

Crossing 27th Street

by

Jacob Everarde Laura

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Dedication:

I dedicate this book to the world. To the ones that love me, and to the ones that hate me. To the ones that I admire and to the ones that I despise. To the ones that believe in me and to the ones that betray me. To the ones that I lift and to the ones that I hurt. Through you, I discover me, and in that, the pathway towards truth.

Introduction

The material in this book will consist of ideas and lessons I've have obtained from my life as of present. One thing I've come to realize is that evolution never ceases and so my learning will never come to an end. There is no final level, however growth is a necessity and one which should be in harmony in one's life.

I've kept personal stories and examples to a minimum in this work, so that, one does not get attached to my experiences or limited by them. Also I've written most of it in third person, so that my own biases and judgments of who the reader may be, do not define the reader. In this, the one reading can choose what is relevant in his life, what was once relevant and what is not relevant, in essence, the reader should define himself.

Also I use man/he as my pronouns in this book. Personally, I am a guy, and the majority of my readers are men. Even though this is the case, I'm confident women will equally benefit from these ideas as well.

In anything, blind faith is useless, take me ideas for what they are, ideas. One should prove and witness it for themselves before believing anything that I say.

I wrote this book incrementally. Being that ideas are built upon the previous ideas, incrementally, as if going up stairs or building a pyramid. So each chapter is written in priority to the best of my abilities, 1st chapter being the foundation, and the following being steps to levels of understanding. One may find, that only in understanding the chapters before, can he understand the chapters present. Each chapter builds upon itself.

Also, I've attempted to keep the ideas as short as possible. That way, one can take in the idea as quickly as possible. I'm not a big fan of fluff, and personally I think it takes away the value of something and creates distraction. However, some of the concepts are repeated so that each chapter can stand alone. If readers desire more explanation on certain topics, let me know, and I can work on creating that.

I've had my experiences, through learning from others, though trial and error, as well as making mistakes along the way. I hope one can find the ideas present in this book to be of use in his own journey towards expansion and I hope that one can learn from me as I learn through him.

My website is <http://www.stopgivingafuck.com> and my email is Jake@stopgivingafuck.com if anyone wants to ask questions, or comment on the material.

Thanks,

-Jake Laura

1. Habits

A man creates his habits, and then his habits create him. This is an idea that took many years for me to grasp. Like most, when it came to goals, objective, task, I found ways of putting it off. Through ignorance, I believed, one day, everything will be different, I'll have a better job, a nicer place, my circumstances will have changed, therefore, I'll be able to move forward in accomplishing or achieving whatever it was that I desired. Come to find out, that day never arrived.

There is only the eternal now and one's relationship to it. How one chooses to relate to it, dictates the results he will get. If he changes how he relates to it, then the relationship changes. If he becomes stuck, than forever stuck he shall remain, until a new decision has been made.

As a young child, I grew up in what I would consider to be the country. One of my favorite past times was to go out into the wooded areas with my two dogs, to get away, to be alone, to be in the elements of the outdoors. There were certain destinations that I enjoyed going to, one was a creek, one was an old run down shack, a cliff area over looking the creek. As we traveled, it was always difficult making a new path, so a trail had to be made. The more often we traveled that trail, the tamer and easier it became, so the faster it was to get to the destination. However, paths that we abandoned for too long of a time became, once again, over grown with grass, vines, shrubs, and so those paths became difficult to cross and had to be remade if desired or forever abandoned.

This story is a metaphor for one's life and for his habits. Every moment is a decision and that decision is building a trail. The more one makes those same decisions, the tamer the trail becomes, and so the easier it is to get to the destination, whether that be a result, an emotional state, behavior, an addiction or a conviction in some idea.

If a certain decision is made on a consistent basis, a habit will take place.

There are many ways in which new habits can be formed. Through the idea of will, through circumstances, through new levels of understanding, through new beliefs or perceptions about the world or one's self. All of these are valid.

If one gets a new job, has a new family, moves to a new location, or whatever it may be, new habits, new behaviors will come into play. The foundational habits, may change, they may not, just depending on whether or not they have to change, or the person undergoes some form of cognitive evolution, a change in thinking.

In order to better understand habits, it's important to understand addictions and dependencies. The ultimate habits. Any form of drug, whether it be tobacco, alcohol, prescription drugs, heroine, manipulates the bio-chemistry in some way.

When the user takes the hit, whether it's too get high, or to offset some negative feeling, the body reacts and then adapts. In the situation of addictive drugs, the chemical gets into the blood stream, the brain reacts by releasing whatever chemicals it releases and the user gets their fix, whether it be a high or

some alleviation of some negative symptom. Usually at first, the user will experience great results, a high. If this behavior continues on a regular basis, the body will begin to compensate, by decreasing or increasing certain chemicals to offset this change so that it may maintain balance, and so the high or alleviation decreases with time, and the individual finds that in order to maintain a normal state of mind, they must resort to ritualistic consumption.

We can see this in tobacco users. When someone regularly takes a smoke break at a certain time of the day or regularly after a meal, eventually the brain adapts and whenever that certain time approaches or that meal is being eaten, it goes to work, anticipating this foreign chemicals present and begins to go to work in order to make the necessary correction. Next thing you know, every time someone gets done eating, they have a negative feeling, don't feel right, feel agitated, and know that it's time for their fix if it is available or can be obtained.

The drug scenario, to some, may seem extreme, but in more ways than not, behavior is a drug, and one's behaviors become his addictions, both positively and negatively. If a man partakes in a particular activity, whether it be watching television, working, exercising, or any activity for that matter, if it is done on a consistent basis, a habit will form and the desire to revisit that behavior will be created.

Rituals are mostly known from religious organizations. During my years in high school, I found myself in a parochial school. Rituals were a daily routine, from morning prayers, flag ceremonies, mass, plus all the other rituals of the bell ringing, going to lunch, afternoon announcements. Rituals are highly effective in creating habits. Personally, I find different religious rituals to be interesting because the technology behind them, though old, is fairly advance. Unfortunately, these rituals are mostly used for the benefit of others and not for the man himself.

If a man can create and then begin to implement his own rituals, he'll find them to be useful in his desire to bring about a new trail of behavior. Much like my original story of traveling through the woods, even if he only goes in 3 feet deep, that three feet will have changed, and through daily effort, he'll find the 3 feet is now empty and easily walked and so begins the next three feet and so on. With time, even with the smallest amount of effort as long as it is done on a continuous and consistent basis, that trail will eventually come to pass. Incremental improvements, though gradual, these small steps usually come with little or no resistance, and so, change that once seemed impossible, through the power of time, what was once an impossibility, has now becomes the new reality.

2. Adversity

Adversity, hardships, criticism, and the many things that most complain about bring about character and strength to an individual. Resistance breeds strength, and comfort breeds weakness. Though, if something is too difficult at the time for one to handle, they are more than likely to roll over and give up. Much like weight training, if a weight is too heavy, it will be impossible to lift, or be lifted in bad form. Through proper training though, one's body will adapt to the point that what was once unable to be accomplished is now done with ease.

One who has been invested the time and pushed forward in order to master something very difficult, whether that's martial arts, playing a musical instrument, gymnastics, or anything for that matter that one started off not knowing anything, and through hard work and putting the time into it in order to finally get it, has a great gift. Not only is he now good at whatever it is that he pursued, but he has the references, the belief in himself that he can learn and develop himself in some area. The experiences and knowledge gained through this transform all other areas of life.

Do One's Best

Ecclesiastes: 9:10, (KJV);

“Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.” -King Solomon

My belief is that when it comes to working on anything, it is only appropriate to do it in the best possible way. Though it may be more difficult, it develops the self to perform at a higher level. Much like lifting a slightly heavier weight, the muscle adapts and so becomes stronger, and so it is for the self as well. Though on a task that is trivial and seemingly unimportant, it may seem like wasted energy, the skills and talent developed through those small task will carry on, and when it comes time to do something substantial, something that is actually important to him and his future, those traits will be present and will carry him through.

As the habit is created to perform at his very best, and so he will be capable of doing his very best. Laziness breeds only laziness, and so a man who makes excuses and reasons why he can not perform for whatever the obstacles may be, he will then find that he can not perform no matter what the benefits may be. Adversity breeds strength, while comfort and ease breeds only weakness, procrastination and laziness.

Through working at his highest level, whether someone is watching or not, he'll have more opportunity to discover who he is, as well as what he is capable of. He should fear not of doing a less than a perfect job or the criticism of others, but move forward and allow himself to grow as his skill grows.

Criticism

Matthew: 7:6, (KJV)

“Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.” -Christ

Criticism is naturally avoided, and so most men never try for the fear of criticism. In whatever one does, he should not do it for a lower cause, such as the desire for approval or significance from the people around him, lest they trample it under their feet, and turn again and rend him. Whatever he does, it should be done for a higher purpose, so as not to be disappointed.

In any worthy ideal, criticism will not be avoidable. People often remark that it is lonely at the top. I disagree with this idea, it's lonely on the path towards the top. People love him when he is at their level, and they love him if they can gain something from him, whether it be recognition or something material, but during the transition period, insecurities are sure to ferment.

Learning to deal with criticism is skill that must be developed in order to play at the highest level. In any venture, he is sure to fail, but the failure is necessary in order for him to learn and develop to get to the next step.

Human nature shows that it is impractical to criticize a three year old for not knowing how to do basic math, or to sing off key. What would this accomplish? However, if one is making the step forward into a new direction, criticism is not only a certainty, but is often promoted. Lest someone embark to a higher level than them. Criticism by nature is only given out by people who perceive someone as stepping up or someone who is above them. It's unnatural for someone to criticize someone that they personally believe is not at least their equal or superior.

Careful of reactions, defending one's self against criticism only lowers him psychologically to the level of the critic, to that of a child's school yard fight. Be aware that the criticism may be warranted and could be used to progress, much like a comedian uses his audience to learn what works best. See it as an audience, and refrain from taking it personally or getting emotional involved.

In whatever he does, he should do it for a higher good, for the evolution of the self, for a higher power. If he is searching for recognition, significance, or approval, he is surely to be disappointed.

Fear

“It's not a party if you don't do something that scares you.” -Robert California, from The Office.

Fear is often avoided and so a man rarely discovers anything new. During anything new, fear can and mostly likely will come about. During any major transition, whether it's taking on a new behavior, or moving into a lifestyle transition, fear will be prevalent. We all hear the stories of young couples getting nervous before marriage, and so it is also, with the purchase of their first home. When a man is used to moving in a certain direction, and living life in a certain way, it becomes the comfort zone.

With that being said, if one partakes in the ritual of doing something they fear everyday, within reason, the habit will form, and with that an addiction, and so he will then look for new ways to experience that high. If he can maintain that vice in something productive, great things can occur. Fear is an adversity,

and through adversity grows strength. Small steps towards overcoming adversity on a consistent basis, with enough time, can bring about powerful confidence.

Problems

A man can not run away from his problems. Embarrassment, shame, resentment, and the rest, have a tendency to follow him, symbolized in new scenarios. His past unclosed connections, are like a ball and chain, not matter how small, it's still slows him down. Either the weight being heavy, or it being light and tripping his feet. The problem isn't in the outside world, it's within, and unless he closes it off, by letting go of his fear, resentment or shame, that problem will linger within him and affect every area of his life.

One must strive to overcome his problems, never running away from them. Settling the issues at hand, one's creativity and energy will be free, instead of being plagued by thoughts that drain him. By letting go of one's fear, shame, or resentment, one will know the correct action to take. Whether the relationship or problem is solved, or dropped completely, one will be ready to move to the next stage.

3. Circumstances

The circumstances do not define the man, the man defines the circumstances. This is a very difficult concept to grasp. When handed circumstances that are less than favorable most resort to a mindset of helplessness, of unease, feeling of low self worth. They think, what is the point? “As long as I am in relation to these circumstances, what can I do?”

The exterior environment does not have the authority to define him, only he has that ability. The meaning he gives to his circumstances is what determines how it relates to him. So often people look at what's wrong, even now as I say this, people are thinking, O he just need to focus on what is right in his life. That's not what I am personally talking about. My belief is that everything is perfect and a man's judgment is the only thing that damns anything.

Nobody cares about weaknesses. Weaknesses are boring, they don't achieve anything, it's not marketable, it can't be sold, it weakness. However, strengths are interesting and they can be sold or exchanged for value. When it comes to circumstances, the definition one gives to it, is what determines if it is a strength or if it is a weakness. If he can find how everything in your life works in his favor then everything in his life will work in his favor. That is the power of the human mind.

“Whether you think you can, or you think you can't--you're right.” - Henry Ford

For the most part, a man's insecurities about present circumstances are the queue that people pick up on during interactions. I like to refer to it as influence. One who believes in their product and is enthusiastic about it, is going to have a much easier time selling that product than one who thinks it's a waste of money and could care less about it. When it comes to man's life, the more that a man can learn to love his circumstances, at the very least, accept them, the greater degree that he will be able to influence others into loving his circumstances, or at the very least, accept them.

The present circumstances can work for him or they can work against him, but ultimately, he is the one that makes that decision.

A good example of this is a story from my personal life. After graduating from college, I took off to Houston, in pursuit of adventure, more money, and the normal things a young guy is after. Things didn't go quite as planned and I found myself living in a very rough area of town, but it was a very cheap apartment. I could not yet buy any real furniture, so I had an air mattress and a picnic table for a desk, and of course a chair to sit in. This was all of my furniture. And even though I had just graduated, I was having a difficult time finding a decent job, so I found myself busting tables at a restaurant a few miles away making close to around minimum wage.

In all honesty, I was pretty embarrassed about my circumstances, though now, I look back and think it was pretty cool and a life changing experience. When I began going out and people would ask me what I did for a living or where I lived, I would tell them but I wasn't comfortable with it, I was actually somewhat ashamed. Some would chuckle, some would get awkward and silent, some would be nice and respond with something like, “Everyone has to start somewhere.”

I had been practicing ideas of influence for many years at this point but it took me a while to notice what I was doing, as well as this being above my experience level at the time. When I had the realization, that awakening moment, that I was allowing my circumstances to define me, and thus, influencing others to buy into my definitions, I began to slowly implement a change in perspective.

I began to see how my present circumstances could actually begin to work in my favor. Most of the positives that I came up with had more to do with my own personal development and growth. I saw this as an opportunity to get to a higher level of confidence, to a higher level of self-assurance. I began to realize that if I could be comfortable in my own skin, confident, in this particular environment and in these circumstances, those traits would carry with me into the future.

It took work for me to get out of the stuck-ness of my mind. I spent almost everyday, doing some form of physical exercise to get my mind in the right condition. I felt at the time that I needed to perform at my very best if I were to land a decent job, as the competition was high due to the many layoffs and unemployed that had just shortly occurred during the economic turmoil of 2008. Daily I would go out and interact with people at the local mall, restaurants and bars. With consistency of my routine I began to gain back my confidence, and with that, my interactions changed.

One story stands in my mind, my first real encounter during this circumstance when it was evident that I really did have the ability to influence those around me. I was at a local bar, and a conversation struck up between two girls and I. The normal topics came up, and they asked where I lived. I told them, but this time, instead of trying to justify or downplay the answer, I stated it merely as a fact, just the same as if someone asked me what I would like to have to drink. Instead of the conversation turning awkward and uncomfortable, as it had in my past interactions on this topic, they became excited. "Do you really live there? Do you carry a gun? Are you not scared?" Our conversation, instead of being a downer, was now actually an interesting topic, one in which worked in my favor, and that conversation then led to a new friendship being formed.

It is what it is, but what it is, is only the definition of the man who expresses it. This is your heaven, and this is your hell.

A man can look at his circumstances as an impassable wall that is merely there to stop him, or he can see it as a wall that must be climbed so that he may grow and become stronger for what is to come.

4. Emotions

1 Corinthians 13:11, (KJV);

“When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.” - Paul

Emotions are much like fire. In the hands of a skilled worker, it can be used to cook, to make tools, to keep warm, but to the reckless and untrained, it can burn. Emotions are one of the most valuable assets a person can have in the power of influence, but it is a two edged sword.

Through training, one learns to increase his ability to manipulate his own emotions at will, and through that power, use this ability to influence those around him. Through habit, a child's emotions have been set to auto-pilot, as he imitates the emotions of others and what he has learned to be appropriate in his circumstances to get what he wants. As the child develops, these habits remain until it comes time to break away and grow up.

As a man commits through ritual and decision to stop the patterns of his emotional upbringing, he learns everyday, though trial and error, that he has the ability choose his own reactions. In consistent practice through life, his skill grows infinitely, as well as his ability to influence.

The mind is like an antenna, constantly tuning into the broadcast of consciousness. The type of emotion that a man experiences will filter the ideas that are available to him, as well as the actions that may come out of him.

Through the idea of letting go of the emotions that block new ideas, one increases the possibility of receiving newer and better ideas. Letting go is simple in theory but takes consistent practice to master. This ability is infinite and so there is no final level or some final point, as one develops, so must he find or come into contact with bigger challenges to overcome. Through each challenge, his ability and confidence grows, as well as his power of influence.

The exercises of letting go are infinite in nature as well, as one develops, he will come to find that he can discover his own techniques.

Luke 6:37, (KJV)

“Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:” -Christ

When a man fights against himself, he is only fighting against himself. Why does he pick at an open wound? The pain may be great, but with that pain comes healing. As a man embraces his circumstance, holds himself accountable to whatever the world may give him, he opens himself to teaching and true learning, that from experience, firsthand knowledge in which he can use for his own evolution.

“What you resist not only persists, but will grow in size.” -Carl Gustav Jung

By witnessing the thought or the emotion that troubles him, it's hold will eventually weaken. However, when he fights against it, even if he is able to escape it temporarily, it is still with him and it must be

revisited until he can see the truth behind it. When a man fights against his own thoughts and emotions, it's as if he is cranking a hand generator, only charging the battery more and more of the light that he is so desperately trying to avoid.

A man desperately fights against his anxiety and lack of confidence in a particular situation. He is still ignorant to the fact that his shame is the only thing that is blocking him from that which he desires. In the arena of life there is sure to be challenges that will lead to failure, but failure breeds learning, learning breeds skill, and with skill brings about the power to conceive. Conception then breeds new challenges, and so the cycle continues.

Emotions were never meant to be positive or negative, but a man's judgment has made it so. As with tools, a hammer for example, in the hands of someone trained it can be a powerful element in building, but to one who is untrained, it can be the element of destruction. In growing up, man sees himself as imperfect because of his lack of experience and so the tools he has at his disposal, he gives them away, hides them, has them taken, or completely forgets or denies their existence. As he grows, he becomes accountable to himself and then begins to gather back his tools, and with that, his ability to build increases in complexity and ease.

5. The Mind

Coming from a programming background, I've learned to interpret the mind as simply a biological computer, with its own type of code, composed of meanings, emotions, and images, both real and imagined. It has its own components, one being the self image, one being the interpreter, one being the memory, as well as its multiple processes that manage the biology of the body, such as heart rate, breathings, etc.

Self Image

The self image is a construct of ideas that one has come into agreement with of who and what he is in relation to the world. It is never completely accurate, but with this map, which is not the reality but it gives one an idea of how to navigate this reality, and so, he has the ability to function in society. His opinions of himself, what he believes he deserves in this life, who his friends are, what kind of position he holds at work, what his strengths and weaknesses are, what kind of people he thinks will like him and what kind of people he thinks will not like him, all of this is composed within his self image. It is also referred to as the personal identity.

The Interpreter

All of us see through colored glasses, though, they might not be rosy. With the interpreter, one is able to give meaning to the world, to conversations, text, symbolism, and anything else he has the ability to create an opinion or a construct of. Without the interpreter, he would have absolutely no idea how to have conversations with people. Television, books and movies would make absolutely no sense what so ever. The interpreter gives us the ability, to interpret the world around himself and then to act in sync with his self image. One can never fully understand what another human being means when they tell us a story or an idea, but through the interpreter, one can be close enough to get by.

The interpreter could also be labeled perception. When ever an event takes place, no matter what it may be, the responses of people will be different, some more drastic than others, while other people will have similar view points. This idea of perception is often talked about in the idea of “positive thinking”, the idea of changing the meanings of circumstances to find the silver lining within.

Everything one sees, everything one reads, everything one hears, and everything one experiences, first goes through the interpreter, from there the meaning is created and so he has the ability to relate to it.

Memory

Memory is first created through language. When one learns how to talk and label images with words, he begins to form memories. Basically just images, some with emotion, some without. Most memories, however, if captured without actual conscious effort, will be tied by emotion. Memories can both be

real and imagined. One's memories are created by the interpreter, and so, just as Dorothy looking through her green filtered glasses as she walked through the so called Emerald City of Oz, one's memories have been corrupted to some degree by the interpreter in order to be in alignment with the self image.

Deletion

On the topic of corrupted memories. If an event takes place and the interpreter does not currently have a construct in order to create meaning of it from the self image, it will be deleted to a degree. It of course is still there, but the mind will “forget” that it ever occurred. The mind will dwell on what it currently views as fitting within the self image. For example, if a person is used to experiencing rudeness from people and that's how they relate to the world, if someone is nice to them and that does not fit their self image, there is a good chance they will, if left to their own accord, completely forget it ever happened or interpret it in a way as them being rude, such as, o they were being fake, etc. Unless someone is there to point it out or some material/experience is being consumed that will challenge their self image and put doubt into it, they will hold on to what they are familiar with.

Learning

The process of learning takes place similar to that of building blocks. A single idea is held, from there, new ideas are built upon it. One metaphor is too think of an onion, it has layer upon layer, though it is all joined together by the core. This both works in the idea of the self image, as well as learning constructs such as math. An example of this is how an individual would need to learn basic math before they could move on to more advance math, and so most learning material is based on this concept. Each chapter, builds upon the previous chapter. So if an individual was learning a new subject, but missed the first few chapters, there is a good chance they will do poorly because they have nothing to build upon, and so the interpreter can not make sense of it.

Breakdown

On the idea of the onion in perspective of the self image, an individual's self image is built upon ideas that are built upon previous ideas. If for some reason, and individual were to have a collapse in their self image, whether it be the actual core, or a sub core, the event that takes places is usually referred to as a breakdown. The military uses certain techniques in order to break an individual's identity down and then reconstruct him in order to make a soldier. This can also occur to people who go through extreme situations, whether it be a near death experience, some form of training, a drug induced experience, or some form of spiritual encounter.

6. Reality

Reality is outside the comprehension of man, but through ideas one can draw maps in which to navigate this reality. Though many philosophies and ways of looking at life and what life is truly about exist, I have come to the conclusion that the most useful of the maps stems from those of the Gnostic path and with this map, it will be much easier to build upon the ideas that follow.

The first concept that is inherited is that of fear.

The fear of being abandoned which is also the desire for security.

The fear of not being good enough which is also the desire for approval.

The fear of trusting in a higher power/purpose, which is also the desire for control.

From there the self gets created, the idea of separation, then the concepts of the mirrors comes into play, each one builds upon the previous as one grows in understanding. Sequential in nature, each one building upon itself, once one is accomplished, the next can be understood.

I first started this by accident, testing out ideas from a book called, Meeting the Shadow by Connie Zweig and Jeremiah Abrams. In seeing benefits come into my life from experimenting with these ideas, my desire for more, and my questioning of why, led me on a spiritual path, which up to that point, I had completely denied. In these pursuits I studied and practiced into many different religions, philosophies, exercises and sciences, which then led me into different experiences.

Through searching, I came into contact with others who had done the same, and to my surprise, there was nothing new about any it. The ideas that I thought at the time were original/new, (*back when I believed in original thought*), had been around for thousands of years, and people called it Gnosticism. Gnosis stands for experiential knowledge, and so blind faith isn't an element and not to be practiced because it would hold one back. It's only through personal discovery, and through testing and then experiencing it for themselves and then coming into understanding of it, do they gain spiritual insight and knowledge.

1. The Moment

If one, merely looks around, he will see examples of his self image. What job does he have, what kind of relationships/friends exist in his life, what kind of car does he drive, basically, what is it that is around him. What one is being in the moment is self evident, and usually never questioned.

2. That of Judgment

One is only capable of seeing in the outside world what lies within, in his inner world, in the subconscious. What he judges, is what he fails to see within himself.

3. That of Loss

Growing up, one learns to suppress certain attributes. The attributes get reflected in other people. Whether it be people that one admires or people that one hates. The traits they possess are shown to one in his hero worshiping behavior as well as his despise. Attraction also takes place on this level.

4. Forgotten Love

One gets to discover what is most important in his life by losing it. Addictions help in this process. Whether it's substance abuse or a habitual behavior. Through this, one is held from what is most important to him and through this, realizations take place bringing him closer to his true source.

5. Father/Mother

Growing up as a small child, one has opinions of his mother and father, or his caregivers, both positive and negative. In this, the attributes will be a symbolic reflection of his true source, before entering into a physical body.

(A side note, in the movie V for Vendetta, towards the end, the character Evey walks into the rain, and we see a being walking out of the fire, this is a representation for her realization of this. The concepts of these ideas are in many movies. The symbolism of it, even if one is not conscious of it, usually creates a strong emotional effect.)

6. Dark Night of the Soul

This will manifest when one is ready. He will go through his greatest fears, embarrassment, and guilt. What is deep down in his subconscious and can't be accessed, or even acknowledge. If one were to write down his fears, more than likely, they will have nothing to do with this phase, because it is too deep and hidden. This will manifest through real scenarios, or simulations, or both. Through this, one will be able to witness what can't be accessed otherwise.

7. Greatest Act of Compassion

I'm a big believer that if one questions whether they understand the mirror or not, it is a good indicator that they don't. So in this, I can only give a theory or my opinion of the 7th. The idea of compassion is having the ability to allow oneself or someone else to go through what they need to go through. Unconditional acceptance towards growth.

Gospel of Thomas 1:3

"If you say that the abode of the Gods is in the sky, the birds will arrive there before you. If you say it is in the sea, the fish will arrive there before you. Know that the heavenly realm is both inside you and outside you, and you will know that which is outside by that which is inside. When you have found the Light within yourselves, you will know as you are known. Then you will know that you are the children of the Living Parents and that your destiny is to be as they are. The person who knows not himself, is poor in Spirit, for he is his own poverty." -Christ

7. Personality

Everyone has a personality that gets developed. Though there are many models, the easiest one I've come into contact with is the model interpreted by Florence Littaire in her book Personality Plus.

In this model, there are four categories that people fit into when it comes to personality. Sanguine, Choleric, Melancholy, and Phlegmatic. People consist of all the 4 types but one or two will be dominant. A person who seems to fit into all four categories equally is Plegmatic. Understanding the four personality types gives a person a better understanding of who they are, as well as having a better understanding of other people.

Sanguine

Sanguine is an individual who are really good at talking and socializing. They are very good at socializing, naturally extroverted, however they can be very forgetful. They like to tell stories and will often repeat them. They can be very entertaining, are good at getting people together, have lots of friends, are very animated and use a lot of emotion. Sanguines like to have fun, often the correlate this with spending money, so they have the potential of being careless with money. But they know how to have fun.

Choleric

Choleric is naturally extroverted, they are good at following through and making decision, but find that they don't really need a lot of close friends, if any at all, because their main interest is in accomplishing things. They tend to enjoy working. They are not naturally good at throwing parties. They can come off as very assertive and don't carry a lot of sympathy for people. They also come off as workaholics and tend to have a strong drive when it comes to completing objectives.

Melancholy

Melancholy is naturally introverted, they are intelligent and analytical. They are really good at coming up with solutions and ideas but tend to have difficulties following through to completion. They tend to be emotional and might come off as moody, though they try to control their emotions. They can have issues with moodiness because they often worry about the future and consequences. They are very future orientated and so they are usually very good with money. They do use their emotions so they have the ability to sympathize with people and are often very good at coming up with solutions to other people's problems and consulting.

Phelgmatic

Phelgmatic is naturally peaceful, doesn't have a lot of highs or lows in life, but find it difficult to get enthusiastic about anything. They don't have a lot of emotion, so their lives are usually very stable. They make really good workers, and as long as they are appreciated they will usually stay in the same organization regardless of what kind of pay they could make elsewhere. They want everyone to get along and don't like drama, so they are good at keeping the peace among friends. It's hard to get them motivated in new ideas and they don't have a very high work ethic, though loyal in work if appreciated. Also they are naturally introverted.

We all fall into these categories. One or a combination of two will be dominant, though everyone contains aspects of all four traits. Each trait is equal in it's strengths and it's weaknesses, so creates one's polarity. Often friendships and relationships will form between people of different personality types, as in, an extroverted person tends to be attracted to a person who is introverted, and introverted person tends to be attracted to an extrovert. I've come to see this as representing the mirrors discussed in chapter 6. People are naturally drawn to what they are missing in their life.

In Carl Jung's work on the concept of the shadow, it's discussed that often friends or people in relationships will switch places, as they take on the attributes of another.

Proverbs 27:17

“Iron sharpens iron, So one man sharpens another.” - King Solomon

With all this being said, for a person who is not aware of the personality types, issues are more than likely to arise. For example if a person with a melancholy personality types gets into a relationship or married to a sanguine, issues with spending money might come up. Sanguines like to have fun and a lot of times they correlate spending money with having fun. Melancholy types are usually very conservative and like to have reserves in case something happens in the future and so this can bring up issues. The differences are not good or bad, but a person of one trait, may have difficulty in understanding the differences of another trait, and often with lack of understanding, conflict can arise, especially if they are living or working together.

The Three Demographics

Paul Ray wrote a book The Cultural Creatives: How 50 Million People Are Changing the World which helped me to further understand how people operate. Apart from the four personality types, people consist of three main groups when it comes to what they value, what they believe, their political stand points, how they are most likely to react and behave based on their foundational values. In America, there are three groups, the Traditionals, the Moderns, and the Cultural Creatives. There are of course sub groups of these three main categories, but I want to speak only on the basics.

Traditionals

Traditionals believe in “traditional values”. They believe that the man should be the head of the household. Really big into church and organized religion. Big into ideas like the military, protecting the homeland. Don't like foreigners coming into their country. Big into censorship, as in, would rather take away someones freedom of speech than to hear or see immoral behavior as they are concerned about the world their children are going to grow up in, and the ideas that are going into their minds. They believe in the supernatural, angles, demons, some believe in ghost. Things are black and white, either good or evil, etc.

Moderns

Moderns are big into technology and trends. They like to have the latest gadgets and enjoy waiting outside of a store to be one of the first to pick up the newest thing. They tend to focus on making lots of money and climbing the corporate ladder as a major objective. Big into being with trends and wearing the latest fashions. They get annoyed with religion, spirituality, or anything that is not of this world. Big into success and accomplishments of the world, making money, status, things of that nature. Usually they are atheist or agnostic, though they could be a part of a religious organization.

Cultural Creatives

Cultural Creatives are really into the idea of self actualization and figuring out how to discover that in any way they can. They are usually not fans of organized religion, but are heavily into ideas of spirituality. They tend to study various religions and concepts searching for truth or realizations in which to develop their self. They tend to do well financially but do not think of money as the ultimate goal. They'll often take up jobs or start businesses for the sole purpose of developing themselves. Usually not materialistic in the traditional sense, though they will spend quite a bit of money on books, educational products, seminars, experiences and things that are not tangible. They often carry the idea that they are alone and no one understands them, so desire “community” with like minded people. They have highly developed bullshit detectors and are often very skeptical. They usually don't agree with left/right politics and tend to declare themselves as independent or want absolutely nothing to do with political parties at all.

Each of these groups have different values. What motivates them to action, what they are interested in, and their goals, are often quite different in nature and so communicating with these different groups requires different points of focus, especially in the area of marketing and selling products and services.

Usually humans progress from traditional, to modern, and then to cultural creative. This is not to say that one is of less value than the other, each one plays a role in their personal life, as well as the lives of those around them. This is just merely an observation and is not to be confused with the idea that one is more valuable than the other. In a lot of ways, there wouldn't be one, without the other.

By having a fundamental introduction to the four personality types as well as the three demographics will give one a better understanding of himself as well as a better understanding of other people. By acknowledging these ideas, it will help one to be less judgmental, more accepting, and so his ability to socialize, relate, and influence those around him will be enhanced.

8. Mastery

Mastering one skill in life will lead to more understanding of oneself as well as understanding other skills in life. As one who believes he has mastered more than one thing in his life, I feel the need to discuss the principles of mastery. By understanding the basic principles of mastery, one can find, that they can learn to become efficient in any skill at a much faster rate than one who has not gone through the process.

Belief

It's all about beliefs. As a young child I trained in martial arts with some if not the greatest trainers in the state. At the time I couldn't fully comprehend what my trainers were communicating with me as they were usually metaphysical in nature or too simplistic for me to believe. One discussion was about belief.

**“If you believe you can defeat me, more than I believe that I can defeat you, you will win.”
-Richard Spell.**

A strong foundation comes from beliefs. So often one gets caught up in having the right behavior or persona that he never even knows to look into what exactly he believe. A beginner gets caught up in trying to imitate the behavior of the one he is learning from. This is of course is an important step in his development, but a time must come when he drops everything and goes his own way.

The Flow

So often we hear performers speaking about how when they sing or do comedy or are in a professional sport, how it is as if, it is no longer them doing it, but something flowing through them. They step out of their own way, and let it, whatever that may be, flow through them. It takes time to develop the kind of confidence that is necessary for one to completely let go and let the action flow through them.

“The way to transcend karma lies in the proper use of the mind and the will. The oneness of all life is a truth that can be fully realized only when false notions of a separate self, whose destiny can be considered apart from the whole, are forever annihilated.” -Bruce Lee

By stepping into the flow, and no longer seeing themselves as separate from the creator, they can allow, whatever it is, to flow through them. And so their action is no longer their action, but that of a higher source.

“Voidness is that which stands right in the middle between this and that. The void is all-inclusive, having no opposite – there is nothing which it excludes or opposes. It is living void, because all forms come out of it and whoever realizes the void is filled with life and power and the love of all beings.” - Bruce Lee

Step into the void. By stepping into the void, that place where one sees victory and defeat, approval and rejection, winning and losing, as the same in value. In this place he steps in of complete acceptance of what has, can and will occur. In this place, there is no attachment to the outcome, yet a strong commitment towards experiencing it. It's a place of action, maybe even fierce action, but living within a void.

“I'm moving and not moving at all. I'm like the moon underneath the waves that ever go on rolling and rocking. It is not, “I am doing this,” but rather, an inner realization that “this is happening through me,” or “it is doing this for me.” The consciousness of self is the greatest hindrance to the proper execution of all physical action.” -Bruce Lee

The realization of the separate self is the greatest hindrance to top performance. By learning to let go, to enter into the flow, that place of no longer being self conscious, one will be able to play at his highest level, because all of his mental and physical resources are focused in on the objective at hand, instead of being wasted on fears of looking bad or failing.

“Art reaches its greatest peak when devoid of self-consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make.” -Bruce Lee

When stepping into mastery, one must let go of his concern for perfection, of other people's opinions/judgments. This is the only way that he can play full out, at his best, though he may make mistakes, in this place he can learn from those mistakes. By playing all out, one is allowed to make mistakes, but one is also allowed to enter into greatness. Which ever may be the case, after the experience is completed, one can look back and examine. If one is too busy in self examination during the experience, his creative energy will be preoccupied, and so his performance will be lacking.

“To express yourself in freedom, you must die to everything of yesterday. From the “old”, you derive security; from the “new”, you gain the flow.” -Bruce Lee

One must drop his preconceptions of who he is. By judging his behavior as appropriate or inappropriate in his role, so the ball and chain is built that keeps him from progression. By letting go of the past, identity, roles, opinions of others, judgments, one can allow themselves to Be in this moment.

The Basics

It is often the mistake of beginners to focus on gimmicks, fancy lines and moves, and so they hurry themselves past the basic principles of whatever art they may be pursuing. By focusing on what the master can accomplish and the desire to imitate that, the foundation is often weak and so their performance, built on weakness, is also weak. In mastery, one must focus on the very basics and mastering the basics of the basics so that their foundation is built on strength, so that in whatever they do, will come from that strength.

In everything, the foundations are usually mundane and boring and so a beginner often gets bored and wants to move on. In salsa dancing, one focusing on the complicated moves, skipping past the basics of learning how to hear the beat of the music, and so his moves, as complicated or as fancy as they may

be, come out of sync, and he has no method to improvise. In martial arts, a beginner often focuses on fancy moves and techniques, and so his foot work is always out of step, and his striking ability is weak.

A famous story in history is that of Giotto. Pope Boniface VIII was in search to commission an artist and so he sent out his agent to go throughout the city to find one of greatness. The agent asked everyone in town for a sample of their work in which to show Pope Boniface VIII. When he ran into Giotto and asked for a sample, Giotto simply laid down a piece of paper and painted a perfect circle with out using a compass or any other tools, simply freehand. The agent didn't know what to think of it, but Giotto was confident that the Pope would understand. When the agent arrived back to show Pope Boniface VIII all the samples he had gathered, he was stunned of the Pope's desire to commission Giotto for the work, as he did have understanding of true mastery.

By focusing on the basics, one will have a strong foundation and so even the simplest of action will come off powerfully. Focus on the basics, it is all you will ever really need.

9. Healthy Habits

In any pursuit, healthy habits will increase productivity, energy, well being, and overall life in general. As one who grew up rejecting healthy habits thinking they were unimportant and then moving into the extreme opposite, I've come to realize the benefits and their effect on all areas of my life.

Exercise

Daily exercise, whether strenuous in nature or simple in action, leads to more creativity, more energy, and more happiness. In the creation of ritualistic exercise, preferably when first waking up, one will be clearer in mind and body, and so all action will be performed with less effort and higher skill. Ritualistic exercise increases the metabolism, so one looks healthier and has higher energy levels. The increase in oxygen going through the blood stream increases the activity of the mind, so one can think faster, more accurately and with greater focus.

Exercising can be as simple as going for a morning walk or strenuous in nature through high interval training, weight lifting, running, swimming, or what have you. By exercising first thing in the morning, one boosts their metabolism at the beginning of the day, and so they are full of energy and have a head start compared to those who do not partake.

Eating

I always thought eating healthy was expensive, taste bad, complicated, time consuming, among other things. Through the motivation of a friend, I decided to look into it. I found that in merely a couple of weeks, I started to get it down. I was always under the assumption that it was difficult to cook for one person, that it would take up too much time, and that it was actually more expensive than eating out because of food waste. At first, I did run into issues with wasting food, but once I decided to be committed to the process, very quickly I was able to get it down. I ended up cutting my food bill down by 75%, and I noticed increased energy, looking and feeling healthier, more productive, being less tired and saving more time.

Learning the process can take a little time, but once one learns what to buy, where it is in the store, how to cook it, I personally found that it's actually easier and less time consuming than going to restaurants, standing in lines or waiting on a table. After spending a little time learning how to cook some basic food, I found that prepping and cleaning took very little time, and while the food was heating up, I had extra time to work on my house, clean, read, as well as work on my projects. Usually, my food is completely prepped, cooked, and prepared within 20 minutes, which I found to be less time than I would be sitting at a restaurant, or traveling to some fast food place and standing in line.

It tastes better once one learns how to prepare the food and it is much healthier. After getting into the habit, I learned to cook my food very well, better than most restaurants I had been going to. Some things I found that I didn't like at first, but after eating them, my body began to react differently, I'm

assuming because of all the nutrients I was gaining and the higher levels of energy I was obtaining, so the mind realized that it was good, and so my taste buds changed. Before long, vegetables like broccoli and brussel sprouts , plain yogurt, salmon, and other foods became very tasteful.

After a while, I decided to investigate the calorie count of the food I had been eating before the transition because I was losing quite a bit of excess weight. I came to find that a simple sandwich with a side of pasta salad at one of my favorite places to hit up for lunch had over 1000 calories, not to mention the soft drink. The meals that I prepare are mostly between 300-800 calories, and so the excess weight that I didn't need, naturally dropped off.

Portions also come into play. Personally, most of my meals can fit into a bowl which holds around 16 oz. By not over eating, I've found that I'm more energetic after eating, instead of feeling tired. At times, I do like to eat quite a bit, but that's usually at dinner parties or special occasions. By keeping my food healthy as well reasonable in portions, I've enjoyed more energy, higher productivity, and overall more well being. Though sometimes when eating mostly vegetables, I'll find that I get hungry more often, so I'll eat more meals. But being they are reasonable in portion, it doesn't slow me down compared to eating a large meal.

Drink Water

Water is probably the most important substance a man can consume. Cola's, fruit juices, sports drinks, usually contain man made substances, refined sugars, high fructose corn syrup, preservatives, all which the body is not designed to consume. As well as the high calorie content, even sports drinks usually contain massive amounts of unneeded calories from sugars and high fructose corn syrup, that the body usually struggles to turn into energy. By cutting back on cola's, fruit juices, sports drinks, etc, I found my energy levels improved, my mind becoming clearer, and physically I thinned out, overall, just became much healthier.

Alcohol

By limiting my alcohol consumption, whether it be at parties, bars, out socializing, and taking breaks with water, I found that the next morning, after the party or going out with friends, my productivity and overall energy levels didn't take a hit. Alcohol, other than getting people to relax, lowering inhibitions, and as a social habit, is usually useless when it comes to being productive. I personally find that after a heavy night of drinking, my energy levels, productivity, takes a hit for 1 to 3 days. That's a lot of wasted time. Usually people work 5 days a week, go out and party, and then spend the remaining two days of their free time, and sometimes one day of their working week, recovering. This is fine for the majority, but for a high achiever who's fulfillment comes from accomplishing objectives, one may find that their overall happiness and well-being improve greatly by limiting or completely abstaining from alcohol. A great book on overcoming habitual alcohol consumption is The Easy Way to Stop Drinking by Allen Carr.

Sleep

“Early to bed and early to rise, makes a man healthy, wealthy, and wise.” -Benjamin Franklin

Adequate sleep, and healthy sleeping habits are so important in the overall health of a man. If a man gets in the habit of staying up til 3 or 4 in the morning and waking up at 7 or 8, he won't have at his disposal, the full potential and energy levels he's capable of. Also if he sleeps until 2 in the afternoon, he will find that he is always feeling that he must catch up to the rest of the world, and so his position lacks power.

Personally I believe that going to bed early, before midnight, and waking up a couple hours before doing business/working is optimum. In this setting, one usually can use these couple of hours in which to focus on their personal goals, educating themselves to get prepared mentally for the day. Doing some physical exercise to get the metabolism up and be prepared physically, as well as emotionally before working. Having this extra two hours every morning to invest in oneself will give him a massively significant head start before starting his day. Doing it first thing, on a subconscious level, it shows that the self is of the highest priority, above all else. This has a significant effect on one's self-esteem and confidence which leads to higher performance and results in all areas of life.

Balance

It's all about balance and priorities. Some people, socializing and partying is a high priority, for others, learning, or accomplishing goals is a high priority. By focusing on what is truly important for that individual and balancing out the rest, a man can expect to find more fulfillment in his everyday life. Through balance, areas that are high priority, will work better, because life is one thing, all areas are intertwined and connected, it's life, the parts make up the whole.

10. Productivity

Productivity and the art of getting things done. Productivity is not so much about will power or working hard, though those elements come into play, it's about habits. Coming up with daily rituals in which bring about focus and concentration on that which needs to be accomplished is the first and most important step in completing one's objectives.

List

Every night before going to bed a man should sit down and write out the top six most important things he needs to have put to rest. By completing this list at night, his mind will no longer be concerned and anxious over them when he goes to bed. As he sleeps, his subconscious mind can go to work on ideas for how to go about accomplishing these task. The next day, when he is set to work, he then can go back to the list and begin to focus on what he needs to do and address them.

Every evening before bed, one should congratulate themselves on what they have accomplished on the list, acknowledging which of their task have been completed. One should not dwell or feel sorry for himself for not completing the whole list, but should focus on the positive, especially in this moment before bed. By ritual, this will train the mind to feel good about completing task as well as grow in confidence in itself of accomplishing objectives, whatever they may be. Competence breeds confidence.

Task

Take 15 thin dowel rods and bundle them together with string, and then try to break them in one motion. This task will be impossible for even the strongest man. Yet, take them apart, and anyone can snap each of them in half, one at a time, single-handedly with ease. A man can sometimes get overwhelmed with all that needs to be done, but by simplifying them down to simple acts of labor, one can remove thought and begin to implement action. Through this, he will find, that with each task completed, the bundle becomes weaker and weaker, until at last the project is completed.

Delegation

As a man develops his skill, there will come a time when he must delegate the task that he needs achieved, for his time and his ability to produce have grown beyond what he can accomplish by himself alone. Finding talent can be difficult, but developing the ability to spot talent and to motivate that talent for his cause will be necessary for him to get to higher levels of productivity. Also the ability to recreate one self in others will be necessary. The skill of managing, training, communicating and coaching others should not be overlooked. With these skills, one can accomplish far more than he could by the sweat of his own brow alone.

Goals

It's important to have direction in life, a road to travel. By coming up with goals and putting them in writing, one will have the ability to navigate this world. Without goals, one will be lost and confused, and more than likely, less than fulfilled. Goals must be in writing to be concrete. Until a goal is put into writing, it is merely a dream, and its manifestation is less than likely. One should have short term goals as well as long term goals. The short term goals can be completely daily or weekly using the 6 list method above. Beyond that, one should have 6 month goals, one year goals, three year goals, 10 year goals, as well as 30 year goals.

Though plans and new ideas are more than likely to come in the future. By having a destination, the long term goals, one will find that the short term goals seem to come together with more ease. Also having a long term destination in mind, even if it does change, it will give him a more powerful stance in life, whether that is in influencing others or simply not being taken off course by whims and other people's opinions or judgments.

Action

“No matter what the question may be... Action is always the answer” – L.D. Odom

Everything can be pinpointed to a point of labor. One should not be concerned with the “how” in life, but focus on what point of labor they can achieve right now that would be a step in the right direction. One is less than likely to have the full picture when stepping out on his journey, but by taking that first step, he'll be able to see a little bit farther, and with each step, comes new ideas, new lessons, and new courses of action. With each step, the full realization of the goal is put together piece by piece. It may only be one single step more and they've made it around an obstacle that was blinding their view, never the less, if he had not made that step, he will still be looking at the wall.

11. The Flow

Through daily ritual one can find, simply and without too much effort, that they can enter into the flow and through his consistency, maintain it. The rituals in which to enter the flow may be slightly different depending on what field one is pursuing, but the basics principles will remain the same. The idea behind entering into the flow is about training the mind and body to perform at its highest level, to avoid stagnation, letting go of self consciousness/self judgment, and to be in a consistent state of growth.

First step is physical exercise. A man should begin a regime of physical activity when first awakening to his new day. Walking or jogging is good exercise for this. To start, one should go for a walk, preferably an hour and in the open world. Through this, he will raise his energy levels through metabolism, and symbolically on a subconscious level, by being in the open world, he will see himself traveling towards a direction.

During the walk, he should work on focusing his state of mind. First by thinking of the things that are good and going right in his life. What is it that he has to be thankful for, as simple or profound these declarations may be, it will begin to influence his mind on the greatness that he has already achieved. After that he will see that it is evident that he can achieve objectives, as small or large as they may be, and so he can now see the possibility of achieving even more. Next he should be thankful what is to be accomplish in the future. This is to direct his mind, while moving in the world, that he is also moving towards a new future.

The next step during the walk is to plug in positive seeds of thought. Whether through listening to inspiration audios, ideas that relate to what he is pursuing, or simply positive self talk. Through this positive reinforcement, he will be training his mind to focus and to perform at the highest level.

After the walk or physical exercise, he should cool down by reading material that has a positive intention towards his goal. This will reinforce the mind of what it should be focusing on as a man is often bombarded with resistance, both internally and externally, that being the opinion of others, past failures, or mainstream media. By reading material that relates to his goal or testimonies of those before him that have achieved the same thing, he will be more adapt in overcoming the obstacles in the way that may be intimidating or tedious in nature.

Proverbs 4:23; (KJV)

“Keep thy heart with all diligence; for out of it are the issues of life.” - King Solomon

After this, his mind and body will be fully awake, his intentions and thoughts clear, so he can then begin his day with a serious advantage that so few are even aware of.

12. Education

Schooling will only prepare one for basic work, but to reach higher levels, continual and consistent learning is necessary. One must constantly be learning from others, through books, seminars, audio courses and personal application and experience. If one desires to be smarter, one must study and learn from smart people. Through learning, one's mind is expanded to new possibilities and his talents sharpened to live on the edge.

Through this consistent practice the mind is forced to expand its awareness to the possibilities that are around him. In the area a man pursues, he should thrive to be on the leading edge, to be a force of innovation, so that he can personally evolve as his craft evolves. Through this, he will find, the unlimited potential that lies within, as well as the world that he interacts with.

A man should have a foundation in understanding his inalienable rights, those he inherited in the last will and testament of his creator. A man who cannot explain logically, with critical thinking, what his rights are and where they came from, has none. A good foundation in understanding one's rights can come from studying the philosophers of the past, such as, Thomas Jefferson, Benjamin Franklin, Thomas Paine, and John Adams. With a strong foundation in ethics, law, history, and inalienable rights, his self image and confidence will be enhanced as well as his ability to influence.

“Energy flows where attention goes.” - Tanoë Sands Kumalea

When a man focuses on growth, through education, enhancing his craft, through his personal development, evolution is sure to ensue. In a field that one wishes to evolve into, teaching will come into play in order to reach the higher levels. When one can fully understand and then communicate that understanding to others, effortlessly, accurately and consistently, he will have reached a level of mastery.

13. Religion

As a young child, I grew up indoctrinated by the ideas and philosophies of the mainstream church, which teaches damnation, God's judgment, and hatred for those who do not believe what they believe. As many have done before me, I abandoned those philosophies in search for some form of truth. This pursuit led me into studying Hinduism, Buddhism, Shamanism, Atheism, Hermetics, studies of the occult, new age philosophies, ideas revolving around enlightenment, heavy meditations and mind exercises, just to name a few. Through my pursuit and life experiences, I became thoroughly convinced in the idea of absolute truth. After that experience, I realized that the truth was hidden behind a false perception and a confusion of translation in the very place I started.

Though it exist in all the classic religious text that I have encountered and studied, in my explanations, I'll use my roots, being the books of the Bible as well as the lost books of that faith.

Gospel of Thomas 1:2

"Everyone who seeks should continue seeking until he finds. When he finds, he will be troubled at the contemplation of Truth, but when he has passed through the time of trouble, he will be astonished at the brightness of the Light, for the Way of Truth is the Pathway to the Eternal Godhead, and the price of the beatific vision is the wringing of the soul. The person who desires to rise above all things must descend below all things, for the way to the heights passes through the depths of anguish, which generate the fires of Life. The person who has suffered and found Life is blessed." -Christ

Many are confused in the idea of salvation and of sin. Sin is defined in Jame Strong's Concordance, which translates the words into the original Hebrew, as missing the mark or the path. It has nothing to do with right or wrong, far from it, but has to do with confusion. One missed the mark, they got on the wrong road, because they were confused, and with it fear, and with that, shame, guilt and everything else came into existence. Personally, I do not see this as something to be afraid of, but a mere instrument in one's spiritual evolution, where it is also described in Hinduism, that both destruction and creation are necessary for growth.

Gospel of Thomas 2:2

"The shadows of this world are perceived by mortals, and they think they know Truth, but the Reality which casts the shadows is hidden from them, and they do not perceive the Light. I tell you the truth when I say that only when you perceive shadows as shadows, and search the Light, will you perceive the Reality which is God." -Christ

The sin, it's a false perception, all of which is inherited. In confusion, false perception, one cannot see the truth, because the very core of their essence has been corrupted. The lens of the mind, if you will, has been corrupted and is not clear, so the truth cannot be seen. They do not see the shadows as shadows. They believe the shadows are real and out there, and so, they have covered the light and live tripping in the dark.

Sayings of Jesus 5:14

Jesus said, "You walk in mists of darkness, which is the heritage of this realm, but inside, you have a Light which burns with Eternal Fire. This will light your Way to the Eloheim." -Christ

One is born into a physical body. Everything that one is, what he believe, his religion, his values, his ideas, his language, they all came from his environment. He learned through instinct, that of inheritance, from those before, and so he is with original sin, original confusion. He learned from his parents, his teachers, his friends, and outside influences. There is no such thing as original thought, and so all of his thoughts came from somewhere else. He believes with complete certainty that he is his body and his mind, his thoughts and his emotions. In order to realize something outside the spectrum of what already exist, an intervention must take place, something must occur beyond the exterior world to show the way.

Gospel of Thomas 1:3

“Unless you become like little children, you cannot know the meaning of Life, for your minds must be cleared of the falsehoods of this realm if you are to be taught Eternal Truth.” -Christ

To comprehend this fully, one must first understand who is speaking. Quite often the mainstream church, in it's falsehood, in it's confusion, in it's missing the mark, and lack of understanding, focuses on the messenger while completely forgetting the message.

John 14:6 KJV

“I am the way, the truth, and the life: no man cometh unto the Father, but by me.” -Christ

The Christ from my understanding is not a person. I don't even know if it has an ego or a consciousness, but I see it is merely a force, “the truth”, and it comes to shine the light on the falsehoods of human consciousness, to make them consciously available to analyze, witness, and experience fully. I believe this force exist in every single human being, though different names for it exist.

John 8:12 KJV

“I am the Light of the world. He that followeth Me shall not walk in darkness, but shall have the light of life.”

But this force, it only makes one aware of the root of their essence, the lies, the falsehoods, or of their sin, their confusion. When one discovers his sin, his misdirection and confusion, he becomes aware of the lie but will not know how to comprehend it, so his core drops, the beliefs that started it all, it falls out of place, so with no foundation present, everything falls away. This truth may be quite troubling and incomprehensible for a period of time.

Gospel of Thomas 3:5

"When the Comforter has come, whom I will send to you, he will lead you into all Truth. Search the Light within your souls, for there will you find the reality of all things." -Christ

He starts anew, born again, without meaning, without understanding, except that which he has just learned. A foundation is now built upon a rock, that of truth, which cannot be destroyed because it is the absolute.

Matthew 7:24-27 KJV

Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every

one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it." -Christ

In the beginning, one's house, one's identity/self image, is built on sand, on a false truth, on false confidence, and so when the storm comes, it will be washed away.

Mathew 10:35-37

"35 For I am come to 'set a man at variance against his father, and the daughter against her mother, and the daughter-in-law against her mother-in-law.' 36 And 'a man's foes shall be they of his own household.' 37 He that loveth father or mother more than Me, is not worthy of Me. And he that loveth son or daughter more than Me, is not worthy of Me." -Christ

James Strong's Concordance

*Variance; 1369: to make apart, set at variance, to cut apart, divide in two, against
Loveth; 5368: have affection for (denoting personal attachment)*

This has to do with letting go of attachment and the desire for approval, and getting into alignment with truth and being true to one's self.

Gospel of Thomas 1:7

"The person who stands alone will be with the Eloheim; the person who is with the Eloheim will stand alone." -Christ

This does not mean that he can no longer love his parents or people in general, only that his attachment to their direction, their opinion, their advice, and their questions and comments, will be removed. His alliance goes towards truth, because that is what he now desires more than anything.

Gospel of Thomas 1:11

The disciples questioned Jesus concerning the Way of Life: "How should we fast? In what manner should we pray? How should our alms be given? What dietary law should we observe?" Jesus said, "I will instruct you in all these matters, but first you must put off your love of the lie, the false way of life followed by the children of this plane of existence, and be converted, changed so that you hate that which you have previously loved, and love that which you have previously hated. Then I will be able to show you all things, for there is nothing hidden which will not be manifested when you have put on the mind of Truth." -Christ

The idea of merging with the Christ, it's not about being saved from some exterior force. The idea of the "kingdom of God", is not something that is out there, in the Greek language, it's referenced to the idea of being sovereign, free, and of power. (*source: Strong's Concordance, Greek:932+935*)

John 3:3, (KJV);

"Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God." -Christ

Through the process of being born again, having the lens of perception cleansed, one can then see the way towards the kingdom of God, see the road towards freedom, towards power. None of this being born again has anything to do with escaping judgment of an exterior force, that is an idea that was conceived by a false perception and confusion, of a lie, an anti-truth, an idea that keeps people

distracted from discovering the real thing.

Gospel of Thomas 1:12

Mary of Bethany asked him, "Will the thirst for knowledge ever be quenched?" Jesus said, "When once you have drunk from the spring of knowledge, you will return again and again, for each time your thirst is satisfied, a new thirst will grow, greater than the first. The more you drink, the greater will be your desire to drink, but in the intensity of your desire, you will be filled. I tell you the truth when I say that whoever seeks will find, and the finding will cause him to seek, but in the seeking is hidden the meaning of Life." -Christ

Like sex, money and status, forms of enlightenment are no different. It's infinite in nature. However, sex, money and status, when pursued fully, will only lead to the desire for more and more, and so, a constant state of dissatisfaction will be present. But when one perceives truth, and the methods and direction towards truth, even though it is infinite, in the pursuit itself, one finds satisfaction, one is filled. He will find new meaning in his life, purpose, and so he will pursue truth continuously.

Gospel of Thomase 5:3

"I am in all things; yet I am beyond all things. Not through seeking will you find me, but through Peace. Nevertheless, through seeking you will find yourselves, and then will you know the Eloheim." -Christ

14. Ethics

2 Corinthians 3:6; (KJV)

“Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.” -Paul

Having a true understanding of ethics is an important trait in a man's character. However, trying to follow the letter of law, only brings death (misery), but the spirit of the law, understanding it's source, brings forth life (well-being).

First Commandment

Exodus 20:3; (KJV)

3 Thou shalt have no other gods before me.

James Stong's Concordance; Gods, 430: Hebrew Elohiem. [however] Plural [gods] in number refers to (1) Rulers, judges, either as divine, representatives at sacred places or as reflecting divine majesty and power.

In seeking the highest of the high, a man should not view himself below anything or anyone other than his creator. He should take no higher authority and pledge no higher allegiance to anything or anyone other than the source itself. Anything else will be living a lie, separation, and will hold him back in his own evolution.

Webster's Third New International Dictionary; Allegiance: 2: devotion or loyalty especially to a person, group, or cause entitled to obedience or service and respect.

Black's Law Dictionary, 9th edition; Allegiance: A citizen's or subject's obligation of fidelity and obedience to the government or sovereign in return for the benefits of the protection of the state

Second Commandment

Exodus 20:2, (KJV)

4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; 6 And shewing mercy unto thousands of them that love me, and keep my commandments.

A man should not attempt to define the creator, because any definition is a limitation, and being that he was created in the image of the creator, any definition is a limitation of himself, and placing that image between him and the real thing. By idolizing something in the exterior world, searching for validation,

acceptance, fulfillment or security through it, he is placing that object or that idea between him and his source, thus limiting himself, and cutting himself off from the true source of well-being.

Third Commandment

Exodus 20:7; (KJV)

7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.

James Stong's Concordance; Vain, 7723: Hebrew Shav; Desolation, evil (as destructive, false, lying, falsely, lies. Shav' means "deceit; deception; malice; falsity; vanity; emptiness."

What a man curses, curses him. This is not about language or words, though words can influence the subconscious. It's not about profanity, it's about the place the person is coming from, a place of condemnation. Damning something, again, it's not the language, but what's coming from behind the language, spoken or unspoken.

"What you resist not only persists, but will grow in size." - Carl Jung

Commandment 4

Exodus 20:8, (KJV)

8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

James Strong's Concordance; Sabbath, 7676: The seventh day

James Strong's Concordance; Hallowed, 6942: (1) This word is used in some form or another to represent being set apart for the work of God.

James Strong's Concordance; Work, 4639: Maasah, means "work, deed; labor; behavior."

One should dedicate a time to rest and reflect on what he has created. To be free of distractions, as to give an opportunity to grow, develop and discover one's self. This is the work of God, inner work.

Gospel of Thomas, 5:3

"I am in all things; yet I am beyond all things. Not through seeking will you find me, but through Peace. Nevertheless, through seeking you will find yourselves, and then will you know the Eloheim." -Christ

Commandment 5

Exodus 20:12; (KJV)

12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

A man is born into this world from parents of the physical, and from parents (a source) of the spiritual. That which he came from will be symbolically reflected in his parents or primary caregivers of the physical, during the young childhood phase. In his development stages, the traits that he sees in his main caregivers, both positive and negative, are a symbolic reflection of his true identity. Anything but honor would be a lack of self acceptance, and a hamper to his own evolution.

Commandment 6

Exodus 20:13; (KJV)
13 Thou shalt not kill.

James Strong's Concordance; Kill, 7523: kill (a human being), espec. To murder. (4)The Old Testament recognizes the distinction between premeditated murder and unintentional killing.

Webster's Third New International Dictionary; Murder: 1: to kill (a human being) unlawfully and with premeditated malice or willfully, deliberately, and unlawfully,

What a man hates, he hates within himself. For no one can see that which is not also within himself. What one judges is what one fails to realize. This doesn't have anything to do with self-defense or accidents. Murder is premeditated and comes from hatred.

Luke 6:37; (KJV)
“Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven” -Christ

Commandment 7

Exodus 20:14; (KJV)
14 Thou shalt not commit adultery.

Adultery, defined by Webster's Third New International Dictionary (unabridged): 1: Voluntary sexual intercourse between a married man and someone other than his wife or between married woman and someone other than her husband.

In marriage, a contract/consensual agreement has been put in place between two people for the purpose of raising a family. If one cannot hold true to their contracts with another, or respect another person's agreements, they certainly can't keep their own contracts with others or themselves.

The reason someone is capable of breaking their word, their consensual contract with another, is because they believe something in the external world is going to validate them or bring them fulfillment. This lowers them below the object of their idolatry.

In some cases, full disclosure was not present before the agreement was made or the contract becomes broken, in this, it is understood that the contract is voidable. In the worse case scenario, this agreement

should be voided before one moves on or falls into adultery(*breaking the contract themselves*). If not, the affair, is held higher than the person's word, and so he separates himself from well-being and understanding that satisfaction comes from within.

One should take notice that adultery has nothing to do with premarital sex, in fact, Jesus was conceived through premarital sex, from the seed of Joseph (who was the descendent of Jacob (*Num. 24:17*) and Jacob being the son of Isaac (*Gen. 17:19*)) with a woman named Mary.

Matthew 1:23; (KJV)

Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

James Strong's Concordance; Virgin, 3933: by impli. an unmarried daughter

The Greek word Parthenos, which the word “virgin” is referencing to in this verse, never implied anything to do with physical “virginity”, or the integrity of the hymen. The word simply means a woman who is not married; an unmarried daughter.

Joseph and Mary were not yet married before engaging in sex and conceiving Jesus; which has never been abnormal, even back then. Though usually it could be uncomfortable for a woman who gets pregnant without a contractual agreement of marriage in place; which sole purpose is to provide a framework and the security needed to raise children successfully. Without a contract in place; a consensual agreement with full disclosure, to provide that security, that framework, there is no truthful obligation for a man to provide it (*though he may be forced too, unlawfully, against his will*), because he has not yet consented to it; and so, a woman's life could be in a serious bind if she had to raise a child alone by herself.

Commandment 8

Exodus 20:15; (KJV)

15 Thou shalt not steal.

When a man takes from another, he is training his perception of reality to see scarcity, and so, he will not be able to see the means to have anything greater. By stealing, he trains his reality/perception to be one that is not enough, and so he will live with not enough. On top of that, the stolen object, is an anchor, a reminder, so by seeing it, subconsciously it symbolizes that lack, and trains the mind to see scarcity.

Commandment 9

Exodus 20:16, (KJV)

16 Thou shalt not bear false witness against thy neighbour.

James Strong's Concordance; Bear, 6030: (4) Hebrew; 'Anah can also be used in the legal sense

“testify”: *“Though shalt not bear false witness against thy neighbor”*

James Strong's Concordance; Witness, 5707: (1) This word has to do with the legal or judicial sphere
James Strong's Concordance; Neighbor, 7453: (1) The basic meaning of reat' is in the narrow usage of the word. A reat' is a “personal friend” with whom one shares confidences and to whom one feels very close:

A man should not commit fraud in contract/consensual agreement (written or verbal) with one who holds you in trust, whether that be in friendship or in business. One should stand in the truth for his neighbor, those who are personal friends who hold him in confidence. This has to do with deception, in trust, having confidence in another, one should not lead him astray and jeopardize him.

Matthew 3:33-37, (KJV)

33, Again, ye have heard that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: 34, But I say unto you, Swear not at all; neither by heaven; for it is God's throne: 35, Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. 36, Neither shalt thou swear by thy head, because thou canst not make one hair white or black. 37, But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

James Strong's Concordance; Swear, 3660: Affirming or denying by oath

Commandment 10

Exodus 20:17, KJV

17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

James Strong's Concordance; Covet, 2530: to delight in: - desire

Webster's Third New International Dictionary; Desire: (1) to long or hope for

In a man's development, he should not focus on what others have and try to live up to their expectations. He should focus on his own life and appreciate what he has. He should live his own life for himself. In this, the place of acceptance, one can focus and fulfill his destiny. If he is caught up in living up to others expectations, it will hold him back in his development.

Also if a man feels bad, experiencing jealousy, because of what his friend has, such as his wife, or his job, or whatever. On a subconscious level, he's programming himself to see that people will think bad about him if he were to also have these things. He's creating a limitation on himself because everyone wants acceptance, so if he can't accept someone else having something good, he's teaching himself that if he were to have these things as well, he would not be accepted, either through himself or through other people. This will cause a conflict in his ability to accomplish these things for himself.

“It's not having what you want, it's wanting what you have” - Sheryl Crow

**“you'll always get what you want, always... as long as you want what you get.”
Rhinehart, Luke (2010-05-18). The Book of est (p. 167).**

When the Christ was asked “Master, which is the great commandment in the law?” this was the Christ's response.

Matthew 22:37-40

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38, This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself. 40, On these two commandments hang all the law and the prophets.

Through experiential knowledge, one will understand these words, through them, all of the commandments are understood and automatic, they are merely laws of nature. This has nothing to do with damnation or judgment, but is in relation to one's self. God's love, divine providence, the source, the creator, loves all unconditionally, no matter what, even if one tortured and murdered his only son.

(it was a metaphor but it was also to fulfill what man needed at the time to be able start comprehending the idea of forgiveness, “Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill”-Christ: Matthew 5:17; KJV).

That level of forgiveness, that love, that level of acceptance, that perfection, is outside the comprehension of man who is within confusion. The letter of the law, believing in God's judgment and following rules out of fear, only brings death, aka misery. But understanding of the law, the spirit of the law, that brings forth life, aka well-being.

One more subject needs to be addressed because of the confusion of the world has led many astray, in either fear, or in rebellion, they has abandoned the search for truth, and that has to do with sex. Those within the lie, have deceived man, in their desire to control the man, so that they could manipulate him and to keep him in the dark.

Matthew 5:28

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

James Strong's Concordance; Adultery, 3431:metaphorically, of those who are by Jezebel's solicitations drawn away by idolatry

Webster's New Third International Dictionary; idolatry: the worship of a physical object as a god; esp: such worship of a made image b: the giving of absolute religious devotion and ultimate trust to something that is not God 2: immoderate attachment or devotion to or veneration for something: respect or love that approaches that due a divine power 3: obs: an object of idolatry.

This passage has nothing to do with sex, it's talking about idolatry, the idea of putting something between him and God/Divine Providence/Self/The Source. Idolatry is the belief that something in the exterior world is going to fulfill him, bring him happiness, validation, or satisfaction. This has to do with putting that object or the idea, between himself and his creator, thus limiting himself below it, and blocking his connection to the source, that of power, of freedom, of well-being.

What is Sin

James Strong's Concordance; Sin, 2403: The basic nuance of this word is "sin" conceived as missing the road or mark.

In the false truth, one is led to believe that breaking one of ten commandments is "sin". This is not the truth. Breaking the ten commandments, natural law, is a symptom of sin, of being on the wrong path, of being lost, of being confused.

Shame, guilt, and the idea of the judgment of God, even the idea that God is out there somewhere outside of himself, these ideas come from the confusion.

John 14:10-11; (KJV)

"10, Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. 11, Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake." - Christ

These false ideas, these lies, they are byproducts of the sin. The sin came first, the confusion, then the symptoms came after. It's a false perception of reality, and so, living by the letter of the Law, trying to follow it, brings forth only death, misery. It actually keeps one from finding the truth, because they are running away from it, instead of turning around and discovering it's original source, it's foundation. However, in the spirit of the law, one has understanding of it, that brings forth life, well-being. With that, the well-being comes first, and the desire to live within it, living in the natural law, that comes second.

Why Sin Exist

In order for evolution to occur there must be growth. Growth is within all things. However, for growth to occur, for one to become stronger, an adversary must be present, and so, sin/confusion was born. In this, one has the ability to overcome adversity, to take a journey, and along that journey, one grows, one evolves, one discovers himself. Without it, there would be no journey.

15. Letting go

Letting go is simply dissolving or disconnecting the energy, the emotion, that is attached to an idea, which formed a belief. If one stands without judgment and merely observes and allows the energy to flow, it will dissipate over time. Fighting against it or trying to force it, is merely gripping harder and harder, not allowing it to pass, and investing more energy into it.

When one comes into realization of the light, the road towards truth, he is actually dissolving the confusion within himself. The confusion, the false perception, keeps one from discovering the truth. In essence, when one begins to realize the truth, it's as if up becomes down, and down becomes up. He learns to hate what he once loved and to love what he once hated. Through the fear, through the doubt, through the embarrassment, that is the road to the discovery of Self. In being outside of the comfort zone, facing the adversity, this is where one grows.

Gospel of Thomas 1:11

The disciples questioned Jesus concerning the Way of Life: "How should we fast? In what manner should we pray? How should our alms be given? What dietary law should we observe?" Jesus said, "I will instruct you in all these matters, but first you must put off your love of the lie, the false way of life followed by the children of this plane of existence, and be converted, changed so that you hate that which you have previously loved, and love that which you have previously hated. Then I will be able to show you all things, for there is nothing hidden which will not be manifested when you have put on the mind of Truth." -Christ

By letting go of the need for the approval, of validation of others, one becomes free of it. In this, he has now become a teacher for others to follow. By letting go of his judgments of others, he is letting go of the judgments he holds of himself. In moving towards freedom, he shows the way for others to move towards freedom.

Anything real grows by giving it away. Trying to keep what is real for one's self, that is how one loses it. No man is completely free, until every man is completely free. As more and more people discover the road towards freedom, it becomes easier and easier for others to discover and to experience the path well.

In this, natural law will be understood, that no one in this world is supreme law, and that the Law comes from God. It does not come from the imagination of some public servant, who supports his family and lifestyle off the labor and productivity of the man he is supposed to be serving. Man, in his confusion, has been tricked into believing that someone else has the right to arbitrarily, without consensual agreement and full disclosure, tell him how to live his life when it has no chance of damaging or injuring another human being or their property.

And so, in freedom, no longer will people live in fear and look towards guru's or spiritual/religious teachers for guidance or towards government or rulers for more restrictions and regulations. No longer will they live in separation from their true source. In this, they will live in the truth and the freedom that comes from within them, so that, they will no longer be controlled by fear or be manipulated by lies; in this, the truth will set them free.

One's consciousness is covered by layers. In confusion, one attempts to justify his fear, his shame, his guilt, and in so, he adds more layers upon it. Confusion only breeds more confusion. In his attempt to escape his prison, he builds more bars. In his attempt to hide, he becomes more loss.

“What resist, not only persist, it grows.” - Carl Jung

However, the farther one moves away from the light, the truth, the easier it becomes to realize it. It's as if he is in a black abyss, the farther he moves away from light, the more he can come into realization that he is in the dark. He can then look and see the location of the light, and seeing the location, walk towards it. As he gets closer, it will be more difficult to discover the true source, because it's too bright, so he may find that he is to end up back in the darkness, and in seeing this, he can try again. This is the cycle of the human condition.

Gospel of Thomas 1:2

"Everyone who seeks should continue seeking until he finds. When he finds, he will be troubled at the contemplation of Truth, but when he has passed through the time of trouble, he will be astonished at the brightness of the Light, for the Way of Truth is the Pathway to the Eternal Godhead, and the price of the beatific vision is the wringing of the soul. The person who desires to rise above all things must descend below all things, for the way to the heights passes through the depths of anguish, which generate the fires of Life. The person who has suffered and found Life is blessed." -Christ

Here in lies the dilemma, only those that seek, can find it. The fears of damnation, the fears of not fitting in, desiring the approval of others, or security in this life, those are the imaginary prison bars, the illusions and mirages that are in the way for one to discover this truth.

Luke 15:7, (KJV)

“I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.” - Christ

James Strong Concordance; Repenteth, 3340: to perceive afterwards; (Author's comment: it's not something one ask for, it's something one discovers. A change in perception, understanding)

James Strong's Concordance; Just, 1342: (1) righteous, a state of being right, or right conduct, judged whether by the divine standard, or according to human standards, of what is right. (Author's comment: a.k.a. people who follow the rules, social norms, because they fear being judged, so they never look for it. They never have a change in their perception, aka repentance, because they don't want/need/demand it. They are not motivated to search for it)

James Strong Concordance; Need, 5532; demand

Truth will not be realized by any book, by any church, by any guru, it won't be realized by anything out there. Though the elements in the external world can, and most likely will, be a catalyst for one to discover it's true source, that it comes from within one's self.

Gospel of Thomas 1:3;

"If you say that the abode of the Gods is in the sky, the birds will arrive there before you. If you say it is in the sea, the fish will arrive there before you. Know that the heavenly realm is both inside you and outside you, and you will know that which is outside by that which is inside. When you have found the Light within yourselves, you will know as you are known. Then you will know

that you are the children of the Living Parents and that your destiny is to be as they are. The person who knows not himself, is poor in Spirit, for he is his own poverty." -Christ

Part II

Socializing

16. Consensus Reality

A long time ago, before computers, before phones, before cars, was a man who lived in a small village. One night, he had a dream, and in this dream he saw what he believed to be the future and how the people of his village were destroyed by the drinking water from the well, which had been poisoned. Upon awaking, he began to gather up jugs of water to store in his cave. The containers filled the cave, and so he believed he was ready for what was sure to come. He warned all of his village, but they all laughed and ignored him and so it was only him, his cave, and his supply of water. Everyday he would leave, to warn them once again, of the future, of how the water from the well would be poisoned and they would all surely die.

After a while in his cave, he came down to check on the village. Everyone was acting weird, no one could understand him and he could not understand anyone else. He knew then, that his dream had manifested and the water had been poisoned, and that they had been corrupted, damaged by the poison in the water. Fearful, he ran back to his cave.

Everyday from then, he would go out, searching for any survivors who had not lost their minds due to the water, but he found none. Eventually, his water supply became low, and being alone, and realizing that death was imminent as he would run out of water soon, he decided to just give up, and go to the well, and drink from the water.

He left his cave, fully understanding that he was about to drink from the poisonous water of the well, which would lead to madness like all the others in the village, but at least he would not alone. He drank, and behold, he could now understand the people in the village and they could now understand him.

Dr. John Lilly has written extensively on this topic, and so I will use examples of his work.

“Consensus reality is that which is agreed to be real/true by a dyad, family, group, nation or group of nations. Examples are the various human legal structures (city, county, state, nation, etcetera), the pictures of realities created by the media (newspaper, TV, radio, etcetera), the financial realities created by banks, taxes, salaries, wages, etcetera, and the scientific community's picture of reality.” - John C. Lilly. The Deep Self: Consciousness Exploration in the Isolation Tank (Kindle Locations 902-905).

Consensus reality is that which the consensus, the majority, have agreed to be true/false and appropriate/inappropriate. If one has been in solitary, completely lacking communication with other persons, either voluntarily or involuntarily, for a long enough period of time, sometimes as short as 1 week, it has been known to cause a person to slip outside of the consensus reality.

“Physical isolation long enough (hours) and frequent enough (daily) allows the development of such fast transforms.” - John C. Lilly. The Deep Self: Consciousness Exploration in the Isolation Tank (Kindle Locations 950-951).

If one moves too fast or steps too far out of the consensus reality, he will currently not fit in, until he comes back into agreement with the consensus.

“In the consensus reality, fast belief changes in a given person are suspect; that person is considered abnormal/far out/diseased/mentally ill/fanatic/unstable.” - John C. Lilly. The Deep Self: Consciousness Exploration in the Isolation Tank (Kindle Location 948).

Isolation can be a great resource for creativity, transformation, new ideas, but with it, it can also bring about serious consequences to the inexperienced.

Tommy Lee has written of his own experience of isolation in his book “Tommyland”,

“The longest time that it wasn’t was the four months I was in jail. When I got out, I celebrated my freedom in the best and worst way: a visit from a pair of cheap hookers. I’ve done a lot of shit, I’ve been low, I’ve been high, but that night, when those girls left, is one of the times I can easily say I felt worse than the lid on a rancid can of fuck. It was fucking terrible. I’m totally not a hooker kind of guy at all. But I was so out there, so tweaked by solitary confinement, that I had totally forgotten how to relate to anyone or anything. Fuck, I had a hard time just holding up a conversation. It sucked.” - Lee, Tommy; Bozza, Anthony (2009-10-09). Tommyland (Kindle Locations 334-338).

Through time and exposure, the human mind, will automatically navigate towards the consensus reality. If one has spent an extensive amount of time in solitary, whether voluntarily by taking a solo trip to Alaska, or a sailing solo across the ocean, or involuntarily, such as Tommy Lee's example above, one should take caution and a slow and passive approach upon entering back into the society, until they have learned how to navigate the transition effectively.

“Despite these limitations, we find that persons in isolation experience many, if not all, of the symptoms of the mentally ill.”- John C. Lilly. The Deep Self: Consciousness Exploration in the Isolation Tank (Kindle Locations 1286-1287).

Through daily exposure one will regain his stance within the consensus reality. If one has navigated out of this spectrum to far, one should refrain from asking questions, making comments, or displaying emotions that could cause a reaction outside of the consensus norms. Through this exposure of the control (society), one will gain/regain understanding of what is considered to be appropriate/inappropriate behavior within that society. Through this, he will regain his stance back into the consensus.

Dr. John Lilly writes in his book, The Deep Self and example where Christopher Burney was put into solitary confinement for 18 months. Upon getting out, he

“was afraid to speak for fear that he would show himself to be insane. After several days of listening he recaptured the usual criteria of sanity, and then could allow himself to speak.” - John C. Lilly. The Deep Self: Consciousness Exploration in the Isolation Tank (Kindle Locations 1276-1278).

17. Communication

Language

As the author writes, he is reminded of a passage in Thomas Jefferson's Autobiography,

“It was my great good fortune, and what probably fixed the destinies of my life that Dr. Wm. Small of Scotland was then professor of Mathematics, a man profound in most of the useful branches of science, with a happy talent of communication, correct and gentlemanly manners, & an enlarged and liberal mind.” -Thomas Jefferson

The word liberal stood out, and so the author reached for his Webster's Third New International Dictionary, unabridged, to investigate. As he writes this and within the consensus reality of his location and time, the word liberal has a negative connotation and a meaning of one who desires protection and security from government, more regulation, social welfare, and bailouts, that leads to enslavement of the people. Upon investigation, the origins of the word and the definition used by Thomas Jefferson of the 18th century states, *“(c) an adherent or advocate of liberalism esp. in terms of individual rights and freedom from arbitrary authority.”*

In this example, we can see, how language is constantly and forever changing, to such an extreme, that the word in one's speech may very well be the opposite of another. Through reading of works from various era's and communicating with various persons of various occupations and generations, one will be better adapt in communication.

First, one must understand that the language itself is not 100% complete in terms of communication. In efforts towards effective communication which will lead to effective influence, once must strive to understand the language of others, of the society, and its subgroups.

Words mean different things to different people. If someone uses the word money, the meaning of the word can mean various things to various people. An accountant will most likely view it differently than a cashier. The word “game” is another example, to one it may refer to a child activity, such as the game of tag, to another it may refer to a performance sport, such as football, to another it may refer to his ability to communicate with the opposite sex, and to another it may refer to his ability in business.

Having an understanding of the language of the group that is being communicated with will enhance his understanding of the other party and his influence upon it. Though communication is not accurate, ones skill in communicating can improve though practice and understanding.

Accurate communication rarely leads to negative emotional reactions. A sign of an intelligent human being is one who seeks understanding, one who ask, “What does that mean?”, when given a word that he is not sure of or during communication that leads to a negative emotional reaction within himself, whether that be anger or merely confusion.

One must strive to use accurate words in his communication. An example would be that if one was

exercising regularly and a person were to come and ask him, “so why do you work out so hard, I mean, your healthy, shouldn't you take a day off.” The individual may be tempted to use the slang of his community in his description, but this will more than likely lead to confusion. “I work out consistently so that I can stay on top of my game.” The word, game, in it's many meanings in today time could be construed with something other than what the individual was really attempting to communicate.

A better example would be “I exercise to prepare myself mentally and physically for my business in sales” In this form of communication, confusion is less likely to occur than with using buzz words, or words that only understood by one's subgroup, slang.

Communication

At the time of this writing, modern science in accordance with Mehrabian, words account for 7% of communication, tone of voice accounts for 38%, and body language accounts for 55%. This is important to know for one who strives to master this area, as one who is a beginner usually focuses only on the words he speaks, while discounting the most important areas.

Body language and tonality, are taken into effect by ones beliefs and emotions. Theses two elements account for 93% of all communication. In communicating effectively, and thus influencing accurately, one must account for the beliefs, (the place which he comes from), and the emotional state that he currently possesses or is in control of.

In essence, the words, though important, are far less important than the beliefs which one holds during the communication and the emotional state one contains. In communication one must strive to develop the his own personal beliefs, (why he is communicating, his objectives, his thoughts and ideas of the other party, and of himself), and secondly his emotional state, and last, the words. This is the difference between knowing the lyrics of a song, and one who knows both the lyrics and the melody.

Congruence

There are three areas is communication, Beliefs, Emotions, and Behavior. When one is a beginner, he desires knowledge of behavior and thus a long path awaits towards mastery. To describe this point the author will present an allegory that is paraphrased from the work of Bashar/Darryl Anka.

The blue print for the house, that is our beliefs, the workers, those are our emotions, and the materials, they represent our behavior. The most important aspect is Beliefs, followed by Emotions, and lastly, Behavior. If you have a good blue print, one can make a good house, whether it be out of brick, wood, plaster, the house can be made stable and secure. The workers, they can do a good job, or a sloppy job but even sloppy workers can get the job done, though a passionate worker who cares about what he's doing, is more likely to do a better job. The materials, whether it's brick, steel, or wood, it will get the job done.

A shitty blue print, no matter how good the workers are, and no matter how good the materials are, it's going to lead to a shitty house. The workers, may seem less important, but a drunk worker might still

be capable of destroying the house, no matter how good the blueprint. And even with a good blue print, and good workers, its very difficult to build a house out of sand or paper. Every aspect has it's place, but the blue print, the foundation of everything else, plays the most important role, second is the workers, and lastly, it's the material.

When one comes from the right place, the right belief (the blueprint), he will be most effective. When he can carry with that, the appropriate emotions(the workers), he will be even more effective. And when he can carry both beliefs and emotions, and with that, bring forth the appropriate behavior(the material, wood, brick, marble), everything will be in alignment, and so his communication will be congruent, in alignment, and confusion in the other party, will not be present. In congruence, ones level of influence will surpass all.

18. Self Conscious

“The way to transcend karma lies in the proper use of the mind and the will. The oneness of all life is a truth that can be fully realized only when false notions of a separate self, whose destiny can be considered apart from the whole, are forever annihilated.” -Bruce Lee, Tao of Jeet Kune Do

One must let go of his notions of being separate if he desires to reach that of the highest level. When he has let go, he can be, as he was destined to be, free from the opinion of others. And in this, a teacher of the world.

“Art reaches its greatest peak when devoid of self-consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make.” - Bruce Lee, Tao of Jeet Kune Do

When one lets go, he can be a mirror of the world. Through this, he will bring forth both admiration and despise.

When one is apparent of his own action, he is outside of the flow. To be self conscious is to be without self acceptance. To restrict or govern oneself in fear, restricts or governs one's learning. True self expression is found in freedom of ones actions.

Nervousness and fear, they are merely an experience that exist in the physical body. However, ones judgment of it, will influence the results that he gets. There is a difference between a person who experiences nervousness and accepts his nervousness and one who experiences nervousness and does not accept it, but instead chooses to run or hide from it, ashamed. Acceptance is moving towards truth, and denial is running away from truth.

19. Definite Vision

One must have a definite vision in which to act on. Without being defined, the man will have no destination in which to move into. One should define in detail, in writing, his vision of who it is that he is to be and what it is that he is to accomplish through this, his goal. In this definition, he will know in what direction he is moving, and so that, along the way, he'll know whether to turn right, to turn left, to turn around, or to keep moving forward.

In this pursuit, he may find that he needs to abandon what he once knew, what once brought him comfort. The judgment of others, both from the exterior world and imaginary, those within himself, will come up. He will let go of these fears and self doubts, as he walks the new road. In letting go, he will be removing the shackles, no matter how large or how small, that are hampering or preventing him in moving forward into his new life.

20. Charisma

Charisma is defined as having a special magnetic charm or appeal.

Everyone desires to have charisma, but the path towards charisma is often elusive. Often people look outside of themselves, some form of behavior they need to incorporate, some type of clothing, a car, material object of some sort, a new line, some ability, physical appearance. These are illusions and keep one distracted from discovering the true source. As long as one is on the path of chasing charisma in something outside of themselves, they will be moving away from it.

Self Acceptance

The first step to acquiring charisma is self acceptance and authenticity, aka, being real. People are often caught up in the game of trying to pretend they are something they are not, because they are fascinated by certain attributes of others, not understanding, that others are fascinated by certain attributes of the observer.

Everyone in life is made of the same principles. What people admire and what they hate is what they deny, have lost, or forgotten about themselves. Though it's a two sided coin, one can not have one without the other. In seeking acceptance from others, one must accept himself. Through this acceptance, he can display accurately and congruently those traits that others do not yet acknowledge, through this, they will find charisma.

Accept Others

Deep down, everyone wants to be accepted. By learning to integrate oneself, one's judgment will begin to fall away, and in that, the ability to accept others will grow. People like to be around people that like them. Whatever other people may be, he should understand that by accepting these other people, he grows in his own acceptance.

21. Self Image

In interactions, one is always communicating, verbally and non-verbally. What one holds as a belief about one's self, is communicated throughout, verbally and non verbally. In sales, one must learn to sell the product or service first to himself, (he must “sell” himself). When he believes wholeheartedly in his product/service, the power in his ability to influence others will be greatly enhanced.

We see this in the self as well. If one believes in himself, to see himself as a worthwhile person, someone worthy of recognition, of love, he will have the ability to influence others to believe this as well. By appreciating one's strengths, through habit of gratitude and acknowledgment, the habit of these ideas will be in the forefront of the mind. In the forefront of the mind, they will be communicated authentically, congruently and without conscious effort.

22. Experience Breeds Competence

Socializing is an art, and much like playing a musical instrument or practicing a form of martial arts, without exposure, without experience, one cannot develop his art. Through practice, one will find his art improves. Through non practice, one will find his art does not improve. Through apathy, one will find his art to come out of tune, and so he will have to get back into the motions to find where he left off.

In the area of socializing, only through experience can one learn. There is no magic pill in art, and in art there is no one way or correct path. There are instructors, those who have walked before and who can share their own experiences and lessons that they have learned, but it is up to the one to put in his own work.

“Whatever the question may be, action is always the answer.” L.D. Odom

In going out alone, one has no distractions and so he has the opportunity to see himself, in seeing himself, he will see his own judgments, and in letting go of his judgments, he will grow in acceptance, and in acceptance, he will know himself.

No one likes to be a beginner. In martial arts, as a beginner, it is disappointing to be out of shape and it is disappointing to be consistently defeated. In order to step up from beginner to a level of competence, a learning curve must take place. One must develop. Once one is developed and can see the fruits of his labor, his motivation and desire grows, and so things become more fun. Socializing is no different, yet, if one understands the process from moving from beginner to a higher level, one can find that through the hard work, the effort, the mistakes, the failures, one can find appreciation as well as self discovery.

In the beginning stages of any art there is the potential for self discovery, because the beginning stages are often the most frightening. Often self doubt arises, emotions are in turmoil, thoughts of one not being good enough, of being inadequate shine forth. In shining forth, one can discover the very thing that they have so desperately fought to avoid. All these things lead towards growth, and in growth, one discovers himself.

23. Wanting Breeds Wanting

One who desires the approval of others, will often not receive it. When one has, he often receives. When one lacks, he is often without. One's place of being is communicated unconsciously and without effort. In this communication, others are influenced to respond accordingly as if by divine will.

One must remember his own experiences in coming into understanding of his fellow man. One can remember his own encounters with the desperation of others. Often fear arises, and in so, fear arises in others. Through letting go of the fear of being in a state of desperation, one can come into understanding of it's true source and over come it.

In the beginning phases, there is the habit of trying to control the will of others. The desire to control other people's reactions often leads to the resistance of others, because on a fundamental level, everyone desires freedom. More importantly, everyone desires to be accepted, and when one, by force, tries to make another accept him, directly or indirectly, he is in a state that is lacking full acceptance of the other party. So by what he gives, he receives, a lack of acceptance.

In searching, a man must search, until he finds. In the beginning phases, one searches for this approval in fulfilling the desires of others. He dresses in a way that another desires of him, he goes to the school that that another desires of him, he talks the way that another desires of him, he gets the job that another desires of him, and in each movement, each change, he discovers only more dissatisfaction from the one that desired it. The search continues until he discovers its source. By giving up that road, he finds himself, and discovers that the path to this approval was within him. Through self acceptance, through walking his own path, he will find the approval of others, because what one has, approval of one's self, he receives.

24. What Is Shared Grows

One must acknowledge that nothing can be given that one does not first have. In accepting oneself and finding love for oneself, he now has the ability to evolve and share that with others. When his cup is filled from the tap of the well within himself, his cup will soon overflow. In this overflowing, he will have the ability to share, and in the process of sharing, it will grow.

If one desires power, first one should seek it within himself, when he is filled, in order to grow it more, he should seek to empower others. If one desires approval, he should first seek it within himself, when he is filled, in order to grow it more, he should then approve of others.

25. Purpose

Socializing offers so much to man. It's a path towards self discovery, towards understanding, towards influence, towards power, towards friendships, towards relationships, towards fun and entertainment. Within lies the path to all things, but one must have direction and purpose in finding anything. With so many aspects at hand, without a destination, one is liable to become lost.

When one lacks a vision, a goal, a direction, he can end up walking in circles, consuming time and effort, but ultimately progressing nowhere. In definite purpose he will have the ability to overcome his own inner resistance, and overcome the obstacles, real and imagined, that lie ahead.

In purpose, whether it be in deciding which venue to approach or how to direct conversations, when one has a vision in mind, it can come into being.

26. Leadership

Validation, direction, growth, empowerment, encouragement, fun, comfort, adventure, acceptance, every quality that is intangible that people need, can be fulfilled through leadership. By leading others, showing the way, you can help others to overcome their own self-doubt, apathy, lack of confidence that keep them from achieving what they want. Whether that's fun, self discovery, power, influence, a connection, a purpose, one can offer this and more, through his leadership.

True leadership comes into affect by the ability to empower others, to lift them and motivate them towards a worthy ideal. Whether that's influencing others to let go of their own self consciousness and have a good time, or showing them through personal example.

As one develops, he will discover the ability to walk his own path. In walking his own path, he will discover others that desire to walk the same path. In this, he can lead the way for those who are controlled by fear, and ultimately, through realizing him, they can discover themselves.

When one has discovered his ability to walk alone, to go to social events by himself and be at complete ease, he discovers a form of freedom, the ability to lead himself. In this, he is not tied to the consensus and apprehensions of others. From here, he can be the catalyst for the ones who wish to partake, but are still paralyzed by fear or lack of direction. His invitation will not be accepted by all, but for those that come along, it will be appreciated.

In his leadership, he will come to see the fears and confusion in others, and in this a path towards more self discovery. One can not see what is not within himself, and through this awareness, he will come to know more of himself, and in knowing himself, his ability to lead others will grow.

27. Be Interested to Be Interesting

Often one desires to be good in conversation, to be interesting, and his desire often hampers him from discovering it. For one who desires to be interesting he must first take an interest. By being interested in others, they will feel important, appreciated, and heard. This is a rare encounter and so he that is interested is now interesting.

Being interested in others must be genuine for it to be congruent. The beliefs, the emotions, and the behavior must be in alignment. One can not fake being interested, it may work for a little while, but will not last.

Knowing how to be interested is discovered through the self. One must desire knowledge, whether that be the knowledge of some expertise in the other, whether for personal goals or through curiosity, or desiring the knowledge of ones self, by discovering themselves in others.

Self-discovery is infinite and so one has infinite discussions at hand. Through conversation, by witnessing his thoughts, his emotions, his self-doubt, his anxiety, his judgments, his appreciation, his ambitions and his desires that come to light through conversations with others, he discovers himself.

One must ask questions or make statements to draw what is dormant or restricted in others. Through conversation, he is a catalyst, not only for his own self discovery, but allows for the environment for the other party to discover themselves as well. When urged to speak, one should speak, in this both the speaker and the listener are learning. In conversation, for both the speaker and the listener, lies the path to understanding.

In conversation silence is to be accepted as normal. In the beginning, a man may feel awkward in periods of silence, but his awkwardness is not because of the silence but because he can now hear the noise in his mind, his self doubt, his uncertainty, his fear of loss or of looking bad or being boring. There is a certain quality of power in silence, when one is in full acceptance of it. In being comfortable in silence, one will find that talking isn't always necessary in interactions.

One will find that in his ability to memorize and use the names of the people he is interacting with will probably be one of his biggest assets in communication. Whether it's people that he has just met, or people that he interacts with on a regular basis, such as cashiers, bank tellers, people in his organizations and work. Knowing and being able to use the person's name he is talking with, will be one of the easiest ways to make the other person feel heard and important.

Everyone desires to have a good time. One should refrain from taking himself too seriously, instead one should focus on enjoying the conversations, letting other people feel important, and having a good time.

28. Be Comfortable

Emotions are often contagious. One can feel tension in room where two people are in conflict as well as when two people are in love. As a man develops his ability to manage his emotions, he can use this ability to influence others. By evoking comfort within himself, he can bring out the comfort within those around him.

Comfort is found through acceptance, accepting ones self, accepting those around him, and accepting the reality.

When one is brought into a state of anxiety, often he tries to escape it by means outside of himself. Only through rising above his desire to escape, can he go through and overcome. Often it is not a man's anxiety that holds him back, but his shame and lack of acceptance towards it. As he learns to accept his condition, only then, will he rise above it.

“What one resist, not only persist, but grows.” – Carl Jung

This is the nature of the human experience. The desire to avoid not being afraid, to avoid not looking good, to avoid not being perfect, is the very thing that holds one back from discovering it. So what resist, must persist, and it must grow, until it is overcome or can no longer be avoided.

“The person who desires to rise above all things must descend below all things, for the way to the heights passes through the depths of anguish, which generate the fires of Life.” -Christ, Gospel of Thomas 1:2

29. Socially Acceptable

All change goes through phases. At first it is rejected whole heartedly. In the next phase, it is slowly accepted by a small minority. After that, more come on board and then it becomes socially acceptable. Next, it is accepted by the majority and only a minority are left to reject it. Finally it is fully accepted by all.

This is the road towards progression. If one is a slave to the opinion of others, he will find it to be of great difficult or even impossible to walk the path towards his own evolution. For those that can maintain their truth, they will find themselves in company with people who admire what it is that they are doing and what they are about. When this occurs, it will become easier for others to hop on board, because now they have security in knowing that they will not be alone. When it becomes popular, more will come, and finally the few that are left, will come, motivated by their fears of being alone.

One should appreciate those that come in the beginning, because it is through them that the next phases are possible. This story has been apparent throughout history.

1 Samuel 22:2, (KJV)

And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

On David's journey to the rise of kingship, he had to flee and hide in a cave in exile. People came to join him. These were the distressed, the poor, the weak, the outcast. Through them he rose to claim the throne, and this story is repeated throughout history. In anything new, anything different, usually it's not the popular people first to join. Mostly it will be the ones that are lonely, weak, not accepted, don't fit in, or just don't want to fit in. One must appreciate those that come first, and through lifting them, he will be lifted, and through empowering, he will be empowered. One must have an understanding of this principle if he desires to grow anything great. It will be resisted, and the ones that come first, might not all be his ideal company, but through appreciation in them, and leadership, his vision will manifest.

30. Show Up

In the path of self discovery, one will find it easier if he aligns himself with venues that serve his vision or purpose. If he desires to party, he should seek out locations to party. If he desires to learn, he should seek locations to learn. If he desires to grow, he should seek environments to grow.

Bars, art exhibits, gyms, churches, charity organizations, seminars, classes, concerts, and anything else one can imagine where people come together is an excellent environment to interact with others. One will find his locations, but over time, he may find that he has outgrown them, or is bored with them. He should not be discouraged, but simply move his awareness to the other options that are available. By keeping his eyes and ears open, he will find new opportunities, and in those new opportunities he will find even more.

It is often said that it is easier to get a job when one has a job. So it is recommended that if one is looking for work, he should not wait for the perfect job to come but take what is available right now. In this, he will find it easier to get a better job and will have money coming in as well as activities to grow from. This principle is the same with finding social circles. One should take any opportunity when present and his time and motivation are available. It may not be his idea of perfection, but in this he has the ability to meet more people and discover more options.

The first rule of friendship is simply showing up, and this goes before friendships develop. If one simply chooses to show up to a class, a bar, a church, or whatever, consistently, through time and action, he is guaranteed to meet people there. This is the easiest way to grow social circles and friendships, just show up.

Part III

Dating

31. Rise Above

Power is the ultimate aphrodisiac and so for a man in pursuit of women, he needs to rise above that which holds him below what he pursues. In idolatry, a man places the object of his desire, between him and his connection with the source, which is where power comes from, the source of well-being. Within the Source, Divine Providence, God, all things are possible, and the highest states can be reached, but outside, the limits are determined by the limitations the man has agreed too.

Power is not about the ability to control others, though it can aid in the ability to influence others. Power comes from options, the option to choose, yes or no. Power is freedom, freedom in choice, freedom from manipulation, freedom from being controlled emotionally. It's an internal thing, has nothing to do with the exterior world, though, its affects can have an influence on the exterior world.

Symbolically, in the language of the subconscious, the symbol of woman is below the symbol of man in power, and so for a man to agree that the symbol of a woman is above him, is to lower himself below the symbol of all men. If a man desires to rise above, he must first remove the limitations, the barriers, in thought, emotions and behaviors that limit his connection with this Source, the place where power originates.

Matthew 5:28, (KJV)

“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.” -Christ

James Strong's Concordance; Adultery, 3431:metaphorically, of those who are by Jezebel's solicitations drawn away by idolatry

Websters Third New International Dictionary; idolatry: the worship of a physical object as a god; esp: such worship of a made image b: the giving of absolute religious devotion and ultimate trust to something that is not God 2: immoderate attachment or devotion to or veneration for something: respect or love that approaches that due a divine power 3: obs: an object of idolatry.

In lust, a man sees his self-worth, his validation, his self esteem, tied to the object of his lust. A man who is in this element is happy when women like him and is unhappy when women do not like him. He is happy when he gets attention, whether a smile, a phone number, attention, sex and he is unhappy when he is not receiving it.

One must understand, lust is not wrong, it is only an element of confusion, the confusion of being separate from where the object originated from, and the true source for the emotion that he is seeking.

One must not confuse lust/idolatry with attraction. Idolatry/lust is the search for something outside of himself to bring fulfillment, well-being, validation, self esteem. However, attraction is caused from denying, forgetting, giving away certain attributes, and then seeing them in another person. Attraction is a path to the discovery of the self, whether in learning about one's self through another person or learning about one's self because of another person.

Attraction is a two way street, whether that interaction last one second or a lifetime, both parties gain understanding about themselves, which eventually leads to the discovery of the self. In idolatry, the interaction is not mutual, though in some instances both parties are involved in idolatry. In idolatry, one believes he will gain validation, happiness, fulfillment, etc from the other party. Idolatry is about taking and leads to separation of the self, while attraction is about giving and receiving, and discovering the self. No matter whether the experience was positive or negative, attraction always leads to the discovery of the self.

In attraction; admiration and hatred are both two sides of the same coin. In understanding attraction, one can see how two people who once hated each other then came into a relationship based on admiration, and vice versa. Attraction is a two way street, both parties discover themselves and so both gain understanding of the self. In idolatry, one is moving away from the self, by believing that an outside element will fulfill him, in this, there is only loss.

One must not confuse idolatry with the desire for the experience of sex. One can see this in the idea of going on a trip or to a concert. One desires to go on the trip or enjoy the concert, yet, if they cannot afford it or cannot make it, they don't feel inadequate or inferior for missing it. Idolatry is the act of cutting oneself off from God/Source/Self/Divine Providence by believing that their personal well-being, validation, acceptance, can be accomplished through achieving or obtaining something outside of themselves. The desire for sex is merely the desire for an experience and not seeing it as an answer to achieve validation, acceptance, or well-being; it's just a good time, something fun to do.

Sex is a natural phenomenon and not to be confused with lust. In lust, one is a slave to that which he desires, because he sees his fulfillment coming from an illusion outside of himself. Being that a man has no control over something outside of himself, he is emotionally controlled by it, because he allows his fulfillment, validation, self worth, self esteem, to come from something outside of himself. In sex, a man is merely having sex, which is the same as breathing, sleeping or eating. One should not confuse sex with lust. Sex, is not a symptom of confusion, while lust, which is idolatry, is a byproduct of confusion, and breeds misery and suffering.

One must not confuse Love with Lust. In lust, ones well-being is thought to be given to him from outside of himself, and that which is given to him, can be taken away. Anything real, can never be taken away, and in sharing what is real, what is real grows. Anything real is owned fully, because it comes from within. Love, unconditional acceptance towards growth, is about giving, and when love is given freely, without expectations, it grows.

32. Forgotten Love

Through addiction a man loses, or is held from, that which he holds most dear. The attributes, whether it be confidence, attractiveness, well-being, masculinity, or whatever it may be will be determined by the life and phases he lives in. These may be different for each man and the addictions that he comes in contact with may be different as well, and may be more than one.

The lust for validation, approval, sex, can manifest through pornography. In pornography, the man, trains himself physically by experiencing an orgasm, the strongest physical phenomenon in a man, and emotionally into a state of idolatry. He trains himself to see his orgasm and his positive emotions coming from the image, whether real or in his mind. Much like Pavlov training his dogs to salivate at the sound of a bell, a man trains himself to anticipate good emotions and orgasms from an image, something outside of himself, which then moves on to seeing women in general as the source, that are also outside of himself. In this pursuit, if a consistent habit takes place, he gets to lose or be held back from what is most important to him. Symptoms can range from feeling powerless, lack of confidence, anxiety, depression, loneliness, lack of sexual interest, lack of sexual performance, and any other trait of loss.

In over coming addictions there is a two fold path. When one is ready, he must move away from the addiction by coming into awareness of the suffering that it is causing him. This will be the motivation for him to take the first step. The second fold is that which he moves forward into. If he can see the benefit, he is more likely to stay on the path. The man also must be aware of tripping and falling back into his old habits. Unless a transformation takes place, where he has overcome that phase of his path, he will have to go back. When he experiences the knowledge that is learned through that experience, he will then move on successfully. In moving on successfully, the path of the old habit, in time, will be overcome with weeds, plants, and trees, as if it had never been walked before.

In one overcoming idolatry, he will have to learn that his desire for something outside of him, not only controls him when he is under it's spell/deception, but it holds him back from realization, the power, the freedom, that is seen only through the dropping of the illusions/confusion. It's an illusion, he sees what is outside of himself as the element of the good feelings, well-being, and is agreeing to that through habit, instead of seeing that his well-being comes from within, which leads to freedom and power.

Idolatry puts one below what he worships, and with power being the biggest aphrodisiac, in idolizing women, he loses the very thing he is searching for. By putting women on a pedestal, he is lowering himself below them.

One must remember, the act of masturbation, like sex, is just an act, same as breathing and eating. Idolatry is worshipping an illusion, that which holds him back from realization of his connection with a higher source, because he has placed it between himself and that source. Masturbation should not be confused with idolatry. One can successfully masturbate without thoughts, emotions, or behaviors of worshipping something outside of himself. He can do this by being fully present, and realizing that the orgasm, the good feelings, etc, are coming from within him, not by something outside of himself.

However, it has been reported for thousands of years by many people, that complete abstinence from

both self stimulation and idolatry leads to enhancements in productivity, creativity, sexual energy, confidence, and overall well being, this has been called sexual transmutation.

In the beginning phases a man in search for validation is constantly looking for validation in the outside world. His head moves constantly to see if women are checking him out. This happens at times, and at other times does not happen, and so with this randomness of positive and negative emotions, the formula for a perfect addiction is present. As those created in gambling and in modern day video games, the more the player plays, the stronger the habit of addiction becomes. The only way out, is to stop playing.

33. Rejection

One must realize that the negative emotions that a man experiences when rejected are beliefs dormant within. The woman does not cause him to feel these negative emotions, she is merely an instrument that brings that which is hidden, that which is in the shadows, to the light, to conscious awareness. In awareness, one can learn, discover, and correct, that which was caused initially by the confusion.

The deeper that the confusion lies, the more in the dark it will be and so the more painful the light shines. The more painful the light, the deeper the correction can be, and so the more one moves towards wholeness. To fight against the light, is to run from it, to stay in the dark/ignorance. Through letting go of the energy, the emotion, attached to the idea, that causes the belief, the belief can be dropped. In dropping this false truth, the truth behind it can now be revealed, and in discovery of the truth, is the pathway towards wholeness.

There are two principles present, the desire for approval and the aversion to rejection, these are two sides of the same coin, one cannot exist without its opposite. In a man who searches for fulfillment from something outside of himself, and the world gives it, he is happy and feels fulfilled, but if it doesn't, he feels empty. What the world gives, the world can take. One must drop the attachment, the false idea, that something outside of him is going to somehow bring him manhood, or happiness, or fulfillment, if he desires to completely overcome his aversion to rejection. The whole coin, which has two sides, must be dissolved.

Once a man hears enough no's, he begins to hear yes. This can be understood, in by, correcting that which rejects himself and moving towards acceptance, this acceptance can now be reflected in the world. One can also acknowledge that whoever reacts, is lacking power. When a man can face his rejection, and not only face it, but fully allow, without judgment, one to reject, he is now in a place of power, because he now contains the very thing that everyone in the world desires, complete and full self-acceptance.

34. Acceptance

If one has been married or interviews those who have been married, he will find that they speak of being hit on the most in their life, right after marriage. This is because the man is in a place of feeling completely accepted. Through self acceptance, ones true nature can illuminate those around him. This energy of self acceptance, of fulfillment, is what all, on an unconscious level are looking for. In this, the opposite sex is attracted, because she desires what she denies of herself. Through understanding this principle, one can successfully recreate this atmosphere without being married.

In interactions, one should allow women to be women. In a place of non-judgment, they can sense the acceptance that they deny within themselves, and in a desire to obtain more of it, they will desire to be around him. Acceptance is not to be confused with idolatry. Acceptance is merely allowing a person to go through what they have to go through, to grow up, and not holding judgment to it, even if it's ignorance.

Sexual acceptance must be achieved by a man who desires to explore his sexuality and to experience full self expression. His shame, his guilt, his discomfort will hamper his ability to express himself fully. One should feel no shame in his sexuality if he desires to discover himself, and this includes feeling no shame or embarrassment when buying condoms at the store, being naked, talking about sex, or of the fact that one wants sex and enjoys sex.

35. Good Enough

Whether a man thinks he is good enough for a woman, or thinks he is not good enough, he is right. In the beginning stages, often a man will focus on his weaknesses and attempt to over compensate or fix them in his desire to obtain admiration from a woman. This behavior is brought forth by confusion. When one focuses on his strengths, the reasons behind him being good enough, he will discover that he will be good enough.

Fulfillment can be obtained from having a balanced life. If one desires to achieve fulfillment, he should strive to fill his life in balance. Socially, through social activities or organizations. Financially, through work so that he has money to support himself. Health, through proper diet and exercise. Growth, through hobbies and learning. Fun, through activities that stimulate him, and leisure for rest. In balance, he will find that he has the means to create all his needs, and in this, he will need nothing, and in needing nothing, he will have everything that he needs.

One's self image will be enhanced through gratitude and visualization. Through gratitude, his emotional state will rise so that he can remember all that he can be grateful of, and in that, seeing that which did not exist, now exist. In this, he can visualize of what is to come, knowing that if he was able to achieve in that past, he can then achieve again, in the future. In this, his emotional state in will be in alignment with a positive self image.

36. Authenticity

If one desires to attract an appropriate mate, he should first desire to be true to himself. In honesty and authenticity, he will have the means to do what is natural, what nature intended through its infinite years of evolution, attract a mate. By focusing on what is real, he will display what is real. In this, he will find congruence, and in congruence he will gain trust.

The opposite of authenticity is being fake. Being a fake is a symptom of confusion, of idolatry, looking outside of oneself for happiness, approval, acceptance. These things, happiness, approval, and acceptance, come from within, and so, in being fake, one will lose that which is sought.

In seeking approval, one lowers his value below that of the approval he seeks. Being that power is the biggest aphrodisiac, he will not gain any lasting attraction from this behavior, and in the process, he will lose his self respect.

In authenticity and honesty, true learning, as well as true teaching, can take place. In the beginning a man is afraid of this, because he is still afraid of the light. In being himself, he will have to face up to what he is, what he has rejected, what he has judged, but in this, he will discover the path towards self-acceptance, and then in gaining self-acceptance, he will then be able to obtain true acceptance from others.

37. Planting Seeds

It has been said that it is easier to date five women than it is to date one. So it is, that a man, in his pursuits, having defined exactly what he is looking for, should plant plenty of seeds. This will be easy, if he refrains from idolatry. In dating five or more women, his energy will be dispersed evenly, and in so, he will naturally be abstinent of neediness. Also in this, he will have more possibilities of find a proper match.

Women choose men, one should not confuse this. In giving multiple women the opportunity to choose, he will greatly increase his ability to find a match. One can find that if one woman likes a him, in certain scenarios, she will influence others into liking him as well. A man should be careful when choosing which action to take, whether to wait, or to strike while the iron is hot, determined by whether she will make a good fit. In holding out with those that are not truly in alignment with his life, he may find that they help him in search, and it displays self-control and power, which is the ultimate aphrodisiac. One should refrain from succumbing to empty temptation.

The environment which the man lives in, will be the soil in which he plants his field. Good environments bring forth good crops. So a man, in his life, should put himself in environments to plant his seeds. This will require that he is removed from isolation and out and about with people.

One should relate to relate. In relating, one will be able to express himself fully. In this, he will have the ability to gain attraction, or he will gain the potential for people to bring women that might fit, to him.

One must cultivate the habit of planting if one is to plant successfully. It is easier to create a habitual behavior than it is to pick and choose when to plant. If one decides to plant all the time, then he will find that he will plant all the time.

One may find that his easiest approach in planting seeds, is nothing more than having the ability to remember a woman's name and to use it in conversation when he sees her.

Accurate and honest communication will be necessary in effectively dating. One should be willing to state the facts, and to stand by his word within those facts. If one is dating people in general, it should be communicated that he is dating people in general, at the same time, he should not get upset if he desires more from someone who does not desire the same thing. If someone is looking for an exclusive relationship, he should state the fact that he is looking for an exclusive relationship, but until that comes, he's in the process of dating people in general.

People may find that a lot of confusion could be eliminated when getting into relationships, if they were to define their idea of what that relationship entails, possibly even in writing, and have a consensual agreement based on that definition, full disclosure. In eliminating this confusion, people may find that the relationship is less likely to fall into false expectations within themselves or the other party. Whether that relationship be temporary, experimental or long term, honest and straight forward communication, full disclosure, will help to eliminate a lot of needless stress and headaches, within all parties involved, caused by false expectations.

38. Receive

One must understand that attraction is outside of the comprehension of the human mind, so to question why a woman likes him, is a question that has no answers. One must allow, without judgment, internally or externally, for a woman to be attracted to him. In allowing, instead of pushing her away due to insecurity, he can learn and experience through her, and allow her to learn and experience what she needs through him.

On the idea of receiving. If one happens to find that they are in God's favor, receive fully the gifts that come. Let the giver give and the receiver receive. Refrain from paying it back monetarily, leave it to God to return the favor. However, if one is compelled to give, give freely, without expectation.

39. Yes or No

In time, when a man is ready, he will realize that the answer to yes or no is within himself. In the beginning phases he will look to the world, still searching for validation, permission, acceptance, in this he will hesitate on whether or not he should be with a woman.

From the confusion of the world, one is indoctrinated to rank a woman between 1 and 10. In this, he cuts himself off from learning, and is confused on whether a woman is desirable or not. He is also held back because he sees value in a woman correlated to the value of money. 1 dollar is less than 10 dollars, but in the human potential, one is not any more valuable than another, and so what he used to believe was a 10 could be attracted to him, while what he saw as a 6 was not. In letting this go, he will come into decisiveness, in decision of yes or no, and so be free of the shackles of the expectations of others, without hesitation, to strike while the iron is hot.

40. Undersell

In the beginning phases, a man looking for justification for the reasoning behind a woman being attracted to him, will use material possession and begging/idolatry in an attempt to convince a woman to interact with him. In doing so, he lowers his level of power, below the objects or the reasons at his disposal, he places the objects/reasons between him and his true source. Being that power is the biggest aphrodisiac, this will be a limitation upon oneself.

In allowing for a woman to be attracted to him and in allowing her to follow him, he should refrain from anything other than acceptance. Without acceptance, he has stepped into the place of attachment, and in so, lowered himself in power below the woman of his attachment.

In invitation to follow, one should assume that the only benefit of the interaction is the interaction with him alone. In this, that which is borrowed from the world, ones home, ones car, ones status, does not create a limitation upon oneself, by blocking him from his connection with the source. The interaction, the learning and experience, this is the gift to her, and in this, she discovers herself.

41. Lead the Way

What is appropriate and what is inappropriate is determined in the process of consensus reality and the belief in it. The stronger the belief, the more emotion that is tied into it. This will determine to the level that it is acknowledged to be appropriate or inappropriate. In an interaction between two people, in areas that are not fully determined, the one who has the strongest foundation will determine what is appropriate or inappropriate. In the areas of getting physical with a woman, if one is unsure if it is appropriate to hold hands, kiss, have sex, if the woman is unsure herself, it will be determined that it must be inappropriate.

Through control of one's emotions, one will find, that he can influence the beliefs and values of others. In this, he will be the anchor, the one that others look towards to determine if it's the right time or the wrong time, if something is funny or not funny, if something is desirable, or not desirable, if something is valuable, or not valuable. Though one cannot control the choices of others, those who are unsure in a particular area or unsure within themselves, are capable of being influenced with ease.

Emotions are contagious, and in the area of getting physical with a woman, if one feels comfortable about holding hands, kissing, sex, his comfort can influence the woman into a state of comfort as well. However, if he is unsure within himself, this uncertainty can also influence the woman into a state of uncertainty. This goes both ways, if a woman possesses the skill, she will have the ability to influence the man out of his uncertainty and place him into a state of comfort, and vice versa.

One should understand that there is a significant difference between a man who cannot do it, and then because he cannot do it, chooses to not do it, than a man who can do it, and even though he can do it, chooses to not do it. In one, there is a lack of power, and in the other, there is power. Same exact behavior, but the effect that it has, is significantly different.

In times, a man may discover that it is in his best interest to choose not to do, even though, that choice would have not served his interest before. Is he being controlled by others, is he being controlled by his fear of loss, and in what is he afraid of losing? Avoiding the fear of loss often breeds loss.

42. Keep Learning

One should strive to keep learning and to keep growing. Through this he will discover more of himself. By overcoming one's comfort zone, and stepping into the unknown, one will have the potential for more growth, more self discovery and more realizations.

In the path of life, often one will hit stages where he believes that he knows everything and has made it to a final level and that there is nothing else. This thought is an illusion, and this illusion holds him in a plateau. If he is bored with a certain area, and this can take place and is completely natural, he should strive to move into some other area of life, in this, he will not only learn more about the new area of life, but will discover more about the old area of life, as well as himself.

43. No Rules

A man will find in his search, that his behaviors are not the true essence for his results. In his learning, he will take on new behaviors, and in this search, he will find that they work as well. Through this, he will discover the principles, the true foundation, behind the behaviors of the results. When he discovers the truth behind it, and understands it fully, he will then own it fully and it will never leave him.

One should refrain from following advice blindly. Because in blind faith, one does not understand the reasoning behind his actions, and so whether it works or not, he will have no way to grasp the principles behind the action. By following his own way, he will have accomplishments as well as failures. But in the accomplishments and in the failures, he will understand the reasoning behind it, and in this, he will be able to discover the reasoning behind why it worked or why it didn't work.

44. Moving On

Truth's Good News: Chapter 8 Verse 3

3. Examine yourself constantly. Do not be concerned with examining others, but know yourself and in that knowledge you will know all others, whether they be mortals or gods, archons or angels, demons or saints. The mirror that reflects Reality in all its forms is within you. Do not look back to that which you have left behind. If you are on the Path of Divine Progression, you will continually be leaving things behind. These things may have once been valuable to you, but if you leave them it is because they have lost their value in your life. Those things which retain their value are never lost. To turn back to those things you have left behind is to be like a dog that eats its own vomit. There is only the illusion of nourishment in these things. Do not be moth eaten, for those things whose substance is mortal will be consumed by moths and rust, but those things whose substance is Divine can only be consumed by the Divine as they grow from gift to gift and from exaltation to exaltation.

As one progresses, he will learn and when learning is complete he will move forward or be forced to move forward. Learning must continue, and the discovery of the self leads to progressions where one will outgrow venues, activities, friendships, and relationships. One should not be discouraged in this, for it is only the nature of personal evolution. Those that he once loved and he once hated will fade, and new symbols will arise. Through the layers, stepping upward towards realization, one may find turmoil, heartache and defeat, as well as accomplishment, love and victory.

Questioning the past or trying to change what has occurred is futile, and is only brought forth by attachment. One may find that his friends/relationships have moved on, but this is only because he has nothing to learn from them and they have nothing to learn from him. He may have times of isolation, but this is only temporary and he will again find himself in the company of new friends and relationships. In the future he may cross paths with old friends when he is progressed and something new is to be discovered.

Failure is an ingredient towards growth. Failure and success, are two sides of the same coin, both necessary to reach progression. When one finds that he has lost that which he held dear, he should know that it is only because he was ready for the next step. Through both the ups and the downs, the ride only moves forward. There is only growth.

45. Manhood

In the beginning phases, a man will be under the impression that to discover his manhood, will be through accomplishments of the world, including accomplishments through women, and in his ability to gain women, money and status. He will find though, that this is not true, for no matter how many women come into his life or whatever else it may be, this dream of fulfillment, of manhood, is never discovered, and so he feels no different, no matter what has been gained. But through the seeking, through the journey, he will discover the true source of his fulfillment, and in this, the question will be dropped on whether he is a man or not.

The world in it's trickery will use the idea of manhood to manipulate a man. By convincing him that he is not a man, unless he does certain activities or behaves a certain way or has certain things, he will be manipulated to no end, to do the things that others do not want to do themselves, or to push him away from his true self. However, when the questioning of his manhood has been forever dropped from his consciousness, he can then discover himself, and in that, the truth, and in that, freedom.

Epilogue

To the readers,

Question everything, including anything I say or write or produce. The words that I have written, growing up, I heard these ideas from many sources, yet, I did not have the ears to hear, nor the eyes to see in order to comprehend it. However, I hope that maybe I can do a better job than those before me. Language is a tricky thing. What one thing means to one person, could mean something completely different to someone else.

What I have discovered I could not comprehend from the teachings of others, it was only through seeking, walking the path and living my life that I discovered the way, the source towards well-being and towards freedom. Take nothing I say as fact, unless you experience it to be true in your own life, otherwise we'll end up in the exact same mess we have now. In this book, I believe I have laid out the information, the building blocks, that hopefully some will be able to use as a map in order to discover the pathway towards this freedom and well-being. Some already know the way, some will find it, and some will never get it. But for those that continue to seek, they will eventually find.

"When once you have drunk from the spring of knowledge, you will return again and again, for each time your thirst is satisfied, a new thirst will grow, greater than the first. The more you drink, the greater will be your desire to drink, but in the intensity of your desire, you will be filled. I tell you the truth when I say that whoever seeks will find, and the finding will cause him to seek, but in the seeking is hidden the meaning of Life." -Christ from Gospel of Thomas 1:12

Learning never stops, sometimes we have to take a big drop and relearn the same lessons all over again, though usually with the relearning comes more understanding. Do not be discouraged in voluntarily or involuntarily having to take a step back, or several steps back in order to gain a new perspective. This learning is infinite in nature, it never ends, so refrain from getting caught up in trying to accomplish some finish line, because it's not there.

Everything I say are merely ideas, these are just ideas that I have come to accept in my own life, through the experiences that I have lived. I do not believe in blind faith, and I do not want to play any part in it. In whatever I say, experiment with it, test it, see what happens, take what you find to be useful, and trash the rest.

My website is www.stopgivingafuck.com and you can email me at Jake@stopgivingafuck.com

-Jake Laura

Sources for this book and Recommended Reading

I've been influenced by many thoughts and ideas from many, many people of all types. Here are some books I used for this material, as well as books I read which helped me to get where I am currently and I think could be used as a foundation for one's own research. These are not in any order of priority.

Meeting the Shadow by Connie Zweig and Jeremiah Abrams

Text on Hinduism and Buddhism, Rig Veda, Hindu myths, etc

Tao of Jeet Kune Do by Bruce Lee

The Book of est by Luke Rhinehart

The Cultural Creatives: How 50 Million People Are Changing the World by Paul Rey

Man's Search for Meaning by Victor Frankl

Center of the Cyclone by Dr. John Lilly

Way of the Peaceful Warrior by Dan Millman

Lester Levenson's work: No Attachments, No Aversions The Autobiography of a Master and The Ultimate Truth

Monsters and Magical Sticks by Steven Heller

Initiation into Hermetics by Franz Bardon

The Bible: King James Version with the use of James Strong's Concordance – used to translate the bible to it's original origins. 100% absolutely necessary if studying the Bible. I've found it says a much different story than what most have been led to believe when understanding the original Hebrew and Greek, also some of the words have been changed. James Strong actually spent 35 years producing his concordance, that's a long time. I use the The New Strong's Expanded Exhaustive Concordance, Red Letter Edition.

The Deep Self: Consciousness Exploration in the Isolation Tank by Dr. John Lilly

Awaken the Giant Within by Tony Robbins

Text on the Kundalini Awakening and the 4 paths of yoga.

<http://www.thepearl.org> – a source of gnostic text, this is where I got all the Gospel of Thomas quotes

http://www.thepearl.org/Sayings_of_Jesus.htm

Tommyland by Tommy Lee

The Easy Way to Stop Drinking by Allen Carr.

Ideas and writings from Thomas Jefferson, Benjamin Franklin, Thomas Paine, and John Adams

An Unabridged Dictionary. I use Webster's Third New International Dictionary. It's big, probably weighs close to 30 pounds, but absolutely necessary in reading anything, especially older books. The dictionaries on the internet, they're ruined and they are trash, they don't have the full meanings of the words, so get an unabridged dictionary.

A law dictionary, personally, I use Black's Law Dictionary.