about one-fifteenth of a second, so if another image is received during that period an *illusion of continuity* is created, allowing a sequence of still images to give the impression of motion.”*** What we see as Fred Astaire gracefully dancing a beautifully choreographed routine with Ginger Rogers is not what is recorded on film’s still images, and is not equal to watching them perform live. What is there on film is a series of single frames, still photographs that were taken during the live dancing sequence: 24 frames per second is the standard. That means that 24 still images per second of screen time is what his flowing graceful dancing is broken into, 24 parts per second - this is not real time recording of an event as you do not move in only 24 movements per second. This is important to note, it is not just a technical footnote.



Here we see a short sequence of film, frames have been removed so you can get a better sense. Notice the rather herky jerky way in which each frame moves to the next? Even though this brief sequence of film is still shots with missing frames, notice how your brain fills in the blanks and can easily put together a smooth, flowing sequence - you are doing the work to make these still images flow, you do it during the viewing of a movie too.

In order for the passing images to make sense, they must be assembled by the brain as a full participant. The brain must take those 24 frames contained in each second and assemble them, the assembly of the stills is done in the way the director wishes, but the real work is done by the viewer and their brain's quirk when they see the images. If we take apart the film frame by frame the pieces make little to no sense, but when we string them together we get a flowing image, but we still have these tiny little gaps, imperceptible gaps, but gaps none the less, and they need to be filled in by the viewer in order to make sense of it all. This means that what you "see" on screen is triggered by the screen image, but in the end, the work is done by you, the viewer, as you assemble the missing pieces into a coherent vision. You are the one stringing the pieces together just like you string together the pieces of your personal visions.

It is largely your pineal gland (your intuitive self, third eye) that is taking that external image and connecting the images together to make Fred and Ginger appear to dance like angels. You are doing the work, the film is triggering the effort, but you are filling in the gaps as the black bars pass and the static images flash by. In essence you are seeing the filmed image as a vision, using a modified version of the traditional vision quest as a system to interpret the fleeting single frames being passed off as one continuous image. You are the actual actor, the setting, the story; it is your head that is doing the work to make sense of the fleeting images. In the live theater the opposite is happening, the actors and staging are doing most of the work, as things evolve in real time and a performer

must connect with the living audience. What you used to do inside your head through the inner system of vision quest or imagination is now outside you in the form of film and TV viewing. In the glory days of the film world, people made an effort to go on a vision quest, I mean, physically go to see a film - then came TV. TV brought the vision quest home.



I was looking at a picture of an indigenous tribe in the amazon standing around the TV and wondered why they cared to look at it. Why did these people suddenly drop everything to stare at the flickering light? There are two parts, the first part is the vision part, the visions they once had in their head were suddenly in front of them, in a less “fleeting” fashion. The other component to their focus is the flickering light. The flickering light puts the brain into an Alpha brain wave state 8-12hz, usually within thirty seconds of viewing. What is the Alpha brain wave state? The Alpha Brain Wave State is the vision quest state of course, not quite the deep level where one is not cognizant of the reality around them, but more a waking vision quest state, a kind of modern hybrid state. See where things are going? The flickering light of the TV puts the viewer in the vision quest state, albeit a far cry from the original, more spiritual formula, and once in the state, the brain works to assemble the fleeting single frames into their vision just as they have done for ages. What used to happen in your head is now happening outside your head. No wonder it seems so natural to us.

Since we are not taught to distinguish between the Alpha state the TV flickering creates and the Alpha state of our quest to learn more about ourselves through ourselves, we see them as one in the same. So whatever is shown on the TV is a vision, information worthy of being elevated to the highest levels of our being. Advertisements are visions, “news” stories are visions, TV presenters, actors, and even reality TV participants are visions along the order of angels or gods. An actor in the theater production of Othello is not a god; no one leaves the theater with a vision-generated awe of that actor because the Alpha brain wave state is not the norm in that venue. The actor is seen in real time, as a real, live, moving human, not flickering images that a brain must assemble, as such, the actor must work to connect with the audience in order to impart the story. This means the live theater exchange is a real engagement for the viewer and the performers, where as the TV vision state there is little “connecting” work to do - we sit back and absorb the

vision's information as it is presented. Folks raised on TV have a hard time with live theater because it does not induce the Alpha brain wave state.



What is shocking about this system is how it totally distorts things for us. Anything, and I mean anything, on TV is a vision. We elevate the status of products by placing a sticker on them saying, "as seen on TV" - this product is not a mere product but a vision and superior to a similar product not seen on TV. A friend told me a story of the "can you hear me now" cellphone sales person being surrounded at public appearances where the product was being promoted. With all due respect, this person is not an "actor" but a salesman, in the same way Ted Smith sells cars at Toyota, yet no one surrounds Ted when he is the top sales person of the year at his Toyota dealership. Why, is there a difference? Because when a salesman is on TV he is a vision, and this "can you hear me now" person is apparently a very good salesperson, as people not only want to buy his product, but touch him too. Do you see why selling on TV is so easy, do you see why Home Shopping Networks sell literally tons of stuff? How odd is it that Home Shopping Channel vision hosts can make a cheap three-dollar factory made gnome seem visionary and important? I once had a friend who was watching a beer commercial on TV in which a bunch of obviously poor folks were having a BBQ in the backyard in slow motion. She said, "that looks like so much fun" (the beer, the laughing, the music, dancing etc.) and my response was dismay. I said, "I've been to parties just like that, and they really aren't any fun at all;" Alpha state, slow motion, good time music all shown on the TV elevates a dingy backyard party to a new level - a vision!

I recall reading an article where a TV actress was ranting about the lack of "quality" roles for minorities on TV. This cracked me up, she was mad that her particular skin colored folks were spared the indignity of being pandered too via the vision system used to sell tampons and cellphones. In her perfect world, her group would be assaulted by sales of all types just as much as the rest of the population - according to her rant, specialized sales targeting via TV advertising is the top of the social pyramid. Evidently you and your race have finally arrived once you are represented in the vision reality of sales known as TV, and admired by those filling in the frame per minute blanks via their Alpha brain wave state all in an effort to sell, sell, sell. Apparently, to not be represented on TV is a slight of some sort worthy of revolution. Such is the power of the vision.



One of the great marketing campaigns of all time, “I want my MTV.” Was it that folks wanted to get the channel, or was it that folks wanted to get the lifestyle the channel portrayed?

The cruel irony of the vision process is that folks watch the visions and then want to be the visions themselves. They work to get themselves actually into the vision state they see, which of course is not possible as the visions are not real. People watch TV, then seek to mimic the vision seen on TV in their own world, either by trying to replicate the things they see in the vision into their own lives or by actually trying to get themselves into the world that creates the vision. Imagine watching TV and seeing cool people doing cool things in the vision world, and then moving to Los Angeles to be a cool person doing cool things just like in that vision world - cruel on so many levels. The vision world is amazing, without flaws, imparting beauty, information, fun, fabulous lifestyles etc. to those who absorb the images *in the Alpha state*. I have been on sets, been with and around those in all forms of “entertainment” and none are visions - none, not one. My mother was a professional model, part time actress, (I can hear the “oh, his mother was a model!”) and I can assure you this was not a vision life; she vomited, gained weight then raged about her weight, and got old and died and nothing in our reality was Cindy Crawford’s “House Of Style” - nothing. A person as seen in a waking state is normal, average, and without anything special going on. The same person, when seen via the flickering image system, in the Alpha Brain Wave state, can be visionary and without flaw - same person, one real and one not, one worshipped, one not. In fact, the worshipped person was once a non-worshipped person!

While this article is not about the still images seen in magazines, like the staged one on the right, it is important to draw a connecting line. Every single magazine cover has been photoshopped, where context and symbols (including color) are manipulated to give the illusion of the vision in a static shot. Many of the folks on the covers of magazines are established vision celebrities from TV and film, as above. Those folks are altered in the vision system of filmed story telling, and altered in the presentation of still images used for selling products via magazines, reinforcing the associations with these visions. What a nightmare to be these people, worshiped as they are.



Who are we worshipping?

Disneyland is one of the few places where the physical world is made to resemble the vision world. Disneyland is just an amusement park without the vision theme super imposed into the experience. Walt worked very hard to instill in those who aided in the creation of Disneyland the importance of hiding the things that created the real life vision reality of the “happiest place of earth.” As a result of their fastidious effort one will not see trash, Disney characters out of character, or the mechanics of the park (said to be mostly below ground, with twice as much area as above ground.). I read an article once where a guy who played the Disneyland park character Jack Sparrow (from the *Pirates Of The Caribbean*) received regular lewd proposals from women who saw his fake version of a fake movie character as real. If that isn’t bad enough, many even confused this fake, fake, with Johnny Depp, the real actor who played the on screen fake Jack Sparrow. A side note, a cousin of mine was once turned down for the part of a Disneyland Snow White park character for looking too much like Snow White - curious how the vision system when made more “real” has certain quirks.

I’m not going to venture into the territory of how programming is constructed to influence you. I think that is pretty self-evident and well document by others. I will say this, the visions are designed to sell - products and tickets etc., and visions that have been proven to sell will be repeated. This creates an interesting self-correction system whereby visions - in the written form before the are actually a vision (scripts etc.), are often vetted by folks who use their previous experience with earlier movie visions to asses the possible profit with regard to the newest potential vision; the unmade script is viewed against previous *made* movies and TV shows. When a future vision is in script form, it is *not* a vision, as it is not being read in the Alpha state, but via a written word sequence that must be analyzed without that dreamy vision influence of the Alpha state, as such, that written word, if it is not a familiar formula, is often dismissed. It is why we see so much

of the same thing in the TV and film world; one vision begets a similar vision and programs all seem similar in basic form because proven visions are imprinted in the makers as well as the sellers and viewers.

The vision system has a formula, the Hollywood formula, because it has such rigid, limiting requirements - scripts are like Haiku in their limitation, and they tend to fall into various patterns: love story, hero story, rise and fall story etc. These “versions” of life are truncated, distorted and impossibly simple in nature, as such, they tend to present two dimensional answers to three dimensional problems, yet because of the power of the vision, folks hold the simple stories in some kind of awe and often use the absurdity of the simple solutions to complex problems as a template for their own lives. In the movies, the lawyer always has the key that unlocks the entire case, where he deftly presents the antagonist with the smoking gun and said protagonist caves accordingly. This is a satisfying vision, but in real life this never happens. I was involved in a case where the smoking gun was presented and opposing council just shrugged. Next time you watch a film, take note of who you connect with, chances are almost 100 percent of the time it will be the first person presented to you as a viewer - the first vision. If the first vision is the scumbag, then you will root for him, if it is the policeman, you will root for him. Do you ever root for the scumbag in real life? Why does anyone, anyone, connect and root for a mafia member in a film or a TV show? Did anyone in real life root for John Gotti at his trial?



It should be said that this celebrity vision fixation attributes value to people who have little or no value in our day-to-day lives. Those who we see in the various vision forms are important to us. The power of the vision has folks actually feeling they “know” the person who creates the vision, or is it the vision they know? Were people connected with Michael Jackson the person - few actually knew him personally, or with the vision he created which didn’t really exist except in their minds? When a vision representation dies, the outcry is rather comical, as the majority of those folks demonstrating some form of grief never met the vision in person and had no detailed experience with that vision, or actual connection to the real person who created the vision. Millions of people watched a recent royal wedding, why? People who will never meet these folks, and will never have their lives influenced in any way by these folks were riveted to the wedding via vision screen, why? I recall being at a party where this gentleman was telling a story about him being at work, when a “text” came in on his dumbphone and mentioned the rapper M&M had died. He said that he immediately put work down (he worked at a nightclub) and

starting texting “all his friends” to find out “you know, what was up.” I cannot recall a single time in my life where someone I did not know dying made the slightest difference to me in that moment, yet this random notion of M&M dying needed instant, *instant*, verification.

In my list of who are the most important people in any given metropolitan area the vision folks go to the bottom of the list. The sewage guys are the most important, without them life in a metropolitan area would be hell, followed by the trash removal guys, the power and water repair and maintenance folks, second to last are politicians and finally any vision representation - actor, entertainer etc. Yet, remarkably, if a local TV-vision-newsreader dies the immediate thought is communal sadness, when a sewage treatment guy dies there is no notice at all. Seems all backwards to me.

Politicians use the vision system via the flickering in the TV to get folks to believe they care about them personally and to elevate their own self-importance. In the days of old, the politician was held to a standard created not by his image but by his physical actions. In today's world, the vision image is everything. TV add spending is nearly all the money spent in campaigns - get the vision image of the politician out there and avoid having them show any personal expression of self that is not consistent with the vision persona. The first imprint coming from the vision is the most important. That imprint, when delivered via the Alpha state, is very hard to break up. In fact, once that imprint is set, the individual must “prove” that the imprint is not true, as anything which comes via the vision system is presumed as fact. The vision image is so powerful that even when the politician does nothing for the supporter personally (no home visits or personal attention at all) the voter still retains the support energy. Sadly many of the politicians begin to believe their own vision rhetoric and actually elevate themselves to some level importance beyond the disposable hired help that they are. The vision system distorts both the viewer's life and the performer's equally. Consider that people argue, in many cases comically so, over what the vision system says a politician is doing or has done. News reports of X politician doing Y, is a report and nothing more, and a report is an interpretation. When CNN says “the President signed xxx” they are speaking from the vision realm, not the factual realm, yet folks will take that snippet from CNN and the imprint it creates and fight over it.



The athlete as the vision

The athlete too has risen to vision status for many, not only for the athletic prowess, but what they can represent as salesmen. There is a lot of obvious stuff on this topic, which I will not cover. I did want to point out one rather successful change in the way the athlete is presented that elevated their status. The athletes prior to TV coverage were more mythical in nature than vision. Few saw athletes perform live, most got their information from writers who flowered their descriptions of the work of an athlete to avoid saying matter of fact things like, “in the fifth inning Ruth hit a home run.” Mythology was created by colorful writing, “in the fifth inning, Ruth hit a towering game changing blast into the right field bleachers.” TV brought the athletes work to the home via the Alpha brain wave vision system. But the effect wasn’t quite deep enough, so the PR geniuses came up with a word switch to bring Michael Jordan and the rest of the professional athlete into true vision status. When athletes are interviewed, they now speak in terms of “you.” No longer is an athlete an “I” but he is an extension of *you* the viewer. When asked how it felt to win the championship game, an athlete is trained to say things that include the viewer in the win: “YOU know, YOU work all year to get to this point, it feels great to know YOU are the best in the world, it is something YOU will savor your whole life, no one can take this away from YOU.” You? I didn’t play the game. By changing the focus of attention, the viewer of the vision is now the player of the game, as the vision speaks to us in its uniform, we are no longer separate from the vision at all, we won the game! Now when you buy and wear your favorite superstar’s jersey you are him. Smart stuff.

Where you view a game, or the athlete has a lot to do with how you perceive them. I have seen Professional Basketball games on TV, in the stands, and on the floor. Each POV is different therefore each experience is different. It is the TV POV that is the distorted view, the vision view, as to see the guys playing on the court, from the court, looks very much like the games I used to play with my friends. The skill level is better, but the game is the same. The TV game, with slow motion, replay, commentary, music, ads and quick cuts is the vision reality that elevates the athletes to visions.



The RockStar

Music is another area where the vision happens. This process is slightly different than the standard formula. Surely you can now see how Elvis being on Ed Sullivan, with the screaming fans, elevated Elvis to the level of Vision, adding him to the movies was the bonus. MTV was a huge leap in the music vision process, by adding images, to music; the vision now became more vision like. The images, rarely one static image, flashed just like the fleeting images of a vision. Michael Jackson became a true vision after his MTV presentations. Of course musical notes can alter the brain waves, and repetitive beats are well known for doing this, in fact one brand of repetitive beat music is called “trance.” If one can alter the brain wave state with a certain sequence of notes, then the sung words and story that follow may elevate to the level of vision, and the person “singing” the words will also find their status rise. What is very interesting is the effect a certain tuning can have on the feeling of music; this too can alter the vision and its effect on the listener. Most music is recorded at the standard 440 Hz tuning, but it is said that the 432 Hz tuning creates an experience more comfortable to the human process and that 440 Hz is actually rather discomfoting. Have a listen for yourself and what effect the two versions have on you.

Check out Pink Floyd’s Eclipse (Dark Side Of The Moon) in 432:

<http://www.youtube.com/watch?v=sawLI3jLEVY>

Here is Pink Floyd’s Eclipse (Dark Side Of The Moon) in 440:

<http://www.youtube.com/watch?v=IIHRSpFGtQk>

Did you notice a difference in “feeling?” Could that difference affect the way you feel about either the music or the performer?



*The communal vision has allowed everyone to be a critic
of the once private visions*

Everyone is an expert on the execution of the visions. Nearly everyone in the country can pontificate on the merits of their favorite vision TV program or film. They'll talk in pseudo intellectual and critical terms about their favorite sitcom, newsreader, or even their favorite reality TV star - folks *critique* a reality star!? There are schools devoted to film and TV creation, and classes devoted to criticism, schools that enroll people for jobs that are scarce and rarely available to people outside the closed world of entertainment. There are countless websites devoted to vision watch of the celebrity class, and the creations they are a part of, with each site espousing critical expertise on either the celebrities themselves or their work. Enter George Clooney into google search and one get 94+ million hits... 94+ million!? 94+ million hits?

What is remarkable, and mystifying, is the same experts on the visions are not equal experts on themselves. Those who know all about George Clooney - someone they don't actually know, or politician somebody - someone who will never help them personally, or even TV cartoon character xyz - a thing that does not exist at all, can't reflect on their own reality with equal aplomb. What is going on here when the conversation at a party lights up when the topic of Tom Cruise's marriage(s) come up and the same party dies when someone asks another about their own evolutionary process? I recently saw a documentary where a gentleman speaking earnestly about a well-known filmmaker whom he did not personally know. He pontificated in a priest's garb, with white collar, in a rather factual manner about the filmmaker and his work, while the title used to define him said, "theologian, film scholar." Make of that what you will.

The visions are a powerful programming device, programming many folks to spend an inordinate amount of energy decoding, evaluating, worshipping and criticizing the personally useless vision, energy that should be spent decoding their own personal reality and evolving them past the need for celebrity worship. Should people really be spending time reading extensively about people they don't know and will never meet, let alone writing about them? I read recently where the Internet gossip sight, the current global leader is celebrity worship energy needs a new, larger, headquarters. There are experts, in fact devotees, of the Jedi Religion based on the *Star Wars* films - a religion based on the vaguest of a treatise in the first *Star Wars Trilogy* films themselves!



The Group Vision

What should be noted here is that visions are usually singular. The Mormon religion was started by a singular vision afforded to a single individual. The Jedi religion was started because many people saw the films, and many people shared the same vision. It is said that seeing a movie in a full theater is the best way to see a movie. Why? Consider this, it is one of the rare occasions where a large group of people is on the same brain wave length. Visions, up until the last 100 years, were personal, but with TV, Film, Internet sites, the visions are communal. In some strange way even watching the Sunday broadcast of 60 Minutes in one's home, by one's self, creates a communal experience for many - "did you see that story of 60 Minutes last night?" This helps create the curious distortions we see: did the Jedi followers really create a religion based on *Star Wars*? What local or global "events" have you watched in the Alpha state and felt you were a part of that communal experience, even though it did not happen to you personally?

Did anyone notice the key word "programming?" We program computers, we give the energy in a computer a program which then tells the computer what to do, as without it the computer would be useless. Interesting that TV is full of "programs," which are put on TV via "programming" experts, programming and reprogramming the energy of the mind with visions through flickering images which induce the Alpha brain wave state, thereby insuring the story being told is not merely a story, but something way beyond. Are the first female family of reality TV really visions akin to gods or goddesses? Next time you feel like an adventure, watch any vision program selling their wares to you on TV - in the Alpha state, then head out to an in person meeting with your vision in the *non-Alpha state*, and enjoy the fun as you meet the vision in the flesh. When I was young I was into a certain band, who had a rock god as part of their lineup. Later in life I went to the wedding of a good friend of mine, and the rock god was a guest. Without the aura of the Alpha state coloring my view, there was rock god drinking tea and chatting with an old woman he did not know, while my friend danced the first dance with this wife.

I wonder, why do we have Alpha vision inducing TV's everywhere: gas stations, buses, every eatery, every waiting room, on every machine at every gym etc.? Why do folks feel if they aren't experiencing the vision system at all times they are somehow failing life?

Even worse, why do establishments feel if they don't have a vision generating system in their store at all they are failing.

What You Can Do To Increase Your Awareness

- Ask yourself, why do I require the TV vision system to get into the comfort of the Alpha brain wave state?

- When you are in a public place that has a TV, notice how folks are drawn into it, even though they should be doing something else. When you are in a restaurant, see if you can find a place out of the TV's line of sight for a more enjoyable experience.

- If you choose to watch something via TV make sure it is the only thing you are doing. Sit down and do that and nothing else. Never watch TV, talk to your friend, text, do your nails all at the same time. Never run on the treadmill and watch TV, as the two states are totally incompatible. If you can, sit to the side of the TV, never directly in front of it. Never, ever watch things you are not interested in. Stop flipping channels. When you are done watching what you agreed to watch, turn the machine off. Never watch things you are not interested in, including ads, shows, news etc. Never sleep with a TV in your bedroom; you'll never sleep.

** I should state that I am in no way denigrating the process of vision creation via film and TV. I am well aware, through experience and friendships, the work that goes into the creation of film, TV, music etc., and I certainly have enjoyed many of the creations. What I am hoping to bring to the attention of folks, is the art forms expressed here should not be confused with a reality that is more important or even equal to any individual's personal reality. Entertainment should be seen as novel, a pastime and NOT a reality to aspire to or even recognized as remotely important beyond what it is - one's evolutionary process is important.

*** From Wikipedia: "The first film to be filmed at 48 FPS was The Hobbit, a decision made by its director Peter Jackson. However, at a preview screening at CinemaCon, the audience's reaction was mixed after being shown some of the film's footage at 48p, with some arguing that the feel of the footage was too life-like (thus breaking the suspension of disbelief)."

Interesting to note here that we, as a collective film viewer, are used to a certain brain wave state for viewing our visions - 100 years will create a habit, as such, we are not comfortable shifting that so quickly.

Jesus

I'm not going to tackle the origins of the myth of Jesus here. There are many who have addressed the curious path that ends with the New Testament much better than I can. What I am going to take moment to look at is what is really being said by the accepted story.

The most common phrase associated with Jesus is, "he died for our sins." While I can't make heads or tails of what this actually means, it seems to mean to many that the "son of God" came to Earth to teach, but let a bunch of thugs kill him in order to give the future people some hope of some sort. How his death gives people he's never met hope I don't understand. I bet it upset his friends that fateful day.

That all seems silly to me, as a man who would walk on water surely would not have any problem avoiding a mob who didn't have a SWAT team to support their effort to kill him. But the story does teach us something much more profound: come to Earth, talk about peace, love and understanding and you will be ritualistically murdered.

Jesus is said to have come to Earth to help the heathens of this planet learn that there was much more to life than killing, jealousy, rage, fiat currency and so on. It seems he felt the need to come to Earth to talk about peace, love, understanding and basically not being a jerk to one another through little chats with anyone who would listen. If we needed a God to come to Earth to teach us that, I'd say that was a low point in our history but the Crusades came shortly thereafter.

His teaching of "don't be a jackass" were seen as such a threat he was ritualistically murdered. No, he did not die on the cross; *he was murdered*. No he did not die for future sin, he was murdered.

What I take from this story is: Talk about peace, love, understanding, acceptance, compassion, caring, support and you will be murdered. That kind of talk is not acceptable on planet Earth. For some reason Gandhi and Martin Luther King come to mind at this point.

One last thought, he was not the "son of God" he was the "sun God." There is a difference.

Question - Laws

The planet itself is full of laws, millions of laws in place and enforced to control the behavior of the inhabitants of the planet. We have laws that govern the length of the grass in your yard, the jobs you can have, and the places you can travel. We have laws that dictate every single aspect of your life. I had a professor once who offered "A" to anyone who could present him with one thing they did that wasn't controlled by the government in some way - no school work at all, just an "A." In the 20 years he asked the question he

never gave out an “A” and I of course failed to garner one too - this was 1982. Each law is usually enforced with the cracking whip of a fine, or the loaded gun of jail time. Each individual at any given moment is breaking dozens, if not hundreds, of laws that would result in untold fines, levies and jail time. We humans demand the laws to control us. For me it is like the sword of Damocles, but I fear I am alone in this feeling.

Question: Why do you feel that laws, fines and jail time, as well as the threats of punitive action toward YOUR behavior is the best way to control YOU?

Let me be clear, the question is not about your neighbor, I know why he needs laws to keep him in check, what I want to ask about here is why YOU feel YOU need laws to keep YOU in check. Ask yourself, how do you *know* your personal behavior must be controlled by laws?

Again, this not about society, the rule of law, the neighbors, the terrorists or anyone other than you, yourself, (your name):

Why do I feel that laws, fines and jail time, as well as the threats of punitive action toward ME and MY behavior is the best way to control ME?

The Divine Right

For two thousand years there was one divine right: The king had every right to kill who he wished, rape who he wished, steal from who he wished and do as he pleased to those he stood over. The King's right to be a jack-booted thug came from the fact that some greater jack-booted thug told him he could he pleased with impunity due, to the protection afforded him from the divine right.

In my lifetime there was one divine right for the common folks, those not the king, you had the divine right to be considerate of your fellow man. For me this meant thinking about those around me as much as myself, if not more. I'd open the door for others, say thank you to everyone, even to a traffic cop who handed me a ticket. I'd try not cut-off the guy next to me on the highway, or the old lady walking next to me. In short, I spent a lifetime being polite, and now, after half a century of this effort, I'm not sure why I did this.

There is some silly notion of politeness karma, as if when I hold the door for another, one will be held open for me, except, this doesn't seem to be the case. There is some golden rule that says something like; when you thank someone, they will thank you. Except, this doesn't seem to be the case. There is some universal law that says, “do a good job, and a good job will be done for you.” Except, well you get the idea. It seems all my efforts to be a polite person were in fact, just efforts, like my efforts to keep my haircut, or my efforts to avoid saturated and trans fats. Just efforts. I say this as it occurred to me the

other day my current personal failure is the failure to see myself as the others around me see themselves.

Since 2005 the divine right took a turn. Why 2010 in particular, I have no real idea, maybe I just noticed or maybe the planet was hit by some cosmic ray. Regardless of the exact moment, the divine right of kings passed to the common man, and boy was I not prepared for this. The world is some bizzaro, upside down world, where nothing is as it was and nothing makes sense to me.

It is now your divine right, no matter who you are or think you are, to continue your conversation no matter what is happening around you. You may continue your conversation if you are mindlessly crossing a highway. You can keep talking even if you and your buddies knock me to the ground in order to keep the lively discourse going about who you shagged last night. You may keep the conversation going during a concert, movie or even during a funeral. Now that the divine right has been passed to the common man you are under no obligation to stop speaking, ever, even if god – the one who gave you the divine right, asks you to shut the hell up, as he has something to say.

You have the divine right to talk on the phone no matter where you are. That of course is a divine right that came from the cellphone companies and not the distributor of divine rights. You may speak on the phone; while shagging, while on the can, while walking, while in the locker-room, while talking on another phone altogether, while on the plane, while receiving open heart surgery or while holding a fire hose during a three-alarm fire.

You have the divine right to expect, well, demand really, that everyone open the door for you. You have the divine right to demand that you go first, even when there is a line of a thousand. You have a divine right to eat the last sandwich – your tenth, even when others have had none. You have the divine right to eat yourself into a grotesque example of human expression and then demand airplane manufacturers, car manufactures and chair manufacturers alter their entire design systems to accommodate for your handicap – your handicap being your inability to control what goes in your mouth. You have the divine right to self-proclaim yourself a victim of discrimination at any moment, over anything at all, and demand mountains be moved to accommodate you in any way you see fit.

You have a divine right, no, a divine purpose, to share your music at the loudest possible volume so the maximum number of people can share it with you – no matter where you are or what others are doing. This music right includes in your car, at the park, at school, and anywhere you feel excited to share your favorite music. You have a divine right to make sure your ten-thousand watt home theater surround sound system is played at volume eleven so everyone in every nearby country can hear it.

You have a divine right to leave your dog at home to bark, all day, while you are out performing all the other divine rights you have to perform.

You have a divine right to move over when ever you want, whether in a car or on your feet, as the need to move is protected by that divine right. You have a divine right to wear what you please, even if it barely fits or barely covers anything.

You have a divine right to speak your truth, no matter how ignorant it sounds, no matter how hurtful it is to others, and no matter how incoherent the gibberish you spit out sounds.

You have a divine right to spit, urinate, or release any other bodily excretions whenever and wherever you feel the need to. You have the divine right to toss anything, anywhere at all, be it from your body, something like your fast food packaging, or a couch you no longer see as divine.

You have a divine right to ignore the entire world around you wherever you are, as you are finally the entire center of the universe. Impulse is your driving force, honor it by stamping out any filter on your actions, and follow your impulses.

As a divine holder, you have a golden rule, a god-key, a jewel of your divine rights, which you must execute at all times or you may lose your divine right. You have the divine authority to attack anyone who asks you to refrain from executing your divine right, no matter how much your actions may hurt them or bother them. As a holder of the divine right, you are under obligation to attack, with violence, verbal indignation, or both, anyone who asks you to refrain from blasting the loud music. You must attack those who ask you not to piss on their shoes. You must forcefully abuse those who ask you to be quiet during the funeral. And you must use all divine methods of defense afforded to you when someone, anyone, asks you not to be who you are – the divine one.

Now, the way I figure it, since it seems more than three quarters of the population feels the spiritual calling of the new divine right, it is incumbent on the rest of us to take what is ours, to get into the spirit of the new divine right. So I dub all thee who read this: divine!

The Body

Here are a few things I have learned about the body, or my body. I have spent half a century in an Earth body and I have learned a few things about it during that time. Most people pay little to no attention to the vehicle they inhabit while on Earth. Most are underfed, malnourished, and dehydrated and don't know it, nor care, but you should, as it is what you use to express your Creator-Self energy through while here.

The body is a fragile thing and so much affects it. We know alcohol has an affect, we know accidents have an affect, what we don't know is EMF's have an affect, toxins have an affect, stress has an affect, and even the harmony of where we live has an affect.

For a while I had a Wi-Fi in my home, thinking I wasn't close enough to it for it to make a difference. I never felt quite right with it. When I turned it off, I notice a nagging all over pain in my body left, as well as a feeling of confusion. Has science proven this –

who cares, as I prove it to myself? In the article on the cellphone I mention what happens to the cells of your body while you hold that thing like a security blanket, over time there is a cumulative effect. You should be in tune enough with your body to know, unquestionably, if holding the all-important smartphone is affecting you in a negative way.

Too little sun has a huge effect, and not a good one. We need sun; I mean we really need it. For example, the reason there is an increase in illness in the waning solar months is not the temperature, it is the absence of sunlight and vitamin D. Vitamin D supplementation goes a long way to good health. We need it for our health and we need it for our consciousness evolutionary process. Spending time in the sun does wonders, don't be afraid of it despite what the "experts" say, as it is so important to get into it and let it get into you.

There is no one exercise that will do it all. Everyone wants to know what exercise will do the all-important "it" for them: yoga, crossfit, weight training, Pilates, running, hiking, tennis, golf, spinning and on and on and on. Oddly enough, the human population survived for thousands of years without any of these things. They are all tools and nothing more. Variety is important, avoid habituation. My experience with weight training is that habituation is not great. Try extended 3-minute sets. Try isometric using weights. Try very slow reps – 2 minutes to complete on rep. Try increasing your weight limits but doing fewer reps. Mix in each of those ways of weight training. Unless you are a professional athlete, ignore anything that requires dedication, tracking, programs or anything that seems over the top for a regular Human. Avoid over training.

Weakness in the body is pain. My work with Muscle Activation Technique, MAT, has shown me something so interesting. If I have a pain in my shoulder, it may very well be being caused by a weakness in my foot. The body is not perfect, even when it is perfect, and the imperceptible imperfections require compensation. If a calf muscle is weak, the body must find some way to compensate for that, so it may turn off, yes, turn off, a hamstring in the opposite leg to compensate – resulting in pain in the hamstring area and showing no pain in the offending calf area. Compensation is the most underrated and under addressed issue in the body.

All forms of Physical Therapy focus on the area where the pain is, when in fact, this is often the place where the symptom is showing up, not the origin of the pain. Stretching weak muscles can aggravate the problems of weakness. The reason for this is that the body is concerned with one main issue – keeping the head on straight. The body will do what it has to go keep that head from leaning over, as the 10 pound bowling ball that is your head is best kept in alignment with the spine, not leaning over. If you want to stretch a weak muscle and it causes the head to tilt, the muscle will contract to prevent you from dislodging a key piece of the foundation. Think about your body in terms of a building that needs constant adjusting to keep from toppling over, the muscles are in charge of keep things upright and they system will work behind the scenes to shore up, tighten up, loosen up, what is needed to keep things standing.

Foot weakness is an underrated problem. Foot weakness due to crippling shoes is a crime, as the damage done by shoes without proper flexibility will result in incompressible compensation and long term damage – how does one stand a moving building on a 1/4” spike? You compensate by not moving the building at all.

Your head, your thinking, will attempt to override any body issue by simply ignoring it. If you have been over training because you “just have too,” the body may suggest you stop by producing a bit of discomfort. If you refuse to listen, the body will breakdown. While your brain sees it as important you run 200 miles a week, your body may not see that effort as the best thing for growth and make simply break something to get you to stop. Everything in moderation despite what many the experts say.

Supplements. Some will work, some will not and some will work for a while, some will work forever. Is there the perfect supplement? No. Use what works for you when you need and stop using it as soon as you can. Habituation is a key human experience, and with some supplements it can happen in a week, and others in six months. You must tune into your own experience to determine what works, when and why.

Aging, you start dying the moment you are conceived. People are under the impression that life is a bell curve, where you progress into the prime years at 28 or so, then decline. This is incorrect; you begin the death process from the day of conception. Why does this matter? We are so bent on chasing the fountain of youth, one that happened to us at our peak, that we do not see the truth, we have had the decline of our body expression since conception – we’re headed to death at conception, this is why folks can die at anytime after conception. Altering this mentality can alter the way in which you approach your expression. The other reason this is important is your life is about decay from the get go. Many of you know of you make a copy of a copy the second image is a little less then the first. If you make a copy of a copy one hundred times, you’ll find the last image is hardly recognizable. This happens with life, the cells turnover, coping themselves at each turnover, and each new copy is a little less vibrant then the previous one. I say this to add perspective to the entire process, as an alteration in one’s awareness on this topic can change quite a bit. The most vibrant cells are the first copy.

Here are the facts as I have learned them. Fat = Energy. Protein = muscle rejuvenation. Carbs = unnecessary, unless you can’t break down fat. This is for unprocessed foods. A diet of unprocessed fat and protein will keep you in working order. A diet in processed versions of all foods will produce a completely random result in the body. See Gary Taubes work for more.

A diet in non-food-sourced chemical is just Russian roulette and I have no reason to speak to it.

Carbs are shelf-stable, raw fat is not, so industry loves carbs, and processed foods reflect what is easy to ship across country, not what is best for you to consume. Industry then hires PR people to talk up the value of food that has an extended shelf life. Did you know the apples you eat in summer were picked 7 months earlier? The last 100 years has given

us “foods” that will last for 10 years, make of that what you will in relation to eons of food that more fully reflects the Earth experience.

What should you eat? Who cares? For most of the planet food is scarce, in many places in the US food is a political issue. This is beyond preposterous. Eat the best you can and leave the politics out of it. Food as artistic expression should not be missed because it does not meet with some silly political belief, or some fear. For many years I avoided a lot of foods, and while I did feel better in some ways, the greatness of a Naples pizza, a goat street taco, a sushi roll, a classic hamburger was missed. While one should not make a habit of consuming a daily dose of In & Out, one should not simply label the hamburger evil if it happens to be an artistic expression of food you happen to enjoy.

Stop with the good eating and bad eating. Stop with the “I really should not” or the “I will, but just this once.” Simplify your entire eating process. Eat like crap Saturday night and Sunday, eat what you want and stop the internal conflict. There.

If you can't eat properly, as in three meals a day, you are wasting your time on the planet. If you can't think to make your lunch for work you are wasting your time here. If food to you is, “gee I forgot to eat” or “I've starving I haven't eaten all day” then you are wasting your time on the planet. Eat enough when you are not hungry and you'll do fine. Drink enough chemical free water. Water with crap in it is not water; it is liquid, but not water. If you can't do the basics, there is no reason for you to be here, as you don't even get the simplest form of the Earth experience – food and water.

The less processed anything the better. Each person reacts differently to each food, I find the blood type diet has quite a bit of merit, IF, all things in your body are working well – liver first.

The liver is the most underrated element to our health. Without proper function metabolism will be off, as well as many other things. It is my experience that most intestinal issues have the liver at the core. Let me explain that. The liver produces bile, which is used to breakdown fat, and used to alkalize the stomach acid. If one is not producing enough bile to neutralize the acid, one will experience IBS as the acid latterly burns the intestines. Not good. If you cannot break down fat, you will find you crave cheap energy in the form of carbs, as breaking down fat is too hard without the bile. As such, you will gain weight from too much carb consumption. The compensation systems the body develops if there is not proper bile flow, 1-2 liters a day, are endless – even shoulder pain can be tied to liver issues. Liver cleansing is vital. There is a great liver flush kit from SensibleHealth. I suggest adding Chanca Piedra and Rowachol Capsules to break down the stones and debris in the system. Andreas Moritz has the definitive system of cleansing. If you have problems, go to the liver first, not last.

Cleansing the colon is a good thing. I like blessedherbs colon cleanse a lot. If you feel you just can't go a day or two without eating, you have some issues to work out on this level. I am somewhat shocked by folks who are so detached from their entire life that reframing from eating for a few days is a crises. There are some that say no eating one-day a week is a good idea, as breaking down food is taxing on the body.

Injury. I have found that one surefire way to resolve an injury like a sprained ankle or a swollen body part is to make a poultice of clay and let the clay absorb both the swelling and the pain chemicals. Do this as long as you need, as much as you like. Most any clay will do it, with bentonite being the best.

Another excellent healing tool is fasting. They used to say, “starve a cold, feed a fever.” This meant, do not give the body extra work by feeding it food, and let the fever kill the virus by heating it to death. There is much to be learned by this catch phrase, “when the body needs to repair, it can be helped along by avoiding the extra work of food.” Need to heal quickly, fast for a day or two.

Never ask anyone to fix things for you. If you need assistance from a medical person or other be very, very clear about your personal participation in the experience. Listen and learn, or the effort is pointless. You are not a soulless car, but a human in a body, so you are not taking the body in for work; you are taking yourself in for work. Use each effort as a way to see things anew. My MAT work taught me so much about compensation that it allowed me to see other areas where compensation shows up. I have also learned something interesting about protection.

We all protect ourselves in various ways and the body is no different. If you have a delicate gallbladder, as I have, the body will work to shield that area of weakness from attack. What this means is, in order to avoid a punch to the gallbladder the body will alter the way it moves and holds itself. This will turn on the compensation systems, which can lead to imbalance, pain or worse.

Why does it make sense that one should know so little about the very thing they use to express their Creator-Self energy through?

Animating Energy

What animates the body? If you are a person that believes that a body is a body and there is nothing more to us, then that I am about to suggest will not be relevant. But if you are a person that knows you are part of something more than your body, part of a complex system of awareness, then this might be interesting.

CS Lewis quote fits nicely here: “You do not have a soul, you are soul, you have a body.” The animating energy is that which allows the body to exist on Earth, in the form you see in the mirror.

Most people believe that every “Soul” is the same. They figure that if a body is walking around on the planet, the energy that animates it is just like all the other bodies. Sadly this isn’t true. Before we get into that, we first have to establish what is going on with a body.

A body is a temporary condition, as many of you know. You are born, you live, then you die – we all do it. Prior to arriving on Earth you agree to terms with Earthly parents, some folks who agree to do the biological deed needed to create an Earth body for you. Once conception has happened, mom, taking some nine months to happen, creates the body for you.

There are two things to note about this experience. The first, the body isn't yours until you occupy it, and that does not happen until you are actually born onto the Earth-plane, the moment of birth. Prior to that you are not fully present in the gestating body – why would you, as nothing is really going on? It might be interesting to note that Astrology takes into account the day of birth, not the day of conception, yet, your body's life starts on the day of conception – at least mine did. This distinction is important, as landing on the Earth is the start date, the day you commit.

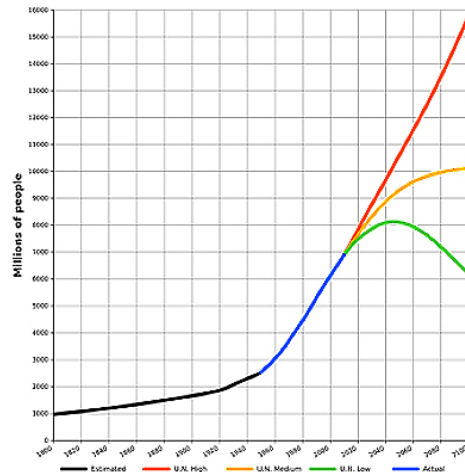
The energy of the gestation is being recorded in the body's energy field, but you are not sitting in the womb for nine months just hanging out. This means, until the body is in the hand of mom, as opposed to the womb of mom, anything can happen. One can choose to not inhabit the body and option it to another. One can choose to make sure no one takes the body – stillbirth. Or one can inhabit the body just like agreed. Think about what I just said, especially in light of many hotbed topics in the modern age. Ponder the idea that an animating energy can, on its own, decide not to inhabit a body, or, that same animating energy can get together with the parents – at deeper levels of course, and change the plan.

On to the animation of a body. There are quite a variety of awareness energies in all of consciousness. Here we will be focusing on the Human Souled Being. This is a non-physical awareness, whose ability to project its energy into various scenarios for experience is unparalleled. The Human Souled Being can place a little, or a lot, of its awareness in any realm it chooses. It will do so by using the particular vehicle needed to experience that realm. On Earth we use bodies, on the Gumdolly Planet they use ethereal forms without a tangible, measurable structure.

A Human Souled Being may decide that it wishes to incarnate on Earth! That Being may decide it wants to experience the Earth's frequencies from within, instead of observing from afar. So, that Being gets together with two others who have bodies on Earth and makes an agreement in principal. A bit of an oversimplification here, but you get the idea. Then the two folks have a shag with their incarnations and a body is conceived.

During that time things may change, circumstances may change within all three that may alter the agreement. Up until the day or birth, onto the Earth-plane itself, things can change.

From 1750 the estimated population went from 1 billion bodies to 7 billion bodies today. From 1.6 billion in 1900 to 7 billion today. So what happened? You should be asking yourself why the sudden increase in bodies? With such a huge increase in bodies, there must be a huge increase in the need for animating energies – where do they come from come from.



What happened in the 1945?

Really think about that. The population of the planet was pretty steady for a long time, then, rather quickly it exploded. Are there an infinite number of Human's looking to inhabit a body? No. Are there 7 Billion Human's who want to inhabit a body? No. Are Human's inhabiting more than one body on Earth at a time? No, while it may happen, it is exceedingly rare as there is little reason to do it.

So what then? There are a wide variety of things going on. If you are reading this, and you are a Human Being, just know, many of the bodies on the planet do not have the same animating energy as you, despite what you see. Faking a Human animating energy is pretty easy and most people are easily fooled, even those who can see energy.

I will illuminate on one prevalent animating energy that is very new to Earth. The Animal Kingdom has begun to put some of its animating energy into bodies. Regardless of the reason for this, the Animal Kingdom's presence on bodies is fairly new, and the expression can appear to be primitive in many cases.

When one lands in a new arena of expression, one needs to learn the ropes. On Earth we do not, under any circumstances, teach first-time expressions how the Earth works. They can struggle with the process as you can imagine. Can you imagine landing on Earth and being told your first order of business is to run General Motors? Seems insane, and yet many who arrive on the planet are lost, as they have no real clue what is going on and our educational system isn't going to teach them much, if anything, about the Earth game.

Detailing all the possible variations on this process would be an endless task, and to a certain extent, pointless. All one really needs to know is all the bodies you see are not like you, even if you want them to be, and this will explain so much to you.

A sense of humor is an evolved, Human thing, not the ability to laugh, but a real genuine sense of humor. Humans are self-reflective. It is our nature to reflect on our experience. I find it helpful to be around people who are self-reflective and to steer clear of those who are not, as those who are not are not like me. A friend of mine used to ask people what they thought about the film *The Matrix*; those who just saw it as nothing but a kick-ass movie were missing the self-reflective gene.

One final thought about a uniquely Human trait – the daydream. The Human Souled being incarnated on Earth will daydream. If one does no daydream it is highly unlikely they are of Human decent.

Healers and Healing

Healers should speak from experience not from a place of proving themselves. Those seeking assistance should keep this in mind.

What is the reason for the concept of healers and healing? To a certain extent this system has been distorted on the Earth plane, and not in a good way. To understand what healing is, we must first accept the idea that we are not inherently broken and there is no one way to anything.

So much of the premise of healing is built on the foundation that someone in an Earth body is broken, sinned, fallen or inherently diseased on some way and that it is the job of the healer to help us redeem ourselves. I for one am not inherently broken, so I'll stipulate if that if you are reading this you are not either. The other issue of the right way to redemption is something interesting, as there is no set, fixed, or clearly definable goal in this process. No one handed me an outline that stated: you are a sinful piece of crap and here it what you do to fix yourself. Some see the various religious texts are outlines, but these are stories where folks have drawn conclusions about redemption, but there is more clarity in my DVD player instructions then there is in the bible. There is also no defined "mental health" standard to compare too. While there are thousands of mental health problems, there are not mental health perfections – none.

So one must drop the idea that they are defective, therefore must seek healing in order to not be defective. One must see their efforts are to find assistance to increase their awareness about themselves and their experience. And so the job of the healer is to assist those they assist to increase their awareness.

When I first started healing others as a regular thing I saw it as my place to fix things, just like a car mechanic. Whatever ailed someone I simply fixed it. But I quickly learned that this only made people reliant on me to fix things, and quickly they stopped looking for ways to heal themselves. I stopped fixing. Each time I worked with someone I took the time to examine their process, their experience and sought to find ways to heal the issues but more importantly to help them increase their awareness about themselves. This meant working very hard to explain what was happening to them, with them, and around them in order to see things in a new way. If I were a doctor setting a fracture I would talk about the bone, its relation to the other bones, the reasons why the fracture might have occurred and on and on, so someone could see the entire event more clearly – and I would make damn should the listened, not just nodded in agreement. As a healer you must do this with those who seek your assistance.

There is no one modality that can resolve all issues. There are many healers that feel that system will resolve it all. While not only expressing arrogance, it also expresses ignorance. For example, someone may come to me with liver issues and we can address many energetic contributors to the dis-ease but there are other things that must be addressed too. A flush may be in order, a diet change, a stress change or even an exercise change. While many things can be addressed with one modality, many cannot. A chiropractor can place bone or ligament back in place, but muscle weakness might be the underlying issue that causes the problem to resurface, so another modality is needed to complete the process.

Healing is a nebulous art form that many have tried to turn into a computerized science. They do this in order to remove the Human element. How many people would love to enter a drive through computer system of healing instead of seeking out a live person? But it is the live person that works with the Soul growth and those delicate elements in one's life that need finessing, not a hammering. The healer needs to keep this in mind, as well as those who are seeking assistance.

A healer should not state things in unequivocal terms on most matters. "You have a broken leg" makes sense, but "you are the way you are because mommy and daddy got a divorce" is not acceptable. Healers need to let go of absolutes, and those seeking assistance need to let go the idea there is one answer to everything.

Healers need to know when they are licked. Healers need to be ready to admit their work is done, their effort fails to provide the required response or their effort is not a good fit. I have found myself explaining to some that my efforts seem to be failing in some way, and that the client needed to seek out another voice. While hard, if you are not willing to do this you are not a healer. Those seeking assistance need to keep this in mind, if something isn't working, look to find another avenue to try.

Healers need to avoid overworking, no matter the type of work. Energy healers, massage therapists, chiropractors need to avoid an assembly line approach. This gives the client poor service and damages the healer's ability to pursue their own process. A healer should be attuned enough to their own life's process that they know *exactly* how many clients they can see in a day, in a week, in a month, without either them or the client suffering. Sessions must be setup with enough time in between to recover, refresh and refocus. Accommodations must be made for how much energy is being spent.

On the flipside, one needs to make sure they are not doing too much healing. I once had a client who had me on the list of 4 people she was seeing each week. I asked that she refrain from seeing me, and the others, as there was just too much information to process.

Too often healers perceive themselves as "taking things on." This is a distortion of the truth, as energy within them is being triggered. There is nothing outside, so there is nothing to take on. The reason this is important is each healer can make sure that they create distance between them and the client. Many will see this as disingenuous, but this

is in correct, as the separation allows for objectivity and clarity. True healers refrain from getting involved in anyone's life, and refrain from crossing the lines.

During a moment of transition in my life I needed to refrain from seeing clients. One client demanded I see her, when I suggested she was being selfish in ignoring any aspect of my process, and as a friend it would be incumbent upon her to see the bigger picture, she responded that I was not her friend and she was under no such obligation. It seems healers are not friends with their clients (despite what I thought), a shocking illumination for me, but a true one that had me completely alter my entire trajectory. Healers have no clients as friends; they are more than willing to turn on the healer if their expectations are not being met. Healers are not your friends, as you are one of hundreds, or even thousands of others just like you. I had never intended for this to be my truth, I viewed each and every client as my friend, but circumstances showed me this was misplaced.

Many healers will abandon their entire life's process in order to help others. These folks miss the point, as one's life does not stop because of the perception of greater good altruism associated with healing. In fact, the more one devotes their life to helping others, the greater the chance their lives will wind up in free-fall. When a healer's life winds up in free-fall the problems arise most acutely if there is nothing else to their lives.

Healers in free-fall must know this is happening the moment it starts. They are required to keep track and pay attention to that moment they rush sessions, ignore client requests, get snippy, or simply fail to do the job. Too many seem to feel working in a diminished capacity is acceptable. A healer's job is to give one hundred percent attention to each and every person seeking assistance, not to give ten percent to one hundred people. Those seeking assistance must see this too, if one's healer is in free-fall, it is time to step away.

Everything in one's life can be a tool for healing, balancing, growing and increasing awareness – if you just see things this way. In The Harmonizing Statements system I have created a super simple way to change your perspective to see life this way. Healers need to see this as well, as the process of assisting others is about assisting yourself as well. The only reason I took on the process of assisting others, as a profession is that it taught me so much about so much.

A final note on healers. If you are working with someone who is not self-reflective, I suggest it might be time to move on. A key component to helping someone evolve is helping them see the reality they are creating in a more complete way. If they are unable to see the reality they create is a reflection of their energy, then there really is no reason to help them. If I do not see beating my wife with a baseball bat might not be good for my growth as an evolving being, it is highly unlikely I am going to care about changing the offending actions.

My Name Is Beau

A couple of years ago we got a dog. Historically I have not been a dog person, while I like them and they like me, I was not keen on all the work that goes into having a dog. It took some time but I like having him around and likes being around. Recently I was watching him sit in the backyard, just relaxing, sniffing and being him and I wondered what he would say were he to have to find a new pack to join up with.

Hi, my name is Beau. I'm a Jindo, I don't really know that that means, but people say I am a Jindo. Though I am white, I groom myself everyday, so you won't see me very dirty, in fact, I prefer not to get dirty at all. Jindo's hunt, but my last pack didn't need me to do that so I no longer actively hunt. I like to do things my own way, so if you say, "sit," I'll often stand because it is more comfortable. I like to listen to you, and then do it my way. I really do not like to make decisions, I am happiest when you make the decisions for me.

When you bring me into the house, show me around on the leash. If you prefer me not to go into any particular room, tell me no and don't take me in that room and I will never go in there, even if asked. Just show me where my den and bed are and I'll be fine. When you take me around the yard, I'll look to mark, but if you ask me not too, I won't pee on that spot – ever. I prefer not to use the yard to do my business, as I like to keep our area clean.

I don't bark, unless you want me too. If someone comes to the door, and I don't know them, I'll bark once, but if you know them I'll leave it be. If you hug a person I know they are in the pack, and I will treat them as such. If you simply talk to someone, I'll investigate but keep my distance. If you do not speak to someone at all, I'll will just ignore them. If you have guests over, I'll stay off to the side, but if you need me I'll be there in a moment.

I will spend my first three months in your home studying you. I'll watch each thing you do in order to make sure I do not do the wrong thing. I prefer not to be alone, but I can amuse myself if you leave me. When you come home I will always be excited to see you and I will tell you so. I like to watch, I like to be around the action. I will never chew anything that isn't mine to chew, I will not eat anything that is not mine to eat, I will not go anywhere I have not be given permission to go.

I have three different coats, summer, winter and mid season's. This means I will shed. I am not a flea dog; such things bother me a lot. I drink a lot of bottled water. I will only eat raw food, and only when I am hungry. Some days I will not eat. I chew rocks to clean my teeth, don't freak out I know what I am doing. I like cheese.

I require two walks a day at least. The yard is nice, but I need to go out and smell the whole area. I mark to leave messages for other dogs and I need to get the replies from them as soon as possible. I can walk without the leash; I don't go where you do not want me to go – except when I see a lady, as I must mark them as mine. I'm a ladies man, not a fighter. I don't like, or understand aggressive dogs. I love long walks, car rides to places where we can go on long walks and I really like going new places.

My attention span is short, really short. I don't like playing games, I don't like to be teased or dressed up in silly ways. I like to be petted all over, though not all the time, and it will be a year before I let you pet my belly. But what I really like is just to be near the pack leaders. I wake up at sunrise and am in bed by ten sharp. I talk a lot.

Beau came to us from another pack. At the time it had never occurred to me that he might be very insecure about his new pack. In many ways I misunderstood his actions when he first arrived, I didn't really see how insecure he was. He wasn't sure he would get food, water, or safety, even though we never intended otherwise and provided him with ample everything. We even changed his name; I wonder how insecure that made him?

The first night he walked to the front window and barked several times. I never occurred to me he was barking for his previous pack. It never occurred to me that our home, as great as it is to us, might trigger insecurity in him. It never occurred to me, that while we were a great pack, he might have missed his old pack. One night during his first month, he ran off. As I chased him down the street, he kept marking about every block, just in case he had to come back. After 7 blocks he gave up running and came back with me – he's never left my side since.

Animals are just as insecure as we humans, maybe more so considering how we treat the Animal Kingdom as a whole. I see how so much of Beau's actions and responses are due to being insecure. I wonder how he'd find a new pack if he had to. How do we all find our pack?

The Psychological Operation

The psyop. What is it?

Psyop is a term that is used to depict a series of events, using words, actions and intent to guide the consciousness of a certain group of people. Governments use psyops in order to manipulate all the time. Propaganda is a weak form of the practice. The planet itself has been under one giant psyop for thousands of years. I'm not going to go into any detail on this, if you are interested you can look it up for yourself – try Operation Northwoods for starters. What I am going to mention are two super obvious psyops that really piss me off, ones in which words are the key component.

Charles Darwin wrote book about some observations he made. Good for him. The book was titled, *On the Origin of Species by Means of Natural Selection, or the Preservation of Favoured Races in the Struggle for Life*.

Bet you did know that was the full title. In fact, I'll bet you simply knew it by its psyop name, "survival of the fittest." You'll note that notion does not appear in the title. What this catchphrase does denote is the idea that only the strong survive, the weak die, and the world is a dog-eat-dog world where only the winners live. This psyop has permeated our

thinking. Aren't those catchphrases the motto of professional sports? Day in and day out we are taught by this little catch phrase to fight each other because that is the natural order that Charles Darwin so brilliantly observed. Really, it took Darwin to see this? Or did it take Darwin to write something down that could be exploited into this? It is so small, but so important, because we are conditioned to accept the idea that the natural order prevails, even if it isn't the natural order of the Human-Being.

Ah, the Human-Being. The same lords of science who brought you the survival of the fittest psyop game also brought us the psyop of the origins of man. They have worked to hard over the last 100 years to let us all know that we Human-Beings *descended* from apes.

Descended: move or fall *downward*. The psyop is in the word. I have not fallen downward from the ape. I'll say that again, if I came from an ape (which I did not) I would have ASCENDED!!! The words matter. This little bit of psyop is so brilliant. We are trying to prove we have fallen from the apex of expression, the ape, to the lowly human who must kill his neighbor to survive. We are not human, we are Human Beings, and we did not fall from the ape.

It is true our DNA has been manipulated countless times by lowlife beings whose notion of evolution is in fact survival of the fittest. Their effort is to continue to devolve the human body expression, not the Human Being, to make sure they get to stay on top. They cheat, lie, manipulate and behave like the animals they are in order to survive off the energy the Human Being puts into the Earth Realm. They are brilliant manipulators and the psyop is one of their tools. Go out and find some more.

Rule of Three

It has been my experience that the personal connection to something can be divided up into thirds, in a group setting or a personal setting. If we take a piece of music, a book, a type of food, or anything at all, we'll see ones connection to it in a break down of thirds: one third of the people will favor it, one third will be neutral and one third will dislike it. What does this mean?

Well first we can look at the way we experience something new. For most of us we have a very distinct pattern to engaging something new. I call it the three "R's". When we listen to a piece of music for the first time we React. The newness has us reacting to the introduction to make sure the new music is not a problem for us. The second listening will produce the second R, or a reduction in our Resistance. This is where we begin to be more open to the piece. Our third time listening to the music has us Responding.

I find that this same pattern will repeat as much with food or anything else really. I React the first time I try a new food, or try on a new pair of shoes. By the third time my protection mechanism has be reduced enough to let me Respond in a way that is more

grounded, more open, more in alignment with proper discernment. If I find that after the third time eating brussle sprouts I still do not like them, I probably do not like them

I find you can do deeper into this. I find that on any topic, death penalty, nuclear war, rap music, you will find about 1/3 of the people in favor, 1/3 neutral and 1/3 will dislike the given topic. What is so interesting about this pattern is that almost invariably the third that likes pop song A, will try to convince the third that do not like pop song A to like it. One has to wonder why, when there are 2/3 of the people who will either favor pop song A or are neutral about it.

I find it fascinating that the biggest arguments are to be had amongst those who are never going to change their mind about a given topic. What is more interesting is how much energy is spent by those on one side trying to convert those who diametrically oppose them. It never occurs to the zealot that they have 1/3 of the populace on their side and a whole lot of neutral folks who may be favoring them. There are few if any arguments to be had with the neutral folks, and only arguments to be had with the diametrically opposed. Yet, the conquest seems to be the goal in those arguments, submission is the real pursuit.

If you read my work on Insecurity, you would know that those who seek to beat the opposition into submission are the insecure and not the secure. So in some ways, the neutral folks are the most balanced.

Conclusion here: When you see a battle of opposition, ignore it. When you try something new, try it three times before you reject it.

Family, Food, Naples

There are moments in our lives where someone says something to us that changes the way we perceive things. I've had a few, but none that change my perception in a way I thought was so wonderful and turned out to reflect so badly in my world. One simple line, spoken to me by a guy who could speak so little English, caused me so much internal and external grief. That one line seemed like a little gem, but for some reason it did not translate into my world the way I interpreted it.

Over the years I have told this story one hundred times and each time I focus on my Herculean feat of food consumption. As I get older, the idea of participating in a similar food-eating extravaganza, as I did one night in Naples Italy in 1987 has become more and more absurd. As I sat down to write this story a more important quality of that experience has emerged, how a culinary experience I had had stirred me to grow in ways that I hadn't seen at the time and how one line at the end of dinner caused me a lot of angst.

In 1987 I graduated college. The clichéd thing to do at the time was to buy a eurail pass and travel Western Europe. To that point I hadn't been to Europe and figured it was a

good thing to do, so my girl friend Donna and I set out on a trip to see the sights of France, Switzerland, Germany, Greece and most importantly Italy. Before the trip began some testy exchanges between us had occurred over the possibility of seeing her family in Naples. The standard response to having family in a foreign country is “call them up, let’s stay for free.” But this was not my initial thought at all and I was full of resistance to the idea. My trepidation was due to the fact that Donna’s family didn’t much care for me, and had estranged her for reasons never clear to either of us. A series of rather inappropriate exchanges with her family had left me seriously gun shy about seeing any of her extended family. Naturally I feared in a foreign land they might try to kill me, or at least have me locked up – after all they were from Italy and Southern Italy at that. We steered our trip through Naples where the DeRosa family resides by design, not by a possible family visit, and decided to revisit the idea again when the time came.

Off we went to France, to see cathedrals, art and food. Then off to Germany to more cathedrals, art and food. Italy was lots of art, cathedrals and food. Being from Southern California the architecture was of course remarkable and the different styles of the places of worship were extraordinary to me. The splendor of what we were seeing had me forgetting Naples altogether, though our encounter with it was inevitable on many levels. Naples was put on the itinerary because of Pompeii and the fact that the train passed through Naples on the way to Brendisi, a town where the ferry stopped on its way to the island of Corfu in Greece. On the train ride down to Naples, with little argument, I agreed to try to see her family – if we could even find them.

Arriving in Naples was an interesting experience. A kind of organized chaos like nothing I had seen. Naples clearly wasn’t a tourist town and there was no obvious effort to accommodate lost English speaking people looking for relatives. At the train station was a kiosk, which resembled Lucy’s “psychiatry 5 cents kiosk” offering suggested places to stay. We were not hostel traveling and weren’t rich enough to hotel travel, the pension was our preferred place to stay and there was a reasonable one close by. After check-in we pulled out the piece of scrap paper with the name Paul DeRosa, three numbers, a street name, and we headed into the city. The chaos really hit home as we walked on the street with an actual purpose. There was no real organization to anything, no real mapping to understand, signs were hidden, if they were there at all. We were totally overwhelmed by the task at hand, I with fear of being chained up by the DeRosa mafia and Donna of meeting people she had never met before and heard little of. We walked a few blocks in the general direction we thought was right, how we arrived at this direction was of course sheer guessing, after two blocks we stopped – we were already lost.

We paused in front of a heaping pile of fish piled right out in the sun, and decided to ask for directions. Not a fish market per se, just fish for sale. No price, no type of fish declared, presumably you either knew you wanted this kind of fish or not by sight. We asked the proprietor, or whom we thought was a proprietor, if he knew where the address was. He took the paper and walked away from us – walked away. I had both concern and joy at the thought that he might not bring it back. He conferred with two others, then a third, for some time they chatted as though we weren’t there. The thought ran through my head that something evil was about to happen to us when the men broke up the huddle and the proprietor returned with our paper and a smile. He made some hand gestures and

some effort to state something that we gathered as “one block down, left, middle of the block.” Inconceivable, we were that close – who actually finds a needle in a haystack? Excitement rushed over us both for very different reasons.

We had been together for 3.5 years at that point and had a great relationship. Donna was taken in by my family from the start, maybe too much so. But her family was a different story. Her mother had come over with a sailor in the nineteen sixties to escape her world and come to ours. What she found wasn't the Shangri-La that she had been sold in magazines. Young, husband gone in the military, three kids and poor language skills, she emotionally isolated herself in many ways. This led her to be suspicious of everyone, especially people who would have eyes on her beauty queen daughter. After a few rather painful incidents among us, we agreed to leave each other alone. I had no idea if the extended family knew of me, or if being part of their gene pool might make these people hostile just like her mother – going into their home, in their country, was not something I really wanted to do.

I figured we'd get to the building and just look on the mailbox and see what apartment they lived in and knock on the door. Upon arriving at the apartment the Naples chaos was sabotaging my plan. There were mailboxes, behind a closed door and with no addresses or names on them. I blurted out something about the absurdity of that situation and turned to the courtyard. We walked into the courtyard of a traditional European building that was about eight stories high, maybe seventy units, all of them opening onto the courtyard down below. It wasn't pretty, reminded me of pictures I had seen of public housing, and there was no indication of what to do. Should we knock on all 70 doors? Within moments several kids were tugging on us. Not that we were dressed funny, or even looked all that different then they – Donna is Italian and most Italians thought I was, but because this was not a tourist spot and our type of presence was unheard of in this building. Several adults realized what was happening and approached us – quickly we were surrounded by two dozen people. The whole thing was uncomfortable to say the least.

One woman finally spoke up. It was clear to us that she was asking why we were there. Donna smiled and said, “We are looking for DeRosa.” The woman smiled and said “DeRosa, DeRosa, DeRosa as she pointed around the building – ten times she said it and ten apartments she pointed to. We were screwed. More people came onto the balconies surrounding the courtyard. Donna then said “Paul DeRosa?” Again the woman spoke, she said “Paulo DeRosa” five times as she pointed. We had the most common name in the building in our hands and little more. Not to mention the fact that we had no idea if we were even in the right building. More people gathered and things were really frustrating and uncomfortable when the crowd parted and a woman walked forward to us. She stopped and looked at me for a moment then stared at Donna in a way that I had not seen before. She knowingly smiled, she knew, and said in Italian, “the daughter of Pia.” Donna smiled and said “yes” and the crowd cheered and quickly broke up. Anna, Paulo's wife, took us upstairs without hesitation. In some way, as we walked up the stairs, I was comforted, yet I didn't know this woman and neither did Donna. Naples chaos was mystical in that moment. It was never made clear to me why she came down, why she approached us, or why she knew exactly who Donna was.

As we entered the apartment Anna said something to some kids that were in the house and walked over to the phone and dialed. I gathered from the conversation that she told Paulo, who I would later find out worked at the Fiat plant, that his niece was standing in the apartment. I could hear a cheer of sorts over the phone and with fifteen minutes he was home. It seems Paulo hung up the phone, told the guys his niece was in town from America and just left right then - the Naples chaos in action. In the meantime we learned that Paulo, Donna's uncle, the brother of Pia, was married to Anna. They had two kids, Gino age eleven and Daria age seven. They all lived in the small apartment with Grandma, the mother of Pia. They knew nothing of me, and little of Donna, which was wonderful for me and not so heartening for Donna. Paulo arrived and drinks were served around the small dining table and we proceeded to try and get to know each other.

Quickly my resistance to even coming turned to epic frustration at not being able to communicate properly. We spoke no Italian and they no English. While my frustration at the ridiculous world of multiple languages and dialects and the pain it causes was internal for me, for Paulo it was external. Things would get through to both of us, but when he vainly struggled for a word genuine sadness was present. Here was a man sitting next to me I had never met before, a man I was sure was going to be Luca Brasi from the Godfather, who I did not want to meet at all and I was pissed off to no end I could not talk to him. We managed to get some sense of each other. As we talked the time slipped by quickly as if there was none. They were sad to hear we were staying only one day and in some sense, even at that point, I was as well. We drank, snacked, laughed, and shared to a level of comfort not expected by Donna or me. Suddenly the door opened and the comfort was disrupted.

In came three beautiful young Italian girls, my eyes transfixed and both the way they entered the room and their beauty. They immediately rushed over and kissed Donna and myself. A man and his wife followed them. I looked at Donna with a, "what's this all about" look? They were Benny, the other brother of Pia, his wife Anna, and her three cousins Anna, Mia, Theresa. This was a shock to my system and Donna's, but for very different reasons. Three beautiful young women just entered this tiny apartment and kissed me straight away, whoa. For Donna, these were people she knew nothing of at all. She had no idea she had three more cousins, three more beautiful cousins. The energy was really remarkable to me. Not two hours before I was stressed beyond belief, now I was surrounded by these amazing people who just accepted me as a family member. These people took me in with little more than their instinct to go on and this made me feel wonderful. Donna's mother's instinct had ostracized both of us and created a lot of pain and sorrow, the instinct of these wonderful people was the complete opposite.

Lots of talk ensued; sadly none of them spoke English either. It was agreed up that after returning from Pompeii we would have dinner with Benny and family. Afterwards, we would be picked up by Paulo and taken back to his place for some desert and coffee. Little did I know what this would mean for me. We stayed at Paulo and Anna's for dinner, a meal that was of course remarkable in both taste and simplicity. The trip back to the hotel was one of confusion and excitement. The chaos of Naples seemed to be under control, we had family here, and yet the whole afternoon's excitement and discovery

seemed to just reinforce the chaos and its potential. Maybe it was us, our schedule, but things were moving fast, contrary to our other Italian experiences.

It was at this point that I had begun to think about family a bit. What was it really? Donna's parents hated me; my parents loved her but were on the fence about me. These folks not only did not hate either of us, but they didn't even have a fence.

The following morning we set out early for a guided tour of Pompeii and the Amalfi coast. Pompeii was an interesting place, a bustling metropolitan city one minute, a mummified tourist attraction the next. Our tour guide had done some of the excavation on the site and was keen to point out the food related relics, bread shops, public drinking fountains and the like – even then food was a focal point of the area. After the walking tour we embarked on a bus ride on the famed Amalfi coast. For some reason I didn't put together the tour guide's proclamation of the coastal road having nearly one thousand turns and my crippling motion sickness, a sickness that has me down for the count if I watch a child swing on a park swing. Predictably, after just two of those nearly one thousand turns I was green, after five turns I was ready to pass out. Donna was gleefully watching the beauty and I was spinning like a cartoon character. At one point she turned to me and genuinely became concerned. We stopped at a beautiful restaurant with an incredible coastal view and all I could do was lie down – I didn't eat the lunch for obvious reasons. While each person on the bus raved about the view, the activity, the wonder, I stared at the back of the seat in front of me trying to keep six months worth of meals down.

We arrived at the hotel after the bus ride that would never end with Donna excited to change and see the family and I completely spent and dehydrated. After a shower and moment of stillness, we were off to dinner. I was unsure if I was going to be able to walk, let alone eat at that point. Seemed like just moments before we left, Naples chaos wiped the slate of my body clean, and upon entering the street to meet Benny, I was ready to eat.

The trip to Benny's started off with the reinforcement of the madness side of the Naples chaos. He pulled up to the hotel doorstep going the wrong way on a one-way street. Evidently the street signs are suggestions. As we drove over to the house, only a ten-minute drive or so, fear took me over, as I'm used to organized driving in the streets, this was caffeinated mayhem. As we drove through the streets a man passed us on a motorcycle, carrying two passengers – one on the handlebars and one barely hanging on the back dragging his feet. I sat in the back, griping the seat, trying not to look and feeling a cramp in my back the size of a football. I had done many harrowing things in my life to that point but the new number two on my list was a ten-minute car ride to dinner. We arrived and I crawled out of the car, thrilled to be on solid ground, but knowing full well I was back in the car after dinner.

The apartment complex was similar to Paulo's in vibe though not as big. We arrived shortly before dinner was served. The awkward language issue reared its head again and again and I tried to put away my anger at my ignorance of other languages. Had I remembered any of the Spanish from my three years of study it might have helped lessen

the pain of this cruel joke being played on me, might have. Anna brought me a pre-dinner drink of something milky white. I had no idea what it was but I drank it and I could not ask her! Later found out it was some kind of Almond milk concoction to help with digestion – or so I understood it to be the case. I would not know how thankful I would be for that drink and one that came later on.

As we sat down to dinner I could see that as the visiting male, my position at the head of the table meant something, but I wasn't sure what. The three girls sat to my right, all looking ready to hit the clubs. Donna and Anna sat to my left and Benny at the other end of the table. The young Anna sitting next to me poured sparkling water for me first as we ate some bread. Conversation was strained, this household had a little less of the freewheeling energy of the other, but the feeling was just as wonderful. A large bowl of pasta was brought out to all of us, mine being the largest. It was wonderful, like no other pasta I had ever had. Simple, noodles, red sauce, but so wonderful. I ate steadily to avoid the awkward stares. Though this did little to dissuade the girls from staring at me. Flattering as it was, I felt a little on display. The youngest Anna seemed to be the most interested in me, she had that quiet kind of beauty that grows on you after you study her vibration for a few moments, more Mona Lisa than supermodel.

I finished my bowl and looked up as our hostess Anna spoke. My sense of what was being said was getting better, or so I thought. I nodded enthusiastically at her comment, as I thought she asked me if I liked it. One of the girls took my bowl and she and Anna went to the kitchen, a minute later the same size bowl of pasta was sitting in front of me. She had asked me if I wanted more, not if I had liked it. The bowls were each more than I would eat back home for an entire meal. Here I had two in less than fifteen minutes. The visiting male meant several things and clearly it meant I had to eat this bowl as well, as to send it back may have them disliking me in the way Pia did. Away I went on and ate, with the all the others at the table watching me and waiting for me to finish to move on.

With the pasta out of the way, a salad was brought in, the women all had salad plate sized salads. Visiting male had three times the amount on a dinner plate. I sucked it up a made haste with the salad. The salad was good, but nothing too special, as it seemed to be more a break in the meal process. The girls kept my glass filled with sparkling water and Donna chatted away as best she could. Her high school German was of no use here at all, but somehow she was managing. Anna got up from the table during the salad eating and I paid no real attention to it. Upon completion of the salad, out came the steak.

Each person at the table received a generous piece of meat. More than I would eat at any standard dinner. The visiting male got a piece of steak the size of the plate. The meat, looking so inviting and so terrifying at the same time, was there for me to eat and I had no real choice. I knew I'd have to eat all of it or risk insulting them and should I slow down or stop, the DeRosa family would put pressure on me like I had never seen, in a foreign language no less. I knew they were very proud of the wonderful meal they just threw together at a moments notice, and it was worthy of their delight. Naples chaos was showing up at dinner as a curious kind of peer pressure. I ate, piling a side of beef on top of two bowls of pasta and a plate of salad. Slowly I worked my way through the fatless piece of flesh and enjoyed every bite. I usually finish my food before every one else, but

this time I dragged. Granted the girls were too excited to eat much and Anna clearly ate little, but the pressure was something new to me and it forced me to slow down and even savor the moments. When we were all done, Anna got up to clear the table.

My first thought was, “if I don’t get up I’m going to explode,” so I stood to help with the dishes - years of my mother’s “help with the damn dishes” edict ingrained in my brain was welcomed reflex to my belly. Benny shouted at me, “dishes woman’s job,” – perfect English, and down I sat. All the women got up, including Donna, leaving Benny and I alone at the table, I on one end and he the other, he wanting to talk about things, America, me, Donna, and me just wanting to crawl in a ball in the corner until the meal passed. I didn’t regulate my intake of sparkling water very well either and this was compounding the problem. When I got below the two-thirds mark young Anna refilled me on the spot. The world of families and food is one I had experienced to some degree. My father’s side of the family had the food “thing,” but the food was lousy and I never really filled up at the various gatherings, as the food did nothing to awaken the hidden glutton in me. Here I was helpless, the bowl of pasta was the best I had ever had, the steak was perfect, how can you resist this? Couple that with being the visiting male and I was a true glutton.

Benny and I uttered things at each other for a while and the desert came out – watermelon. Visiting male got a half of a watermelon, half, the most I had ever eaten before was two slices at the beach on a hot summer day when I was about eleven. I lowered my head and ate. At this point I had wondered if anyone had noticed what I was doing. The girls watched intently, but said nothing. I wondered if it was the way I ate, the way I looked, or what I ate that caused this – or maybe it was just visiting male syndrome. Either way, the fruit was laid to rest in my already overfilled belly and the meal was complete. Another drink of some sort, a moment of chat on the balcony and I pondered view of family. It was changing as I sat and waited for our ride. The bell rang and shortly there after Paulo rushed in.

Paulo hugged us enthusiastically, then rushed us downstairs to the car and tossed me in the back seat. I gripped the seat, no seat belts in either car, and off we went. By now it was dark and the Naples chaos took on a different tone. I caught glimpses of rats running down the street, the wrong way of course. More kids on scooters, without helmets, in shorts, darting in and out of traffic. The streets had a different kind of event chaos, far less grounded than the daytime chaos. Paulo sensed my confusion and fear and shouted out “Alaaan, Alaaan, no accidents.” “Never,” I asked? Evidently Paulo had never been in an accident of any kind, while this was some comfort to me amidst the chaos, the bellyache was not benefiting from his safety record. We raced through the streets for what seemed like an eternity and arrived at the apartment and were whisked upstairs.

There was something very comforting about returning back. At the time I wasn’t sure what it was. Could it be that after only an afternoon this was a new home? Benny’s home and hospitality was perfect, but Paulo and Anna’s seemed different. In retrospect it was Paulo’s Anna, she had an understanding of me, of Donna, and both of us together that was remarkable. While we were gone she had gone out and bought me a shirt and Donna a dress. They fit perfect, as if mom had bought them. They were presented to us with a kind of grace, not really a gift per se, a gesture of acceptance of us. Anna understood both

us and Pia's feelings toward us and made no judgment of it. This of course was something I had not expected at all. The chaos of was actually comforting, soothing some wounds of the past. Anna was one of those people in the world who know more than you know, whose quiet presence belies their true sense of knowing.

I smelled something cooking as we sat at the table. I asked about it and Anna took me to the kitchen. She showed me some kind of shelled creature in a pot of soon to be boiling water. They were still alive, moving slightly - maybe she got them from the guy who gave us directions. I told her that I wasn't really into that kind of food, and truly I wasn't - there was no room in the belly anyway. She insisted that I try, just to see, and I agreed, how could I resist her? The visiting male syndrome was less present in this household, but I could see she went a lot of trouble, Naples chaos may have meant she fished for them herself.

We sat down to the table, more water, some wine and a plate of pasta was brought out first. Not nearly as big as the other Anna's but visiting male size nonetheless. I just dug in. Her pasta was marvelous, so simple in its construction, and yet so complex in the way it tasted. Truthfully, this Anna's pasta was a miracle. This time I knew not to ask for more, as I knew the shelled ones were coming, but I really wanted more - my inner glutton was uncontrollable now. A plate of these hard shelled creatures sautéed in garlic, olive oil and some spices was brought to me. I couldn't recall eating anything of this sort before, and was clearly insecure about my ability to keep them down. They were divine. I ate my visiting male portion without issue. We chatted and laughed, Paulo and I were still frustrated at our language abyss but we still connected. After a while Anna returned with a visiting male sized portion of mussels. I wasn't into them either, but she had not steered me wrong the first time, so away I went. Was there something better than divine? I was instantly a fan of mussels - a mistaken impression, as the ones I subsequently ate in the States were inferior to say the least.

I was feeling wonderful, fat, bloated actually, and not in control of my faculties when I really stuck my foot in my mouth. Naples chaos has a way of working on your subconscious. Naples is the home of the Pizza. A point Paulo had made many times and rightly so, as no other food product has spread throughout the world. A food born of poverty and desperation is a city monument, complete with apprenticeships to make the glorious pie. After the mussels were safely stowed in my belly I told him I was disappointed we hadn't got to try the fabled pizza with him. He understood this perfectly and without a moment's hesitation he left the house. I was lost, as was Donna, but Anna knew exactly what he was doing without being told. He returned moments later, seriously moments later, with an extra large Naples style pizza. Evidently there is a hot pizza waiting only seconds away from each domicile in Naples. Donna looked at me and laughed, then she asked if I was going to eat. After what he did there was no way I could not. Away I went. I grabbed a piece and was met with something beyond words.

The pizza was wonderful, like nothing I had eaten. Clearly born of poverty, but within the origins was the energy that is the Naples chaos. I was overtaken by the mix of simple subtle flavors, it all added up to nirvana for me - to this day that pizza is the only food I can resurrect in my mind in a moment. It was a simple blend of tomato, basil, garlic,

buffalo mozzarella and a bit of olive oil but something about the city was in the pizza, 2800 years of history all melded in this thin crusted work of art. Donna watched in astonishment at my efforts, not knowing whether to be appalled or impressed. Anna finally brought out a cake for us to share with our wine and at that point I knew having a slice couldn't hurt my gastronomic integrity. We made an effort to get the recipe for the pasta – later we would find our own efforts to recreate the magic fruitless, downright criminal. Finally we got up to leave, hugged Anna, grandma and Dalia good-bye, then we walked out the door with Paulo and Geno. The process of leaving was awkward to say the least; the chaos of Naples had turned me around completely from fear of arriving to fear of leaving. After a wonderfully filling night, it was time to leave.

It was the walk down the stairs that would infect my brain. As we walked down the stairs I heard my mother's ever present voice say, "say thank you," and so I did. Paulo actually hit me in the fact, though not with real pain as the intention and said, "family, no say thank you." His eyes were forceful, his words were telling me something I had never considered. The concept was something deeper than sentiment; it was a code, a way of life. I took that to heart, and it probably served me poorly in the ensuing years, as codes don't necessarily translate between groups of people.

What seemed like a revelation to me never seemed to be grasped by my mother or my family. In that moment I thought, here is this man, this wonderful man, family, people, who took us in, fed us the best food I would ever eat and his thank you was his ability to share with us. To reduce that to a trite, "thanks" was an insult. I would try to live that way when I returned from our trip, only to find that my family, my mother in particular, hated not being thanked at every turn. She demanded I thank a policeman for giving me a ticket; she wanted me to bow to her for giving me a kiss. In fact, she wanted me to send thank you cards in response to thank you cards.

Paulo decided to take us on a brief late-night sightseeing tour. The chaos of Naples had subsided for the night and the car trip was less stressful for me. I was also too sated to care. He spoke of Naples with so much pride, a far cry from the disdain Pia had expressed to Donna. It was chaos, but from his eyes I could see the beauty in it. Paulo could see I was stuffed: three large bowls of pasta, one large plate of salad, one very large steak, two plates of mollusks, one half a large pizza, watermelon, cake and drinks all in a four-hour period. As we drove he said "Alaaan, Alaaan," he said my name twice to get my attention, "Alaaan, Alaaan, you need this." With that he stopped at a little drink kiosk on a really dingy street.

We got out of the car and Paulo ordered us all something. The booth was about eight feet by eight feet and contained a large variety of bottles, mostly booze I guessed, but I really couldn't tell. It seemed as if the proprietor was there all the time, did he ever leave the street side hut I wondered? The barkeep took several gigantic lemons from a basket and juiced them. He then set out for small glasses on the make shift counter and put in a teaspoon of white powder in each, then filled each glass a quarter filled with lemon juice. Paulo ushered us over of the counter and motioned to us to drink it fast. The barkeep then poured in some sparkling water and stirred vigorously. The concoction foamed like Vesuvius and Paulo urged us to drink up quickly. There was no time to figure out where

all this was going to go in me – my esophagus was empty I guessed. I managed to get three quarters of it down, the rest landed on my shirt and shoes.

Paulo dropped us off and we hugged and off they went into the Naples chaos. My world had been enlightened in ways I cannot really fully explain. Naples chaos is an amazing thing. Donna and I are no longer together, but part of me knows that were I too find myself in the Naples chaos again, and could somehow find the Paulo DeRosa family amid that chaos, I'd be welcomed in with that wonderful energy they shared with me while we were there.

I also learned that culture, family, connection are different all over, and those unique things often do not translate, no matter how much we want. I loved the idea that I do things for my friends and family because I, me myself and I, want to, not because there is gratitude from them in it. I still cringe when certain folks say “thank you” to me, as my love for them means what Paulo taught me. Only now I just keep that to myself.

The next morning I felt great, seems the lemon concoction was a natural Alka-Seltzer and did me wonders. So good I stopped by a roadside stand to partake in one more personal size pizza before we headed off to Greece.

Question – Medical Est.

Recently several people I know have left the Earth. While on Earth they manifested cancer – cancer is never the “cause” of death, choice is the cause. While experiencing cancer they also experienced “treatment” which seemed way worse then the ailment and I wondered if vacating the Earth might not have been hastened in order to escape the treatment.

I read a recent survey that said that most doctors would not take the treatments they prescribed for cancer. Not surprising.

It got me thinking. Were I to swallow many “cancer treatments” by accident at my home it would be poison. My friend's dog swallowed his cancer treatment and 15k later the dog was barely alive. Yet, because that same chemical is injected at an office it is “medicine?” Were I to have the radiation machine they use for cancer treatment at my home it would be illegal and very, very dangerous for my health. Yet receiving radiation treatment at an office is considered medicine? Certain chemicals used in the treatment of cancer require the patient to stay away from others, lest they injure the anyone who isn't containing the treatment in their body. Again, if the patient has it, it is treatment, but if another non-patient were to get near it, it would be poison? The most common sense approach to health is one must build up the immune system in order to defeat any invaders. In fact, it is your immune system that has access to all parts of your body – no chemical agent does. Yet, cancer is a special ailment that requires one to destroy the

immune system in order to... well I'm not sure what the point is, as the mental gymnastics needed to make that equation work are above my pay grade.

The EPA says that mercury in any form is a serious environmental hazard; Mercury is very bad news according to the government's most powerful agency. Yet in a Dentist office good old mercury is medicine? The effects of mercury on us and the Earth a serious issue – mad hatters disease was due to mercury in hats, yet in order to save the Earth from us humans we have decided that MORE mercury in homes and landfills is go-green-good for the environment? I ask, how is it that mercury lighting your home is green and healthy when that same mercury in the landfill will get the EPA to fine you into oblivion?

Fluoride is also seen as an EPA poison. Were I to happen upon a barrel by the side of the road it would be considered really unhealthy for me to take a swig. Yet, putting huge quantities of fluoride in the water and swallowing it is considered medicine? The toothpaste container containing fluoride says to call an emergency disease center if you swallow the paste, yet it is not considered toxic to brush your teeth with it?

The Question: *Why are the embodied Human-Beings so prone to seeing something as being a medicine and a poison at the same time without any conflict?*

This one is a truth that is hard to reconcile. Ages ago my father chose to manifest an odd disease. It was odd in that it usually afflicted younger women, not older men. I recall Carolyn Myss' assessment of "scleroderma" as being spot on for him. As a result the family was involved in the world of charity fund raising to find a cure. There were two competing, warring, factions involved in the race to a cure. This is not uncommon as you can see this of course in cancer; AIDS, MS cure chasing as well. What I found impossible to grasp was that these folks were raising money, and a lot of it, to give to some University or research lab in order for them to develop a "treatment" (cures are against the law). While that part made some sense to me, the fact that once this "treatment" was developed it was then going to be sold to a pharmaceutical company, which was going to then sell the treatment at an exorbitant rate to the very people who donated in the first place. There was little chance my father was going to get a discount for the countless dollars that when to employ these technicians.

What I could see in the process that donating money meant that one day you were going to have to pay for a treatment you were working to develop by your donations so it had to pay off for the company that was going to patent the treatment. If the lab or University discovered eating 20 apples a day would cure the disease I doubt the information would be released. If the lab or University developed a 1000k dollar a month treatment, like the original "AIDS cocktail" it would then be patented by chemical company x, and I know the information would be released and the treatment sold to all the charitable donors at full price.

What is going on when the process of charitable donation, a positive effort if there ever was one, is rewarded with singular ownership of the communal effort? What is going on when that patented treatment is to be sold to those who can pay – the opposite of what the charitable process was all about in the first place? Is our inherent need to assist being exploited by those who crave control and ownership over all things? Did the Native Americans patent the medicine man's treatments and sell them off to the tribal members who could afford it? Do the aboriginals, those left, hoard treatments and dole them out to only those who deserve it?

What Is Karma?

In this post I am not going to answer what it is, but what it is not. First off the origin of Karma is from a religious order. To keep things in perspective here all of the religions, major, minor and odd (the Jedi religion) are the equivalent of all the water in the oceans. The amount of truth contained in that vast world is about an eye dropper's worth. It is impossible to argue the merits of one version of religion or another, especially in this time period, as it seems one only need to have the vaguest notion of a religious order in order to have your own. Keep in mind, if a religious order does not have Freewill at its foundation it is severely lacking in credibility.

The reason why I am going to go over what Karma is not is because there is a very odd and destructive version that has plagued the western "new age" community. Many times folks would come to me for some healing work and say something along the lines of, "I saw a psychic and she told me the reason I am in the relationship I am in is we had another lifetime where I killed him so he is now beating me senseless as Karmic payback." The psychic who uttered these words should be charged with a crime and let's see why.

In order to understand why "working out the past in the present" is a problem we will turn to my dog. My dog, just like you, lives wholly in the moment. There is no past or future for him, only now – just like you! If my dog were to pee in the house on Saturday and on Thursday I beat him senseless over that fact he would be completely lost. He'd have no idea what the hell I was talking about when I said, "Don't pee in the house." The past was no longer an issue – he never peed in the house as of Thursday. If I were to correct the dog's peeing antics I would need to catch him in the act and then correct him right then. See where I am going? To resolve an issue is to resolve it in that moment, while it still exists. To wait for "another lifetime" is neither possible or reasonable.

To really understand why the whole western system of Karma is preposterous one needs to get this: *I don't learn lessons, I have experiences*. Some of those experiences involve stealing from others, or being stolen from. Some involve breaking up with folks I loved or having them break up with me. Some involved getting into fights with people over this or that and all of it happens *IN THE MOMENT!* It would do me no good whatsoever to

spend time with someone in this life resolving (who needs to resolve anything at all), something that was relegated to the original moment.

If you still don't get it. I'm sure all of you reading this had a 1st grade experience where you were made fun of. A time where you were so hurt at being called fat, or stupid, or slow, or something else that you want to resolve that. Go back right now to 1st grade and fix it! What are you waiting for, do it, go back and demand a resolution. At first thought you got confused and you thought, "Gee I can't go back." Your second thought was "gee, what would I say?" Get it, there is only the moment, there is no resolving anything from the past in some future moment. The past was an experience, nothing more. The past was not a missed lesson or damage that needs to be balanced by doing other damage. Experience is experience. There are no lessons, as lessons are for slaves.

You are not in a bad relationship now because you had to fix the bad one you were in ten other incarnations ago (ago is not the right word as there is no "past" incarnations only incarnations).

Karma is not resolving the past in the present. Karma is not punishment for past deeds. Karma is not what is causing your problems. In fact, what if you saw your problems exclusively as opportunities, and then what is your Karmic problem if you have no problems?

And what about those folks who came to me with Karma/relationship problems stemming from past traumas? They had just plain old present-moment conflicts, conflicts that were often simply resolved by simply moving on.

A side thought. I suspect some of this Karma business originates with a group of people who do reside in India. I have read about a place where you can go to a center and give them a thumbprint. A few days later, if you are one of some 100k (if I remember the number correctly), you will be told about your life. This suggests to me that some 100k people have decided to spend some time on Earth going through each possible permutation of a "lifetime." So everyone takes turn as a butcher, baker and a candlestick maker. The Karma theme could come from that process, but it would only apply to those in the club and not a teenage girl in Utah who's having a hard time in her first serious relationship.

Obsessed With The Past

What on Earth is our collective obsession with the past? In fact, we're obsessed about the future and the past more than we are obsessed about the present. Folks will endure endless amounts of pain and suffering in the present moment in order to get to that future utopia promised by those inflicting the pain. Wasn't WW2 the "war to end all wars?" Alas I digress, so back to the past.

We are obsessed with the past, often seen with the endless effort to figure out how people have lived. I find all this “we now know xxx was doing this” exhausting. If I read another “Stonehenge was xxx” story I am going to vomit all over its author. What does any of it matter to the degree with which we are obsessed? Some consider this quote to be the basis for the obsession; “Those who do not understand the past are destined to repeat it.” If there was ever a meaningless phrase being used in a meaningful way it was this. Those involved in the crusades most assuredly understood the horror of killing anyone with extreme prejudice and violence who disagrees with who is the right god. And we can all agree that we understand that “history” pretty well today, and yet, it hasn’t stopped a single similar effort – in fact, aren’t we still at war with the damn Muslim heathens? I digress again.

I’d like to point out the hilarious flaw in the obsession with the past. Let us take Stonehenge and the Great Pyramids of Giza. The construction of these great rock sculptures have obsessed men throughout the ages. About every ten years another theory is put forth. Slave labor, magic, “poured on site” and so on are the means this baffling monuments came to fruition. There are nearly as many theories as there are people. Curiously, the obsession with the past had all of these serious researchers ignoring what was happening in the present, only about 80 years ago. In fact, had those obsessed been a wee bit more focused on the present they might have seen how they were built, right in Florida, Miami to be exact, at the Coral Castle. From Wikipedia on the work of Ed Leedskalnin:

The grounds of Coral Castle consist of 1,100 short tons (1,000 t) of stones in the form of walls, carvings, furniture and a castle tower. Commonly referred to as being made up of coral, it is made of oolite, also known as oolitic limestone. Oolite is a sedimentary rock composed of small spherical grains of concentrically layered carbonate that may include localized concentrations of fossil shells and coral. Oolite is found throughout southeastern Florida from Palm Beach County to the Florida Keys.^[13] Oolite is often found beneath only several inches of topsoil, such as at the Coral Castle site.

The stones are fastened together without mortar. They are set on top of each other using their weight to keep them together. The craftsmanship detail is so skillful and the stones are connected with such precision that no light passes through the joints. The 8-foot (2.4 m) tall vertical stones that make up the perimeter wall have a uniform height. Even with the passage of decades and a direct hit on August 24, 1992, by the Category 5 Hurricane Andrew, the stones have not shifted.

You’ve probably never heard of him. While countless scientists have poured over the pyramids and Stonehenge over the past 100 years working out new theories, few, if any, have poured over the Coral Castle. And it would seem Ed did everything those in the “past” did in Miami and charged 10 cents a visit to see his work in progress. It would seem that in the 40’s while the Indiana Jones’ of the University of Miami ran off to Egypt Ed was building away.

This obsession with the past is remarkable. I went to Death Valley last spring and found folks fawning over mining tools used barely one hundred years ago, as if the world was something wildly different then it is today. People lived just like they live today. I can only imagine the hilarity that will ensue as they wonder what on Earth was going on when a future traveler finds a frozen millennial holding a cellphone displaying angry birds.

Cultures are obsessed with righting the wrongs of the past, as if killing a country's inhabitants today rights the wrongs of the deaths from 2000 years ago. This focus on the past serves one great, very important spiritual purpose: it weakens everyone who participates. All of your power, all of your Freewill, is to be found in the present. There is none to be found in the past. There is only the present moment and all one's power lies in it. Stories are fun, great stories are really fun, but there is a problem with the stories that are used to define the past as a foundation for the present.

Up until the 1900's the majority of people on the planet could not read or write. This is really, really important. If we go back prior to cheap writing utensils we see "writing" as something only an educated person would do and only one who could afford the tools. Well, in any given community that meant only few people. "So what" you say, "not everyone can write but people did and enough did to give us this historical record." Ah, but say you lived in town 1500, it is likely that everyone knew who could read and write. This meant that anyone who wrote something that was unacceptable could have those writings destroyed. After the printing press came along it was incumbent of the pressman to make sure he didn't displease anyone with his printing, or the local thugs might just wreck his machine. Publishing required a publisher who thought there was value in one's work (money) and I can assure you my work on Freewill would not be published. This is to say nothing about the Church's editorial censorship of the written word (did you know the Vatican has a library of written works that few have ever seen – might one of those books detail Stonehenge's construction?).

History is "his-story" which of course is the full and completely authorized version of events as I say they are – so say the King. The winners wrote the history and since so few could write it was easy for the winners to destroy the story the losers created.

Yes, but scientists can piece together enough to know what happened, can't they? No, because the writing is not the present moment, but a story representing something that no longer exists as a present moment experience. They can only look through their prism, using their experience and their symbols (words) to guess at a past that is not theirs to experience.

Having things in writing creates fear in many. When you are in a court of law it is best to get everything "on the record" and yet a great many judges and others do not want their story "on the record" as it subjects them to review. So a lot of history was not on the record. Remember the President refusing to testify "on the record" concerning the events of 9-11-2001? In fact, despite the inordinate amount of files, records, books, digital storage and the like on this planet a lot was not on the record. None of my past conversations with any of my friends, colleagues or acquaintances were either on the record or on – and some were damn interesting I must say.

I remember the public school threat that was issued during every school year, "this will be on your permanent record." While after 50 years of life not one, not ONE person has every asked to see my permanent record – where is it even located?

Those in the past did what they did because it was their present moment. Someone clawing their way through my past would only see things from their point of view of that past, they would see nothing of the point of view of me in that moment at all. They might say “he did this to accomplish that” but asking me personally I’d say, “not even close but I can see how you came to that conclusion,” and asking me in that moment might illicit an entirely different response.

And what about the recording of things that have no symbols to express those things? Many people have experiences that they cannot convey in words. Many are not particularly articulate and are unable to express via some historical record their experiences. The bible mentions “flying chariots” and of course modern scholars dismiss this as delusion or exaggeration. I would suggest that someone who had never seen an open cockpit airplane might have described it as a flying chariot. It took me a lot of metaphor, example and some very, very specific techniques to impart the notion of how Freewill works in my book, “Absolute Empowerment, the final answer to why.” Without the techniques, or the symbols people connect to via the techniques, the words would fail.

And what of those with an agenda, a vendetta or a flair for exaggeration? The Epic Of Gilgamesh is thought to be a fantasy novel. But it seems to me the idea that given the restraints on writing a fantasy novel seems odd. Could it be that we have no capacity to understand the past as it was recorded in that book?

Which all brings me to this point; therapy is all about this obsession with the past. The midcentury creation of the “analyst” is simply a form of human torture. The idea that going over every minor detail of one’s life, as you remember it (not as it was), as way to understand anything other than the psychoanalysts outrageous weekly fee is comical. A friend of mine said that she overheard this during med school: “make everything about the mother, that way they have to keep coming back for therapy.” Therapy is predicated on resolving the past in the present moment. This of course is impossible but it can lead one to wander the planet looking for how they got to where they got to without even bothering to notice that they were there.

Why is this important? I have done a lot of work altering energy influences that influence one in the present by simply looking at what was going on in the present. Your present reality tells you EVERYTHING you need to know. There is nothing hidden, it is all right there in front of you, whether you choose to see it or not. You do not need to go back and look at anything to know about your present moment. Get out of the past, look right in front of you and see what you see. You might see Ed putting up a Coral Castle right next door to you and you’ll learn how to levitate large objects.

If you like, you can use the Harmonizing Statements to understand what I am talking about. This technique will show you have everything in your reality right now, in the present moment, is all you need to resolve any issue you have ever had.

The Language of Another

I recently saw a documentary on Sea World's Orca Killer Whale named Tilikum. It is an interesting documentary in that it describes the life of a captured Killer Whale and his attacks on the trainers who worked with him. Tilikum has killed three trainers while in captivity.

I have heard it said that some whales and dolphins are Souled beings expressing themselves in those forms in order to experience Earth's frequencies in a more efficient manner. Life on Earth is about experiencing Earth's frequencies for Human Souled Beings, The Animal Kingdom, The Plant Kingdom and many others. While many of the Human Beings find themselves taking on a body in order to experience prison, or poverty or working in a bakery, as a way of experiencing Earth and her multitude of frequencies of expression, some Souled Beings have chosen highly conductive salt water as a way to experience her richness in a more efficient manner. So for the sake of discussion it will be stipulated that the Orca is a being greater than or equal to a Human Soul Being in its evolutionary process (not a Human Souled Being personality – like your neighbor, but Eternal Soul expression, as the stipulation also states the Orca is more evolved than the Human body expression like me).

Back in the 70's a corporate enterprise known as Sea World decided to capture several Orca's from the Sea and train them. One day Tilikum was swimming with his pod when people he did not know captured him, put him in a sling, then onto a boat and dumped him into a water-prison. These folks offered no explanation to Tilikum, who probably had a different name at the time, and he had no way of communicating with them, as they did not speak his language.

To put this in perspective, imagine living in the expanse of the Amazon and being kidnapped at 14 by people who did not speak your language. Imagine them carting you off to a world where you were put on display in a bedroom and asked to perform for others. Imagine that as you tried to convey your displeasure you were ignored, yet you were beaten or starved when you failed to perform the tricks you were being trained to perform for others of the group. Such was Tilikum's life.

Over the years Tilikum displayed what his human "trainers" termed withdrawal, anger, obstinance and so on. Yet those in charge were baffled by this when in reality they simply could not understand why this more evolved being did not want to be in a tiny water-prison away from his family, friends etc. Since those who kept him caged refused to "listen" to what he said he killed a trainer to get their attention. To the normal human, not the soulless corporation, the act of killing was an act expressing, "let me out now." To the corporation the act was an act of "get PR on this, get new trainers from another high school and isolate him as punishment." Of course he was not let out. He killed again, and again. Yet folks still didn't get it. Consider how dense, or mean, or soulless those involved in this entire effort are. Consider there is no shortage of people willing to "train" or work in the Orca's prison camp.

What exactly would a being who was imprisoned without consent do to get released? Ask? Beg? Kill? How about all? There is nothing more frustrating than not being able to communicate. There can be nothing more frustrating on Earth than not being able to communicate that one wants to be free. There is a movie that is out called 12 Years A Slave, where a free man is kidnapped to become an enslaved man. For those who are involved in this Tilikum enterprise this is the feel good movie of the year. Seriously, this movie exemplifies what Sea World was after all along.

It seems to me the reason this was done was to show the humans who flocked to the Sea World shows that even the great Orca could be tamed, imprisoned and enslaved. Those who sit in the seats see no harm in imprisoning another being, so therefore they see no harm in they themselves being imprisoned. If the great Killer Whale can be tamed then so to can the great Freewill Human Being that you are. Those who do not see Tilikum as a slave do not see themselves as slave and all is well in delusionville.

If you accept the enslavement of another, you completely and without reservation accept your own enslavement. If you accept the enslavement of those in prison, those in poor countries, those in debt or those in any other form of expression for Freewill is not celebrated you accept enslavement of yourself.

On a side note, the Ten Commandments are a rather funny document to me. It is said that after liberating the slaves, god handed down Ten Commandments for those he liberated to live by. It seems remarkably shortsighted, even Sea World like, that those ten commandments do not ban slavery. I wonder why?

How I Learned To Hate Music

Music is something I love, or loved. I was one of those kids who was drawn to music right from the get go. While my family was not a great music family in that my parents didn't buy albums or wax poetic about the classic phrasing of James Taylor's lyrics, it was still a part of our lives. In Los Angeles there was no shortage of radio stations on the AM or FM dial and the radio was always on in our cars and quite often in the house.

Over time I began to see music as something more meaningful, more intimate and something worth exploring. By age 13 music was as integral to my life as my family was. I was fortunate to live in Los Angeles where finding music was easy. There was half a dozen record stores that specialized in used rock music, jazz music, world music and the all-important "cut-out" albums. Cut-out's were promotional albums that had a hole punched in them which meant they were used for promotional purposes only and most of the industry companies dumped those albums at these stores and getting these albums was seen as a score. I picked through stacks, bought, listened and traded-in often.

As I grew older my taste expanded with each year. I found Bach to be a favorite as well as classic Country music. I found electronic music to be quite interesting as well as the New Age genre. I loved discovering Count Basie's work as well as Leonard Cohen. While in New Orleans, possibly the music capital of the world, I found all manner of music to interest me, as the radio stations there was very eclectic indeed. In my head I figure there are some one hundred thousand songs and compositions rattling around. From Bill Haley's "Rock Around the Clock" to Bach's Brandenburg Concertos. From "Frere Jacques" to "Happy Birthday." From Led Zeppelin's "Kashmir" to "How Deep Is Your Love" by the Bee Gees. I can't play any of them myself, but my head is like some neuro-wired jukebox. As a quick aside, a local musician named Jon Brion does a performance where he mashes up several songs shouted to him from the audience and plays them together, by himself – one can hear "Kashmir" with "How Deep Is Your Love" with "Happy Birthday" and it is remarkable.

Recordings from vinyl to MP3 to live music in clubs to stadiums, I have listened in all the ways possible. I have had my life soundtracked by the music from the s the Gregorian chants to the theme from the Godfather. And it was all great until 2010, as that's when it died for me.

Music was something special and then something happened in the world. Music became a syringe designed to open a revenue stream from my soul. Music, and the same damn songs, was being played at the gym, in the convenience store, at the hardware store, at the doctor's office, on telephone hold music and even on websites - everywhere. In early days of my life you made a choice to listen to music or you heard Muzak – the non-threatening, non-confrontational versions of songs piped into elevators. Muzak was there simply to make waiting a wee bit more tolerable but not to rip open your soul to sell you crap you don't need. Other than Muzak there was only radio and folks new that blasting radio during surgery wasn't cool.

Then something happened. Madison Avenue realized that music would sell anyone anything at anytime. So The Who went from the soundtrack of my youth to the Marketing Soundtrack Used To Sell Cars To Upscale Men Feeling a Midlife Crises. Suddenly some horrifying, poorly pieced together Rap song was lovingly broadcast to make my stay at the carwash more pleasant, "and I said, fuck you bitch take that uh huh" made my most recent fifteen minute carwash a pleasure. Suddenly the gym was blasting music, the massage spa was blasting music, and the damn gas station was blasting music! The gas station, when it wasn't showing the TV, was blasting music to what end? And worst of all, the music being blasted at me for my pleasure is not music that is good, but music that is cheap!

Music isn't free, so folks who work in the business of creating music to make your Home Depot shopping experience more profitable for Home Depot wants something that is cheap or free, *and* will help them tap into your pocket. So the same songs play over and over and over again in the Lowes, the Home Depot and every other store that subscribes to the idea that a shopper hearing "Paved Paradise To Put Up A Parking Lot" will buy five extra snickers bars at the check out counter (that song's irony is priceless when played at the home improvement centers). It isn't bad enough I am no longer allowed to

think while getting gas or buying a toilet, I have to hear the same 500 royalty free songs everywhere I go! The once innocuous Muzak's webpage logo is "multisensory branding," which translated into English is, "how we destroy music one track at time."

To make matters worse, the folks controlling the auditory hell are doing so without regard the music itself – such as music has become. The speakers used are almost always defective, the sound is always way too loud to be clear and in many cases that Celine Dion song I can't stand (but is one of the 100k in my head) is being constantly interrupted by some in-store announcement. I went to a major league baseball game and the blown out speakers, brand new speakers I might add, produced so much distortion that the wrecked song was apparently a song used to open the game was a song I used to favor. Every stadium, every used car lot, every taco stand has music blasting. I was walking down the street and a tanning salon set speakers outside the salon and was blasting music at the 6-lane highway, at nothing in particular just the highway!

I went to a restaurant a few weeks ago, a very expensive restaurant I might add, and the music was so loud I simply stopped talking, as I just couldn't shout loud enough for anyone to hear me. And the reason for this posh restraint blasting the music was???

I now hate music. Once music was done to express, to entertain, to record experiences and now it has become some vile auditory nightmare used to get me to buy more stuff. At some point a musician wanted to simply play. Times changed and a musician wanted to sell records. Times changed and a musician wanted to sell a lot of records and perform in front of a lot people. Times changed and musicians just wanted to be famous with or without the music. Times changed and now musicians desperately want to be featured in an add selling tampons. Even more horrifying, folks will buy a song off iTunes because it was featured in a tampon add!

The most painful part of this insane alteration in the human expression of something beyond marvelous is the destruction of the personal boundary. Not only has the world of marketing decided I must have music blasting at me at all times, so has everyone else. While sitting at a signal I am forced to listen to that same horrifying rap base-line (nearly all rap songs have the same or similar underlying base-line) whether I want to or not. The guy in the car next to me with the blown-out speakers has them turned up to eleven for my listening pleasure so I can not only enjoy his pedestrian taste in music but his rattling doors too.

Worse yet, my home isn't protected either. I kept track of how many times I heard music that wasn't coming from my speakers for one week. Each week I listen to three minutes and thirty seconds of someone else's music as they pass by, some folks are passing by two or three blocks away. Last weekend a grandmother who was throwing a birthday party for 6-year-old granddaughter needed a two thousand watt stereo blasting rap music for the child to fully enjoy the day. What is two thousand watts mean you say? It means in my neighborhood everyone in a 4 block radius got to hear the music whether they liked it or not – because otherwise the party would have not be worth having!

I hate to say I hate music but I cannot find another way around it. Should I decide to listen to the majesty of the Brandenburg Concertos, actually sit down like I did 30 years ago, I will be interrupted by some car passing by letting me know that the new JZ record is worth blasting at number 11. The Who's "Won't Get Fooled Again" the antiestablishment anthem for a generation now sells cars to me while I pump gas. AC/DC gets the fans rockin' for a relief pitcher and Celine Dion, god bless her, sells more crap at Target than anyone else. Chopin makes people weep as the watch and add for a smartphone that takes glorious pictures of children playing.

If you asked me 35 years ago if I thought music would ever die I would have punched you rather than answer.

(And this. It would seem the government has used certain music to torture, or maybe they do not call it torture, prisoners held at Guantanamo Bay.)

War, What Is It Good For?

So, why is this important to you? If you were not aware that music is being used to manipulate you in a myriad of ways you should know this. That playlist in the store has been created to make you, yes make you, buy, buy, buy. That music purporting violence, gangs, guns and telling it how it is in the streets is being created to make people violent. The music added to movies, ads and websites is being added to manipulate you. It is all a seemingly chaotic, but well crafted system designed to get you to hand over your Freewill because you heard a classic love song played over a travel commercial for Hawaiian vacations. Stop and listen... with this information in mind.

In the last one hundred years, since the creation of the Federal Reserve Bank debt note, the world has spent some 100 trillion dollars on weapons to kill human bodies. The 100 trillion is really a guess as there is no real way to quantify any of it but in the U.S. the on-book defense budget is nearly 1 trillion a year so 100 trillion worldwide for 100 years is probably a gross underestimate.

From nuclear weapons, to stealth aircraft, to drones, to assault rifles, to chemical weapons to some really scary electronic weapons. It has all been designed, manufactured and in a great many cases used on the population that created the weapons. Officially there have been some 200 million dead in the last 100 years due to this effort and untold damage in other ways.

These truths are not new of course, but today's question is this: Why do the Earther Human Body expression so gleefully and diligently pay for, and produce, the very weapons used to control and kill them?

An assault rifle is created by Joe Smith in a factory in small town America to be used on Joe Smith's cousin should he get out of line. Should Joe get out of line, the bullet will be

used on him. 100 trillion dollars, a near infinite amount of energy, has been spent by the people of the planet creating weapons of control or death by them *to be used on them*.

Even more disturbing is the waste issue. Nuclear power was created as a rouse to get the populace to pay for and create the materials for nuclear weapons. The intended creation of nuclear power plants was not power, but weapons grade material. Now, the waste from those creations, but the bombs, the tests and the plants is poisoning the planet at an alarming rate and yet of that 100 trillion very little if any has been spent protecting the world from the waste. So not only have we agreed to pay for and build the weapons of our demise, we've been forced to live in the toxic waste created by the effort.

No politician, or king, has every built an armory himself.

Why do humans so readily build their own prisons, their own tools of enslavement without so much as a second thought?

I Am Not Special

I woke up the other day and I realized I am not special. No really, I am not special at all. It seems everyone on Earth is special but me. I am just an average white guy, that is my skin color is white but I have no idea what that really means. I have Cherokee Native American in me but I myself was not walked along the trail of tears or raised on a reservation. I have some European white in me, but I'm not sure if that is specific nationality white or continent specific white. I am not considered a poverty case. I am not disabled. I am not too tall, or too short, or impeded by my physical structure in any particular way. I am not in a political minority or in a religious minority. I am not part of an oppressed group of people. I am not one who has oppressed a group of people. I am not a celebrity. I am not entitled to special protection under the law.

I am not a victim. My sexual partner preference is not special nor is my preferred sexual orientation. I'm not owed anything by any group or organization for crimes committed against me or my ancestry. In short, I am not part of any protected class of human expression at all and I am okay with this.

I am truly perplexed by those who feel that having others consider them as special is an achievement. I have never felt that if all Chinese people simply recognized me as special everything would be okay with me. I have never thought "gee if I was just seen by the impersonal bureaucracy of government to be special I will have arrived." I have never felt that the reason I am not who I really want to be is because I am not seen deserving of special treatment by others who are not me.

I saw a story the other day that said that Facebook gives some 50 gender options in their profile page. 50? Is there one for "plain?" I wonder why people feel that if they are classified by a predetermined definition that they are special. I have never had the desire

to be reduced to a classification and always felt to be reduced to a check mark on a page was insulting. When a form asks me if I am “white” I always wonder how to answer that. Black people are now “African American” which is a truly bizarre label, as it is both Continental and National in its origins. Are some “South African and North American” or “Mid-African and South American?” Am I “White, American?” It all seems so insulting to me, as I am a Human Being having an Earth-based embodied experience.

But that last part is what is so interesting. I am a Human Being having an Earth plane experience while in a body constructed from Earth’s materials. It is that fact alone that makes me special. It is the fact that I am a Human Being is what makes me special, not what Facebook includes in its listed designations. I am an eternal Human Soul choosing, with my Freewill, to embody a physical form for a finite time on Earth and that is special, vastly more special than being part of a politically protected class.

Drop the labels, drop the check marks and simply embrace the true specialness of your expression – you are a Human Being. The specialness of you is you have Freewill, not that you are classified.

I Am Spoiled

I was born and raised in Los Angeles. This gave me privilege I never really understood. In fact the area I lived in was special even by special standards. A friend of mine who was raised 20 miles or so north said that he desperately wants to hang in our area. Due to my location in the world I had access to nearly everything, dozens of radio stations, countless great restaurants (a types of food) a dozen TV stations, countless film and live theater venues and the great physical attributes CA had to offer.

But this post is not about the area it is about how I perceived things. I knew certain people and places existed in the world that were not as evolved as my world. But these things were abstract. When I was a 7 my mother said to me “who do you want to invite to your party” and I said, “the kid with the red sweater on” and she was surprised I didn’t say the “black kid.” I saw differences in people but those differences were simply differences in the way they expressed themselves, the idea of some giant social class division was preposterous to me. A British friend once tried to describe the class system that still exists there today and I was lost as this just seemed beyond stupid.

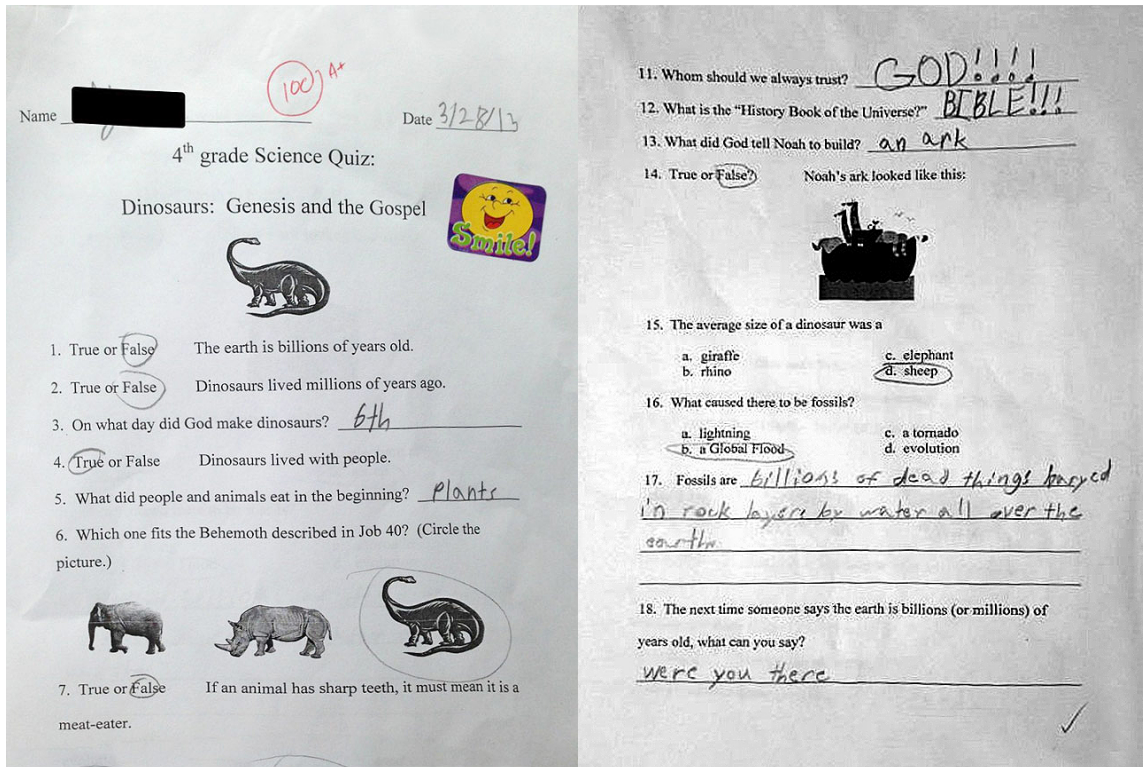
A few months back I drove through a small town where few friends I once had were from. As I drove through the small town I wondered where they got their music from? I had dozens of retail stores, dozens of radio stations to find music but they had none. It struck as I remembered them telling me they bought things from the Sears catalogue at a lot, while had an infinite number of retail stores selling things from all over the world to buy things from. I have never known what it was like to live in a cultural void.

I lived in New Orleans for a while and I noticed that people were different. It seemed to

me they had heard there was a pacific ocean but they didn't know it existed; there is a difference. But I shrugged it off, as that was just how they were and most of the folks were fine to me.

For years I've heard the rhetoric of politicians on the topic of middle America and the bible belt etc. I chalked all that up to politicians needing to find some way to reduce the people they will fleece to bumper sticker memes. I dismissed all of that silliness, as it seems to me that people were pretending to be ignorant and stupid just to be voted for.

Then this:



I have no way to verify the veracity of this "document." I found it in the vast wasteland of the Internet. At first glance this test made no sense to me, as the questions were without reason and the answers were even worse. I couldn't see how the answers were "right" under any circumstances. This examination of intelligence was a foreign language to me, a language I could not understand.

Upon seeing this document I was silenced, yes I was stopped in my tracks. Even through the appalling educational system I went through I was never exposed to anything like this. Even the handful of times something this preposterous was presented to me I laughed it off and dismissed the entire effort. But what if I was limited in my connection to the outside world? What if I had no way of going to the UCLA research library, the Los Angeles Library, or even speaking with people from 50 countries in my area? Right now my the guy who cuts my hair is from Hong Kong, my neighbor is from Australia, my

good friend is from France, the guys who moved me recently were from Siberia, and another good friend is from Siberia via displacement from Poland during the war! My gardener is from Mexico City, my best friend growing up was Japanese-American (or Asian/European) and my dog's breed is from a small Korean island called Jindo. This is my world, for good or ill. This is my world, for good or ill.

What if this test, and the information leading to it, was all I knew? And what if through the process of this education I was discouraged from seeking anything beyond this? What if someone during this education told me "Chinese people can't cut hair?" What if they told me "Mexican's can't do landscaping?" What if they told me "people who lived in Siberia were criminals?"

When I grew up I was exposed to theater, film, the ocean, the mountains, every sport available, every nationality. Concerts came to me. There wasn't any substantial limitation in my world. I was a spoiled brat and I didn't know it. Hell, one of my classmates in second grade was gay and it wasn't worth considering as remotely important. Don't get me wrong, as it was not about money, we were not rich at all, but more about the geography that gave me access to so much I never saw as special. Look up the great Bob Baker Marionette Studio and know that in the 60's I went there often. I once saw a replay of the 1972 NBA All Star game and realized I was at that game as child. I have skied and surfed on the same day, Christmas day no less.

This test hit me in a way nothing recently has. What we do to each other is appalling, indescribable on some many levels. It is easy for me to say, "these hicks and their religion" but that isn't about this. I can see in that test that there will be no inclusion of life beyond the little world that test represents. There will be no "hey, get out there and see the world kid because it is huge." And most difficult for me to take is the fact that there will be no, "kid, did you know you are Freewill, a timeless being of immense power?"

After leaving Earth I would not know how to begin my report: Well, you're not going to believe this but it seems that those in charge of "education" deliberately make people ignorant of the whole of the Earth plane, forget about the rest of consciousness and they do this because the few in charge think controlling others is good, or cool, or something. And it gets worse, way worse...

Forgiveness

The world is full of various notions of forgiveness. Forgiveness as it is commonly defined is a precarious bit of business - who do we forgive, how and above all when? Forgive this person, or that person. Forgive them for that they have done. Forgive them for what they will do. Forgive the angry boss or the car thief. This is a waste of time and has zero meaning to you.

Forgive yourself. The reality you create is created by you, for you, and it is you that you need forgive.

In truth there is nothing to really forgive. Life is all about experience. The problem in our world is life is all about right and wrong and good and bad. But the bigger greater truth is that life is all about experience, using your magnificent Freewill-self, your Creator Self, to channel tremendous amounts of energy to create a reality to interact with. It is you that has created the “good” and the “bad” so it is you who should be forgiving yourself.

Start forgiving right now:

- Forgive yourself for all the good you have done in your life.
- Forgive yourself for all of the nice things you have done for others.
- Forgive yourself for all of the positive things you have expressed in your life.

Try that and see what that feels like. If you can forgive yourself for all the good you have created you can easily forgive yourself for the bad.

The Harmonizing Statements Technique creates a simple template for you for forgive yourself for whatever you want.

The Flat Screen TV Is Our Undoing

Television “programming.” One “programs” computers, one “programs” robots, and one “programs” the human mind, so why are the shows on television called “programming?” But I already digress. On with the rant.

Don’t get me wrong, I love a good visual yarn, be it TV, Film, Play, or even a YouTube video. I don’t even dislike the reality TV creates so much as pity those who immerse themselves in it in any meaningful way. Marshall McLuhan spoke, early, and often about the perils of Teevee so I’ll not wax poetic about the sociological factors here. And most know that the flickering light of the TV itself, yes even that flat screen, puts one in a hypnotic state moments after watching it turning most into mindless zombies. You can read more about the connections TV and celebrity have on my article [here](#). My gripe here is the ubiquitous nature of this beast due to the introduction of flat screen television.

Prior to the invention of the flat screen TV, the idiot box was a bulky unruly thing. The first were x-ray cannons that required space, power and commitment to see a program all the way through. Then in the 80’s they got better, but not much smaller as they eliminated tubes for the world of solid-state components and sleeker designs. This physical limitation meant the TV was pretty much relegated to home and a few other locations.

Then the flat screen nightmare began. Cheap LED components meant a TV cost no more than a pack of cigarettes to buy and could be put anywhere. Anywhere, no I take that back, everywhere. I can't get away from the damn things. In some Orwellian nightmare somewhere there are fewer TV's attacking the sensibilities of the population. The gym – every cardio machine has it's own, plus dozens more, the bus, every waiting area on the planet, every bar, every restraint, a whole lot of cars, CARS! Some have them in every room of their home, they are in offices, stadiums, urinals (god damn urinals!) – screw this they are everywhere, period. Everywhere.

The constant flickering lights of images hitting me at every turn is just awful. In a great majority of cases no one is watching! It seems some sort of law was passed while I was sleeping that simply mandated if you have people near you, ever, you have to have a TV on. “If you have a bar, you have to have at least one TV (dozens are best),” “If someone comes to you for something you must have a TV,” must be the entire text of the law.

Dystopian is the word to describe this assault. There is not down time, there is no personal time in the world at large, there is only time where the TV isn't right in front of you as much. On and on the droning of meaningless nothingness. A hellish brand of visual attack and symbols designed to make one feel worthless, pointless and useless except when it comes time to buy things.

People talking on and on and on and on about nothing – seriously nothing. There are dozens of sports channels covering a handful of sports, showing people talking on and on about what? What are these people talking about, does any of it matter? Would anyone listen if they weren't on this damn thing?

No person on TV actually says anything true for fear of being called on it, so they talk in circles about nothing, except they say it with force to imply it is meaningful. Talking heads going on and on and all in glorious High Def. High Def is another disaster. At least prior to Flat Screen/High Def combo the folks on the programming box seemed unlike us, marginally perfect in some way we we're not. Now I can see every pimple, bag and wrinkle and the plastic surgery horrors clearly visible now serve as a public service announcement of what not to do to your face.

When does it end? I would rather they just tattoo one on my forehead and get rid of all rest as it would be less of a visual issue. But instead the new OLED's are coming, which will make it possible to not only put one on my forehead, but on everything that doesn't have one now. There is nothing to look forward too.

This can only end badly. I fear if the TV's go dark the addicts will revolt. Yet if the TV's do not go dark soon the addicts will be lost forever. I wonder, when you see random acts of vandalism, why do you never see a TV being bashed to pieces? People will bash or graffiti anything and everything but the god box.

Death – I can't wait...

Dying is the easiest thing you do, everyone does it and everyone does it perfectly. Suffering is the hardest thing nearly everyone does, everyone would rather suffer than die. This is inexplicable.

What is death and what happens? Well, when you took on your body you knew damn well it was going to die. To get onto Earth you have to have a “body” made up of her components and when you die you agreed to leave those components behind. You have also seen people dying all around as you lived so the whole idea is cannot be a surprise to you. In fact, nothing about it should, I say *should*, be a surprise.

You need to be taught to be insecure about death. Most people, who have known children who have died young, but old enough to know they were dying, know that children are not insecure about leaving the body behind. No, you get all of your insecurities about death from the institutions of government, family and religion. This begs the question, how can something as natural as death be turned against us?

To understand that you need to understand that a “fear of death” which is really “insecurity surrounding the process of death” is the only tool the powers in charge have to control us. You may think it is money, or guns, or threats of some sort but it is death. They need you to think that death is sudden, random, beyond your control, accidental, unfortunate, full of uncertainty, fraught with danger and of course tragic. Nope, for you death is none of those at the core, it is a part of life and nothing more.

Consider this, everyone on Earth could leave tomorrow. Yes, we could all decide we've had enough of wars, poverty, famine, fiat currency, TV and the like and just leave. Just like that there can be no Human Beings expressing their energy on the planet in bodily form anymore and that would be just fine for almost everyone. For a select few this would be tragic, as there are a few unscrupulous beings that need us here. As a compliment to that notion Earth could toss us all of in a heartbeat if she wanted to. Yes she too could say, “ah, you know what I have had enough” and just like what we are all gone but she too has a vested interest in the Souled Human Being presence.

Knowing this empowers you. Why? You are here by choice and you leave by choice. You leave Earth when you choose to and not a minute before. “But what about people who die in plane crashes and kids with cancer?” Choosing. “But what about innocent people who die young, or old people who have so much to live for?” Choosing. I have no idea why someone would choose to leave via a plane crash, nor do I care as it is their choice and for some reason they liked the idea. You use your Freewill to get onto the planet and you use it to get off. And you are free to leave anytime you like. Of course to get onto Earth you have to find a pair of folks who will help create a body for you.

So what happens when you choose to leave? Nothing and everything, as it all depends on what you want to do next. What happens when you leave high school? What happens

when you leave a job? What happens when you leave a relationship? When you drop the body you can go worship some guy who is pretending to be your lord and savior. Or you can visit the Sun, or you can simply stand where you are and do nothing. Have assisted folks in this arena in several ways I suggest you program this into your head: Upon death I am heading straight for *me*. You should simply intend, intention is key here, to drop everything you are “doing” and head right for the truth of you, the Soul-Self, The Creator-Self, the Higher-Self or whatever you want to call it. Simply intend to go home to you to see what you want to do with you next. It will all become really clear after that.

What can you do to help someone who is leaving? This is a great question. If you are a family member, “let them go,” stop holding on. Playing on a dying person’s emotions for selfish reasons is appalling, so stop being selfish. Next thing to do is help make that person feel comfortable and that can be a whole host of things from helping them get of medical chemicals to helping make a nice soft, quiet area for them to reside in. Suggest to them, either verbally or psychically, that they are cool to move on and that they should go seek out their Soul-Self as soon as possible. Lastly, recognize that leaving the planet is just that, leaving and it is one of the coolest things we do.

In the meantime you should live. Stop choosing to suffer in order to avoid death. Stop choosing to use your Freewill to give others power over you because they threaten you with death or demonize death. You are no stronger on this planet then when you say, “I’m choosing to be here and I’ll choose to leave and screw you nut jobs for suggesting otherwise.”

Our collective power lies in our Freewill and the biggest impediment to accessing it is the power the institutions have over the perception of death.

Fukushima – ELE?

The Fukushima Daiichi power plant disaster is quite a serious catastrophe. Before I go on about it you’ll need to answer these questions:

What are the levels of radiation that inhibit the ability of a Human Souled Being from expressing itself in the body it has agreed to express itself in? Natural radiation is very different the man made, so how much exposure to man made cesium, strontium, uranium, polonium, plutonium etc. can a Human Body take before it is unable to properly express itself as it was mean to be?

Science views this question as irrelevant, but I do not.

Next Question. How much man made radiation can Earth take before deciding not to allow Earth to be inhabited by Human Souled Beings any longer?

Science views this question as irrelevant, but I do not.

Final Question. At what point does all the radiation, toxic waste, GMO food, chemicals included in all forms of human life and Wi-Fi, cell tower and others EMF exposure become too much for either Earth, or Human Souled Beings to live with?

Science views this question as irrelevant, but I do not.

Consider the questions this way. Have you ever seen a person taking radiation and chemotherapy treatments performing as a high-level professional athlete? No, but I'm sure many of you have seen someone taking those treatments vomiting uncontrollably and wanting to die.

Fukushima will be adding to the already incomprehensible planetary toxic waste forever. Yes, forever. There is no way to repair the three China syndrome's going on and the government of Japan seems to know this (probably every other government too). Recently the Japanese government took the bold and impressive step of determining nearly everything a state secret and slapped a gag order on those who might speak about such matters as the state of the crippled plant.

You can hardly blame them. The country is hosting its second radiological catastrophe in the last 100 years and with the help of GE again. They are staring if not at extinction, a life altering experience beyond the ability of the average Hello Kitty lover to comprehend.

This event was bound to happen and I believe it was planned. Some of the original designers of this insane plant quit, yes quit, because they knew, yes knew, the plant was a catastrophe waiting to happen. During the construction they installed a failed, yes damaged, containment vessel because it would have been too expensive to fix get a new one made – so they hammered out the wreckage and called it good.

The plant was built in one of the safest areas in the world, an area so protected from anything destructive that it might be considered a natural Fort Knox. No, just kidding, it was built in a violent earthquake zone, a Tsunami zone and near a population center. It was built with flawed hardware, done with a flawed design and run by a company looking to cut every single corner it could/can to make sure it made a profit. What about this factual scenario says, "we've got your back world?"

Keep in mind it was not the tidal wave that broke the plant, but design flaws, foolish actions and the fact that it was built to fail. And here is where things get ugly. Two other plants were created in much the same manner, Diablo Canyon and San Onofre. San Onofre, built on crappy designs, in an earthquake zone, in a population center and while not really a tidal wave area it is on the Pacific and it could happen, was shut down because the plant was a mess. The cheapskates had ordered flawed tubing which was leading the plant to end up like Fukushima but because Fukushima was cooked there was no reason to cook another so the boobs by the sea power plant was shut down.

Power plants are awful ways to make hot water. It is an unconscionably stupid way to make hot water when you factor his cost, maintenance waste and possible catastrophe. But, the plants are an ideal way to get the population at large to pay for the creation of nuclear weapons grade materials. The fairly naive human population of the early twentieth century was sold the “future utopian world of the atomic age” to get them to pay for the creation of nuclear weapons to be used on them in the same manner as the one used on Japan during WW2. Get that? American citizens paid for the materials to create weapons that were created to kill them by buying not so cheap electrons from a dangerous power plant, plants that produced waste that was never going to be dealt with. Those who are in charge of such matters don’t care about the waste, why should they, as they planned on nuking everyone to death anyway.

And so, we have a plant pouring barely untold amounts of radiation into the environment, the food and into our bodies for the foreseeable future, future as in 100 years.

After everything I just said, view the interesting video on this page and see if you can intuit what is going on.

Now that you’ve had the cliff’s notes version of nuclear history we’ll move on to lighten things up. I have watched this event from day one. In fact, the event was of little surprise to me and the subsequent reactions have been comically predictable. Ask an average person on the street about Fukushima and they’ll say, “oh, I thought they fixed that” and then they’ll check their text messages. But I have watched and here is what I believe.

The situation is a fiasco, a horror, the worst thing ever, but..... it is not going to be as bad as it should be. The human collective consciousness expression is going through a HUGE upheaval right now, and the Earth herself is as well. What was planned as an Extinction Level Event will not go down that way. What was thought to be an event that would block out our ability to express our Soul energy will not accomplish this. It is my sense that while the event will have some ramifications on us, but it will not be as dramatic as it was designed to be.

This diminished effect has nothing to do with anyone involved or anyone who is monitoring things but because a few people have used their Freewill and the access to their connection with our host, Earth, to lessen the blow. I do believe that if a certain number of people and used their Freewill, really used in ways few understand, that this problem would be no problem. That isn’t likely to happen right now, and folks are on the job until then. Consider this, if someone, or something, were to step in and end the situation hundreds of millions would come unglued, as there is no way to process something of that nature – hell people get wigged out by simple magic. So things are done in the background.

In the meantime you can focus your Freewill a bit here and intend that this entire process is unacceptable no matter who says what. The last part is important, as there are thousands, yes thousands who are actively working to convince you this is not an issue so you will accept things as they are – accept a radioactive DNA change inhibiting your

expression. To refute this one must agree that uncontrolled radiation pouring into our world is unacceptable and any discussion suggesting otherwise is to be dismissed.

Sensory Assault

This Place Stinks

Continuing with the theme of things that assault the senses (music, TV) we are now going to look at how the world stinks.

Imagine 5000 years ago and walking into the Yosemite Valley. Imagine how that might have smelled. You'll have to imagine it as there is no way in hell you'll ever get a real sense of it now. The world is one giant chemical stench of industrial chemicals in the form of things like gasoline and road tar and in the form of things like fragrance and beauty products, and it is all bad.

When my dog rushes up to another dog to greet him/her they engage in an exchange of sniffing. That first action usually causes gasps from the owners but that first 15 seconds tells the dogs so much each other. The smells they pick up tell each other about diet, stress, living conditions, where they have been and mood. In those few seconds their olfactory systems tell them vastly more than the human fist bump, half-hug and secret handshake and we Human's used to do the same thing without our noses.

We humans used to be able to smell fear, smell health, smell impending death and even marital status through another's scent and now all we can smell is toxic waste. In some misguided effort to rid the world of its natural smells we have given everything a scent. Everything needs a scent. Everything needs a signature fragrance. And we just soak ourselves in it simply because marketer's tell us we have to in order to be human.

When you meet someone now instead of getting to know all about them via their unique scent you smell; body wash, shampoo, hair care products, deodorant, chemically created fragrance, chemical scented gum/mint/mouthwash, cigarette smoke, chemicals used to create clothing as well as the chemicals used to create one's shoes. Yes, when you meet someone you smell that cacophony of vile factory creations and countless other ambient smells depending on where you meet them. And believe it or not it confuses the hell out of you. You can no longer rely on one of your key senses to help you understand the reality around you.

I myself have learned to hate the smell of anything that can be recreated in a factory. The smell of roses in the garden is nice, but the smell of rose scented anything in a can, bottle, cream or candle sends me into a homicidal frenzy. It doesn't soothe me like the label often says it pisses me off. And that goes for all the rest of the packaged scents designed to make me feel something special.

What confounds me is this: if I sniff glue for fun the cops will arrest me and charge me with a crime. If I load myself up with the standard morning cologne bath and all the rest of the scented beauty products I get the same high! And it's legal! If I walk into the Bed Bath and Beyond to purchase a frying pan I am stoned out of my gourd 15 seconds after entering into the store, as the chemical smell from the potpourri, candles, soap and all the rest turns my brains into mush. By the time I get to the frying pan section the music has taken what's left of my will to live.

Try taking a bit of your preferred cologne or perfume and spray a bit on a rag and "huff it" and see how you feel? Take a dryer sheet, hold it up to your face and "huff it" and see how you feel. Does one think that because one isn't actively huffing the effect of an all day waft is any different?

Every time I leave the house I run the danger of picking up a mass produced scent. A 20-minute chiropractic adjustment can lead to a change of clothes after lying down in someone else's scent while on the table. I now refuse to enter the Bed Bath and Beyond simply because anything I buy needs to be washed and my clothes do as well. I touched a gas pump handle last week, which led to me touching my face and my steering wheel, which led to me enjoying the benefits of "Polo, by Ralph Lauren," in my life for the next five hours. One prolific hugger planted a new brand of perfume on me that led to me having to toss the shirt because I couldn't get the smell out on my own (there is no dry cleaner in town that provides a scent free cleaning – none). Sure it all sounds a bit prissy of me, until you understand how all of this scenting of the planet affects your consciousness expression.

This need to scent everything is a crime against humanity and it is turning people into zombies. Scents have a huge effect on the ability to express our consciousness. When I was in college I would take a scent and use a hint of it to associate it to the information I was studying. Then come test time all I needed to do was put a dab under my nose and could remember what I needed to. Even to this day, if I smell the now chemical version of Aramis Cologne I think of my parents going out for a night out. If I smell the smell of brandy on someone's breath I think of my father being an ass... well you get the idea there. A hint of garden mint reminds me of my grandmother and her yard. Ms. Fields was made famous by gently blowing the scent of the cookies into the mall, enticing customers. Our sense of smell is no joke and marketers know that.

Scent is important and our ability to smell the world around us is important. The world now is some Disneyland of synthetic chemicals, which absolutely changes our ability to perceive. They affect our mood, they cloud our judgment and they do everything but make us feel better. I suggested once to a client that breathing in dryer sheet smell all day was causing some mental confusion and the response was that people loved the way she smelled, as they often described her as smelling as "fresh and clean." What in the name of everything ever created as led people to think the smell of dryer sheet is "fresh" let alone "clean?" While working with clients many would come to home and leave their mass produced fragrance in my house, leaving my unique home smelling like one of millions. Even worse, quite often the scent was so overwhelming that it made my work so much harder as I needed to battle the effects of the chemicals on my brain.

Some corporate fairy has run around the planet spreading scent all over the world in an effort to rid the world of that oh so offensive, “absence of fragrance.” While in Yosemite I enjoyed the smell of pine coupled with the smell of dryer sheet, the smell of water with the smell of Eternity by CK, the smell of diesel fuel with the smell of millions year old granite. In my mind I was simply overwhelmed by the conflict these scents were having on me and it wasn’t fun.

Soaps of every sort need a scent. Why does dish soap need a scent? Every room needs a scent? Every store needs a scent? Every car needs a scent car that gives the car that new car scent? Every holiday needs a scent? Every shampoo needs a scent? Every human needs a chemical scent on them at all times? Every candle needs a scent, which, when burned, creates some other horrifying chemically scented toxic fume? Next time you are out go into any drug store, any Bed Bath and Beyond even a Super Market and stop what you are doing and smell, breath it all in.

On of the most depressing parts of this is that once some folks did create things with real, genuine artistic fragrance. Many years ago I had a friend that made custom fragrances. She came over and smelled me, yes my skin - me, and put together something that didn’t cover me up and was a true artistic creation. Now some marketing guy contacts a globochem company and says, “gimme a scent to sell this damn candle” and one is rushed to them without regard to the end users consciousness expression. This kind of effort diminishes the true artistry of those who can craft something with soul. This ubiquitous scent thing has me disliking almost anything with smell at all at this point, as even those with some “spiritual” method seem to be just adding to the pile.

The worst part of all of this is we have lost the ability to smell others. Will a baby coated in baby wipe smell, diaper smell, dryer sheet smell and baby soap smell be able to smell his mom? Will a mother be able to smell when her child is sick? If your mom was in a line up with other moms could you pick her out by smell? Could you pick out your mate by smell or is your makes smell one of the CK signature perfumes? I know I have been so conditioned that the smell of another, without perfume, can annoy me. My mother is remembered by me for Este Lauder’s “White Linen” and not her personal scent.

Be aware how scent can alter the way you perceive your reality. Hours of breathing cigarette smoke is an obvious mind altering experience but so is breathing hours of perfume, or gasoline, or candle, or dryer sheet or anything else that is designed to stimulate the brain.

Tastes like chemicals

Continuing with our theme of sensory assault we will now examine the sense of taste. This key sense has not been spared from the sensory chaos and it too has a monumental effect on the way in which one’s consciousness expresses itself through the body.

Recently I saw documentary called *Somms*, about a group of men seeking to be certified as a wine Sommelier through a grueling test that only a few will pass. One of the key

parts of the test is the blind taste test where the aspiring Sommelier must taste several wines and name the region, brand and year. This seems insane to you and I but they train themselves to do this by using both the sense of smell and taste (sight too). They can smell dozens of “scents” in a wine and dozens of distinct flavors in any vintage. They could smell orange, mildew as well as taste earth and of course the grapes but curiously they never said, “I get a hint of aspartame” for some reason. Wine for them is as complex as anything it gets.

Now I am the first to admit my palate isn't very sophisticated. The palate finishes its development by about 10 or so and my culinary experience to that point was uninspired to say the least. This means getting to know new tastes is rough going in one's old age. Several years back I investigated the primal diet, which meant eating everything, including all meats, raw. At first the process was very difficult, as I just couldn't get into the taste of things. I also had a hard time with my firmly held, preprogrammed belief that raw meat was dangerous – it isn't. Eventually I muddled through the process and managed to learn to love sushi, steak tartar and even raw chicken. What I learned most out of this process was that food, as a consciousness expression is primarily fuel, not entertainment. It is also so much more, but for the body it is fuel first and foremost.

For most people they eat a combination of chemical concoctions which are designed to convince them what they are eating is good. MSG, not the Asian version, is a ubiquitous chemical agent added to nearly all processed food that tells the brain the urine covered cardboard they are munching on is the best food ever. This chemical helps mask the taste of the other chemicals used to create shelf-stable food products. Labs work overtime to simulate flavors that occur naturally in order to trick the brain. Think about that, labs work to synthesize what already exists and is readily available. For example Aspartame is a replacement for sugar, only that chemical wasn't designed as food at all. That chemical is a failed “ulcer medication” that happens to taste like a synthetic sweetener. While most humans will refuse willingly take ulcer meds with their food, they will if they are told the sweet taste means they won't get fat – go figure. But this chemical has a unique quality, besides being a highly unstable neuro-toxin; it happens to work well at convincing the brain that it's awful taste is not only good but rewarding.

Rewarding. Here is where things have gone horribly wrong with the all important sense of taste. Sugar, aspartame, trans-fats, chemical additives and pre-packaged foods have turned food into an instant gratification source. If one eats an avocado for lunch one will store the fat and use it for fuel later. This isn't actually noticed by the person consuming the avocado, so the food seems superfluous in some ways. If a person drinks a diet coke, they will get a buzz within minutes. I have watched people's energy field alter right in front of me after consumption of an aspartame laden drink – their nervous system shakes, their eyes change focus and their language shifts in seconds. If one eats a sugar cookie instant gratification happens there too. How about a bag of French fries?

The chemical world of taste has turned many into instant gratification junkies. Folks no longer store fuel for later, they consume something that stimulates the nervous system within seconds of consumption. The popularity of energy drinks is one simple example; as these are marketed to not only stimulate your nervous system keep you going when

you might need to sleep. A friend of mine worked with a famous spokesperson for one of the well-known energy drinks. Said spokesperson didn't drink the stuff because he noticed the free cans he received leaked in his garage and ate into the concrete. Oddly enough a fresh squeezed grapefruit doesn't seem to do that. Instant gratification has people evaluating their food choices in terms of nervous system buzz and not value to their expression while here on Earth.

While I know it is a commonly held doctrine that "calories" equal fat, and this unbreakable foundation has led to the belief that any and all chemicals created to reduce calories are not only good but safe, but this is all wrong. Fat is for energy, and that means unaltered non-self-stable fat. Protein is for muscle repair and many other bodily functions. Carbs, those dreaded carbs are for fat storage. Calories do not factor into this process – see Gary Taubs work for more. This long time calorie truism has been turned upside down by the chemical industry and it has distorted our ability to express ourselves. In order to avoid something that is nothing but a PR created boogey man we have rewired our brains. Instead of craving food that helps us evolve, we now crave things Madison Avenue tells us is good for us, even if in another circumstance the product would be considered toxic. Aspartame is a good and wholesome choice, even if you do not have an ulcer – for which this medicine is useless.

Did you know aspartame requires the EPA to monitor it's handling? Did you know it is unstable at room temperature? Did you know a certain energy drink can eat through the garage floor? Probably not. Did you know cellulose, wood pulp, is a common additive to foodstuffs to extend what little food is there? Food is an energy source that is a combination of Earth energy, the living thing's energy, and Sun energy. These three components coalesce to create something that sustains our expression and it is our palate that is supposed to be our discernment system on what to eat and when.

Let us not forget that involved in this taste bud land grab is the eyes and the nose. Apples used to be coated in some hideous chemical because people desired really red shiny apples. I read that the hardly-food product Kraft Mac&Cheese has a useless and unhealthy chemical in it to make it orange simply because people will not buy a neutral colored product! Smell that great cinabon smell from a bakery and try to resist that immediate gratification. The eyes, the nose the nervous system have superseded the palate as our guide.

Even more absurd, in America anyway, the consumption of food has become a political statement! This is beyond insane to me that folks make taste-sense food choices based on wholly made up political points of view. While have the world starves, lower middle class white kids argue the sustainability merits of various beer processes, as it if matters. Vegans vow to hate, or terrorize, the horrifying meat eaters. Governments ban salt, big sodas, trans fats in some kind of effort to establish political regulation over our palates – therefore our Soul Expression.

Here is something you may not have considered. Nearly everything we eat is made with water, from soups to pasta, from beer to tomato sauce. The water in this county has some substantially palate-altering chemicals in it. Water contains fluoride, chloramines and

who knows what else the medics of government add, and in some areas the water contains the chemicals humans eliminate through waste like Prozac, aspartame and antibiotics. Palate nullification seems to be what's going on here.

Did you know much of your food choices are based on how stock market gambling bets are going at any given time? If bets are going badly, a press release will say something like, "chocolate may be disappearing" and folks will then panic-buy, raising prices, which then alter your food choices. The point here is very little of your food choice system is based on what helps you evolve, and it is your taste buds that are the battleground for the effort – *your* taste buds. We no longer eat to live, we live to eat. In less than 100 years the entire population, of America at least, are now Entertainment Food Eaters.

Food is an amazing thing on so many levels. The creative efforts, McDonald's and the like excluded here, are amazing in their complexity. What people, especially poor people, have done to make cheap edible elements fantastic is remarkable. Street food of all sorts is a miracle. I ate a street pizza in Naples that I can still taste – cheap food there is shockingly good due to Naples being a put-upon region of the poor. Street tacos I've had in Tijuana are better than anything anyone can eat anywhere. A few weeks ago I ate a Date freshly picked from the tree above and it was fantastic in its natural state. The Plant Kingdom has created some awesome eats, the Animal Kingdom has created some awesome eats and industrial food companies have done their best to ruin things. The tragic world of chemically created shelf-stable foods has ripped on of the foundational elements from our Earth expression.

Listen to your palate. If I could do things differently in my life I would have taken the time many years ago to taste it all. I would have spent time really tasting a basil leaf: fresh, chopped, pounded and dried. I would have been a Somm of the tastes of food.

The Flat Screen TV Is Our Undoing

Television "programming." One "programs" computers, one "programs" robots, and one "programs" the human mind, so why are the shows on television called "programming?" But I already digress. On with the rant.

Don't get me wrong, I love a good visual yarn, be it TV, Film, Play, or even a YouTube video. I don't even dislike the reality TV creates so much as pity those who immerse themselves in it in any meaningful way. Marshall McLuhan spoke, early, and often about the perils of Teevee so I'll not wax poetic about the sociological factors here. And most know that the flickering light of the TV itself, yes even that flat screen, puts one in a hypnotic state moments after watching it turning most into mindless zombies. You can read more about the connections TV and celebrity have on my article [here](#). My gripe here is the ubiquitous nature of this beast due to the introduction of flat screen television.

Prior to the invention of the flat screen TV, the idiot box was a bulky unruly thing. The first were x-ray cannons that required space, power and commitment to see a program all the way through. Then in the 80's they got better, but not much smaller as they

eliminated tubes for the world of solid-state components and sleeker designs. This physical limitation meant the TV was pretty much relegated to home and a few other locations.

Then the flat screen nightmare began. Cheap LED components meant a TV cost no more than a pack of cigarettes to buy and could be put anywhere. Anywhere, no I take that back, everywhere. I can't get away from the damn things. In some Orwellian nightmare somewhere there are fewer TV's attacking the sensibilities of the population. The gym – every cardio machine has it's own, plus dozens more, the bus, every waiting area on the planet, every bar, every restraint, a whole lot of cars, CARS! Some have them in every room of their home, they are in offices, stadiums, urinals (god damn urinals!) – screw this they are everywhere, period. Everywhere.

The constant flickering lights of images hitting me at every turn is just awful. In a great majority of cases no one is watching! It seems some sort of law was passed while I was sleeping that simply mandated if you have people near you, ever, you have to have a TV on. "If you have a bar, you have to have at least one TV (dozens are best)," "If someone comes to you for something you must have a TV," must be the entire text of the law.

Dystopian is the word to describe this assault. There is not down time, there is no personal time in the world at large, there is only time where the TV isn't right in front of you as much. On and on the droning of meaningless nothingness. A hellish brand of visual attack and symbols designed to make one feel worthless, pointless and useless except when it comes time to buy things.

People talking on and on and on and on about nothing – seriously nothing. There are dozens of sports channels covering a handful of sports, showing people talking on and on about what? What are these people talking about, does any of it matter? Would anyone listen if they weren't on this damn thing?

No person on TV actually says anything true for fear of being called on it, so they talk in circles about nothing, except they say it with force to imply it is meaningful. Talking heads going on and on and all in glorious High Def. High Def is another disaster. At least prior to Flat Screen/High Def combo the folks on the programming box seemed unlike us, marginally perfect in some way we we're not. Now I can see every pimple, bag and wrinkle and the plastic surgery horrors clearly visible now serve as a public service announcement of what not to do to your face.

When does it end? I would rather they just tattoo one on my forehead and get rid of all rest as it would be less of a visual issue. But instead the new OLED's are coming, which will make it possible to not only put one on my forehead, but on everything that doesn't have one now. There is nothing to look forward too.

This can only end badly. I fear if the TV's go dark the addicts will revolt. Yet if the TV's do not go dark soon the addicts will be lost forever. I wonder, when you see random acts of vandalism, why do you never see a TV being bashed to pieces? People will bash or graffiti anything and everything but the god box.

